



Papa Murphy's International Gluten Free

In response to the growing consumer demand for Gluten Free foods, we are pleased to announce our new Gluten Free crust! Papa Murphy's has partnered with Udi's, the well-known Gluten Free brand, to provide our guests a crust option that fits into their dietary restrictions. Our new Gluten Free pizza can be topped with any of our popular Papa Murphy's pizza recipes, or unleash your imagination and create your own!

Check with your local store for availability. Certified Gluten Free crust is topped in a shared kitchen that also handles gluten-containing ingredients. Find additional ingredient information at <http://bit.ly/1s8R4sW>

Common FAQs

Your crusts are gluten free, what about the rest of your ingredients? We have a number of ingredients that are Gluten Free however, there is always a risk that our toppings may have come in contact with gluten at some point throughout the prepping process.

How do you handle your gluten free pizzas? Do you have a separate prep area with separate utensils? No, we do not have a separate area or separate utensils specifically for our Gluten Free crusts. Upon request, we are happy to change our gloves when handling a customer's Gluten Free crust and will also make reasonable accommodations with utensils.

Why does the Gluten Free crust look baked? Our Gluten Free crust is par-baked from Udi's meaning that it has been partially baked prior to arriving in our store. The crust will complete the baking cycle in your home oven.

Will I have to bake my Gluten Free pizza differently? Gluten Free crusts cook just like other Papa Murphy's crusts; 425 degrees for 12-18 minutes, depending on your oven. Love @ 425 without the gluten.

What other allergens are present in your Gluten Free pizza? Udi's Gluten Free crust contains eggs and are made in a completely gluten free and nut free environment.

If I am gluten sensitive or gluten intolerant, have Celiac disease, or have any health related issues, should I eat the pizza on Gluten Free crust? Pizzas made on Gluten Free crusts are prepared in a store with products containing gluten. As a result, the finished

pizza may contain trace amounts of gluten. If you are concerned, please consult a health care professional.

Can I get these Gluten Free pizzas at every Papa Murphy's? Over 1,000 locations across the nation carry UDI's Gluten Free crust. Contact your local store of participation details.

Is the dough made in the same container that you make the existing dough? No, Udi's Gluten Free crust arrives par-baked in store.

Nutrition Information

	Serving Size (Unbaked) (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
Medium Gluten Free Crust Pizzas - 1 Serving = 1 Slice = 1/8th of the Pizza																
All Meat	101	278	141	15.7	6.7	0	42.4	653.9	22.2	1.2	4.9	14.2	8	7	22	4
Barbeque Chicken	105	268	107	11.9	5.2	0	39	568.6	26.7	1.2	7	14.6	7	4	22	3
Cheese	79	218	97	10.8	4.9	0	26.3	391.7	21.6	1.2	4.7	10.1	8	5	21	2
Chicken Bacon Artichoke	102	275	132	14.7	5.3	0	40.9	590.7	22.2	1.6	3.6	15.3	4	8	21	3
Chicken Bacon Ranch	103	287	143	15.9	6.3	0	45.7	611.5	21.4	1.2	4	15.8	6	7	22	2
Cowboy	110	274	140	15.5	6.3	0	37.8	638.4	22.8	1.2	4.9	13.3	9	5	22	5
Gourmet Chicken Garlic	101	259	122	13.6	5.5	0	39	493.9	21.5	1.3	3.5	13.9	7	7	22	2
Gourmet Classic Italian	113	271	134	14.9	6.3	0	38.5	574	22.9	1.4	5	13.6	10	10	23	4
Gourmet Vegetarian	100	248	124	13.8	5.4	0	29.2	434.2	22.2	1.7	3.8	10.9	8	9	22	2
Hawaiian	100	236	99	11	4.9	0	30.1	488.8	24	1.3	6.8	11.5	8	8	21	3
Gourmet Classic Italian	92	226	118	13.1	6.2	0	33.7	471.3	15.4	0.3	1.1	11.5	3	6	17	7
Herb Chicken Mediterranean	91	264	117	13	5	0	32.2	486.4	24.7	3	5.5	13.2	9	2	19	3
Murphy's Combo	117	289	149	16.5	6.7	0	41.1	687	23.3	1.3	5.1	14	9	7	23	6
Papa's Favorite	124	282	145	16.1	6.6	0	39.5	669.1	23.5	1.4	5.2	13.9	9	15	23	6
Pepperoni	86	252	126	14	6.1	0	33.6	506.8	21.7	1.2	4.7	11.5	9	5	21	3
Perfect	86-100	236-252	99-126	11-14	4.9-6.1	0	30.1-33.6	488.8-506.8	21.7-24	1.2-1.3	4.7-6.8	11.5	8.0-9.0	5.0-8.0	21%	3%
Rancher	103	260	127	14.2	6.2	0	37.4	602.3	22.5	1.3	5.1	13.2	9	6	21	4
Specialty of the House	107	256	124	13.8	5.7	0	33.9	578.1	22.8	1.2	5	12.7	8	5	23	5
Taco Grande (Beef)	110	250	124	13.8	6	0	34.8	632.5	22.7	1.8	4	12.8	9	4	21	4
Taco Grande (Chicken)	110	247	106	11.8	5.2	0	37	591.9	22.8	1.8	4	13.9	9	4	22	4
Thai Chicken	111	268	100	11.1	5	0	36.2	610.4	29.4	1.2	11.2	13.6	6	4	21	2
Veggie Combo	119	235	107	11.8	5	0	26.3	470.8	23.6	1.5	5.2	10.6	11	20	22	4