



# NUTRITIONAL INFORMATION

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The nutritional/ingredient information listed on our website is based on current labeling. The information may vary based on the suppliers, substitutions, recipe adaptations, or growing season of the products.

While we are committed to providing as accurate nutritional information as possible, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document. The nutritional values stated may reflect the nutritional content for a menu item in its entirety (e.g. including sides) or by separate menu item component. The nutritional values we provide are derived using an industry standard database, but do not account for the natural variability that occurs within ingredients, variation that occurs due to the hand-prepared nature of each item or variation that may occur due to substitutions that our Guests request. Please keep this in mind when making dining decisions.


**NUTRITIONAL  
INFORMATION**
**KAISER SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>CLASSIC KAISER</b> (Wheat)	340	110	13	4.5	0	2.0	1.0	55	1740	250	37	4	5	19
<b>CLASSIC KAISER</b> (White)	340	110	13	4.5	0	2.0	1.0	55	1740	220	37	3	5	19
<b>ITALIAN KAISER</b> (Wheat)	380	150	17	5.0	0	2.0	1.0	65	1800	250	37	4	5	23
<b>ITALIAN KAISER</b> (White)	380	150	17	5.0	0	2.0	1.0	65	1800	220	37	3	5	23
<b>ROAST BEEF KAISER</b> (Wheat)	290	45	5	1.5	0	2.0	1.0	25	1230	250	40	4	6	23
<b>ROAST BEEF KAISER</b> (White)	290	45	5	1.5	0	2.0	1.0	25	1230	220	40	3	6	23
<b>TURKEY KAISER</b> (Wheat)	270	30	3.0	1.0	0	2.0	1.0	45	1340	250	41	4	6	22
<b>TURKEY KAISER</b> (White)	280	30	3.0	1.0	0	2.0	1.0	45	1340	220	41	3	6	22
<b>CHICKEN CLUB KAISER</b> (Wheat)	290	35	4.0	1.0	0	2.0	1.0	50	1400	250	39	4	6	23
<b>CHICKEN CLUB KAISER</b> (White)	290	35	4.0	1.0	0	2.0	1.0	50	1400	220	39	3	6	23
<b>AMERICAN CLUB KAISER</b> (Wheat)	350	110	13	5.0	0	2.0	1.0	55	1750	250	39	4	6	21
<b>AMERICAN CLUB KAISER</b> (White)	350	110	13	5.0	0	2.0	1.0	55	1750	220	39	3	6	21
<b>DELUXE CLUB KAISER</b> (Wheat)	330	80	10	3.5	0	2.0	1.0	40	1520	250	41	4	6	23
<b>DELUXE CLUB KAISER</b> (White)	340	80	10	3.5	0	2.0	1.0	40	1520	220	41	3	6	23
<b>CHICKEN SALAD KAISER</b> (Wheat)	350	100	12	2.0	0	6	3.0	60	1180	250	41	4	6	20
<b>CHICKEN SALAD KAISER</b> (White)	350	100	12	2.0	0	6	3.0	60	1180	220	41	3	6	20
<b>TUNA SALAD KAISER</b> (Wheat)	360	110	13	3.0	0	5	2.5	60	1180	260	40	4	6	22
<b>TUNA SALAD KAISER</b> (White)	360	110	13	3.0	0	5	2.5	60	1180	230	40	3	6	22
<b>GARDEN VEGGIE KAISER</b> (Wheat)	340	120	13	7	0	2.0	4.0	40	710	310	39	4	5	17
<b>GARDEN VEGGIE KAISER</b> (White)	340	120	13	7	0	2.0	4.0	40	710	280	39	3	5	17
<b>BLACK BEAN VEGGIE KAISER</b> (Wheat)	470	150	17	7	0	5	2.5	35	1290	570	56	10	7	29
<b>BLACK BEAN VEGGIE KAISER</b> (White)	470	150	17	7	0	5	2.5	35	1290	540	56	9	7	29
<b>BLT KAISER</b> (Wheat)	370	150	17	7	0	2.0	1.0	35	1290	230	38	4	5	16
<b>BLT KAISER</b> (White)	370	150	17	7	0	2.0	1.0	35	1290	230	38	3	5	16


**NUTRITIONAL  
INFORMATION**
**DAILY DELI SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>HAM AND PROVOLONE</b> (Brioche)	310	110	12	4.0	0	1.5	1.0	40	1190	0	33	0	4	16
<b>ROAST BEEF AND PROVOLONE</b> (Brioche)	270	60	7	2.0	0	1.5	1.0	20	810	0	35	0	5	18
<b>TURKEY AND PROVOLONE</b> (Brioche)	260	50	5	1.5	0	1.5	1.0	35	890	0	36	0	5	17
<b>CHICKEN SALAD</b> (Brioche)	330	110	12	1.5	0	5	2.5	55	920	5	37	1	5	19
<b>TUNA SALAD</b> (Brioche)	380	130	15	3.0	0	6	2.5	65	1040	10	36	1	5	23

**DAILY DELI SANDWICH ADD-ONS**

<b>BLACK PEPPER</b>	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>LETTUCE</b>	0	0	0	0	0	0	0	0	0	20	0	0	0	0
<b>MAYONNAISE</b>	15	15	1.5	0	0	1.0	0	2	60	0	0	0	0	0
<b>OLIVE OIL</b>	50	50	6	1.0	0	0.5	4.0	0	0	0	0	0	0	0
<b>ONIONS</b>	0	0	0	0	0	0	0	0	0	10	1	0	0	0
<b>PICKLES</b>	0	0	0	0	0	0	0	0	150	0	0	0	0	0
<b>RED WINE VINEGAR</b>	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>SALT</b>	0	0	0	0	0	0	0	0	270	0	0	0	0	0
<b>TOMATOES</b>	5	0	0	0	0	0	0	0	0	70	1	0	0	0


**NUTRITIONAL  
INFORMATION**
**5" DELI SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>CLASSIC</b> (Multigrain)	330	100	11	4.5	0	0	0	45	1620	140	38	4	8	20
<b>CLASSIC</b> (Wheat)	310	100	11	4.5	0	1.0	0	45	1720	210	34	3	3	19
<b>CLASSIC</b> (White)	310	100	11	4.5	0	0.5	0	45	1720	190	34	2	3	19
<b>ITALIAN</b> (Multigrain)	370	130	15	5.0	0	0	0	55	1680	140	38	4	8	23
<b>ITALIAN</b> (Wheat)	350	130	15	5.0	0	1.0	0	60	1780	210	34	3	3	22
<b>ITALIAN</b> (White)	350	130	15	5.0	0	0.5	0	60	1780	190	34	2	3	22
<b>ROAST BEEF</b> (Multigrain)	280	35	4.0	1.5	0	0	0	15	1110	140	41	4	9	24
<b>ROAST BEEF</b> (Wheat)	270	35	4.0	1.5	0	1.0	0	15	1210	210	37	3	4	23
<b>ROAST BEEF</b> (White)	270	30	3.5	1.5	0	0.5	0	15	1210	190	37	2	4	23
<b>MILE HIGH TURKEY</b> (Multigrain)	270	15	2.0	1.0	0	0	0	35	1220	140	42	4	9	23
<b>MILE HIGH TURKEY</b> (Wheat)	250	15	1.5	1.0	0	1.0	0	35	1320	210	38	3	4	21
<b>MILE HIGH TURKEY</b> (White)	250	15	1.5	1.0	0	0.5	0	35	1320	190	38	2	4	22
<b>CHICKEN CLUB</b> (Multigrain)	280	20	2.5	1.0	0	0	0	45	1280	140	39	4	9	24
<b>CHICKEN CLUB</b> (Wheat)	270	20	2.5	1.0	0	1.0	0	45	1380	210	35	3	4	23
<b>CHICKEN CLUB</b> (White)	270	20	2.0	1.0	0	0.5	0	45	1380	190	35	2	4	23
<b>AMERICAN CLUB</b> (Multigrain)	350	100	12	4.5	0	0	0	45	1630	140	40	4	8	22
<b>AMERICAN CLUB</b> (Wheat)	330	100	11	4.5	0	1.0	0	45	1730	210	36	3	3	21
<b>AMERICAN CLUB</b> (White)	330	100	11	4.5	0	0.5	0	45	1730	190	36	2	3	21
<b>DELUXE CLUB</b> (Multigrain)	330	70	8	3.5	0	0	0	30	1410	140	42	4	9	24
<b>DELUXE CLUB</b> (Wheat)	310	70	8	3.5	0	1.0	0	35	1500	210	38	3	4	23
<b>DELUXE CLUB</b> (White)	310	70	8	3.5	0	0.5	0	35	1500	190	38	2	4	23
<b>CHICKEN SALAD</b> (Multigrain)	340	90	10	2.0	0	4.0	2.0	50	1070	150	42	4	8	21
<b>CHICKEN SALAD</b> (Wheat)	320	90	10	2.0	0	5.0	2.5	50	1160	220	38	3	4	20
<b>CHICKEN SALAD</b> (White)	320	90	10	2.0	0	4.5	2.5	50	1160	200	38	2	4	20
<b>TUNA SALAD</b> (Multigrain)	360	100	11	3.0	0	3.5	1.5	50	1070	150	41	4	9	22
<b>TUNA SALAD</b> (Wheat)	340	100	11	3.0	0	4.5	2.0	50	1160	220	37	3	4	21
<b>TUNA SALAD</b> (White)	340	100	11	3.0	0	4.0	2.0	50	1160	200	37	2	4	21
<b>GARDEN VEGGIE</b> (Multigrain)	330	110	12	7	0	0	3.0	30	590	210	40	4	8	17
<b>GARDEN VEGGIE</b> (Wheat)	310	100	12	7	0	1.0	3.5	35	690	280	36	3	3	16
<b>GARDEN VEGGIE</b> (White)	310	100	12	7	0	1.0	3.5	35	690	260	36	2	3	16

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**NUTRITIONAL  
INFORMATION**
**7.5" DELI SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>CLASSIC</b> (Multigrain)	500	160	18	7	0	0	0	70	2510	200	57	6	11	30
<b>CLASSIC</b> (Wheat)	470	150	17	7	0	1.5	0.5	70	2660	310	51	4	4	28
<b>CLASSIC</b> (White)	470	150	17	7	0	1.0	0.5	70	2660	280	51	3	4	29
<b>ITALIAN</b> (Multigrain)	560	210	23	8	0	0	0	85	2630	200	57	6	11	35
<b>ITALIAN</b> (Wheat)	530	200	23	8	0	1.5	0.5	90	2770	310	51	4	4	33
<b>ITALIAN</b> (White)	530	200	23	8	0	1.0	0.5	90	2770	280	51	3	4	33
<b>ROAST BEEF</b> (Multigrain)	430	50	6	2.5	0	0	0	20	1730	200	61	6	13	37
<b>ROAST BEEF</b> (Wheat)	400	50	6	2.5	0	1.5	0.5	25	1880	310	55	4	6	35
<b>ROAST BEEF</b> (White)	400	50	6	2.5	0	1.0	0.5	25	1880	280	55	3	6	35
<b>MILE HIGH TURKEY</b> (Multigrain)	400	25	2.5	1.5	0	0	0	55	1910	200	63	6	13	34
<b>MILE HIGH TURKEY</b> (Wheat)	380	20	2.5	1.5	0	1.5	0.5	60	2060	310	57	4	6	32
<b>MILE HIGH TURKEY</b> (White)	380	20	2.0	1.5	0	1.0	0.5	60	2060	280	57	3	6	33
<b>CHICKEN CLUB</b> (Multigrain)	400	30	3.5	1.5	0	1.5	0.5	70	2140	310	53	4	6	35
<b>CHICKEN CLUB</b> (Wheat)	400	30	3.5	1.5	0	1.0	0.5	70	2140	280	53	3	6	35
<b>CHICKEN CLUB</b> (White)	430	35	4.0	1.5	0	0	0	65	2000	200	59	6	13	37
<b>AMERICAN CLUB</b> (Multigrain)	500	130	15	6	0	0	0	65	2440	200	60	6	12	33
<b>AMERICAN CLUB</b> (Wheat)	480	130	15	6	0	1.5	0.5	70	2580	310	54	4	5	31
<b>AMERICAN CLUB</b> (White)	480	130	15	6	0	1.0	0.5	70	2580	280	54	3	5	32
<b>DELUXE CLUB</b> (Multigrain)	470	90	10	4.0	0	0	0	45	2060	200	62	6	13	36
<b>DELUXE CLUB</b> (Wheat)	440	80	9	4.0	0	1.5	0.5	50	2210	310	56	4	6	34
<b>DELUXE CLUB</b> (White)	440	80	9	4.0	0	1.0	0.5	50	2210	280	56	3	6	35
<b>CHICKEN SALAD</b> (Multigrain)	580	170	20	3.0	0	8	4.0	100	1940	210	64	6	12	38
<b>CHICKEN SALAD</b> (Wheat)	560	170	19	3.0	0	9	4.5	100	2090	320	58	4	5	36
<b>CHICKEN SALAD</b> (White)	560	170	19	3.0	0	9	4.5	100	2090	290	58	3	5	36
<b>TUNA SALAD</b> (Multigrain)	610	190	22	5	0	7	3.5	100	1940	220	62	6	13	41
<b>TUNA SALAD</b> (Wheat)	590	190	21	5	0	8	4.0	100	2090	330	56	4	6	39
<b>TUNA SALAD</b> (White)	590	190	21	5	0	8	4.0	100	2090	300	56	3	6	39
<b>GARDEN VEGGIE</b> (Multigrain)	500	160	18	11	0.5	0.5	4.5	45	920	300	60	6	12	26
<b>GARDEN VEGGIE</b> (Wheat)	470	160	18	11	0.5	2.0	5.0	50	1070	410	54	5	5	24
<b>GARDEN VEGGIE</b> (White)	470	150	17	11	0.5	1.5	5.0	50	1070	380	54	4	5	25

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**NUTRITIONAL  
INFORMATION**
**10" DELI SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>CLASSIC</b> (Multigrain)	660	200	22	9	0	0	0	90	3240	280	76	8	16	40
<b>CLASSIC</b> (Wheat)	620	200	22	9	0	2	0	90	3440	420	68	6	6	38
<b>CLASSIC</b> (White)	620	200	22	9	0	1	0	90	3440	380	68	4	6	38
<b>ITALIAN</b> (Multigrain)	740	260	30	10	0	0	0	110	3360	280	76	8	16	46
<b>ITALIAN</b> (Wheat)	700	260	30	10	0	2	0	120	3560	420	68	6	6	44
<b>ITALIAN</b> (White)	700	260	30	10	0	1	0	120	3560	380	68	4	6	44
<b>ROAST BEEF</b> (Multigrain)	560	70	8	3	0	0	0	30	2220	360	82	8	18	48
<b>ROAST BEEF</b> (Wheat)	540	70	8	3	0	2	0	30	2420	420	74	6	8	46
<b>ROAST BEEF</b> (White)	540	60	7	3	0	1	0	30	2420	380	74	4	8	46
<b>MILE HIGH TURKEY</b> (Multigrain)	540	30	4	2	0	0	0	70	2440	280	84	8	18	46
<b>MILE HIGH TURKEY</b> (Wheat)	500	30	3	2	0	2	0	70	2640	420	76	6	8	42
<b>MILE HIGH TURKEY</b> (White)	500	30	3	2	0	1	0	70	2640	380	76	4	8	44
<b>CHICKEN CLUB</b> (Multigrain)	560	40	5	2	0	0	0	90	2560	280	78	8	18	48
<b>CHICKEN CLUB</b> (Wheat)	540	40	5	2	0	2	0	90	2660	420	70	6	8	46
<b>CHICKEN CLUB</b> (White)	540	40	4	2	0	1	0	90	2760	380	70	4	8	46
<b>AMERICAN CLUB</b> (Multigrain)	700	200	24	9	0	0	0	90	3260	280	80	8	16	44
<b>AMERICAN CLUB</b> (Wheat)	660	200	22	9	0	2	0	90	3460	420	72	6	6	42
<b>AMERICAN CLUB</b> (White)	660	200	22	9	0	1	0	90	3460	380	72	4	6	42
<b>DELUXE CLUB</b> (Multigrain)	660	140	16	7	0	0	0	60	2820	280	84	8	18	48
<b>DELUXE CLUB</b> (Wheat)	620	140	16	7	0	2	0	70	3000	420	76	6	8	46
<b>DELUXE CLUB</b> (White)	620	140	16	7	0	1	0	70	3000	380	76	4	8	46
<b>CHICKEN SALAD</b> (Multigrain)	680	180	20	4	0	8	4	100	2140	300	84	8	16	42
<b>CHICKEN SALAD</b> (Wheat)	640	180	20	4	0	10	5	100	2320	440	76	6	8	40
<b>CHICKEN SALAD</b> (White)	640	180	20	4	0	9	5	100	2320	400	76	4	8	40
<b>TUNA SALAD</b> (Multigrain)	720	200	22	6	0	7	3	100	2140	300	82	8	18	44
<b>TUNA SALAD</b> (Wheat)	680	200	22	6	0	9	4	100	2320	440	74	6	8	42
<b>TUNA SALAD</b> (White)	680	200	22	6	0	8	4	100	2320	400	74	4	8	42
<b>GARDEN VEGGIE</b> (Multigrain)	660	220	24	14	0	0	6	60	1180	420	80	8	16	34
<b>GARDEN VEGGIE</b> (Wheat)	620	200	24	14	0	2	7	70	1380	560	72	6	6	32
<b>GARDEN VEGGIE</b> (White)	620	200	24	14	0	2	7	70	1380	520	72	4	6	32

The nutritional/ingredient information listed on our website is based on current labeling. The information may vary based on the suppliers, substitutions, recipe adaptations, or growing season of the products.


**NUTRITIONAL  
INFORMATION**
**15" DELI SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>CLASSIC</b> (Multigrain)	1000	320	36	14	0	0	0	140	5020	400	114	12	22	60
<b>CLASSIC</b> (Wheat)	940	300	34	14	0	3	1	140	5320	620	102	8	8	56
<b>CLASSIC</b> (White)	940	300	34	14	0	2	1	140	5320	560	102	6	8	58
<b>ITALIAN</b> (Multigrain)	1120	420	46	16	0	0	0	170	5260	400	114	12	22	70
<b>ITALIAN</b> (Wheat)	1060	400	46	16	0	3	1	180	5540	620	102	8	8	66
<b>ITALIAN</b> (White)	1060	400	46	16	0	2	1	180	5540	560	102	6	8	66
<b>ROAST BEEF</b> (Multigrain)	860	100	12	5	0	0	0	40	3460	400	122	12	26	74
<b>ROAST BEEF</b> (Wheat)	800	100	12	5	0	3	1	50	3760	620	110	8	12	70
<b>ROAST BEEF</b> (White)	800	100	12	5	0	2	1	50	3760	560	110	6	12	70
<b>MILE HIGH TURKEY</b> (Multigrain)	800	50	5	3	0	0	0	110	3820	400	126	12	26	68
<b>MILE HIGH TURKEY</b> (Wheat)	760	40	5	3	0	3	1	120	4120	620	114	8	12	64
<b>MILE HIGH TURKEY</b> (White)	760	40	4	3	0	2	1	120	4120	560	114	6	12	66
<b>CHICKEN CLUB</b> (Multigrain)	800	60	7	3	0	3	1	140	4280	620	106	8	12	70
<b>CHICKEN CLUB</b> (Wheat)	800	60	7	3	0	2	1	140	4280	560	106	6	12	70
<b>CHICKEN CLUB</b> (White)	860	70	8	3	0	0	0	130	4000	400	118	12	26	74
<b>AMERICAN CLUB</b> (Multigrain)	1000	260	30	12	0	0	0	130	4880	400	120	12	24	66
<b>AMERICAN CLUB</b> (Wheat)	960	260	30	12	0	3	1	140	5160	620	108	8	10	62
<b>AMERICAN CLUB</b> (White)	960	260	30	12	0	2	1	140	5160	560	108	6	10	64
<b>DELUXE CLUB</b> (Multigrain)	940	180	20	8	0	0	0	90	4120	400	124	12	26	72
<b>DELUXE CLUB</b> (Wheat)	880	160	18	8	0	3	1	100	4420	620	112	8	12	68
<b>DELUXE CLUB</b> (White)	880	160	18	8	0	2	1	100	4420	560	112	6	12	70
<b>CHICKEN SALAD</b> (Multigrain)	1160	340	40	6	0	16	8	200	3880	420	128	12	24	76
<b>CHICKEN SALAD</b> (Wheat)	1120	340	38	6	0	18	9	200	4180	640	116	8	10	72
<b>CHICKEN SALAD</b> (White)	1120	340	38	6	0	18	9	200	4180	580	116	6	10	72
<b>TUNA SALAD</b> (Multigrain)	1220	380	44	10	0	14	7	200	3880	440	124	12	26	82
<b>TUNA SALAD</b> (Wheat)	1180	380	42	10	0	16	8	200	4180	660	112	8	12	78
<b>TUNA SALAD</b> (White)	1180	380	42	10	0	16	8	200	4180	600	112	6	12	78
<b>GARDEN VEGGIE</b> (Multigrain)	1000	320	36	22	1	1	9	90	1840	600	120	12	24	52
<b>GARDEN VEGGIE</b> (Wheat)	940	320	36	22	1	4	10	100	2140	820	108	10	10	48
<b>GARDEN VEGGIE</b> (White)	940	320	34	22	1	3	10	100	2140	760	108	8	10	50

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**NUTRITIONAL  
INFORMATION**
**5" GRILLED SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>PHILLY CHEESESTEAK</b> (Multigrain)	420	120	13	7	0	0	0	70	1160	135	44	4	8	33
<b>PHILLY CHEESESTEAK</b> (Wheat)	410	110	13	7	0	1.0	0	75	1250	210	40	3	4	31
<b>PHILLY CHEESESTEAK</b> (White)	410	110	13	7	0	0.5	0	75	1250	190	40	2	4	32
<b>A-1 PHILLY</b> (Multigrain)	440	120	13	7	0	0	0	70	1500	135	48	4	11	33
<b>A-1 PHILLY</b> (Wheat)	420	110	13	7	0	1.0	0	75	1590	210	44	3	6	31
<b>A-1 PHILLY</b> (White)	420	110	13	7	0	0.5	0	75	1590	190	44	2	6	32
<b>CHICKEN PHILLY</b> (Multigrain)	410	100	12	7	0	0	0	95	1250	135	42	4	8	36
<b>CHICKEN PHILLY</b> (Wheat)	400	100	12	7	0	1.0	0	95	1350	210	38	3	4	35
<b>CHICKEN PHILLY</b> (White)	400	100	11	7	0	0.5	0	95	1350	190	38	2	4	35
<b>BUFFALO CHICKEN PHILLY</b> (Multigrain)	400	100	12	7	0	0	0	95	2120	70	38	3	7	35
<b>BUFFALO CHICKEN PHILLY</b> (Wheat)	380	100	12	7	0	1.0	0	95	2220	140	34	2	2	34
<b>BUFFALO CHICKEN PHILLY</b> (White)	380	100	11	7	0	0.5	0	95	2220	125	34	2	2	34
<b>CHICKEN TERIYAKI PHILLY</b> (Multigrain)	490	100	12	7	0	0	0	95	1780	135	58	4	23	37
<b>CHICKEN TERIYAKI PHILLY</b> (Wheat)	470	100	12	7	0	1.0	0	95	1870	210	54	3	18	35
<b>CHICKEN TERIYAKI PHILLY</b> (White)	470	100	11	7	0	0.5	0	95	1870	190	54	2	18	36
<b>CHICKEN PARM PHILLY</b> (Multigrain)	450	120	13	7	0	0	0	95	1470	300	47	5	13	37
<b>CHICKEN PARM PHILLY</b> (Wheat)	440	120	13	7	0	1.0	0	95	1560	380	43	4	8	35
<b>CHICKEN PARM PHILLY</b> (White)	440	110	13	7	0	0.5	0	95	1560	360	43	3	8	36
<b>VEGGIE PHILLY</b> (Multigrain)	320	90	10	6	0	0	0	25	690	300	44	5	10	16
<b>VEGGIE PHILLY</b> (Wheat)	300	90	10	6	0	1.0	0	25	780	370	40	4	5	14
<b>VEGGIE PHILLY</b> (White)	300	80	10	6	0	1.0	0	25	780	350	40	3	5	15
<b>MEATBALL</b> (Multigrain)	580	270	30	13	0	0	0	70	1640	210	48	5	12	29
<b>MEATBALL</b> (Wheat)	560	270	30	13	0	1.0	0.5	75	1740	280	44	4	7	28
<b>MEATBALL</b> (White)	560	270	30	13	0	0.5	0.5	75	1740	280	44	3	7	28
<b>HOT ITALIAN</b> (Multigrain)	400	160	18	6	0	0	1.0	65	1540	20	37	3	6	25
<b>HOT ITALIAN</b> (Wheat)	380	160	18	6	0	1.0	1.0	65	1630	95	33	2	2	24
<b>HOT ITALIAN</b> (White)	380	160	18	6	0	1.0	1.0	65	1630	75	33	2	2	24
<b>FRENCH DIP</b> (Multigrain)	270	35	4.0	1.5	0	0	0	15	890	0	38	3	7	23
<b>FRENCH DIP</b> (Wheat)	250	30	3.5	1.5	0	1.0	0	15	980	75	34	2	2	22
<b>FRENCH DIP</b> (White)	250	30	3.5	1.5	0	0.5	0	15	980	55	34	1	2	22
<b>BLT</b> (Multigrain)	360	140	16	6	0	0	0	30	1150	130	39	4	7	17
<b>BLT</b> (Wheat)	340	140	16	6	0	1.0	0	30	1250	200	35	3	2	15
<b>BLT</b> (White)	340	140	15	6	0	0.5	0	30	1250	180	35	2	2	16

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**NUTRITIONAL  
INFORMATION**
**7.5" GRILLED SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>PHILLY CHEESESTEAK</b> (Multigrain)	630	170	20	11	0	0	0	110	1740	200	67	6	13	49
<b>PHILLY CHEESESTEAK</b> (Wheat)	610	170	19	11	0	1.5	0.5	110	1880	310	61	4	6	47
<b>PHILLY CHEESESTEAK</b> (White)	610	170	19	11	0	1.0	0.5	110	1880	280	61	3	6	47
<b>A-1 PHILLY</b> (Multigrain)	660	170	20	11	0	0	0	110	2200	200	72	6	16	49
<b>A-1 PHILLY</b> (Wheat)	630	170	19	11	0	1.5	0.5	110	2350	310	66	4	9	47
<b>A-1 PHILLY</b> (White)	630	170	19	11	0	1.0	0.5	110	2350	280	66	3	9	47
<b>CHICKEN PHILLY</b> (Multigrain)	620	160	18	10	0	0	0	145	1880	200	63	6	13	54
<b>CHICKEN PHILLY</b> (Wheat)	590	150	17	10	0	1.5	0.5	145	2020	310	57	4	6	52
<b>CHICKEN PHILLY</b> (White)	590	150	17	10	0	1.0	0.5	145	2020	280	57	3	6	52
<b>BUFFALO CHICKEN PHILLY</b> (Multigrain)	590	160	18	10	0	0	0	145	3610	105	57	5	10	53
<b>BUFFALO CHICKEN PHILLY</b> (Wheat)	570	150	17	10	0	1.5	0.5	145	3760	220	51	4	3	51
<b>BUFFALO CHICKEN PHILLY</b> (White)	570	150	17	10	0	1.0	0.5	145	3760	190	51	3	3	51
<b>CHICKEN TERIYAKI PHILLY</b> (Multigrain)	730	160	18	10	0	0	0	145	2680	200	87	6	34	55
<b>CHICKEN TERIYAKI PHILLY</b> (Wheat)	710	150	17	10	0	1.5	0.5	145	2830	310	81	4	27	53
<b>CHICKEN TERIYAKI PHILLY</b> (White)	710	150	17	10	0	1.0	0.5	145	2830	280	81	3	27	54
<b>CHICKEN PARM PHILLY</b> (Multigrain)	680	180	20	11	0	0	0	145	2210	460	71	7	19	55
<b>CHICKEN PARM PHILLY</b> (Wheat)	650	170	20	11	0	1.5	0.5	145	2360	570	65	6	12	53
<b>CHICKEN PARM PHILLY</b> (White)	650	170	19	11	0	1.0	0.5	145	2360	540	65	5	12	54
<b>VEGGIE PHILLY</b> (Multigrain)	480	130	15	9	0	0	0	40	1030	410	64	7	14	23
<b>VEGGIE PHILLY</b> (Wheat)	450	130	15	9	0	1.5	0.5	40	1180	520	58	6	7	21
<b>VEGGIE PHILLY</b> (White)	450	130	14	9	0	1.0	0.5	40	1180	490	58	5	7	22
<b>MEATBALL</b> (Multigrain)	910	430	49	21	0	0	0	115	2610	340	74	8	19	46
<b>MEATBALL</b> (Wheat)	880	430	49	21	0	1.5	1.0	115	2750	450	68	6	12	44
<b>MEATBALL</b> (White)	880	430	48	21	0	1.0	1.0	115	2750	420	68	5	12	44
<b>HOT ITALIAN</b> (Multigrain)	600	240	28	10	0	0	1.0	95	2370	35	55	5	10	38
<b>HOT ITALIAN</b> (Wheat)	580	240	27	10	0	1.5	1.5	100	2520	140	49	3	3	36
<b>HOT ITALIAN</b> (White)	580	240	27	10	0	1.5	1.5	100	2520	115	49	2	3	36
<b>FRENCH DIP</b> (Multigrain)	410	50	6	2.5	0	0	0	20	1360	0	57	5	11	36
<b>FRENCH DIP</b> (Wheat)	380	50	6	2.5	0	1.5	0	25	1500	110	51	3	4	34
<b>FRENCH DIP</b> (White)	380	45	5	2.5	0	1.0	0	25	1500	80	51	2	4	34
<b>ITALIAN SAUSAGE</b> (Multigrain)	750	330	38	12	0	2	4.0	100	1690	170	63	7	13	41
<b>ITALIAN SAUSAGE</b> (Wheat)	730	330	37	12	0	3.5	4.5	100	1840	280	57	6	6	39
<b>ITALIAN SAUSAGE</b> (White)	730	330	37	12	0	3.0	4.5	100	1840	250	57	5	6	39
<b>HOT DOG</b> (Multigrain)	880	580	66	27	0	0	0	115	2370	0	45	3	12	32
<b>HOT DOG</b> (Wheat)	870	580	66	27	0	1.0	0	115	2370	75	41	2	7	30
<b>HOT DOG</b> (White)	870	580	65	27	0	0.5	0	115	2470	55	41	1	7	31
<b>BLT</b> (Multigrain)	520	200	22	9	0	0	0	40	1640	180	58	6	11	24
<b>BLT</b> (Wheat)	500	190	22	9	0	1.5	0.5	40	1790	290	52	4	4	22
<b>BLT</b> (White)	500	190	22	9	0	1.0	0.5	40	1790	260	52	3	4	23

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**NUTRITIONAL  
INFORMATION**
**10" GRILLED SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>PHILLY CHEESESTEAK</b> (Multigrain)	840	240	26	14	0	0	0	140	2320	270	88	8	16	66
<b>PHILLY CHEESESTEAK</b> (Wheat)	820	220	26	14	0	2.0	0	150	2500	420	80	6	8	62
<b>PHILLY CHEESESTEAK</b> (White)	820	220	26	14	0	1.0	0	150	2500	380	80	4	8	64
<b>A-1 PHILLY</b> (Multigrain)	880	240	26	14	0	0	0	140	3000	270	96	8	22	66
<b>A-1 PHILLY</b> (Wheat)	840	220	26	14	0	2.0	0	150	3180	420	88	6	12	62
<b>A-1 PHILLY</b> (White)	840	220	26	14	0	1.0	0	150	3180	380	88	4	12	64
<b>CHICKEN PHILLY</b> (Multigrain)	820	200	24	14	0	0	0	190	2500	270	84	8	16	72
<b>CHICKEN PHILLY</b> (Wheat)	800	200	24	14	0	2.0	0	190	2700	420	76	6	8	70
<b>CHICKEN PHILLY</b> (White)	800	200	22	14	0	1.0	0	190	2700	380	76	4	8	70
<b>BUFFALO CHICKEN PHILLY</b> (Multigrain)	800	200	24	14	0	0	0	190	4240	140	76	6	14	70
<b>BUFFALO CHICKEN PHILLY</b> (Wheat)	760	200	24	14	0	2.0	0	190	4440	280	68	4	4	68
<b>BUFFALO CHICKEN PHILLY</b> (White)	760	200	22	14	0	1.0	0	190	4440	250	68	4	4	68
<b>CHICKEN TERIYAKI PHILLY</b> (Multigrain)	980	200	24	14	0	0	0	190	3560	270	116	8	46	74
<b>CHICKEN TERIYAKI PHILLY</b> (Wheat)	940	200	24	14	0	2.0	0	190	3740	420	108	6	36	70
<b>CHICKEN TERIYAKI PHILLY</b> (White)	940	200	22	14	0	1.0	0	190	3740	380	108	4	36	72
<b>CHICKEN PARM PHILLY</b> (Multigrain)	900	240	26	14	0	0	0	190	2940	600	94	10	26	74
<b>CHICKEN PARM PHILLY</b> (Wheat)	880	240	26	14	0	2.0	0	190	3120	760	86	8	16	70
<b>CHICKEN PARM PHILLY</b> (White)	880	220	26	14	0	1.0	0	190	3120	720	86	6	16	72
<b>VEGGIE PHILLY</b> (Multigrain)	640	180	20	12	0	0	0	50	1380	600	88	10	20	32
<b>VEGGIE PHILLY</b> (Wheat)	600	180	20	12	0	2.0	0	50	1560	740	80	8	10	28
<b>VEGGIE PHILLY</b> (White)	600	160	20	12	0	2.0	0	50	1560	700	80	6	10	30
<b>MEATBALL</b> (Multigrain)	1160	540	60	26	0	0	0	140	3280	420	96	10	24	58
<b>MEATBALL</b> (Wheat)	1120	540	60	26	0	2.0	1.0	150	3480	560	88	8	14	56
<b>MEATBALL</b> (White)	1120	540	60	26	0	1.0	1.0	150	3480	560	88	6	14	56
<b>HOT ITALIAN</b> (Multigrain)	800	320	36	12	0	0	2.0	130	3080	40	74	6	12	50
<b>HOT ITALIAN</b> (Wheat)	760	320	36	12	0	2.0	2.0	130	3260	190	66	4	4	48
<b>HOT ITALIAN</b> (White)	760	320	36	12	0	2.0	2.0	130	3260	150	66	4	4	48
<b>FRENCH DIP</b> (Multigrain)	540	70	8.0	3.0	0	0	0	30	1780	0	76	6	14	46
<b>FRENCH DIP</b> (Wheat)	500	60	7.0	3.0	0	2.0	0	30	1960	150	68	4	4	44
<b>FRENCH DIP</b> (White)	500	60	7.0	3.0	0	1.0	0	30	1960	110	68	2	4	44
<b>BLT</b> (Multigrain)	720	280	32	12	0	0	0	60	2300	260	78	8	14	34
<b>BLT</b> (Wheat)	680	280	32	12	0	2.0	0	60	2500	400	70	6	4	30
<b>BLT</b> (White)	680	280	30	12	0	1.0	0	60	2500	360	70	4	4	32

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**NUTRITIONAL  
INFORMATION**
**15" GRILLED SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>PHILLY CHEESESTEAK</b> (Multigrain)	1260	340	40	22	0	0	0	220	3480	400	134	12	26	98
<b>PHILLY CHEESESTEAK</b> (Wheat)	1220	340	38	22	0	3	1	220	3760	620	122	8	12	94
<b>PHILLY CHEESESTEAK</b> (White)	1220	340	38	22	0	3	1	220	3760	560	122	6	12	94
<b>A-1 PHILLY</b> (Multigrain)	1320	340	40	22	0	0	0	220	4400	400	144	12	32	98
<b>A-1 PHILLY</b> (Wheat)	1260	340	38	22	0	3	1	220	4700	620	132	8	18	94
<b>A-1 PHILLY</b> (White)	1260	340	38	22	0	2	1	220	4700	560	132	6	18	94
<b>CHICKEN PHILLY</b> (Multigrain)	1240	320	36	20	0	0	0	290	3760	400	126	12	26	108
<b>CHICKEN PHILLY</b> (Wheat)	1180	300	34	20	0	3	1	290	4040	620	114	8	12	104
<b>CHICKEN PHILLY</b> (White)	1180	300	34	20	0	2	1	290	4040	560	114	6	12	104
<b>BUFFALO CHICKEN PHILLY</b> (Multigrain)	1180	320	36	20	0	0	0	290	7220	210	114	10	20	106
<b>BUFFALO CHICKEN PHILLY</b> (Wheat)	1140	300	34	20	0	3	1	290	7520	440	102	8	6	102
<b>BUFFALO CHICKEN PHILLY</b> (White)	1140	300	34	20	0	2	1	290	7520	380	102	6	6	102
<b>CHICKEN TERIYAKI PHILLY</b> (Multigrain)	1460	320	36	20	0	0	0	290	5360	400	174	12	68	110
<b>CHICKEN TERIYAKI PHILLY</b> (Wheat)	1420	300	34	20	0	3	1	290	5360	620	162	8	54	106
<b>CHICKEN TERIYAKI PHILLY</b> (White)	1420	300	34	20	0	2	1	290	5360	560	162	6	54	108
<b>CHICKEN PARM PHILLY</b> (Multigrain)	1360	360	40	22	0	0	0	290	4420	920	142	14	38	110
<b>CHICKEN PARM PHILLY</b> (Wheat)	1300	340	40	22	0	3	1	290	4720	1140	130	12	24	106
<b>CHICKEN PARM PHILLY</b> (White)	1300	340	38	22	0	2	1	290	4720	1080	130	10	24	108
<b>VEGGIE PHILLY</b> (Multigrain)	960	260	30	18	0	0	0	80	2060	410	128	14	28	46
<b>VEGGIE PHILLY</b> (Wheat)	900	260	30	18	0	3	1	80	2360	520	116	12	14	42
<b>VEGGIE PHILLY</b> (White)	900	260	28	18	0	2	1	80	2360	490	116	10	14	44
<b>MEATBALL</b> (Multigrain)	1820	860	98	42	0	0	0	230	5220	680	148	16	38	92
<b>MEATBALL</b> (Wheat)	1760	860	98	42	0	3	2	230	5500	900	136	12	24	88
<b>MEATBALL</b> (White)	1760	860	96	42	0	2	2	230	5500	840	136	10	24	88
<b>HOT ITALIAN</b> (Multigrain)	1200	480	56	20	0	0	2	190	4740	70	110	10	20	76
<b>HOT ITALIAN</b> (Wheat)	1160	480	54	20	0	3	3	200	5040	280	98	6	6	72
<b>HOT ITALIAN</b> (White)	1160	480	54	20	0	3	3	200	5040	230	98	4	6	72
<b>FRENCH DIP</b> (Multigrain)	820	100	12	5	0	0	0	40	2720	0	114	10	22	72
<b>FRENCH DIP</b> (Wheat)	760	100	12	5	0	3	0	50	3000	220	102	6	8	68
<b>FRENCH DIP</b> (White)	760	90	10	5	0	2	0	50	3000	160	102	4	8	68
<b>BLT</b> (Multigrain)	1140	400	44	18	0	0	0	80	3280	360	116	12	22	48
<b>BLT</b> (Wheat)	1000	380	44	18	0	3	1	80	3580	580	104	8	8	44
<b>BLT</b> (White)	1000	380	44	18	0	2	1	80	3580	520	104	6	8	46

The nutritional/ingredient information listed on our website is based on current labeling. The information may vary based on the suppliers, substitutions, recipe adaptations, or growing season of the products.


**NUTRITIONAL  
INFORMATION**
**5" SANDWICH ADD-ONS**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
AU JUS	5	0	0	0	0	0	0	0	640	0	1	0	0	1
BBQ SAUCE	50	0	0	0	0	0	0	0	220	0	13	0	12	0
BACON	70	50	6	2.0	0	0	0	10	370	0	1	0	0	3
BANANA PEPPERS	0	0	0	0	0	0	0	0	150	0	0	0	0	0
BELL PEPPERS	0	0	0	0	0	0	0	0	0	10	0	0	0	0
BLACK PEPPER	0	0	0	0	0	0	0	0	0	0	0	0	0	0
GRILLED ONIONS	15	0	0	0	0	0	0	0	0	65	4	0	2	1
HOT PEPPER RELISH	0	0	0	0	0	0	0	0	420	0	0	0	0	0
KETCHUP	25	0	0	0	0	0	0	0	270	0	8	0	7	0
LETTUCE	0	0	0	0	0	0	0	0	0	25	1	0	0	0
MAYONNAISE	20	20	2.0	0	0	1.5	0.5	3	80	0	1	0	0	0
OLIVE OIL	80	80	9	1.5	0	1.0	7	0	0	0	0	0	0	0
OLIVES	10	10	1.0	0	0	0	1.0	0	45	0	0	0	0	0
ONIONS	0	0	0	0	0	0	0	0	0	15	1	0	0	0
OREGANO	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PARMESAN CHEESE	10	5	0.5	0	0	0	0	0	35	0	0	0	0	1
PICKLES	0	0	0	0	0	0	0	0	220	0	0	0	0	0
PROVOLONE CHEESE	35	20	2.5	1.5	0	0	0.5	5	80	0	0	0	0	2
SALT	0	0	0	0	0	0	0	0	260	0	0	0	0	0
SWEET PICKLE RELISH	25	0	0	0	0	0	0	0	280	0	6	0	6	0
SWISS AMERICAN CHEESE	100	70	8	5	0	0	0	25	450	0	1	0	0	6
SWISS CHEESE	100	70	8	5.0	0	0	2.0	25	50	25	1	0	0	7
TOMATO	10	0	0	0	0	0	0	0	0	110	2	0	1	0
VINEGAR	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YELLOW MUSTARD	20	10	1.0	0	0	0	0.5	0	320	40	2	0	0	1


**NUTRITIONAL  
INFORMATION**
**7.5" SANDWICH ADD-ONS**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
AU JUS	5	0	0	0	0	0	0	0	640	0	1	0	0	1
BBQ SAUCE	110	0	0	0	0	0	0	0	440	0	26	0	25	0
BACON	70	50	6	2.0	0	0	0	10	370	0	1	0	0	3
BANANA PEPPERS	0	0	0	0	0	0	0	0	230	0	1	0	0	0
BELL PEPPERS	0	0	0	0	0	0	0	0	0	15	0	0	0	0
BLACK PEPPER	0	0	0	0	0	0	0	0	0	0	0	0	0	0
GRILLED ONIONS	25	0	0	0	0	0	0	0	0	100	6	0	3	1
HOT PEPPER RELISH	0	0	0	0	0	0	0	0	620	0	0	0	0	0
KETCHUP	25	0	0	0	0	0	0	0	270	0	8	0	7	0
LETTUCE	0	0	0	0	0	0	0	0	0	40	1	0	0	0
MAYONNAISE	35	30	3.5	0	0	2.0	1.0	5	120	0	1	0	0	0
OLIVE OIL	110	110	12	1.5	0	1.5	9	0	0	0	0	0	0	0
OLIVES	20	20	2.0	0	0	0	2.0	0	90	0	0	0	0	0
ONIONS	0	0	0	0	0	0	0	0	0	15	1	0	0	0
OREGANO	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PARMESAN CHEESE	10	5	0.5	0	0	0	0	0	35	0	0	0	0	1
PICKLES	0	0	0	0	0	0	0	0	370	0	0	0	0	0
PROVOLONE CHEESE	50	35	4.0	2.0	0	0	1.0	10	120	0	0	0	0	4
SALT	0	0	0	0	0	0	0	0	390	0	0	0	0	0
SWEET PICKLE RELISH	25	0	0	0	0	0	0	0	280	0	6	0	6	0
SWISS AMERICAN CHEESE	150	110	12	8	0	0	0	40	680	0	1	0	0	9
SWISS CHEESE	150	100	11	7	0	0	3.5	35	75	35	1	0	0	10
TOMATO	10	0	0	0	0	0	0	0	0	140	2	0	2	1
VINEGAR	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YELLOW MUSTARD	20	10	1.0	0	0	0	0.5	0	320	40	2	0	0	1


**NUTRITIONAL  
INFORMATION**
**10" SANDWICH ADD-ONS**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
AU JUS	10	0	0	0	0	0	0	0	1280	0	2	0	0	2
BBQ SAUCE	100	0	0	0	0	0	0	0	440	0	26	0	24	0
BACON	140	100	12	4.0	0	0	0	20	740	0	2	0	0	6
BANANA PEPPERS	0	0	0	0	0	0	0	0	300	0	0	0	0	0
BELL PEPPERS	0	0	0	0	0	0	0	0	0	20	0	0	0	0
BLACK PEPPER	0	0	0	0	0	0	0	0	0	0	0	0	0	0
GRILLED ONIONS	30	0	0	0	0	0	0	0	0	130	8	0	4	2
HOT PEPPER RELISH	0	0	0	0	0	0	0	0	840	0	0	0	0	0
KETCHUP	50	0	0	0	0	0	0	0	540	0	16	0	14	0
LETTUCE	0	0	0	0	0	0	0	0	0	50	2	0	0	0
MAYONNAISE	40	40	4.0	0	0	3	1.0	6	160	0	2	0	0	0
OLIVE OIL	160	160	18	3	0	2	14	0	0	0	0	0	0	0
OLIVES	20	20	2.0	0	0	0	2.0	0	90	0	0	0	0	0
ONIONS	0	0	0	0	0	0	0	0	0	30	2	0	0	0
OREGANO	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PARMESAN CHEESE	20	10	1.0	0	0	0	0	0	70	0	0	0	0	2
PICKLES	0	0	0	0	0	0	0	0	440	0	0	0	0	0
PROVOLONE CHEESE	70	40	5	3	0	0	1.0	10	160	0	0	0	0	4
SALT	0	0	0	0	0	0	0	0	520	0	0	0	0	0
SWEET PICKLE RELISH	50	0	0	0	0	0	0	0	560	0	12	0	12	0
SWISS AMERICAN CHEESE	200	140	16	10	0	0	0	50	900	0	2	0	0	12
SWISS CHEESE	200	140	16	10	0	0	4.0	50	100	50	2	0	0	14
TOMATO	20	0	0	0	0	0	0	0	0	220	4	0	2	0
VINEGAR	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YELLOW MUSTARD	40	20	2.0	0	0	0	1.0	0	640	80	4	0	0	2


**NUTRITIONAL  
INFORMATION**
**15" SANDWICH ADD-ONS**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
AU JUS	10	0	0	0	0	0	0	0	1280	0	2	0	0	2
BBQ SAUCE	220	0	0	0	0	0	0	0	880	0	52	0	50	0
BACON	140	100	12	4.0	0	0	0	20	740	0	2	0	0	6
BANANA PEPPERS	0	0	0	0	0	0	0	0	460	0	2	0	0	0
BELL PEPPERS	0	0	0	0	0	0	0	0	0	30	0	0	0	0
BLACK PEPPER	0	0	0	0	0	0	0	0	0	0	0	0	0	0
GRILLED ONIONS	50	0	0	0	0	0	0	0	0	200	12	0	6	2
HOT PEPPER RELISH	0	0	0	0	0	0	0	0	1240	0	0	0	0	0
KETCHUP	50	0	0	0	0	0	0	0	540	0	16	0	14	0
LETTUCE	0	0	0	0	0	0	0	0	0	80	2	0	0	0
MAYONNAISE	70	60	7	0	0	4.0	2.0	10	240	0	2	0	0	0
OLIVE OIL	220	220	24	3	0	3	18	0	0	0	0	0	0	0
OLIVES	40	40	4.0	0	0	0	4.0	0	180	0	0	0	0	0
ONIONS	0	0	0	0	0	0	0	0	0	30	2	0	0	0
OREGANO	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PARMESAN CHEESE	20	10	1	0	0	0	0	0	70	0	0	0	0	2
PICKLES	0	0	0	0	0	0	0	0	740	0	0	0	0	0
PROVOLONE CHEESE	100	70	8.0	4.0	0	0	2.0	20	240	0	0	0	0	8
SALT	0	0	0	0	0	0	0	0	780	0	0	0	0	0
SWEET PICKLE RELISH	50	0	0	0	0	0	0	0	560	0	12	0	12	0
SWISS AMERICAN CHEESE	300	220	24	16	0	0	0	80	1360	0	2	0	0	18
SWISS CHEESE	300	200	22	14	0	0	7	70	150	70	2	0	0	20
TOMATO	20	0	0	0	0	0	0	0	0	280	4	0	4	2
VINEGAR	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YELLOW MUSTARD	40	20	2	0	0	0	1	0	640	80	4	0	0	2


**NUTRITIONAL  
INFORMATION**
**WRAPS**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>CHICKEN SALAD WRAP</b> (Spinach)	470	140	16	4.0	0	4.0	2.0	50	1580	190	58	3	3	23
<b>CLASSIC WRAP</b> (Spinach)	460	150	17	7	0	0	0	45	2140	180	55	3	3	22
<b>CLUB WRAP</b> (Spinach)	480	150	17	7	0	0	0	45	2140	180	57	3	3	24
<b>DELUXE CLUB WRAP</b> (Spinach)	460	120	14	6	0	0	0	30	1920	180	58	3	3	25
<b>ITALIAN WRAP</b> (Spinach)	500	180	21	7	0	0	0	55	2190	180	55	3	3	25
<b>ROAST BEEF WRAP</b> (Spinach)	410	80	9	3.5	0	0	0	15	1620	180	58	3	4	25
<b>TUNA SALAD WRAP</b> (Spinach)	490	150	17	5	0	3.5	1.5	50	1580	190	58	3	3	24
<b>TURKEY WRAP</b> (Spinach)	400	60	7	3.0	0	0	0	35	1740	180	59	3	4	24
<b>VEGGIE WRAP</b> (Spinach)	450	150	17	9	0	0	0.5	30	1440	220	56	3	3	18

**KID'S SANDWICHES**

<b>KID'S TURKEY AND CHEESE</b> (Multigrain)	200	20	2.5	1.5	0	0	0	30	730	0	29	2	5	17
<b>KID'S TURKEY AND CHEESE</b> (Wheat)	190	20	2.5	1.5	0	0.5	0.5	30	800	55	26	1	2	16
<b>KID'S TURKEY AND CHEESE</b> (White)	190	20	2.5	1.5	0	0.5	0.5	30	800	40	26	0	2	16
<b>KID'S HAM AND CHEESE</b> (Multigrain)	240	80	9	4.0	0	0	0	35	1030	0	26	2	4	15
<b>KID'S HAM AND CHEESE</b> (Wheat)	230	80	9	4.0	0	0.5	0.5	35	1100	55	23	1	0	14
<b>KID'S HAM AND CHEESE</b> (White)	230	80	9	4.0	0	0.5	0.5	35	1100	40	23	0	0	14
<b>KID'S MEATBALL</b> (Multigrain)	380	170	19	8	0	0	0	45	1040	140	35	3	8	19
<b>KID'S MEATBALL</b> (Wheat)	370	170	19	8	0	0.5	0	45	1110	190	32	3	5	18
<b>KID'S MEATBALL</b> (White)	370	170	19	8	0	0.5	0	45	1110	180	32	2	5	18
<b>KID'S HOT DOG</b> (Multigrain)	490	290	33	14	0	0	0	60	1240	0	31	2	7	18
<b>KID'S HOT DOG</b> (Wheat)	470	290	33	14	0	0.5	0	60	1310	55	28	1	4	17
<b>KID'S HOT DOG</b> (White)	470	290	33	14	0	0.5	0	60	1310	40	28	0	4	17




**NUTRITIONAL  
INFORMATION**


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**SALADS**


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	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
FARMSTEAD SALAD	370	180	20	9	0	.5	3.5	215	1120	280	11	3	5	37
CHEF SALAD	360	180	20	10	0	.5	3.5	205	1900	280	13	3	7	35
CHICKEN PHILLY SALAD	370	130	15	9	0	0	0	145	1590	250	16	4	7	43
STEAK PHILLY SALAD	380	150	17	10	0	0	0	110	1450	250	20	4	7	38
CHICKEN SALAD - SALAD	180	80	9	1.0	0	4.0	2.0	50	630	230	12	3	5	15
TUNA SALAD - SALAD	230	100	12	2.5	0	4.0	2.0	60	750	230	12	3	6	19
GARDEN SALAD	150	80	10	6	0	0	2.5	30	190	250	9	3	5	9

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**SALAD ADD-ONS**


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BANANA PEPPERS	0	0	0	0	0	0	0	0	300	0	1	0	0	0
BLACK PEPPER	0	0	0	0	0	0	0	0	0	0	0	0	0	0
CRACKERS	70	35	4.0	0	0	0	0	0	0	0	4	0	2	2
CROUTONS	30	10	1.0	0	0	0	0	0	10	0	6	0	0	1
HOT PEPPER RELISH	0	0	0	0	0	0	0	0	830	0	0	0	0	0
OLIVE OIL	130	130	14	2.0	0	1.5	10	0	0	0	0	0	0	0
OLIVES	20	20	2.0	0	0	0	2.0	0	90	0	0	0	0	0
OREGANO	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PROVOLONE CHEESE	70	45	5	3.0	0	0	1.5	15	160	0	0	0	0	5
SALT	0	0	0	0	0	0	0	0	230	0	0	0	0	0
SUNFLOWER SEEDS	80	60	7	1.0	0	0	0	0	0	0	3	1	0	3
SWISS AMERICAN CHEESE	150	110	12	8	0	0	0	40	680	0	1	0	0	9

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**SALAD DRESSINGS (1.5oz)**


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1000 ISLAND DRESSING	220	180	21	3.0	0	0	0	20	350	0	6	0	6	0
BLUE CHEESE DRESSING	210	180	21	4.0	0	0	0	25	430	0	2	0	2	2
HONEY MUSTARD	180	140	16	3.0	0	0	0	15	260	0	0	8	7	0
ITALIAN DRESSING	220	210	24	4.0	0	0	0	0	450	0	1	0	0	0
LITE RANCH DRESSING	70	35	4.0	0	0	0	0	0	310	0	8	0	3	1
RANCH DRESSING	210	210	24	4.0	0	0	0	10	370	0	2	0	0	1

The nutritional/ingredient information listed on our website is based on current labeling. The information may vary based on the suppliers, substitutions, recipe adaptations, or growing season of the products.


**NUTRITIONAL  
INFORMATION**
**CHIPS (ONE BAG)**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
BAKED LAY'S BARBECUE FLAVORED POTATO CRISPS	140	30	3.5	0	0	0	0	0	220	0	24	2	3	2
CHEETOS CRUNCHY CHEESE FLAVORED SNACKS	200	70	8	1.5	0	0	0	5	360	0	29	1	2	3
LENNYS BAKED BARBECUE POTATO THIN CRISPS	130	25	3.0	0	0	0	0	0	210	0	24	2	2	1
LENNYS BAKED ORIGINAL POTATO THIN CRISPS	130	20	2.5	0	0	0	0	0	250	0	25	2	1	2
LENNYS BARBECUE POTATO CHIPS	220	110	13	1.0	0	0	0	0	340	0	25	1	3	2
LENNYS JALAPEÑO POTATO CHIPS	220	110	13	1.0	0	0	0	0	380	0	25	2	3	3
LENNYS ORIGINAL KETTLE CHIPS	200	100	11	1.0	0	0	0	0	190	0	23	2	0	3
LENNYS ORIGINAL POTATO CHIPS	230	130	15	1.5	0	0	0	0	270	0	24	2	0	3
LENNYS RIPPLE CHEDDAR AND SOUR CREAM POTATO CHIPS	220	120	14	1.5	0	0	0	0	340	0	24	1	1	3
LENNYS SALT AND VINEGAR KETTLE CHIPS	190	90	10	1.0	0	0	0	0	400	0	23	2	0	2
LENNYS SOUR CREAM AND ONION POTATO CHIPS	220	120	13	1.5	0	0	0	0	300	0	24	1	2	3

**COOKIES**

CHOCOLATE CHIP COOKIE	370	130	15	8	0	0	0	20	330	0	55	2	34	4
OATMEAL RAISIN COOKIE	340	120	14	7	0	0	0	20	330	0	52	2	31	4
WHITE CHOCOLATE MACADAMIA COOKIE	350	140	16	8	0	0	0	15	310	0	49	0	30	3


**NUTRITIONAL  
INFORMATION**
**SOFT DRINKS (SMALL 12oz)**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
BARQ'S ROOT BEER	160	0	0	0	0	0	0	0	70	0	45	0	44	0
CHERRY COKE	150	0	0	0	0	0	0	0	35	0	42	0	42	0
COKE	150	0	0	0	0	0	0	0	45	0	40	0	40	0
COKE ZERO	0	0	0	0	0	0	0	0	40	0	0	0	0	0
DIET COKE	0	0	0	0	0	0	0	0	40	0	0	0	0	0
DR. PEPPER	150	0	0	0	0	0	0	0	60	0	40	0	38	0
FANTA ORANGE	160	0	0	0	0	0	0	0	55	0	44	0	44	0
HI-C FRUIT PUNCH	160	0	0	0	0	0	0	0	15	0	42	0	42	0
MELLO YELLOW	170	0	0	0	0	0	0	0	45	0	47	0	47	0
MINUTE MAID LEMONADE	160	0	0	0	0	0	0	0	25	0	43	0	42	0
MR. PIBB	140	0	0	0	0	0	0	0	40	0	39	0	39	0
POWERADE FRUIT PUNCH	80	0	0	0	0	0	0	0	150	35	22	0	21	0
SPRITE	150	0	0	0	0	0	0	0	35	0	37	0	33	0
SWEET TEA	100	0	0	0	0	0	0	0	10	130	26	0	25	0
UNSWEET TEA	0	0	0	0	0	0	0	0	10	130	1	0	0	0

**SOFT DRINKS (MED 21oz)**

BARQ'S ROOT BEER	280	0	0	0	0	0	0	0	120	0	79	0	78	0
CHERRY COKE	260	0	0	0	0	0	0	0	60	0	73	0	73	0
COKE	260	0	0	0	0	0	0	0	80	0	71	0	71	0
COKE ZERO	0	0	0	0	0	0	0	0	75	0	0	0	0	0
DIET COKE	0	0	0	0	0	0	0	0	75	0	0	0	0	0
DR. PEPPER	260	0	0	0	0	0	0	0	105	0	69	0	67	0
FANTA ORANGE	280	0	0	0	0	0	0	0	95	0	78	0	78	0
HI-C FRUIT PUNCH	270	0	0	0	0	0	0	0	25	0	73	0	73	0
MELLO YELLOW	300	0	0	0	0	0	0	0	80	0	82	0	82	0
MINUTE MAID LEMONADE	290	0	0	0	0	0	0	0	40	0	76	0	74	0
MR. PIBB	240	0	0	0	0	0	0	0	70	0	68	0	68	0
POWERADE FRUIT PUNCH	140	0	0	0	0	0	0	0	260	60	38	0	37	0
SPRITE	260	0	0	0	0	0	0	0	60	5	66	0	58	0
SWEET TEA	170	0	0	0	0	0	0	0	20	230	45	0	43	0
UNSWEET TEA	5	0	0	0	0	0	0	0	20	230	2	0	0	0

The nutritional/ingredient information listed on our website is based on current labeling. The information may vary based on the suppliers, substitutions, recipe adaptations, or growing season of the products.


**NUTRITIONAL  
INFORMATION**
**SOFT DRINKS (LARGE 32oz)**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
BARQ'S ROOT BEER	430	0	0	0	0	0	0	0	180	0	120	0	118	0
CHERRY COKE	400	0	0	0	0	0	0	0	95	0	112	0	112	0
COKE	400	0	0	0	0	0	0	0	120	0	108	0	108	0
COKE ZERO	0	0	0	0	0	0	0	0	110	0	0	0	0	0
DIET COKE	0	0	0	0	0	0	0	0	110	0	0	0	0	0
DR. PEPPER	400	0	0	0	0	0	0	0	160	0	106	0	102	0
FANTA ORANGE	430	0	0	0	0	0	0	0	140	0	118	0	118	0
HI-C FRUIT PUNCH	420	0	0	0	0	0	0	0	35	0	112	0	112	0
MELLO YELLOW	450	0	0	0	0	0	0	0	120	0	125	0	125	0
MINUTE MAID LEMONADE	440	0	0	0	0	0	0	0	60	0	116	0	112	0
MR. PIBB	370	0	0	0	0	0	0	0	105	0	104	0	104	0
POWERADE FRUIT PUNCH	210	0	0	0	0	0	0	0	400	95	59	0	56	0
SPRITE	390	0	0	0	0	0	0	0	90	10	100	0	89	0
SWEET TEA	270	0	0	0	0	0	0	0	30	350	69	0	66	0
UNSWEET TEA	10	0	0	0	0	0	0	0	30	350	3	0	0	0

**DRINKS (1 GALLON)**

LEMONADE	1760	0	0	0	0	0	0	0	240	0	464	0	448	0
SWEET TEA	1070	0	0	0	0	0	0	0	115	1410	277	0	265	0
UNSWEET TEA	40	0	0	0	0	0	0	0	115	1400	11	0	0	0