



healthi

Restaurant Guide to

California Pizza Kitchen

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OVERVIEW

California Pizza Kitchen has a true passion for food with fresh, high quality ingredients. They are known for their creative culinary pizza combinations. With their quality options of salads, soups, bread, pizzas and more, you'll definitely be eating Healthi here!

THIS PLACE IS KNOWN FOR

- Good for Groups
- Salads
- Low Calorie
- Bar & Cocktails
- Pasta
- Pizza
- Fast Food
- Mexican
- Asian
- Fish
- Vegetables
- Grill

3 QUICK TIPS FOR EATING HEALTHI AT CALIFORNIA PIZZA KITCHEN

- Add a salad with your pizza to bulk up your meal
- Soup and salad makes a great, light combo
- Order the cauliflower crust for the lowest calories and macros

FRIENDLY MENU ITEM'S AT CALIFORNIA PIZZA KITCHEN

APPETIZERS, SOUPS & SAL

There are great appetizer options here. Whether you pair them with a slice of pizza, or have them as a meal of its own, you'll be sure to find some Healthi meals!

The Petite Wedge is a great start to any meal. Topped with bleu cheese dressing, bacon, egg and tomatoes!

The Crispy Artichoke Salad is another great choice. The artichoke hearts are topped with whipped goat cheese, arugula, and Parmesan tossed with their house made Champagne vinaigrette.

Szechwan Chicken Dumplings are a wonderful, tasty dish. They are topped with fresh cilantro, sesame seeds and scallions. Yum!

Adding a cup of soup to your meal is a great way to fill your macros with the good stuff. Their Tomato Basil Bisque is a wonderful addition. The Dakota Smashed Pea + Barley soup is another delicious option, as well as the Wild Mushroom + Brie.

The California Fields Salad is the perfect blend of fresh summer fruits and field greens with a house made vinaigrette, feta, basil and pistachios. Can you say YUM?!

If fruit in your salad doesn't appeal, try the Roasted Veggie salad. Warm artichoke hearts, asparagus, eggplant, peppers, corn and sun dried tomatoes over top of romaine, avocado and house made Dijon vinaigrette.

The Classic Caesar is just that- a classic salad!

Appetizers, Soups & Salads	Calories	Fat (g)	Carbs (g)	Protein (g)
Petite Wedge	270	26g	5g	6g
Crispy Artichoke Salad	350	31g	11g	9g
Szechwan Chicken Dumplings	340	8g	45g	19g
Tomato Basil Bisque, cup / bowl	270 / 540	20g / 39g	20g / 39g	3g / 6g
Dakota Smashed Pea + Barley, cup / bowl	170 / 340	0g / 0g	33g / 66g	11g / 23g
Wild Mushroom + Brie, cup / bowl	170 / 330	11g / 22g	18g / 37g	3g / 6g

Appetizers, Soups & Salads	Calories	Fat (g)	Carbs (g)	Protein (g)
California Fields Salad (half)	370	25g	34g	9g
Roasted Veggie Salad (half)	360	27g	29g	7g
Classic Caesar (half)	340	27g	14g	9g

MAIN COURSE

Let's get to the main course! California Pizza Kitchen has a wonderful collection of dishes to choose from that you can make fit into your day. Pizza is definitely not off the table! Try pairing a slice or two with one of the delicious salads to have a nice, balanced meal.

California Pizza Kitchen is known to have the Original BBQ Chicken Pizza, and we can't disagree that it's the best around! The best part is, you can customize your crust- hand tossed, crispy thin, or cauliflower crust for those who would like lower carbs!

If you like all the goodies on your pizza, try The Works. With spicy sausage, pepperoni, cremini mushrooms, mozzarella, red onions, green peppers, olive and oregano. To cut some calories, order this as a crispy thin or cauliflower crust.

For the veggie lovers, order the Wild Mushroom pizza. This has shaved cremini, shiitake and portobello mushrooms with scallions, black pepper, Omani and mozzarella.

Also for the veggie lovers is the California Veggie pizza. It include broccolini, eggplant, cremini mushrooms, sundried tomatoes, roasted corn, red onions and mozzarella cheese.

And for those that love a good classic- The Pepperoni. It's topped with rustic and spicy pepperoni, with fresh mozzarella and oregano.

**All nutritional info for pizza is per serving, at 1 slice per serving. All pizzas have 6 slices.*

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
BBQ Chicken Pizza, hand tossed	190	5g	25g	11g
BBQ Chicken Pizza, thin crust	180	6g	24g	11g
BBQ Chicken Pizza, cauliflower crust	140	6g	11g	9g
The Works, thin crust	200	10g	23g	9g
The Works, cauliflower crust	160	10g	10g	7g
Wild Mushroom, hand tossed	170	6g	22g	7g
Wild Mushroom, cauliflower crust	120	7g	8g	5g

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
California Veggie, hand tossed	180	5g	25g	8g
California Veggie, thin crust	170	6g	24g	8g
California Veggie, cauliflower crust	130	6g	11g	6g
Pepperoni, hand tossed	190	7g	22g	8g
Pepperoni, thin crust	180	8g	21g	8g
Pepperoni, cauliflower crust	140	8g	8g	6g