Costco Food Court — Nutritional Facts

The Krazy Coupon Lady

PIZZA	Serving Size (oz)	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Slice Cheese	9.5	710	27	1780	78	41
Whole Cheese	57	4260	161	10710	467	247
Slice Pepperoni	8.6	650	24	1740	75	34
Whole Pepperoni	51.4	3880	145	10450	449	202
Whole 1/2 Pepperoni + 1/2 Cheese	55.7	4080	162	10440	453	224
HOT DOGS						
KS Hot Dog + Soda	31.84	580-850	33	2690	117	24
KS Hot Dog Only	4.33	370	31	1250	4	16
Bun Only	2.82	210	3.5	370	38	7
SANDWICH						
Chicken Bake	12.45	840	32	2650	83	52
Roast Beef Sandwich	16	790	23	3190	91	54
SALAD						
Chicken Caesar Salad	21	710	38	1990	35	57
SMOOTHIE, SUNDAE, ICE CREAM						
Fruit Smoothie with Acai	16	230	0	200	54	2
Mango Smoothie	16	360	0	0	87	1
Vanilla Ice Cream	10	550	30	190	64	9
Strawberry Ice Cream	10	550	27	250	70	10
Strawberry-Vanilla Swirl Ice Cream	10	550	28	250	67	10
Chocolate Sundae (w/ Vanilla Ice Cream)	11.5	690	34	210	88	9
Chocolate Sundae (w/ Strawberry Ice Cream)	11.5	680	29	270	96	11
Berry Sundae (w/ Vanilla Ice Cream)	13	650	30	190	86	10
Berry Sundae (w/ Strawberry Ice Cream)	13	650	27	250	94	10
COLD COFFEE BEVERAGE						
Cold Brew Mocha Freeze	16	580	8	160	116	12
Cold Brew Latte Freeze (No Chocolate)	16	470	6	140	93	12
SNACK						
Double Chocolate Chunk Cookie	1 Cookie	750	35	330	106	10
Churro	1 Churro	570	20	550	88	8
CONDIMENTS						
Ketchup	0.25	10	0	70	2	0
Yellow Mustard	0.25	5	0	85	0	0
Diced Onion	1.4	15	0	0	4	0
Sweet Relish	0.25	20	0	45	2	0
SODA FOUNTAIN						
Pepsi	20	260	0	50	64	0
Diet Pepsi	20	0	0	95	0	0
Pepsi Zero	20	0	0	60	0	0
Mountain Dew	20	270	0	85	68	0
Diet Mountain Dew	20	5	0	90	0	0
Starry	20	240	0	55	65	0
Mug Root Beer	20	240	0	70	61	0
Lipton Sweet Tea	20	130	0	70	32	0
Lipton Raspberry Tea	20	120	0	70	31	0
Unsweetened Brisk Tea	20	0	0	70	0	0
Light Lemonade	20	0	0	220	0	0
Fruit Punch	20	280	0	60	71	0
Pink Lemonade	20	280	0	250	63	0