

CANADIAN PIZZA

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

a day is used for general nutrition advice

Ingredients: Canadian Pizza: Dough (wheat flour, water, canola oil, veast, 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 Penneroni (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

BBO CHICKEN PIZZA

Nutrition F	acts
Per 1/8 Pizza	
Serving size	240 g
Amount per serving Calories	600
	% Daily Value
Total Fat 18g	28%
Saturated Fat 10g	52%
Trans Fat .4g	
Cholesterol 70mg	
Sodium 1320 mg	55%
Total Carbohydrate 64g	21
Dietary Fiber 2g	8%
Total Sugars 4g	
Includes Added Sugars	4%
Protein 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

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CHEESE PIZZA

Nutrition Facts

240 a

27%

62%

44%

22%

18%

9%

20%

22%

540

% Daily Value

Per 1/8 Pizza

Serving size

unt per serving

Saturated Fat 12g

Trans Fat .5g

Sodium 1060 mg

Cholesterol 60mg

Dietary Fiber 5g

Total Sugars 9g

Protein 26g

Calcium 260mg

Potassium 395mg

Vitamin D

Iron 4mg

sugar)

Total Carbohydrate 67g

Includes Added Sugars

The % Daily Value (DV) tells you how much a nutrient in

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Ingredients: Cheese Pizza: Dough (wheat

flour, water, canola oil, veast, salt, sugar)

Mozzarella Cheese (Pasteurized Milk,

Modified milk ingredients, Cream, Salt,

Microbial enzyme, Cellulose, Natamycin)

Contains: Milk. Tomato Sauce (tomatoes.

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water, salt, citric acid, oregano, pepper,

Bacterial culture, Calcium Chloride,

a day is used for general nutrition advice

Calories

Total Fat 20g

HAM & PINEAPPLE PIZZA

Nutrition Facts

240 a

28%

52%

55%

21

8%

4%

30%

40%

12%

600

% Daily Value

Per 1/8 Pizza

Serving size

mount per serving

Calories

Saturated Fat 10g

Total Carbohydrate 64a

Includes Added Sugars

Trans Fat .4g

Cholesterol 70mg

Dietary Fiber 2a

Total Sugars 4g

Protein 32g

Calcium 200mg

Potassium 550mg

Vitamin D

Iron 3.5mg

Sodium 1320 mg

Total Fat 18g

MEAT EATERS PIZZA

Per 1/8 Pizza Serving size	240
Amount per serving Calories	500
, é	% Daily Valu
Total Fat 20g	27
Saturated Fat 10g	52
Trans Fat .4g	7
Cholesterol 70mg	
Sodium 1340 mg	58
Total Carbohydrate 55	ig
Dietary Fiber 4g	14
Total Sugars 9	
Includes Added Suga	ırs 9
Protein 27g	
Vitamin D	
Calcium 200mg	15
Iron 3.5mg	19
Potassium 550mg	12

a serving of food contributes to a daily diet. 2.000 calories a day is used for general nutrition advice

Beef (taco seasoning containing: Sugars

(corn maltodextrin, sugar). Spices and

herbs, Dehydrated vegetables (onion,

sunflower oil. Natural flavour. Calcium

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,

Corn Starch, Citric Acid, High Oleic

silicate, Silicon dioxide) Salami(

green bell pepper, red bell pepper) Salt,

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

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a day is used for general nutrition advice

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Nutrition Facts

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

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

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PEPPERONI PIZZA

Nutrition F	acts
Per 1/8 Pizza	
Serving size	240 (
Amount per serving Calories	540
	% Daily Value
Total Fat 20g	279
Saturated Fat 12g	62%
Trans Fat .5g	
Cholesterol 60mg	
Sodium 1060 mg	449
Total Carbohydrate 67g	229
Dietary Fiber 5g	189
Total Sugars 9g	
Includes Added Sugars	99
Protein 26g	
Vitamin D	
Calcium 260mg	20%
Iron 4mg	229
Potassium 395mg	8%

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Ingredients: Pepperoni Pizza: Dough (wheat flour, water, canola oil, veast, 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

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TOWER SPECIAL PIZZA

Nutrition Fa	acts
Per 1/8 Pizza Serving size	240 g
Amount per serving Calories	490
%	Daily Value
Total Fat 23g	31%
Saturated Fat 11g	57%
Trans Fat .4g	
Cholesterol 80mg	
Sodium 1450 mg	63%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 7g Added Sugars	7%
Protein 28g	
Vitamin D	
Calcium 175mg	13%
Iron 3mg	179
Potassium 550mg	129

a serving of food contributes to a daily diet. 2.000 calories

Ingredients: Tower Special Pizza: Dough (wheat flour, water, canola oil, veast, 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

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Smoke)