



## CANADIAN PIZZA

### Nutrition Facts

Per 1/8 Pizza	
<b>Serving size</b>	<b>240 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>500</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 20g	<b>27%</b>
Saturated Fat 10g	<b>52%</b>
Trans Fat .4g	
<b>Cholesterol</b> 70mg	
<b>Sodium</b> 1340 mg	<b>58%</b>
<b>Total Carbohydrate</b> 55g	
Dietary Fiber 4g	<b>14%</b>
Total Sugars 9	
Includes Added Sugars	<b>9%</b>
<b>Protein</b> 27g	
Vitamin D	
Calcium 200mg	15%
Iron 3.5mg	19%
Potassium 550mg	12%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Canadian Pizza: Dough (wheat flour, water, canola oil, yeast, salt, sugar) Mozzarella Cheese (Pasteurized Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium Chloride, Microbial enzyme, Cellulose, Natamycin) Contains: Milk, Tomato Sauce (tomatoes, water, salt, citric acid, oregano, pepper, sugar) Smoked Imperial Pepperoni ( Mechanically separated chicken, Pork, Beef, water, Modified wheat flour, Salt, Spices, Modified Corn Starch, Sodium Phosphate, Sugars (Dextrose), Garlic Powder, smoke flavour, Sodium Erythorbate, Sodium Nitrate, /sodium Bicarbonate, Glycerine, Smoke) Contains:Wheat Mushrooms, Bacon( Pork, water, salt, sugar, sodium phosphate, Sodium erythorbate, sodium nitrite, smoke)

Tower Café  
1124 A 4th Street, Estevan, SK

## BBQ CHICKEN PIZZA

### Nutrition Facts

Per 1/8 Pizza	
<b>Serving size</b>	<b>240 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>600</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 10g	<b>52%</b>
Trans Fat .4g	
<b>Cholesterol</b> 70mg	
<b>Sodium</b> 1320 mg	<b>55%</b>
<b>Total Carbohydrate</b> 64g	<b>21</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 4g	
Includes Added Sugars	<b>4%</b>
<b>Protein</b> 32g	
Vitamin D	
Calcium 200mg	30%
Iron 3.5mg	40%
Potassium 550mg	12%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** BBQ Chicken Pizza: Dough (wheat flour, water, canola oil, yeast, salt, sugar) Mozzarella Cheese (Pasteurized Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium Chloride, Microbial enzyme, Cellulose, Natamycin) Contains: Milk, Tomato Sauce (tomatoes, water, salt, citric acid, oregano, pepper, sugar) Cooked Seasoned Chicken Breast ( Chicken Breast, water, Tapioca starch, Sugars(sugar, dextrose, brown sugar), Miodified Tapioca starch, Sodium Trypolyphosphate, Salt) BBQ Sauce ( water, sugars (sugar, glucose-fructose, blackstrap molasses) Vinegar, Modified corn starch, Salt, Toato Paste, Vegetable oil, Spices (mustard), Herbs, Natural flavour, Caramel, guar gum, Allura red. Contains Mustard Cheddar Cheese (Cheese, (Pasteurized Milk, Modified milk ingredients), Cream, Salt, Bacterial culture, Calcium Chloride, Microbial enzyme, Annatto, , Cellulose, Natamycin) Contains: Milk : Red Onions, Red Bell Peppers, Orange Bell Peppers

Tower Café  
1124 A 4th Street, Estevan, SK

## CHEESE PIZZA

### Nutrition Facts

Per 1/8 Pizza	
<b>Serving size</b>	<b>240 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>540</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 20g	<b>27%</b>
Saturated Fat 12g	<b>62%</b>
Trans Fat .5g	
<b>Cholesterol</b> 60mg	
<b>Sodium</b> 1060 mg	<b>44%</b>
<b>Total Carbohydrate</b> 67g	<b>22%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 9g	
Includes Added Sugars	<b>9%</b>
<b>Protein</b> 26g	
Vitamin D	
Calcium 260mg	20%
Iron 4mg	22%
Potassium 395mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Cheese Pizza : Dough (wheat flour, water, canola oil, yeast, salt, sugar) Mozzarella Cheese (Pasteurized Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium Chloride, Microbial enzyme, Cellulose, Natamycin) Contains: Milk, Tomato Sauce (tomatoes, water, salt, citric acid, oregano, pepper, sugar)

Tower Café  
1124 A 4th Street, Estevan, SK

## HAM & PINEAPPLE PIZZA

### Nutrition Facts

Per 1/8 Pizza	
<b>Serving size</b>	<b>240 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>600</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 10g	<b>52%</b>
Trans Fat .4g	
<b>Cholesterol</b> 70mg	
<b>Sodium</b> 1320 mg	<b>55%</b>
<b>Total Carbohydrate</b> 64g	<b>21</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 4g	
Includes Added Sugars	<b>4%</b>
<b>Protein</b> 32g	
Vitamin D	
Calcium 200mg	30%
Iron 3.5mg	40%
Potassium 550mg	12%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Ham & Pineapple Pizza: Dough (wheat flour, water, canola oil, yeast, salt, sugar) Mozzarella Cheese (Pasteurized Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium Chloride, Microbial enzyme, Cellulose, Natamycin) Contains: Milk, Tomato Sauce (tomatoes, water, salt, citric acid, oregano, pepper, sugar) Smoked Ham: (Pork, water, salt, modified corn starch, carrageenan, Sugars (Dextrose), Sodium Phosphate, Smoke flavour, Ascorbic Acid, Vegetable Oil, Spice Extractives, Sodium Nitrate, Sodium Bicarbonate, Glycerine, Smoke) Pineapple

Tower Café  
1124 A 4th Street, Estevan, SK

## MEAT EATERS PIZZA

### Nutrition Facts

Per 1/8 Pizza	
<b>Serving size</b>	<b>240 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>500</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 20g	<b>27%</b>
Saturated Fat 10g	<b>52%</b>
Trans Fat .4g	
<b>Cholesterol</b> 70mg	
<b>Sodium</b> 1340 mg	<b>58%</b>
<b>Total Carbohydrate</b> 55g	
Dietary Fiber 4g	<b>14%</b>
Total Sugars 9	
Includes Added Sugars	<b>9%</b>
<b>Protein</b> 27g	
Vitamin D	
Calcium 200mg	15%
Iron 3.5mg	19%
Potassium 550mg	12%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Meat Eaters Pizza: Dough (wheat flour, water, canola oil, yeast, salt, sugar) Mozzarella Cheese (Pasteurized Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium Chloride, Microbial enzyme, Cellulose, Natamycin) Contains: Milk, Tomato Sauce (tomatoes, water, salt, citric acid, oregano, pepper, sugar) Smoked Imperial Pepperoni ( Mechanically separated chicken, Pork, Beef, water, Modified wheat flour, Salt, Spices, Modified Corn Starch, Sodium Phosphate, Sugars (Dextrose), Garlic Powder, smoke flavour, Sodium Erythorbate, Sodium Nitrate, /sodium Bicarbonate, Glycerine, Smoke) Contains:Wheat Taco Seasoned Ground Beef ( taco seasoning containing: Sugars (corn maltodextrin, sugar), Spices and herbs, Dehydrated vegetables ( onion, green bell pepper, red bell pepper) Salt, Corn Starch, Citric Acid, High Oleic sunflower oil, Natural flavour, Calcium silicate, Silicon dioxide) Salami( Mechanically separated chicken, Pork, Beef, water, Modified wheat flour, Salt, Spices, Modified Corn Starch, Sodium Phosphate, Sugars (Dextrose), Garlic Powder, smoke flavour, Sodium Erythorbate, Sodium Nitrate, /sodium Bicarbonate, Glycerine, Smoke) Contains:Wheat Smoked Ham: (Pork, water, salt, modified corn starch, carrageenan, Sugars (Dextrose), Sodium Phosphate, Smoke flavour, Ascorbic Acid, Vegetable Oil, Spice Extractives, Sodium Nitrate, Sodium Bicarbonate, Glycerine, Smoke)

Tower Café  
1124 A 4th Street, Estevan, SK

## PEPPERONI PIZZA

### Nutrition Facts

Per 1/8 Pizza	
<b>Serving size</b>	<b>240 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>540</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 20g	<b>27%</b>
Saturated Fat 12g	<b>62%</b>
Trans Fat .5g	
<b>Cholesterol</b> 60mg	
<b>Sodium</b> 1060 mg	<b>44%</b>
<b>Total Carbohydrate</b> 67g	<b>22%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 9g	
Includes Added Sugars	<b>9%</b>
<b>Protein</b> 26g	
Vitamin D	
Calcium 260mg	20%
Iron 4mg	22%
Potassium 395mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Pepperoni Pizza: Dough (wheat flour, water, canola oil, yeast, salt, sugar) Mozzarella Cheese (Pasteurized Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium Chloride, Microbial enzyme, Cellulose, Natamycin) Contains: Milk, Tomato Sauce (tomatoes, water, salt, citric acid, oregano, pepper, sugar) Smoked Imperial Pepperoni ( Mechanically separated chicken, Pork, Beef, water, Modified wheat flour, Salt, Spices, Modified Corn Starch, Sodium Phosphate, Sugars (Dextrose), Garlic Powder, smoke flavour, Sodium Erythorbate, Sodium Nitrate, /sodium Bicarbonate, Glycerine, Smoke) Contains:Wheat

Tower Café  
1124 A 4th Street, Estevan, SK

## TOWER SPECIAL PIZZA

### Nutrition Facts

Per 1/8 Pizza	
<b>Serving size</b>	<b>240 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>490</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 23g	<b>31%</b>
Saturated Fat 11g	<b>57%</b>
Trans Fat .4g	
<b>Cholesterol</b> 80mg	
<b>Sodium</b> 1450 mg	<b>63%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>7%</b>
<b>Protein</b> 28g	
Vitamin D	
Calcium 175mg	13%
Iron 3mg	17%
Potassium 550mg	12%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Tower Special Pizza: Dough (wheat flour, water, canola oil, yeast, salt, sugar) Mozzarella Cheese (Pasteurized Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium Chloride, Microbial enzyme, Cellulose, Natamycin) Contains: Milk, Tomato Sauce (tomatoes, water, salt, citric acid, oregano, pepper, sugar) Smoked Imperial Pepperoni ( Mechanically separated chicken, Pork, Beef, water, Modified wheat flour, Salt, Spices, Modified Corn Starch, Sodium Phosphate, Sugars (Dextrose), Garlic Powder, smoke flavour, Sodium Erythorbate, Sodium Nitrate, /sodium Bicarbonate, Glycerine, Smoke) Contains:Wheat Smoked Ham: (Pork, water, salt, modified corn starch, carrageenan, Sugars (Dextrose), Sodium Phosphate, Smoke flavour, Ascorbic Acid, Vegetable Oil, Spice Extractives, Sodium Nitrate, Sodium Bicarbonate, Glycerine, Smoke) Mushroom, Pineapple, Green Peppers

Tower Café  
1124 A 4th Street, Estevan, SK