

PAPA JOHNS

Better Ingredients. Better Pizza.

Mexico Nutritional information

PIZZAS – THE WORKS + ALL THE MEATS

THE WORKS	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
8" The Works	4	99	267	10.6	9.1	3.3	0.2	35.1	3.6	1.7	676	16
12" The Works	8	99	268	10.9	9.6	3.8	0.2	33.9	3.4	1.7	685	19
14" The Works	8	143	399	16.3	14.5	5.4	0.3	50	5.1	2.6	1045	27
14" The Works – Stuffed Crust	8	164	458	19.8	15.3	5.4	4.4	52.7	5.1	2.6	1235	41
14" The Works – Thin Crust	8	105	297	11.6	16	5.6	0.3	25.8	1.7	1.2	768	27
16" The Works	10	153	428	17.3	15.3	5.7	0.3	54.2	5.4	2.8	1107	28

ALL THE MEATS	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
8" All The Meats	4	97	296	12.2	11	4.1	0.2	36.5	3.4	1.5	727	22
12" All The Meats	8	95	289	12.3	11.5	4.6	0.2	33.7	3.2	1.5	730	25
14" All The Meats	8	137	432	18.4	17.4	6.6	0.3	49.8	4.8	2.2	1117	36
14" All The Meats – Stuffed Crust	8	158	491	21.9	18.2	6.6	4.4	52.5	4.8	2.2	1307	50
14" All The Meats – Thin Crust	8	99	330	13.7	18.9	6.8	0.3	25.5	1.4	0.8	841	36
16" All The Meats	10	146	461	19.5	18.3	7	0.3	53.7	5.2	2.4	1179	38

PIZZAS – PAPA’S FAVORITE + GARDEN SPECIAL

PAPA’S FAVORITE	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
8" Papa's Favorite	4	102	339	13.7	14.8	5.9	0.3	36.6	3.4	1.6	814	29
12" Papa's Favorite	8	103	345	14.9	16.1	6.9	0.3	34	3.2	1.6	843	34
14" Papa's Favorite	8	142	470	19.8	21.3	8.9	0.4	48.2	4.6	2.2	1131	43
14" Papa's Favorite – Stuffed Crust	8	163	529	23.3	22.1	8.9	4.5	50.9	4.6	2.2	1321	57
14" Papa's Favorite – Thin Crust	8	104	376	15.5	23.1	9.2	0.4	25.1	1.4	0.9	877	44
16" Papa's Favorite	10	152	506	21.2	22.6	9.4	0.4	52.8	5	2.4	1215	46

GARDEN SPECIAL	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
8" Garden Special	4	97	248	9.4	6.7	2.5	0.1	36.9	3.7	1.8	577	11
12" Garden Special	8	95	242	9.5	7.2	3	0.2	34.1	3.5	1.7	582	14
14" Garden Special	8	134	343	13.1	9.7	3.8	0.3	49.8	5.2	2.5	819	17
14" Garden Special – Stuffed Crust	8	155	402	16.6	10.5	3.8	4.3	52.5	5.2	2.5	1009	31
14" Garden Special – Thin Crust	8	96	241	8.4	11.3	4	0.2	25.5	1.8	1.1	543	17
16" Garden Special	10	144	370	14.1	10.4	4.1	0.2	53.8	5.6	2.7	879	18

PIZZAS – TUSCAN SIX CHEESE + SPINACH ALFREDO

TUSCAN SIX CHEESE	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
8" Tuscan Six Cheese	4	89	269	11.4	8.5	3.7	0.2	36.2	3.3	1.5	613	17
12" Tuscan Six Cheese	8	91	281	12.7	10.1	4.8	0.2	33.9	3.1	1.5	656	23
14" Tuscan Six Cheese	8	126	389	17.3	13.4	6.2	0.3	48.6	4.5	2.2	898	29
14" Tuscan Six Cheese – Stuffed Crust	8	147	448	20.8	14.2	6.2	4.4	51.3	4.5	2.2	1088	43
14" Tuscan Six Cheese – Thin Crust	8	88	290	12.7	15	6.4	0.3	24.8	1.2	0.8	629	29
16" Tuscan Six Cheese	10	134	413	18.1	14	6.4	0.3	52.3	4.8	2.3	951	30

SPINACH ALFREDO	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
8" Spinach Alfredo	4	81	232	9.1	6.9	3.2	0.1	33.1	2.8	1.3	488	10
12" Spinach Alfredo	8	79	226	9.2	7.4	3.6	0.1	30.4	2.6	1.2	492	13
14" Spinach Alfredo	8	110	313	12.4	9.8	4.6	0.2	43.2	3.6	1.7	668	16
14" Spinach Alfredo – Stuffed Crust	8	131	372	15.9	10.6	4.6	4.3	45.9	3.6	1.7	858	30
14" Spinach Alfredo – Thin Crust	8	72	224	7.9	11.8	5.2	0.2	21.2	0.4	0.5	449	24
16" Spinach Alfredo	10	118	336	13.3	10.5	4.9	0.2	46.6	3.9	1.8	715	17

PIZZAS – ALFREDO DELIGHT + ITALIAN

ALFREDO DELIGHT	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
8" Alfredo Delight	4	107	286	13.1	9.5	4.1	0.1	36.4	3.5	1.6	681	18
12" Alfredo Delight	8	99	271	12.5	9.6	4.4	0.2	33.4	3.1	1.5	656	19
14" Alfredo Delight	8	138	386	17.6	13.1	5.9	0.2	48.7	4.5	2.2	928	24
14" Alfredo Delight – Stuffed Crust	8	159	445	21.1	13.9	5.9	4.3	51.4	4.5	2.2	1118	38
14" Alfredo Delight – Thin Crust	8	100	284	12.9	14.7	6.1	0.2	24.3	1.1	0.8	652	25
16" Alfredo Delight	10	146	411	18.6	13.9	6.2	0.2	52.4	4.8	2.3	980	26

ITALIAN	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
8" Italian	4	104	289	11.1	11.2	4	0.2	35.3	3.3	1.8	725	21
12" Italian	8	98	274	10.8	10.8	4.1	0.2	32.8	3.1	1.7	693	22
14" Italian	8	136	394	15.2	15.1	5.6	0.3	48.3	4.6	2.5	988	29
14" Italian – Stuffed Crust	8	157	453	18.7	15.9	5.6	4.4	51	4.6	2.5	1178	43
14" Italian – Thin Crust	8	98	233	8.4	13.1	4.5	0.2	19.4	1	0.9	568	23
16" Italian	10	144	418	16.1	15.7	5.8	0.3	51.9	4.9	2.7	1039	30

PIZZAS – HAWAIIAN + SUPER PEPPERONI

HAWAIIAN	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
8" Hawaiian	4	97	250	9.9	6.5	2.5	0.1	37.5	5.1	1.6	596	11
12" Hawaiian	8	95	244	10	7	2.9	0.2	34.9	4.9	1.5	597	13
14" Hawaiian	8	132	344	13.5	9.3	3.7	0.2	51	7.3	2.2	816	17
14" Hawaiian – Stuffed Crust	8	153	403	17	10.1	3.7	4.3	53.7	7.3	2.2	1006	31
14" Hawaiian – Thin Crust	8	94	246	9	10.8	3.9	0.2	27.6	4	0.9	550	17
16" Hawaiian	10	139	359	14.2	9.9	3.9	0.2	52.9	7.7	2.3	869	18

SUPER PEPPERONI	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
8" Super Pepperoni	4	89	280	10.8	10.1	3.7	0.2	35.5	3.3	1.4	672	20
12" Super Pepperoni	8	88	274	10.9	10.3	4.1	0.3	33.6	3.2	1.4	671	22
14" Super Pepperoni	8	123	387	15.1	14.5	5.4	0.3	48	4.6	2	947	30
14" Super Pepperoni – Stuffed Crust	8	144	446	18.6	15.3	5.4	4.4	50.7	4.6	2	1137	44
14" Super Pepperoni – Thin Crust	8	85	288	10.5	16	5.6	0.3	24.3	1.3	0.7	678	30
16" Super Pepperoni	10	130	405	15.9	15.2	5.7	0.4	50	4.9	2.1	1009	31

PIZZAS – MEXICAN + CARIBBEAN

MEXICAN	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
8" Mexican	4	108	282	11.3	9.7	3.5	0.1	37.6	3.5	2.2	827	16
12" Mexican	8	107	279	11.5	10.4	4	0.2	35.2	3.4	2.2	835	19
14" Mexican	8	152	405	16.5	14.7	5.5	0.2	52.2	5	3.2	1227	25
14" Mexican – Stuffed Crust	8	173	464	20	15.5	5.5	4.3	54.9	5	3.2	1417	39
14" Mexican – Thin Crust	8	114	303	11.8	16.3	5.7	0.2	27.8	1.6	1.9	951	25
16" Mexican	10	163	436	17.7	15.7	5.8	0.2	56.3	5.4	3.5	1313	27

CARIBBEAN	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
8" Caribbean	4	104	244	8.9	6.2	2.4	0.1	37.6	5.5	1.7	520	11
12" Caribbean	8	97	244	9.4	6.9	2.9	0.2	35.4	4.8	1.6	546	14
14" Caribbean	8	134	344	12.9	9.3	3.7	0.2	51.4	6.9	2.4	762	17
14" Caribbean – Stuffed Crust	8	155	403	16.4	10.1	3.7	4.3	54.1	6.9	2.4	952	31
14" Caribbean – Thin Crust	8	96	242	8.2	10.8	3.9	0.2	27.2	3.5	1	486	17
16" Caribbean	10	143	371	13.9	9.9	4	0.2	55.6	7.3	2.5	820	18

CALZONES

CALZONES	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
Ham & Mushroom Calzone	1	242	673	27.4	27.8	8.5	0.4	78	6.3	3.3	1668	39
Hawaiian Calzone	1	285	715	27.5	29	8.5	0.4	85.2	10.8	4	1839	39
Pepperoni Calzone	1	221	724	26.7	33.8	10.6	0.7	77	6.4	2.9	1661	57
Spinach Alfredo Calzone	1	253	700	25.2	31.6	11.3	0.4	78.3	6.3	3.4	1575	56

SIDES

SIDES	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
6" Pepperoni Rolls	6	34	115	4	5,1	1,6	0,1	13	1,3	0,4	265	8
6" Ham Rolls	6	35	100	4	3,5	1,1	0	12,9	1,2	0,5	262	4
6" Mini Cheesesticks	6	34	106	4,2	4,1	1,7	0,1	13,2	1,1	0,5	236	8
8" Garlic Knots	8	30	94	2,7	2,8	0,3	0	14,1	1,2	0,4	201	0
Potato Wedges	3	100	155	2,4	7,1	1,8	0	21,4	0	2,4	333	0
Potato Wedges Bravas	2,8	100	140	2	6	1,5	0	18	0	2	280	0
Potato Wedges Italianas	3,2	100	204	5,5	13,1	4	0,1	16,9	0,1	2,1	474	14
Chicken Poppers (9pcs)	2,3	100	205	12,5	8	1,4	0	16,3	0,6	0,6	596	438

DESSERTS

DESSERTS	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
6" Cinnamon Rolls	6	41	151	2.5	5.1	1.7	0.1	23.7	9.6	0.7	132	0
6" Cinnapie	8	31	116	1.9	4.1	1.3	0.1	17.8	7.3	0.5	99	0
6" Choco Hazelnut Pie	8	29	106	2.1	3.3	1	0	16.7	8.6	0.6	88	0
6" Choco Hazelnut Pie with Milky Way®	8	33	123	2.2	3.7	1.3	0	19.9	11.4	0.6	100	0
6" Choco Hazelnut Pie with Snickers®	8	33	125	2.4	4.3	1.3	0	18.8	10.3	0.7	98	0
6" Choco Hazelnut Pie with M&M'S®	8	31	115	2.1	3.5	1.3	0	18.4	10.1	0.6	90	0
6" Snickers® Rolls	6	35	116	2.7	2.9	0.8	0	19.6	8.4	0.6	126	0
6" Milky Way® Rolls	6	35	113	2.4	2	0.7	0	21.2	9.8	0.4	129	1
8" Cinnamon Knots	8	37	122	2,6	3,6	1	0	19,7	5,6	0,5	0.15 (151)	0
Chocolate Chip Brownie	9	54	269	2,4	13,2	3,8	0,2	37,8	25,2	1	83	13
Chocolate Chip Brownie – Individual Portion	1	121	604	5,4	29,6	8,5	0,4	84,7	56,5	2,5	186	29

SAUCES AND EXTRAS

SAUCES/EXTRAS	Number of Portions	Approx. Weight per Portion	Energy	Protein	Fat	Saturated Fat	Trans-Fats	Available Carbohydrate	Sugars	Dietary Fiber	Sodium	Cholesterol
(All values per portion)		g	kcal	g	g	g	g	g	g	g	g (mg)	g (mg)
BBQ Sauce – 1 oz. cup	1	28.3	45	0	0	0	0	11	10	0	240	0
Buffalo Sauce – 1 oz. cup	1	28.3	31	0.1	2.8	0.7	0.1	1.9	1.2	0.4	722	1
Garlic Sauce – 1 oz. cup	1	28.3	153	0	17	0	0	0	0	0	0.31	0
Pepperoncini	1	55	15	0.6	0	0	0	2.8	0	0.6	0.72	0