

Chuck E. Cheese – Full Nutrition Tables (2026)

Source: Official Chuck E. Cheese Nutrition Page (chuckecheese.com) | Cal=Calories | Fat=Total Fat(g) | Sat=Saturated Fat(g) | Chol=Cholesterol(mg) | Sod=Sodium(mg) | Carbs(g) | Pro=Protein(g)

1. PIZZA NUTRITION (Per 1 Slice)

Pizza	Size	Cal	Fat	Sat	Chol	Sod	Carbs	Pro
5 Meat	Individual	130	6g	3g	15mg	350mg	12g	7g
5 Meat	Medium	200	10g	4.5g	25mg	530mg	18g	10g
5 Meat	Large	230	11g	5g	30mg	610mg	21g	11g
5 Meat	XL	220	11g	5g	30mg	590mg	19g	11g
Supreme	Individual	120	6g	2.5g	15mg	290mg	12g	5g
Supreme	Medium	180	9g	4g	20mg	430mg	19g	8g
Supreme	Large	210	10g	4.5g	20mg	500mg	21g	9g
Supreme	XL	200	10g	4.5g	20mg	480mg	20g	9g
Veggie	Individual	100	3.5g	1.5g	5mg	200mg	12g	4g
Veggie	Medium	150	6g	3g	10mg	330mg	19g	7g
Veggie	Large	170	6g	3g	15mg	370mg	21g	7g
Veggie	XL	170	6g	3g	15mg	350mg	20g	7g
BBQ Chicken	Large	300	9g	5g	30mg	720mg	38g	15g
Signature Meatball	Large	320	14g	7g	30mg	730mg	32g	15g
Spicy BBQ Piggy	Large	330	13g	6g	35mg	1060mg	37g	15g
Spicy Hawaiian	Large	290	9g	5g	25mg	920mg	39g	12g

2. PIZZA CRUST NUTRITION (Per 1 Slice)

Crust Type	Size	Cal	Fat	Sat	Sod	Carbs	Pro
Gluten Free	-	45	1g	0g	95mg	9g	0g
Traditional	Individual	60	1g	0g	95mg	11g	2g
Traditional	Medium	90	1.5g	0g	160mg	17g	3g
Traditional	Large	100	1.5g	0g	170mg	19g	3g
Traditional	XL	100	1.5g	0g	160mg	18g	3g
Stuffed	Medium	160	5g	2g	330mg	23g	6g
Stuffed	Large	170	4.5g	2g	330mg	24g	6g
Stuffed	XL	130	4g	2g	260mg	18g	5g

3. PIZZA TOPPING NUTRITION – Large Size (Per 1 Slice)

Topping	Cal	Sod	Pro
Pepperoni	25	90mg	1g
Sausage	30	85mg	1g
Bacon	25	90mg	2g
Beef	25	75mg	1g
Chicken	10	70mg	2g
Ham	5	75mg	1g

Topping	Cal	Sod	Pro
Mushrooms	0	0mg	0g
Green Peppers	0	0mg	0g
Black Olives	10	35mg	0g
Spinach	0	0mg	0g
Pineapple	5	0mg	0g
Jalapeños	0	110mg	0g

4. MOZZARELLA CHEESE & PIZZA SAUCE (Per 1 Slice)

Mozzarella Cheese	Cal	Fat	Sod	Pro
Standard – Individual	30	2.5g	65mg	2g
Standard – Medium	50	4g	110mg	3g
Standard – Large	60	4.5g	125mg	4g
Standard – XL	50	4g	120mg	4g
Extra – Individual	20	1.5g	50mg	2g
Extra – Medium	30	2.5g	70mg	2g
Extra – Large	35	2.5g	75mg	2g

Pizza Sauce	Cal	Sod	Carbs
Red – Individual	0	25mg	0g
Red – Medium	5	50mg	1g
Red – Large	5	55mg	1g
Red – XL	5	50mg	1g
Side Ketchup (1.5oz)	60	500mg	14g
Side Ranch (1.5oz)	110	360mg	2g
Side Marinara (1.5oz)	15	240mg	3g

5. BONELESS WINGS NUTRITION (Per Serving)

Flavour	Cal	Fat	Sat	Chol	Sod	Carbs	Pro
Plain	210	9g	1g	45mg	700mg	20g	19g
Buffalo BBQ	240	9g	1g	45mg	1270mg	27g	19g
Homestyle BBQ	270	9g	1g	45mg	1010mg	34g	19g
Louisiana Honey Hot	270	9g	1g	45mg	1080mg	36g	19g
Spicy Buffalo	210	9g	1g	45mg	1540mg	20g	19g
Spicy Korean BBQ	280	10g	1g	45mg	1340mg	34g	19g
Sweet Chili Sauce	280	9g	1g	45mg	1260mg	37g	19g

6. TRADITIONAL WINGS NUTRITION (Per Serving)

Flavour	Cal	Fat	Sat	Chol	Sod	Carbs	Pro
Plain	280	16g	5g	125mg	1100mg	7g	26g
Buffalo BBQ	310	16g	5g	125mg	1670mg	14g	26g
Chili Lime	320	21g	6g	125mg	1560mg	7g	26g
Homestyle BBQ	340	16g	5g	125mg	1410mg	21g	26g
Lemon Pepper	320	21g	6g	125mg	2470mg	9g	26g
Louisiana Honey Hot	340	16g	5g	125mg	1480mg	23g	26g
Spicy Buffalo	280	16g	5g	125mg	1940mg	7g	26g
Spicy Korean BBQ	350	17g	5g	125mg	1740mg	21g	26g
Sweet Chili Sauce	350	16g	5g	125mg	1660mg	24g	26g

7. APPETIZERS NUTRITION

Item	Cal	Fat	Sat	Chol	Sod	Carbs	Pro
App Sampler (Plain Boneless)	1580	94g	25g	140mg	3660mg	140g	52g
App Sampler (Plain Traditional)	1650	101g	29g	220mg	4060mg	127g	58g
App Sampler (Sweet Chili Boneless)	1650	94g	25g	140mg	4220mg	157g	52g
App Sampler (Sweet Chili Traditional)	1720	101g	29g	220mg	4620mg	144g	58g
App Sampler Large (Plain Boneless)	2200	124g	39g	240mg	5160mg	193g	92g
App Sampler Large (Plain Traditional)	2340	139g	47g	400mg	5960mg	166g	105g
French Fry Platter	2460	89g	23g	20mg	4910mg	369g	43g
Veggie Platter (Blue Cheese)	900	77g	13g	55mg	1040mg	47g	13g
Veggie Platter (Ranch)	500	30g	4g	30mg	1310mg	50g	13g
Saucy Meatballs (Buffalo BBQ)	710	49g	21g	120mg	2780mg	28g	34g
Saucy Meatballs (Spicy Korean BBQ)	790	51g	21g	120mg	2910mg	42g	34g
Saucy Meatballs (Sweet Chili)	790	49g	21g	120mg	2750mg	48g	34g
Cheesy Breadsticks (1/6 serving)	70	3.5g	2g	10mg	135mg	5g	3g
French Fries 8 oz	420	13g	4g	0mg	640mg	67g	34g

8. SALAD BAR NUTRITION

Fresh Items	Serving	Cal	Sod	Pro
Lettuce Mix	1 cup	10	10mg	1g
Romaine Lettuce	1 cup	10	0mg	1g
Spinach	1 cup	5	25mg	1g
Broccoli	0.5 oz	5	0mg	0g
Carrots	0.5 oz	5	10mg	0g
Cucumbers	1 tbsp	0	0mg	0g
Green Pepper	0.5 oz	5	0mg	0g
Red Onions	0.25 oz	5	0mg	0g
Grape Tomatoes	0.75 oz	5	0mg	0g
Jalapeños	1 tbsp	0	125mg	0g
Egg (hard cooked)	1 each	70	55mg	6g
Cottage Cheese	0.5 cup	110	410mg	12g
Shredded Cheddar	1 tbsp	25	50mg	2g
Black Olives	1 tbsp	15	45mg	0g
Croutons	1 tbsp	15	45mg	0g
Bacon Bits	0.5 oz	60	220mg	5g
Potato Salad	1.5 oz	70	190mg	1g

Dressings & Fruits	Cal	Fat	Sod
Ranch (1 tbsp)	35	3.5g	120mg
Blue Cheese (1 tbsp)	90	9g	85mg
Balsamic Vinaigrette (1 tbsp)	60	6g	115mg
Lite Northern Italian (1 tbsp)	25	2.5g	140mg
Thousand Island (1 tbsp)	60	6g	110mg
Cantaloupe (1 oz)	10	0g	0mg
Grapes (0.5 oz)	10	0g	0mg
Honeydew (1 oz)	10	0g	5mg
Oranges (0.25 oz)	5	0g	0mg
Strawberries (2 each)	10	0g	0mg
Watermelon (1 oz)	10	0g	0mg
Strawberry Parfait (0.5 cup)	10	0g	10mg

9. DESSERTS NUTRITION

Dessert Item	Serving	Cal	Fat	Sat	Chol	Sod	Carbs	Sugars	Pro
Dessert Platter	1/8 serving	420	20g	8g	45mg	260mg	62g	35g	5g
Chocolate Chip Cookie	1 slice (1/8)	200	9g	4g	10mg	125mg	28g	16g	2g
Cotton Candy (Blue)	1.5 oz	170	0g	0g	0mg	0mg	42g	42g	0g
Cotton Candy (Green)	1.5 oz	170	0g	0g	0mg	0mg	42g	42g	0g
Cotton Candy (Pink)	1.5 oz	170	0g	0g	0mg	0mg	42g	42g	0g
Unicorn Churros	1 serving	340	15g	2.5g	25mg	250mg	48g	14g	3g

10. ICE CREAM NUTRITION

Ice Cream Item	Cal	Fat	Sat	Chol	Sod	Carbs	Sugars	Pro
Ice Cream Cup – Vanilla	130	7g	4g	25mg	40mg	16g	10g	2g
Ice Cream Cup – Chocolate	130	6g	4g	25mg	40mg	17g	12g	2g
Ice Cream Bar – Cookies N Cream	230	11g	4.5g	10mg	150mg	32g	18g	4g
Ice Cream Bar – Strawberry Fruit	130	0g	0g	0mg	10mg	32g	24g	0g
Ice Cream Bar – Strawberry Shortcake	190	9g	3.5g	5mg	90mg	26g	17g	2g
Ice Cream Cone – Cookies & Cream	280	12g	9g	20mg	140mg	39g	23g	4g
Ice Cream Sandwich – Big Bopper	450	20g	11g	45mg	360mg	64g	37g	6g
Ice Cream Sandwich – Big Vanilla	240	7g	4.5g	20mg	170mg	40g	22g	4g
Bomb Pop (Red, White & Blue)	80	0g	0g	0mg	10mg	21g	15g	0g
Push-up Rainbow Sherbet	80	0g	0g	0mg	15mg	19g	15g	0g

11. DIPPIN' DOTS NUTRITION

Dippin' Dots Flavour	Size	Cal	Fat	Sat	Sod	Carbs	Sugars	Pro
Banana Split	3.5 fl oz	140	7g	4g	35mg	17g	16g	2g
Banana Split	5 fl oz	200	10g	6g	50mg	25g	23g	4g
Banana Split	8 fl oz	320	15g	10g	80mg	40g	36g	6g
Brownie Batter	3.5 fl oz	170	8g	4.5g	70mg	22g	17g	3g
Brownie Batter	5 fl oz	240	12g	7g	100mg	31g	25g	4g
Brownie Batter	8 fl oz	380	19g	11g	160mg	50g	40g	6g
Choc Chip Cookie Dough	3.5 fl oz	170	8g	4.5g	90mg	23g	18g	3g
Choc Chip Cookie Dough	5 fl oz	240	11g	6g	125mg	33g	26g	4g
Choc Chip Cookie Dough	8 fl oz	390	18g	10g	200mg	53g	42g	6g
Cookies & Cream	3.5 fl oz	170	8g	4.5g	65mg	21g	18g	3g
Cookies & Cream	5 fl oz	240	12g	6g	95mg	30g	25g	4g
Cookies & Cream	8 fl oz	380	19g	10g	150mg	48g	40g	6g
Rainbow Ice	3.5 fl oz	90	0g	0g	0mg	23g	12g	0g
Rainbow Ice	5 fl oz	130	0g	0g	5mg	33g	18g	0g
Rainbow Ice	8 fl oz	210	0g	0g	10mg	52g	28g	0g
Strawberry	3.5 fl oz	140	7g	4.5g	35mg	16g	16g	3g
Strawberry	5 fl oz	190	10g	6g	50mg	23g	23g	4g
Strawberry	8 fl oz	310	16g	10g	80mg	37g	36g	6g

12. CAKES NUTRITION

Cake	Serving	Cal	Fat	Sat	Chol	Sod	Carbs	Sugars	Pro
Buddy V's – Chocolate Fudge	1/2 slice	590	28g	10g	75mg	410mg	82g	63g	5g
Buddy V's – Confetti	1/2 slice	570	31g	14g	90mg	340mg	73g	56g	3g
Buddy V's – Vanilla Rainbow	1/2 slice	650	36g	17g	100mg	350mg	81g	65g	4g
Round Chocolate Cake	1/12 whole	290	15g	4g	30mg	120mg	40g	29g	2g
Round White Cake	1/12 whole	260	13g	6g	50mg	115mg	33g	25g	2g
Sheet Chocolate Cake	1/18 whole	290	14g	4.5g	25mg	115mg	40g	29g	2g
Sheet White Cake	1/18 whole	280	13g	5g	65mg	135mg	38g	27g	2g

13. ALLERGEN INFORMATION

Allergen	Present	Where Found
Wheat / Gluten	YES	Pizza crusts, breadsticks, wing breading, cakes
Dairy / Milk	YES	All cheese, ice cream, cakes, ranch dressing
Eggs	YES	Salad bar items, dressings, some desserts
Soy	MAY CONTAIN	Some menu items — check with staff
Peanuts	MAY CONTAIN	Cross-contact possible — ask staff
Tree Nuts	MAY CONTAIN	Cross-contact possible — ask staff
Fish	LOW RISK	Not a main ingredient — cross-contact possible
Shellfish	LOW RISK	Not a main ingredient — cross-contact possible

Official Source: chuckedcheese.com | © 2026 CEC Entertainment Concepts, L.P. | Values based on standard recipes and may vary by location. 2,000 calories/day is used for general nutrition advice.