

PESTO CHICKEN PIZZA



ITALIAN CALZONE



6" THREE CHEESE PIZZA



Meets BC's Nutrition Standards for schools

5 CHEESE APPY BREAD



All Pizza Parlor Pizza orders are made from a traditional pizzeria dough recipe, hand stretched to size and hand topped with pizza parlor sauce, premium toppings and a custom blend of Mozzarella, Monterey Jack and Parmesan Cheeses. Each pizza is individually wrapped and packaged in a take-out box!

The new Multi Grain Pizza is made with the goodness of whole grains, has zero trans fat, low in saturated fat, and is a good source of fiber & iron and still looks and tastes like good old fashioned pizza, both kids and adults will agree, this pizza rocks!

Pizza Parlor Calzones are hand made from a signature dough recipe which includes extra virgin olive oil, chopped garlic, Parmesan cheese and imported Romano cheese. Each calzone is then hand filled with top quality ingredients that explode with flavor in each bite. 100% Domestic and Imported REAL Cheese. No artificial fillers used.

The Artisan made Foccacia is painstakingly hand pressed and made using Extra Virgin Olive Oil, Imported Romano Cheese and 100% Real Parmesan Cheese. This foccacia appy bread is great as a side dish with pasta or all on it's own as an appetizer.

12" PIZZA

TRADITIONAL PIZZA

FOUR CHEESE

Loaded with a domestic cheese blend of Mozza, Monterey Jack, Cheddar and Parmesan.

TRADITIONAL PEPPERONI

Topped with the finest Dry Cured Pepperoni.

MEAT LOVERS

Dressed with the finest Dry Cured Pepperoni, Sausage Crumble & Smoked Ham.

DELUXE

Topped with Dry Cured Pepperoni, Sausage, Red & Green Peppers, Sliced Black Olives.

PINEAPPLE & HAM

Tidbits of Dole Pineapple & Smoked Ham.

GREEK

Sinfully tasty Veggie Pizza with Red & Green Peppers, Red Onion, Feta, Olives and Parmesan.

THIN & CRISPY

PESTO CHICKEN

Pesto Sauce, Caribbean Chicken, Red Onion and Feta Cheese.

CLASSIC ITALIAN

Dry Cured Pepperoni, Genoa Salami, Onions and Italian Sausage.

MG

CLASSIC PEPPERONI

Dry Cured Pepperoni and Diced Tomato tossed in Parmesan & Basil.

MULTI GRAIN
Made with whole grains

6" PERSONAL PIZZA



PERSONAL 6" PIZZA

THREE CHEESE

Mozza, Monterey Jack and Parmesan.

HAM & PINEAPPLE

Tidbits of Dole Pineapple & Smoked Ham.

PEPPERONI

Topped with the finest Dry Cured Pepperoni.

VARIETY PACK

6 of each: Cheese, Pepperoni, Ham & Pineapple.

CALZONE

4 CHEESE PEPPERONI & SAUSAGE

Filled with the finest Dry Cured Pepperoni, Italian Sausage and loads of Cheese.

ITALIAN

Loaded up with Pepperoni, Chorizo Sausage, Banana Peppers, Onions, Mozza, Monterey and Parmesan Cheeses.

SOUTHWESTERN CHIPOTLE ARTICHOKE

A vegetarian favorite, filled with Spinach, Artichoke, Tomato, Cream Cheese and a zesty Chipotle Sauce.

APPY BREAD

Artisan Made

5 CHEESE APPY FOCFACCIA

Topped with the finest blend of Mozzarella, Monterey Jack, Cheddar, Parmesan and Romano Cheeses, sliced mild Banana Peppers.

LARGE PIZZA PRETZEL 4 PACK

Great for snacks and lunches.

Cooking Instructions

For best results, thaw before cooking



Preheat Oven to 400°F with rack in the middle position. Place thawed pizza on a well greased baking sheet or directly on oven rack for crispier shell. Bake pizza for 7-9 minutes until cheese melts.



Preheat Oven to 375°F with rack in the middle position. Place thawed pizza on a well greased baking sheet or directly on oven rack for crispier shell. Bake pizza for 6-8 minutes until cheese melts.

Pepperoni

05001

Ingredients: Shell: (Enriched Flour, Water, Canola Oil, Yeast, Sugar, Salt, Seasoning, Spices.) Sauce: (Tomatoes, Olive Oil, Sunflower Oil, Salt, Oregano, Seasonings, Garlic, Citric Acid.) Mozzarella: (Partly Skimmed Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme.) Pepperoni, Monterey Jack Cheese, Parmesan Cheese.

Deluxe

12004

Ingredients: Shell: (Enriched Flour, Water, Canola Oil, Yeast, Sugar, Salt, Seasoning, Spices.) Sauce: (Tomatoes, Olive Oil, Sunflower Oil, Salt, Oregano, Seasonings, Garlic, Citric Acid.) Mozzarella: (Partly Skimmed Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme.) Pepperoni, Monterey Jack Cheese, Sausage, Green & Red Peppers, Olives, Parmesan Cheese.

Ham & Pineapple

05002

Ingredients: Shell: (Enriched Flour, Water, Canola Oil, Yeast, Sugar, Salt, Seasoning, Spices.) Sauce: (Tomatoes, Olive Oil, Sunflower Oil, Salt, Oregano, Seasonings, Garlic, Citric Acid.) Mozzarella: (Partly Skimmed Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme.) Pineapple, Smoked Ham, Monterey Jack Parmesan Cheese.

Four Cheese

05003

Ingredients: Shell: (Enriched Flour, Water, Canola Oil, Yeast, Sugar, Salt, Seasoning, Spices.) Sauce: (Tomatoes, Olive Oil, Sunflower Oil, Salt, Oregano, Seasonings, Garlic, Citric Acid.) Mozzarella: (Partly Skimmed Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme.) Cheddar Cheese, Monterey Jack, Shredded Parmesan Cheese.

Meat Lovers

05005

Ingredients: Shell: (Enriched Flour, Water, Canola Oil, Yeast, Sugar, Salt, Seasoning, Spices.) Sauce: (Tomatoes, Olive Oil, Sunflower Oil, Salt, Oregano, Seasonings, Garlic, Citric Acid.) Mozzarella: (Partly Skimmed Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme.) Pepperoni, Italian Sausage, Bacon Crumble, Monterey Jack Cheese, Parmesan Cheese.

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (118 g)
Portion 1/6 pizza (118 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 300	
Fat / Lipides 12 g	18 %
Saturated / saturés 6 g	31 %
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 25 mg	
Sodium / Sodium 680 mg	28 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 6 g	
Protein / Protéines 17 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	25 %
Iron / Fer	25 %

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (118 g)
Portion 1/6 pizza (118 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 300	
Fat / Lipides 12 g	18 %
Saturated / saturés 6 g	31 %
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 25 mg	
Sodium / Sodium 680 mg	28 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 6 g	
Protein / Protéines 17 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	25 %
Iron / Fer	25 %

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (129 g)
Portion 1/6 pizza (129 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 280	
Fat / Lipides 10 g	15 %
Saturated / saturés 5 g	26 %
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 650 mg	27 %
Carbohydrate / Glucides 32 g	11 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 7 g	
Protein / Protéines 16 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	25 %
Iron / Fer	25 %

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (117 g)
Portion 1/6 pizza (117 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 300	
Fat / Lipides 12 g	18 %
Saturated / saturés 7 g	36 %
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 25 mg	
Sodium / Sodium 590 mg	25 %
Carbohydrate / Glucides 30 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 6 g	
Protein / Protéines 17 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	30 %
Iron / Fer	25 %

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (134 g)
Portion 1/6 pizza (134 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 340	
Fat / Lipides 17 g	26 %
Saturated / saturés 8 g	41 %
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 800 mg	33 %
Carbohydrate / Glucides 30 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 6 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	25 %
Iron / Fer	25 %

Greek

05004

Ingredients: Shell: (Enriched Flour, Water, Canola Oil, Yeast, Sugar, Salt, Seasoning, Spices.) Sauce: (Tomatoes, Olive Oil, Sunflower Oil, Salt, Oregano, Seasonings, Garlic, Citric Acid.) Mozzarella: (Partly Skimmed Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme.) Monterey Jack Cheese, Green & Red Peppers, Red Onion, Feta Cheese, Olives, Parmesan Cheese.

California Veggie

05006

Ingredients: Shell: (Enriched Flour, Water, Canola Oil, Yeast, Sugar, Salt, Seasoning, Spices.) Sauce: Alfredo Sauce (cream [pasteurized cream, milk], Water, Parmigiano Cheese, Butter, Cornstarch, Cultured Whey, White Wine, Salt, Xanthum Gum, Spices & Herbs. Mozzarella: (Partly Skimmed Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme.) Chopped Spinach, Artichokes, Red Onion, Red Pepper, Monterey Jack Cheese, Parmesan Cheese.

Chicken Pesto

12009

Ingredients: Shell: (Enriched Flour, Durum Flour, Water, Extra Virgin Olive Oil, Salt, Chopped Garlic, Italian Romano Cheese, Parmesan Cheese, Yeast.) Pesto Sauce (Oil (Canola, Olive), Basil, Spinach, Parsley, Almonds, Romano Cheese, Pine nuts, Garlic, Salt, Lemon Juice), Mozzarella Cheese: (Partly Skimmed Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme), White Chicken Meat, Diced Onion, Monterey Jack Cheese, Spices

Classic Italian

12010

Ingredients: Shell: (Enriched Flour, Durum Flour, Water, Extra Virgin Olive Oil, Salt, Chopped Garlic, Italian Romano Cheese, Parmesan Cheese, Yeast.) Sauce: (Tomatoes, Olive Oil, Sunflower Oil, Salt, Oregano, Seasonings, Garlic, Citric Acid.)Pepperoni, Genoa Salami: (Pork, Salt, Corn Syrup Solida, Black Peppercorns, Dextrose, Glucono Delta Lactone, Spice, Sugar, Sodium Ascorbate, Lactic Acid Starter Culture, Smoke Flavour, Sodium Nitrate, Sodium Nitrite, Smoke.), Mozzarella Cheese: (Partly Skimmed Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme) Chorizo Sausage, Green & Red Peppers, Diced Onion, Monterey Jack Cheese, Parmesan Cheese, Spice.

Multi Grain Pepperoni

12011

Ingredients: Shell: (Enriched wheat flour, cracked wheat, flax seeds, wheat bran, sugar, vegetable oil, salt, yeast, rye meal, wheat germ, calcium propionate.) Sauce: (Tomatoes, Olive Oil, Sunflower Oil, Salt, Oregano, Seasonings, Garlic, Citric Acid.) Mozzarella: (Partly Skimmed Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme.) Pepperoni, Monterey Jack Cheese, Parmesan Cheese.

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (123 g)
Portion 1/6 pizza (123 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 270	
Fat / Lipides 10 g	15 %
Saturated / saturés 5 g	26 %
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 580 mg	24 %
Carbohydrate / Glucides 30 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 6 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	25 %
Iron / Fer	25 %

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (130 g)
Portion 1/6 pizza (130 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 260	
Fat / Lipides 9 g	14 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 440 mg	18 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 5 g	
Protein / Protéines 14 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	20 %
Iron / Fer	30 %

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (107 g)
Portion 1/6 pizza (107 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 300	
Fat / Lipides 18 g	28 %
Saturated / saturés 5 g	26 %
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 2150 mg	90 %
Carbohydrate / Glucides 23 g	8 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 3 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

Nutrition Facts

Valeur nutritive

Serving Size 1/5 pizza (100 g)
Portion 1/5 pizza (100 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 230	
Fat / Lipides 11 g	17 %
Saturated / saturés 5 g	26 %
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 25 mg	
Sodium / Sodium 610 mg	25 %
Carbohydrate / Glucides 20 g	7 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 4 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	20 %
Iron / Fer	15 %

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (96 g)
Portion 1/6 pizza (96 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 220	
Fat / Lipides 10 g	15 %
Saturated / saturés 4.5 g	24 %
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 640 mg	27 %
Carbohydrate / Glucides 23 g	8 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 3 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	15 %
Iron / Fer	15 %