



WARDS CORNER - NORFOLK

CHOOSE YOUR ENTREE \$9⁹⁹



10 INCH
PIZZA *OR*



CHOPPED
SALAD *OR*



FRESH BAKED
PANINI *OR*



BAKED
PASTA

KIDS MEAL \$6⁹⁹

7" PIZZA *OR* PASTA *OR* 1/2 PANINI *OR* SIDE SALAD

(190–1060 calories)

comes with 12 oz drink 0–200 Cals & 1 scoop of gelato (adds 40–110 Cals)

UNDER 12 YEARS

BUILD YOUR OWN

Get exactly what you want with your choice of ingredients. (Check out our favorites on the back!)

BASE

WHITE DOUGH 370 Cals
WHEAT DOUGH 360 Cals
GLUTEN FREE DOUGH (+\$2⁹⁹) 520 Cals
KETO-CAULIFLOWER CRUST (+\$4⁹⁹) 330 Cals
BREAD BOWL For salad (+\$1⁹⁹) 400 Cals
PANINI BREAD 380 Cals
SALAD GREENS 30–40 Cals
PENNE PASTA 320 Cals

SAUCE

MARINARA adds 20–40 Cals
EXTRA VIRGIN OLIVE OIL adds 30–60 Cals
BUFFALO SAUCE adds 15–30 Cals
BBQ adds 35–70 Cals
BASIL PESTO adds 70–130 Cals
ALFREDO adds 30–120 Cals

CHEESE

SHREDDED MOZZARELLA adds 120–240 Cals
FETA adds 25–50 Cals
FRESH MOZZARELLA adds 90–180 Cals
RICOTTA adds 50–110 Cals
PARMESAN adds 15–25 Cals
PROVOLONE adds 50–200 Cals
VEGAN CHEESE adds 110–230 Cals

MEATS

PEPPERONI adds 35–70 Cals
BACON adds 40–80 Cals
CHICKEN adds 40–120 Cals
ITALIAN SAUSAGE adds 70–150 Cals
MEATBALL adds 70–140 Cals
HAM adds 20–110 Cals
TURKEY adds 15–90 Cals
SALAMI adds 60–120 Cals

VEGGIES

ARTICHOKE HEARTS adds 0–10 Cals
BANANA PEPPERS adds 0 Cals
BASIL adds 0 Cals
BLACK OLIVES adds 15–30 Cals
BROCCOLI adds 0–10 Cals
CILANTRO adds 0 Cals
GARLIC adds 0 Cals
GREEN BELL PEPPERS adds 0 Cals
JALAPEÑOS adds 0 Cals

MUSHROOMS adds 0–10 Cals
OREGANO adds 0 Cals
PINEAPPLE adds 10–20 Cals
RED ONIONS adds 0–10 Cals
ROMAINE adds 15–30 Cals
SPINACH adds 20–35 Cals
SUN-DRIED TOMATOES adds 25–50 Cals
TOMATOES adds 10–20 Cals

DRESSING

BALSAMIC VINAIGRETTE adds 60–120 Cals
BLUE CHEESE adds 160–320 Cals

CAESAR adds 170–330 Cals
GREEK adds 140–290 Cals

RANCH adds 130–270 Cals
JALAPEÑO HONEY MUSTARD adds 110–220 Cals

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

PICK A FAVORITE

Can't decide? Try a classic! (Or flip over the menu for build your own options!)

PIZZA

available on white, wheat, gluten free (+\$2⁹⁹), or keto-cauliflower dough (+\$4⁹⁹)

ISCHIA 440–620 Cals

extra virgin olive oil, fresh mozzarella, tomato, basil, & garlic

BBQ CHICKEN 500–780 Cals

BBQ sauce, mozzarella, red onions, cilantro, & chicken

LINEAGE 560–900 Cals

marinara, mozzarella, mushrooms, red onions, green peppers, black olives, pepperoni, & Italian sausage

SOUTHERN HEAT 480–740 Cals

buffalo sauce, mozzarella, red onions, jalapeños, & chicken — served with ranch (adds 270 Cals) or blue cheese dressing (adds 320 Cals)

THE NAT 580–920 Cals

basil pesto, mozzarella, feta, sun-dried tomatoes, spinach, & chicken

GREAT WHITE 510–810 Cals

extra virgin olive oil, ricotta mozzarella, feta, & garlic

BAKED PASTA

THE NAT BAKE 860 Cals

penne, basil pesto, sundried tomato, spinach, chicken, mozzarella, & feta

ZIA'S MEATBALL MARINARA 950 Cals

penne, zia's marinara and meatballs, ricotta, mozzarella, garlic, & parmesan

CHEESY ALFREDO 830 Cals

penne, alfredo, mozzarella, feta, garlic, & parmesan

CHOPPED SALAD

add a bread bowl (+\$1⁹⁹) adds 400 Cals

CAESAR 420 Cals

romaine, parmesan, croutons, black pepper, & caesar dressing

CAPRESE 370 Cals

spinach, fresh mozzarella, garlic, tomatoes, basil, black pepper, extra virgin olive oil, & balsamic vinaigrette

GREEK 410 Cals

romaine, black olives, feta, red onion, banana peppers, & greek dressing

PANINI

CHICKEN BACON CLUB 400 / 800 Cals

ranch, spinach, tomatoes, provolone, chicken, & bacon

PESTO TURKEY 360 / 710 Cals

basil pesto, provolone, spinach, tomatoes, & turkey

NONNO'S ITALIAN 450 / 900 Cals

provolone, spinach, tomatoes, red onions, ham, salami, & pepperoni — served with balsamic vinaigrette

BUFFALO CHICKEN 320 / 630 Cals

buffalo sauce, provolone, red onions, jalapeños, & chicken — served with ranch (adds 270 Cals) or blue cheese dressing (adds 320 Cals)

MAKE IT A COMBO

+\$4⁹⁹



DRINK
20 oz | NO ALCOHOL



SIDE SALAD



CHIPS



GELATO
2 SCOOPS



BROWNIE

DRINKS

FOUNTAIN DRINK

20 oz 0–330 Cals

32 oz Your Pie cup 0–500 Cals

CRAFT BEER & WINE

locally selected

SIDES

SIDE SALAD

Caesar 210 Cals

Caprese 190 Cals

Greek 210 Cals

CHIPS 210–270 Cals

DESSERT

GELATO

1 scoop 40–110 Cals

2 scoops 80–210 Cals

3 scoops 120–320 Cals

BROWNIE 170 Cals

BROWNIE SUNDAE 250–380 Cals

EXTRAS

CHEESE STICKS 550 / 560 Cals

+ ranch adds 270 Cals

or marinara adds 40 Cals

WARDS CORNER - NORFOLK

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757.502.7679



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YourPie.com



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