Nutritional Information*
(see footnotes on last page)
A 2000 calorie daily diet is used as the basis for general nutritional advice; however, individual calorie needs may vary.
Menu items may vary by location.

		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich Originals																						
A Wreck	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Smoked Ham	40	19	2	3	1	3	0	16	5	308	13	1	0	0	0	1	5	1	0	1	0
	Genoa Salami	81	67	8	12	2	13	0	18	6	291	12	0	0	0	0	0	3	0	0	0	1
	Roast Beef	36	16	2	3	1	4	0	10	3	160	7	0	0	0	0	0	4	0	0	0	2
	Turkey Breast	25	5	1	1	0	0	0	13	4	265	11	1	1	0	0	0	5	0	0	0	2
	Swiss Cheese	75	53	6	9	4	17	0	19	7	45	2	1	0	0	0	0	6	5	0	19	0
	Total:	**537**	**179**	**20**	**30**	**8**	**41**	**0**	**75**	**24**	**1689**	**70**	**59**	**20**	**2**	**7**	**3**	**33**	**6**	**0**	**30**	**9**
	For double meat, add:	182	106	12	18	4	20	0	56	18	1024	42	2	1	0	0	1	17	1	0	1	5
Buffalo Grilled Chicken	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Chicken Breast - Fillet	102	2	2	3	1	3	0	77	16	338	14	1	0	0	0	1	20	0	0	1	4
	Blue Cheese	50	35	4	6	3	13	0	13	4	190	8	0	0	0	1	0	3	3	0	8	0
	Franks Hot Sauce	0	0	0	0	0	0	0	0	0	1140	48	0	0	0	0	0	0	12	0	0	0
	Ranch Dressing	120	110	12	19	1	5	0	10	3	190	8	2	1	0	0	1	1	0	0	2	0
	Total:	**552**	**167**	**20**	**31**	**5**	**24**	**0**	**99**	**23**	**2478**	**104**	**59**	**20**	**2**	**8**	**4**	**34**	**15**	**0**	**21**	**8**
Clubby	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Turkey Breast	88	18	2	2	0	0	0	44	14	928	39	4	2	0	0	0	18	0	0	0	7
	Bacon, Nueske	120	80	9	14	3	16	0	20	6	560	24	2	0	0	0	0	10	0	0	0	0
	Smoked Ham	40	19	2	3	1	3	0	16	5	308	13	1	0	0	0	1	5	1	0	1	0
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Ranch Dressing	60	55	6	10	1	3	0	5	2	95	4	1	1	0	0	1	1	0	0	1	0
	Total:	**663**	**244**	**27**	**40**	**8**	**41**	**0**	**100**	**31**	**2691**	**113**	**64**	**21**	**2**	**7**	**3**	**48**	**4**	**0**	**27**	**11**
	For double meat, add:	248	116	13	19	4	19	0	80	25	1796	75	6	2	0	0	1	32	1	0	1	7
Chicken Salad	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Chicken Salad Mixture	237	162	18	27	3	17	0	67	22	144	6	0	0	0	0	0	20	1	1	0	0
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Total:	**592**	**235**	**26**	**39**	**7**	**37**	**0**	**82**	**27**	**944**	**40**	**57**	**19**	**2**	**7**	**2**	**35**	**4**	**1**	**25**	**4**
Grilled Chicken and Cheddar	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Chicken Breast - Fillet	102	2	2	3	1	3	0	77	16	338	14	1	0	0	0	1	20	0	0	1	4
	Cheddar Cheese	83	60	7	11	5	23	0	23	7	135	6	0	0	0	0	0	5	5	0	15	0
	Total:	**465**	**82**	**10**	**16**	**6**	**29**	**0**	**99**	**23**	**1093**	**46**	**57**	**19**	**2**	**7**	**3**	**36**	**5**	**0**	**26**	**8**

Nutritional Information*
(see footnotes on last page)
A 2000 calorie daily diet is used as the basis for general nutritional advice; however, individual calorie needs may vary.
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		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich Originals																						
Italian	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Capicola	30	18	2	3	1	4	0	9	3	240	10	1	0	0	0	1	3	1	1	0	1
	Genoa Salami	161	133	15	23	5	26	0	35	12	581	24	1	0	0	0	1	6	0	0	0	1
	Mortadella	55	45	5	8	1	7	0	10	4	195	8	0	0	0	0	0	2	0	0	0	1
	Sliced Pepperoni	52	40	5	7	2	9	0	10	3	200	8	0	0	0	0	0	2	0	0	1	1
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Total:	**653**	**316**	**36**	**54**	**13**	**68**	**0**	**83**	**28**	**2012**	**84**	**58**	**19**	**2**	**7**	**3**	**28**	**4**	**1**	**25**	**8**
	For double meat, add:	298	236	27	41	9	45	0	64	22	1216	50	2	0	0	0	1	13	1	1	1	4
Meatball	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Meatball	307	213	24	37	9	47	0	93	31	440	19	5	1	1	5	1	21	3	3	5	13
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Marinara Sauce	11	2	0	0	0	0	0	0	0	107	4	2	1	0	2	2	0	1	3	1	1
	Total:	**673**	**288**	**32**	**50**	**13**	**66**	**0**	**108**	**36**	**1347**	**57**	**64**	**21**	**4**	**14**	**5**	**37**	**7**	**6**	**31**	**19**
Mediterranean	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Artichoke Hearts	11	0	0	0	0	0	0	0	0	137	6	2	1	1	5	0	1	1	1	1	5
	Cucumber	5	0	0	0	0	0	0	0	0	1	0	1	1	0	1	1	0	1	1	1	1
	Feta Cheese	70	40	4	6	3	15	0	15	5	340	14	2	1	0	0	1	6	0	0	0	0
	Hummus	90	53	5	9	0	0	0	0	0	165	8	9	3	3	11	2	3	3	12	3	6
	Roasted Red Peppers	14	0	0	0	0	0	0	0	0	117	5	3	1	1	3	1	1	4	43	0	0
	Total:	**470**	**113**	**11**	**18**	**4**	**18**	**0**	**15**	**5**	**1379**	**59**	**73**	**26**	**7**	**26**	**7**	**20**	**9**	**58**	**15**	**16**
	Add Chicken Breast - Fillet	68	1	1	2	0	2	0	51	11	226	9	0	0	0	0	0	14	0	0	1	3
PBJ	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Grape Jelly	200	0	0	0	0	0	0	0	0	60	4	52	16	0	0	52	0	0	0	0	0
	Peanut Butter	475	350	40	63	8	38	0	0	0	375	15	18	5	5	20	8	18	0	0	0	10
	Total:	**955**	**370**	**42**	**66**	**8**	**41**	**0**	**0**	**0**	**1055**	**45**	**126**	**40**	**7**	**27**	**62**	**28**	**0**	**0**	**10**	**14**
Roast Beef	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Roast Beef	158	70	8	12	4	18	0	44	14	700	30	2	0	0	0	2	18	0	0	0	7
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Total:	**513**	**143**	**16**	**24**	**7**	**37**	**0**	**59**	**19**	**1500**	**63**	**59**	**19**	**2**	**7**	**4**	**33**	**3**	**0**	**25**	**11**

Nutritional Information*
(see footnotes on last page)
A 2000 calorie daily diet is used as the basis for general nutritional advice; however, individual calorie needs may vary.
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		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich Originals																						
Pizza Sandwich	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Capicola	30	18	2	3	1	4	0	9	3	240	10	1	0	0	0	1	3	1	1	0	1
	Meatball	77	53	6	9	2	12	0	23	8	110	5	1	0	0	1	0	5	1	1	1	3
	Sliced Pepperoni	72	55	7	10	2	13	0	14	4	275	12	1	0	0	0	0	3	0	0	1	1
	Provolone Cheese	100	70	8	12	4	22	0	20	7	240	10	1	0	0	0	0	7	4	0	20	0
	Marinara Sauce	11	2	0	0	0	0	0	0	0	107	4	2	1	0	2	2	0	1	3	1	1
	Sliced Mushroom	9	1	0	0	0	0	0	0	0	2	0	1	0	1	2	1	1	0	1	0	1
	Total:	**578**	**219**	**25**	**38**	**10**	**53**	**0**	**66**	**22**	**1594**	**67**	**63**	**20**	**4**	**12**	**5**	**30**	**7**	**6**	**33**	**12**
Smoked Ham	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Smoked Ham	141	65	7	10	3	12	0	56	16	1079	44	2	0	0	0	2	16	4	0	5	1
	Swiss Cheese	75	53	6	9	4	17	0	19	7	45	2	1	0	0	0	0	6	5	0	19	0
	Total:	**496**	**138**	**15**	**22**	**7**	**32**	**0**	**75**	**23**	**1744**	**72**	**59**	**19**	**2**	**7**	**4**	**32**	**9**	**0**	**34**	**5**
Tuna Salad	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Tuna Salad Mixture	168	95	10	17	2	11	0	37	11	332	15	0	0	0	0	0	19	0	0	0	0
	Swiss Cheese	75	53	6	9	4	17	0	19	7	45	2	1	0	0	0	0	6	5	0	19	0
	Total:	**523**	**168**	**18**	**29**	**7**	**31**	**0**	**56**	**18**	**997**	**42**	**57**	**19**	**2**	**7**	**2**	**35**	**5**	**0**	**29**	**4**
Turkey Breast	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Turkey Breast	88	18	2	2	0	0	0	44	14	928	39	4	2	0	0	0	18	0	0	0	7
	Swiss Cheese	75	53	6	9	4	17	0	19	7	45	2	1	0	0	0	0	6	5	0	19	0
	Total:	**443**	**90**	**10**	**14**	**4**	**20**	**0**	**63**	**21**	**1593**	**66**	**60**	**21**	**2**	**7**	**2**	**34**	**5**	**0**	**29**	**11**
Turkey Bacon Cheddar	Bacon, Nueske	120	80	9	14	3	16	0	20	6	560	24	2	0	0	0	0	10	0	0	0	0
	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Cheddar Cheese	138	100	11	18	8	38	0	38	11	225	10	0	0	0	0	0	9	8	0	25	0
	Turkey Breast	58	12	1	1	0	0	0	29	9	610	25	2	1	0	0	0	12	0	0	0	5
	Total:	**595**	**212**	**23**	**36**	**11**	**57**	**0**	**86**	**26**	**2015**	**85**	**60**	**20**	**2**	**7**	**2**	**40**	**8**	**0**	**35**	**9**
Vegetarian	Bread	280	20	2	3	1	3	0	0	0	620	26	56	19	2	7	2	10	0	0	10	4
	Cheddar Cheese	83	60	7	11	5	23	0	23	7	135	6	0	0	0	0	0	5	5	0	15	0
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Swiss Cheese	75	53	6	9	4	17	0	19	7	45	2	1	0	0	0	0	6	5	0	19	0
	Sliced Mushroom	9	1	0	0	0	0	0	0	0	2	0	1	0	1	2	1	1	0	1	0	1
	Total:	**522**	**186**	**21**	**32**	**12**	**59**	**0**	**56**	**19**	**982**	**41**	**59**	**19**	**3**	**9**	**3**	**28**	**12**	**1**	**59**	**5**

Nutritional Information*
(see footnotes on last page)
A 2000 calorie daily diet is used as the basis for general nutritional advice; however, individual calorie needs may vary.
Menu items may vary by location.

		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich FLATS																						
A Wreck	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Smoked Ham	40	19	2	3	1	3	0	16	5	308	13	1	0	0	0	1	5	1	0	1	0
	Genoa Salami	81	67	8	12	2	13	0	18	6	291	12	0	0	0	0	0	3	0	0	0	1
	Roast Beef	36	16	2	3	1	4	0	10	3	160	7	0	0	0	0	0	4	0	0	0	2
	Turkey Breast	25	5	1	1	0	0	0	13	4	265	11	1	1	0	0	0	5	0	0	0	2
	Swiss Cheese	75	53	6	9	4	17	0	19	7	45	2	1	0	0	0	0	6	5	0	19	0
	Total:	**447**	**194**	**22**	**33**	**8**	**41**	**0**	**75**	**24**	**1389**	**57**	**36**	**12**	**3**	**12**	**3**	**30**	**6**	**0**	**28**	**15**
	For double meat, add:	182	106	12	18	4	20	0	56	18	1024	42	2	1	0	0	1	17	1	0	1	5
Buffalo Grilled Chicken	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Chicken Breast - Fillet	102	2	2	3	1	3	0	77	16	338	14	1	0	0	0	1	20	0	0	1	4
	Blue Cheese	50	35	4	6	3	13	0	13	4	190	8	0	0	0	1	0	3	3	0	8	0
	Franks Hot Sauce	0	0	0	0	0	0	0	0	0	1140	48	0	0	0	0	0	0	12	0	0	0
	Ranch Dressing	120	110	12	19	1	5	0	10	3	190	8	2	1	0	0	1	1	0	0	2	0
	Total:	**462**	**182**	**22**	**34**	**5**	**24**	**0**	**99**	**23**	**2178**	**91**	**36**	**12**	**3**	**13**	**4**	**31**	**15**	**0**	**19**	**14**
Clubby	Bread - Flats	190	35	4	6	0.5	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Turkey Breast	88	18	2	2	0	0	0	44	14	928	39	4	2	0	0	0	18	0	0	0	7
	Bacon, Nueske	120	80	9	14	3	16	0	20	6	560	24	2	0	0	0	0	10	0	0	0	0
	Smoked Ham	40	19	2	3	1	3	0	16	5	308	13	1	0	0	0	1	5	1	0	1	0
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Ranch Dressing	60	55	6	10	1	3	0	5	2	95	4	1	1	0	0	1	1	0	0	1	0
	Total:	**573**	**259**	**29**	**43**	**8**	**41**	**0**	**100**	**31**	**2391**	**100**	**41**	**13**	**3**	**12**	**3**	**45**	**4**	**0**	**25**	**17**
	For double meat, add:	248	116	13	19	4	19	0	80	25	1796	75	6	2	0	0	1	32	1	0	1	7
Chicken Salad	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Chicken Salad Mixture	237	162	18	27	3	17	0	67	22	144	6	0	0	0	0	0	20	1	1	0	0
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Total:	**502**	**250**	**28**	**42**	**7**	**37**	**0**	**82**	**27**	**644**	**27**	**34**	**11**	**3**	**12**	**2**	**32**	**4**	**1**	**23**	**10**
Grilled Chicken and Cheddar	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Chicken Breast - Fillet	102	2	2	3	1	3	0	77	16	338	14	1	0	0	0	1	20	0	0	1	4
	Cheddar Cheese	83	60	7	11	5	23	0	23	7	135	6	0	0	0	0	0	5	5	0	15	0
	Total:	**375**	**97**	**12**	**19**	**6**	**29**	**0**	**99**	**23**	**793**	**33**	**34**	**11**	**3**	**12**	**3**	**33**	**5**	**0**	**24**	**14**

Nutritional Information*
(see footnotes on last page)
A 2000 calorie daily diet is used as the basis for general nutritional advice; however, individual calorie needs may vary.
Menu items may vary by location.

		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich FLATS																						
Italian	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Capicola	30	18	2	3	1	4	0	9	3	240	10	1	0	0	0	1	3	1	1	0	1
	Genoa Salami	161	133	15	23	5	26	0	35	12	581	24	1	0	0	0	1	6	0	0	0	1
	Mortadella	55	45	5	8	1	7	0	10	4	195	8	0	0	0	0	0	2	0	0	0	1
	Sliced Pepperoni	52	40	5	7	2	9	0	10	3	200	8	0	0	0	0	0	2	0	0	1	1
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Total:	**563**	**323**	**37**	**56**	**12**	**65**	**0**	**79**	**27**	**1716**	**71**	**36**	**11**	**3**	**12**	**3**	**25**	**4**	**1**	**24**	**14**
	For double meat, add:	298	236	27	41	9	45	0	64	22	1216	50	2	0	0	0	1	13	1	1	1	4
Meatball	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Meatball	307	213	24	37	9	47	0	93	31	440	19	5	1	1	5	1	21	3	3	5	13
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Marinara Sauce	11	2	0	0	0	0	0	0	0	107	4	2	1	0	2	2	0	1	3	1	1
	Total:	**583**	**303**	**34**	**53**	**13**	**66**	**0**	**108**	**36**	**1047**	**44**	**41**	**13**	**5**	**19**	**5**	**34**	**7**	**6**	**29**	**25**
Mediterranean	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Artichoke Hearts	11	0	0	0	0	0	0	0	0	137	6	2	1	1	5	0	1	1	1	1	5
	Cucumber	5	0	0	0	0	0	0	0	0	1	0	1	1	0	1	1	0	1	1	1	1
	Feta Cheese	70	40	4	6	3	15	0	15	5	340	14	2	1	0	0	1	6	0	0	0	0
	Hummus	90	53	5	9	0	0	0	0	0	165	8	9	3	3	11	2	3	3	12	3	6
	Roasted Red Peppers	14	0	0	0	0	0	0	0	0	117	5	3	1	1	3	1	1	4	43	0	0
	Total:	**380**	**128**	**13**	**21**	**4**	**18**	**0**	**15**	**5**	**1079**	**46**	**50**	**18**	**8**	**31**	**7**	**17**	**9**	**58**	**13**	**22**
	Add Chicken Breast - Fillet	68	1	1	2	0	2	0	51	11	226	9	0	0	0	0	0	14	0	0	1	3
PBJ	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Grape Jelly	200	0	0	0	0	0	0	0	0	60	4	52	16	0	0	52	0	0	0	0	0
	Peanut Butter	380	280	32	50	6	30	0	0	0	300	12	14	4	4	16	6	14	0	0	0	8
	Total:	**770**	**315**	**36**	**56**	**7**	**33**	**0**	**0**	**0**	**680**	**29**	**99**	**31**	**7**	**28**	**60**	**21**	**0**	**0**	**8**	**18**
Roast Beef	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Roast Beef	158	70	8	12	4	18	0	44	14	700	30	2	0	0	0	2	18	0	0	0	7
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Total:	**423**	**158**	**18**	**27**	**7**	**37**	**0**	**59**	**19**	**1200**	**50**	**36**	**11**	**3**	**12**	**4**	**30**	**3**	**0**	**23**	**17**

Nutritional Information*
(see footnotes on last page)
A 2000 calorie daily diet is used as the basis for general nutritional advice; however, individual calorie needs may vary.
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		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich FLATS																						
Pizza Sandwich	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Capicola	30	18	2	3	1	4	0	9	3	240	10	1	0	0	0	1	3	1	1	0	1
	Meatball	77	53	6	9	2	12	0	23	8	110	5	1	0	0	1	0	5	1	1	1	3
	Sliced Pepperoni	72	55	7	10	2	13	0	14	4	275	12	1	0	0	0	0	3	0	0	1	1
	Provolone Cheese	100	70	8	12	4	22	0	20	7	240	10	1	0	0	0	0	7	4	0	20	0
	Marinara Sauce	11	2	0	0	0	0	0	0	0	107	4	2	1	0	2	2	0	1	3	1	1
	Sliced Mushroom	9	1	0	0	0	0	0	0	0	2	0	1	0	1	2	1	1	0	1	0	1
	Total:	**488**	**234**	**27**	**41**	**10**	**53**	**0**	**66**	**22**	**1294**	**54**	**40**	**12**	**5**	**17**	**5**	**27**	**7**	**6**	**31**	**18**
Smoked Ham	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Smoked Ham	141	65	7	10	3	12	0	56	16	1079	44	2	0	0	0	2	16	4	0	5	1
	Swiss Cheese	75	53	6	9	4	17	0	19	7	45	2	1	0	0	0	0	6	5	0	19	0
	Total:	**406**	**153**	**17**	**25**	**7**	**32**	**0**	**75**	**23**	**1444**	**59**	**36**	**11**	**3**	**12**	**4**	**29**	**9**	**0**	**32**	**11**
Tuna Salad	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Tuna Salad Mixture	168	95	10	17	2	11	0	37	11	332	15	0	0	0	0	0	19	0	0	0	0
	Swiss Cheese	75	53	6	9	4	17	0	19	7	45	2	1	0	0	0	0	6	5	0	19	0
	Total:	**433**	**183**	**20**	**32**	**7**	**31**	**0**	**56**	**18**	**697**	**29**	**34**	**11**	**3**	**12**	**2**	**32**	**5**	**0**	**27**	**10**
Turkey Breast	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Turkey Breast	88	18	2	2	0	0	0	44	14	928	39	4	2	0	0	0	18	0	0	0	7
	Swiss Cheese	75	53	6	9	4	17	0	19	7	45	2	1	0	0	0	0	6	5	0	19	0
	Total:	**353**	**105**	**12**	**17**	**4**	**20**	**0**	**63**	**21**	**1293**	**53**	**37**	**13**	**3**	**12**	**2**	**31**	**5**	**0**	**27**	**17**
Turkey Bacon Cheddar	Bacon, Nueske	120	80	9	14	3	16	0	20	6	560	24	2	0	0	0	0	10	0	0	0	0
	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Cheddar Cheese	138	100	11	18	8	38	0	38	11	225	10	0	0	0	0	0	9	8	0	25	0
	Turkey Breast	58	12	1	1	0	0	0	29	9	610	25	2	1	0	0	0	12	0	0	0	5
	Total:	**505**	**227**	**25**	**39**	**11**	**57**	**0**	**86**	**26**	**1715**	**72**	**37**	**12**	**3**	**12**	**2**	**37**	**8**	**0**	**33**	**15**
Vegetarian	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Cheddar Cheese	83	60	7	11	5	23	0	23	7	135	6	0	0	0	0	0	5	5	0	15	0
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Swiss Cheese	75	53	6	9	4	17	0	19	7	45	2	1	0	0	0	0	6	5	0	19	0
	Sliced Mushroom	9	1	0	0	0	0	0	0	0	2	0	1	0	1	2	1	1	0	1	0	1
	Total:	**432**	**201**	**23**	**35**	**12**	**59**	**0**	**56**	**19**	**682**	**28**	**36**	**11**	**4**	**14**	**3**	**25**	**12**	**1**	**57**	**11**

Nutritional Information*
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		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich Bigs																						
A Wreck	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Smoked Ham	48	22	2	3	1	4	0	19	5	370	15	1	0	0	0	1	5	1	0	2	0
	Genoa Salami	115	95	11	17	4	19	0	25	9	415	17	1	0	0	0	1	5	0	0	0	1
	Roast Beef	45	20	2	4	1	5	0	13	4	200	9	1	0	0	0	1	5	0	0	0	2
	Turkey Breast	33	7	1	1	0	0	0	16	5	345	14	1	1	0	0	0	7	0	0	0	3
	Swiss Cheese	100	70	8	12	5	23	0	25	9	60	2	1	0	0	0	0	8	6	0	25	0
	Total:	**711**	**239**	**27**	**40**	**11**	**55**	**0**	**98**	**32**	**2209**	**91**	**78**	**26**	**2**	**10**	**5**	**43**	**7**	**0**	**37**	**12**
	For double meat, add:	241	144	16	24	5	28	0	73	23	1329	55	3	1	0	0	2	21	1	0	2	6
Buffalo Grilled Chicken	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Chicken Breast - Fillet	136	2	2	3	1	4	0	102	21	451	19	1	0	0	0	1	27	0	0	2	5
	Blue Cheese	110	77	9	13	6	28	0	28	9	418	18	0	0	0	2	0	7	7	0	17	0
	Franks Hot Sauce	0	0	0	0	0	0	0	0	0	1615	68	0	0	0	0	0	0	17	0	0	0
	Ranch Dressing	180	165	18	29	2	8	0	15	5	285	12	3	2	0	0	2	2	0	0	3	0
	Total:	**796**	**269**	**31**	**49**	**8**	**43**	**0**	**145**	**35**	**3589**	**150**	**78**	**27**	**2**	**12**	**5**	**49**	**24**	**0**	**31**	**11**
Clubby	Bread - Original, Bigs	370	25	3	4	0.5	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Smoked Ham	52	24	3	4	1	4	0	21	6	401	16	1	0	0	0	1	6	1	0	2	0
	Turkey Breast	113	23	2	2	0	0	0	56	18	1193	50	5	2	0	0	0	23	0	0	0	9
	Bacon, Nueske	180	120	14	21	5	24	0	30	9	840	36	3	0	0	0	0	15	0	0	0	0
	Provolone Cheese	100	70	8	12	4	22	0	20	7	240	10	1	0	0	0	0	7	4	0	20	0
	Ranch Dressing	120	110	12	19	1	5	0	10	3	190	8	2	1	0	0	1	1	0	0	2	0
	Total:	**935**	**372**	**41**	**62**	**11**	**59**	**0**	**137**	**43**	**3683**	**154**	**85**	**28**	**2**	**10**	**5**	**65**	**5**	**0**	**34**	**15**
	For double meat, add:	345	167	18	27	5	28	0	107	33	2433	102	8	2	0	0	1	43	1	0	2	9
Chicken Salad	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Chicken Salad Mixture	304	209	23	35	4	22	0	87	29	185	8	0	0	0	0	0	25	1	1	0	0
	Provolone Cheese	100	70	8	12	4	22	0	20	7	240	10	1	0	0	0	0	7	4	0	20	0
	Total:	**774**	**304**	**33**	**51**	**9**	**48**	**0**	**107**	**36**	**1245**	**52**	**75**	**25**	**2**	**10**	**3**	**46**	**5**	**1**	**30**	**6**
Grilled Chicken and Cheddar	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Chicken Breast - Fillet	136	2	2	3	1	4	0	102	21	451	19	1	0	0	0	1	27	0	0	2	5
	Cheddar Cheese	110	80	9	14	6	30	0	30	9	180	8	0	0	0	0	0	7	6	0	20	0
	Total:	**616**	**107**	**14**	**21**	**7**	**38**	**0**	**132**	**30**	**1451**	**61**	**75**	**25**	**2**	**10**	**4**	**48**	**6**	**0**	**32**	**11**

Nutritional Information*
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		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich Bigs																						
Italian	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Capicola	45	26	3	5	1	5	0	13	5	360	15	1	0	0	0	1	4	1	1	0	2
	Genoa Salami	201	166	19	29	6	32	0	44	15	726	30	1	0	0	0	1	8	0	0	0	2
	Mortadella	83	68	8	12	2	10	0	15	5	293	12	0	0	0	0	0	3	0	0	0	1
	Sliced Pepperoni	72	55	7	10	2	13	0	14	4	275	12	1	0	0	0	0	3	0	0	1	1
	Provolone Cheese	100	70	8	12	4	22	0	20	7	240	10	1	0	0	0	0	7	4	0	20	0
	Total:	**870**	**410**	**47**	**71**	**16**	**86**	**0**	**106**	**36**	**2714**	**113**	**78**	**25**	**2**	**10**	**5**	**39**	**5**	**1**	**31**	**11**
	For double meat, add:	400	315	36	55	12	60	0	86	29	1654	69	3	0	0	0	2	18	1	1	1	5
Meatball	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Marinara Sauce	17	3	0	1	0	0	0	0	0	160	7	3	1	1	2	2	1	2	5	1	2
	Meatball	383	267	30	47	12	58	0	117	38	550	23	7	2	2	7	2	27	3	3	7	17
	Provolone Cheese	100	70	8	12	4	22	0	20	7	240	10	1	0	0	0	0	7	4	0	20	0
	Total:	**870**	**365**	**41**	**63**	**16**	**84**	**0**	**137**	**45**	**1770**	**74**	**85**	**28**	**4**	**19**	**7**	**48**	**9**	**8**	**38**	**25**
Mediterranean	Artichoke Hearts	15	0	0	0	0	0	0	0	0	183	8	3	1	2	7	0	1	2	2	2	7
	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Cucumber	8	0	0	0	0	0	0	0	0	1	0	2	1	0	1	1	0	1	2	1	1
	Feta Cheese	91	52	5	8	4	20	0	20	7	442	18	3	1	0	0	1	8	0	0	0	0
	Hummus	120	70	7	12	0	0	0	0	0	220	10	12	4	4	14	2	4	4	16	4	8
	Roasted Red Peppers	21	0	0	0	0	0	0	0	0	175	8	4	2	1	4	2	1	6	65	0	0
	Total:	**625**	**147**	**15**	**24**	**4**	**24**	**0**	**20**	**7**	**1840**	**78**	**97**	**34**	**9**	**36**	**10**	**28**	**13**	**85**	**17**	**22**
	Add Chicken Breast - Fillet	102	2	2	3	1	3	0	77	16	338	14	1	0	0	0	1	20	0	0	1	4
PBJ	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Grape Jelly	400	0	0	0	0	0	0	0	0	120	8	104	32	0	0	104	0	0	0	0	0
	Peanut Butter	570	420	48	75	9	45	0	0	0	450	18	21	6	6	24	9	21	0	0	0	12
	Total:	**1340**	**445**	**51**	**79**	**10**	**49**	**0**	**0**	**0**	**1390**	**60**	**199**	**63**	**8**	**34**	**116**	**35**	**0**	**0**	**10**	**18**
Pizza Sandwich	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Capicola	45	26	3	5	1	5	0	13	5	360	15	1	0	0	0	1	4	1	1	0	2
	Sliced Pepperoni	91	70	8	13	3	16	0	18	6	350	15	1	0	0	0	0	4	0	0	1	1
	Meatball	153	107	12	19	5	23	0	47	15	220	9	3	1	1	3	1	11	1	1	3	7
	Provolone Cheese	150	105	12	18	6	33	0	30	11	360	15	2	0	0	0	0	11	6	0	30	0
	Marinara Sauce	17	3	0	1	0	0	0	0	0	160	7	3	1	1	2	2	1	2	5	1	2
	Sliced Mushroom	12	1	0	0	0	0	0	0	0	3	0	1	0	1	3	1	1	0	1	0	1
	Total:	**838**	**338**	**38**	**58**	**15**	**82**	**0**	**107**	**36**	**2273**	**95**	**84**	**27**	**5**	**18**	**8**	**45**	**10**	**8**	**45**	**19**

Nutritional Information*
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		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich Bigs																						
Smoked Ham	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Smoked Ham	181	84	9	13	3	15	0	72	21	1387	57	3	0	0	0	3	21	5	0	6	1
	Swiss Cheese	100	70	8	12	5	23	0	25	9	60	2	1	0	0	0	0	8	6	0	25	0
	Total:	**651**	**179**	**20**	**29**	**9**	**42**	**0**	**97**	**30**	**2267**	**93**	**78**	**25**	**2**	**10**	**6**	**43**	**11**	**0**	**41**	**7**
Roast Beef	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Roast Beef	203	90	10	16	5	23	0	56	18	900	38	2	0	0	0	2	23	0	0	0	9
	Provolone Cheese	100	70	8	12	4	22	0	20	7	240	10	1	0	0	0	0	7	4	0	20	0
	Total:	**673**	**185**	**21**	**32**	**9**	**49**	**0**	**76**	**25**	**1960**	**82**	**77**	**25**	**2**	**10**	**5**	**44**	**4**	**0**	**30**	**15**
Turkey Breast	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Turkey Breast	113	23	2	2	0	0	0	56	18	1193	50	5	2	0	0	0	23	0	0	0	9
	Swiss Cheese	100	70	8	12	5	23	0	25	9	60	2	1	0	0	0	0	8	6	0	25	0
	Total:	**583**	**118**	**13**	**18**	**6**	**27**	**0**	**81**	**27**	**2073**	**86**	**80**	**27**	**2**	**10**	**3**	**45**	**6**	**0**	**35**	**15**
Turkey Bacon Cheddar	Bacon, Nueske	180	120	14	21	5	24	0	30	9	840	36	3	0	0	0	0	15	0	0	0	0
	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Cheddar Cheese	165	120	14	21	9	45	0	45	14	270	12	0	0	0	0	0	11	9	0	30	0
	Turkey Breast	83	17	2	2	0	0	0	41	13	875	36	3	2	0	0	0	17	0	0	0	7
	Total:	**798**	**282**	**31**	**48**	**14**	**73**	**0**	**116**	**36**	**2805**	**118**	**80**	**27**	**2**	**10**	**3**	**56**	**9**	**0**	**40**	**13**
Tuna Salad	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Tuna Salad Mixture	217	122	13	21	3	14	0	48	14	427	19	0	0	1	0	0	24	1	0	0	0
	Swiss Cheese	100	70	8	12	5	23	0	25	9	60	2	1	0	0	0	0	8	6	0	25	0
	Total:	**687**	**217**	**24**	**37**	**9**	**41**	**0**	**73**	**23**	**1307**	**55**	**75**	**25**	**3**	**10**	**3**	**46**	**7**	**0**	**35**	**6**
Vegetarian	Bread - Original, Bigs	370	25	3	4	1	4	0	0	0	820	34	74	25	2	10	3	14	0	0	10	6
	Cheddar Cheese	110	80	9	14	6	30	0	30	9	180	8	0	0	0	0	0	7	6	0	20	0
	Provolone Cheese	100	70	8	12	4	22	0	20	7	240	10	1	0	0	0	0	7	4	0	20	0
	Swiss Cheese	100	70	8	12	5	23	0	25	9	60	2	1	0	0	0	0	8	6	0	25	0
	Sliced Mushroom	12	1	0	0	0	0	0	0	0	3	0	1	0	1	3	1	1	0	1	0	1
	Total:	**692**	**246**	**28**	**42**	**16**	**79**	**0**	**75**	**25**	**1303**	**54**	**77**	**25**	**3**	**13**	**4**	**37**	**16**	**1**	**75**	**7**

Nutritional Information*
(see footnotes on last page)
A 2000 calorie daily diet is used as the basis for general nutritional advice; however, individual calorie needs may vary.
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		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich Skinnys																						
Hammie	Bread - Original, thin cut	187	13	1	2	0	2	0	0	0	414	17	37	13	1	5	1	7	0	0	7	3
	Smoked Ham	93	43	5	7	2	8	0	37	11	709	29	1	0	0	0	1	11	3	0	3	1
	Swiss Cheese	50	35	4	6	3	12	0	13	5	30	1	1	0	0	0	0	4	3	0	13	0
	Total:	**330**	**91**	**10**	**15**	**5**	**21**	**0**	**49**	**15**	**1153**	**47**	**39**	**13**	**1**	**5**	**3**	**21**	**6**	**0**	**22**	**3**
Ham & Tomato Melt	Bread - Original, thin cut	187	13	1	2	0	2	0	0	0	414	17	37	13	1	5	1	7	0	0	7	3
	Smoked Ham	40	19	2	3	1	3	0	16	5	308	13	1	0	0	0	1	5	1	0	1	0
	Cheddar Cheese	83	60	7	11	5	23	0	23	7	135	6	0	0	0	0	0	5	5	0	15	0
	Provolone Cheese	75	53	6	9	3	17	0	15	5	180	8	1	0	0	0	0	5	3	0	15	0
	Fresh Tomato	5	0	0	0	0	0	0	0	0	4	0	1	0	0	1	1	0	4	8	0	1
	Total:	**390**	**144**	**16**	**24**	**9**	**44**	**0**	**54**	**17**	**1041**	**44**	**40**	**13**	**2**	**5**	**2**	**22**	**12**	**8**	**38**	**4**
Little Tuna	Bread - Original, thin cut	187	13	1	2	0	2	0	0	0	414	17	37	13	1	5	1	7	0	0	7	3
	Tuna Salad Mixture	120	68	7	12	2	8	0	26	8	237	11	0	0	0	0	0	13	0	0	0	0
	Swiss Cheese	50	35	4	6	3	12	0	13	5	30	1	1	0	0	0	0	4	3	0	13	0
	Total:	**357**	**116**	**13**	**20**	**5**	**21**	**0**	**39**	**12**	**681**	**29**	**38**	**13**	**2**	**5**	**1**	**24**	**3**	**0**	**19**	**3**
Mushroom Melt	Bread - Original, thin cut	187	13	1	2	0	2	0	0	0	414	17	37	13	1	5	1	7	0	0	7	3
	Cheddar Cheese	55	40	5	7	3	15	0	15	5	90	4	0	0	0	0	0	4	3	0	10	0
	Provolone Cheese	50	35	4	6	2	11	0	10	4	120	5	1	0	0	0	0	4	2	0	10	0
	Swiss Cheese	50	35	4	6	3	12	0	13	5	30	1	1	0	0	0	0	4	3	0	13	0
	Sliced Mushroom	6	1	0	0	0	0	0	0	0	1	0	1	0	1	1	1	1	0	1	0	1
	Total:	**348**	**124**	**14**	**21**	**8**	**40**	**0**	**38**	**13**	**655**	**27**	**39**	**13**	**2**	**6**	**2**	**18**	**8**	**1**	**39**	**3**
Skinny Beef	Bread - Original, thin cut	187	13	1	2	0	2	0	0	0	414	17	37	13	1	5	1	7	0	0	7	3
	Roast Beef	104	46	5	8	2	12	0	29	9	460	20	1	0	0	0	1	12	0	0	0	5
	Provolone Cheese	50	35	4	6	2	11	0	10	4	120	5	1	0	0	0	0	4	2	0	10	0
	Total:	**341**	**94**	**11**	**16**	**5**	**25**	**0**	**39**	**13**	**994**	**42**	**39**	**13**	**1**	**5**	**2**	**22**	**2**	**0**	**17**	**7**
T-K-Y	Bread - Original, thin cut	187	13	1	2	0	2	0	0	0	414	17	37	13	1	5	1	7	0	0	7	3
	Turkey Breast	58	12	1	1	0	0	0	29	9	610	25	2	1	0	0	0	12	0	0	0	5
	Swiss Cheese	50	35	4	6	3	12	0	13	5	30	1	1	0	0	0	0	4	3	0	13	0
	Total:	**295**	**60**	**6**	**9**	**3**	**14**	**0**	**41**	**14**	**1053**	**44**	**40**	**14**	**1**	**5**	**1**	**22**	**3**	**0**	**19**	**7**

Nutritional Information*
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		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich Extra																						
Meat	Chicken Breast - Fillet	34	1	1	1	0	1	0	26	5	113	5	0	0	0	0	0	7	0	0	0	1
	Chicken Salad Mixture	68	46	5	8	1	5	0	19	6	41	2	0	0	0	0	0	6	0	0	0	0
	Smoked Ham	40	19	2	3	1	3	0	16	5	308	13	1	0	0	0	1	5	1	0	1	0
	Genoa Salami	115	95	11	17	4	19	0	25	9	415	17	1	0	0	0	1	5	0	0	0	1
	Meatball	77	53	6	9	2	12	0	23	8	110	5	1	0	0	1	0	5	1	1	1	3
	Sliced Pepperoni	72	55	7	10	2	13	0	14	4	275	12	1	0	0	0	0	3	0	0	0	1
	Roast Beef	45	20	2	4	1	5	0	13	4	200	9	1	0	0	0	1	5	0	0	0	2
	Tuna Salad Mixture	48	27	3	5	1	3	0	11	3	95	4	0	0	0	0	0	5	0	0	0	0
	Turkey Breast	25	5	1	1	0	0	0	13	4	265	11	1	1	0	0	0	5	0	0	0	2
Cheese	Cheddar Cheese	55	40	5	7	3	15	0	15	5	90	4	0	0	0	0	0	4	3	0	10	0
	Provolone Cheese	50	35	4	6	2	11	0	10	4	120	5	1	0	0	0	0	4	2	0	10	0
	Swiss Cheese	50	35	4	6	3	12	0	13	5	30	1	1	0	0	0	0	4	3	0	13	0
Condiments Originals / Skinnys	Mayonnaise	100	100	11	17	2	10	0	10	3	65	3	0	0	0	0	0	0	0	0	0	0
	Brown Mustard	11	0	0	0	0	0	0	0	0	160	7	0	0	0	0	0	0	0	0	0	0
	Hot Peppers	25	15	2	2	0	0	0	0	0	590	25	2	1	1	4	0	0	15	0	2	0
	Shredded Lettuce	4	0	0	0	0	0	0	0	0	3	0	1	0	0	1	1	0	3	1	1	1
	Diced Onion	3	0	0	0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	1	0	0
	Fresh Tomato	5	0	0	0	0	0	0	0	0	4	0	1	0	0	1	1	0	4	8	0	1
	Pickle Slice	2	0	0	0	0	0	0	0	0	129	6	0	0	0	1	0	0	0	0	1	0
	Oil - Soybean Blend	31	31	4	6	1	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Italian Seasoning	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Condiments Bigs	Mayonnaise	150	150	17	26	3	15	0	15	5	98	5	0	0	0	0	0	0	2	0	0	0
	Brown Mustard	15	0	0	0	0	0	0	0	0	210	9	0	0	0	0	0	0	1	0	0	0
	Hot Peppers	38	23	2	3	0	0	0	0	0	885	38	3	2	2	6	0	0	2	0	3	0
	Shredded Lettuce	6	0	0	0	0	0	0	0	0	4	0	1	0	0	1	1	0	0	1	1	1
	Diced Onion	4	0	0	0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	1	0	0
	Fresh Tomato	6	0	0	0	0	0	0	0	0	5	0	1	0	0	1	1	0	0	10	0	1
	Pickle Slice	3	0	0	0	0	0	0	0	0	258	13	1	0	0	2	0	0	0	0	1	0
	Oil - Soybean Blend	41	41	5	7	1	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Italian Seasoning	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Premium Condiments	Avocado	59	44	5	8	1	4	0	0	0	3	0	3	1	3	10	0	1	1	7	0	1
	Bacon, Nueske	120	80	9	14	3	16	0	20	6	560	24	2	0	0	0	0	10	0	0	0	0
	Sliced Mushroom	6	1	0	0	0	0	0	0	0	1	0	1	0	1	1	1	1	0	1	0	1

Nutritional Information*
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		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Salads Standard																						
A Wreck Salad	Lettuce/Spinach Blend	25	1	0	0	0	0	0	0	0	31	1	5	2	3	10	3	2	124	38	5	9
	Smoked Ham	40	19	2	3	1	3	0	16	5	308	13	1	0	0	0	1	5	1	0	1	0
	Genoa Salami	81	67	8	12	2	13	0	18	6	291	12	0	0	0	0	0	3	0	0	0	1
	Roast Beef	36	16	2	3	1	4	0	10	3	160	7	0	0	0	0	0	4	0	0	0	2
	Turkey Breast	25	5	1	1	0	0	0	13	4	265	11	1	1	0	0	0	5	0	0	0	2
	Blue Cheese	110	77	9	13	6	28	0	28	9	418	18	0	0	0	2	0	7	7	0	17	0
	Swiss Cheese	50	35	4	6	3	12	0	13	5	30	1	1	0	0	0	0	4	3	0	13	0
	Cucumber	5	0	0	0	0	0	0	0	0	1	0	1	1	0	1	1	0	1	1	1	1
	Grape Tomato	8	0	0	0	0	0	0	0	0	2	0	1	0	0	1	0	0	4	10	0	1
	Hard Boiled Egg	44	27	3	5	1	5	0	120	40	35	1	0	0	0	0	0	4	3	0	1	2
	Total:	**425**	**246**	**28**	**42**	**13**	**64**	**0**	**216**	**71**	**1541**	**63**	**11**	**3**	**3**	**14**	**5**	**33**	**142**	**49**	**38**	**17**
Chicken Salad Salad	Lettuce/Spinach Blend	25	1	0	0	0	0	0	0	0	31	1	5	2	3	10	3	2	124	38	5	9
	Chicken Salad Mixture	237	162	18	27	3	17	0	67	22	144	6	0	0	0	0	0	20	1	1	0	0
	Provolone Cheese	50	35	4	6	2	11	0	10	4	120	5	1	0	0	0	0	4	2	0	10	0
	Cucumber	5	0	0	0	0	0	0	0	0	1	0	1	1	0	1	1	0	1	1	1	1
	Dried Cranberry	160	2	0	0	0	0	0	0	0	0	0	38	13	3	13	30	0	0	1	0	0
	Grape Tomato	8	0	0	0	0	0	0	0	0	2	0	1	0	0	1	0	0	4	10	0	1
	Total:	**486**	**200**	**22**	**34**	**5**	**28**	**0**	**77**	**26**	**298**	**12**	**47**	**15**	**7**	**25**	**34**	**25**	**131**	**50**	**16**	**10**
Chickpea Veggie Salad	Lettuce/Spinach Blend	25	1	0	0	0	0	0	0	0	31	1	5	2	3	10	3	2	124	38	5	9
	Blue Cheese	110	77	9	13	6	28	0	28	9	418	18	0	0	0	2	0	7	7	0	17	0
	Garbanzo Beans	79	14	1	2	0	2	0	0	0	257	11	13	4	6	23	2	4	0	0	4	3
	Cucumber	9	0	0	0	0	0	0	0	0	1	0	2	1	0	1	1	0	1	2	1	1
	Diced Red Onion	3	0	0	0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	1	0	0
	Grape Tomato	8	0	0	0	0	0	0	0	0	2	0	1	0	0	1	0	0	4	10	0	1
	Hard Boiled Egg	44	27	3	5	1	5	0	120	40	35	1	0	0	0	0	0	4	3	0	1	2
	Total:	**278**	**119**	**13**	**20**	**7**	**34**	**0**	**148**	**49**	**745**	**30**	**22**	**8**	**9**	**38**	**7**	**17**	**138**	**50**	**28**	**15**

Nutritional Information*
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		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Salads Standard																						
Farmhouse Salad	Lettuce/Spinach Blend	25	1	0	0	0	0	0	0	0	31	1	5	2	3	10	3	2	124	38	5	9
	Chicken Breast - Fillet	102	2	2	3	1	3	0	77	16	338	14	1	0	0	0	1	20	0	0	1	4
	Chopped Bacon	140	100	10	16	4	20	0	40	12	560	24	0	0	0	0	0	12	0	0	0	0
	Blue Cheese	110	77	9	13	6	28	0	28	9	418	18	0	0	0	2	0	7	7	0	17	0
	Cucumber	5	0	0	0	0	0	0	0	0	1	0	1	1	0	1	1	0	1	1	1	1
	Diced Red Onion	3	0	0	0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	1	0	0
	Grape Tomato	8	0	0	0	0	0	0	0	0	2	0	1	0	0	1	0	0	4	10	0	1
	Hard Boiled Egg	44	27	3	5	1	5	0	120	40	35	1	0	0	0	0	0	4	3	0	1	2
	Total:	**438**	**206**	**23**	**37**	**11**	**55**	**0**	**264**	**77**	**1386**	**58**	**9**	**3**	**4**	**15**	**5**	**45**	**138**	**49**	**25**	**16**
Clubhouse Salad	Avocado	59	44	5	8	1	4	0	0	0	3	0	3	1	3	10	0	1	1	7	0	1
	Blue Cheese	110	77	9	13	6	28	0	28	9	418	18	0	0	0	2	0	7	7	0	17	0
	Chicken Breast - Fillet	102	2	2	3	1	3	0	77	16	338	14	1	0	0	0	1	20	0	0	1	4
	Chopped Bacon	140	100	10	16	4	20	0	40	12	560	24	0	0	0	0	0	12	0	0	0	0
	Grape Tomato	8	0	0	0	0	0	0	0	0	2	0	1	0	0	1	0	0	4	10	0	1
	Hard Boiled Egg	44	27	3	5	1	5	0	120	40	35	1	0	0	0	0	0	4	3	0	1	2
	Spinach	23	3	0	1	0	0	0	0	0	79	3	4	1	2	9	0	3	188	47	10	15
	Total:	**486**	**253**	**29**	**45**	**12**	**59**	**0**	**264**	**77**	**1435**	**60**	**9**	**3**	**5**	**23**	**1**	**47**	**203**	**63**	**29**	**23**
Powerhouse Salad	Avocado	59	44	5	8	1	4	0	0	0	3	0	3	1	3	10	0	1	1	7	0	1
	Chicken Breast - Fillet	102	2	2	3	1	3	0	77	16	338	14	1	0	0	0	1	20	0	0	1	4
	Cucumber	5	0	0	0	0	0	0	0	0	1	0	1	1	0	1	1	0	1	1	1	1
	Grape Tomato	8	0	0	0	0	0	0	0	0	2	0	1	0	0	1	0	0	4	10	0	1
	Hard Boiled Egg	44	27	3	5	1	5	0	120	40	35	1	0	0	0	0	0	4	3	0	1	2
	Hummus	90	53	5	9	0	0	0	0	0	165	8	9	3	3	11	2	3	3	12	3	6
	Spinach	23	3	0	1	0	0	0	0	0	79	3	4	1	2	9	0	3	188	47	10	15
	Total:	**331**	**128**	**15**	**25**	**3**	**12**	**0**	**197**	**56**	**623**	**26**	**19**	**6**	**8**	**32**	**4**	**32**	**200**	**76**	**16**	**29**

Nutritional Information*
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		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Salads Standard																						
Mediterranean Salad	Lettuce/Spinach Blend	25	1	0	0	0	0	0	0	0	31	1	5	2	3	10	3	2	124	38	5	9
	Feta Cheese	140	80	8	12	6	30	0	30	10	680	28	4	2	0	0	2	12	0	0	0	0
	Artichoke Hearts	14	0	0	0	0	0	0	0	0	173	7	2	1	2	7	0	1	2	2	2	6
	Roasted Red Peppers	14	0	0	0	0	0	0	0	0	117	5	3	1	1	3	1	1	4	43	0	0
	Garbanzo Beans	39	7	1	1	0	1	0	0	0	129	5	6	2	3	11	1	2	0	0	2	1
	Cucumber	5	0	0	0	0	0	0	0	0	1	0	1	1	0	1	1	0	1	1	1	1
	Diced Red Onion	3	0	0	0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	1	0	0
	Grape Tomato	8	0	0	0	0	0	0	0	0	2	0	1	0	0	1	0	0	4	10	0	1
	Italian Seasoning	0	0	0	0	0	0	0	0	0	9	0	0	0	0	0	0	0	0	0	0	0
	Total:	**250**	**88**	**9**	**13**	**6**	**31**	**0**	**30**	**10**	**1142**	**47**	**24**	**9**	**9**	**34**	**9**	**18**	**134**	**94**	**10**	**18**
	Add Chicken Breast - Fillet	102	2	2	3	1	3	0	77	16	338	14	1	0	0	0	1	20	0	0	1	4
Uptown Salad	Lettuce/Spinach Blend	25	1	0	0	0	0	0	0	0	31	1	5	2	3	10	3	2	124	38	5	9
	Chicken Breast - Fillet	102	2	2	3	1	3	0	77	16	338	14	1	0	0	0	1	20	0	0	1	4
	Blue Cheese	110	77	9	13	6	28	0	28	9	418	18	0	0	0	2	0	7	7	0	17	0
	Candied Walnuts	141	115	13	20	2	8	0	0	0	48	2	6	2	1	5	4	3	0	0	1	3
	Diced Apples	17	0	0	0	0	0	0	0	0	0	0	4	1	1	3	3	0	0	4	0	0
	Diced Red Onion	3	0	0	0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	1	0	0
	Dried Cranberry	100	1	0	0	0	0	0	0	0	0	0	24	8	2	8	19	0	0	1	0	0
	Grapes	16	0	0	0	0	0	0	0	0	0	0	4	1	0	1	3	0	0	4	0	0
	Total:	**514**	**196**	**23**	**36**	**8**	**38**	**0**	**104**	**25**	**836**	**34**	**45**	**15**	**7**	**30**	**34**	**32**	**130**	**47**	**25**	**16**
Salads Extra																						
Dressing	Balsamic Vinaigrette	260	220	26	40	4	20	0	0	0	440	18	10	4	0	0	10	0	0	0	0	0
	Non-fat Vinaigrette	120	0	0	0	0	0	0	0	0	940	40	30	10	0	0	30	0	0	0	0	0
	Potbelly Vinaigrette	200	180	20	30	3	16	0	0	0	300	12	6	2	0	0	6	0	0	4	0	0
	Ranch Dressing	240	220	24	38	2	10	0	20	6	380	16	4	2	0	0	2	2	0	0	4	0
	Citrus Vinaigrette	180	140	16	24	2	10	0	0	0	500	20	8	2	0	0	8	0	0	8	0	0
Salad Condiments	Croutons	72	40	4	7	1	3	0	0	0	114	5	7	2	1	2	0	1	0	0	0	0

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Promotional																						
Non-Sandwich Entrée																						
Buffalo Mac and Cheese Side	Macaroni and Cheese	229	86	10	16	5	26	1	21	7	829	34	26	9	1	6	4	9	6	0	14	6
	Franks Hot Sauce	0	0	0	0	0	0	0	0	0	190	8	0	0	0	0	0	0	2	0	0	0
	Diced Chicken	55	10	1	2	0	2	0	33	11	18	1	0	0	0	0	0	12	0	0	0	0
	Total:	**284**	**96**	**11**	**17**	**5**	**27**	**1**	**54**	**18**	**1036**	**43**	**26**	**9**	**1**	**6**	**4**	**21**	**8**	**0**	**14**	**6**
Buffalo Mac and Cheese Cup	Macaroni and Cheese	297	111	13	20	7	33	1	28	9	1077	45	33	11	2	7	6	11	7	0	19	7
	Franks Hot Sauce	0	0	0	0	0	0	0	0	0	190	8	0	0	0	0	0	0	2	0	0	0
	Diced Chicken	55	10	1	2	0	2	0	33	11	18	1	0	0	0	0	0	12	0	0	0	0
	Total:	**352**	**121**	**14**	**22**	**7**	**35**	**1**	**60**	**20**	**1285**	**53**	**33**	**11**	**2**	**7**	**6**	**23**	**9**	**0**	**19**	**7**
Buffalo Mac and Cheese Entrée	Macaroni and Cheese	549	206	24	38	12	62	2	51	17	1989	82	62	21	3	14	10	21	14	0	34	14
	Franks Hot Sauce	0	0	0	0	0	0	0	0	0	190	8	0	0	0	0	0	0	2	0	0	0
	Diced Chicken	55	10	1	2	0	2	0	33	11	18	1	0	0	0	0	0	12	0	0	0	0
	Total:	**604**	**216**	**25**	**39**	**12**	**63**	**2**	**84**	**28**	**2196**	**91**	**62**	**21**	**3**	**14**	**10**	**33**	**16**	**0**	**34**	**14**

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Non-Sandwich Entrée																						
Mac and Cheese Side	Macaroni and Cheese	**229**	**86**	**10**	**16**	**5**	**26**	**1**	**21**	**7**	**829**	**34**	**26**	**9**	**1**	**6**	**4**	**9**	**6**	**0**	**14**	**6**
	Additional Toppings:	**If Adding Aditional Toppings Please Add Nutritionals to Total Above**																				
	Chili	31	13	1	2	1	3	0	5	2	117	5	3	1	1	2	1	2	3	4	1	2
	Hot Peppers	25	15	2	2	0	0	0	0	0	590	25	2	1	1	4	0	0	15	0	2	0
	Mushroom	6	1	0	0	0	0	0	0	0	1	0	1	0	1	1	1	1	0	1	0	1
	Bacon	70	50	5	8	2	10	0	20	6	280	12	0	0	0	0	0	6	0	0	0	0
	Roasted Red Peppers	11	0	0	0	0	0	0	0	0	97	5	2	1	1	2	1	1	3	36	0	0
Mac and Cheese Cup	Macaroni and Cheese	**297**	**111**	**13**	**20**	**7**	**33**	**1**	**28**	**9**	**1077**	**45**	**33**	**11**	**2**	**7**	**6**	**11**	**7**	**0**	**19**	**7**
	Additional Toppings:	**If Adding Aditional Toppings Please Add Nutritionals to Total Above**																				
	Chili	31	13	1	2	1	3	0	5	2	117	5	3	1	1	2	1	2	3	4	1	2
	Hot Peppers	25	15	2	2	0	0	0	0	0	590	25	2	1	1	4	0	0	15	0	2	0
	Mushroom	6	1	0	0	0	0	0	0	0	1	0	1	0	1	1	1	1	0	1	0	1
	Bacon	70	50	5	8	2	10	0	20	6	280	12	0	0	0	0	0	6	0	0	0	0
	Roasted Red Peppers	11	0	0	0	0	0	0	0	0	97	5	2	1	1	2	1	1	3	36	0	0
Mac and Cheese Entrée	Macaroni and Cheese	**549**	**206**	**24**	**38**	**12**	**62**	**2**	**51**	**17**	**1989**	**82**	**62**	**21**	**3**	**14**	**10**	**21**	**14**	**0**	**34**	**14**
	Additional Toppings:	**If Adding Aditional Toppings Please Add Nutritionals to Total Above**																				
	Chili	62	25	3	4	1	5	0	10	3	233	10	5	2	1	4	2	4	6	8	2	4
	Hot Peppers	50	30	3	4	0	0	0	0	0	1180	50	4	2	2	8	0	0	30	0	4	0
	Mushroom	12	1	0	0	0	0	0	0	0	3	0	1	0	1	3	1	1	0	1	0	1
	Bacon	140	100	10	16	4	20	0	40	12	560	24	0	0	0	0	0	12	0	0	0	0
	Roasted Red Peppers	23	0	0	0	0	0	0	0	0	194	9	5	2	1	5	2	1	7	72	0	0
Pot Pie	Side	204	133	15	23	6	32	0	51	17	742	31	9	3	0	3	1	9	40	4	3	3
	Cup	273	178	20	30	8	43	0	68	23	990	41	12	4	1	4	2	12	53	5	4	4
	Bowl	409	267	29	45	12	64	0	102	34	1484	61	19	6	1	5	3	18	80	7	5	5
	Add Topper:	142	89	11	16	4	22	0	0	0	62	5	5	4	0	0	0	1	0	0	0	2

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Soups and Sides																						
Side o'Soup	Broccoli Cheddar	175	105	12	19	8	38	0	40	14	748	31	9	3	1	4	3	6	25	15	15	1
	Chicken Enchilada	137	59	7	10	3	14	0	31	10	686	29	12	4	1	6	3	4	7	14	3	4
	Chicken Noodle	75	10	1	2	0	2	0	15	5	925	39	11	4	1	4	2	6	25	2	2	4
	Chili	185	75	8	13	3	15	0	30	10	700	29	15	5	3	12	5	12	18	25	5	13
	Garden Vegetable	55	3	0	0	0	0	0	0	0	600	25	12	4	2	8	3	2	45	25	2	2
	Loaded Baked Potato	155	90	10	16	6	28	0	25	9	590	25	12	4	1	4	3	4	4	20	4	2
	Classic Tomato	120	70	8	12	5	23	0	25	9	415	18	12	4	1	4	8	2	20	30	5	5
Cup o'Soup	Broccoli Cheddar	233	140	16	25	10	50	0	53	18	997	41	11	4	1	5	3	8	33	20	20	1
	Chicken Enchilada	182	79	9	13	4	19	0	41	14	917	38	17	5	2	8	4	6	10	19	4	5
	Chicken Noodle	100	13	2	3	0	2	0	20	7	1233	51	15	5	1	5	3	7	33	3	3	5
	Chili	247	100	11	17	4	20	0	40	13	933	39	20	7	4	16	7	15	23	33	7	17
	Garden Vegetable	73	3	0	0	0	0	0	0	0	800	33	15	5	3	11	4	3	60	33	3	3
	Loaded Baked Potato	207	120	13	21	7	37	0	33	11	787	33	16	5	1	5	3	5	5	27	5	3
	Classic Tomato	160	93	10	15	6	30	0	33	11	553	23	16	5	1	5	10	2	27	40	7	7
Bowl o'Soup	Broccoli Cheddar	350	210	24	37	15	75	0	80	27	1495	62	17	6	2	8	5	12	50	30	30	2
	Chicken Enchilada	273	118	13	19	6	28	0	62	21	1373	57	25	8	3	12	5	9	15	28	6	7
	Chicken Noodle	150	20	3	4	1	3	0	30	10	1850	77	22	7	2	8	4	11	50	4	4	8
	Chili	370	150	16	25	6	30	0	60	20	1400	58	30	10	6	24	10	23	35	50	10	25
	Garden Vegetable	110	5	0	0	0	0	0	0	0	1200	50	23	8	4	16	6	4	90	50	4	4
	Loaded Baked Potato	310	180	20	31	11	55	0	50	17	1180	49	24	8	2	8	5	7	8	40	8	4
	Classic Tomato	240	140	15	23	9	45	0	50	17	830	35	24	8	2	8	15	3	40	60	10	10
Sides	Coleslaw	229	100	11	17	1	7	0	7	26	629	26	27	9	3	11	23	1	21	57	6	3
	Cucumber Tomato Salad	173	76	9	14	1	7	0	0	0	355	15	19	7	2	12	7	3	12	25	4	8
	Macaroni Salad	450	230	26	40	7	35	0	40	13	1100	46	42	14	2	8	12	9	20	6	10	8
	Whole Pickle	25	0	0	0	0	0	0	0	0	2150	105	5	2	4	16	2	1	4	4	10	4
	Potato Salad	330	230	25	38	5	23	0	50	17	470	20	21	7	2	8	2	3	4	15	2	2

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Dessert Cookies																						
Cookies	Chocolate Brownie Cookie	420	170	19	29	8	40	0.0	35	12	180	8	58	19	4	16	40	5	15	0	2	15
	Chocolate Brownie Cookie (Mini 2 pack)	113	50	6	9	3	13	0	13	4	50	3	16	5	1	5	11	1	5	0	0	5
	Dream Bar	430	210	23	36	14	69	0	45	15	460	19	51	17	2	7	26	4	10	0	2	6
	Oatmeal Chocolate Chip Cookie	420	150	17	27	7	37	0	30	11	230	10	60	20	3	12	34	6	10	0	2	10
	Oatmeal Chocolate Chip Cookie (mini)	96	34	4	6	2	8	0	7	3	52	2	14	5	1	3	8	1	2	0	0	2
	Sugar Cookie	500	200	22	34	14	70	1	80	27	310	13	70	23	0	0	37	6	15	0	2	4
	Pumpkin Cookie	430	180	20	31	10	50	1	40	13	410	17	60	20	1	4	33	3	25	0	2	2
Ice Cream Sandwiches	Ice Cream Sandwich (CBC)	1083	452	51	77	23	119	0	117	41	435	20	144	47	8	32	102	14	37	0	19	30
	Ice Cream Sandwich (OCC)	1083	412	47	73	21	113	0	107	39	535	24	148	49	6	24	90	16	27	0	19	20
	Ice Cream Sandwich (Sugar)	1243	512	57	87	35	179	2	207	71	695	30	168	55	0	0	96	16	37	0	19	8
Dessert Drinks																						
Shakes	Banana Shake	686	292	34	49	19	100	0	118	226	11	72	23	0	0	58	12	19	0	45	0	0
	Chocolate Banana Shake	768	284	33	47	19	97	0	115	228	12	94	31	1	4	76	12	19	0	42	0	0
	Chocolate Shake	752	301	35	50	20	103	0	121	253	13	98	32	1	4	79	14	20	0	49	0	0
	Coffee Shake	720	302	35	50	20	103	0	121	248	12	91	29	0	1	75	13	20	0	52	0	0
	Mixed Berry Shake	659	284	33	47	19	97	0	115	213	11	81	26	3	12	63	11	19	37	43	2	0
	Mocha Shake	802	293	34	49	19	100	0	118	251	12	113	37	1	5	93	13	19	0	49	0	0
	Oreo Shake	748	335	39	56	21	109	0	122	332	15	87	28	1	2	67	14	20	0	50	6	0
	Peppermint Twist Shake	700	305	35	51	21	106	0	124	300	11	86	29	0	0	69	14	21	0	52	0	0
	Strawberry Banana Shake	698	284	33	47	19	97	0	115	219	11	78	25	1	2	63	11	19	0	42	1	0
	Strawberry Shake	694	292	34	49	19	100	0	118	238	12	87	28	1	5	72	12	19	0	46	2	0
	Vanilla Shake	677	309	36	52	20	105	0	123	249	12	76	24	0	0	61	14	20	0	52	0	0
Smoothies	Banana Smoothie	491	32	4	6	2	9	0	9	274	10	88	27	0	0	68	14	2	0	48	0	0
	Chocolate Banana Smoothie	573	23	3	4	1	6	0	6	277	10	111	35	1	4	87	14	1	0	44	0	0
	Chocolate Smoothie	557	41	5	7	3	12	0	12	301	11	114	36	1	4	90	16	3	0	51	0	0
	Coffee Smoothie	525	41	5	7	3	12	0	12	297	11	107	34	0	1	86	15	3	0	54	0	0
	Mixed Berry Smoothie	464	23	3	4	1	6	0	6	262	9	97	31	3	12	73	14	1	37	45	2	0
	Mocha Smoothie	607	32	4	6	2	9	0	9	299	11	129	41	1	5	104	15	2	0	51	0	0
	Oreo Smoothie	556	75	8	13	4	18	0	13	383	14	104	32	1	2	78	16	3	0	52	6	0
	Strawberry Banana Smoothie	503	23	3	4	1	6	0	6	268	10	94	30	1	2	74	13	1	0	44	1	0
	Strawberry Smoothie	499	32	4	6	2	9	0	9	286	10	104	33	1	5	82	14	2	0	48	2	0
	Vanilla Smoothie	482	49	5	8	3	14	0	15	298	11	92	28	0	0	72	16	3	0	54	0	0
Malts	**For Malts, add:**	38	9	1	1	0	2	0	2	1	43	2	6	2	0	0	4	1	0	0	2	0

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Breakfast																						
Oatmeal Cup																						
Steel Cut Oatmeal, Apple, Cranberry, Walnut & Brown Sugar	Oatmeal	126	21	2	3	0	2	0	0	0	0	0	23	8	3	10	1	3	0	0	2	7
	Brown Sugar	53	0	0	0	0	0	0	0	0	0	0	14	5	0	0	14	0	0	0	0	0
	Candied Walnuts	96	72	8	12	1	5	0	0	0	30	1	4	1	1	3	3	2	0	0	1	2
	Diced Apples	16	0	0	0	0	0	0	0	0	0	0	4	1	1	3	3	0	0	4	0	0
	Dried Cranberry	50	1	0	0	0	0	0	0	0	0	0	12	4	1	4	9	0	0	0	0	0
	Total:	**340**	**94**	**10**	**16**	**1**	**6**	**0**	**0**	**0**	**30**	**1**	**57**	**19**	**5**	**20**	**30**	**5**	**0**	**4**	**2**	**8**
Steel Cut Oatmeal, Banana, Walnut & Brown Sugar	Oatmeal	126	21	2	3	0	2	0	0	0	0	0	23	8	3	10	1	3	0	0	2	7
	Banana	43	1	0	0	0	0	0	0	0	0	0	11	4	1	5	6	0	1	7	0	1
	Brown Sugar	53	0	0	0	0	0	0	0	0	0	0	14	5	0	0	14	0	0	0	0	0
	Candied Walnuts	88	72	8	12	1	5	0	0	0	30	1	4	1	1	3	3	2	0	0	1	2
	Total:	**309**	**94**	**10**	**16**	**1**	**7**	**0**	**0**	**0**	**30**	**1**	**51**	**17**	**5**	**18**	**24**	**5**	**1**	**7**	**3**	**9**
Steel Cut Oatmeal, Raisins & Brown Sugar	Oatmeal	158	26	3	4	0	2	0	0	0	0	0	28	9	3	13	1	4	0	0	2	8
	Brown Sugar	53	0	0	0	0	0	0	0	0	0	0	14	5	0	0	14	0	0	0	0	0
	Raisins	56	0	0	0	0	0	0	0	0	4	0	13	4	1	4	12	0	0	0	1	3
	Total:	**266**	**26**	**3**	**4**	**0**	**2**	**0**	**0**	**0**	**4**	**0**	**56**	**18**	**4**	**16**	**27**	**5**	**0**	**0**	**3**	**11**
Oatmeal Bowl																						
Steel Cut Oatmeal, Apple, Cranberry, Walnut & Brown Sugar	Oatmeal	199	33	3	5	0	3	0	0	0	0	0	36	12	4	16	1	5	0	0	3	11
	Brown Sugar	95	0	0	0	0	0	0	0	0	0	0	25	8	0	0	25	0	0	0	0	0
	Candied Walnuts	141	115	13	20	2	8	0	0	0	48	2	6	2	1	5	4	3	0	0	1	3
	Diced Apples	26	0	0	0	0	0	0	0	0	0	0	7	2	1	5	5	0	0	6	0	0
	Dried Cranberry	90	1	0	0	0	0	0	0	0	0	0	22	7	2	7	17	0	0	1	0	0
	Total:	**550**	**150**	**16**	**25**	**2**	**10**	**0**	**0**	**0**	**48**	**2**	**96**	**31**	**8**	**33**	**53**	**8**	**0**	**6**	**4**	**13**
Steel Cut Oatmeal, Banana, Walnut & Brown Sugar	Oatmeal	199	33	3	5	0	3	0	0	0	0	0	36	12	4	16	1	5	0	0	3	11
	Banana	53	2	0	0	0	0	0	0	0	1	0	13	4	2	6	7	1	1	9	0	1
	Brown Sugar	95	0	0	0	0	0	0	0	0	0	0	25	8	0	0	25	0	0	0	0	0
	Candied Walnuts	141	115	13	20	2	8	0	0	0	48	2	6	2	1	5	4	3	0	0	1	3
	Total:	**487**	**150**	**16**	**25**	**2**	**11**	**0**	**0**	**0**	**49**	**2**	**81**	**26**	**7**	**27**	**38**	**8**	**1**	**9**	**4**	**14**
Steel Cut Oatmeal, Raisins & Brown Sugar	Oatmeal	219	37	4	6	0	3	0	0	0	0	0	39	13	4	18	1	6	0	0	3	12
	Brown Sugar	95	0	0	0	0	0	0	0	0	0	0	25	8	0	0	25	0	0	0	0	0
	Raisins	65	0	0	0	0	0	0	0	0	5	0	16	5	1	5	15	1	0	0	1	3
	Total:	**379**	**37**	**4**	**6**	**0**	**3**	**0**	**0**	**0**	**5**	**0**	**80**	**26**	**5**	**22**	**41**	**6**	**0**	**0**	**4**	**15**

Nutritional Information*
(see footnotes on last page)
A 2000 calorie daily diet is used as the basis for general nutritional advice; however, individual calorie needs may vary.
Menu items may vary by location.

		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich Breakfast Square																						
Bacon, Egg and Cheddar Cheese	Bread - French Square	170	25	3	4	1	5	0	0	0	320	13	31	10	3	10	4	6	0	0	6	6
	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Bacon, Nueske	60	40	5	7	2	8	0	10	3	280	12	1	0	0	0	0	5	0	0	0	0
	Cheddar Cheese	55	40	5	7	3	15	0	15	5	90	4	0	0	0	0	0	4	3	0	10	0
	Total:	**375**	**165**	**19**	**29**	**8**	**38**	**0**	**180**	**60**	**880**	**37**	**34**	**11**	**3**	**10**	**5**	**20**	**9**	**0**	**20**	**8**
Egg and Cheddar Cheese	Bread - French Square	170	25	3	4	1	5	0	0	0	320	13	31	10	3	10	4	6	0	0	6	6
	Cheddar Cheese	55	40	5	7	3	15	0	15	5	90	4	0	0	0	0	0	4	3	0	10	0
	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Total:	**315**	**125**	**14**	**22**	**6**	**30**	**0**	**170**	**57**	**600**	**25**	**33**	**11**	**3**	**10**	**5**	**15**	**9**	**0**	**20**	**8**
Ham Mushroom Egg and Swiss Cheese	Bread - French Square	170	25	3	4	1	5	0	0	0	320	13	31	10	3	10	4	6	0	0	6	6
	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Smoked Ham	40	19	2	3	1	3	0	16	5	308	13	1	0	0	0	1	5	1	0	1	0
	Sliced Mushroom	5	1	0	0	0	0	0	0	0	1	0	1	0	1	1	1	1	0	1	0	1
	Swiss Cheese	50	35	4	6	3	12	0	13	5	30	1	1	0	0	0	0	4	3	0	13	0
	Total:	**355**	**139**	**16**	**24**	**6**	**30**	**0**	**184**	**61**	**849**	**35**	**35**	**11**	**4**	**11**	**6**	**20**	**10**	**1**	**24**	**9**
Sausage, Egg and Cheddar Cheese	Bread - French Square	170	25	3	4	1	5	0	0	0	320	13	31	10	3	10	4	6	0	0	6	6
	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Sausage Patty	190	160	17	26	6	30	0	45	15	380	16	1	0	0	0	0	8	0	0	0	2
	Cheddar Cheese	55	40	5	7	3	15	0	15	5	90	4	0	0	0	0	0	4	3	0	10	0
	Total:	**505**	**285**	**31**	**48**	**12**	**60**	**0**	**215**	**72**	**980**	**41**	**34**	**11**	**3**	**10**	**5**	**23**	**9**	**0**	**20**	**10**

Nutritional Information*
(see footnotes on last page)
A 2000 calorie daily diet is used as the basis for general nutritional advice; however, individual calorie needs may vary.
Menu items may vary by location.

		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich Breakfast Originals																						
Bacon, Egg and Cheddar Cheese	Bread - Original, Thin cut	187	13	1	2	0	2	0	0	0	414	17	37	13	1	5	1	7	0	0	7	3
	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Bacon, Nueske	120	80	9	14	3	16	0	20	6	560	24	2	0	0	0	0	10	0	0	0	0
	Cheddar Cheese	83	60	7	11	5	23	0	23	7	135	6	0	0	0	0	0	5	5	0	15	0
	Melted Butter	50	50	6	9	4	18	0	15	5	15	2	0	0	0	0	0	0	4	0	0	0
	Total:	**530**	**263**	**30**	**46**	**13**	**69**	**0**	**213**	**70**	**1314**	**57**	**41**	**14**	**1**	**5**	**2**	**27**	**15**	**0**	**26**	**5**
Egg and Cheddar Cheese	Bread - Original, Thin cut	187	13	1	2	0	2	0	0	0	414	17	37	13	1	5	1	7	0	0	7	3
	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Cheddar Cheese	83	60	7	11	5	23	0	23	7	135	6	0	0	0	0	0	5	5	0	15	0
	Melted Butter	50	50	6	9	4	18	0	15	5	15	2	0	0	0	0	0	0	4	0	0	0
	Total:	**410**	**210**	**23**	**36**	**11**	**54**	**0**	**193**	**64**	**950**	**42**	**58**	**20**	**2**	**7**	**3**	**20**	**13**	**0**	**27**	**8**
Ham Mushroom Egg and Swiss Cheese	Bread - Original, Thin cut	187	13	1	2	0	2	0	0	0	414	17	37	13	1	5	1	7	0	0	7	3
	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Smoked Ham	60	28	3	4	1	5	0	24	7	462	19	1	0	0	0	1	7	2	0	2	0
	Swiss Cheese	75	53	6	9	4	17	0	19	7	45	2	1	0	0	0	0	6	5	0	19	0
	Melted Butter	50	50	6	9	4	18	0	15	5	15	2	0	0	0	0	0	0	4	0	0	0
	Sliced Mushroom	9	1	0	0	0	0	0	0	0	2	0	1	0	1	2	1	1	0	1	0	1
	Total:	**471**	**205**	**23**	**35**	**11**	**52**	**0**	**213**	**71**	**1128**	**48**	**42**	**14**	**2**	**7**	**4**	**26**	**16**	**1**	**32**	**6**
Sausage, Egg and Cheddar Cheese	Bread - Original, Thin cut	187	13	1	2	0	2	0	0	0	414	17	37	13	1	5	1	7	0	0	7	3
	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Sausage Patty	285	240	26	39	9	45	0	68	23	570	24	2	0	0	0	0	12	0	0	0	3
	Cheddar Cheese	83	60	7	11	5	23	0	23	7	135	6	0	0	0	0	0	5	5	0	15	0
	Melted Butter	50	50	6	9	4	18	0	15	5	15	2	0	0	0	0	0	0	4	0	0	0
	Total:	**695**	**423**	**46**	**71**	**19**	**98**	**0**	**260**	**86**	**1324**	**57**	**41**	**14**	**1**	**5**	**2**	**29**	**15**	**0**	**26**	**8**

Nutritional Information*
(see footnotes on last page)
A 2000 calorie daily diet is used as the basis for general nutritional advice; however, individual calorie needs may vary.
Menu items may vary by location.

		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich Breakfast Bigs																						
Bacon, Egg and Cheddar Cheese	Bread - Original, BIGS, Thin cut	246	17	2	3	0	3	0	0	0	547	23	49	17	1	7	2	9	0	0	7	4
	Egg	135	90	11	17	3	15	0	233	78	285	12	3	2	0	0	2	8	9	0	6	3
	Bacon, Nueske	180	120	14	21	5	24	0	30	9	840	36	3	0	0	0	0	15	0	0	0	0
	Cheddar Cheese	110	80	9	14	6	30	0	30	9	180	8	0	0	0	0	0	7	6	0	20	0
	Melted Butter	70	70	8	12	5	25	0	21	7	21	3	0	0	0	0	0	0	6	0	0	0
	Total:	**741**	**377**	**42**	**66**	**19**	**97**	**0**	**314**	**103**	**1873**	**81**	**55**	**18**	**1**	**7**	**4**	**39**	**21**	**0**	**33**	**7**
Egg and Cheddar Cheese	Bread - Original, BIGS, Thin cut	246	17	2	3	0	3	0	0	0	547	23	49	17	1	7	2	9	0	0	7	4
	Egg	135	90	11	17	3	15	0	233	78	285	12	3	2	0	0	2	8	9	0	6	3
	Cheddar Cheese	110	80	9	14	6	30	0	30	9	180	8	0	0	0	0	0	7	6	0	20	0
	Melted Butter	70	70	8	12	5	25	0	21	7	21	3	0	0	0	0	0	0	6	0	0	0
	Total:	**561**	**257**	**29**	**45**	**14**	**73**	**0**	**284**	**94**	**1033**	**45**	**52**	**18**	**1**	**7**	**4**	**24**	**21**	**0**	**33**	**7**
Ham Mushroom Egg and Swiss Cheese	Bread - Original, BIGS, Thin cut	246	17	2	3	0	3	0	0	0	547	23	49	17	1	7	2	9	0	0	7	4
	Egg	135	90	11	17	3	15	0	233	78	285	12	3	2	0	0	2	8	9	0	6	3
	Smoked Ham	81	37	4	6	1	7	0	32	9	617	25	1	0	0	0	1	9	2	0	3	1
	Melted Butter	70	70	8	12	5	25	0	21	7	21	3	0	0	0	0	0	0	6	0	0	0
	Sliced Mushroom	12	1	0	0	0	0	0	0	0	3	0	1	0	1	3	1	1	0	1	0	1
	Swiss Cheese	100	70	8	12	5	23	0	25	9	60	2	1	0	0	0	0	8	6	0	25	0
	Total:	**644**	**285**	**32**	**49**	**15**	**73**	**0**	**311**	**103**	**1532**	**65**	**56**	**18**	**3**	**9**	**6**	**35**	**23**	**1**	**41**	**9**
Sausage, Egg and Cheddar Cheese	Bread - Original, BIGS, Thin cut	246	17	2	3	0	3	0	0	0	547	23	49	17	1	7	2	9	0	0	7	4
	Egg	135	90	11	17	3	15	0	233	78	285	12	3	2	0	0	2	8	9	0	6	3
	Sausage Patty	380	320	34	52	12	60	0	90	30	760	32	2	0	0	0	0	16	0	0	0	4
	Cheddar Cheese	110	80	9	14	6	30	0	30	9	180	8	0	0	0	0	0	7	6	0	20	0
	Melted Butter	70	70	8	12	5	25	0	21	7	21	3	0	0	0	0	0	0	6	0	0	0
	Total:	**941**	**577**	**63**	**97**	**26**	**133**	**0**	**374**	**124**	**1793**	**77**	**54**	**18**	**1**	**7**	**4**	**40**	**21**	**0**	**33**	**11**

Nutritional Information*
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Menu items may vary by location.

		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Sandwich Breakfast FLATS																						
Bacon, Egg and Cheddar Cheese	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Bacon, Nueske	120	80	9	14	3	16	0	20	6	560	24	2	0	0	0	0	10	0	0	0	0
	Cheddar Cheese	83	60	7	11	5	23	0	23	7	135	6	0	0	0	0	0	5	5	0	15	0
	Total:	**483**	**235**	**27**	**42**	**10**	**52**	**0**	**198**	**65**	**1205**	**51**	**37**	**12**	**3**	**12**	**3**	**27**	**11**	**0**	**27**	**12**
Egg and Cheddar Cheese	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Cheddar Cheese	83	60	7	11	5	23	0	23	7	135	6	0	0	0	0	0	5	5	0	15	0
	Total:	**363**	**155**	**18**	**28**	**7**	**36**	**0**	**178**	**59**	**645**	**27**	**35**	**12**	**3**	**12**	**3**	**17**	**11**	**0**	**27**	**12**
Ham Mushroom Egg and Swiss Cheese	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Smoked Ham	60	28	3	4	1	5	0	24	7	462	19	1	0	0	0	1	7	2	0	2	0
	Sliced Mushroom	9	1	0	0	0	0	0	0	0	2	0	1	0	1	2	1	1	0	1	0	1
	Swiss Cheese	75	53	6	9	4	17	0	19	7	45	2	1	0	0	0	0	6	5	0	19	0
	Total:	**424**	**176**	**20**	**30**	**7**	**35**	**0**	**198**	**66**	**1019**	**41**	**38**	**12**	**4**	**14**	**5**	**26**	**12**	**1**	**33**	**13**
Sausage, Egg and Cheddar Cheese	Bread - Flats	190	35	4	6	1	3	0	0	0	320	13	33	11	3	12	2	7	0	0	8	10
	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Sausage Patty	285	240	26	39	9	45	0	68	23	570	24	2	0	0	0	0	12	0	0	0	3
	Cheddar Cheese	83	60	7	11	5	23	0	23	7	135	6	0	0	0	0	0	5	5	0	15	0
	Total:	**648**	**395**	**43**	**67**	**16**	**81**	**0**	**245**	**81**	**1215**	**51**	**37**	**12**	**3**	**12**	**3**	**29**	**11**	**0**	**27**	**15**

Nutritional Information*
(see footnotes on last page)
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		Total Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat**	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrate (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Breakfast - Extras																						
Breakfast Bagel	Bagel Plain	320	35	4	6	0	0	0	0	0	670	28	60	20	2	10	2	11	0	0	0	0
	Bagel Cinnamon Raisin	330	35	4	6	0	0	0	0	0	630	26	62	21	3	11	6	10	0	0	2	2
	Bagel Mini	120	15	2	2	0	0	0	0	0	260	11	23	8	1	4	1	4	0	0	0	0
	Bagel Wheat	310	35	4	6	0	0	0	0	0	630	26	58	19	4	16	2	11	0	0	0	2
	Grape Jelly	200	0	0	0	0	0	0	0	0	60	4	52	16	0	0	52	0	0	0	0	0
	Cream Cheese	180	160	18	28	12	60	0	60	20	190	8	4	2	0	0	4	4	16	0	4	0
Yogurt Parfait	Yogurt, Vanilla Quart	195	12	2	2	1	7	0	12	4	138	6	36	12	0	0	31	8	0	0	28	0
	Mixed Berries	14	0	0	0	0	0	0	0	0	0	0	3	1	1	4	2	0	0	12	0	1
	Strawberry in syrup	30	0	0	0	0	0	0	0	0	6	0	8	3	1	2	7	0	0	0	0	1
	Granola	195	98	11	17	0	14	0	0	0	0	0	23	8	2	9	11	4	0	0	2	6
	Total:	**434**	**110**	**13**	**20**	**1**	**20**	**0**	**12**	**4**	**144**	**6**	**70**	**24**	**4**	**15**	**51**	**12**	**0**	**12**	**31**	**8**
Extras	Egg	90	60	7	11	2	10	0	155	52	190	8	2	1	0	0	1	5	6	0	4	2
	Smoked Ham	40	19	2	3	1	3	0	16	5	308	13	1	0	0	0	1	5	1	0	1	0
	Sausage Patty	190	160	17	26	6	30	0	45	15	380	16	1	0	0	0	0	8	0	0	0	2
	Bacon, Nueske	120	80	9	14	3	16	0	20	6	560	24	2	0	0	0	0	10	0	0	0	0
	Cheddar Cheese	55	40	5	7	3	15	0	15	5	90	4	0	0	0	0	0	4	3	0	10	0

Additional Nutrition Statements - Please Read

Nutritional Statement*

This nutritional information is based on Potbelly recipes and serving sizes and has been rounded for clarity. Potbelly provides this information to our customers to help you make better informed nutritional decisions about what's on our menu. Our goal is to give you information you want to make your decisions about balance, variety and moderation in your diet. Nutritional values are compiled from three sources: data from our suppliers, an independent food laboratory, and published resources. As with all good things in life, there is some variation in nutritional value from item to item each time you visit us. Things beyond our control which cause nutritional value variation are: the weather, climate, and earth where the food was grown, the natural individuality of animals and plants, the way our suppliers calculate their nutritional values, and the difference between ingredients our suppliers use. Also, since at Potbelly we "handcraft" your sandwiches and salads just like you like them, this too will cause some variation. Nutritional values not included here include: test menu items, retail-packaged items, limited time offers, or certain regional menu items. Another source of Potbelly nutritional information can be found online at : www.potbelly.com/food/nutrition. Potbelly is happy to talk to you personally about any specific dietary question or concern you have. E-mail us via our "Talk To Us" website link at ww.potbelly.com and we'll get back to you as soon as we can. But any health-related questions you have, and ALL information provided to you by Potbelly Sandwich Works, should be reviewed with your doctor—after all, your doctor knows BEST.

Trans Fat**

Potbelly and our suppliers have worked to take out added trans fat in food where it is not necessary—(like in salad dressing). However, certain foods need a small amount of added trans fat. Our suppliers have changed these foods for us to reduce trans fat to the legally "zero" limit (less than 0.5 grams per 100 gram serving size). Some foods have naturally occurring trans fat (like butter, cheese and meat) which cannot be removed from food. These food items are noted with an asterisk*. Natural trans fat is exempt from current trans fat regulations because it can't be taken out.

To request specific Nutritional Information	If any of your questions haven't been answered, please go to our website at www.potbelly.com and submit your question via the "TALK TO US" link. We'll get back to you as soon as we can!