



◆ Nutritional Menu Guide ◆

◆ APPETIZERS ◆

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Cabo Crab Cakes	511	2	21	5	1533	26
Singapore Shrimp Rolls	646	6	16	2	3702	107
Tuscan Hummus with Traditional Pita	861	7	21	4	1562	124
Tuscan Hummus with Honey-Wheat with Whole Grain Pita	849	13	25	4	1392	119
Spinach Artichoke Dip	873	9	20	15	1242	103
Tortilla Spring Rolls						
Any Two	652-904	8-10	30-32	12-16	1814-2370	62-86
Any Three	978-1356	12-15	39-48	18-21	2721-3555	93-129
Mediterranean Tortilla Rolls (1 roll) with Sun-dried Tomato Marinara	354	4	13	8	968	31
Baja Chicken Tortilla Rolls (1 roll) with Guacamole	326	5	15	7	907	31
Thai Chicken Tortilla Rolls (1 roll) with Thai Peanut Sauce	452	4	16	6	1185	43
Sonora Egg Rolls	1042	2	52	22	1982	60
Avocado Club Egg Rolls	1172	4	45	19	1518	58
Garlic Cheese Focaccia with Checca	951	6	30	11	2195	119
Herb Onion Focaccia with Checca	809	6	17	4	2106	120
Lettuce Wraps						
with Chicken	911	8	36	2	2667	122
with Shrimp	895	8	41	1	2790	123
with Chicken & Shrimp	1054	8	65	2	2877	123
Sesame Ginger Chicken Dumplings	326	0	20	0	1564	50

◆ SOUPS ◆

All of our soups are vegetarian.

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Tuscan White Bean Minestrone						
Bowl	245	6	10	2	641	35
Cup	140	3	6	1	353	21
Asparagus Soup						
Bowl	213	4	8	1	1862	32
Cup	106	2	4	1	929	16
Dakota Smashed Pea & Barley Soup						
Bowl	368	26	25	0	2100	70
Cup	184	13	12	0	1050	35
Sedona Tortilla Soup						
Bowl	541	7	7	18	1831	54
Cup	316	4	4	9	933	35
Two in a Bowl	246-500	5-17	8-18	1-10	1282-1983	37-70

◆ SALADS ◆

Fat-Free balsamic vinaigrette available upon request.

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
The Original BBQ Chicken Chopped Salad, Full	1133	13	46	16	1460	95
Full with Avocado	1257	18	47	18	1464	101
Half	576	6	23	8	785	50
Half with Avocado	699	11	25	10	790	56
Grilled Vegetable Salad, Full	810	19	13	8	2104	58
Full with Salmon	1040	19	34	11	2251	58
Full with Grilled Shrimp	906	19	32	9	2412	59
Full with Grilled Chicken Breast	1044	19	52	9	2388	60
Half	415	10	7	4	1056	31
Half with Salmon	644	10	28	7	1203	31
Half with Grilled Shrimp	511	10	26	4	1364	32
Half with Grilled Chicken Breast	615	7	44	5	1326	27
Original Chopped Salad, Full	952	7	50	17	2194	19
Full with Garbanzos	1002	9	52	17	2334	27
Half	476	3	25	8	1097	9
Half with Garbanzos	501	4	26	8	1167	14

◆ SALADS ◆

Fat-Free balsamic vinaigrette available upon request.

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
CPK Cobb Salad, Full						
with Ranch Dressing	1138	9	51	21	1624	21
Full with Ranch Dressing & Beets	1178	12	53	21	1691	29
Half with Ranch Dressing	574	5	26	11	815	11
Half with Ranch Dressing & Beets	594	6	27	11	848	16
Full with Blue Cheese Dressing	1070	9	52	22	1875	21
Full with Blue Cheese Dressing & Beets	1109	11	54	22	1941	30
Half with Blue Cheese Dressing	540	5	26	11	940	12
Half with Blue Cheese Dressing & Beets	560	6	27	11	973	16
Classic Caesar Salad, Full						
with Grilled Chicken Breast	553	8	16	14	1030	29
Full with Grilled Chicken Breast	787	8	55	16	1313	31
Full with Grilled Shrimp	649	8	35	14	1338	32
Full with Salmon	783	8	37	17	1176	29
Half	277	4	8	7	515	15
Half with Grilled Chicken Breast	511	4	47	8	799	16
Half with Grilled Shrimp	373	4	27	7	969	16
Half with Salmon	507	4	29	10	661	15
Field Greens, Full						
Full with Gorgonzola Cheese	998	15	18	12	805	68
Full with Gorgonzola Cheese	1098	15	24	18	1185	69
Full with Grilled Shrimp	1093	15	37	12	1113	69
Full with Sauteed Salmon	1227	15	39	15	952	68
Half	499	7	9	6	403	34
Half with Gorgonzola Cheese	599	7	15	12	783	35
Half with Grilled Shrimp	595	7	28	6	710	35
Half with Sauteed Salmon	728	7	30	9	549	34
Moroccan Chicken Salad, Full						
Full	825	14	25	7	617	60
Half	412	7	12	4	309	30
Waldorf Chicken Salad, Full						
with Blue Cheese Dressing	1570	16	55	30	2082	83
Half with Blue Cheese Dressing	785	8	28	15	1041	42
Full with Dijon Balsamic Vinaigrette	1485	16	53	25	1864	95
Half with Dijon Balsamic Vinaigrette	743	8	26	13	932	48
Thai Crunch Salad, Full						
Full	1155	15	53	8	1308	106
Full with Avocado	1279	20	55	9	1313	112
Half	578	7	27	4	654	53
Half with Avocado	701	12	28	5	659	59
Full with additional Thai Peanut Dressing	1275	16	55	9	1707	117
Full with Avocado and additional Thai Peanut Dressing	1399	21	57	10	1712	123
Half with additional Thai Peanut Dressing	698	8	29	5	1053	64
Half with Avocado and additional Thai Peanut Dressing	821	13	30	6	1058	70
Miso Salad, Full						
Full substitute Chicken	1146	17	48	8	2654	108
Full substitute Chicken	1142	17	45	7	2415	108
Half	580	9	26	4	1346	54
Half substitute Chicken	571	9	23	4	1207	54
Chinese Chicken Salad, Full						
Full	707	9	30	0	2460	95
Half	376	5	18	0	1254	49
Fat Free Balsamic Vinaigrette (2 fluid ounces)						
	30	0	0	0	640	6
Fat Free Balsamic Vinaigrette (4 fluid ounces)						
	60	0	0	0	1280	12

◆ PIZZAS ◆

Our honey-wheat with whole grain crust is available upon request for any pizza (with 12 fewer calories).

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Wild Mushroom	1244	6	44	23	2473	135
with Grilled Chicken	1318	6	59	23	2563	136
Cheeseburger Pizza	1444	8	59	26	2901	132
with Bacon	1624	8	71	32	3621	132
with Avocado	1579	14	61	28	2906	139
Buffalo Chicken	1247	8	61	23	3377	124
Pear & Gorgonzola	1195	8	44	24	2175	128
Chipotle Chicken	1198	7	59	19	2773	127
with Grilled Steak	1357	7	64	25	3334	127
The Original BBQ Chicken	1136	6	60	19	2568	136
The Hawaiian BBQ Chicken	1159	7	60	19	2569	141
BBQ Chicken with Applewood Smoked Bacon	1316	6	72	25	3288	136
Jamaican Jerk Chicken	1356	9	74	24	4236	137
California Club	1560	13	71	26	3542	129
Pepperoni	1140	7	47	22	2637	122
Mushroom Pepperoni Sausage	1426	8	67	31	3336	127
Tostada	1438	15	51	27	2626	158
with Grilled Steak	1675	15	71	32	3298	159
with Lime Chicken	1512	15	65	27	2716	159
BLT	1364	8	55	25	2869	122
Hawaiian	1074	8	49	16	2565	134
substitute Pepperoni	1170	8	48	22	2583	131
Roasted Garlic Chicken	1125	7	58	20	2111	125
Thai Chicken	1301	9	61	17	3002	139
Italian Tomato & Basil	1033	7	46	17	2329	125
The Meat Cravers	1530	7	77	33	4134	127
The Works	1430	9	63	29	3335	131
White Pizza	1103	6	49	21	2455	118
with Bacon	1283	6	61	27	3175	118
The Greek	1424	10	61	22	2979	132
Vegetarian option	1480	14	48	24	2782	136
Shrimp Scampi	1121	7	57	20	2210	125
Vegetarian with Japanese Eggplant	1166	12	51	19	2808	139
with Goat Cheese	1225	12	55	22	2899	140
Carne Asada	1323	7	62	27	3496	127
Five-Cheese & Fresh Tomato	1114	6	51	25	2539	118
Traditional Cheese	998	7	42	16	2161	122
Santa Fe Chicken	1201	9	59	22	3097	130
Goat Cheese with Roasted Peppers	1177	9	47	23	2638	131
with Bacon	1357	9	59	29	3358	131

◆ THIN CRUST PIZZAS ◆

Any of our pizzas above can be served on a thin crust (with 175 fewer calories).

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Pesto Chicken	1329	9	59	21	2737	110
Pepperoni Supremo	1016	7	48	21	3048	105
Sicilian	1225	6	66	29	3107	101
Margherita	1105	7	54	20	3188	106
Tricoloré Salad Pizza	1001	7	37	15	1911	125
with Grilled Chicken Breast	1235	8	77	16	2195	127
with Sauteed Salmon	1230	7	59	18	2057	125
with Grilled Shrimp	1097	7	57	15	2219	126

◆ PIZZA CRUST ◆

Nutritional counts from crust are included in all pizzas.

Nutritional counts represent whole pizza.

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Pizza Crust, Original	614	4	15	2	1115	111
Thin and Crispy Crust	439	3	15	0	958	91
Honey-Wheat with Whole Grain Crust	602	10	19	2	945	106

◆ PASTAS ◆

Substitute multigrain penne for any pasta upon request (with 0-100 fewer calories).

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Four Cheese Ravioli						
with Pomodoro Cream Sauce	947	2	28	41	1554	49
with Sautéed Mushrooms	987	3	29	41	1705	51
Asparagus & Spinach Spaghettini	1115	10	32	10	2078	119
with Grilled Chicken Breast	1340	10	72	11	2189	119
with Shrimp	1222	10	54	10	2236	120
with Salmon	1344	10	54	13	2225	119
Jambalaya	1188	8	62	15	2206	106
Chicken Tequila Fettuccine	1225	6	34	42	1247	95
Portobello Mushroom Ravioli						
with Garlic Cream Sauce	1010	5	26	38	1649	76
with Tomato Basil Sauce	718	5	21	10	1550	81
Pesto Cream Penne	1347	6	27	49	1915	111
with Chicken	1328	5	38	50	1812	89
with Shrimp	1349	5	45	49	1915	90
with Chicken & Shrimp	1535	5	60	57	1970	90
Spaghetti Bolognese	890	5	33	8	1931	117
with Mushrooms	940	6	35	8	2120	119
Kung Pao Spaghetti	1165	11	33	7	1230	135
with Chicken	1160	10	46	8	1737	117
with Shrimp	1183	10	53	7	1840	118
with Chicken & Shrimp	1286	10	69	8	2360	121
Thai Linguini	1421	9	28	20	2780	137
with Chicken	1505	9	44	20	2834	137
with Shrimp	1528	9	50	20	2937	138
with Chicken & Shrimp	1612	9	65	21	2992	138
Tomato Basil Spaghettini	1271	12	25	14	2318	143
with Grilled Chicken Breast	1496	12	64	15	2428	143
with Mild Goat Cheese	1331	12	28	17	2408	145
Garlic Cream Fettuccine	1416	5	32	51	1706	110
with Chicken	1384	4	43	52	1760	89
with Shrimp	1407	4	50	51	1863	90
with Chicken & Shrimp	1491	4	65	52	1918	90
with Mushrooms	1466	6	34	52	1894	112
Broccoli Sun Dried Tomato Fusilli	1287	10	37	14	2368	121
with Grilled Chicken Breast	1521	10	77	15	2652	123
with Mild Goat Cheese	1347	10	41	17	2458	122

◆ SPECIALTIES ◆

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Wild Caught Mahi Mahi						
with Spaghettini	1214	8	67	12	2419	77
with Wok-Stirred Vegetables	560	6	48	4	1584	24
Blue Crab Cakes						
with Spaghettini	1573	6	51	32	3298	100
with Wok-Stirred Vegetables	1045	6	37	10	3095	54
Pan-Sautéed Salmon						
with Spaghettini	1309	5	66	30	1721	71
with Wok-Stirred Vegetables	780	6	51	8	1519	24
Ginger Salmon	979	6	51	8	2299	74
Baja Fish Tacos	973	8	36	10	1692	94
with Avocado	1034	10	37	11	1695	97
Steak Tacos	981	7	34	15	1902	74
with Avocado	1043	10	35	15	1904	77
Chicken Piccata	1539	5	82	30	3617	99
Chicken Milanese	618	3	38	11	1209	22
Chicken Marsala	1412	6	89	15	3038	113

◆ FOCACCIA SANDWICHES ◆

Served with your choice of herb onion focaccia or garlic cheese focaccia and your choice of soup, classic Caesar salad or Szechuan slaw.

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Cranberry Walnut Chicken Salad Sandwich with Garlic Cheese Focaccia	966	5	31	10	1695	95
Cranberry Walnut Chicken Salad Sandwich with Herb Onion Focaccia	875	5	23	6	1738	96
Albacore Tuna Salad Sandwich with Garlic Cheese Focaccia	839	5	38	8	1860	91
Albacore Tuna Salad Sandwich with Herb Onion Focaccia	749	6	30	4	1903	92
Chicken Club Sandwich with Garlic Cheese Focaccia	1046	8	44	13	2038	94
Chicken Club Sandwich with Herb Onion Focaccia	955	7	36	9	2081	95
Grilled Vegetable Sandwich with Garlic Cheese Focaccia	939	7	30	13	2499	98
Grilled Vegetable Sandwich with Herb Onion Focaccia	848	7	22	9	2542	99
Grilled Chicken Caesar with Garlic Cheese Focaccia	1051	5	61	12	2273	93
Grilled Chicken Caesar with Herb Onion Focaccia	961	5	53	8	2316	94
Grilled Dijon Chicken Sandwich with Garlic Cheese Focaccia	848	5	58	7	1984	95
Grilled Dijon Chicken Sandwich with Herb Onion Focaccia	757	5	50	3	2027	96

◆ SIDES ◆

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Caesar Salad, for Sandwiches	208	2	4	5	422	8
Szechuan Slaw	342	4	3	3	1328	29
Asparagus Soup, Cup	106	2	4	1	929	16
Dakota Smashed Pea & Barley, Cup	184	13	12	0	1050	35
Sedona Tortilla Soup, Cup	316	4	4	9	933	35
Tuscan White Bean Minestrone, Cup	140	3	6	1	353	21

◆ DESSERTS ◆

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
White Chocolate Strawberry Cheesecake	1101	0	13	47	600	96
Red Velvet Cake	743	1	7	17	355	91
À la Häagen-Dazs	959	1	11	26	411	108
Chocolate Soufflé Cake	676	4	7	31	43	50
À la Häagen-Dazs	892	4	11	40	99	67
Key Lime Pie	839	1	9	27	280	92
Hot Fudge Brownie Sundae	1065	4	10	30	299	108
Turtle Sundae	1538	3	18	58	241	122
Chocolate Banana Royale Cake	650	3	8	16	273	64
À la Häagen-Dazs	866	3	12	25	329	81
Apple Crisp	510	5	3	6	26	100
À la Häagen-Dazs	726	5	7	15	82	116
with Caramel	595	5	4	7	56	118
with Caramel, à la Häagen-Dazs	811	5	8	16	112	134
Tiramisu	530	0	5	19	125	53

◆ BEVERAGES ◆

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Cherry Limeade	253	0	0	0	10	63
Fresh Lemonade	62	0	0	0	10	16
Flavored Fresh Lemonade						
Kiwi	137	0	0	0	13	35
Mango	142	0	0	0	15	36
Peach	132	0	0	0	13	34
Raspberry	132	0	0	0	18	33
Strawberry	132	0	0	0	18	33
Freshly Brewed Iced Tea	0	0	0	0	0	0
Flavored Iced Teas						
Mango	80	0	0	0	5	20
Peach	70	0	0	0	3	18
Raspberry	70	0	0	0	8	17
Strawberry	70	0	0	0	8	17
Specialty Italian Soda						
Kiwi	75	0	0	0	3	19
Mango	80	0	0	0	5	20
Peach	70	0	0	0	3	18
Raspberry	70	0	0	0	8	17
Strawberry	70	0	0	0	8	17
Pepsi	165	0	0	0	41	45
Diet Pepsi	0	0	0	0	50	0
Sierra Mist	165	0	0	0	41	43
Mug Root Beer	165	0	0	0	74	48
Mountain Dew	182	0	0	0	83	51
Tropicana Orange Twister	165	0	0	0	99	46
Wild Cherry Pepsi	182	0	0	0	41	48
Fiji Water	0	0	0	0	0	0
San Pellegrino						
Sparkling Mineral Water	0	0	0	0	10	0
Milk	160	0	8	5	125	13
Skim Milk	90	0	8	0	130	13
Chocolate Milk	261	0	7	4	124	42
Chocolate Skim Milk	202	0	7	0	129	42
Hot Chocolate	260	0	8	5	140	37
Coffee	0	0	0	0	0	0
Espresso	4	0	0	0	0	1
Double Espresso	8	0	0	0	0	2
Cafe Mocha	260	0	8	5	140	37
Cappuccino	38	0	2	1	29	3
Cafe Latte	160	0	8	5	125	13
Cafe Au Lait	33	0	2	1	25	3
Iced Cafe Mocha	180	0	4	3	78	31
Iced Cappuccino	80	0	4	3	63	7
Hot Teas	0	0	0	0	0	0

◆ SMOOTHIES & BLENDED BEVERAGES ◆

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Chocolate Banana Smoothie	491	2	5	12	87	71
Strawberry Smoothie	444	1	4	12	104	61
Strawberry Banana Smoothie	477	2	5	12	102	68
Frozen Lemonade	73	1	0	0	6	18
Frozen Kiwi Lemonade	122	0	0	0	8	31
Frozen Mango Lemonade	144	1	0	0	10	35
Frozen Peach Lemonade	125	1	0	0	5	31
Frozen Raspberry Lemonade	134	1	0	0	13	32
Frozen Strawberry Lemonade	124	1	0	0	22	30
Maui Punch	178	0	0	0	0	44
Strawberry Colada	299	2	0	0	60	71
Pineapple Colada	373	2	0	0	69	87
Mango Raspberry Colada	434	0	0	0	47	107



◆ PIZZAS ◆

Nutritional counts represent whole kid's pizza.

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Kid's Cheeseburger Pizza with Ketchup	549 600	2 3	28 29	13 13	1110 1680	46 58
Kid's Mushroom Pepperoni Sausage Pizza	524	3	24	11	1220	48
Kid's Hawaiian Pizza	463	3	22	8	1165	52
Kid's Honey Chicken Pizza with Tomato Sauce	519 549	2 3	29 30	10 10	1067 1177	55 58
Kid's Original BBQ Chicken Pizza	483	2	27	9	1128	53
Kid's Traditional Cheese Pizza	425	3	19	8	936	48
Kid's Pepperoni Pizza	478	3	21	10	1114	48

◆ SALAD ◆

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Kid's Salad No Dressing with Herb Ranch Dressing	64 258	3 3	3 3	0 3	75 251	10 11

◆ PASTAS & CHICKEN ◆

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Kid's Grilled Chicken Breast and Broccoli	246	3	38	1	565	7
Kid's Crispy Chicken with Broccoli with Herb Ranch Dressing and Ketchup	336 582	3 4	38 39	3 6	1025 1771	31 44
Kid's Curly Mac 'n' Cheese with Edamame	1038 1085	3 6	29 33	38 38	1651 1666	80 85
Kid's Fusilli with Meat Sauce	548	3	19	4	368	79
Kid's Buttered Fusilli	478	3	12	7	636	73
Kid's Fusilli Olive Oil	504	3	12	2	46	73
Kid's Fusilli with Tomato Sauce	458	3	14	0	506	81
Kid's Fusilli Alfredo	835	3	19	28	891	74

◆ DESSERTS ◆

	Total Calories (kcal)	Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Kid's Fresh Fruit	68	1	1	0	2	16
Kid's M&M's® Sundae	509	1	5	21	69	43
Kid's Brownie	544	2	4	8	238	75

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

The nutritional information in this guide is derived from information provided by our suppliers, analyses using industry standard software, and published resources, including those from the United States Department of Agriculture. All nutritional information given is based on standard recipes and serving sizes and California Pizza Kitchen cannot guarantee that the information provided is completely accurate as it relates to the prepared menu items at each restaurant. Variations in serving sizes, preparation techniques, product assembly and sources of supply, as well as regional and seasonal differences in ingredients, may affect the nutritional values for each menu item. In addition, formulations change periodically and occasionally the substitution of ingredients or suppliers is required. You should expect some variations in the nutrient content of the products purchased in our restaurants, and greater variation if an order is customized or topping combinations are altered. All nutrition information for branded beverages was provided by the manufacturers.