Shakey's Pizza

PIZZA

7" PIZZA - 4 SLICES
9" PIZZA - 6 SLICES
12" PIZZA - 10 SLICES
15" PIZZA - 15 SLICES

ITEMS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM (mg)	TOTAL CARBS (mg)	FIBER (g)	SUGAR	PROTEIN	ALLERGEN
CHEESE												
Thin Crust 7"	114	30	3	2	0	8	195	15	1	1	5	Milk/Wheat
Thin Crust 9"	95	30	3	2	0	8	170	13	1	1	5	Milk/Wheat
Thin Crust 12"	135	45	5	2	0	13	255	17	1	2	7	Milk/Wheat
Thin Crust 15"	180	60	6	3	0	16	345	25	2	2	7	Milk/Wheat
Pan Crust 7"	NA	NA	NA	NA	0	NA	NA	NA	NA	NA	NA	Milk/Soy/Wheat
Pan Crust 9"	130	30	3	2	0	8	240	20	1	2	6	Milk/Soy/Wheat
Pan Crust 12"	190	50	5	2	0	13	360	30	2	2	7	Milk/Soy/Wheat
Pan Crust 15"	230	60	6	3	0	16	450	34	2	3	8	Milk/Soy/Wheat
SHAKEY'S SPECIAL™												
Thin Crust 9"	134	60	7	3	0	16	290	13	1	1	6	Milk/Soy/Wheat
Thin Crust 12"	200	100	10	4	0	25	450	18	1	2	8	Milk/Soy/Wheat
Thin Crust 15"	259	118	13	5	0	32	586	25	2	3	11	Milk/Soy/Wheat
Pan Crust 9"	170	60	7	3	0	16	360	20	1	2	6	Milk/Soy/Wheat
Pan Crust 12"	255	100	11	4	0	25	555	30	2	3	10	Milk/Soy/Wheat
Pan Crust 15"	307	121	12	5	0	32	693	35	2	4	12	Milk/Soy/Wheat
GARDEN VEGGIE												
Thin Crust 9"	103	35	4	2	0	8	195	14	1	1	4	Milk/Wheat
Thin Crust 12"	150	50	6	2	0	13	300	19	2	2	6	Milk/Wheat
Thin Crust 15"	200	65	7	3	0	16	400	26	2	3	8	Milk/Wheat
Pan Crust 9"	136	34	4	2	0	8	263	21	1	2	5	Milk/Soy/Wheat
Pan Crust 12"	205	54	6	2	0	13	400	30	2	3	7	Milk/Soy/Wheat
Pan Crust 15"	245	70	7	3	0	16	500	36	3	3	8	Milk/Soy/Wheat
TEXAS BBQ CHICKEN												
Thin Crust 9"	113	35	3	2	0	15	270	15	1	3	6	Milk/Wheat
Thin Crust 12"	165	50	5	3	0	22	415	20	1	5	9	Milk/Wheat
Thin Crust 15"	220	60	7	3	0	30	565	30	1	7	11	Milk/Wheat
Pan Crust 9"	145	35	5	2	0	15	340	22	1	4	7	Milk/Soy/Wheat
Pan Crust 12"	220	55	6	3	0	22	520	32	1	5	11	Milk/Soy/Wheat
Pan Crust 15"	270	65	7	3	0	30	675	40	2	8	13	Milk/Soy/Wheat
RUSTIC GARLIC CHICKEN												
Thin Crust 9"	108	35	4	2	0	13	225	13	1	1	6	Milk/Soy/Sulfites/Wheat
Thin Crust 12"	160	51	6	3	0	20	340	18	1	1	9	Milk/Soy/Sulfites/Wheat
Thin Crust 15"	206	70	7	3	0	25	450	25	1	2	11	Milk/Soy/Sulfites/Wheat
Pan Crust 9"	145	35	4	2	0	13	290	20	1	1	7	Milk/Soy/Sulfites/Wheat
Pan Crust 12"	215	55	6	3	0	20	445	30	2	1	10	Milk/Soy/Sulfites/Wheat
Pan Crust 15"	255	70	8	3	0	25	555	35	2	2	13	Milk/Soy/Sulfites/Wheat
FIREHOUSE												
Thin Crust 9"	151	71	6	3	0	19	320	15	1	1	6	Milk/Soy/Sulfites/Wheat
Thin Crust 12"	230	115	12	5	0	30	495	22	2	2	9	Milk/Soy/Sulfites/Wheat
Thin Crust 15"	300	141	16	7	0	40	645	26	2	3	12	Milk/Soy/Sulfites/Wheat
Pan Crust 9"	185	73	8	3	0	19	390	21	1	2	7	Milk/Soy/Sulfites/Wheat
Pan Crust 12"	280	115	13	5	0	30	600	30	2	3	11	Milk/Soy/Sulfites/Wheat
Pan Crust 15"	345	145	16	7	0	40	750	36	3	4	13	Milk/Soy/Sulfites/Wheat
ULTIMATE MEAT												
Thin Crust 9"	170	81	9	4	0	30	415	15	1	1	8	Milk/Soy/Sulfites/Wheat
Thin Crust 12"	260	130	14	6	0	45	650	20	1	2	13	Milk/Soy/Sulfites/Wheat
Thin Crust 15"	330	160	18	7	0	55	835	25	2	2	17	Milk/Soy/Sulfites/Wheat
Pan Crust 9"	205	83	9	4	0	30	490	20	1	2	9	Milk/Soy/Sulfites/Wheat
Pan Crust 12"	310	135	15	6	0	45	755	30	1	3	15	Milk/Soy/Sulfites/Wheat
Pan Crust 15"	375	165	18	7	0	55	945	35	2	3	18	Milk/Soy/Sulfites/Wheat
***BIG ISLAND BBQ**												
Thin Crust 9"	110	35	4	1	0	10	290	14	1	2	5	Milk/Soy/Sulfites/Wheat
Thin Crust 12"	160	55	6	2	0	20	450	19	1	4	7	Milk/Soy/Sulfites/Wheat
Thin Crust 15"	205	65	7	2	0	21	580	25	1	5	9	Milk/Soy/Sulfites/Wheat
Pan Crust 9"	140	35	4	1	0	10	360	21	1	3	5	Milk/Soy/Sulfites/Wheat
Pan Crust 12"	210	55	6	2	0	20	550	30	1	5	8	Milk/Soy/Sulfites/Wheat
Pan Crust 15"	250	70	7	2	0	21	690	36	1	6	10	Milk/Soy/Sulfites/Wheat
CALIFORNIA PIZZARITO®												
Thin Crust 9"	150	70	8	3	0	20	190	14	2	1	7	Milk/Wheat
Thin Crust 12"	215	100	11	5	0	30	275	19	2	2	9	Milk/Wheat
Thin Crust 15"	270	125	14	7	0	35	345	24	2	2	11	Milk/Wheat
Pan Crust 9"	185	75	8	3	0	20	260	21	2	2	7	Milk/Soy/Wheat
Pan Crust 12"	265	105	12	5	0	30	380	30	2	3	10	Milk/Soy/Wheat
Pan Crust 15"	320	130	15	7	0	35	455	35	2	3	12	Milk/Soy/Wheat
HAWAIIAN DELIGHT™												
Thin Crust 9"	105	30	3	2	0	11	230	14	1	2	5	Milk/Wheat
Thin Crust 12"	155	45	5	3	0	17	355	20	1	4	7	Milk/Wheat
Thin Crust 15"	200	60	6	3	0	21	445	26	2	5	9	Milk/Wheat
Pan Crust 9"	140	35	4	2	0	11	300	21	1	3	6	Milk/Soy/Wheat
Pan Crust 12"	205	50	5	3	0	17	466	35	2	5	9	Milk/Soy/Wheat
Pan Crust 15"	250	60	7	3	0	21	555	40	2	6	10	Milk/Soy/Wheat

Shakey's Chicken

CHICKEN (PER PIECE)

ITEMS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM (mg)	TOTAL CARBS (mg)	FIBER (g)	SUGAR	PROTEIN	ALLERGEN
GOLDEN FRIED												
Breast	360	96	11	2	0	111	1390	16	1	0	50	Milk/Soy/Wheat/Egg
Wing	130	80	9	2	0	35	318	4	0	0	8	Milk/Soy/Wheat/Egg
Leg	175	90	10	2	0	60	545	6	1	0	15	Milk/Soy/Wheat/Egg
Thigh	350	215	24	6	0	105	850	9	0	0	23	Milk/Soy/Wheat/Egg
BAKED (buffet only)												
Breast	210	25	2	1	0	115	125	0	0	0	45	Milk/Soy/Wheat/Egg
Wing	100	65	10	2	0	35	30	0	0	0	15	Milk/Soy/Wheat/Egg
Leg	120	60	6	2	0	60	60	0	0	0	20	Milk/Soy/Wheat/Egg
Thigh	260	170	20	5	0	105	95	0	0	0	8	Milk/Soy/Wheat/Egg
WINGS												
Drumette	70	45	5	2	0	25	160	2	0	~1	4	Milk/Soy/Wheat
6pc serving	410	255	30	8	0	145	965	13	0	1	23	Milk/Soy/Wheat
BONELESS STRIPS (1 pc)	125	56	7	1	0	20	345	10	2	0	8	Milk/Soy/Wheat

Shakey's Mojo's & Sides

MOJO® POTATOES

ITEMS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM (mg)	TOTAL CARBS (mg)	FIBER (g)	SUGAR	PROTEIN	ALLERGEN
Small	215	103	11	2	3	0	547	25	3	0	3	
Medium (1/2 lb)	432	205	23	4	7	0	1093	51	5	0	5	
Large (1lb)	863	410	46	9	13	0	2187	101	11	0	11	
GARLIC BREAD 1 piece	179	39	4	1	0	0	268	30	1	1	5	Milk/Soy/Wheat
PEPPERONI PIZZA TWISTS 1 piece	216	69	8	4	0	20	453	29	2	3	5	Milk/Soy/Sulfites/Wheat

Shakey's Bunch of Lunch® & Sides

ITEMS

ITEMS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM (mg)	TOTAL CARBS (mg)	FIBER (g)	SUGAR	PROTEIN	ALLERGEN
VEGETABLES													
Cut Corn	1/2 cup	80	0	1	0	0	0	360	17	2	4	2	NA
Vegetables Winter Mix	1 cup	30	0	0	0	0	0	24	4	2	0	0	NA
Vegetables Normandy Blend	1 cup	30	0	0	0	0	0	30	5	2	0	0	NA
PASTA, POTATOES & RICE													
Pasta-Penne Rigate	1/2 cup	200	9	1	0	0	0	26	42	1	1	7	Wheat
Pasta-Spaghetti	1/2 cup	200	9	1	0	0	0	26	42	1	1	7	Wheat
Rice Pilaf	1/2 cup	120	27	3	2	0	5	440	22	0	1	2	Wheat
Rice-Mexican Fiesta	1/2 cup	100	0	0	0	0	0	320	22	1	1	2	
Pasta Sauce-Meat	1/2 cup	80	25	3	1	0	7	580	10	2	8	4	
Pasta Sauce-Marinara	1/2 cup	50	0	0	0	0	0	520	10	2	8	2	Soy/Sulfites
Mashed Potatoes	1/2 cup	64	7	1	0	0	0	238	13	1	1	1	Milk/Soy
Mojo Potatoes	5 pieces	215	103	11	2	3	0	547	25	3	0	3	NA
Gravy-Beef	1 ladle	15	0	0	0	0	0	270	3	0	0	0	MSG/Soy/Wheat
Gravy-Chicken	1 ladle	25	0.5	0	0	0	0	320	4	0	0	0	MSG/Milk/Wheat
MISC ITEMS													
Garlic Bread	1 piece	179	39	4	1	0	0	268	30	1	1	5	Milk/Wheat
Pepperoni Pizza Twists	1 piece	216	69	8	4	0	20	453	29	2			Milk/Soy/Sulfites/Wheat
Macaroni & Cheese	1 cup	350	153	17	9	0	35	1110	33	4	4	14	Milk/Egg/Wheat
Enchilada	1 enchilada	80	30	2	1	0	25	156	37	1	1	4	Soy/Wheat
Chicken Noodle Soup	1 cup	130	36	4	1	0	30	900	18	2	5	7	Egg/Soy/Wheat

Shakey's Salad Bar

ITEMS

ITEMS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM (mg)	TOTAL CARBS (mg)	FIBER (g)	SUGAR	PROTEIN	ALLERGEN
LETTUCE													
4 Way lettuce	1 serving tong	15	0	0	0	0	0	10	3	1	0	0	
Romaine Lettuce	1 serving tong	2	0	0	0	0	0	1	0	0	0	0	
Spinach	1 serving tong	7	0	0	0	0	0	24	1	1	0	0	
VEGETABLES													
Baby Corn	1 serving tong	8	0	0	0	0	0	55	2	1	2	1	
Beets	1 serving tong	20	0	0	0	0	0	125	4	1	5	0	
Red Onion	1 serving tong	13	0	0	0	0	0	0	3	0	2	1	
Broccoli	1 serving tong	15	0	0	0	0	0	15	139	3	1	1	2
Grape Tomatoes	5 pieces	30	0	0	0	0	0	0	6	1	4	1	
Diced Tomatoes	1 serving tong	9	1	0	0	0	0	2	2	1	1	0	
Green Bell Peppers	1 serving tong	18	0	0	0	0	0	3	4	2	3	1	
Cucumber	1 serving tong	4	0	0	0	0	0	1	1	0	1	0	
Jalapeno	1 serving tong	10	0	0	0	0	0	42	0	0	0	0	
Pepperoni	1 serving tong	5	0	0	0	0	0	360	1	1	0	0	
Black Olives	2 tblspoons	30	25	3	2	0	0	140	0	0	0	0	
Giardiniera	2 tblspoons	40	4	0	0	0	0	310	1	0	0	0	Soy
Matchstick Carrots	1 serving tong	12	1	0	0	0	0	19	3	1	3	1	
Artichoke Hearts	1 serving tong	100	0	0	0	0	0	0	0	0	1	2	
Sundried Tomatoes	2 tblspoons	110	6	0	0	0	0	1,350	9	3	10	3	
Sliced Mushrooms	1/2 cup	8	1	0	0	0	0	2	1	0	0	0	
PROTEIN													
Cottage Cheese	1/2 cup	120	5	4	0	2	25	350	3	0	2	13	Milk
Cheese 50/50	1 serving tong	100	70	8	5	0	28	170	1	0	0	14	Milk
Cheddar Cheese	1/4 cup	115	80	6	5	0	30	175	1	0	0	14	Milk
Mozzarella	1/4 cup	170	13	8	5	0	44	350	1	0	1	15	Milk
Feta Cheese	1/4 cup	100	8	6	0	0	34	420	2	0	2	5	Milk
Red Kidney Beans	1/4 cup	55	0	0	0	0	0	2	10	4	0	4	
Garbanzo Beans	1 serving tong	55	9	1	0	0	0	205	9	4	1	5	
4 Bean Salad	1/4 cup	80	0	0	0	0	0	370	17	2	0	2	
Ham	1/4 cup	130	7	3	0	0	50	820	1	0	0	11	
Chicken Breast Strips	3 pcs	100	2	0	0	0	55	690	0	0	1	11	Soy/Wheat
MISC													
Macaroni Salad	1/2 cup	220	130	14	4	0	10	540	19	1	7	5	Egg/Soy/Wheat
Potato Salad	1/2 cup	100	20	3	1	0	5	320	17	2	3	2	Egg
Parfait	1/2 cup	100	20	2	1	0	0	70	19	0	17	2	Soy
Sliced Peaches	1/2 cup	100	0	0	0	0	0	5	25	1	14	1	
Chocolate Pudding	1/2 cup	143	37	4	1	0	1	156	25	0	29	4	Milk
Vanilla Pudding	1/2 cup	153	45	1	0	0	1	164	25	0	23	2	Milk
Pineapple Tid Bits	1/2 cup	90	0	0	0	0	0	10	24	1	26	0	
TOPPINGS													
Croutons	1 serving tong	60	18	2	0	0	0	180	10	0	0	2	Milk/Wheat
Sunflower Seeds	1/8 cup	100	72	8	1	0	0	66	4	1	1	3	
Raisins	1/8 cup	84	0	0	0	0	0	3	22	1	10	0	
Olive Oil	2 tblspoons	119	119	14	2	2	10	0	0	0	0	0	
Vinegar	2 tblspoons	3	0	0	0	0	0	2	0	0	0	0	
Bacon Bits	1 serving tong	120	72	8	2	0	34	570	0	0	0	12	
Banana Chips	1/4 cup	300	162	18	16	0	0	4	32	4	9	1	
DRESSINGS													
Fat Free Rasberry	1 ladle	25	0	0	0	0	0	180	7	0	4	0	
Honey Mustard	1 ladle	150	120	13	2	0	5	210	6	0	5	0	Egg
Italian	1 ladle	60	45	5	0	0	0	740	4	0	4	0	Soy
Italian-Low Cal	1 ladle	25	15	2	0	0	0	430	2	0	1	0	Soy
Blue Cheese	1 ladle	200	162	18	5	0	30	380	6	0	4	4	Egg/Milk/Soy
Buttermilk Ranch	1 ladle	220	198	22	3	0	20	540	2	0	2	0	Egg/Milk/MSG
1000 Island Dressing	1 ladle	280	234	26	4	0	30	520	8	0	6	0	Egg
Creamy Ceasar	1 ladle	290	279	30	5	0	30	840	4	0	4	4	Egg/Fish/Milk
FAMILY SALADS													
Family House Salad*	0.25 salad	91	20	0	0	0	0	201	16	2	3	3	2 Wheat
Family Antipato Salad*	0.25 salad	170	45	8	2	0	35	650	9	2	2	10	Milk/Wheat/Sulfites

*For salad dressing see above nutritional information

This information is a compiled based on information provided by Shakey's food suppliers and data provided by independent testing and database analysis of Shakey's recipes.
Variations may occur due to a variety of circumstances including but not limited to recipe revisions, ingredient substitutions, differences in suppliers, seasonal variances and product assembly at each restaurant.