

metro TAKE OUT MENU

**FRESH
2 GO**



16" STONE BAKED
370-420 CALS/SLICE,
8 SLICES
1 Topping
11⁹⁹
EACH

16" STONE BAKED
340-520 CALS/SLICE,
8 SLICES
3 Toppings
13⁹⁹
EACH

DOUBLE COMBO
340-520 CALS/SLICE,
16 SLICES
2 16" Stone Baked Pizzas
3 Toppings
2 PIZZAS
23⁹⁹



**PERSONAL
HOT PIZZAS**

- MADE FRESH TO ORDER
- STONE BAKED
- THIN CRUST
- 10 INCH

PERSONAL PIZZA
250-360 CALS/
SLICE, 4 SLICES
8⁰⁰
EACH

**PANZEROTTI
WITH SAUCE**
1,360-1,790 CALS
6⁰⁰
EACH



BUILD YOUR PIZZA

CHOOSE YOUR BASE

Base includes crust, sauce and cheese

PERSONAL PIZZA (10")

Original White
250 Cals/Slice, 4 Slices
Whole Wheat
250 Cals/Slice, 4 Slices

16" PIZZA

Original White
370 Cals/Slice, 8 Slices
Whole Wheat
370 Cals/Slice, 8 Slices
Sun-dried Tomato
330 Cals/Slice, 8 Slices
Rosemary Garlic
380 Cals/Slice, 8 Slices

CHOOSE YOUR FRESH TOPPINGS*

Additional toppings ¹⁰⁰ each

CHEESE

Mozzarella Blend
190-380 Cals
Feta, 120-240 Cals

MEAT

Sliced Pepperoni
160-350 Cals
Bacon Strips
130-200 Cals
Crumbled Bacon
150-380 Cals
Chicken Strips
90-180 Cals
Sausage, 150-300 Cals
Ham, 45-90 Cals
Ground Beef
140-280 Cals

VEGETABLES

Onions, 10-30 Cals
Mushrooms, 10-25 Cals
Broccoli, 10-20 Cals
Sliced Tomatoes
5-20 Cals
Green Peppers
5-10 Cals
Red Peppers, 10-20 Cals
Sliced Green Olives
5-15 Cals
Sliced Black Olives
5-10 Cals
Roasted Red Peppers
10-15 Cals
Sliced Hot Peppers
35-70 Cals
Pineapple, 25-50 Cals

*Add calories for each topping

ADULTS AND YOUTH (AGES 13 AND OLDER) NEED AN AVERAGE OF 2,000 CALORIES A DAY, AND CHILDREN (AGES 4 TO 12) NEED AN AVERAGE OF 1,500 CALORIES A DAY. HOWEVER, INDIVIDUAL NEEDS VARY.

**FRESH
2 GO**



**HOT,
FRESH
& FAST**

**16⁹⁹
EACH**

**MAMMOTH CHICKEN
MEAL DEAL**
530-1,200 CALS/SERVING
SERVES 4

INCLUDES:

Mammoth Chicken
530 Cals/Serving or
Skinless Herb Chicken
260 Cals/Serving

+ CHOICE OF 2:

454 g Salad
110-220 Cals/Serving
Dipping Sauce
15 Cals/Serving

+ CHOICE OF 1:

Large Potato Wedges
280 Cals/Serving
Large Fries
240 Cals/Serving

WEEKNIGHT MEAL DEALS

Available Monday to Friday from 3 p.m. to 9 p.m.

**7⁹⁹
EACH**



MONDAY

545 g Chicken Caesar Salad
Dressing included
180-310 Cals/Serving,
Serves 3



TUESDAY

Hot, Mammoth
BBQ Chicken
1 kg
530 Cals/Serving,
Serves 4



WEDNESDAY

16" Stone Baked,
Hot Pepperoni or
Cheese Pizza
370-420 Cals/Slice,
8 Slices



THURSDAY

12 Chicken Tenders
310 Cals/Serving, Serves 3
or 15 Chicken Wings
340-440 Cals/Serving,
Serves 3
Hot or Chilled



FRIDAY

Assorted Maki Sushi Boat,
18 pieces
330 Cals/Serving,
Serves 2

EVERYDAY LUNCH SPECIALS

PIZZA SLICE
450-690 CALS
3⁵⁰
EACH
+ Pop 4.00
ADD 0-170 CALS



**CHICKEN
TENDERS COMBO**
760-930 CALS
3 Chicken Tenders,
Small Potato Wedges
& 1 Pop 355 mL (0-170 Cals) or
Bottled Water 500 mL (0 Cals)
6⁰⁰
EACH

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