



Lou Malnati's Deep Dish Pizza	Serving Size (g)	Servings per Container	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium (%DV)	Iron (%DV)
Cheese	142	5	340	19	8	0	40	470	30	0	4	13	25	10
Pepperoni	132	6	340	20	8	0	40	560	26	0	3	13	20	10
Sausage	132	6	300	16	6	0	40	480	24	0	2	13	15	10
Spinach	142	5	330	18	6	0	30	430	30	<1	3	11	20	15
Veggie	132	6	290	16	6	0	35	370	26	<1	3	11	20	10
Crustless	125	4	230	16	8	0	65	780	4	0	3	17	20	6





Portillo's	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Portillo's Italian Beef Kit	1 Sandwich	8	530	172	19	7	0	28	1577	65	0	2	21	117	19	125	2
Sweet Peppers	28 (1oz)	8	40	34	4	1	0	0	304	2	1	1	0	127	25	7	0
Portillo's Hot Dog Kit	1 Hot Dog with Everything	10	340	134	15	5	0	30	1560	39	2	13	12	87	2	68	2
Portillo's Chocolate Cake	140 (1 slice)	12	480	230	26	7	0	100	590	57	1	40	5	2	0	8	20
Portillo's Maxwell Street Polish Sausage Kit	1 Polish Sausage	10	570	354	39	13	0	88	1886	32	1	7	25	1	32	54	3





Vienna Beef	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Vienna Beef Mini Bagel Dogs (3lbs)	75 (3 Bagel Dogs)	18	200		10	4	0	20	490	18	0	1	8	0	0	2	8
Vienna Italian Beef Kit	231 (4oz Beef, 4oz Gravy, 1tsp Giardiniera)	10	190		12	3.5	0	40	900	3	2	1	18	0	0	4	10
Vienna Beef Bulk 40 Hot Dog Package	56 (1 Beef Frank)	40	140	110	12	5	0	30	470	1	0	1	7	2	0	0	4
Vienna Beef Hot Dog Bun	54 (1 bun)	10	140		2.5	0	0	0	260	25	1	3	5	0	0	4	6





Garrett Popcorn Shops	Serving Size (g)	Servings per Container	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Garrett Popcorn Classic Tin (1 gal)	30 (3/4c)	21	140	4.5	2.5	0	10	150	23	4	13	1	0	0	2	0
Garrett Popcorn Petite Tin (1 qt)	30 (3/4c)	5	140	4.5	2.5	0	10	150	23	4	13	1	0	0	2	0





Eli's Cheesecake	Serving Size (g)	Servings per Container	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
8" Eli's Plain Cheesecake	65 (1 slice)	14	240	16	11	0.5	75	220	19	0	14	0	0	0	4	0
8" Eli's Sampler Cheesecake (Plain)	65 (1 slice)	3	240	16	11	0.5	75	220	19	0	14	0	0	0	4	0
8" Eli's Sampler Cheesecake (Turtle)	65 (1 slice)	3	260	18	11	0.5	75	220	21	0	15	0	0	0	4	6
8" Eli's Sampler Cheesecake (Raspberry White Chocolate)	65 (1 slice)	3	270	17	11	0.5	85	220	24	0	19	0	0	0	4	6
8" Eli's Sampler Cheesecake (Apple Streusel)	65 (1 slice)	3	250	14	9	0	55	160	31	1	20	0	0	0	2	0



FRANGO.

Frango	Serving Size (g)	Servings per Container	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16-Piece Frango Mint Trio	30	5	170	12	9	0	5	25	16	1	14	1	0	0	2	6



Manny's Deli	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Manny's Bulk 5lbs Corned Beef Package	56 (2oz)	40	140	90	10	4	0	40	450	0	0	0	10	0	0	0	6
Manny's Potato Pancakes 24 (3oz)	100	1	224	81.4	21.3kcal	2.37	3.83	22	220	30.2	0	1.77	5.46	66.1	0	16.5	1.66
Horseradish Mustard (12oz)	5 (1tsp)	68	5	0	0	0	0	0	120	1	0	1	1	0	0	0	0



Fannie May[®]

Fannie May	Serving Size (g)	Servings per Container	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Fannie May Pixies (1/2lb box)	23 (1 piece)	6	120	7	3	0	5	25	13	1	9	1	0	0	2	6





Carol's Cookies	Serving Size (g)	Servings per Container	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Chocolate Chip Cookie	43 (1/4 of a cookie)	4	210	9	6	0	20	135	29	1	13	3	0	0	0	8





Bob Chinn's	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
2lb Bob Chinn's Alaskan "Red" King Crab Legs Kit	122	6	120	15	2	0	0	65	1300	0	0	0	24	0	15	8	6





Lezza	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Lezza Chocolate Cake	107	6	350	130	14	4.5	0	30	390	53	3	34	4	0	0	4	15



WILDFIRE®

STEAKS, CHOPS & SEAFOOD

Wildfire	Serving Size (g)	Servings per Container	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
8oz Filets	227	2, 4 or 8	360	16	6	0	150	130	0	0	0	50	0	0	4	20
2 Wildfire Filet Medallion Trios	85	6	130	6	2	0	55	50	0	0	0	19	0	0	2	8
Filet Mignon Crust - Blue Cheese	45	2, 4 or 8	230	18	11	0	45	230	15	1	1	4	0	0	4	0
Filet Mignon Crust - Horseradish	45	2, 4 or 8	18	13	8	0	35	300	14	1	2	2	0	0	0	0
Medallion Crust - Blue Cheese	17	2	90	7	4	0	15	85	6	0	0	1	0	0	2	0
Medallion Crust - Horseradish	17	2	70	5	3	0	15	115	5	0	1	1	0	0	0	0
Medallion Crust - Parmesan	17	2	90	6	4	0	15	85	6	0	0	2	0	0	2	0
Key Lime Pie	113	6	380	18	9	0	160	230	49	1	37	7	0	0	10	8
Chocolate Cream Pie	184	8	600	36	21	0.5	130	170	66	6	46	8	0	0	10	20
Blueberry and Peach Pie	198	8	400	17	7	0	55	250	60	2	32	4	0	0	2	6

WILDFIRE®

STEAKS, CHOPS & SEAFOOD

Wildfire	Serving Size (g)	Servings per Container	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Classic Blueberry Pie	213	8	430	18	8	0	40	250	65	4	36	3	0	0	2	6
Chocolate Peanut Butter Pie	113	8	500	35	18	0	95	180	42	3	29	6	0	0	4	15
Caramel Crunch Pie	156	8	610	44	24	1	160	230	49	1	37	6	0	0	6	10
Coconut Cream Pie	156	8	510	26	16	0	100	410	66	1	50	5	0	0	6	4
Maple Pecan Pie	156	8	590	32	8	0	105	310	74	2	57	6	0	0	6	6
Door County Cherry Pie	170	8	420	17	7	0	55	260	65	2	32	4	0	0	2	6
Mini Chocolate Peanut Butter Pies	142	2	640	43	22	0	115	280	58	3	37	8	0	0	6	20
Strawberry Rhubarb Pie	198	8	480	19	9	0	25	250	75	2	48	4	0	0	4	6
Mini Key Lime Pie	142	2	520	26	14	0	185	340	63	1	43	8	0	0	15	10
Pumpkin Pie	128	8	320	19	10	0	75	380	33	1	17	4	0	0	4	6
Triple Berry Pie	184	8	410	16	7	0	55	230	65	4	34	4	0	0	2	8





Real Urban BBQ	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Real Urban BBQ Baby Back Ribs	142	3	470	270	30	15	0	110	980	23	2	20	29	8	0	8	10
Real Urban BBQ Pulled Pork	113	4	280	140	15	7	0	85	380	8	<1	8	26	2	0	2	10
Pull-A-Part Mini Buns	34	12	90	20	2.5	1	0	0	140	16	1	2	2	0	0	4	4
Real Urban BBQ Brisket	113	4	290	150	16	8	0	80	350	11	1	10	24	2	0	2	20
Bottle Real Urban BBQ Original Sauce	36	10	60		0	0	0	0	75	14	13	0	0	2	2	0	2
Mac & Cheese	198	1	330	150	16	7	2	35	790	34	2	4	13	15	0	25	6





Apple Villa	Serving Size (g)	Servings per Container	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Apple Villa Apple Pancake	133	4	248	11	6	0	97	155	37	4	23	5	0	0	0	0





Nottoli & Sons	Serving Size (g)	Servings per Container	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Bulk 5lb Italian Sausage	84 (3oz)	13	180	13	4.5	0	50	530	1	0	0	14	0	0	2	6
Italian Sausage Sandwich Kit (hot/mild)	84 (3oz)	5	180	13	4.5	0	50	530	1	0	0	14	0	0	2	6
Giardiniera (hot/mild)	13 (1Tbsp)	3	37	3.5	0	0	0	310	0	1	0	1	0	2	0	0





Kay's Candies	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Kay's Peanut Butter Crunch Balls (1/2lb box)	42 (3 pieces)	5	210	120	13	25	0	5	35	21	1	18	3	2	0	4	4
Kay's Chocolate Rum Fudge Balls (1/2lb box)	42 (3 pieces)	5	210	120	13	25	0	5	35	21	1	18	3	2	0	4	4
Toffee Clusters	42 (3 pieces)	5	210	120	13	25	0	5	35	21	1	18	3	2	0	4	4





Deerfields Bakery	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Decorated Shortbread Cookie	54 (1 cookie)	3	240	110	12	8	0	30	50	29	0	13	2	8	0	0	0





Long Grove Confectionery	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Long Grove Apple Pie	170	8	490		21	12	0.5	45	190	74	6	49	3	0	0	2	6
Long Grove Happy Birthday Chocolate Add-on (4oz)	21	4	160	90	10	6	0	5	20	19	1	18	2	2	0	6	4
Long Grove Dark Chocolate Sea Salt Caramels (2oz)	18	2	120		6	3.5	0	10	220	19	0	13	1	0	0	2	0



hot asian buns

Wow Bao	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BBQ Berkshire Pork	1 bao	4	190	0	6	0	0	20	370	26	0	5	8	0	0	2	2
Teriyaki Chicken	1 bao	4	180	0	6	0	0	15	320	24	0	8	7	0	0	0	0
Ginger Chicken (Potstickers)	5 pieces	4	264	0	13	0	0	47	475	23	0	1	15	0	0	0	0



Shaw's CRAB HOUSE

Wow Bao	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Lobster Roll	227	1	420	0	13	6	0	170	1190	38	2	8	24	0	0	8	2



Perfect Pasta[®] Inc.

Perfect Pasta Inc.	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Vodka Sauce	113g/4 oz	3	170	0	14	8	0	45	950	5	1	3	1	0	0	2	2
Alfredo Garlic Roasted	113g/4 oz	3	180	0	15	11	0	55	640	5	0	<1g	4	0	0	15	2
Chunky Pomodoro	113g/4 oz	3	45	0	1.5	0	0	0	870	5	1	3	1	0	0	2	4
Death by Chocolate	170	14	730	470	54	32	0	225	90	56	5	45	9	25	0	8	25
Four Cheese Ravioli	113g/5 Raviolis	3	240	0	8	4	0	50	310	33	2	0	11	0	0	15	6
Special Gnocchi	179g/1 Cup	2	330	0	.5	0	0	0	1340	71	0	0	6	0	0	0	0
Italian Style Beef Toasted Bites	98g/3 Raviolis	3.5	170	0	10	5	0	50	460	34	2	<1	10	0	0	4	10





ITALIAN STEAKHOUSE & BAR

Harry Caray's Holy Cow!® Potato Chips	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Potato Chips	43	1	160	0	11	1.5	0	0	350	16	<1	0	1	0	0	0	2
Chocolate Potato Chips	28	4.5	150	0	10	5	0	0	90	16	2	10	1	0	0	0	15





Devanco Foods	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Gyro Kit	196 (1 sandwich)	6	510	0	30	13	1	45	1450	40	2	4	20	0	0	6	10



CHICAGO'S

Home Run Inn[®]

— EST. 1947 —
PREMIUM PIZZERIA

Home Run Inn	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
6" Cheese	213	1	650	0	34	12	0.5	60	1260	63	4	3	24	0	0	40	10
6" Pepperoni	220	1	680	0	37	13	0.5	70	1400	63	4	3	25	0	0	40	10
6" Sausage	241	1	710	0	36	13	0.5	90	1490	63	4	3	33	0	0	35	15

TASTES OF CHICAGO
** Lou Malzaris **



Vosges Haut Chocolat	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Mini Exotic Chocolate Bar Library Add-on	28g (2 mini bars)	4.5	150	0	11	7	0	0	30	13	2	9	2	0	0	2	20



Do-Rite Donuts	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Buttermilk Old Fashioned Do-Rite Donuts																	

