

PIZZA NUTRITION CHART

Our Pizza Nutrition Chart provides nutritional information on nearly all pizza toppings, sauces and crusts. The nutrient values are based on the amount of toppings, crust and sauces for one slice of a 3 lb. Mountain Pie pizza (10 slices) - our most popular size. To determine the nutrients for the pizza you create, simply add up the values for your toppings, cheese, crust and sauce and then multiply by the number of slices you eat.

	SERVING SIZE (oz.)	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	PROTEIN (g)
CRUSTS										
Whole Wheat Crust	2.0	140	2	0	0	0	200	26	3	4
White Crust	2.0	140	2	0	0	0	170	28	1	4
Gluten-Free Crust	2.0	130	3	0.5	0	0	200	27	1	3
SAUCES										
Pizza Sauce	.8	10	0	0	0	0	100	2	0	1
BBQ	.8	30	0	0	0	0	250	6	0	0
Salsa	.8	15	0	0	0	0	140	3	0	1
Pesto	.6	80	8	1.5	0	0	95	1	0	2
Garlic Olive Oil	.16	40	4.5	0.5	0	0	0	0	0	0
TOPPING										
Pepperoni	.4	60	5	2	0	15	190	0	0	2
Turkey Pepperoni	.4	30	1.5	0.5	0	15	230	0	0	3
Italian Sausage	.8	80	6	2	0	15	270	1	0	4
Andouille Sausage	.6	50	4.5	1.5	0	10	n/a	0	0	3
Hamburger	.8	60	4.5	1.5	0	15	55	0	0	4
Meatballs	.8	100	6	2	0	40	55	3	0	8
Canadian Bacon	.55	20	1	0	0	10	160	0	0	3
Italian Chicken	.6	20	0.5	0	0	10	105	0	0	4
Salami	.4	45	4	1.5	0	15	180	0	0	2
Bacon	.4	50	3.5	1	0	15	250	0	0	5
Anchovies	1 each	10	0	0	0	5	150	0	0	1
Chicken Breast	.6	20	0.5	0	0	10	105	0	0	4
Ham	.7	20	0.5	0	0	10	210	0	0	4
Pulled Pork	.8	45	2	1	0	10	115	3	0	4
Red Hot Chicken	.6	20	0.5	0	0	10	105	0	0	4
Tofu	.8	15	0.5	0	0	0	10	1	0	2
Mushrooms	.6	5	0	0	0	0	0	1	0	1
Green Peppers	.6	5	0	0	0	0	0	1	0	0
Roasted Red Peppers	.5	15	0	0	0	0	105	2	1	0
Sweet Red Onions	.6	5	0	0	0	0	0	2	0	0
Black Olives	.6	20	2	0	0	0	150	1	1	0
Green Olives	.5	15	1.5	0	0	0	290	0	0	0
Pepperoncini	.35	0	0	0	0	0	210	0	0	0
Pineapple	.6	10	0	0	0	0	0	3	0	0
Hatch Green Chili	.6	5	0	0	0	0	0	2	0	0
Giardiniera Peppers	.6	5	0	0	0	0	35	1	0	0
Scallions	.2	0	0	0	0	0	0	0	0	0
Spinach	.15	0	0	0	0	0	0	0	0	0
Jalapeno Peppers	.4	0	0	0	0	0	95	0	0	0
Roma Tomatoes	.55	5	0	0	0	0	0	1	0	0
Broccoli	.6	5	0	0	0	0	0	1	0	1
Sun-Dried Tomatoes	.3	30	0	0	0	0	10	6	1	2
Artichoke Hearts	.5	5	0	0	0	0	35	1	0	0
Diced Tomatoes	.55	5	0	0	0	10	0	1	0	0
Fresh Basil	.4	5	0	0	0	0	0	0	0	0
CHEESES										
Whole Milk Mozzarella	1.35	120	9	5	0	30	240	1	0	8
Part Skim Mozzarella	1.35	110	8	5	0	25	300	1	0	9
Fontina	1.35	150	12	7	0	45	310	1	0	9
Monterey Jack	1.35	150	12	7	0	40	220	1	0	8
Provolone	1.35	130	11	6	0	25	320	1	0	9
Cheddar	1.35	150	12	9	0	45	250	1	0	9
Feta	1	70	6	4	0	25	320	1	0	4
Ricotta	.4	15	1	0.5	0	5	15	1	0	1
Swiss	1.35	150	11	7	0	35	75	2	0	9

MAKE IT YOUR WAY

Whether you're counting calories, determining weight loss points, watching cholesterol and fats or sizing up your protein, you can build a pizza to meet the guidelines of your own specific diet.

Not ordering a 3 lb. Pizza but still want to use the Nutritional chart?
Use the table below to find your specific Pizza Size and Approximate Multiplier to determine the nutritional value.

Pizza Size	Approximate Multiplier
Small	0.7
Medium	0.8
Large	0.9
1 Lb.	0.8
2 Lb.	0.9
3 Lb.	1.0
X-large	1.2
5 Lb.	1.4
Challenge	3.0
Individual	0.5
Kids	0.5

The multipliers are estimated on the high side because we tend to put a lot of ingredients on our pizzas



Beau Jo's Guilt Free Guide completed by **On The Menu, LLC.** Please contact On The Menu with any questions about the Guilt Free Guide 303-757-1333. www.on-the-menu.net

Menu Supplement
For complete menu visit your local store or www.beaujos.com



GUILT FREE GUIDE

Beau Jo's wants you to dine without regret. We are committed to providing menu options to people who follow special diets or who want to eat healthy. Since the 1970s we have featured whole wheat crust, olive oil, the freshest ingredients, and honey instead of sugar.

GLUTEN FREE MENU

No Wheat • No Rye • No Barley • No Oats • No Kidding

SMART MEAL MENU

Our pizza earns the seal of approval from the Colorado Physical Activity and Nutrition Program at the Colorado Department of Public Health and Environment.

PIZZA NUTRITION CHART

Your Diet, Your Choice. You're in Control.

- Arvada**
7805 Wadsworth Blvd.
303.420.8376
- Ft. Collins**
100 N. College Ave.
College & Mountain
970.498.8898
- Denver**
2710 So. Colorado Blvd.
Colorado Blvd. & Yale
303.758.1519
- Highlands Ranch**
2690 E. County Line Rd.
1 Block East of University on County Line Rd.
(Promenade Shopping Ctr.)
303.694.9898
- Evergreen**
Downtown Evergreen
303.670.2744
- Idaho Springs**
Historic Downtown
303.567.4376

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We're excited to announce many of our pizzas and the majority of our salad bar items qualify for the Colorado Department of Public Health and Environment Smart Meal Seal.

To earn the seal, an entrée must be lower in total fat (no more than 30% calories from fat), saturated fat and salt than the standard restaurant meal and include components such as whole grains, vegetables and fruits.

So if you're cutting back on fat, watching your salt intake, or just trying to eat healthier, you've come to the right place. Sit back, relax and enjoy one of the Smart Meal pizzas.

Two slices of the following pizzas qualify as a Smart Meal entrée. Approximately one cup of salad qualifies as a Smart Meal side dish.

SMART MEAL MENU

SALAD BAR

- | | | | |
|---------------------------|-----------|----------------|----------------|
| Fat Free Italian Dressing | Baby Corn | Broccoli | Cucumbers |
| Lettuce | Onions | Garbanzo Beans | Cottage Cheese |
| Tomatoes | Peas | Kidney Beans | Pears |
| Mushrooms | Beets | Pepperoncini | Peaches |

PIZZAS

SMART MEAL TOFU PIZZA

Beau Jo's pizza sauce, tofu, spinach, artichoke hearts and roma tomatoes topped with fresh basil on a Prairie Pie

SMART MEAL CHIP'S PIE

The owner's favorite. Beau Jo's pizza sauce, roasted chicken, artichoke hearts, roma tomatoes and black olives topped with feta cheese on a Mountain Pie

SMART MEAL YUKON

Beau Jo's pizza sauce, Canadian bacon, artichoke hearts and roma tomatoes covered with provolone and part-skim mozzarella cheeses on a Prairie Pie

SMART MEAL MAMA MIA

Beau Jo's pizza sauce, chicken breast with Italian seasonings, mushrooms, scallions and roma tomatoes covered with part-skim mozzarella cheese on a Mountain Pie

SMART MEAL SKIER MIKE'S

Beau Jo's pizza sauce, Canadian bacon, green peppers and chicken breast covered with part-skim mozzarella cheese on a Mountain Pie

SMART MEAL PACIFIC PLANTATION

Beau Jo's pizza sauce, a touch of honey, ham, pineapple, mushrooms and red onions covered with part-skim mozzarella cheese on a Mountain Pie

SMART MEAL NUTRITION CHART

Serving size is based on 1 slice of a 3 lb. pie. Two slices of the following pizzas qualify as a Smart Meal entrée.

	CAL	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (mg)	SOD (mg)	TOTAL CARB (g)	DIET FIBER (g)	PROTEIN (g)
TOFU PIZZA	120	2	0	0	0	180	21	2	5
CHIP'S PIE	210	6	2.5	0	20	530	31	3	10
YUKON	300	12	6	0	35	680	31	3	17
MAMA MIA	240	9	4	0	20	460	31	3	13
SKIER MIKE'S	260	9	4.5	0	35	660	30	3	17
PAC. PLANT	280	10	4.5	0	30	620	34	3	16
VEG. COMBO	260	9	4.5	0	25	480	32	4	14

CREATE YOUR OWN SMART MEAL PIZZA

Choose the following items from our menu:

1. A whole wheat Mountain Pie crust
2. Beau Jo's pizza sauce or fresh salsa
3. All the vegetables* you want, but at least one! (leave out the olives and sun-dried tomatoes)
4. A lean meat* (Canadian bacon, ham, any of the chicken toppings or tofu)
5. Part-skim low cholesterol mozzarella, feta or ricotta cheese

*Individual ingredient charge will apply



SMART MEAL VEGETARIAN COMBO

Beau Jo's pizza sauce, mushrooms, green peppers, red onions and roma tomatoes covered with part-skim mozzarella cheese on a Mountain Pie.

MOUNTAIN PIES - WEIGHTS & RATES

	1 pound <small>Feeds 1-2</small>	2 pound <small>Feeds 2-3</small>	3 pound <small>Feeds 3-4</small>
Standard cheese	\$ 6.49	\$ 9.99	\$ 13.99
Each Vegetable	1.09	1.99	2.99
Each Meat or Cheese	1.59	2.69	3.89

SPECIALTY MOUNTAIN PIES

1 Pound 6 Slices feeds about 1-2	2 Pound 8 Slices feeds about 2-3	3 Pound 10 Slices feeds about 3-4	5 Pound 12 Slices feeds about 5-7
\$ 9.99	\$ 15.99	\$ 22.89	\$ 30.99

Weights are based on standard thickness, sauce and cheese. Actual weight will vary depending on thickness and number of ingredients.

PRAIRIE PIES - SIZES & RATES

	Small	Medium	Large	X-Large
Standard cheese	\$ 4.69	\$ 7.69	\$ 9.99	\$12.69
Each Vegetable	.99	1.29	2.29	2.79
Each Meat or Cheese	1.29	1.79	3.19	3.89

SPECIALTY PRAIRIE PIES

Small 8" Pie 6 Slices	Medium 10" Pie 8 Slices	Large 13" Pie 10 Slices	X-Large 16" Pie 12 Slices
\$ 8.49	\$ 12.99	\$ 18.99	\$ 22.99

Weights are based on standard thickness, sauce and cheese. Actual weight will vary depending on thickness and number of ingredients.

GLUTEN FREE MENU

No Wheat · No Rye · No Barley · No Oats · No Kidding
Your gluten-free multi-grain pizza will be created as a small Prairie Pie.

GLUTEN FREE PRAIRIE PIES

	Small
Standard cheese	\$ 6.69
Each Vegetable	.99
Each Meat or Cheese	1.29

Create your own or choose one of ours!

PIZZA TOPPINGS \$1.29 Meat/Cheese Each \$.99 Veggie Each

- | | |
|-----------------------|-----------------------|
| Beau Jo's Pizza Sauce | Hatch Green Chilis |
| Pepperoni | Giardiniera Peppers |
| Turkey Pepperoni | Spinach |
| Italian Sausage | Jalapeno Peppers |
| Hamburger | Roma Tomatoes |
| Canadian Bacon | Broccoli |
| Salami | Artichoke Hearts |
| Bacon | Diced Tomatoes |
| Ham | Scallions |
| Mushrooms | Fresh Basil |
| Green Peppers | Whole Milk Mozzarella |
| Roasted Red Peppers | Fontina/ Provolone |
| Sun-Dried Tomatoes | Monterey Jack |
| Sweet Red Onions | Provolone |
| Black Olives | Cheddar |
| Green Olives | Feta |
| Pepperoncini | Swiss |
| Pineapple | |

APPETIZERS

Chips and Salsa \$2.99

Baked Stuffed Mushrooms \$5.89

SALAD BAR

with Entree \$3.29

All You Can Eat Only \$5.99

For Kids (12 & Under) \$1.29

Available Anytime

- | | |
|--------------------------|----------------|
| Thousand Island Dressing | Peas |
| Olive Oil & Vinegar | Beets |
| Lettuce | Pepperoncini |
| Tomatoes | Kidney Beans |
| Black Olives | Garbanzo Beans |
| Mushrooms | Peaches |
| Cucumbers | Pears |
| Broccoli | Cottage Cheese |
| Baby Corn | |
| Onions | |

SPECIALTY GLUTEN FREE PIZZA

\$ 11.99

GLUTEN FREE PACIFIC PLANTATION

Beau Jo's pizza sauce, a touch of honey with ham, pineapple, mushrooms, red onions, covered with mozzarella cheese

GLUTEN FREE YUKON

Beau Jo's pizza sauce, Canadian bacon, artichoke hearts, roma tomatoes, provolone and mozzarella cheese

GLUTEN FREE SAUSAGE COMBO

Beau Jo's pizza sauce, pepperoni, Italian sausage, green peppers, red onions, mushrooms, and mozzarella cheese



HAVE YOU HEARD THE BUZZ?

- Beau Jo's uses more than 32,000 pounds or 16 tons of mountain honey annually
- 95% of food crop species world wide are pollinated by bees
- Ancient Egyptians used to pay their taxes in honey
- In its entire lifetime the average worker bee produces 1/12 of a teaspoon of honey

SOMETHING TO CHEW ON

The current Dietary Guidelines for Americans recommend an increased intake of whole grains. Beau Jo's has been offering whole wheat pizza crust since 1973.

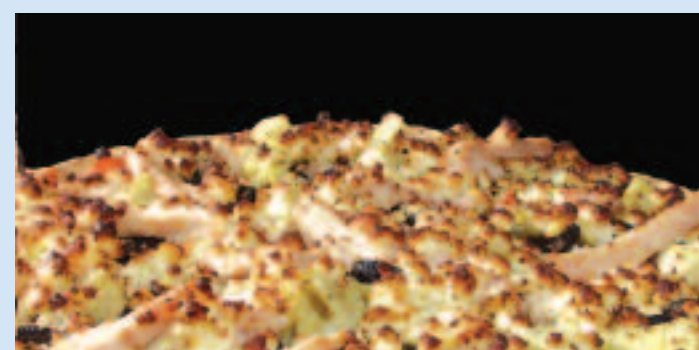
Beau Jo's gluten-free crust is provided by Deby's Gluten Free Bakery and Cafe . . . www.DebysGlutenFree.com



We do our best and take every possible care to serve our valued customers with gluten-free foods. Our gluten free pizza crusts are supplied by a gluten-free bakery. They arrive, are baked and delivered to your table in single serving pans. Our toppings have been thoroughly researched and confirmed gluten-free and every effort is made to keep these ingredients free of contamination. However, Beau Jo's is not a gluten-free environment. We mix pizza dough throughout the day and at any given time, particles of flour are present in the kitchen and dining areas. Furthermore, we can not warranty that the foods we serve are actually gluten-free due to changes in brand or supplier and/or cross-contamination caused from human error. Neither Beau Jo's nor the Gluten Detectives at On The Menu, LLC assume any liability for the foods offered.



This Gluten-free menu has been researched and approved by the **Gluten Detectives**, a division of **On The Menu, LLC**. Please contact the Gluten Detectives at www.gluten-detectives.net with any questions.



OLIVE U ♥

Olive oil is the most versatile of oils, and it is highest in monounsaturated fats. When used in substitution for saturated fat, monounsaturated fat can help reduce your risk of heart disease. The only oil you will find in Beau Jo's pizza crust is olive oil.