

Item Name	Quantity	Measure	Gram Weight	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
YP Artichoke Hearts,BYO Panini	1	Serving		21	5	0	0	0	0	0	85	1	0	0
YP Artichoke Hearts,BYO Pizza & Salad	1	Serving		28	10	0	0	0	0	0	110	1	1	0
YP Bacon, BYO Panini	1	Serving		21	120	100	11	3	0	15	380	0	0	6
YP Bacon, BYO Pizza &Salad	1	Serving		9	50	40	4.5	1	0	5	150	0	0	2
YP Balsamic VinaigretteDressing	1	Serving		30	80	40	4.5	0.5	0	0	140	9	0	8
YP BalsamicVinaigrette, BYO Pizza& Salad	1	Serving		59	160	80	9	1.5	0	0	270	17	0	16
YP Banana Peppers,BYO Panini	1	Serving		21	5	0	0	0	0	0	210	1	0	0
YP Banana Peppers,BYO Pizza & Salad	1	Serving		28	5	0	0	0	0	0	280	1	0	0
YP Basil Pesto, BYOPanini	1	Serving		23	80	70	8	1	0	5	140	1	0	2
YP Basil Pesto, BYOPizza & Salad	1	Serving		30	100	90	10	1.5	0	5	190	1	1	0
YP Basil, BYO Panini	1	Serving		4	0	0	0	0	0	0	0	0	0	0
YP Basil, BYO Pizza &Salad	1	Serving		7	0	0	0	0	0	0	0	0	0	0
YP BBQ Chicken Pizza,Gluten Free	1	Serving		441	1050	410	46	15	0	85	1780	123	5	30
YP BBQ Chicken Pizza,Wheat	1	Serving		383	880	320	35	13	0	85	2000	100	6	21
YP BBQ Chicken Pizza,White	1	Serving		384	890	310	35	13	0	85	1990	102	4	21
YP BBQ Chicken Pizza,White, Large 14 inch	1	Serving		840	2000	710	79	29	0	185	4500	228	10	43
YP BBQ Sauce, BYOPanini	1	Serving		24	45	0	0	0	0	0	150	11	0	9
YP BBQ Sauce, BYOPizza & Salad	1	Serving		32	60	0	0	0	0	0	200	14	0	12
YP Black Olives, BYOPanini	1	Serving		21	40	30	3.5	0.5	0	0	190	1	0	0
YP Black Olives, BYOPizza & Salad	1	Serving		28	50	40	4.5	1	0	0	250	2	0	0
YP Bleu CheeseDressing, BYO Pizza &Salad	1	Serving		56	300	290	32	6	0	30	500	2	0	2
YP Bread Bowl, Wheat	1	Serving		169	400	60	7	1	0	0	640	74	5	1
YP Bread Bowl, White	1	Serving		170	410	60	7	1	0	0	630	76	3	1
YP Broccoli, BYOPanini	1	Serving		21	5	0	0	0	0	0	5	1	1	0
YP Broccoli, BYO Pizza& Salad	1	Serving		28	10	0	0	0	0	0	10	2	1	0
YP Brownie, Iced	1	Serving		85	340	130	15	4.5	0	65	230	49	2	38
YP Brownies, Catering	1	Serving		170	690	280	31	10	0	135	460	102	4	80
YP Buffalo ChickenPanini	1	Serving		413	730	230	26	10	0	65	2070	87	6	6
YP Build Your Own -Panini	1	Serving		1210	2450	1320	147	51	0.5	355	7180	142	13	29
YP Caesar Dressing,BYO Pizza & Salad	1	Serving		58	340	330	37	6	0	20	490	2	0	0
YP Caesar Salad	1	Serving		246	430	370	42	9	0	35	740	10	4	2
YP Caprese Panini	1	Serving		508	910	400	45	14	0	45	1150	99	7	22
YP Caprese Salad	1	Serving		368	470	290	33	10	0	35	570	26	5	18
YP Catering CheesyAlfredo Pasta	1	Serving		1883	4810	2340	262	84	0	255	7060	443	17	32
YP Catering Zia'sMeatball Pasta	1	Serving		2451	5130	2170	243	87	2	535	9110	488	31	53
YP Catering, The NatPasta	1	Serving		1980	4820	2140	240	67	0	305	7040	466	29	52
YP Cheese Sticks (NoSauce)	1	Serving		226	590	190	21	9	0	35	1110	74	5	1
YP Cheesy AlfredoPasta	1	Serving		390	1010	500	56	21	0	70	1710	87	3	6
YP Chicken Bacon ClubPanini	1	Serving		384	890	390	44	14	0	85	1890	81	5	4

Item Name	Quantity	Measure	Gram Weight	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
YP Chicken, BYOPanini	1	Serving	85	110	35	4	2.5	0	40	510	2	0	0	18
YP Chicken, BYO Pizza& Salad	1	Serving	57	70	25	2.5	1.5	0	25	340	1	0	0	12
YP Cilantro, BYO Panini	1	Serving	1	0	0	0	0	0	0	0	0	0	0	0
YP Cilantro, BYO Pizza& Salad	1	Serving	1	0	0	0	0	0	0	0	0	0	0	0
YP Daiya VeganCheese, BYO Panini	1	Serving	43	140	80	9	3	0	0	430	11	2	0	2
YP Daiya VeganCheese, BYO Pizza &Salad	1	Serving	71	230	140	15	5	0	0	710	18	3	0	3
YP Dough, Wheat, 1Ball	1	Serving	161	360	30	3	0.5	0	0	640	72	5	1	13
YP Dough, White, 1Ball	1	Serving	162	370	25	3	0.5	0	0	630	74	3	1	13
YP Dough, White, 1Ball, LARGE - 14 oz	1	Serving	378	860	60	7	1.5	0	0	1480	172	8	3	30
YP Feta, BYO Panini	1	Serving	11	30	20	2.5	1.5	0	5	140	0	0	0	2
YP Feta, BYO Pizza &Salad	1	Serving	14	35	25	3	2	0	10	180	1	0	0	2
YP Fresh Mozzarella, BYO Panini	1	Serving	57	150	110	12	6	0	25	120	0	0	0	8
YP Fresh Mozzarella, BYO Pizza & Salad	1	Serving	71	180	140	15	8	0	35	150	0	0	0	10
YP Garlic, BYO Panini	1	Serving	1	0	0	0	0	0	0	0	0	0	0	0
YP Garlic, BYO Pizza &Salad	1	Serving	1	0	0	0	0	0	0	0	0	0	0	0
YP Gelato, BananaSplit, 1 Scoop	1	Serving	28	50	20	2.5	2	0	5	15	7	0	5	1
YP Gelato, BloodOrange, 1 Scoop	1	Serving	57	70	0	0	0	0	0	0	18	0	16	0
YP Gelato, Cookies & Cream, 1 Scoop	1	Serving	71	150	60	6	4.5	0	5	130	19	0	14	4
YP Gelato, MangoSorbet, 1 Scoop	1	Serving	57	60	0	0	0	0	0	0	16	1	14	0

Item Name	Quantity	Measure	Gram Weight	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	
YP Gelato, Raspberry, 1Scoop	1	Serving		65	80	0	0	0	0	0	0	20	1	16	0
YP Gelato, SaltedCaramel, 1 Scoop	1	Serving		57	110	45	5	4	0	5	50	15	0	12	2
YP Gelato, TripleChocolate, 1 Scoop	1	Serving		65	100	35	4	3.5	0	0	35	14	1	14	3
YP Gelato, VanillaTahiti, 1 Scoop	1	Serving		57	110	40	4.5	3	0	10	35	15	0	11	2
YP Greek Dressing,BYO Pizza & Salad	1	Serving		57	290	290	32	6	0	20	690	2	0	0	2
YP Greek Salad	1	Serving		373	440	360	40	10	0	35	1320	18	5	6	9
YP Green Bell Peppers,BYO Panini	1	Serving		21	5	0	0	0	0	0	0	1	0	1	0
YP Green Bell Peppers,BYO Pizza & Salad	1	Serving		28	5	0	0	0	0	0	0	1	0	1	0
YP Ham & CheesePanini	1	Serving		289	660	220	25	8	0	60	1650	76	5	1	34
YP Ham, BYO Panini	1	Serving		85	110	35	4	1.5	0	40	760	2	0	0	14
YP Ham, BYO Pizza &Salad	1	Serving		28	35	10	1.5	0.5	0	15	250	1	0	0	5
YP Hot Sauce, BYOPanini	1	Serving		22	10	0	0	0	0	0	440	2	0	0	0
YP Hot Sauce, BYOPizza & Salad	1	Serving		30	15	0	0	0	0	0	580	3	0	0	0
YP House RanchDressing	2	Tablespoon		28	120	100	11	2	0	5	150	2	0	1	0
YP Ischia Pizza, GlutenFree	1	Serving		496	840	350	39	11	0	35	760	103	7	15	18
YP Ischia Pizza, Wheat	1	Serving		445	680	250	28	10	0	35	1030	82	7	8	27
YP Ischia Pizza, White	1	Serving		446	690	250	28	10	0	35	1020	84	6	8	27
YP Ischia Pizza, White, Large 14 inch	1	Serving		946	1510	510	57	20	0	70	2240	193	13	17	58
YP Italian Sausage,BYO Panini	1	Serving		28	90	80	8	2	0	20	250	1	0	0	4
YP Italian Sausage,BYO Pizza & Salad	1	Serving		48	160	130	14	4	0	35	420	3	0	0	7
YP Jalapeno HoneyMustard Dressing, BYOPizza & Salad	1	Serving		60	280	200	22	3.5	0	10	390	15	0	10	0
YP Jalapeno Peppers,BYO Pizza & Salad	1	Serving		7	0	0	0	0	0	0	0	0	0	0	0
YP Jalapenos, BYOPanini	1	Serving		4	0	0	0	0	0	0	0	0	0	0	0
YP Kids Dough, Wheat,1 Ball	1	Serving		128	280	25	2.5	0.5	0	0	510	57	4	1	10
YP Kids Dough, White,1 Ball	1	Serving		128	290	20	2.5	0.5	0	0	500	58	3	1	10
YP Kids Panini, Ham &Cheese	1	Serving		144	340	110	13	4.5	0	30	750	39	2	1	19
YP Kids Pasta	1	Serving		173	450	210	23	7	0	20	580	43	2	3	16
YP Kids Pizza, Wheat	1	Serving		170	370	70	8	3.5	0	15	730	59	4	2	19
YP Kids Pizza, White	1	Serving		170	380	70	8	3.5	0	15	720	60	3	2	18
YP Marinara, BYOPanini	1	Serving		42	25	5	1	0	0	0	160	3	1	2	1
YP Marinara, BYO Pizza& Salad	1	Serving		48	30	10	1	0	0	0	180	4	1	3	2
YP Meatball, BYOPanini	1	Serving		43	110	70	7	3.5	0	40	440	3	1	0	8
YP Meatball, BYO Pizza& Salad	1	Serving		57	150	90	10	4.5	0	55	590	4	1	1	10
YP Mushrooms, BYOPanini	1	Serving		21	15	5	0.5	0	0	0	30	1	0	1	1
YP Mushrooms, BYOPizza & Salad	1	Serving		28	15	10	1	0	0	0	30	2	1	1	2
YP Mushrooms, Prep	10	Each		14	10	5	0	0	0	0	20	1	0	1	1
YP Nonno's ItalianPanini	1	Serving		491	870	340	38	14	0	95	2310	87	7	7	44
YP Olive Oil, BYOPanini	1	Serving		11	100	100	11	1.5	--	0	0	0	0	0	0
YP Olive Oil, BYO Pizza& Salad	1	Serving		13	120	120	13	2	--	0	0	0	0	0	0
YP Oregano, BYOPanini	1	Serving		1	5	0	0	0	0	0	0	1	0	0	0
YP Oregano, BYO Pizza& Salad	1	Serving		1	5	0	0	0	0	0	0	1	0	0	0
YP Panini Bread, Wheat	1	Serving		176	460	120	13	2	0	0	640	74	5	1	13
YP Parmesan, BYOPanini	1	Serving		7	25	15	2	1.5	0	5	100	0	0	0	2
YP Parmesan, BYOPizza & Salad	1	Serving		7	25	15	2	1.5	0	5	100	0	0	0	2
YP Pepperoni, BYOPanini	1	Serving		11	50	45	5	2	0	15	200	0	0	0	2
YP Pepperoni, BYOPizza & Salad	1	Serving		14	70	50	6	2.5	0	15	250	0	0	0	3
YP Pesto Turkey Panini	1	Serving		413	770	290	33	9	0	70	1690	81	6	5	40

YP Pineapple, BYOPanini	1 Serving	21	10	0	0	0 0	0	0	3	0	2	0
YP Pineapple, BYOPizza & Salad	1 Serving	28	15	0	0	0 0	0	0	3	0	3	0
YP Provolone, BYOPanini	1 Serving	28	100	70	8	5 0	20	250	1	0	0	7
YP Provolone, BYOPizza & Salad	1 Serving	71	250	170	19	12 1	50	620	2	0	0	18
YP Ranch Dressing, BYO Panini	1 Serving	34	140	120	13	2 0	10	170	3	0	1	1
YP Ranch Dressing, BYO Pizza & Salad	1 Serving	57	240	200	22	3.5 0	15	290	4	0	1	1
YP Red Onion, BYOPanini	1 Serving	21	10	0	0	0 0	0	0	2	0	1	0
YP Red Onion, BYOPizza & Salad	1 Serving	28	10	0	0	0 0	0	0	3	0	1	0
YP Ricotta, BYO Panini	1 Serving	43	70	50	5	3.5 0	20	35	1	0	0	5
YP Ricotta, BYO Pizza& Salad	1 Serving	57	100	60	7	4.5 0	30	45	2	0	0	6
YP Salami, BYO Panini	1 Serving	28	90	70	8	2.5 0	20	390	1	0	1	5
YP Salami, BYO Pizza& Salad	1 Serving	14	45	35	4	1.5 0	10	200	0	0	0	3
YP ShreddedMozzarella, BYO Panini	1 Serving	57	160	90	10	6 0	30	340	2	0	0	16
YP ShreddedMozzarella, BYO Pizza& Salad	1 Serving	71	240	160	18	10 0	60	500	3	0	0	15
YP Side Salad, Caesar	1 Serving	123	220	190	21	4.5 0	15	370	5	2	1	4
YP Side Salad, Caprese	1 Serving	184	230	150	16	5 0	20	290	13	3	9	8
YP Side Salad, Greek	1 Serving	186	220	180	20	5 0	20	660	9	3	3	5
YP Spinach, BYOPanini	1 Serving	4	0	0	0	0 0	0	0	0	0	0	0
YP Spinach, BYO Pizza& Salad	1 Serving	7	0	0	0	0 0	0	5	0	0	0	0
YP Sun Dried Tomato, BYO Panini	1 Serving	11	30	5	0	0 0	0	10	6	1	4	2
YP Sun DriedTomatoes, BYO Pizza &Salad	1 Serving	14	35	5	0	0 0	0	15	8	2	5	2
YP The Great WhitePizza, Gluten Free	1 Serving	333	880	400	44	17 0	75	1130	96	4	8	23
YP The Great WhitePizza, Wheat	1 Serving	282	720	300	33	16 0	75	1400	76	5	1	32
YP The Great WhitePizza, White	1 Serving	283	730	300	33	16 0	75	1390	78	3	1	32
YP The Great WhitePizza, White, Large 14inch	1 Serving	621	1590	600	67	31 0	145	2990	181	8	3	67
YP The Lineage Pizza,Gluten Free	1 Serving	461	1050	490	54	19 0	110	1780	106	6	13	31
YP The Lineage Pizza,Wheat	1 Serving	410	890	390	44	18 0	110	2040	86	7	6	40
YP The Lineage Pizza,White	1 Serving	411	900	390	43	18 0	110	2030	88	6	6	40
YP The Lineage Pizza,White, Large 14 inch	1 Serving	876	1920	790	88	36 0	215	4270	201	12	13	84
YP The Nat Pasta	1 Serving	384	910	420	47	16 0	85	1660	78	6	12	51
YP The Nat Pizza,Gluten Free	1 Serving	395	980	410	46	16 0	85	1580	109	7	17	34
YP The Nat Pizza,Wheat	1 Serving	344	820	320	35	15 0	85	1840	89	8	10	43
YP The Nat Pizza,White	1 Serving	345	830	310	35	15 0	85	1830	91	7	10	42
YP The Nat Pizza,White, Large 14 inch	1 Serving	743	1780	640	71	30 0	165	3880	206	14	20	89
YP Buffalo ChickenPizza, Gluten Free	1 Serving	452	860	300	34	13 0	80	1720	107	6	13	29
YP Buffalo ChickenPizza, Wheat	1 Serving	401	700	210	23	12 0	80	1980	87	6	6	38
YP Buffalo ChickenPizza, White	1 Serving	402	710	200	23	12 0	80	1970	89	5	6	38
YP Buffalo ChickenPizza, White, Large 14inch	1 Serving	859	1550	420	47	24 0	155	4160	202	11	13	80
YP Tomato, BYO Panini	1 Serving	28	5	0	0	0 0	0	0	1	0	1	0
YP Tomatoes, BYOPizza & Salad	1 Serving	43	10	0	0	0 0	0	0	2	1	1	0
YP Turkey & CheesePanini	1 Serving	289	650	200	22	7 0	65	1480	76	5	3	37
YP Turkey Club Panini	1 Serving	521	930	370	41	11 0	90	2190	95	7	14	45
YP Turkey, BYO Panini	1 Serving	85	90	15	1.5	0 0	45	590	2	0	2	17
YP Turkey, BYO Pizza &Salad	1 Serving	28	30	5	0.5	0 0	15	200	1	0	1	6

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YP Artichoke Hearts,BYO Panini		1 Serving		21	5 0		0 0	0		0	85	1	0	0 0
YP Artichoke Hearts,BYO Pizza & Salad		1 Serving		28	10 0		0 0	0		0	110	1	1	0 0
YP Bacon, BYO Panini		1 Serving		21	120 100		11 3	0		15	380	0	0	0 6
YP Bacon, BYO Pizza & Salad		1 Serving		9	50 40		4.5 1	0		5	150	0	0	0 2
YP Balsamic VinaigretteDressing		1 Serving		30	80 40		4.5 0.5	0		0	140	9	0	8 0
YP BalsamicVinaigrette, BYO Pizza& Salad		1 Serving		59	160 80		9 1.5	0		0	270	17	0	16 0
YP Banana Peppers,BYO Panini		1 Serving		21	5 0		0 0	0		0	210	1	0	0 0
YP Banana Peppers,BYO Pizza & Salad		1 Serving		28	5 0		0 0	0		0	280	1	0	0 0
YP Basil Pesto, BYOPanini		1 Serving		23	80 70		8 1	0		5	140	1	0	0 2
YP Basil Pesto, BYOPizza & Salad		1 Serving		30	100 90		10 1.5	0		5	190	1	1	0 2
YP Basil, BYO Panini		1 Serving		4	0 0		0 0	0		0	0	0	0	0 0
YP Basil, BYO Pizza & Salad		1 Serving		7	0 0		0 0	0		0	0	0	0	0 0
YP BBQ Chicken Pizza,Gluten Free		1 Serving		441	1050 410		46 15	0		85	1780	123	5	30 32
YP BBQ Chicken Pizza,Wheat		1 Serving		383	880 320		35 13	0		85	2000	100	6	21 41
YP BBQ Chicken Pizza,White		1 Serving		384	890 310		35 13	0		85	1990	102	4	21 41
YP BBQ Chicken Pizza,White, Large 14 inch		1 Serving		840	2000 710		79 29	0		185	4500	228	10	43 91
YP BBQ Sauce, BYOPanini		1 Serving		24	45 0		0 0	0		0	150	11	0	9 0
YP BBQ Sauce, BYOPizza & Salad		1 Serving		32	60 0		0 0	0		0	200	14	0	12 0

2000 Calories a day is used for general nutrition advice but calorie needs vary. Additional nutritional information available upon request.

Nutrient Report cont.														
Item Name	Quantity	Measure	GramWeight	Cals(kcal)	Fat Cals(kcal)	Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carb(g)	Fiber(g)	Sugar(g)	Protein(g)
YP Black Olives, BYOPanini	1	Serving		21 40	30		3.5 0.5	0		0	190	1	0	0 0
YP Black Olives, BYOPizza & Salad	1	Serving		28 50	40		4.5 1	0		0	250	2	0	0 0
YP Bleu CheeseDressing, BYO Pizza & Salad	1	Serving		56 300	290		32 6	0		30	500	2	0	2 2
YP Bread Bowl, Wheat	1	Serving		169 400	60		7 1	0		0	640	74	5	1 13
YP Bread Bowl, White	1	Serving		170 410	60		7 1	0		0	630	76	3	1 13
YP Broccoli, BYOPanini	1	Serving		21	5 0		0 0	0		0	5	1	1	0 1
YP Broccoli, BYO Pizza& Salad	1	Serving		28 10	0		0 0	0		0	10	2	1	0 1
YP Brownie, Iced	1	Serving		85 340	130		15 4.5	0		65	230	49	2	38 4
YP Brownies, Catering	1	Serving		170 690	280		31 10	0		135	460	102	4	80 9
YP Buffalo ChickenPanini	1	Serving		413 730	230		26 10	0		65	2070	87	6	6 42
YP Caesar Dressing, BYO Pizza & Salad	1	Serving		58 340	330		37 6	0		20	490	2	0	0 0
YP Caesar Salad	1	Serving		246 430	370		42 9	0		35	740	10	4	2 7
YP Caprese Panini	1	Serving		508 910	400		45 14	0		45	1150	99	7	22 29
YP Caprese Salad	1	Serving		368 470	290		33 10	0		35	570	26	5	18 16
YP Catering CheesyAlfredo Pasta	1	Serving		1883 4810	2340		262 84	0		255	7060	443	17	32 174
YP Catering Zia'sMeatball Pasta	1	Serving		2451 5130	2170		243 87	2		535	9110	488	31	53 242
YP Catering, The NatPasta	1	Serving		1980 4820	2140		240 67	0		305	7040	466	29	52 223
YP Cheese Sticks (NoSauce)	1	Serving		226 590	190		21 9	0		35	1110	74	5	1 30
YP Cheesy AlfredoPasta	1	Serving		390 1010	500		56 21	0		70	1710	87	3	6 41
YP Chicken Bacon ClubPanini	1	Serving		384 890	390		44 14	0		85	1890	81	5	4 46

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Nutrient Report cont.														
Item Name	Quantity	Measure	GramWeight	Cals(kcal)	Fat Cals(kcal)	Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carb(g)	Fiber(g)	Sugar(g)	Protein(g)
YP Chicken, BYOPanini		1 Serving		85	110	35	4	2.5	0	40	510	2	0	1
YP Chicken, BYO Pizza& Salad		1 Serving		57	70	25	2.5	1.5	0	25	340	1	0	1
YP Cilantro, BYO Panini		1 Serving		1	0	0	0	0	0	0	0	0	0	0
YP Cilantro, BYO Pizza& Salad		1 Serving		1	0	0	0	0	0	0	0	0	0	0
YP Daiya VeganCheese, BYO Panini		1 Serving		43	140	80	9	3	0	0	430	11	2	0
YP Daiya VeganCheese, BYO Pizza &Salad		1 Serving		71	230	140	15	5	0	0	710	18	3	0
YP Dough, Wheat, 1Ball		1 Serving		161	360	30	3	0.5	0	0	640	72	5	1
YP Dough, White, 1Ball		1 Serving		162	370	25	3	0.5	0	0	630	74	3	1
YP Dough, White, 1Ball, LARGE - 14 oz		1 Serving		378	860	60	7	1.5	0	0	1480	172	8	3
YP Feta, BYO Panini		1 Serving		11	30	20	2.5	1.5	0	5	140	0	0	0
YP Feta, BYO Pizza &Salad		1 Serving		14	35	25	3	2	0	10	180	1	0	0
YP Fresh Mozzarella,BYO Panini		1 Serving		57	150	110	12	6	0	25	120	0	0	0
YP Fresh Mozzarella,BYO Pizza & Salad		1 Serving		71	180	140	15	8	0	35	150	0	0	0
YP Garlic, BYO Panini		1 Serving		1	0	0	0	0	0	0	0	0	0	0
YP Garlic, BYO Pizza &Salad		1 Serving		1	0	0	0	0	0	0	0	0	0	0
YP Gelato, BananaSplit, 1 Scoop		1 Serving		28	50	20	2.5	2	0	5	15	7	0	5
YP Gelato, BloodOrange, 1 Scoop		1 Serving		57	70	0	0	0	0	0	0	18	0	16
YP Gelato, Cookies &Cream, 1 Scoop		1 Serving		71	150	60	6	4.5	0	5	130	19	0	14
YP Gelato, MangoSorbet, 1 Scoop		1 Serving		57	60	0	0	0	0	0	0	16	1	14

Nutrient Report cont.														
Item Name	Quantity	Measure	GramWeight	Cals(kcal)	Fat Cals(kcal)	Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carb(g)	Fiber(g)	Sugar(g)	Protein(g)
YP Gelato, Raspberry, 1Scoop		1 Serving		65	80	0	0	0		0	0	20	1	16
YP Gelato, SaltedCaramel, 1 Scoop		1 Serving		57	110	45	5	4	0	5	50	15	0	12
YP Gelato, TripleChocolate, 1 Scoop		1 Serving		65	100	35	4	3.5	0	0	35	14	1	14
YP Gelato, VanillaTahiti, 1 Scoop		1 Serving		57	110	40	4.5	3	0	10	35	15	0	11
YP Greek Dressing,BYO Pizza & Salad		1 Serving		57	290	290	32	6	0	20	690	2	0	0
YP Greek Salad		1 Serving		373	440	360	40	10	0	35	1320	18	5	6
YP Green Bell Peppers,BYO Panini		1 Serving		21	5	0	0	0	0	0	0	1	0	1
YP Green Bell Peppers,BYO Pizza & Salad		1 Serving		28	5	0	0	0	0	0	0	1	0	1
YP Ham & CheesePanini		1 Serving		289	660	220	25	8	0	60	1650	76	5	1
YP Ham, BYO Panini		1 Serving		85	110	35	4	1.5	0	40	760	2	0	0
YP Ham, BYO Pizza & Salad		1 Serving		28	35	10	1.5	0.5	0	15	250	1	0	0
YP Hot Sauce, BYOPanini		1 Serving		22	10	0	0	0	0	0	440	2	0	0
YP Hot Sauce, BYOPizza & Salad		1 Serving		30	15	0	0	0	0	0	580	3	0	0
YP House RanchDressing		2 Tablespoon		28	120	100	11	2	0	5	150	2	0	1
YP Ischia Pizza, GlutenFree		1 Serving		496	840	350	39	11	0	35	760	103	7	15
YP Ischia Pizza, Wheat		1 Serving		445	680	250	28	10	0	35	1030	82	7	8
YP Ischia Pizza, White		1 Serving		446	690	250	28	10	0	35	1020	84	6	8
YP Ischia Pizza, White, Large 14 inch		1 Serving		946	1510	510	57	20	0	70	2240	193	13	17
YP Italian Sausage,BYO Panini		1 Serving		28	90	80	8	2	0	20	250	1	0	0
YP Italian Sausage,BYO Pizza & Salad		1 Serving		48	160	130	14	4	0	35	420	3	0	0

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Nutrient Report cont.														
Item Name	Quantity	Measure	GramWeight	Cals(kcal)	Fat Cals(kcal)	Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carb(g)	Fiber(g)	Sugar(g)	Protein(g)
YP Jalapeno HoneyMustard Dressing, BYOPizza & Salad		1 Serving		60	280	200	22	3.5	0	10	390	15	0	10
YP Jalapeno Peppers, BYO Pizza & Salad		1 Serving		7	0	0	0	0	0	0	0	0	0	0
YP Jalapenos, BYOPanini		1 Serving		4	0	0	0	0	0	0	0	0	0	0
YP Kids Dough, Wheat, 1 Ball		1 Serving		128	280	25	2.5	0.5	0	0	510	57	4	1
YP Kids Dough, White, 1 Ball		1 Serving		128	290	20	2.5	0.5	0	0	500	58	3	1
YP Kids Panini, Ham & Cheese		1 Serving		144	340	110	13	4.5	0	30	750	39	2	1
YP Kids Pasta		1 Serving		173	450	210	23	7	0	20	580	43	2	3
YP Kids Pizza, Wheat		1 Serving		170	370	70	8	3.5	0	15	730	59	4	2
YP Kids Pizza, White		1 Serving		170	380	70	8	3.5	0	15	720	60	3	2
YP Marinara, BYOPanini		1 Serving		42	25	5	1	0	0	0	160	3	1	2
YP Marinara, BYO Pizza & Salad		1 Serving		48	30	10	1	0	0	0	180	4	1	3
YP Meatball, BYOPanini		1 Serving		43	110	70	7	3.5	0	40	440	3	1	0
YP Meatball, BYO Pizza & Salad		1 Serving		57	150	90	10	4.5	0	55	590	4	1	1
YP Mushrooms, BYOPanini		1 Serving		21	15	5	0.5	0	0	0	30	1	0	1
YP Mushrooms, BYOPizza & Salad		1 Serving		28	15	10	1	0	0	0	30	2	1	1
YP Mushrooms, Prep	10	Each		14	10	5	0	0	0	0	20	1	0	1
YP Nonno's Italian Panini		1 Serving		491	870	340	38	14	0	95	2310	87	7	7
YP Olive Oil, BYOPanini		1 Serving		11	100	100	11	1.5	--	0	0	0	0	0
YP Olive Oil, BYO Pizza & Salad		1 Serving		13	120	120	13	2	--	0	0	0	0	0

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Nutrient Report cont.														
Item Name	Quantity	Measure	GramWeight	Cals(kcal)	Fat Cals(kcal)	Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carb(g)	Fiber(g)	Sugar(g)	Protein(g)
YP Oregano, BYOPanini		1 Serving		1	5 0		0 0	0		0	0	1	0	0 0
YP Oregano, BYO Pizza& Salad		1 Serving		1	5 0		0 0	0		0	0	1	0	0 0
YP Panini Bread, Wheat		1 Serving		176	460 120		13 2	0		0	640	74	5	1 13
YP Parmesan, BYOPanini		1 Serving		7	25 15		2 1.5	0		5	100	0	0	0 2
YP Parmesan, BYOPizza & Salad		1 Serving		7	25 15		2 1.5	0		5	100	0	0	0 2
YP Pepperoni, BYOPanini		1 Serving		11	50 45		5 2	0		15	200	0	0	0 2
YP Pepperoni, BYOPizza & Salad		1 Serving		14	70 50		6 2.5	0		15	250	0	0	0 3
YP Pesto Turkey Panini		1 Serving		413	770 290		33 9	0		70	1690	81	6	5 40
YP Pineapple, BYOPanini		1 Serving		21	10 0		0 0	0		0	0	3	0	2 0
YP Pineapple, BYOPizza & Salad		1 Serving		28	15 0		0 0	0		0	0	3	0	3 0
YP Provolone, BYOPanini		1 Serving		28	100 70		8 5	0		20	250	1	0	0 7
YP Provolone, BYOPizza & Salad		1 Serving		71	250 170		19 12	1		50	620	2	0	0 18
YP Ranch Dressing, BYO Panini		1 Serving		34	140 120		13 2	0		10	170	3	0	1 1
YP Ranch Dressing, BYO Pizza & Salad		1 Serving		57	240 200		22 3.5	0		15	290	4	0	1 1
YP Red Onion, BYOPanini		1 Serving		21	10 0		0 0	0		0	0	2	0	1 0
YP Red Onion, BYOPizza & Salad		1 Serving		28	10 0		0 0	0		0	0	3	0	1 0
YP Ricotta, BYO Panini		1 Serving		43	70 50		5 3.5	0		20	35	1	0	0 5
YP Ricotta, BYO Pizza& Salad		1 Serving		57	100 60		7 4.5	0		30	45	2	0	0 6
YP Salami, BYO Panini		1 Serving		28	90 70		8 2.5	0		20	390	1	0	1 5
YP Salami, BYO Pizza& Salad		1 Serving		14	45 35		4 1.5	0		10	200	0	0	0 3

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Nutrient Report cont.														
Item Name	Quantity	Measure	GramWeight	Cals(kcal)	Fat Cals(kcal)	Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carb(g)	Fiber(g)	Sugar(g)	Protein(g)
YP ShreddedMozzarella, BYO Panini	1	Serving		57	160	90	10	6	0	30	340	2	0	0
YP ShreddedMozzarella, BYO Pizza& Salad	1	Serving		71	240	160	18	10	0	60	500	3	0	0
YP Side Salad, Caesar	1	Serving		123	220	190	21	4.5	0	15	370	5	2	1
YP Side Salad, Caprese	1	Serving		184	230	150	16	5	0	20	290	13	3	9
YP Side Salad, Greek	1	Serving		186	220	180	20	5	0	20	660	9	3	3
YP Spinach, BYOPanini	1	Serving		4	0	0	0	0	0	0	0	0	0	0
YP Spinach, BYO Pizza& Salad	1	Serving		7	0	0	0	0	0	0	5	0	0	0
YP Sun Dried Tomato, BYO Panini	1	Serving		11	30	5	0	0	0	0	10	6	1	4
YP Sun DriedTomatoes, BYO Pizza &Salad	1	Serving		14	35	5	0	0	0	0	15	8	2	5
YP The Great WhitePizza, Gluten Free	1	Serving		333	880	400	44	17	0	75	1130	96	4	8
YP The Great WhitePizza, Wheat	1	Serving		282	720	300	33	16	0	75	1400	76	5	1
YP The Great WhitePizza, White	1	Serving		283	730	300	33	16	0	75	1390	78	3	1
YP The Great WhitePizza, White, Large 14inch	1	Serving		621	1590	600	67	31	0	145	2990	181	8	3
YP The Lineage Pizza,Gluten Free	1	Serving		461	1050	490	54	19	0	110	1780	106	6	13
YP The Lineage Pizza,Wheat	1	Serving		410	890	390	44	18	0	110	2040	86	7	6
YP The Lineage Pizza,White	1	Serving		411	900	390	43	18	0	110	2030	88	6	6
YP The Lineage Pizza,White, Large 14 inch	1	Serving		876	1920	790	88	36	0	215	4270	201	12	13
YP The Nat Pasta	1	Serving		384	910	420	47	16	0	85	1660	78	6	12
YP The Nat Pizza,Gluten Free	1	Serving		395	980	410	46	16	0	85	1580	109	7	17

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Nutrient Report cont.														
Item Name	Quantity	Measure	GramWeight	Cals(kcal)	Fat Cals(kcal)	Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol(mg)	Sodium(mg)	Carb(g)	Fiber(g)	Sugar(g)	Protein(g)
YP The Nat Pizza,Wheat		1 Serving		344 820	320		35 15	0		85	1840	89	8	10 43
YP The Nat Pizza,White		1 Serving		345 830	310		35 15	0		85	1830	91	7	10 42
YP The Nat Pizza,White, Large 14 inch		1 Serving		743 1780	640		71 30	0		165	3880	206	14	20 89
YP Buffalo ChickenPizza, Gluten Free		1 Serving		452 860	300		34 13	0		80	1720	107	6	13 29
YP Buffalo ChickenPizza, Wheat		1 Serving		401 700	210		23 12	0		80	1980	87	6	6 38
YP Buffalo ChickenPizza, White		1 Serving		402 710	200		23 12	0		80	1970	89	5	6 38
YP Buffalo ChickenPizza, White, Large 14inch		1 Serving		859 1550	420		47 24	0		155	4160	202	11	13 80
YP Tomato, BYO Panini		1 Serving		28 5	0		0 0	0		0	0	1	0	1 0
YP Tomatoes, BYOPizza & Salad		1 Serving		43 10	0		0 0	0		0	0	2	1	1 0
YP Turkey & CheesePanini		1 Serving		289 650	200		22 7	0		65	1480	76	5	3 37
YP Turkey Club Panini		1 Serving		521 930	370		41 11	0		90	2190	95	7	14 45
YP Turkey, BYO Panini		1 Serving		85 90	15		1.5 0	0		45	590	2	0	2 17
YP Turkey, BYO Pizza & Salad		1 Serving		28 30	5		0.5 0	0		15	200	1	0	1 6

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