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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.

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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)
AMERICAN CLUB (Cheddar)	457	173	20	11	0	1	2	73	1700	62	34	1	2	29
AMERICAN CLUB (Wheat)	420	170	20	9	0	1	2	65	1640	75	34	2	2	26
AMERICAN CLUB (White)	420	170	20	9	0	1	2	65	1640	55	34	1	2	27
AMERICAN CLUB (Extra Meat)	40	20	2	1	0	0	0	15	400	0	1	0	0	5
CHICKEN SALAD (Cheddar)	367	103	11	5	0	4.5	2.5	73	1100	317	34	1	2	23
CHICKEN SALAD (Wheat)	330	100	11	3	0	5	2.5	65	1040	330	34	2	2	21
CHICKEN SALAD (White)	330	100	11	3	0	4.5	2.5	65	1040	310	34	1	2	21
CHICKEN SALAD (Extra Meat)	80	40	5	1	0	2	1	30	360	130	2	0	0	7
CLASSIC (Cheddar)	407	143	16	9	0	1	2	68	1720	62	32	1	1	25
CLASSIC (Wheat)	370	140	16	7	0	1	2	60	1660	75	32	2	1	23
CLASSIC (White)	370	140	16	7	0	1	2	60	1660	55	32	1	1	23
CLASSIC (Extra Meat)	70	45	5	2	0	0	0	20	590	0	0	0	0	6
DELUXE CLUB (Cheddar)	437	143	16	10	0	1	2	63	1470	62	35	1	2	30
DELUXE CLUB (Wheat)	400	150	16	8	0	1	2	55	1410	75	35	2	2	28
DELUXE CLUB (White)	400	140	16	8	0	1	2	55	1410	55	35	1	2	28
DELUXE CLUB (Extra Meat)	30	0	0	0	0	0	0	10	290	0	1	0	0	6
GARDEN VEGGIE (Cheddar)	387	133	14	11	0	1	4	48	610	287	37	3	4	21
GARDEN VEGGIE (Wheat)	350	130	14	9	0	1.5	4	40	550	300	37	3	4	19
GARDEN VEGGIE (White)	350	130	14	9	0	1	4	40	550	280	37	3	4	19
HAM & CHEESE (Cheddar)	397	142	15	8.5	0	1	2	64	1673	62	32.5	1	1.5	24.5
HAM & CHEESE (Wheat)	360	139	15	6.5	0	1	2	56	1613	75	32.5	2	1.5	22.5
HAM & CHEESE (White)	360	139	15	6.5	0	1	2	56	1613	55	32.5	1	1.5	22.5
HAM & CHEESE (Extra Meat)	60	44	4	1.5	0	0	0	16	543	0	0.5	0	0.5	5.5
THE ITALIAN (Cheddar)	447	183	20	10	0	1	2	83	1780	62	32	1	1	28
THE ITALIAN (Wheat)	410	180	20	8	0	1	2	75	1720	75	32	2	1	26
THE ITALIAN (White)	410	180	20	8	0	1	2	75	1720	55	32	1	1	26
THE ITALIAN (Extra Meat)	90	60	7	2	0	0	0	30	610	0	0	0	0	7
MILE HIGH TURKEY (Cheddar)	337	63	6	6	0	1	2	58	1320	62	36	1	2	28
MILE HIGH TURKEY (Wheat)	300	60	7	4	0	1	2	50	1260	75	36	2	2	25
MILE HIGH TURKEY (White)	300	60	6	4	0	1	2	50	1260	55	36	1	2	26
MILE HIGH TURKEY (Extra Meat)	35	0	0	0	0	0	0	20	380	0	2	0	0	7



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)
ROAST BEEF (Cheddar)	357	83	9	6.5	0	1	2	38	1200	62	34	1	2	29
ROAST BEEF (Wheat)	320	80	9	4.5	0	1	2	30	1140	75	34	2	2	27
ROAST BEEF (White)	320	80	9	4.5	0	1	2	30	1140	55	34	1	2	27
ROAST BEEF (Extra Meat)	45	10	1	0	0	0	0	5	330	0	1	0	0	8
TUNA SALAD (Cheddar)	357	103	11	5	0	4	2	58	1000	67	34	1	2	23
TUNA SALAD (Wheat)	320	100	11	3	0	4	2	50	940	80	34	2	2	21
TUNA SALAD (White)	320	100	11	3	0	4	2	50	940	60	34	1	2	21
TUNA SALAD (Extra Meat)	80	40	4.5	1	0	1.5	1	25	310	0	1	0	0	7
TURKEY BACON AVOCADO (Cheddar)	409	69	12	7	0	1	2	66	1450	155	38	2	3	29
TURKEY BACON AVOCADO (Wheat)	372	66	13	5	0	1	2	58	1390	168	38	3	3	28
TURKEY BACON AVOCADO (White)	372	66	12	5	0	1	2	58	1390	148	38	2	3	29
TURKEY BACON AVOCADO (Extra Meat)	35	0	0	0	0	0	0	20	380	0	2	0	0	7



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)
AMERICAN CLUB (Cheddar)	645	235	31	15	0	1	2.5	108	2510	90	51	2	2	43
AMERICAN CLUB (Wheat)	590	230	26	12	0	1.5	2.5	95	2420	110	50	3	2	39
AMERICAN CLUB (White)	590	230	26	12	0	1	2.5	95	2420	80	50	2	2	39
AMERICAN CLUB (Extra Meat)	70	30	3.5	1.5	0	0	0	25	670	0	1	0	0	9
CHICKEN SALAD (Cheddar)	635	195	26	8	0	9	4.5	143	2020	610	54	2	3	43
CHICKEN SALAD (Wheat)	580	190	21	5	0	9	4.5	130	1930	630	53	3	3	38
CHICKEN SALAD (White)	580	190	21	5	0	9	4.5	130	1930	600	53	2	3	39
CHICKEN SALAD (Extra Meat)	170	80	10	2	0	4	2	65	720	260	3	0	0	14
CLASSIC (Cheddar)	605	225	30	14	0	1	2.5	10	2620	90	48	2	2	39
CLASSIC (Wheat)	550	220	25	11	0	1.5	2.5	90	2530	110	47	3	2	35
CLASSIC (White)	550	220	25	11	0	1	2.5	90	2530	80	47	2	2	35
CLASSIC (Extra Meat)	100	70	7	3	0	0	0	35	890	0	0	0	0	9
DELUXE CLUB (Cheddar)	615	185	25	13	0	1	2.5	88	2140	90	53	2	3	45
DELUXE CLUB (Wheat)	560	180	20	10	0	1.5	2.5	75	2050	110	52	3	3	42
DELUXE CLUB (White)	560	180	20	10	0	1	2.5	75	2050	80	52	2	3	42
DELUXE CLUB (Extra Meat)	50	5	0.5	0	0	0	0	15	490	0	2	0	0	10
GARDEN VEGGIE (Cheddar)	585	195	26	16	0.5	1.5	6	73	910	450	56	4	6	33
GARDEN VEGGIE (Wheat)	530	190	22	13	0.5	2	6	60	820	470	55	5	6	28
GARDEN VEGGIE (White)	530	190	21	13	0.5	1.5	6	60	820	440	55	4	6	29
HAM & CHEESE (Cheddar)	585	223	28	13	0	1	2.5	92	2525	90	49	2	3	38
HAM & CHEESE (Wheat)	530	218	23	10	0	1.5	2.5	82	2435	110	48	3	3	34
HAM & CHEESE (White)	530	218	23	10	0	1	2.5	82	2435	80	48	2	3	34
HAM & CHEESE (Extra Meat)	80	68	5	2	0	0	0	27	795	0	1	0	1	8
THE ITALIAN (Cheddar)	665	275	35	15	0	1	2.5	123	2730	90	48	2	2	44
THE ITALIAN (Wheat)	610	270	31	12	0	1.5	2.5	110	2640	110	47	3	2	39
THE ITALIAN (White)	610	270	30	12	0	1	2.5	110	2640	80	47	2	2	40
THE ITALIAN (Extra Meat)	130	90	10	3	0	0	0	45	950	0	0	0	0	11
MILE HIGH TURKEY (Cheddar)	515	95	15	9	0	1	2.5	93	2020	90	55	2	4	43
MILE HIGH TURKEY (Wheat)	460	90	10	6	0	1.5	2.5	80	1930	110	54	3	4	39
MILE HIGH TURKEY (White)	460	90	10	6	0	1	2.5	80	1930	80	54	2	4	39
MILE HIGH TURKEY (Extra Meat)	60	0	0	0	0	0	0	30	590	0	3	0	1	11



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)
ROAST BEEF (Cheddar)	535	115	18	10	0	1	2.5	58	1840	90	52	2	4	45
ROAST BEEF (Wheat)	480	120	13	7	0	1.5	2.5	45	1750	110	51	3	4	41
ROAST BEEF (White)	480	110	13	7	0	1	2.5	45	1750	80	51	2	4	41
ROAST BEEF (Extra Meat)	70	15	1.5	0.5	0	0	0	10	510	0	2	0	1	12
TUNA SALAD (Cheddar)	625	185	26	8	0	8	4	113	1800	110	53	2	3	42
TUNA SALAD (Wheat)	570	190	21	5	0	8	4	100	1710	130	52	3	3	38
TUNA SALAD (White)	570	180	21	5	0	8	4	100	1710	100	52	2	3	38
TUNA SALAD (Extra Meat)	160	80	9	2	0	3.5	1.5	50	610	10	3	0	0	14
TURKEY BACON AVOCADO (Cheddar)	658	107	27	12	0	1	2.5	108	2280	277	58	4	5	50
TURKEY BACON AVOCADO (Wheat)	603	102	22	9	0	1.5	2.5	95	2190	297	57	5	5	46
TURKEY BACON AVOCADO (White)	603	102	22	9	0	1	2.5	95	2190	267	57	4	5	46
TURKEY BACON AVOCADO (Extra Meat)	60	0	0	0	0	0	0	30	590	0	3	0	1	11



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)
AMERICAN CLUB (Cheddar)	913	346	46	22	0	2	4	147	3400	123	69	2	4	59
AMERICAN CLUB (Wheat)	840	340	40	18	0	2	4	130	3280	150	68	4	4	52
AMERICAN CLUB (White)	840	340	40	18	0	2	4	130	3280	110	68	2	4	54
AMERICAN CLUB (Extra Meat)	80	40	4	2	0	0	0	30	800	0	2	0	0	10
CHICKEN SALAD (Cheddar)	743	206	28	10	0	9	5	147	2200	633	69	2	4	47
CHICKEN SALAD (Wheat)	660	200	22	6	0	10	5	130	2080	660	68	4	4	42
CHICKEN SALAD (White)	660	200	22	6	0	9	5	130	2080	620	68	2	4	42
CHICKEN SALAD (Extra Meat)	160	80	10	2	0	4	2	60	720	260	4	0	0	14
CLASSIC (Cheddar)	813	286	38	18	0	2	4	137	3440	123	65	2	2	51
CLASSIC (Wheat)	740	280	32	14	0	2	4	120	3320	150	64	4	2	46
CLASSIC (White)	740	280	32	14	0	2	4	120	3320	110	64	2	2	46
CLASSIC (Extra Meat)	140	90	10	4	0	0	0	40	1180	0	0	0	0	12
DELUXE CLUB (Cheddar)	873	286	38	20	0	2	4	127	2940	123	71	2	4	61
DELUXE CLUB (Wheat)	800	300	32	16	0	2	4	110	2820	150	70	4	4	56
DELUXE CLUB (White)	800	280	32	16	0	2	4	110	2820	110	70	2	4	56
DELUXE CLUB (Extra Meat)	60	0	0	0	0	0	0	20	580	0	2	0	0	12
GARDEN VEGGIE (Cheddar)	773	260	36	18	0	2	8	97	1220	573	75	6	8	43
GARDEN VEGGIE (Wheat)	700	260	28	18	0	3	8	80	1100	600	74	6	8	38
GARDEN VEGGIE (White)	700	260	28	18	0	2	8	80	1100	560	74	6	8	38
HAM & CHEESE (Cheddar)	883	283	38	16.5	0	2	4	125	3297	123	66.5	2	3.5	49.5
HAM & CHEESE (Wheat)	710	277	29	12.5	0	2	4	108	3177	150	65.5	4	3.5	44.5
HAM & CHEESE (White)	710	277	29	12.5	0	2	4	108	3177	110	65.5	2	3.5	44.5
HAM & CHEESE (Extra Meat)	110	87	7	2.5	0	0	0	28	1037	0	1.5	0	1.5	10.5
THE ITALIAN (Cheddar)	893	366	48	20	0	2	4	167	3560	123	65	2	2	57
THE ITALIAN (Wheat)	820	360	40	16	0	2	4	150	3440	150	64	4	2	52
THE ITALIAN (White)	820	360	40	16	0	2	4	150	3440	110	64	2	2	52
THE ITALIAN (Extra Meat)	180	120	14	4	0	0	0	60	1220	0	0	0	0	14
MILE HIGH TURKEY (Cheddar)	673	126	16	12	0	2	4	117	2640	123	73	2	4	57
MILE HIGH TURKEY (Wheat)	600	120	14	8	0	2	4	100	2520	150	72	4	4	50
MILE HIGH TURKEY (White)	600	120	12	8	0	2	4	100	2520	110	72	2	4	52
MILE HIGH TURKEY (Extra Meat)	70	0	0	0	0	0	0	40	760	0	4	0	0	14



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)
ROAST BEEF (Cheddar)	713	166	26	13	0	2	4	77	2400	123	69	2	4	59
ROAST BEEF (Wheat)	640	160	18	9	0	2	4	60	2280	150	68	4	4	54
ROAST BEEF (White)	640	160	18	9	0	2	4	60	2280	110	68	2	4	54
ROAST BEEF (Extra Meat)	90	20	2	0	0	0	0	10	660	0	2	0	0	16
TUNA SALAD (Cheddar)	713	206	28	10	0	8	4	117	2000	133	69	2	4	47
TUNA SALAD (Wheat)	640	200	22	6	0	8	4	100	1880	160	68	4	4	42
TUNA SALAD (White)	640	200	22	6	0	8	4	100	1880	120	68	2	4	42
TUNA SALAD (Extra Meat)	160	80	9	2	0	3	2	50	620	0	2	0	0	14
TURKEY BACON AVOCADO (Cheddar)	888	144	34	16	0	2	4	140	3000	403	78	5	6	67
TURKEY BACON AVOCADO (Wheat)	815	138	32	12	0	2	4	123	2880	430	77	7	6	60
TURKEY BACON AVOCADO (White)	815	138	30	12	0	2	4	123	2880	390	77	5	6	62
TURKEY BACON AVOCADO (Extra Meat)	70	0	0	0	0	0	0	40	760	0	4	0	0	14



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)
AMERICAN CLUB (Cheddar)	1290	469	61	30	0	2	5	215	5020	180	101	4	4	85
AMERICAN CLUB (Wheat)	1180	460	52	24	0	3	5	190	4840	220	100	6	4	78
AMERICAN CLUB (White)	1180	460	52	24	0	2	5	190	4840	160	100	4	4	78
AMERICAN CLUB (Extra Meat)	140	60	7	3	0	0	0	50	1340	0	2	0	0	18
CHICKEN SALAD (Cheddar)	1270	389	51	16	0	18	9	285	4040	1220	107	4	6	85
CHICKEN SALAD (Wheat)	1160	380	42	10	0	18	9	260	3860	1260	106	6	6	76
CHICKEN SALAD (White)	1160	380	42	10	0	18	9	260	3860	1200	106	4	6	78
CHICKEN SALAD (Extra Meat)	340	160	20	4	0	8	4	130	1440	520	6	0	0	28
CLASSIC (Cheddar)	1210	449	59	28	0	2	5	205	5240	180	95	4	4	77
CLASSIC (Wheat)	1100	440	50	22	0	3	5	180	5060	220	94	6	4	70
CLASSIC (White)	1100	440	50	22	0	2	5	180	5060	160	94	4	4	70
CLASSIC (Extra Meat)	200	140	14	6	0	0	0	70	1780	0	0	0	0	18
DELUXE CLUB (Cheddar)	1230	369	49	26	0	2	5	175	4280	180	105	4	6	91
DELUXE CLUB (Wheat)	1120	360	40	20	0	3	5	150	4100	220	104	6	6	84
DELUXE CLUB (White)	1120	360	40	20	0	2	5	150	4100	160	104	4	6	84
DELUXE CLUB (Extra Meat)	100	10	1	0	0	0	0	30	980	0	4	0	0	20
GARDEN VEGGIE (Cheddar)	1170	389	51	32	1	3	12	145	1820	880	111	8	12	65
GARDEN VEGGIE (Wheat)	1060	380	44	26	1	4	12	120	1640	940	110	10	12	56
GARDEN VEGGIE (White)	1060	380	42	26	1	3	12	120	1640	880	110	8	12	58
HAM & CHEESE (Cheddar)	1170	445	55	26	0	2	5	191	5050	180	97	4	6	75
HAM & CHEESE (Wheat)	1060	436	46	20	0	3	5	164	4870	220	96	6	6	68
HAM & CHEESE (White)	1060	436	46	20	0	2	5	164	4870	160	96	4	6	68
HAM & CHEESE (Extra Meat)	160	136	10	4	0	0	0	54	1590	0	2	0	2	16
THE ITALIAN (Cheddar)	1330	549	69	30	0	2	5	245	5460	180	95	4	4	87
THE ITALIAN (Wheat)	1220	540	62	24	0	3	5	220	5280	220	94	6	4	78
THE ITALIAN (White)	1220	540	60	24	0	2	5	220	5280	160	94	4	4	80
THE ITALIAN (Extra Meat)	260	180	20	6	0	0	0	90	1900	0	0	0	0	22
MILE HIGH TURKEY (Cheddar)	1030	189	29	18	0	2	5	185	4040	180	109	4	8	85
MILE HIGH TURKEY (Wheat)	920	180	20	12	0	3	5	160	3860	220	108	6	8	78
MILE HIGH TURKEY (White)	920	180	20	12	0	2	5	160	3860	160	108	4	8	78
MILE HIGH TURKEY (Extra Meat)	120	0	0	0	0	0	0	60	1180	0	6	0	2	22



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)
ROAST BEEF (Cheddar)	1070	229	35	20	0	2	5	115	3680	180	103	4	8	89
ROAST BEEF (Wheat)	960	240	26	14	0	3	5	90	3500	220	102	6	8	82
ROAST BEEF (White)	960	220	26	14	0	2	5	90	3500	160	102	4	8	82
ROAST BEEF (Extra Meat)	140	30	3	1	0	0	0	20	1020	0	4	0	2	24
TUNA SALAD (Cheddar)	1250	369	51	16	0	16	8	225	3600	220	105	4	6	83
TUNA SALAD (Wheat)	1140	380	42	10	0	16	8	200	3420	260	104	6	6	76
TUNA SALAD (White)	1140	360	42	10	0	16	8	200	3420	200	104	4	6	76
TUNA SALAD (Extra Meat)	320	160	18	4	0	7	3	100	1220	20	6	0	0	28
TURKEY BACON AVOCADO (Cheddar)	1317	212	52	23	0	2	5	215	4560	553	115	8	10	98
TURKEY BACON AVOCADO (Wheat)	1207	203	43	17	0	3	5	190	4380	593	114	10	10	91
TURKEY BACON AVOCADO (White)	1207	203	43	17	0	2	5	190	4380	533	114	8	10	91
TURKEY BACON AVOCADO (Extra Meat)	120	0	0	0	0	0	0	60	1180	0	6	0	2	22



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)
BACON PHILLY CHEESESTEAK (Cheddar)	482	150	20.5	10.75	0	0.5	0	90.5	1300	127	36.5	2	3.5	37
BACON PHILLY CHEESESTEAK (Wheat)	445	150	17.5	8.75	0	1	0	82.5	1240	140	36.5	3	3.5	35
BACON PHILLY CHEESESTEAK (White)	445	140	17.5	8.75	0	0.5	0	82.5	1240	120	36.5	2	3.5	35
BACON PHILLY CHEESESTEAK (Extra Meat)	60	25	3	1	0	0	0	25	160	0	0	0	0	9
BUFFALO CHICKEN PHILLY (Cheddar)	427	110	15	9	0	0.5	0	108	2200	127	36	2	3	37
BUFFALO CHICKEN PHILLY (Wheat)	390	100	12	7	0	1	0	100	2140	140	36	3	3	35
BUFFALO CHICKEN PHILLY (White)	390	100	12	7	0	0.5	0	100	2140	120	36	2	3	35
BUFFALO CHICKEN PHILLY (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
CHICKEN PHILLY (Cheddar)	427	110	15	9	0	0.5	0	108	1330	127	36	2	3	37
CHICKEN PHILLY (Wheat)	390	100	12	7	0	1	0	100	1270	140	36	3	3	35
CHICKEN PHILLY (White)	390	100	12	7	0	0.5	0	100	1270	120	36	2	3	35
CHICKEN PHILLY (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
CHICKEN BACON RANCH PHILLY (Cheddar)	537	135	25.5	10.5	0	0.5	0	123	1647	127	37.5	2	4.5	40
CHICKEN BACON RANCH PHILLY (Wheat)	500	125	22.5	8.5	0	1	0	115	1587	140	37.5	3	4.5	38
CHICKEN BACON RANCH PHILLY (White)	500	125	22.5	8.5	0	0.5	0	115	1587	120	37.5	2	4.5	38
CHICKEN BACON RANCH PHILLY (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
CHIPOTLE CHICKEN PHILLY (Cheddar)	495	125	22.5	10	0	0.5	0	112	1416	127	37	2	3	37
CHIPOTLE CHICKEN PHILLY (Wheat)	458	115	19.5	8	0	1	0	104	1356	140	37	3	3	35
CHIPOTLE CHICKEN PHILLY (White)	458	115	19.5	8	0	0.5	0	104	1356	120	37	2	3	35
CHIPOTLE CHICKEN PHILLY (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
CHIPOTLE STEAK PHILLY (Cheddar)	515	155	25.5	11	0	0.5	0	87	1256	127	37	2	3	34
CHIPOTLE STEAK PHILLY (Wheat)	478	155	22.5	9	0	1	0	79	1196	140	37	3	3	32
CHIPOTLE STEAK PHILLY (White)	478	145	22.5	9	0	0.5	0	79	1196	120	37	2	3	32
CHIPOTLE STEAK PHILLY (Extra Meat)	60	25	3	1	0	0	0	25	160	0	0	0	0	9
FAJITA CHICKEN PHILLY (Cheddar)	427	110	15	9	0	0.5	0	108	1390	127	36	2	3	37
FAJITA CHICKEN PHILLY (Wheat)	390	100	12	7	0	1	0	100	1330	140	36	3	3	35
FAJITA CHICKEN PHILLY (White)	390	100	12	7	0	0.5	0	100	1330	120	36	2	3	35
FAJITA CHICKEN PHILLY (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
FRENCH DIP (Cheddar)	397	110	14	9	0	0.5	0	48	2130	62	35	1	3	31
FRENCH DIP (Wheat)	360	100	12	7	0	1	0	40	2070	75	35	2	3	29
FRENCH DIP (White)	360	100	11	7	0	0.5	0	40	2070	55	35	1	3	29
FRENCH DIP (Extra Meat)	45	10	1	0	0	0	0	5	330	0	1	0	0	8



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)
HOT HAM & CHEESE (Cheddar)	437	155	22	10.5	0	1	2	74	1773	62	33.5	1	1.5	25.5
HOT HAM & CHEESE (Wheat)	400	145	19	8.5	0	1	2	66	1623	75	33.5	2	1.5	23.5
HOT HAM & CHEESE (White)	400	145	19	8.5	0	1	2	66	1623	55	33.5	1	1.5	23.5
HOT HAM & CHEESE (Extra Meat)	60	44	4	1.5	0	0	0	16	543	0	0.5	0	0.5	5.5
HOT ITALIAN (Cheddar)	457	190	23	10	0	1	2	83	1780	82	33	2	2	29
HOT ITALIAN (Wheat)	420	180	21	8	0	1.5	2	75	1720	95	33	2	2	26
HOT ITALIAN (White)	420	180	20	8	0	1	2	75	1720	75	33	2	2	27
HOT ITALIAN (Extra Meat)	90	60	7	2	0	0	0	30	610	0	0	0	0	7
MEATBALL (Cheddar)	597	280	33	15	0	0.5	0.5	83	1800	267	44	3	7	30
MEATBALL (Wheat)	560	270	30	13	0	1	0.5	75	1740	280	44	4	7	28
MEATBALL (White)	560	270	30	13	0	0.5	0.5	75	1740	260	44	3	7	28
MEATBALL (Extra Meat)	140	90	10	3.5	0	0	0	20	460	100	6	0	3	7
PHILLY CHEESESTEAK (Cheddar)	447	150	18	10	0	0.5	0	83	1170	127	36	2	3	34
PHILLY CHEESESTEAK (Wheat)	410	140	15	8	0	1	0	75	1110	140	36	3	3	32
PHILLY CHEESESTEAK (White)	410	130	15	8	0	0.5	0	75	1110	120	36	2	3	32
PHILLY CHEESESTEAK (Extra Meat)	60	25	3	1	0	0	0	25	160	0	0	0	0	9
VEGGIE PHILLY (Cheddar)	357	100	13	8	0	1	0	33	870	477	43	4	7	17
VEGGIE PHILLY (Wheat)	320	90	10	6	0	1	0	25	790	490	43	5	7	15
VEGGIE PHILLY (White)	320	90	10	6	0	1	0	25	790	470	43	4	7	15



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)
BACON PHILLY CHEESESTEAK (Cheddar)	745	235	33	17.5	0.5	1	0.5	138	2010	190	56	3	6	58
BACON PHILLY CHEESESTEAK (Wheat)	690	225	28	14.5	0.5	1.5	0.5	125	1920	210	55	4	6	54
BACON PHILLY CHEESESTEAK (White)	690	225	28	14.5	0.5	1	0.5	125	1920	180	55	3	6	54
BACON PHILLY CHEESESTEAK (Extra Meat)	100	40	4.5	2	0	0	0	35	240	0	0	0	0	14
BUFFALO CHICKEN PHILLY (Cheddar)	645	160	22	13	0	1	0.5	163	3730	190	55	3	5	57
BUFFALO CHICKEN PHILLY (Wheat)	590	160	18	10	0	1.5	0.5	150	3640	210	54	4	5	53
BUFFALO CHICKEN PHILLY (White)	590	150	17	10	0	1	0.5	150	3640	180	54	3	5	53
BUFFALO CHICKEN PHILLY (Extra Meat)	80	15	1.5	0.5	0	0	0	55	360	0	0	0	0	16
CHICKEN PHILLY (Cheddar)	645	160	22	13	0	1	0.5	163	1990	190	55	3	5	57
CHICKEN PHILLY (Wheat)	590	160	18	10	0	1.5	0.5	150	1900	210	54	4	5	53
CHICKEN PHILLY (White)	590	150	17	10	0	1	0.5	150	1900	180	54	3	5	53
CHICKEN PHILLY (Extra Meat)	80	15	1.5	0.5	0	0	0	55	360	0	0	0	0	16
CHICKEN BACON RANCH PHILLY (Cheddar)	815	185	38	16	0	1	0.5	188	2500	190	57	3	7	63
CHICKEN BACON RANCH PHILLY (Wheat)	760	185	34	13	0	1.5	0.5	175	2410	210	56	4	7	59
CHICKEN BACON RANCH PHILLY (White)	760	175	33	13	0	1	0.5	175	2410	180	56	3	7	59
CHICKEN BACON RANCH PHILLY (Extra Meat)	80	15	1.5	0.5	0	0	0	55	360	0	0	0	0	16
CHIPOTLE CHICKEN PHILLY (Cheddar)	735	175	32	14.5	0	1	0.5	168	2105	190	56	3	5	57
CHIPOTLE CHICKEN PHILLY (Wheat)	680	175	28	11.5	0	1.5	0.5	155	2015	210	55	4	5	53
CHIPTOLE CHICKEN PHILLY (White)	680	165	27	11.5	0	1	0.5	155	2015	180	55	3	5	53
CHIPTOLE CHICKEN PHILLY (Extra Meat)	80	15	1.5	0.5	0	0	0	55	360	0	0	0	0	16
CHIPOTLE STEAK PHILLY (Cheddar)	765	225	38	17.5	0.5	1	0.5	128	1865	190	56	3	5	52
CHIPOTLE STEAK PHILLY (Wheat)	710	215	33	14.5	0.5	1.5	0.5	115	1775	210	55	4	5	48
CHIPOTLE STEAK PHILLY (White)	710	215	33	14.5	0.5	1	0.5	115	1775	180	55	3	5	48
CHIPOTLE STEAK PHILLY (Extra Meat)	100	40	4.5	2	0	0	0	35	240	0	0	0	0	14
FAJITA CHICKEN PHILLY (Cheddar)	645	160	22	13	0	1	0.5	163	2110	190	55	3	5	57
FAJITA CHICKEN PHILLY (Wheat)	590	160	18	10	0	1.5	0.5	150	2020	210	54	4	5	53
FAJITA CHICKEN PHILLY (White)	590	150	17	10	0	1	0.5	150	2020	180	54	3	5	53
FAJITA CHICKEN PHILLY (Extra Meat)	80	15	1.5	0.5	0	0	0	55	360	0	0	0	0	16
FRENCH DIP (Cheddar)	595	160	22	13	0	1	0	73	2910	190	54	2	4	48
FRENCH DIP (Wheat)	540	150	170	10	0	1.5	0	60	2820	210	53	3	4	44
FRENCH DIP (White)	540	150	17	10	0	1	0	60	2820	180	53	2	4	44
FRENCH DIP (Extra Meat)	70	15	1.5	0.5	0	0	0	10	510	0	2	0	1	12



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)
HOT HAM & CHEESE (Cheddar)	665	243	41	17	0	1	2.5	112	2545	90	51	2	3	40
HOT HAM & CHEESE (Wheat)	590	228	31	14	0	1.5	2.5	102	2455	110	50	3	3	36
HOT HAM & CHEESE (White)	590	228	31	14	0	1	2.5	102	2435	80	50	2	3	36
HOT HAM & CHEESE (Extra Meat)	80	68	5	2	0	0	0	0	795	0	1	0	1	8
HOT ITALIAN (Cheddar)	685	285	36	15	0	1.5	3	123	2730	125	50	2	3	44
HOT ITALIAN (Wheat)	630	280	31	12	0	2	3	110	2640	140	49	3	3	39
HOT ITALIAN (White)	630	270	31	12	0	1.5	3	110	2640	115	49	2	3	40
HOT ITALIAN (Extra Meat)	130	90	10	3	0	0	0	45	950	0	0	0	0	11
MEATBALL (Cheddar)	935	445	53	34	0	1	1	128	2840	430	69	5	12	48
MEATBALL (Wheat)	880	430	49	21	0	1.5	1	115	2750	450	68	6	12	44
MEATBALL (White)	880	430	48	21	0	1	1	115	2750	420	68	5	12	44
MEATBALL (Extra Meat)	230	150	17	6	0	0	0	35	770	170	10	2	5	12
PHILLY CHEESESTEAK (Cheddar)	675	215	28	16	0.5	1	0.5	123	1750	190	55	3	5	52
PHILLY CHEESESTEAK (Wheat)	620	200	23	13	0.5	1.5	0.5	110	1660	210	54	4	5	48
PHILLY CHEESESTEAK (White)	620	200	23	13	0.5	1	0.5	110	1660	180	54	3	5	48
PHILLY CHEESESTEAK (Extra Meat)	100	40	4.5	2	0	0	0	35	240	0	0	0	0	14
VEGGIE PHILLY (Cheddar)	525	145	19	12	0	1	0.5	53	1270	680	64	6	10	27
VEGGIE PHILLY (Wheat)	470	130	15	9	0	1.5	0.5	40	1180	400	63	7	10	23
VEGGIE PHILLY (White)	470	130	14	9	0	1	0.5	40	1180	670	63	6	10	23


**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)
BACON PHILLY CHEESESTEAK (Cheddar)	998	330	43.5	22.5	0	1	0	192.5	2730	253	74.5	4	7.5	78
BACON PHILLY CHEESESTEAK (Wheat)	925	305	37.5	18.5	0	2	0	172.5	2610	280	73.5	6	7.5	73
BACON PHILLY CHEESESTEAK (White)	925	305	37.5	18.5	0	1	0	172.5	2610	240	73.5	4	7.5	73
BACON PHILLY CHEESESTEAK (Extra Meat)	120	50	6	2	0	0	0	50	320	0	0	0	0	18
BUFFALO CHICKEN PHILLY (Cheddar)	853	225	30	18	0	1	0	217	4400	253	73	4	6	75
BUFFALO CHICKEN PHILLY (Wheat)	780	200	24	14	0	2	0	200	4280	280	72	6	6	70
BUFFALO CHICKEN PHILLY (White)	780	200	24	14	0	1	0	200	4280	240	72	4	6	70
BUFFALO CHICKEN PHILLY (Extra Meat)	100	20	2	0	0	0	0	70	480	0	0	0	0	22
CHICKEN PHILLY (Cheddar)	853	225	30	18	0	1	0	217	2660	253	73	4	6	75
CHICKEN PHILLY (Wheat)	780	200	24	14	0	2	0	200	2540	280	72	6	6	70
CHICKEN PHILLY (White)	780	200	24	14	0	1	0	200	2540	240	72	4	6	70
CHICKEN PHILLY (Extra Meat)	100	20	2	0	0	0	0	70	480	0	0	0	0	22
CHICKEN BACON RANCH PHILLY (Cheddar)	1008	250	54	22.5	0	1	0	254.5	3425	253	76	4	9	84
CHICKEN BACON RANCH PHILLY (Wheat)	1035	225	48	18.5	0	2	0	237.5	3305	280	75	6	9	79
CHICKEN BACON RANCH PHILLY (White)	1035	225	48	18.5	0	1	0	237.5	3305	240	75	4	9	79
CHICKEN BACON RANCH PHILLY (Extra Meat)	100	20	2	0	0	0	0	70	480	0	0	0	0	22
CHIPOTLE CHICKEN PHILLY (Cheddar)	988	250	45	20.5	0	1	0	225	2932	253	74.5	4	6	75
CHIPOTLE CHICKEN PHILLY (Wheat)	915	225	39	16.5	0	2	0	208	2712	280	73.5	6	6	70
CHIPOTLE CHICKEN PHILLY (White)	915	225	39	16.5	0	1	0	208	2712	240	73.5	4	6	70
CHIPOTLE CHICKEN PHILLY (Extra Meat)	100	20	2	0	0	0	0	70	480	0	0	0	0	22
CHIPOTLE STEAK PHILLY (Cheddar)	1008	315	51	22.5	0	1	0	175	2502	253	74.5	4	6	69
CHIPOTLE STEAK PHILLY (Wheat)	935	305	45	18.5	0	2	0	158	2392	280	73.5	6	6	64
CHIPOTLE STEAK PHILLY (White)	935	285	45	18.5	0	1	0	158	2392	240	73.5	4	6	64
CHIPOTLE STEAK PHILLY (Extra Meat)	120	50	6	2	0	0	0	50	320	0	0	0	0	18
FAJITA CHICKEN PHILLY (Cheddar)	853	225	30	18	0	1	0	217	2840	253	73	4	6	75
FAJITA CHICKEN PHILLY (Wheat)	780	200	24	14	0	2	0	200	2720	280	72	6	6	70
FAJITA CHICKEN PHILLY (White)	780	200	24	14	0	1	0	200	2720	240	72	4	6	70
FAJITA CHICKEN PHILLY (Extra Meat)	100	20	2	0	0	0	0	70	480	0	0	0	0	22
FRENCH DIP (Cheddar)	793	225	30	18	0	2	0	97	4260	163	71	4	6	63
FRENCH DIP (Wheat)	760	200	24	14	0	0	0	80	3960	280	78	6	14	60
FRENCH DIP (White)	720	200	24	14	0	2	0	80	4140	240	70	4	6	58
FRENCH DIP (Extra Meat)	135	30	3	0	0	0	0	15	990	0	3	0	0	24


**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)
HOT HAM & CHEESE (Cheddar)	1003	323	50	22.5	0	2	4	155	3327	123	69.5	2	3.5	52.5
HOT HAM & CHEESE (Wheat)	930	297	41	18.5	0	2	4	138	3207	150	68.5	4	3.5	47.5
HOT HAM & CHEESE (White)	930	297	41	18.5	0	2	4	138	3207	110	68.5	2	3.5	47.5
HOT HAM & CHEESE (Extra Meat)	110	87	7	2.5	0	0	0	28	1037	0	1.5	0	1.5	10.5
HOT ITALIAN (Cheddar)	913	385	46	20	0	2	4	167	3560	163	67	4	4	59
HOT ITALIAN (Wheat)	840	360	42	16	0	3	4	150	3440	190	66	4	4	52
HOT ITALIAN (White)	840	360	40	16	0	2	4	150	3440	150	66	4	4	54
HOT ITALIAN (Extra Meat)	180	120	14	4	0	0	0	60	1220	0	0	0	0	14
MEATBALL (Cheddar)	1193	565	66	30	0	1	1	167	3600	520	89	6	14	61
MEATBALL (Wheat)	1120	540	60	26	0	2	1	150	3480	560	88	8	14	56
MEATBALL (White)	1120	540	60	26	0	1	1	150	3480	520	88	6	14	56
MEATBALL (Extra Meat)	280	180	20	7	0	0	0	40	920	200	12	0	6	14
PHILLY CHEESESTEAK (Cheddar)	893	285	36	20	0	1	0	167	2340	253	73	4	6	69
PHILLY CHEESESTEAK (Wheat)	820	280	30	16	0	2	0	150	2220	280	72	6	6	64
PHILLY CHEESESTEAK (White)	820	260	30	16	0	1	0	150	220	240	72	4	6	64
PHILLY CHEESESTEAK (Extra Meat)	120	50	6	2	0	0	0	50	320	0	0	0	0	18
VEGGIE PHILLY (Cheddar)	713	205	26	16	0	2	0	67	1700	953	89	8	14	35
VEGGIE PHILLY (Wheat)	640	180	20	12	0	2	0	50	1580	980	86	10	14	30
VEGGIE PHILLY (White)	640	180	20	12	0	2	0	50	1580	940	86	8	14	30



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)
BACON PHILLY CHEESESTEAK (Cheddar)	1490	475	65	35	1	2	1	275	4020	380	111	6	12	115
BACON PHILLY CHEESESTEAK (Wheat)	1380	450	56	29	1	3	1	250	3840	420	110	8	12	108
BACON PHILLY CHEESESTEAK (White)	1380	450	56	29	1	2	1	250	3840	360	110	6	12	108
BACON PHILLY CHEESESTEAK (Extra Meat)	200	80	9	4	0	0	0	70	480	0	0	0	0	28
BUFFALO CHICKEN PHILLY (Cheddar)	1290	325	43	26	0	2	1	325	7460	380	109	6	10	113
BUFFALO CHICKEN PHILLY (Wheat)	1180	320	36	20	0	3	1	300	7280	420	108	8	10	106
BUFFALO CHICKEN PHILLY (White)	1180	300	34	20	0	2	1	300	7280	360	108	6	10	106
BUFFALO CHICKEN PHILLY (Extra Meat)	160	30	3	1	0	0	0	110	720	0	0	0	0	32
CHICKEN PHILLY (Cheddar)	1290	325	43	26	0	2	1	325	3980	380	109	6	10	113
CHICKEN PHILLY (Wheat)	1180	320	36	20	0	3	1	300	3800	420	108	8	10	106
CHICKEN PHILLY (White)	1180	300	34	20	0	2	1	300	3800	360	108	6	10	106
CHICKEN PHILLY (Extra Meat)	160	30	3	1	0	0	0	110	720	0	0	0	0	32
CHICKEN BACON RANCH PHILLY (Cheddar)	1630	350	75	32	0	2	1	375	5000	380	113	6	14	125
CHICKEN BACON RANCH PHILLY (Wheat)	1520	345	68	26	0	3	1	350	4820	420	112	8	14	118
CHICKEN BACON RANCH PHILLY (White)	1520	325	66	26	0	2	1	350	4820	360	112	6	14	118
CHICKEN BACON RANCH PHILLY (Extra Meat)	160	30	3	1	0	0	0	110	720	0	0	0	0	32
CHIPOTLE CHICKEN PHILLY (Cheddar)	1470	350	63	29	0	2	1	335	4210	380	111	6	10	113
CHIPOTLE CHICKEN PHILLY (Wheat)	1360	345	56	23	0	3	1	310	4030	420	110	8	10	106
CHIPOTLE CHICKEN PHILLY (White)	1360	325	54	23	0	2	1	310	4030	360	110	6	10	106
CHIPOTLE CHICKEN PHILLY (Extra Meat)	160	30	3	1	0	0	0	110	720	0	0	0	0	32
CHIPOTLE STEAK PHILLY (Cheddar)	1530	450	75	35	1	2	1	255	3730	380	111	6	10	103
CHIPOTLE STEAK PHILLY (Wheat)	1420	425	66	29	1	3	1	230	3550	420	110	8	10	96
CHIPOTLE STEAK PHILLY (White)	1420	425	66	29	1	2	1	230	3550	360	110	6	10	96
CHIPOTLE STEAK PHILLY (Extra Meat)	200	80	9	4	0	0	0	70	480	0	0	0	0	28
FAJITA CHICKEN PHILLY (Cheddar)	1290	325	43	26	0	2	1	325	4220	380	109	6	10	113
FAJITA CHICKEN PHILLY (Wheat)	1180	320	36	20	0	3	1	300	4040	420	108	8	10	106
FAJITA CHICKEN PHILLY (White)	1180	300	34	20	0	2	1	300	4040	360	108	6	10	106
FAJITA CHICKEN PHILLY (Extra Meat)	160	30	3	1	0	0	0	110	720	0	0	0	0	32
FRENCH DIP (Cheddar)	1190	325	43	26	0	2	0	145	5820	380	107	4	8	95
FRENCH DIP (Wheat)	1080	300	34	20	0	3	0	120	5640	420	106	6	8	88
FRENCH DIP (White)	1080	300	34	20	0	2	0	120	5640	360	106	4	8	88
FRENCH DIP (Extra Meat)	140	30	3	1	0	0	0	20	1020	0	4	0	2	24



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)
HOT HAM & CHEESE (Cheddar)	1330	490	71	34	0	2	5	231	5090	380	101	4	6	79
HOT HAM & CHEESE (Wheat)	1220	456	62	28	0	3	5	204	4910	420	100	6	6	72
HOT HAM & CHEESE (White)	1220	456	62	28	0	2	5	204	4910	360	100	4	6	72
HOT HAM & CHEESE (Extra Meat)	160	136	10	4	0	0	0	54	1590	0	2	0	2	16
HOT ITALIAN (Cheddar)	1370	565	61	30	0	3	6	245	5460	250	99	4	6	87
HOT ITALIAN (Wheat)	1260	560	52	24	0	4	6	220	5280	280	98	6	6	78
HOT ITALIAN (White)	1260	540	52	24	0	3	6	220	5280	230	98	4	6	80
HOT ITALIAN (Extra Meat)	260	180	20	6	0	0	0	90	1900	0	0	0	0	22
MEATBALL (Cheddar)	1870	885	105	48	0	2	2	255	5680	860	137	10	24	95
MEATBALL (Wheat)	1760	860	98	42	0	3	2	230	5500	900	136	12	24	88
MEATBALL (White)	1760	860	96	42	0	2	2	230	5500	840	136	10	24	88
MEATBALL (Extra Meat)	460	0	34	12	0	0	0	70	1540	340	20	4	10	24
PHILLY CHEESESTEAK (Cheddar)	1350	425	55	32	1	2	1	245	3500	380	109	6	10	103
PHILLY CHEESESTEAK (Wheat)	1240	400	46	26	1	3	1	20	3320	420	108	8	10	96
PHILLY CHEESESTEAK (White)	1240	400	46	26	1	2	1	220	3320	360	108	6	10	96
PHILLY CHEESESTEAK (Extra Meat)	200	80	9	4	0	0	0	70	480	0	0	0	0	28
VEGGIE PHILLY (Cheddar)	1050	285	37	24	0	2	1	105	2520	1360	127	12	20	53
VEGGIE PHILLY (Wheat)	940	260	30	18	0	3	1	80	2360	1400	126	14	20	44
VEGGIE PHILLY (White)	940	260	28	18	0	2	1	80	2360	1340	126	12	20	46



NUTRITIONAL INFORMATION

5" SANDWICH ADD ONS

AU JUS	5	0	0	0	0	0	0	0	640	0	1	0	0	1
BACON	100	80	9	3.5	0	0	0	15	340	0	0	0	0	5
BANANA PEPPERS	0	0	0	0	0	0	0	0	150	0	0	0	0	0
GREEN 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
LENNYS® HOT PEPPER RELISH	0	0	0	0	0	0	0	0	420	0	0	0	0	0
LETTUCE	0	0	0	0	0	0	0	0	0	40	1	0	0	0
MAYONNAISE	20	20	2	0	0	1.5	0.5	3	80	0	1	0	0	0
OLIVE OIL BLEND	80	80	9	1.5	0	1	7	0	0	0	0	0	0	0
OLIVES	10	10	1	0	0	0	1	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	70	45	5	3	0	0	1.5	15	160	0	0	0	0	5
SALT	0	0	0	0	0	0	0	0	260	0	0	0	0	0
SWISS AMERICAN CHEESE	100	70	8	5	0	0	0	25	450	0	1	0	0	6
TOMATO	5	0	0	0	0	0	0	0	0	95	2	0	1	0
RED WINE VINEGAR	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YELLOW MUSTARD	20	10	1	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
BACON	100	80	9	3.5	0	0	0	15	340	0	0	0	0	5
BANANA PEPPERS	0	0	0	0	0	0	0	0	230	0	1	0	0	0
GREEN 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
LENNYS® HOT PEPPER RELISH	0	0	0	0	0	0	0	0	620	0	0	0	0	0
LETTUCE	10	0	0	0	0	0	0	0	5	80	2	0	1	1
MAYONNAISE	35	30	3.5	0	0	2	1	5	120	0	1	0	0	0
OLIVE OIL BLEND	110	110	12	1.5	0	1.5	9	0	0	0	0	0	0	0
OLIVES	20	20	2	0	0	0	2	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	100	70	8	4.5	0	0	2	20	250	0	1	0	0	7
SALT	0	0	0	0	0	0	0	0	390	0	0	0	0	0
SWISS AMERICAN CHEESE	150	110	12	8	0	0	0	40	680	0	1	0	0	9
TOMATO	10	0	0	0	0	0	0	0	0	140	2	0	2	1
RED WINE VINEGAR	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YELLOW MUSTARD	20	10	1	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
BACON	200	160	18	7	0	0	0	30	680	0	0	0	0	10
BANANA PEPPERS	0	0	0	0	0	0	0	0	300	0	0	0	0	0
GREEN 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
LENNYS® HOT PEPPER RELISH	0	0	0	0	0	0	0	0	840	0	0	0	0	0
LETTUCE	0	0	0	0	0	0	0	0	0	80	2	0	0	0
MAYONNAISE	40	40	4	0	0	3	1	6	160	0	2	0	0	0
OLIVE OIL BLEND	160	160	18	3	0	2	14	0	0	0	0	0	0	0
OLIVES	20	20	2	0	0	0	2	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	70	0	0	0	0	2
PICKLES	0	0	0	0	0	0	0	0	440	0	0	0	0	0
PROVOLONE CHEESE	140	90	10	6	0	0	3	30	320	0	0	0	0	10
SALT	0	0	0	0	0	0	0	0	520	0	0	0	0	0
SWISS AMERICAN CHEESE	200	140	16	10	0	0	0	50	900	0	2	0	0	12
TOMATO	10	0	0	0	0	0	0	0	0	190	4	0	2	0
RED WINE 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

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
BACON	200	160	18	7	0	0	0	30	680	0	0	0	0	10
BANANA PEPPERS	0	0	0	0	0	0	0	0	460	0	2	0	0	0
GREEN 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
LENNYS® HOT PEPPER RELISH	0	0	0	0	0	0	0	0	1240	0	0	0	0	0
LETTUCE	20	0	0	0	0	0	0	0	10	160	4	0	2	2
MAYONNAISE	70	60	7	0	0	4	2	10	240	0	2	0	0	0
OLIVE OIL BLEND	220	220	24	3	0	3	18	0	0	0	0	0	0	0
OLIVES	40	40	4	0	0	0	4	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	200	140	16	9	0	0	4	40	500	0	2	0	0	14
SALT	0	0	0	0	0	0	0	0	780	0	0	0	0	0
SWISS AMERICAN CHEESE	300	220	24	16	0	0	0	80	1360	0	2	0	0	18
TOMATO	20	0	0	0	0	0	0	0	0	280	4	0	4	2
RED WINE 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)
AMERICAN CLUB SALAD	590	233	33	16	0	1	3	50	1840	121	50	2	1	25
CHICKEN SALAD SALAD	580	193	28	9	0	9	5	85	1350	641	49	2	2	25
CLASSIC SALAD	550	223	32	15	0	1	2.5	45	1950	121	48	2	1	21
DELUXE CLUB SALAD	560	183	27	14	0	1	3	30	1470	121	48	2	2	28
GARDEN VEGGIE SALAD	530	193	28	17	1	2	6.0	15	570	115	51	4	5	15
HAM & CHEESE SALAD	530	221	30	14	0	1	3	37	1855	121	48	2	2	20
ITALIAN SALAD	610	273	37	16	0	1	2.5	65	2060	121	48	2	1	26
MILE HIGH TURKEY SALAD	460	93	17	10	0	1	3	35	1350	121	50	2	3	25
ROAST BEEF SALAD	480	113	20	11	0	1	2.5	0	1170	121	48	2	3	27
TUNA SALAD SALAD	570	183	28	9	0	8	4	55	1130	141	48	2	2	24
TURKEY BACON AVOCADO SALAD	603	105	29	13	0	1	2.5	50	1610	308	53	4	4	32
BACON PHILLY SALAD	690	228	35	19	1	1	1	80	1340	221	51	3	5	40
BUFFALO CHICKEN PHILLY SALAD	590	153	24	14	0	1	1	105	3060	221	50	3	4	39
CHICKEN PHILLY SALAD	590	153	24	14	0	1	1	105	1320	221	50	3	4	39
CHICKEN BACON RANCH PHILLY SALAD	760	178	40	17	0	1.0	0.5	130	1830	221	52	3	6	45
CHIPOTLE CHICKEN PHILLY SALAD	680	168	34	16	0	1.0	1	110	1435	221	51	3	4	39
CHIPOTLE STEAK PHILLY SALAD	710	218	40	19	1	1	0.5	70	1195	221	51	3	4	34
FAJITA CHICKEN PHILLY SALAD	590	153	24	14	0	1	1	105	1440	221	50	3	4	39
FRENCH DIP SALAD	620	203	30	17	1	1	0	65	1490	221	50	3	2	34
HOT HAM & CHEESE SALAD	590	231	38	18	0	1	3	57	1855	121	48	2	2	22
HOT ITALIAN SALAD	630	273	38	16	0	2	3	65	2060	156	48	2	2	26
PHILLY CHEESESTEAK SALAD	620	203	30	17	1	1	1	65	1080	221	50	3	4	34



NUTRITIONAL INFORMATION

SALADS

	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)
AMERICAN CLUB SALAD	300	208	25	12	0	1	2.5	50	1270	46	2	0	0	17
CHICKEN SALAD SALAD	290	168	20	5	0	9	4.5	85	780	566	1	0	1	17
CLASSIC SALAD	260	198	24	11	0	1	2.5	45	1380	46	0	0	0	13
DELUXE CLUB SALAD	270	158	19	10	0	1	2.5	30	900	46	0	0	1	20
GARDEN VEGGIE SALAD	240	168	20	13	0.5	1.5	6	15	0	406	3	2	4	7
HAM & CHEESE SALAD	240	196	22	10	0	1	2.5	37	1285	46	0	0	1	12
ITALIAN SALAD	320	248	29	12	0	1	2.5	65	1490	46	0	0	0	18
MILE HIGH TURKEY SALAD	170	68	9	6	0	1	2.5	35	780	46	2	0	2	17
ROAST BEEF SALAD	190	88	12	7	0	1	2.5	0	600	46	0	0	2	19
TUNA SALAD SALAD	280	158	20	5	0	8	4	55	560	66	0	0	1	16
TURKEY BACON AVOCADO SALAD	313	80	21	9	0	1	2.5	50	1040	233	5	2	3	24
BACON PHILLY SALAD	400	203	27	14.5	0.5	1	0.5	80	770	146	3	1	4	32
BUFFALO CHICKEN PHILLY SALAD	300	128	16	10	0	1	0.5	105	2490	146	2	1	3	31
CHICKEN PHILLY SALAD	300	128	16	10	0	1	0.5	105	750	146	2	1	3	31
CHICKEN BACON RANCH PHILLY SALAD	470	153	32	13	0	1	0.5	130	1260	146	4	1	5	37
CHIPOTLE CHICKEN PHILLY SALAD	390	143	26	11.5	0	1	0.5	110	865	146	3	1	3	31
CHIPOTLE STEAK PHILLY SALAD	420	193	32	14.5	0.5	1	0.5	70	625	146	3	1	3	26
FAJITA CHICKEN PHILLY SALAD	300	128	16	10	0	1	0.5	105	870	146	2	1	3	31
FRENCH DIP SALAD	330	178	22	13	0.5	0.5	0	65	920	146	2	1	1	26
HOT HAM & CHEESE SALAD	300	206	30	14	0	1	2.5	57	1285	46	0	0	1	14
HOT ITALIAN SALAD	340	248	30	12	0	1.5	3	65	1490	81	0	0	1	18
PHILLY CHEESESTEAK SALAD	330	178	22	13	0.5	1	0.5	65	510	146	2	1	3	26

SALAD DRESSINGS (1.5OZ)

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



NUTRITIONAL INFORMATION

LIL' LENNYS 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)
KID'S TURKEY & CHEESE (Cheddar)	223	21	3.5	2.5	0	0.5	0.5	36	870	45	26	1	2	18
KID'S TURKEY & CHEESE (Wheat)	190	20	2.5	1.5	0	0.5	0.5	30	800	55	26	1	2	16
KID'S TURKEY & CHEESE (White)	190	20	2.5	1.5	0	0.5	0.5	30	800	40	26	0	2	16
KID'S TURKEY & CHEESE (ExtraMeat)	25	0	0	0	0	0	0	10	260	0	1	0	0	5
KID'S HAM & CHEESE (Cheddar)	263	81	10	3	0	0.5	0.5	41	1170	45	23	1	0	16
KID'S HAM & CHEESE (Wheat)	230	80	9	4	0	0.5	0.5	35	1100	55	23	1	0	14
KID'S HAM & CHEESE (White)	230	80	9	4	0	0.5	0.5	35	1100	40	23	0	0	14
KID'S HAM & CHEESE (ExtraMeat)	45	30	3.5	1.5	0	0	0	15	410	0	0	0	0	4
KID'S MEATBALL (Cheddar)	403	171	20	9	0	0.5	0.5	51	1180	185	32	2	5	20
KID'S MEATBALL (Wheat)	370	170	19	8	0	0.5	0	45	1110	190	32	3	5	18
KID'S MEATBALL (White)	370	170	19	8	0	0.5	0	45	1110	180	32	2	5	18
KID'S MEATBALL (ExtraMeat)	90	60	7	2.5	0	0	0	15	310	70	4	0	2	5



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)
Lennys Original Potato Chips	230	130	15	2	0	0	0	0	240	420	23	2	2	2
Lennys Barbecue Potato Chips	230	110	14	2	0	0	0	0	220	420	24	2	3	2
Lennys Cheddar & Sour Cream Potato Chips	230	120	15	2	0	0	0	0	270	420	23	1	3	2
Lennys Sour Cream & Onion Potato Chips	230	120	14	2	0	0	0	0	260	420	24	1	1	3
Lennys Jalapeno Potato Chips	230	110	14	2	0	0	0	0	310	380	24	2	4	2
LAY'S® Baked Barbecue Flavored Potato Crisps	150	30	5	1	0	0	0	0	160	270	22	1	3	2
DORITOS® Nacho Cheese Flavored Chips	260	70	13	2	0	0	0	0	290	170	30	2	1	4
Miss Vickie's® Salt & Vinegar Potato Chips	200	130	11	1.5	0	0	0	0	240	490	23	2	2	3
Miss Vickie's® Spicy Dill Pickle Potato Chips	200	120	11	1.5	0	0	0	0	190	540	23	2	2	2



NUTRITIONAL INFORMATION

COOKIES

	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)
CHOCOLATE CHIP	360	150	16	5	0	4.5	4	20	390	0	52	2	31	5
OATMEAL RAISIN	350	120	14	6	0	1.5	5	10	300	0	54	3	30	5
WHITE CHOCOLATE MACADAMIA	410	190	22	10	0	1.5	7	20	330	0	49	0	33	4


**NUTRITIONAL
INFORMATION**
BEVERAGES (REGULAR 21OZ)

	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	280	0	0	0	0	0	0	0	120	0	79	0	78	0
Coca-Cola Cherry®	260	0	0	0	0	0	0	0	60	0	73	0	73	0
Coca-Cola®	260	0	0	0	0	0	0	0	80	0	71	0	71	0
Coca-Cola zero SUGAR®	0	0	0	0	0	0	0	0	0	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® Flashin' Fruit Punch	270	0	0	0	0	0	0	0	25	0	73	0	73	0
POWERADE® Mountain Blast	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


**NUTRITIONAL
INFORMATION**
BEVERAGES (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
Coca-Cola Cherry®	400	0	0	0	0	0	0	0	95	0	112	0	112	0
Coca-Cola®	400	0	0	0	0	0	0	0	120	0	108	0	108	0
Coca-Cola zero SUGAR®	0	0	0	0	0	0	0	0	0	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® Flashin' Fruit Punch	420	0	0	0	0	0	0	0	35	0	112	0	112	0
POWERADE® Mountain Blast	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



BEVERAGES (1 GALLON)

	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)
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