

Pizza Ingredients

12 Inch Pizza

Cheese: Shell: Enriched Flour, water, whole wheat flour, canola oil, yeast, salt, sugar, seasoning, spices, calcium propionate. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid. Sauce: Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil.

Contains: Wheat, milk, soy. May contain sesame, mustard and/or egg.

Ham & Pineapple: Shell: Enriched flour, water, whole wheat flour, canola oil, yeast, salt, sugar, seasoning, spices, and calcium propionate. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid. Sauce: Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil. Pizza Cut Pineapple, Diced Cooked Ham.

Contains: Wheat, milk, soy. May contain sesame, mustard and/or egg.

Pepperoni: Shell: Enriched flour, water, whole wheat flour, canola oil, yeast, salt, sugar, seasoning, spices, and calcium propionate. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid, may contain colour. Sauce: Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil. Pepperoni.

Contains: Wheat, mustard, milk, soy. May contain sesame and/or egg.

Meat Lovers: Shell: Wheat flour, water, dried durum wheat sourdough, yeast, canola oil, salt, sugar, olive oil, spices, durum semolina, ascorbic acid, enzymes. Sauce: Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil. Pizza Mozzarella, Edam, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid, may contain colour. Pepperoni: Pork and/or beef, water, salt, mustard, spices, dextrose, sodium erythorbate, smoke flavor, garlic powder, bacterial culture, sodium nitrite. Italian Sausage: Pork, spices, water, salt, corn syrup solids, flavours, sugar. Chorizo Sausage: Pork, water, salt, spices, corn syrup solids, dextrose, garlic powder, flavours. Ham: Pork, water, salt, modified corn starch, dextrose, carrageenan, potato starch, sodium phosphate, sugar, smoke flavour, ascorbic acid, spice extractives, vegetable oil, sodium nitrite, polysorbate, sodium bicarbonate, glycerine, smoke. Bacon: Pork, water, salt, sugar, smoke flavouring, sodium phosphates, sodium erythorbate, sodium nitrite. Roasted Garlic.

Contains: Wheat, mustard, milk, soy. May contain sesame and/or egg.

Southwest BBQ - Shell: Wheat flour, water, dried durum wheat sourdough, yeast, canola oil, salt, sugar, olive oil, spices, durum semolina, ascorbic acid, enzymes. Chicken Breast. Pizza Mozzarella, Edam, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid, may contain colour. **Sauce:** Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil. **BBQ sauce:** glucose-fructose, tomato paste, vinegar, water, glucose syrup, honey, fancy molasses, salt, mustard bran, natural hickory smoke flavour, spices, natural flavours, onion powder, garlic powder, sodium benzoate, caramel colour and sugar. Black Beans. Roasted Corn. Roasted Red Peppers. Cayenne pepper sauce: aged cayenne red peppers, distilled vinegar, water, salt and garlic powder. Green Onions. Crushed red peppers.

Contains: Wheat, milk, soy, mustard. May contain egg and/or sesame.

Personal 18pk Pizza

Cheese: Shell: Enriched flour, water, whole wheat flour, canola oil, yeast, sugar, salt, seasoning, spices. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid. Sauce: Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil.

Contains Wheat, Milk, and Soy. May contain sesame, mustard and/or egg.

Ham & Pineapple: Shell: Enriched flour, water, whole wheat flour, canola oil, yeast, sugar, salt, seasoning, spices. Sauce: Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil. Ham. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid. Pineapple.

Contains Wheat, Milk, and Soy. May contain sesame, mustard and/or egg.

Pepperoni: Shell: Enriched Flour, Water, Whole Wheat Flour, Canola Oil, Yeast, Sugar, Salt, Seasoning, Spices. **Sauce:** Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, and olive oil. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid. Pepperoni.

Contains Wheat, Milk, and Soy. May contain sesame, mustard and/or egg.

Variety pack – 6 of each flavor listed above

Pizza Cooking Directions

Standard oven: (we suggest to unthaw first) Preheat oven to 400°F (200° C) with rack in the middle position. Place pizza on a well-greased baking sheet or directly on oven rack for crispier shell. Bake pizza for 9 – 12 minutes until cheese melts. Oven Temperatures Vary - so please use as guide only

Convection oven: Preheat oven to 375°F (190° C) with rack in the middle position. Place pizza on a well-greased baking sheet or directly on oven rack for crispier shell. Bake pizza for 6 – 8 minutes until cheese melts. Oven Temperatures Vary - so please use as guide only

Pizza Nutrition & Cooking

Pepperoni

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (118 g)
Portion 1/6 pizza (118 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 300	
Fat / Lipides 12 g	18 %
Saturated / saturés 6 g + Trans / trans 0.2 g	31 %
Cholesterol / Cholestérol 25 mg	
Sodium / Sodium 680 mg	28 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 6 g	
Protein / Protéines 17 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	25 %
Iron / Fer	25 %

Ham & Pineapple

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (129 g)
Portion 1/6 pizza (129 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 280	
Fat / Lipides 10 g	15 %
Saturated / saturés 5 g + Trans / trans 0.2 g	26 %
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 650 mg	27 %
Carbohydrate / Glucides 32 g	11 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 7 g	
Protein / Protéines 16 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	25 %
Iron / Fer	25 %

Cheese

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (117 g)
Portion 1/6 pizza (117 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 300	
Fat / Lipides 12 g	18 %
Saturated / saturés 7 g + Trans / trans 0.2 g	36 %
Cholesterol / Cholestérol 25 mg	
Sodium / Sodium 590 mg	25 %
Carbohydrate / Glucides 30 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 6 g	
Protein / Protéines 17 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	30 %
Iron / Fer	25 %

Meat Lovers

Nutrition Facts

Valeur nutritive

Serving Size 1/6 pizza (134 g)
Portion 1/6 pizza (134 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 340	
Fat / Lipides 17 g	26 %
Saturated / saturés 8 g + Trans / trans 0.2 g	41 %
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 800 mg	33 %
Carbohydrate / Glucides 30 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 6 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	25 %
Iron / Fer	25 %

Cooking Instructions

For best results, thaw before cooking



standard
oven

Preheat Oven to 400°F with rack in the middle position.
Place thawed pizza on a well greased baking sheet or
directly on oven rack for crispier shell.
Bake pizza for 7-9 minutes until cheese melts.



convection
oven

Preheat Oven to 375°F with rack in the middle position.
Place thawed pizza on a well greased baking sheet or
directly on oven rack for crispier shell.
Bake pizza for 6-8 minutes until cheese melts.