

QUIZNOS NUTRITIONALS

updated 3.29.12

LTO

Served on your choice of Artisan bread; Italian White, Artisan Wheat, Rosemary Parmesan, or Roasted Garlic Focaccia

| Lobster & Seafood Salad Sub Signature lobster & seafood salad , lettuce, on butter-toasted artisan bread | | | | | | | | | | | |
|---|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 480 | 230 | 25 | 13 | 1 | 70 | 1110 | 47 | 4 | 6 | 15 |
| Total | 480 | 230 | 25 | 13 | 1 | 70 | 1110 | 47 | 4 | 6 | 15 |

| regular | | | | | | | | | | | |
|----------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 760 | 370 | 41 | 22 | 1.5 | 115 | 1730 | 75 | 6 | 10 | 24 |
| Total | 760 | 370 | 41 | 22 | 1.5 | 115 | 1730 | 75 | 6 | 10 | 24 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 1020 | 510 | 57 | 30 | 2 | 155 | 2280 | 98 | 8 | 14 | 31 |
| Total | 1020 | 510 | 57 | 30 | 2 | 155 | 2280 | 98 | 8 | 14 | 31 |

*Base represents product before adding cheese and dressing

| Lobster & Seafood Salad Signature lobster & seafood salad, diced tomatoes, spring mix, Ranch Dressing | | | | | | | | | | | |
|--|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Salad* | 70 | 20 | 2 | 0 | 0 | 10 | 310 | 8 | 2 | 2 | 4 |
| Ranch | 280 | 270 | 30 | 5 | 0 | 10 | 440 | 2 | 0 | 2 | 0 |
| Total | 350 | 290 | 32 | 5 | 0 | 20 | 750 | 10 | 2 | 4 | 4 |

| large | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Salad* | 130 | 45 | 5 | 0 | 0 | 20 | 620 | 15 | 4 | 5 | 9 |
| Ranch | 420 | 405 | 45 | 8 | 0 | 15 | 660 | 3 | 0 | 3 | 0 |
| Total | 550 | 450 | 50 | 8 | 0 | 35 | 1280 | 18 | 4 | 8 | 9 |

| wrap | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Wrap** | 440 | 115 | 13 | 5 | 0 | 20 | 1350 | 68 | 6 | 8 | 17 |
| Ranch | 420 | 405 | 45 | 8 | 0 | 15 | 660 | 3 | 0 | 3 | 0 |
| Total | 860 | 520 | 58 | 13 | 0 | 35 | 2010 | 71 | 6 | 11 | 17 |

*Salad represents product before adding dressing **Wrap represents product before adding dressing

| 6 Meat Deli Stack Turkey, roast beef, capicola, Genoa salami, ham and pepperoni, mozzarella, lettuce, onions, tomatoes, mayo, yellow mustard | | | | | | | | | | | |
|---|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 425 | 155 | 17 | 6 | 0 | 60 | 1380 | 44 | 3 | 7 | 24 |
| Cheese | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Dressing | 35 | 30 | 3 | 0 | 0 | 5 | 220 | 2 | 0 | 0 | 0 |
| Total | 500 | 210 | 23 | 8 | 0 | 75 | 1660 | 46 | 3 | 7 | 28 |

| regular | | | | | | | | | | | |
|----------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 660 | 235 | 26 | 9 | 0.5 | 90 | 2130 | 69 | 3 | 10 | 37 |
| Cheese | 60 | 40 | 5 | 2.5 | 0 | 15 | 90 | 1 | 0 | 0 | 5 |
| Dressing | 60 | 45 | 5 | 0.5 | 0 | 5 | 350 | 3 | 1 | 1 | 1 |
| Total | 780 | 320 | 36 | 12 | 0.5 | 110 | 2570 | 73 | 4 | 11 | 43 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|------------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 900 | 320 | 35 | 12.5 | 1 | 120 | 2860 | 97 | 5 | 14 | 50 |
| Cheese | 80 | 50 | 6 | 3.5 | 0 | 20 | 120 | 1 | 0 | 0 | 7 |
| Dressing | 80 | 60 | 7 | 1 | 0 | 5 | 490 | 3 | 1 | 1 | 1 |
| Total | 1060 | 430 | 48 | 17 | 1 | 145 | 3470 | 101 | 6 | 15 | 58 |

*Base represents product before adding cheese and dressing

DELI STYLE SUBS

Served on your choice of Artisan bread; Italian White, Artisan Wheat, Rosemary Parmesan, or Roasted Garlic Focaccia

| Classic Italian Capicola, genoa salami, ham, pepperoni, all-natural mozzarella, black olives, iceberg lettuce, tomatoes, onions, Red Wine Vinaigrette | | | | | | | | | | | |
|--|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 410 | 155 | 17 | 5.5 | 0.5 | 50 | 1260 | 43 | 3 | 7 | 20 |
| Cheese | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Dressing | 90 | 80 | 9 | 1.5 | 0 | 0 | 220 | 2 | 0 | 1 | 0 |
| Total | 540 | 260 | 29 | 9 | 0.5 | 60 | 1540 | 45 | 3 | 8 | 24 |

| regular | | | | | | | | | | | |
|----------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 640 | 230 | 25.5 | 8.0 | 1 | 75 | 1950 | 68 | 5 | 10 | 32 |

| | | | | | | | | | | | |
|--------------|------------|------------|-----------|-----------|----------|-----------|-------------|-----------|----------|-----------|-----------|
| Cheese | 60 | 40 | 4.5 | 2.5 | 0 | 15 | 90 | 1 | 0 | 0 | 5 |
| Dressing | 150 | 140 | 15 | 2.5 | 0 | 0 | 360 | 3 | 0 | 2 | 0 |
| Total | 850 | 410 | 45 | 13 | 1 | 90 | 2400 | 72 | 5 | 12 | 37 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 860 | 310 | 34 | 11 | 1 | 105 | 2630 | 94 | 6 | 13 | 43 |
| Cheese | 80 | 50 | 6 | 3.5 | 0 | 20 | 120 | 1 | 0 | 0 | 7 |
| Dressing | 210 | 190 | 21 | 3.5 | 0 | 0 | 510 | 4 | 0 | 3 | 0 |
| Total | 1150 | 550 | 61 | 18 | 1 | 125 | 3260 | 99 | 6 | 16 | 50 |

*Base represents product before adding cheese and dressing

Turkey Bacon Guacamole Turkey, bacon, guacamole, all-natural mozzarella, iceberg lettuce, tomatoes, onions, Buttermilk Ranch Dressing

| small | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 410 | 135 | 15 | 3.5 | 0 | 45 | 1120 | 48 | 4 | 7 | 24 |
| Cheese | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Dressing | 90 | 80 | 9 | 1.5 | 0 | 5 | 150 | 1 | 0 | 1 | 0 |
| Total | 540 | 240 | 27 | 7 | 0 | 60 | 1330 | 49 | 4 | 8 | 28 |

| regular | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 650 | 210 | 22.5 | 6.0 | 0.5 | 70 | 1730 | 74 | 7 | 12 | 37 |
| Cheese | 60 | 40 | 4.5 | 2.5 | 0 | 15 | 90 | 1 | 0 | 0 | 5 |
| Dressing | 140 | 130 | 15 | 2.5 | 0 | 10 | 250 | 2 | 0 | 1 | 0 |
| Total | 850 | 380 | 42 | 11 | 0.5 | 95 | 2070 | 77 | 7 | 13 | 42 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|------------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 880 | 280 | 31 | 8.5 | 1 | 90 | 2330 | 102 | 9 | 16 | 49 |
| Cheese | 80 | 50 | 6 | 3.5 | 0 | 20 | 120 | 1 | 0 | 0 | 7 |
| Dressing | 200 | 180 | 20 | 3 | 0 | 15 | 350 | 3 | 0 | 2 | 1 |
| Total | 1160 | 510 | 57 | 15 | 1 | 125 | 2800 | 106 | 9 | 18 | 57 |

*Base represents product before adding cheese and dressing

The Traditional Roast beef, turkey breast, ham, all-natural cheddar, black olives, iceberg lettuce, tomatoes, onions, Buttermilk Ranch Dressing

| small | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 300 | 60 | 6.5 | 1.5 | 0 | 35 | 960 | 44 | 3 | 6 | 20 |
| Cheese | 60 | 40 | 4.5 | 3 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| Dressing | 90 | 80 | 9 | 1.5 | 0 | 5 | 150 | 1 | 0 | 1 | 0 |
| Total | 450 | 180 | 20 | 6 | 0 | 55 | 1200 | 45 | 3 | 7 | 24 |

*Base represents product before adding cheese and dressing

| regular | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 490 | 100 | 10 | 2.0 | 0 | 55 | 1500 | 70 | 5 | 10 | 31 |
| Cheese | 90 | 60 | 7 | 4.5 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| Dressing | 140 | 130 | 15 | 2.5 | 0 | 10 | 250 | 2 | 0 | 1 | 0 |
| Total | 720 | 290 | 32 | 9 | 0 | 85 | 1880 | 72 | 5 | 11 | 36 |

| large | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 670 | 130 | 15 | 4 | 0 | 70 | 2030 | 96 | 6 | 13 | 41 |
| Cheese | 110 | 80 | 9 | 6 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| Dressing | 200 | 180 | 20 | 3 | 0 | 15 | 350 | 3 | 0 | 2 | 1 |
| Total | 980 | 390 | 44 | 13 | 0 | 115 | 2560 | 99 | 6 | 15 | 49 |

Ultimate Turkey Club Turkey breast, bacon, all-natural cheddar, lettuce, tomatoes, mayo

| small | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 360 | 95 | 10.5 | 3 | 0 | 50 | 1020 | 43 | 3 | 6 | 23 |
| Cheese | 60 | 40 | 4.5 | 3 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| Dressing | 50 | 45 | 5 | 1 | 0 | 5 | 200 | 2 | 0 | 1 | 0 |
| Total | 470 | 180 | 20 | 7 | 0 | 70 | 1310 | 45 | 3 | 7 | 27 |

| regular | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 550 | 140 | 15 | 4 | 0 | 70 | 1570 | 68 | 4 | 10 | 36 |
| Cheese | 90 | 60 | 7 | 4.5 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| Dressing | 90 | 80 | 9 | 1.5 | 0 | 10 | 340 | 3 | 0 | 1 | 0 |
| Total | 730 | 280 | 31 | 10 | 0 | 100 | 2040 | 71 | 4 | 11 | 41 |

| large | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 750 | 190 | 21 | 6 | 0 | 90 | 2120 | 94 | 5 | 14 | 48 |
| Cheese | 110 | 80 | 9 | 6 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| Dressing | 130 | 110 | 12 | 2 | 0 | 15 | 480 | 4 | 0 | 2 | 0 |
| Total | 990 | 380 | 42 | 14 | 0 | 135 | 2780 | 98 | 5 | 16 | 55 |

*Base represents product before adding cheese and dressing

Meatball Italian Meatballs, All-natural mozzarella, 3-cheese blend, Rich Marinara

| small | | | | | | | | | | | |
|-------|--|--|--|--|--|--|--|--|--|--|--|
|-------|--|--|--|--|--|--|--|--|--|--|--|

| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| Base* | 525 | 270 | 30 | 9.5 | 0.5 | 65 | 1225 | 48 | 5 | 6 | 18 |
| Cheese | 65 | 40 | 5 | 4 | 0 | 15 | 125 | 0 | 0 | 0 | 6 |
| Total | 590 | 310 | 35 | 13 | 0.5 | 80 | 1350 | 48 | 5 | 6 | 24 |

| regular | | | | | | | | | | | |
|---------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 840 | 435 | 47.5 | 17.0 | 1 | 105 | 1945 | 75 | 8 | 9 | 30 |
| Cheese | 110 | 75 | 8.5 | 5.0 | 0 | 20 | 215 | 2 | 0 | 0 | 9 |
| Total | 950 | 510 | 56 | 22 | 1 | 125 | 2160 | 77 | 8 | 9 | 39 |

| large | | | | | | | | | | | |
|--------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 1090 | 550 | 60 | 20.5 | 1.5 | 130 | 2530 | 102 | 11 | 12 | 39 |
| Cheese | 160 | 100 | 12 | 7.5 | 0 | 30 | 310 | 2 | 0 | 0 | 13 |
| Total | 1250 | 650 | 72 | 28 | 1.5 | 160 | 2840 | 104 | 11 | 12 | 52 |

*Base represents product before adding cheese and dressing

| Honey Bacon Club Turkey breast, Black Forest ham, smoky bacon, all-natural Swiss, iceberg lettuce, tomatoes, onions, Honey-French small | | | | | | | | | | | |
|---|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 330 | 80 | 9 | 3.5 | 0 | 40 | 1250 | 42 | 3 | 8 | 22 |
| Cheese | 50 | 35 | 4 | 0.5 | 0 | 5 | 10 | 1 | 0 | 0 | 4 |
| Dressing | 100 | 70 | 8 | 1 | 0 | 0 | 170 | 8 | 0 | 7 | 0 |
| Total | 480 | 185 | 21 | 5 | 0 | 45 | 1430 | 51 | 3 | 15 | 26 |

| regular | | | | | | | | | | | |
|----------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 520 | 130 | 14 | 5 | 0 | 65 | 2000 | 67 | 6 | 12 | 34 |
| Cheese | 80 | 50 | 6 | 1 | 0 | 5 | 15 | 1 | 0 | 0 | 6 |
| Dressing | 170 | 110 | 13 | 2 | 0 | 0 | 290 | 14 | 0 | 12 | 0 |
| Total | 770 | 290 | 33 | 8 | 0.5 | 70 | 2300 | 81 | 6 | 25 | 40 |

| large | | | | | | | | | | | |
|----------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 740 | 180 | 20 | 8 | 0 | 90 | 2920 | 93 | 8 | 17 | 49 |
| Cheese | 110 | 70 | 8 | 1.5 | 0 | 5 | 15 | 2 | 0 | 0 | 8 |
| Dressing | 230 | 160 | 18 | 2.5 | 0 | 0 | 400 | 19 | 0 | 17 | 0 |
| Total | 1080 | 410 | 46 | 12 | 1 | 95 | 3335 | 114 | 8 | 34 | 57 |

*Base represents product before adding cheese and dressing

ALL-NATURAL CHICKEN SUBS

Served on your choice of Artisan bread; Italian White, Artisan Wheat, Rosemary Parmesan, Roasted Garlic Focaccia or Onion Ciabatta

| Mesquite Chicken All-Natural Chicken, smoky bacon, all-natural cheddar, tomatoes, iceberg lettuce, onions, Buttermilk Ranch Dressing small | | | | | | | | | | | |
|--|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 360 | 90 | 10.5 | 6.5 | 0 | 15 | 920 | 44 | 3 | 5 | 26 |
| Cheese | 60 | 40 | 4.5 | 3 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| Dressing | 90 | 80 | 9 | 1.5 | 0 | 5 | 150 | 1 | 0 | 1 | 0 |
| Total | 510 | 210 | 24 | 11 | 0 | 35 | 1160 | 45 | 3 | 6 | 30 |

| regular | | | | | | | | | | | |
|----------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 620 | 150 | 16 | 12 | 0 | 20 | 1600 | 70 | 5 | 9 | 49 |
| Cheese | 90 | 60 | 7 | 4.5 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| Dressing | 140 | 130 | 15 | 2.5 | 0 | 10 | 250 | 2 | 0 | 1 | 0 |
| Total | 850 | 340 | 38 | 19 | 0 | 50 | 1980 | 72 | 5 | 10 | 54 |

| large | | | | | | | | | | | |
|----------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 880 | 210 | 24 | 18 | 0 | 25 | 2270 | 96 | 7 | 11 | 69 |
| Cheese | 110 | 80 | 9 | 6 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| Dressing | 200 | 180 | 20 | 3 | 0 | 15 | 350 | 3 | 0 | 2 | 1 |
| Total | 1190 | 470 | 53 | 27 | 0 | 70 | 2800 | 99 | 7 | 13 | 77 |

*Base represents product before adding cheese and dressing

| Chicken Carbonara All-Natural Chicken, smoky bacon, all-natural mozzarella, sauteed mushrooms, Parmesan Alfredo Sauce small | | | | | | | | | | | |
|---|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 380 | 105 | 12 | 7 | 0 | 10 | 920 | 41 | 2 | 4 | 26 |
| Cheese | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Dressing | 130 | 110 | 12 | 2 | 0 | 15 | 230 | 2 | 0 | 1 | 1 |
| Total | 550 | 240 | 27 | 11 | 0 | 35 | 1210 | 43 | 2 | 5 | 31 |

| regular | | | | | | | | | | | |
|----------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 640 | 180 | 19.5 | 13 | 0 | 15 | 1600 | 65 | 4 | 7 | 48 |
| Cheese | 60 | 40 | 4.5 | 2.5 | 0 | 15 | 90 | 1 | 0 | 0 | 5 |
| Dressing | 220 | 180 | 20 | 3.5 | 0.5 | 25 | 380 | 3 | 0 | 2 | 2 |
| Total | 920 | 400 | 44 | 19 | 0.5 | 55 | 2070 | 69 | 4 | 9 | 55 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 890 | 250 | 27 | 18.5 | 0 | 20 | 2270 | 90 | 5 | 9 | 69 |
| Cheese | 80 | 50 | 6 | 3.5 | 0 | 20 | 120 | 1 | 0 | 0 | 7 |
| Dressing | 310 | 250 | 28 | 5 | 1 | 35 | 530 | 4 | 0 | 3 | 3 |
| Total | 1280 | 550 | 61 | 27 | 1 | 75 | 2920 | 95 | 5 | 12 | 79 |

*Base represents product before adding cheese and dressing

| Pestos | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 300 | 45 | 4.5 | 5 | 0 | 0 | 735 | 43 | 3 | 4 | 22 |
| Cheese | 65 | 40 | 5 | 3.5 | 0 | 15 | 125 | 0 | 0 | 0 | 6 |
| Dressing | 85 | 75 | 8.5 | 0.5 | 0 | 0 | 200 | 1 | 0 | 1 | 0 |
| Total | 450 | 160 | 18 | 9 | 0 | 15 | 1060 | 44 | 3 | 5 | 28 |

| regular | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 530 | 85 | 8.5 | 10.5 | 0 | 5 | 1305 | 67 | 4 | 7 | 41 |
| Cheese | 110 | 75 | 8.5 | 5 | 0.5 | 20 | 215 | 2 | 0 | 0 | 9 |
| Dressing | 130 | 120 | 14 | 1.5 | 0 | 0 | 340 | 2 | 0 | 1 | 2 |
| Total | 770 | 280 | 31 | 17 | 0.5 | 25 | 1860 | 71 | 4 | 8 | 52 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 730 | 120 | 12 | 15 | 0 | 0 | 1890 | 93 | 6 | 10 | 60 |
| Cheese | 160 | 100 | 12 | 7.5 | 0.75 | 30 | 310 | 2 | 0 | 0 | 13 |
| Dressing | 190 | 170 | 19 | 2.5 | 0.25 | 0 | 470 | 3 | 0 | 1 | 2 |
| Total | 1080 | 390 | 43 | 25 | 1 | 30 | 2670 | 98 | 6 | 11 | 75 |

*Base represents product before adding cheese and dressing

| Baja Chicken All-Natural Chicken, smoky bacon, all-natural cheddar, onions, Baja Sauce, Chipotle Mayo | | | | | | | | | | | |
|---|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 365 | 90 | 10.5 | 7 | 0 | 10 | 930 | 42 | 2 | 5 | 26 |
| Cheese | 60 | 40 | 4.5 | 3 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| Dressing | 165 | 130 | 14 | 2 | 0 | 10 | 560 | 9 | 0 | 7 | 0 |
| Total | 590 | 260 | 29 | 12 | 0 | 35 | 1580 | 51 | 2 | 12 | 30 |

| regular | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 600 | 150 | 16 | 13 | 0 | 20 | 1600 | 67 | 4 | 7 | 48 |
| Cheese | 90 | 60 | 7 | 4.5 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| Dressing | 280 | 210 | 24 | 3.5 | 0 | 15 | 940 | 15 | 0 | 13 | 0 |
| Total | 970 | 420 | 47 | 21 | 0 | 55 | 2670 | 82 | 4 | 20 | 53 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|------------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 850 | 200 | 23 | 19 | 0.5 | 25 | 2270 | 92 | 5 | 9 | 68 |
| Cheese | 110 | 80 | 9 | 6 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| Dressing | 390 | 300 | 33 | 5 | 0 | 25 | 1320 | 21 | 0 | 18 | 1 |
| Total | 1350 | 580 | 65 | 30 | 0.5 | 80 | 3770 | 113 | 5 | 27 | 76 |

*Base represents product before adding cheese and dressing

| California Chicken Club All-Natural Chicken, smoky bacon, all-natural cheddar, tomatoes, guacamole, seasonal lettuce blend, mayo | | | | | | | | | | | |
|--|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 420 | 145 | 15.5 | 7 | 0 | 15 | 1030 | 45 | 4 | 5 | 27 |
| Cheese | 60 | 40 | 4.5 | 3 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| Dressing | 50 | 45 | 5 | 1 | 0 | 5 | 200 | 2 | 0 | 1 | 0 |
| Total | 530 | 230 | 25 | 11 | 0 | 35 | 1320 | 47 | 4 | 6 | 31 |

| regular | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 690 | 220 | 24 | 14 | 0 | 20 | 1760 | 72 | 6 | 8 | 49 |
| Cheese | 90 | 60 | 7 | 4.5 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| Dressing | 90 | 80 | 9 | 1.5 | 0 | 10 | 340 | 3 | 0 | 1 | 0 |
| Total | 870 | 360 | 40 | 20 | 0 | 50 | 2230 | 75 | 6 | 9 | 54 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|------------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 970 | 300 | 33 | 20 | 0 | 25 | 2480 | 100 | 9 | 11 | 70 |
| Cheese | 110 | 80 | 9 | 6 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| Dressing | 130 | 110 | 12 | 2 | 0 | 15 | 480 | 4 | 0 | 2 | 0 |
| Total | 1210 | 490 | 54 | 28 | 0 | 70 | 3140 | 104 | 9 | 13 | 77 |

*Base represents product before adding cheese and dressing

SAVORY STEAK SUBS

Served on your choice of Artisan bread; Italian White, Artisan Wheat, Rosemary Parmesan or Roasted Garlic Focaccia

| Peppercorn Prime Rib Prime rib, all-natural mozzarella, sauteed onions, Mild Peppercorn Sauce | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|--|
| small | | | | | | | | | | | |

| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| Base* | 360 | 95 | 11 | 3 | 0 | 45 | 1070 | 43 | 2 | 4 | 21 |
| Cheese | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Dressing | 120 | 110 | 12 | 2 | 0 | 10 | 210 | 2 | 0 | 1 | 1 |
| Total | 520 | 230 | 26 | 7 | 0 | 65 | 1340 | 45 | 2 | 5 | 26 |

| regular | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 560 | 150 | 17.5 | 5 | 0.5 | 65 | 1660 | 68 | 3 | 7 | 34 |
| Cheese | 60 | 40 | 4.5 | 2.5 | 0 | 15 | 90 | 1 | 0 | 0 | 5 |
| Dressing | 190 | 180 | 20 | 3.5 | 0 | 15 | 340 | 3 | 0 | 1 | 1 |
| Total | 810 | 370 | 42 | 11 | 0.5 | 95 | 2090 | 72 | 3 | 8 | 40 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 760 | 210 | 23 | 6.5 | 1 | 90 | 2240 | 94 | 5 | 9 | 44 |
| Cheese | 80 | 50 | 6 | 3.5 | 0 | 20 | 120 | 1 | 0 | 0 | 7 |
| Dressing | 270 | 250 | 28 | 5 | 0 | 20 | 480 | 4 | 0 | 2 | 2 |
| Total | 1110 | 510 | 57 | 15 | 1 | 130 | 2840 | 99 | 5 | 11 | 53 |

*Base represents product before adding cheese and dressing

| Double Cheese Prime Rib Prime rib, double all-natural Swiss, sauteed onions, mayo | | | | | | | | | | | |
|---|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 360 | 105 | 12 | 2.5 | 0 | 50 | 1235 | 43 | 2 | 4 | 21 |
| Cheese | 110 | 70 | 8 | 1.5 | 0 | 5 | 15 | 2 | 0 | 0 | 8 |
| Dressing | 50 | 45 | 5 | 1 | 0 | 5 | 200 | 2 | 0 | 1 | 0 |
| Total | 520 | 220 | 25 | 5 | 0 | 60 | 1450 | 47 | 2 | 5 | 29 |

| regular | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 560 | 150 | 17 | 4.5 | 0.5 | 70 | 1875 | 70 | 3 | 7 | 34 |
| Cheese | 160 | 110 | 12 | 2 | 0 | 10 | 25 | 2 | 0 | 0 | 11 |
| Dressing | 90 | 80 | 9 | 1.5 | 0 | 10 | 340 | 3 | 0 | 1 | 0 |
| Total | 810 | 340 | 38 | 8 | 0.5 | 90 | 2240 | 75 | 3 | 8 | 45 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|------------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 760 | 210 | 24 | 6 | 0.5 | 90 | 2525 | 95 | 4 | 9 | 45 |
| Cheese | 220 | 140 | 16 | 3 | 0 | 15 | 35 | 3 | 0 | 0 | 15 |
| Dressing | 130 | 110 | 12 | 2 | 0 | 15 | 480 | 4 | 0 | 2 | 0 |
| Total | 1110 | 460 | 52 | 11 | 0.5 | 120 | 3040 | 102 | 4 | 11 | 60 |

*Base represents product before adding cheese and dressing

| Black Angus on Rosemary Parmesan Black Angus steak, all-natural mozzarella & cheddar, sauteed mushrooms & onions, Honey | | | | | | | | | | | |
|---|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 355 | 110 | 12 | 3 | 0 | 45 | 1080 | 43 | 2 | 5 | 21 |
| Cheese | 100 | 65 | 7.5 | 5 | 0 | 25 | 150 | 0 | 0 | 0 | 8 |
| Dressing | 45 | 5 | 0.5 | 0 | 0 | 0 | 170 | 9 | 0 | 8 | 0 |
| Total | 500 | 180 | 20 | 8 | 0 | 70 | 1400 | 52 | 2 | 13 | 29 |

| regular | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 545 | 160 | 17.5 | 5 | 0 | 70 | 1660 | 68 | 3 | 6 | 34 |
| Cheese | 150 | 100 | 11.5 | 7 | 0 | 35 | 220 | 1 | 0 | 0 | 10 |
| Dressing | 75 | 10 | 1 | 0 | 0 | 0 | 280 | 15 | 0 | 14 | 0 |
| Total | 770 | 270 | 30 | 12 | 0 | 105 | 2160 | 84 | 3 | 20 | 44 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|------------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 765 | 215 | 24.5 | 6.5 | 0 | 90 | 2230 | 93 | 5 | 9 | 46 |
| Cheese | 190 | 130 | 15 | 9.5 | 0 | 50 | 300 | 1 | 0 | 0 | 14 |
| Dressing | 95 | 15 | 1.5 | 0 | 0 | 0 | 390 | 21 | 0 | 19 | 0 |
| Total | 1050 | 360 | 41 | 16 | 0 | 140 | 2920 | 115 | 5 | 28 | 60 |

*Base represents product before adding cheese and dressing

| French Dip Prime rib, all-natural mozzarella, roasted bell peppers & onions, mild peppercorn sauce, with a side of Au Jus | | | | | | | | | | | |
|---|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 350 | 105 | 12 | 2.5 | 0 | 45 | 1080 | 43 | 2 | 4 | 21 |
| Au Jus | 20 | 0 | 0 | 0 | 0 | 0 | 850 | 3 | 0 | 1 | 1 |
| Cheese | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Dressing | 150 | 140 | 15 | 2.5 | 0 | 15 | 170 | 2 | 0 | 1 | 0 |
| Total | 560 | 270 | 30 | 7 | 0 | 70 | 2160 | 48 | 2 | 6 | 26 |

| regular | | | | | | | | | | | |
|---------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 560 | 160 | 17.5 | 4.5 | 0.5 | 65 | 1660 | 67 | 4 | 7 | 33 |
| Au Jus | 20 | 0 | 0 | 0 | 0 | 0 | 850 | 3 | 0 | 1 | 1 |
| Cheese | 60 | 40 | 4.5 | 2.5 | 0 | 15 | 90 | 1 | 0 | 0 | 5 |

| | | | | | | | | | | | |
|--------------|------------|------------|-----------|-----------|------------|------------|-------------|-----------|----------|----------|-----------|
| Dressing | 240 | 230 | 26 | 4 | 0 | 25 | 290 | 3 | 0 | 1 | 1 |
| Total | 880 | 430 | 48 | 11 | 0.5 | 105 | 2890 | 74 | 4 | 9 | 40 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|------------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 760 | 220 | 24 | 6.5 | 0.5 | 90 | 2240 | 93 | 5 | 9 | 44 |
| Au Jus | 20 | 0 | 0 | 0 | 0 | 0 | 850 | 3 | 0 | 1 | 1 |
| Cheese | 80 | 50 | 6 | 3.5 | 0 | 20 | 120 | 1 | 0 | 0 | 7 |
| Dressing | 340 | 320 | 36 | 6 | 0.5 | 35 | 400 | 4 | 0 | 2 | 1 |
| Total | 1200 | 590 | 66 | 16 | 1 | 145 | 3610 | 101 | 5 | 12 | 53 |

*Base represents product before adding cheese and dressing

| Prime Rib Philly Prime rib, sauteed mushrooms & onions, bell peppers, Philly Cheese Sauce | | | | | | | | | | | |
|---|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 380 | 120 | 13 | 3 | 0 | 45 | 1080 | 43 | 2 | 4 | 21 |
| Cheese Sauce | 180 | 130 | 15 | 6 | 0 | 25 | 980 | 7 | 0 | 5 | 5 |
| Total | 560 | 250 | 28 | 9 | 0 | 70 | 2060 | 50 | 2 | 9 | 26 |

| regular | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 590 | 180 | 21 | 5 | 0 | 70 | 1660 | 68 | 4 | 6 | 33 |
| Cheese Sauce | 300 | 220 | 24 | 10 | 0.5 | 40 | 1630 | 12 | 0 | 8 | 8 |
| Total | 890 | 400 | 45 | 15 | 0.5 | 110 | 3290 | 80 | 4 | 14 | 41 |

| large | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 690 | 200 | 23 | 1 | 0.5 | 70 | 560 | 82 | 4 | 0 | 42 |
| Cheese Sauce | 420 | 310 | 34 | 14 | 0.5 | 60 | 2280 | 17 | 1 | 11 | 11 |
| Total | 1110 | 510 | 57 | 15 | 1 | 130 | 2840 | 99 | 5 | 11 | 53 |

*Base represents product before adding cheese and dressing

CREATE YOUR OWN SUBS

| Create Your Own -- Pick Your Artisan Bread | | | | | | | | | | | |
|--|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Italian White | 200 | 25 | 3 | 1.5 | 0 | 0 | 380 | 36 | 1 | 3 | 7 |
| Artisan Wheat | 190 | 25 | 2.5 | 0 | 0 | 0 | 410 | 35 | 2 | 5 | 7 |
| Rosemary Parmesan | 190 | 25 | 3 | 1 | 0 | 0 | 370 | 33 | 1 | 2 | 7 |
| Roasted Garlic Focaccia | 210 | 30 | 3.5 | 0.5 | 0 | 0 | 390 | 38 | 1 | 3 | 7 |

| regular | | | | | | | | | | | |
|-------------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Italian White | 310 | 40 | 4.5 | 2 | 0 | 0 | 600 | 57 | 2 | 4 | 11 |
| Artisan Wheat | 290 | 35 | 4 | 0.5 | 0 | 0 | 640 | 55 | 3 | 8 | 11 |
| Rosemary Parmesan | 290 | 40 | 4.5 | 1.5 | 0 | 5 | 580 | 53 | 2 | 4 | 11 |
| Roasted Garlic Focaccia | 330 | 45 | 5 | 1 | 0 | 0 | 620 | 61 | 2 | 5 | 11 |

| large | | | | | | | | | | | |
|-------------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Italian White | 430 | 60 | 6 | 3 | 0 | 0 | 840 | 79 | 3 | 6 | 15 |
| Artisan Wheat | 410 | 50 | 5 | 1 | 0 | 0 | 900 | 76 | 4 | 11 | 15 |
| Rosemary Parmesan | 410 | 50 | 6 | 2 | 0 | 5 | 810 | 73 | 3 | 5 | 16 |
| Roasted Garlic Focaccia | 450 | 60 | 7 | 1.5 | 0 | 0 | 850 | 84 | 3 | 7 | 15 |

| Create Your Own -- Pick Your Dressing | | | | | | | | | | | |
|---------------------------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Mayo | 50 | 45 | 5 | 1 | 0 | 5 | 200 | 2 | 0 | 1 | 0 |
| Yellow Mustard | 15 | 10 | 1 | 0 | 0 | 0 | 220 | 1 | 1 | 0 | 1 |

| | | | | | | | | | | | |
|----------------------|-----|-----|----|-----|---|----|-----|---|---|---|---|
| Chipotle Mayo | 130 | 130 | 14 | 2 | 0 | 10 | 210 | 1 | 0 | 0 | 0 |
| Stone-Ground Mustard | 70 | 60 | 6 | 1 | 0 | 5 | 340 | 2 | 0 | 1 | 1 |
| Buttermilk Ranch | 90 | 80 | 9 | 1.5 | 0 | 5 | 150 | 1 | 0 | 1 | 0 |
| Red Wine Vinaigrette | 90 | 80 | 9 | 1.5 | 0 | 0 | 220 | 2 | 0 | 1 | 0 |
| Honey-Dijon | 110 | 90 | 10 | 1.5 | 0 | 10 | 125 | 4 | 0 | 4 | 0 |
| Fat-Free Balsamic | 30 | 0 | 0 | 0 | 0 | 0 | 190 | 8 | 0 | 5 | 0 |

| regular | | | | | | | | | | | |
|----------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Mayo | 90 | 80 | 9 | 1.5 | 0 | 10 | 340 | 3 | 0 | 1 | 0 |
| Yellow Mustard | 25 | 15 | 1.5 | 0 | 0 | 0 | 360 | 2 | 1 | 0 | 1 |
| Chipotle Mayo | 220 | 210 | 24 | 3.5 | 0 | 15 | 350 | 1 | 0 | 1 | 0 |
| Stone-Ground Mustard | 120 | 90 | 11 | 1.5 | 0 | 5 | 560 | 4 | 1 | 2 | 1 |
| Buttermilk Ranch | 140 | 130 | 15 | 2.5 | 0 | 10 | 250 | 2 | 0 | 1 | 0 |
| Red Wine Vinaigrette | 150 | 140 | 15 | 2.5 | 0 | 0 | 360 | 3 | 0 | 2 | 0 |
| Honey-Dijon | 180 | 150 | 17 | 2.5 | 0 | 15 | 210 | 7 | 0 | 6 | 0 |
| Fat-Free Balsamic | 50 | 0 | 0 | 0 | 0 | 0 | 310 | 13 | 0 | 8 | 0 |

| large | | | | | | | | | | | |
|----------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Mayo | 130 | 110 | 12 | 2 | 0 | 15 | 480 | 4 | 0 | 2 | 0 |
| Yellow Mustard | 35 | 20 | 2 | 0 | 0 | 0 | 500 | 3 | 2 | 0 | 2 |
| Chipotle Mayo | 310 | 300 | 33 | 5 | 0 | 25 | 500 | 2 | 0 | 1 | 1 |
| Stone-Ground Mustard | 160 | 130 | 15 | 2 | 0 | 10 | 790 | 5 | 1 | 3 | 2 |
| Buttermilk Ranch | 200 | 180 | 20 | 3 | 0 | 15 | 350 | 3 | 0 | 2 | 1 |
| Red Wine Vinaigrette | 210 | 190 | 21 | 3.5 | 0 | 0 | 510 | 4 | 0 | 3 | 0 |
| Honey-Dijon | 250 | 210 | 23 | 3.5 | 0 | 20 | 290 | 10 | 0 | 9 | 1 |
| Fat-Free Balsamic | 70 | 0 | 0 | 0 | 0 | 0 | 440 | 19 | 0 | 11 | 0 |

| Create Your Own -- Pick Your Meat | | | | | | | | | | | |
|-----------------------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Turkey Breast | 70 | 15 | 1.5 | 0.5 | 0 | 35 | 440 | 2 | 0 | 2 | 12 |
| Roast Beef | 80 | 30 | 3 | 1.5 | 0 | 40 | 570 | 2 | 0 | 0 | 12 |
| Ham | 80 | 15 | 1.5 | 0.5 | 0 | 35 | 490 | 2 | 0 | 2 | 13 |
| Tuna Salad | 140 | 60 | 7 | 1 | 0 | 20 | 400 | 3 | 0 | 1 | 16 |
| Bacon | 60 | 45 | 5 | 2 | 0 | 10 | 190 | 0 | 0 | 0 | 4 |

| regular | | | | | | | | | | | |
|---------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Turkey Breast | 110 | 20 | 2.5 | 1 | 0 | 50 | 660 | 3 | 0 | 2 | 17 |
| Roast Beef | 130 | 40 | 4.5 | 2 | 0 | 55 | 850 | 3 | 0 | 0 | 18 |
| Ham | 120 | 25 | 2.5 | 1 | 0 | 55 | 740 | 3 | 0 | 3 | 20 |
| Tuna Salad | 200 | 90 | 10 | 1.5 | 0 | 30 | 590 | 5 | 0 | 1 | 24 |
| Bacon | 100 | 70 | 7 | 2.5 | 0 | 20 | 290 | 0 | 0 | 1 | 7 |

| large | | | | | | | | | | | |
|---------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Turkey Breast | 140 | 30 | 3 | 1 | 0 | 70 | 880 | 4 | 0 | 3 | 23 |
| Roast Beef | 170 | 60 | 6 | 3 | 0 | 75 | 1140 | 4 | 0 | 0 | 24 |
| Ham | 160 | 30 | 3.5 | 1 | 0 | 70 | 990 | 4 | 0 | 4 | 27 |
| Tuna Salad | 270 | 120 | 13 | 2 | 0 | 40 | 790 | 6 | 0 | 2 | 32 |
| Bacon | 130 | 90 | 10 | 3.5 | 0 | 25 | 390 | 0 | 0 | 1 | 9 |

| Create Your Own -- Pick Your Cheese | | | | | | | | | | | |
|-------------------------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Mozzarella | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Cheddar | 60 | 40 | 4.5 | 3 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| Swiss | 50 | 35 | 4 | 0.5 | 0 | 5 | 10 | 1 | 0 | 0 | 4 |
| Blue Cheese | 35 | 25 | 2.5 | 1.5 | 0 | 10 | 125 | 0 | 0 | 0 | 2 |
| 3-Cheese Blend | 25 | 20 | 2 | 1 | 0 | 5 | 95 | 0 | 0 | 0 | 2 |

| regular | | | | | | | | | | | |
|----------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Mozzarella | 60 | 40 | 4.5 | 2.5 | 0 | 15 | 90 | 1 | 0 | 0 | 5 |
| Cheddar | 90 | 60 | 7 | 4.5 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| Swiss | 80 | 50 | 6 | 1 | 0 | 5 | 15 | 1 | 0 | 0 | 6 |
| Blue Cheese | 70 | 50 | 5 | 3 | 0 | 20 | 250 | 0 | 0 | 0 | 4 |
| 3-Cheese Blend | 50 | 40 | 4 | 2 | 0 | 10 | 190 | 0 | 0 | 0 | 4 |

| large | | | | | | | | | | | |
|----------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Mozzarella | 80 | 50 | 6 | 3.5 | 0 | 20 | 120 | 1 | 0 | 0 | 7 |
| Cheddar | 110 | 80 | 9 | 6 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| Swiss | 110 | 70 | 8 | 1.5 | 0 | 5 | 15 | 2 | 0 | 0 | 8 |
| Blue Cheese | 105 | 75 | 7.5 | 4.5 | 0 | 30 | 375 | 0 | 0 | 0 | 6 |
| 3-Cheese Blend | 75 | 60 | 6 | 3 | 0 | 15 | 285 | 0 | 0 | 0 | 6 |

| Create Your Own -- Pick Your Veggies | | | | | | | | | | | |
|--------------------------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Sauteed Green Peppers | 20 | 20 | 2.5 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Sauteed Mushrooms | 20 | 20 | 2.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sauteed Onions | 25 | 20 | 2.5 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 |
| Guacamole | 60 | 45 | 5 | 1 | 0 | 0 | 105 | 3 | 2 | 0 | 1 |
| Tomatoes | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 |
| Red Onions | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Black Olives | 10 | 10 | 1 | 0 | 0 | 0 | 75 | 0 | 0 | 0 | 0 |
| Mushrooms | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cucumbers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Green Bell Peppers | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Banana Peppers | 5 | 0 | 0 | 0 | 0 | 0 | 280 | 1 | 0 | 0 | 0 |
| Jalapenos | 0 | 0 | 0 | 0 | 0 | 0 | 160 | 0 | 0 | 0 | 0 |
| Pickles | 0 | 0 | 0 | 0 | 0 | 0 | 160 | 0 | 0 | 0 | 0 |
| Lettuce | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Seasonal Lettuce Blend | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

| regular | | | | | | | | | | | |
|-----------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Sauteed Green Peppers | 35 | 30 | 3.5 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Sauteed Mushrooms | 35 | 30 | 3.5 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 |
| Sauteed Onions | 35 | 30 | 3.5 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 |
| Guacamole | 90 | 70 | 8 | 1.5 | 0 | 0 | 150 | 5 | 2 | 1 | 1 |
| Tomatoes | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 2 | 1 |
| Onions | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 |
| Black Olives | 15 | 15 | 1.5 | 0 | 0 | 0 | 125 | 0 | 0 | 0 | 0 |
| Mushrooms | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 |

| | | | | | | | | | | | |
|------------------------|---|---|---|---|---|---|-----|---|---|---|---|
| Cucumbers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Green Bell Peppers | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 |
| Banana Peppers | 5 | 0 | 0 | 0 | 0 | 0 | 450 | 1 | 1 | 0 | 0 |
| Jalapenos | 5 | 0 | 0 | 0 | 0 | 0 | 260 | 1 | 0 | 0 | 0 |
| Pickles | 5 | 0 | 0 | 0 | 0 | 0 | 250 | 1 | 0 | 0 | 0 |
| Lettuce | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 |
| Seasonal Lettuce Blend | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

| large | | | | | | | | | | | |
|------------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Sauteed Green Peppers | 45 | 40 | 4.5 | 0.5 | 0 | 0 | 0 | 1 | 0 | 1 | 0 |
| Sauteed Mushrooms | 45 | 40 | 4.5 | 0.5 | 0 | 0 | 0 | 1 | 0 | 0 | 1 |
| Sauteed Onions | 50 | 40 | 4.5 | 0.5 | 0 | 0 | 0 | 2 | 0 | 1 | 0 |
| Guacamole | 110 | 90 | 10 | 1.5 | 0 | 0 | 210 | 6 | 3 | 1 | 1 |
| Tomatoes | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 1 | 2 | 1 |
| Onions | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 |
| Black Olives | 20 | 20 | 2 | 0 | 0 | 0 | 170 | 0 | 0 | 0 | 0 |
| Mushrooms | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 |
| Cucumbers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Green Bell Peppers | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 |
| Banana Peppers | 5 | 0 | 0 | 0 | 0 | 0 | 620 | 1 | 1 | 0 | 0 |
| Jalapenos | 5 | 0 | 0 | 0 | 0 | 0 | 360 | 1 | 0 | 1 | 0 |
| Pickles | 5 | 0 | 0 | 0 | 0 | 0 | 350 | 1 | 0 | 0 | 0 |
| Lettuce | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 1 | 1 |
| Seasonal Lettuce Blend | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

GRILLED FLATBREADS

| Little Italy Pepperoni, capicola, ham, Genoa salami, all-natural mozzarella, seasonal lettuce blend, Red Wine Vinaigrette | | | | | | | | | | | |
|---|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 350 | 145 | 16 | 5.5 | 0.5 | 50 | 1240 | 31 | 2 | 5 | 18 |
| Cheese | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Dressing | 90 | 80 | 9 | 1.5 | 0 | 0 | 220 | 2 | 0 | 1 | 0 |
| Total | 480 | 250 | 28 | 9 | 0.5 | 60 | 1520 | 33 | 2 | 6 | 22 |

| large | | | | | | | | | | | |
|----------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 580 | 230 | 25.5 | 8 | 1 | 80 | 1950 | 54 | 3 | 8 | 30 |
| Cheese | 60 | 40 | 4.5 | 2.5 | 0 | 15 | 90 | 1 | 0 | 0 | 5 |
| Dressing | 150 | 140 | 15 | 2.5 | 0 | 0 | 360 | 3 | 0 | 2 | 0 |
| Total | 790 | 410 | 45 | 13 | 1 | 95 | 2400 | 58 | 3 | 10 | 35 |

*Base represents product before adding cheese and dressing

| Basil Pesto Chicken All-natural Chicken, all-natural mozzarella, tomatoes, seasonal lettuce blend, Basil Pesto | | | | | | | | | | | |
|--|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 260 | 55 | 5 | 5 | 0 | 0 | 780 | 32 | 3 | 5 | 19 |
| Cheese | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Dressing | 80 | 70 | 8 | 1 | 0 | 0 | 180 | 1 | 0 | 0 | 1 |
| Total | 380 | 150 | 16 | 8 | 0 | 10 | 1020 | 33 | 3 | 5 | 24 |

| large | | | | | | | | | | | |
|----------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 490 | 90 | 10.5 | 10 | 0 | 0 | 1430 | 57 | 4 | 8 | 40 |
| Cheese | 60 | 40 | 4.5 | 2.5 | 0 | 15 | 90 | 1 | 0 | 0 | 5 |
| Dressing | 130 | 120 | 13 | 1.5 | 0 | 5 | 300 | 2 | 1 | 0 | 1 |
| Total | 680 | 250 | 28 | 14 | 0 | 15 | 1820 | 60 | 5 | 8 | 46 |

*Base represents product before adding cheese and dressing

| Greek Chicken All-natural chicken, all-natural mozzarella, cucumbers, black olives, tomatoes, banana pepper rings, seasonal lettuce blend, | | | | | | | | | | | |
|--|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 280 | 65 | 6 | 5 | 0 | 0 | 1140 | 33 | 3 | 5 | 20 |
| Cheese | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Dressing | 110 | 100 | 12 | 2 | 0 | 10 | 140 | 1 | 0 | 0 | 1 |
| Total | 430 | 190 | 21 | 9 | 0 | 20 | 1340 | 34 | 3 | 5 | 25 |

| large | | | | | | | | | | | |
|----------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 510 | 110 | 12.5 | 11 | 0 | 0 | 1880 | 58 | 5 | 8 | 40 |
| Cheese | 60 | 40 | 4.5 | 2.5 | 0.25 | 15 | 90 | 1 | 0 | 0 | 5 |
| Dressing | 180 | 170 | 19 | 3.5 | 0.25 | 20 | 240 | 1 | 0 | 1 | 1 |
| Total | 750 | 320 | 36 | 17 | 0.5 | 35 | 2210 | 60 | 5 | 9 | 46 |

*Base represents product before adding cheese and dressing

| Chicken Bacon Ranch All-natural chicken, smoky bacon, all-natural swiss, seasonal lettuce blend, tomatoes, Buttermilk Ranch Dressing | | | | | | | | | | | |
|--|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 310 | 85 | 9 | 6 | 0 | 15 | 980 | 33 | 3 | 5 | 24 |
| Cheese | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Dressing | 110 | 100 | 11 | 2 | 0 | 5 | 170 | 1 | 0 | 1 | 0 |
| Total | 460 | 210 | 23 | 10 | 0 | 30 | 1210 | 34 | 3 | 6 | 28 |

| large | | | | | | | | | | | |
|----------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 570 | 140 | 15.5 | 12.5 | 0 | 25 | 1730 | 58 | 4 | 9 | 46 |
| Cheese | 60 | 40 | 4.5 | 2.5 | 0 | 15 | 90 | 1 | 0 | 0 | 5 |
| Dressing | 180 | 170 | 19 | 3 | 0 | 5 | 280 | 1 | 0 | 1 | 0 |
| Total | 810 | 350 | 39 | 18 | 0 | 45 | 2100 | 60 | 4 | 10 | 51 |

*Base represents product before adding cheese and dressing

| Sonoma Turkey Turkey breast, all-natural cheddar, tomatoes, seasonal lettuce blend, Chipotle Mayo | | | | | | | | | | | |
|---|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 250 | 55 | 5.5 | 1 | 0 | 35 | 880 | 33 | 2 | 6 | 17 |
| Cheese | 60 | 40 | 4.5 | 3 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| Dressing | 50 | 45 | 5 | 1 | 0 | 5 | 200 | 2 | 0 | 1 | 0 |
| Total | 360 | 140 | 15 | 5 | 0 | 55 | 1170 | 35 | 2 | 7 | 21 |

| large | | | | | | | | | | | |
|----------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 430 | 90 | 9 | 2 | 0 | 55 | 1410 | 58 | 4 | 11 | 28 |
| Cheese | 90 | 60 | 7 | 4.5 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| Dressing | 90 | 80 | 9 | 1.5 | 0 | 10 | 340 | 3 | 0 | 1 | 0 |
| Total | 610 | 230 | 25 | 8 | 0 | 85 | 1880 | 61 | 4 | 12 | 33 |

*Base represents product before adding cheese and dressing

FRESH FARMERS MARKET SALADS

Served on a seasonal lettuce blend

| Harvest Chicken Honey-Dijon chicken salad, Granny Smith apples, grapes, dried cranberries, cucumbers, tomatoes, pumpkin seeds, Acai | | | | | | | | | | | |
|---|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Salad* | 130 | 40 | 4 | 1.5 | 0 | 0 | 140 | 19 | 3 | 15 | 5 |
| Acai Vinaigrette | 130 | 90 | 10 | 1.5 | 0 | 0 | 250 | 9 | 0 | 8 | 0 |
| Total | 260 | 130 | 14 | 3 | 0 | 0 | 390 | 28 | 3 | 23 | 5 |

| large | | | | | | | | | | | |
|------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Salad* | 250 | 80 | 9 | 3 | 0 | 0 | 300 | 38 | 6 | 30 | 8 |
| Acai Vinaigrette | 260 | 180 | 20 | 3 | 0 | 0 | 490 | 18 | 0 | 16 | 1 |
| Total | 510 | 260 | 29 | 6 | 0 | 0 | 790 | 56 | 6 | 46 | 9 |

| wrap | | | | | | | | | | | |
|------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Wrap** | 560 | 150 | 17 | 7 | 0 | 0 | 1030 | 91 | 8 | 33 | 16 |
| Acai Vinaigrette | 260 | 180 | 20 | 3 | 0 | 0 | 490 | 18 | 0 | 16 | 1 |
| Total | 820 | 330 | 37 | 10 | 0 | 0 | 1520 | 109 | 8 | 49 | 17 |

*Salad represents product before adding dressing **Wrap represents product before adding dressing

| Honey Mustard Chicken All-natural chicken, smoky bacon, all-natural cheddar, tomatoes, Honey Mustard Dressing | | | | | | | | | | | |
|---|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Salad* | 110 | 40 | 5 | 4.5 | 0 | 10 | 330 | 4 | 1 | 1 | 13 |
| Honey Mustard | 250 | 210 | 23 | 3.5 | 0 | 20 | 290 | 10 | 0 | 9 | 1 |
| Total | 360 | 250 | 28 | 8 | 0 | 30 | 620 | 14 | 1 | 10 | 14 |

| large | | | | | | | | | | | |
|---------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Salad* | 220 | 80 | 10 | 10 | 0 | 20 | 650 | 6 | 3 | 3 | 27 |
| Honey Mustard | 500 | 420 | 46 | 7 | 1 | 35 | 580 | 21 | 0 | 17 | 1 |
| Total | 720 | 500 | 56 | 17 | 1 | 55 | 1230 | 27 | 3 | 20 | 28 |

| wrap | | | | | | | | | | | |
|---------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Wrap** | 530 | 150 | 18 | 14 | 0 | 20 | 1380 | 59 | 5 | 6 | 35 |
| Honey Mustard | 500 | 420 | 46 | 7 | 1 | 35 | 580 | 21 | 0 | 17 | 1 |
| Total | 1030 | 570 | 64 | 21 | 1 | 55 | 1960 | 80 | 5 | 23 | 36 |

*Salad represents product before adding dressing **Wrap represents product before adding dressing

| Cobb All-natural chicken, smoky bacon, hard-boiled egg, tomatoes, blue cheese crumbles, Buttermilk Ranch Dressing | | | | | | | | | | | |
|---|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Salad* | 110 | 50 | 6 | 5 | 0 | 25 | 390 | 4 | 2 | 1 | 12 |
| Ranch | 200 | 180 | 20 | 3 | 0 | 15 | 350 | 3 | 0 | 2 | 1 |
| Total | 310 | 230 | 26 | 8 | 0 | 40 | 740 | 7 | 2 | 3 | 13 |

| large | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Salad* | 220 | 100 | 11 | 9 | 0.5 | 50 | 800 | 7 | 2 | 3 | 25 |
| Ranch | 400 | 370 | 41 | 6 | 0.5 | 30 | 690 | 6 | 1 | 4 | 1 |
| Total | 620 | 470 | 52 | 15 | 1 | 80 | 1490 | 13 | 3 | 7 | 26 |

| wrap | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Wrap** | 530 | 170 | 19 | 14 | 0.5 | 50 | 1530 | 60 | 4 | 6 | 33 |
| Ranch | 400 | 370 | 41 | 6 | 0.5 | 30 | 690 | 6 | 1 | 4 | 1 |
| Total | 930 | 540 | 60 | 20 | 1 | 80 | 2220 | 66 | 5 | 10 | 34 |

*Salad represents product before adding dressing **Wrap represents product before adding dressing

| Peppercorn Caesar with Chicken All-natural chicken, Italian 3-cheese blend, tomatoes, Peppercorn Caesar Dressing | | | | | | | | | | | |
|--|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Salad* | 100 | 30 | 3 | 4 | 0.5 | 5 | 330 | 3 | 2 | 1 | 14 |
| Caesar | 270 | 250 | 28 | 5 | 0 | 20 | 480 | 4 | 0 | 2 | 2 |
| Total | 370 | 280 | 31 | 9 | 0.5 | 25 | 810 | 7 | 2 | 3 | 16 |

| large | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Salad* | 200 | 60 | 7 | 9 | 0 | 5 | 650 | 8 | 2 | 2 | 28 |
| Caesar | 540 | 500 | 55 | 10 | 1 | 40 | 970 | 7 | 1 | 4 | 4 |
| Total | 740 | 560 | 62 | 19 | 1 | 45 | 1620 | 15 | 3 | 6 | 32 |

| wrap | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Wrap** | 510 | 130 | 15 | 13 | 0 | 5 | 1380 | 61 | 4 | 5 | 36 |
| Caesar | 540 | 500 | 55 | 10 | 1 | 40 | 970 | 7 | 1 | 4 | 4 |
| Total | 1050 | 630 | 70 | 23 | 1 | 45 | 2350 | 68 | 5 | 9 | 40 |

*Salad represents product before adding dressing **Wrap represents product before adding dressing

| Mediterranean Chicken All-natural chicken, Italian 3-cheese blend, garbanzo beans, cucumbers, black olives, tomatoes, banana pepper | | | | | | | | | | | |
|---|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| small | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Salad* | 130 | 40 | 5 | 5 | 0 | 0 | 570 | 8 | 2 | 1 | 15 |
| Tzatziki | 260 | 240 | 27 | 5 | 0.5 | 30 | 330 | 1 | 0 | 1 | 2 |
| Total | 390 | 280 | 32 | 10 | 0.5 | 30 | 900 | 9 | 2 | 2 | 17 |

| large | | | | | | | | | | | |
|--------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Salad* | 260 | 80 | 9 | 9 | 0 | 10 | 1130 | 15 | 5 | 3 | 30 |
| Tzatziki | 510 | 490 | 54 | 10 | 1 | 55 | 660 | 3 | 0 | 2 | 3 |
| Total | 770 | 570 | 63 | 19 | 1 | 65 | 1790 | 18 | 5 | 5 | 33 |

| wrap | | | | | | | | | | | |
|--------------|-------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Wrap** | 570 | 150 | 17 | 14 | 0 | 10 | 1860 | 68 | 7 | 6 | 38 |
| Tzatziki | 510 | 490 | 54 | 10 | 1 | 55 | 660 | 3 | 0 | 2 | 3 |
| Total | 1080 | 640 | 71 | 24 | 1 | 65 | 2520 | 71 | 7 | 8 | 41 |

*Salad represents product before adding dressing **Wrap represents product before adding dressing

SUB SLIDERS

2 Per Order, Mix & Match. Nutritionals for one sandwich shown here

| Meatball Italian Meatballs, all-natural mozzarella, Italian 3-cheese blend, Rich Marinara | | | | | | | | | | | |
|---|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 340 | 175 | 19.5 | 8 | 0 | 45 | 770 | 28 | 3 | 5 | 13 |
| Cheese | 20 | 15 | 1.5 | 1 | 0 | 5 | 30 | 0 | 0 | 0 | 2 |
| Total | 360 | 190 | 21 | 9 | 0 | 50 | 800 | 28 | 3 | 5 | 15 |

*Base represents product before adding cheese and dressing

| Smoky Chipotle Turkey Turkey breast, all-natural cheddar, pickled jalapeno, seasonal lettuce blend, Chipotle Mayo | | | | | | | | | | | |
|---|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 150 | 30 | 2.5 | 1.5 | 0 | 20 | 540 | 24 | 1 | 5 | 10 |
| Cheese | 30 | 20 | 2.5 | 1.5 | 0 | 5 | 45 | 0 | 0 | 0 | 2 |

| | | | | | | | | | | | |
|--------------|------------|------------|-----------|----------|----------|-----------|------------|-----------|----------|----------|-----------|
| Dressing | 70 | 60 | 7 | 1 | 0 | 5 | 105 | 0 | 0 | 0 | 0 |
| Total | 250 | 110 | 12 | 4 | 0 | 30 | 690 | 24 | 1 | 5 | 12 |

*Base represents product before adding cheese and dressing

| Turkey Club Turkey breast, bacon, all-natural cheddar, seasonal lettuce blend, mayo | | | | | | | | | | | |
|--|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 195 | 45 | 5 | 2.5 | 0 | 25 | 535 | 24 | 1 | 5 | 12 |
| Cheese | 30 | 20 | 2.5 | 1.5 | 0 | 5 | 45 | 0 | 0 | 0 | 2 |
| Dressing | 25 | 25 | 2.5 | 0 | 0 | 5 | 100 | 1 | 0 | 0 | 0 |
| Total | 250 | 90 | 10 | 4 | 0 | 35 | 680 | 25 | 1 | 5 | 14 |

*Base represents product before adding cheese and dressing

| Beef, Bacon and Cheddar Roast beef, bacon, all-natural cheddar, pickles, mayo, Stone-Ground Mustard | | | | | | | | | | | |
|--|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 200 | 55 | 5.5 | 3 | 0 | 30 | 700 | 24 | 1 | 5 | 12 |
| Cheese | 30 | 20 | 2.5 | 1.5 | 0 | 5 | 45 | 0 | 0 | 0 | 2 |
| Dressing | 30 | 25 | 3 | 0 | 0 | 0 | 135 | 1 | 0 | 0 | 0 |
| Total | 260 | 100 | 11 | 4.5 | 0 | 35 | 880 | 25 | 1 | 5 | 14 |

*Base represents product before adding cheese and dressing

| BLT Classic Bacon, iceberg lettuce, tomatoes, mayo | | | | | | | | | | | |
|---|------------|--------------|----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Base* | 195 | 65 | 6.5 | 3 | 0 | 10 | 420 | 23 | 1 | 5 | 9 |
| Dressing | 25 | 25 | 2.5 | 0 | 0 | 5 | 100 | 1 | 0 | 0 | 0 |
| Total | 220 | 90 | 9 | 3 | 0 | 15 | 520 | 24 | 1 | 5 | 9 |

*Base represents product before adding cheese and dressing

SAVORY SOUPS

Broccoli Cheese

| small bowl | | | | | | | | | | | |
|-------------------|------------|--------------|----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Soup | 155 | 75 | 8.5 | 4.5 | 0 | 25 | 1535 | 13 | 1 | 2 | 7 |
| 2 Crackers | 25 | 5 | 0.5 | 0 | 0 | 0 | 75 | 4 | 0 | 0 | 0 |
| Total | 180 | 80 | 9 | 4.5 | 0 | 25 | 1610 | 17 | 1 | 2 | 7 |

| large bowl | | | | | | | | | | | |
|-------------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Soup | 245 | 125 | 13.5 | 7 | 0.5 | 35 | 2385 | 20 | 2 | 4 | 11 |
| 2 Crackers | 25 | 5 | 0.5 | 0 | 0 | 0 | 75 | 4 | 0 | 0 | 0 |
| Total | 270 | 130 | 14 | 7 | 0.5 | 35 | 2460 | 24 | 2 | 4 | 11 |

| bread bowl | | | | | | | | | | | |
|-------------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|------------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Total | 740 | 200 | 22 | 10 | 0 | 45 | 2520 | 106 | 5 | 5 | 32 |

Chicken Noodle

| small bowl | | | | | | | | | | | |
|-------------------|------------|--------------|------------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Soup | 115 | 35 | 4 | 1 | 0 | 25 | 1465 | 15 | 1 | 2 | 7 |
| 2 Crackers | 25 | 5 | 0.5 | 0 | 0 | 0 | 75 | 4 | 0 | 0 | 0 |
| Total | 140 | 40 | 4.5 | 1 | 0 | 25 | 1540 | 19 | 1 | 2 | 7 |

| large bowl | | | | | | | | | | | |
|-------------------|------------|--------------|----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Soup | 185 | 55 | 6.5 | 1.5 | 0 | 35 | 2275 | 22 | 1 | 3 | 10 |
| 2 Crackers | 25 | 5 | 0.5 | 0 | 0 | 0 | 75 | 4 | 0 | 0 | 0 |
| Total | 210 | 60 | 7 | 1.5 | 0 | 35 | 2350 | 26 | 1 | 3 | 10 |

Chili

| small bowl | | | | | | | | | | | |
|-------------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Soup | 255 | 95 | 10.5 | 3 | 0 | 70 | 985 | 23 | 5 | 7 | 15 |
| 2 Crackers | 25 | 5 | 0.5 | 0 | 0 | 0 | 75 | 4 | 0 | 0 | 0 |
| Total | 280 | 100 | 11 | 3 | 0 | 70 | 1060 | 27 | 5 | 7 | 15 |

| large bowl | | | | | | | | | | | |
|-------------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Soup | 405 | 145 | 16.5 | 4.5 | 0 | 115 | 1525 | 36 | 8 | 11 | 23 |
| 2 Crackers | 25 | 5 | 0.5 | 0 | 0 | 0 | 75 | 4 | 0 | 0 | 0 |
| Total | 430 | 150 | 17 | 4.5 | 0 | 115 | 1600 | 40 | 8 | 11 | 23 |

| bread bowl | | | | | | | | | | | |
|-------------------|------------|--------------|-----------|-------------------|--------------------|------------------|-------------|------------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Total | 840 | 210 | 24 | 8 | 0 | 85 | 2030 | 115 | 9 | 9 | 39 |

Desserts

| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
|--|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|

| | | | | | | | | | | | |
|------------------------|---|---|---|---|---|---|-----|-----|---|---|---|
| Cucumbers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Green Bell Peppers | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0.5 | 0 | 0 | 0 |
| Banana Peppers | 5 | 0 | 0 | 0 | 0 | 0 | 140 | 0.5 | 0 | 0 | 0 |
| Jalapenos | 0 | 0 | 0 | 0 | 0 | 0 | 80 | 0 | 0 | 0 | 0 |
| Pickles | 0 | 0 | 0 | 0 | 0 | 0 | 80 | 0 | 0 | 0 | 0 |
| Lettuce | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0.5 | 0 | 0 | 0 |
| Seasonal Lettuce Blend | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Flatbread Foldables

| Marinara Melt Marinara, mozzarella | | | | | | | | | | | |
|------------------------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Total | 260 | 90 | 10 | 4.5 | 0 | 20 | 500 | 31 | 1 | 5 | 12 |

| Triple Play Cheese Melt Mozzarella, Cheddar, Swiss | | | | | | | | | | | |
|--|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Total | 260 | 100 | 11 | 4.5 | 0 | 20 | 400 | 29 | 1 | 3 | 12 |

| Create Your Own Flatbread | | | | | | | | | | | |
|---------------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| flatbread | | | | | | | | | | | |
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| | 160 | 35 | 3.5 | 0.5 | 0 | 0 | 290 | 28 | 1 | 3 | 5 |

| pick your dressing | | | | | | | | | | | |
|----------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Mayo | 50 | 45 | 5 | 1 | 0 | 5 | 200 | 2 | 0 | 1 | 0 |
| Yellow Mustard | 15 | 10 | 1 | 0 | 0 | 0 | 220 | 1 | 1 | 0 | 1 |
| Chipotle Mayo | 130 | 130 | 14 | 2 | 0 | 10 | 210 | 1 | 0 | 0 | 0 |
| Stone-Ground Mustard | 70 | 60 | 6 | 1 | 0 | 5 | 340 | 2 | 0 | 1 | 1 |
| Buttermilk Ranch | 90 | 80 | 9 | 1.5 | 0 | 5 | 150 | 1 | 0 | 1 | 0 |
| Red Wine Vinaigrette | 90 | 80 | 9 | 1.5 | 0 | 0 | 220 | 2 | 0 | 1 | 0 |
| Honey-Dijon | 110 | 90 | 10 | 1.5 | 0 | 10 | 125 | 4 | 0 | 4 | 0 |
| Fat-Free Balsamic | 30 | 0 | 0 | 0 | 0 | 0 | 190 | 8 | 0 | 5 | 0 |

| pick your meat | | | | | | | | | | | |
|----------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Turkey Breast | 70 | 15 | 1.5 | 0.5 | 0 | 35 | 440 | 2 | 0 | 2 | 12 |
| Roast Beef | 80 | 30 | 3 | 1.5 | 0 | 40 | 570 | 2 | 0 | 0 | 12 |
| Ham | 80 | 15 | 1.5 | 0.5 | 0 | 35 | 490 | 2 | 0 | 2 | 13 |
| Tuna Salad | 140 | 60 | 7 | 1 | 0 | 20 | 400 | 3 | 0 | 1 | 16 |
| Bacon | 60 | 45 | 5 | 2 | 0 | 10 | 190 | 0 | 0 | 0 | 4 |

| pick your cheese | | | | | | | | | | | |
|------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Mozzarella | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Cheddar | 60 | 40 | 4.5 | 3 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| Swiss | 50 | 35 | 4 | 0.5 | 0 | 5 | 10 | 1 | 0 | 0 | 4 |
| Blue Cheese | 35 | 25 | 2.5 | 1.5 | 0 | 10 | 125 | 0 | 0 | 0 | 2 |
| 3-Cheese Blend | 25 | 20 | 2 | 1 | 0 | 5 | 95 | 0 | 0 | 0 | 2 |

| pick your veggies | | | | | | | | | | | |
|-----------------------|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Sauteed Green Peppers | 20 | 20 | 2.5 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Sauteed Mushrooms | 20 | 20 | 2.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sauteed Onions | 25 | 20 | 2.5 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 |
| Guacamole | 60 | 45 | 5 | 1 | 0 | 0 | 105 | 3 | 2 | 0 | 1 |
| Tomatoes | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 |
| Onions | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Black Olives | 10 | 10 | 1 | 0 | 0 | 0 | 75 | 0 | 0 | 0 | 0 |

| | | | | | | | | | | | |
|------------------------|---|---|---|---|---|---|-----|---|---|---|---|
| Mushrooms | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cucumbers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Green Bell Peppers | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Banana Peppers | 5 | 0 | 0 | 0 | 0 | 0 | 280 | 1 | 0 | 0 | 0 |
| Jalapenos | 0 | 0 | 0 | 0 | 0 | 0 | 160 | 0 | 0 | 0 | 0 |
| Pickles | 0 | 0 | 0 | 0 | 0 | 0 | 160 | 0 | 0 | 0 | 0 |
| Lettuce | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Seasonal Lettuce Blend | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Small Fountain Drink

| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-----|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| Min | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Max | 230 | 0 | 0 | 0 | 0 | 0 | 15 | 57 | 0 | 57 | 0 |

Qkidz Cookie

| | Calories | Fat Calories | Fat (g) | Saturated Fat (g) | Total TransFat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|----------|--------------|---------|-------------------|--------------------|------------------|-------------|-----------|-------------------|------------|-------------|
| | 190 | 80 | 9 | 5 | 0 | 25 | 80 | 26 | 1 | 9 | 2 |