

# Garlic Jim's Supplemental Nutrition Menu



	Serving Size (slices)	Calories	Total Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Serving Size (slices)	Calories	Total Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Serving Size (slices)	Calories	Total Fat (g)	Sodium (mg)	Total Carbohydrates (g)
	12" Hand-Thrown Pizza					14" Hand-Thrown Pizza					16" Hand-Thrown Pizza				
Cheese	1	290	9	1070	49	1	390	11	1280	59	1	320	9	1070	49
Garlic Jim's Ultimate™	1	350	13	1150	45	1	490	19	1620	61	1	410	16	1350	50
Jim's Gourmet Garlic™	1	320	10	1060	48	1	450	14	1470	65	1	380	12	1240	54
Jim's Garlic Chicken	1	330	9	1070	48	1	450	14	1500	65	1	380	12	1270	54
Nutty Chipotle™	1	370	15	1120	46	1	520	23	1550	61	1	440	20	1310	51
Jim's Smokin' Sweet BBQ Chicken™	1	330	11	1070	46	1	460	15	1480	63	1	390	13	1240	53
Gourmet Hawaiian	1	340	12	1010	47	1	460	16	1370	63	1	590	21	1720	80
The Hercules™	1	370	15	1270	44	1	520	22	1770	59	1	430	19	1490	49
Southwestern Chicken™	1	350	11	1020	49	1	490	17	1400	67	1	420	15	1180	56
Queen Margherita™	1	310	10	900	46	1	420	13	1200	61	1	350	11	1000	51
Spinach Artichoke Pie™	1	310	10	940	46	1	420	13	1260	62	1	350	11	1050	51
Chicken Bacon Ranch	1	350	13	1080	44	1	490	20	1500	59	1	410	17	1260	49
Jim's Veggie	1	200	6	640	30	1	400	12	1320	61	1	330	10	1110	50
	12" Thin Crust Pizza					14" Thin Crust Pizza					14" Gluten-Free Pizza				
Cheese	1	210	6	610	32	1	290	9	860	42	1	340	17	650	35
Garlic Jim's Ultimate™	1	270	11	830	33	1	380	17	1180	44	1	320	18	730	27
Jim's Gourmet Garlic™	1	250	8	730	36	1	340	12	1030	48	1	280	13	580	32
Jim's Garlic Chicken	1	250	7	740	36	1	350	11	1060	48	Not available				
Nutty Chipotle™	1	290	13	790	33	1	410	20	1110	44	1	350	22	660	28
Jim's Smokin' Sweet BBQ Chicken™	1	260	9	740	34	1	360	12	1040	47	1	300	14	590	30
Gourmet Hawaiian	1	260	10	680	34	1	360	14	930	46	1	290	15	490	30
The Hercules™	1	290	13	940	32	1	410	19	1330	43	1	350	21	880	26
Southwestern Chicken™	1	270	9	690	36	1	390	14	960	50	1	320	15	510	34
Queen Margherita™	1	230	8	570	33	1	310	11	760	44	1	250	12	310	28
Spinach Artichoke Pie™	1	230	8	600	34	1	320	11	830	45	1	250	12	380	28
Chicken Bacon Ranch	1	270	11	750	32	1	390	18	1060	43	1	330	19	610	26
Jim's Veggie	1	220	7	640	33	1	300	9	890	44	1	230	11	440	27
	Smokin' Sweet BBQ					Garlic					Hot				
Chicken Wings	5	270	17	530	7	5	370	25	1150	12	5	250	18	470	2
Ribs	1	330	19	800	23										
	House Salad					Chop Salad					Southwest Chipotle Chicken				
Salads	1	280	16	560	23	1	420	26	1220	25	1	340	19	670	31
	Garlic Breadsticks					Garlic Cheese Breadsticks					Cinnamon Breadsticks				
Breadsticks	1	170	4	720	28	1	180	6	760	28	1	210	6	520	35
	2 liters					20 oz					Disclaimer: There may be variations in the nutrition content based upon serving size, quantity of ingredients or based upon customizing an order.				
Coke	2lt	824	0	264	225	20oz	244	0	78	66					
Diet Coke	2lt	8	0	233	1	20oz	2	0	69	0.1					
Sprite	2lt	815	0	373	219	20oz	240	0	110	65					
Root Beer	2lt	940	0	402	256	20oz	278	0	119	76					

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.