

Davanni's food is good for you!

Whether it is your favorite pizza, hoagy, pasta or one of our fresh gourmet salads, they are:

- Balanced and complete, a meal in themselves.
- Contain all of the major food groups
- Are high in protein, vitamins, minerals and complex carbohydrates.

At Davanni's, our calories are extremely high in nutritive value and moderate in fat and sodium levels. We don't just publish calories on our web site, but also the nutritional values of all of our food.

Ultimately, it's all about choice. And for you to choose what you eat. We have a state-of-the-art Nutrition Calculator on our website. One customer recently wrote us, "I've never seen anything like it. It's so flexible and dynamic – even allowing me to recalculate nutrition information with just a few clicks. And you've got great product images as well." To use our Nutrition Calculator, go to our website and just click on "MENU" (the first tab). Next, click NUTRITION and immediately every category of food pops up. Finally, click a specific menu item and begin customizing YOUR DAVANNI'S FAVORITES. For example, by removing just one "check", you'll discover that you can eliminate 100 calories from any Half Hoagy by simply saying, "Hold the mayo!"



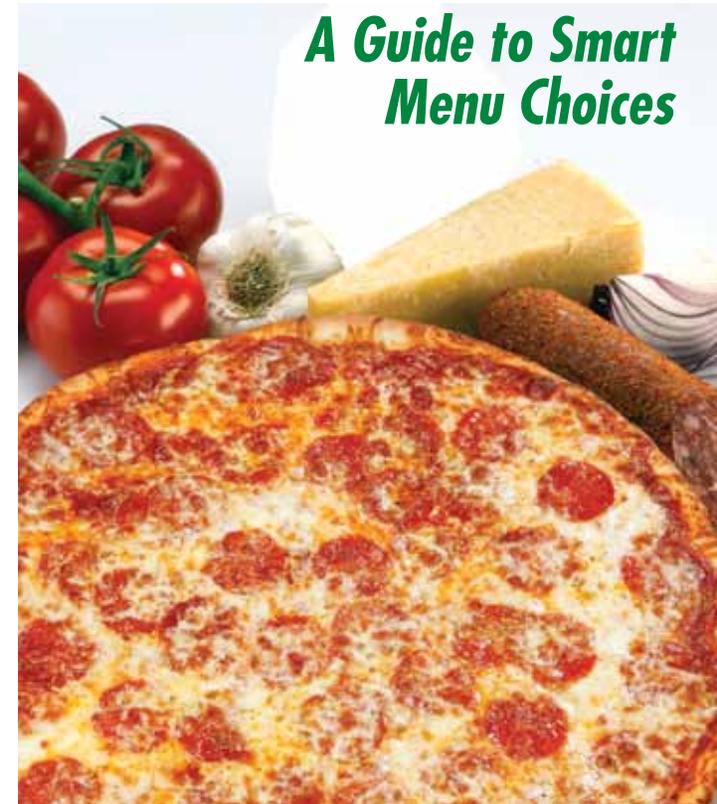
DAVANNI'S®
PIZZA & HOT HOAGIES

www.davannis.com

**HEALTHIER
EATING AT**

DAVANNI'S®
PIZZA & HOT HOAGIES

***A Guide to Smart
Menu Choices***



Award-Winning Pizza

If you want to watch your calories, carbohydrates or fat, here are some helpful suggestions.

- If you are concerned about carbohydrates, order thin crust.
- If sodium and fat are concerns, order half cheese. Since we put more cheese on our pizza than our competitors, you'll still get plenty while significantly reducing the fat and sodium content. If you want more cheese flavor, add extra Romano. We use imported Sicilian Pecorino Romano (made from goat's milk).
- Canadian bacon and chicken breast are the leanest choices, although our sausage and hamburger are pre-cooked, so they are very lean as well.
- Pile on the veggies. Tomatoes, onions, mushrooms, olives, peppers, spinach and broccoli are all packed with vitamins, minerals and fiber, low in calories and contain virtually no fat.
- Try ordering your pizza with our "white oil" (a tasty and nutritious combination of extra virgin olive oil, fresh garlic and black pepper) or with our pink sauce (a mixture of our "white oil" and our award-winning tomato-based sauce). All of these are known to be high in anti-oxidants and very heart healthy.



The Original Hot Hoagies

Our chicken and turkey are 100% breast meat and oven-roasted, not breaded or fried. Our Canadian bacon and ham are naturally (not chemically) smoked. Our roast beef and pastrami are cut from USDA Choice top rounds. All of these are at least 96% lean. Want to make them even healthier without sacrificing great flavor? Here's how.

- To lower the fat content, choose a half turkey, roast beef, ham, pastrami, chicken breast or veggie hoagy. Just order them with no mayo or oil and you will be under 10 grams of fat (RDA is 65 grams).
- Want even lower fat? You can keep the garlic spread, but order them with no cheese and you'll be close to 7 grams of fat with still plenty of flavor.
- Want it healthier, but don't want to give up any flavor? Order them with no mayonnaise and replace it with our packets of low-fat mayo, and/or prepared mustard, horseradish sauce or hot sauce. Of course extra tomatoes, lettuce or onions add flavor, fiber and vitamins with no fat.



Other Davanni's Favorites – It's all good news!

Gourmet Salads: Watching calories and fat? A serving of our Lite Italian dressing adds only 15 calories and zero fat.

Calzones: Choose from our extra lean meats like chicken, Canadian bacon or load on the veggies like broccoli, mushrooms, Roma tomatoes, olives, peppers, or spinach.

Pasta: If you want to cut back on calories and fat grams, order your pasta with Red Sauce instead of the Alfredo. Opt for the Chicken Breast, instead of the Meatballs or Sausage links or substitute veggies for a meat or create your own pasta primavera with the veggies of your choice like crunchy broccoli, fresh mushrooms or spinach.

Detailed Nutritional Information.

For complete nutritional information and hints on healthier eating options at DAVANNI'S, check out our web site. Still have questions? Don't hesitate to call our resident nutritionist, Ken Schelper. Ken's been watching our ingredients and recipes for 35 years. If he doesn't know the answer, he'll find it out. Contact Ken at kschelper@davannis.com.

