

## Flyers Pizza – Starters Nutritional Information

Recipe	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Battered Mushrooms - Single	1	610	240	26g	4g	0g	0mg	1690mg	79g	5g	5g	16g	0	0	0	0.15
Battered Mushrooms - Double	1	610	240	26g	4g	0g	0mg	1690mg	79g	5g	5g	16g	0	0	0	0.15
Boneless Wings - Half/Single Order	1	450	170	19g	3.5g	0g	85mg	1460mg	33g	0g	0g	38g	0	0	0	0.1
Boneless Wings - Single	1	450	170	19g	3.5g	0g	85mg	1460mg	33g	0g	0g	38g	0	0	0	0.1
Boneless Wings - Double	1	900	330	38g	7g	0g	165mg	2930mg	66g	0g	0g	76g	0	0	0	0.2
Cheddar Bacon Fries - Single	1	510	270	28g	7g	2g	0mg	1300mg	50g	6g	4g	14g	0.4	0	0.06	0
Cheddar Bacon Fries - Double	1	510	270	28g	7g	2g	0mg	1300mg	50g	6g	4g	14g	0.4	0	0.06	0
Cheddar Bacon Fries - Triple	1	510	270	28g	7g	2g	0mg	1300mg	50g	6g	4g	14g	0.4	0	0.06	0
Chicken Tenders - Single (6)	1	400	220	24g	6g	0g	90mg	1040mg	20g	4g	0g	26g	0	0	0	0
Chicken Tenders - Double (12)	1	800	440	48g	12g	0g	180mg	2080mg	40g	8g	0g	52g	0	0	0	0
Flyers Wedge Fries - Single	1	480	240	27g	4g	0g	0mg	1150mg	56g	5g	0g	5g	0	0.1	0	0.06
Flyers Wedge Fries - Double	1	960	480	53g	8g	0g	0mg	2290mg	112g	11g	0g	11g	0	0.2	0	0.1
Jalapeno Cheddar Poppers -Single	1	460	160	18g	10g	0g	40mg	1780mg	62g	4g	4g	16g	0.2	0.08	0.3	0.08
Jalapeno Cheddar Poppers - Double	1	460	160	18g	10g	0g	40mg	1780mg	62g	4g	4g	16g	0.2	0.08	0.3	0.08
Jalapeno Cheddar Poppers - Triple	1	460	160	18g	10g	0g	40mg	1780mg	62g	4g	4g	16g	0.2	0.08	0.3	0.08
Jumbo Chicken Wings - Single	1	1510	960	108g	30g	0g	725mg	480mg	0g	0g	0g	108g	0.25	0.1	0.1	0.35
Mozzarella Sticks - 6	1	700	360	42g	14g	0g	70mg	1420mg	52g	2g	2g	32g	0.1	0	0	0.04
Mozzarella Sticks- 12	1	1400	720	84g	28g	0g	140mg	2840mg	104g	4g	4g	64g	0.25	0	0	0.08
Pizza Bombs - 10	1	830	550	62g	20g	0g	85mg	1970mg	40g	3g	3g	28g	0.1	0	0.5	0.1
Pizza Bombs - 20	1	1650	1100	125g	40g	0g	175mg	3950mg	80g	5g	5g	55g	0.2	0	1	0.2