

QUIZNOS NUTRITION INFORMATION 2010

EVERYDAY VALUE DELI SUBS

Oven Roasted Turkey and Cheddar

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 250 | 40 | 4.5 | 1.5 | 0 | 0 | 0 | 20 | 920 | 38 | 2 | 4 | 15 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| DRESSING | 160 | 150 | 17 | 2.5 | 0 | 0 | 0 | 20 | 100 | 0 | 0 | 0 | 0 |
| TOTAL | 470 | 230 | 26 | 7 | 0 | 0 | 0 | 55 | 1110 | 38 | 2 | 4 | 19 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 420 | 70 | 8 | 2.5 | 0 | 0 | 0 | 40 | 1680 | 62 | 4 | 7 | 27 |
| CHEESE | 90 | 60 | 7 | 4.5 | 0 | 0 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| DRESSING | 260 | 260 | 29 | 4.5 | 0 | 0 | 0 | 35 | 170 | 1 | 0 | 1 | 1 |
| TOTAL | 770 | 390 | 44 | 11.5 | 0 | 0 | 0 | 95 | 1980 | 63 | 4 | 8 | 33 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 590 | 100 | 11 | 3.5 | 0 | 0 | 0 | 55 | 2450 | 86 | 5 | 10 | 39 |
| CHEESE | 110 | 80 | 9 | 6 | 0 | 0 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| DRESSING | 370 | 360 | 40 | 6 | 0 | 0.5 | 0.5 | 50 | 230 | 1 | 0 | 1 | 1 |
| TOTAL | 1070 | 540 | 60 | 15.5 | 0 | 0.5 | 0.5 | 135 | 2860 | 87 | 5 | 11 | 47 |

Honey-Cured Ham & Swiss

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 250 | 40 | 4.5 | 1.5 | 0 | 0 | 0 | 20 | 840 | 37 | 3 | 5 | 16 |
| CHEESE | 50 | 35 | 4 | 0.5 | 0 | 0 | 0 | 5 | 10 | 1 | 0 | 0 | 4 |
| DRESSING | 160 | 150 | 17 | 2.5 | 0 | 0 | 0 | 20 | 100 | 0 | 0 | 0 | 0 |
| TOTAL | 460 | 225 | 25.5 | 4.5 | 0 | 0 | 0 | 45 | 950 | 38 | 3 | 5 | 20 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 430 | 80 | 9 | 3 | 0 | 0 | 0 | 50 | 1900 | 61 | 3 | 10 | 30 |
| CHEESE | 80 | 50 | 6 | 1 | 0 | 0 | 0 | 5 | 15 | 1 | 0 | 0 | 6 |
| DRESSING | 260 | 260 | 29 | 4.5 | 0 | 0 | 0 | 35 | 170 | 1 | 0 | 1 | 1 |
| TOTAL | 770 | 390 | 44 | 8.5 | 0 | 0 | 0 | 90 | 2085 | 63 | 3 | 11 | 37 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 600 | 100 | 11 | 4 | 0 | 0 | 0 | 60 | 2240 | 83 | 6 | 13 | 42 |
| CHEESE | 110 | 70 | 8 | 1.5 | 0 | 0 | 0 | 5 | 15 | 2 | 0 | 0 | 8 |
| DRESSING | 370 | 360 | 40 | 6 | 0 | 0.5 | 0.5 | 50 | 230 | 1 | 0 | 1 | 1 |
| TOTAL | 1080 | 530 | 59 | 11.5 | 0 | 0.5 | 0.5 | 115 | 2485 | 86 | 6 | 14 | 51 |

Roast Beef & Cheddar

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 250 | 35 | 4 | 1.5 | 0 | 0 | 0 | 20 | 920 | 38 | 2 | 5 | 16 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| DRESSING | 160 | 150 | 17 | 2.5 | 0 | 0 | 0 | 20 | 100 | 0 | 0 | 0 | 0 |
| TOTAL | 470 | 225 | 25.5 | 7 | 0 | 0 | 0 | 55 | 1110 | 38 | 2 | 5 | 20 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 430 | 60 | 7 | 2.5 | 0 | 0 | 0 | 40 | 1690 | 63 | 3 | 9 | 29 |
| CHEESE | 90 | 60 | 7 | 4.5 | 0 | 0 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| DRESSING | 260 | 260 | 29 | 4.5 | 0 | 0 | 0 | 35 | 170 | 1 | 0 | 1 | 1 |
| TOTAL | 780 | 380 | 43 | 11.5 | 0 | 0 | 0 | 95 | 1990 | 64 | 3 | 10 | 35 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 600 | 90 | 10 | 3.5 | 0 | 0 | 0 | 60 | 2450 | 88 | 5 | 12 | 42 |
| CHEESE | 110 | 80 | 9 | 6 | 0 | 0 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| DRESSING | 370 | 360 | 40 | 6 | 0 | 0.5 | 0.5 | 50 | 230 | 1 | 0 | 1 | 1 |
| TOTAL | 1080 | 530 | 59 | 15.5 | 0 | 0.5 | 0.5 | 140 | 2860 | 89 | 5 | 13 | 50 |

Tuna Melt

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 530 | 310 | 35 | 6 | 0 | 0 | 0 | 50 | 660 | 36 | 2 | 4 | 18 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| DRESSING | 160 | 150 | 17 | 2.5 | 0 | 0 | 0 | 20 | 100 | 0 | 0 | 0 | 0 |
| TOTAL | 750 | 500 | 56.5 | 11.5 | 0 | 0 | 0 | 85 | 850 | 36 | 2 | 4 | 22 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 870 | 520 | 58 | 10 | 0 | 0 | 0 | 85 | 1070 | 59 | 3 | 7 | 30 |
| CHEESE | 90 | 60 | 7 | 4.5 | 0 | 0 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| DRESSING | 260 | 260 | 29 | 4.5 | 0 | 0 | 0 | 35 | 170 | 1 | 0 | 1 | 1 |
| TOTAL | 1220 | 840 | 94 | 19 | 0 | 0 | 0 | 140 | 1370 | 60 | 3 | 8 | 36 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 1260 | 770 | 86 | 15 | 0 | 1.5 | 1.5 | 130 | 1530 | 81 | 5 | 9 | 43 |
| CHEESE | 110 | 80 | 9 | 6 | 0 | 0 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| DRESSING | 370 | 360 | 40 | 6 | 0 | 0.5 | 0.5 | 50 | 230 | 1 | 0 | 1 | 1 |
| TOTAL | 1740 | 1210 | 135 | 27 | 0 | 2 | 2 | 210 | 1940 | 82 | 5 | 10 | 51 |

CLASSIC SUBS

Honey Bourbon Chicken

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 260 | 40 | 4.5 | 2 | 0 | 0 | 0 | 25 | 630 | 36 | 2 | 4 | 16 |
| DRESSING | 40 | 5 | 0.5 | 0 | 0 | 0 | 0 | 0 | 160 | 9 | 0 | 8 | 0 |
| TOTAL | 300 | 45 | 5 | 2 | 0 | 0 | 0 | 25 | 790 | 45 | 2 | 12 | 16 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 440 | 70 | 7 | 3.5 | 0 | 0 | 0 | 45 | 1110 | 59 | 4 | 6 | 28 |
| DRESSING | 70 | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 270 | 14 | 0 | 13 | 0 |
| TOTAL | 510 | 80 | 8 | 3.5 | 0 | 0 | 0 | 45 | 1380 | 73 | 4 | 19 | 28 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 630 | 100 | 11 | 5 | 0 | 0 | 0 | 65 | 1590 | 81 | 5 | 9 | 41 |
| DRESSING | 100 | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 380 | 20 | 0 | 19 | 1 |
| TOTAL | 730 | 110 | 12 | 5 | 0 | 0 | 0 | 65 | 1970 | 101 | 5 | 28 | 42 |

Classic Italian

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 360 | 150 | 16 | 7 | 0 | 0 | 0 | 45 | 1120 | 37 | 2 | 4 | 17 |
| CHEESE | 45 | 30 | 3.5 | 2 | 0 | 0 | 0 | 15 | 60 | 0 | 0 | 0 | 3 |
| DRESSING | 90 | 80 | 9 | 1.5 | 0 | 0 | 0 | 0 | 260 | 2 | 0 | 1 | 0 |
| TOTAL | 495 | 260 | 28.5 | 10.5 | 0 | 0 | 0 | 60 | 1440 | 39 | 2 | 5 | 20 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 640 | 280 | 31 | 14 | 0 | 0 | 0 | 90 | 2130 | 60 | 4 | 7 | 32 |
| CHEESE | 70 | 45 | 5 | 3.5 | 0 | 0 | 0 | 20 | 90 | 1 | 0 | 0 | 5 |
| DRESSING | 150 | 140 | 15 | 2.5 | 0 | 0 | 0 | 0 | 430 | 3 | 0 | 2 | 0 |
| TOTAL | 860 | 465 | 51 | 20 | 0 | 0 | 0 | 110 | 2650 | 64 | 4 | 9 | 37 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 850 | 360 | 40 | 18 | 0 | 1 | 1 | 110 | 2730 | 83 | 6 | 10 | 42 |
| CHEESE | 90 | 60 | 7 | 4.5 | 0 | 0 | 0 | 25 | 120 | 1 | 0 | 0 | 6 |
| DRESSING | 210 | 190 | 21 | 3.5 | 0 | 0 | 0 | 0 | 600 | 4 | 0 | 3 | 0 |
| TOTAL | 1150 | 610 | 68 | 26 | 0 | 1 | 1 | 135 | 3450 | 88 | 6 | 13 | 48 |

Turkey Ranch & Swiss

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 250 | 40 | 4.5 | 1.5 | 0 | 0 | 0 | 20 | 920 | 39 | 2 | 5 | 15 |
| CHEESE | 50 | 35 | 4 | 0.5 | 0 | 0 | 0 | 5 | 10 | 1 | 0 | 0 | 4 |
| DRESSING | 90 | 80 | 9 | 1.5 | 0 | 0 | 0 | 5 | 150 | 1 | 0 | 1 | 0 |
| TOTAL | 390 | 155 | 17.5 | 3.5 | 0 | 0 | 0 | 30 | 1080 | 41 | 2 | 6 | 19 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 430 | 70 | 8 | 2.5 | 0 | 0 | 0 | 40 | 1690 | 63 | 4 | 8 | 27 |
| CHEESE | 80 | 50 | 6 | 1 | 0 | 0 | 0 | 5 | 15 | 1 | 0 | 0 | 6 |
| DRESSING | 140 | 130 | 15 | 2.5 | 0 | 0 | 0 | 10 | 250 | 2 | 0 | 1 | 0 |
| TOTAL | 650 | 250 | 29 | 6 | 0 | 0 | 0 | 55 | 1955 | 66 | 4 | 9 | 33 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 600 | 100 | 11 | 3.5 | 0 | 0 | 0 | 55 | 2450 | 88 | 6 | 11 | 39 |
| CHEESE | 110 | 70 | 8 | 1.5 | 0 | 0 | 0 | 5 | 15 | 2 | 0 | 0 | 8 |
| DRESSING | 200 | 180 | 20 | 3 | 0 | 0 | 0 | 15 | 350 | 3 | 0 | 2 | 1 |
| TOTAL | 910 | 350 | 39 | 8 | 0 | 0 | 0 | 75 | 2815 | 93 | 6 | 13 | 48 |

Classic Club

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 330 | 100 | 11 | 4 | 0 | 0 | 0 | 30 | 1070 | 37 | 2 | 5 | 20 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| DRESSING | 160 | 150 | 17 | 2.5 | 0 | 0 | 0 | 20 | 100 | 0 | 0 | 0 | 0 |
| TOTAL | 550 | 290 | 32.5 | 9.5 | 0 | 0 | 0 | 65 | 1260 | 37 | 2 | 5 | 24 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 510 | 120 | 13 | 4.5 | 0 | 0 | 0 | 65 | 2100 | 62 | 4 | 9 | 35 |
| CHEESE | 90 | 60 | 7 | 4.5 | 0 | 0 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| DRESSING | 260 | 260 | 29 | 4.5 | 0 | 0 | 0 | 35 | 170 | 1 | 0 | 1 | 1 |
| TOTAL | 860 | 440 | 49 | 13.5 | 0 | 0 | 0 | 120 | 2400 | 63 | 4 | 10 | 41 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 750 | 220 | 24 | 8 | 0 | 0 | 0 | 75 | 2720 | 85 | 6 | 13 | 49 |
| CHEESE | 110 | 80 | 9 | 6 | 0 | 0 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| DRESSING | 370 | 360 | 40 | 6 | 0 | 0.5 | 0.5 | 50 | 230 | 1 | 0 | 1 | 1 |
| TOTAL | 1230 | 660 | 73 | 20 | 0 | 0.5 | 0.5 | 155 | 3130 | 86 | 6 | 14 | 57 |

Turkey Bacon Guacamole

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 380 | 140 | 15 | 4.5 | 0 | 0 | 0 | 30 | 1260 | 39 | 4 | 6 | 20 |
| CHEESE | 45 | 30 | 3.5 | 2 | 0 | 0 | 0 | 15 | 60 | 0 | 0 | 0 | 3 |
| DRESSING | 90 | 80 | 9 | 1.5 | 0 | 0 | 0 | 5 | 150 | 1 | 0 | 1 | 0 |
| TOTAL | 515 | 250 | 27.5 | 8 | 0 | 0 | 0 | 50 | 1470 | 40 | 4 | 7 | 23 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 590 | 170 | 19 | 5 | 0 | 0 | 0 | 60 | 2230 | 64 | 7 | 10 | 35 |
| CHEESE | 70 | 45 | 5 | 3.5 | 0 | 0 | 0 | 20 | 90 | 1 | 0 | 0 | 5 |
| DRESSING | 140 | 130 | 15 | 2.5 | 0 | 0 | 0 | 10 | 250 | 2 | 0 | 1 | 0 |
| TOTAL | 800 | 345 | 39 | 11 | 0 | 0 | 0 | 90 | 2570 | 67 | 7 | 11 | 40 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 870 | 290 | 32 | 9 | 0 | 0 | 0 | 75 | 3130 | 88 | 9 | 14 | 49 |
| CHEESE | 90 | 60 | 7 | 4.5 | 0 | 0 | 0 | 25 | 120 | 1 | 0 | 0 | 6 |
| DRESSING | 200 | 180 | 20 | 3 | 0 | 0 | 0 | 15 | 350 | 3 | 0 | 2 | 1 |
| TOTAL | 1160 | 530 | 59 | 16.5 | 0 | 0 | 0 | 115 | 3600 | 92 | 9 | 16 | 56 |

The Traditional

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 260 | 50 | 5 | 1.5 | 0 | 0 | 0 | 20 | 960 | 38 | 3 | 5 | 16 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| DRESSING | 90 | 80 | 9 | 1.5 | 0 | 0 | 0 | 5 | 150 | 1 | 0 | 1 | 0 |
| TOTAL | 410 | 170 | 18.5 | 6 | 0 | 0 | 0 | 40 | 1200 | 39 | 3 | 6 | 20 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 450 | 80 | 9 | 3 | 0 | 0 | 0 | 45 | 1900 | 63 | 4 | 9 | 29 |
| CHEESE | 90 | 60 | 7 | 4.5 | 0 | 0 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| DRESSING | 140 | 130 | 15 | 2.5 | 0 | 0 | 0 | 10 | 250 | 2 | 0 | 1 | 0 |
| TOTAL | 680 | 270 | 31 | 10 | 0 | 0 | 0 | 75 | 2280 | 65 | 4 | 10 | 34 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 630 | 120 | 13 | 4 | 0 | 0 | 0 | 60 | 2530 | 87 | 6 | 13 | 42 |
| CHEESE | 110 | 80 | 9 | 6 | 0 | 0 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| DRESSING | 200 | 180 | 20 | 3 | 0 | 0 | 0 | 15 | 350 | 3 | 0 | 2 | 1 |
| TOTAL | 940 | 380 | 42 | 13 | 0 | 0 | 0 | 105 | 3060 | 90 | 6 | 15 | 50 |

Honey Bacon Club

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 310 | 70 | 8 | 2.5 | 0 | 0 | 0 | 40 | 1180 | 39 | 2 | 6 | 20 |
| CHEESE | 50 | 35 | 4 | 0.5 | 0 | 0 | 0 | 5 | 10 | 1 | 0 | 0 | 4 |
| DRESSING | 100 | 70 | 8 | 1 | 0 | 0 | 0 | 0 | 170 | 8 | 0 | 7 | 0 |
| TOTAL | 460 | 175 | 20 | 4 | 0 | 0 | 0 | 45 | 1360 | 48 | 2 | 13 | 24 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 510 | 120 | 13 | 4.5 | 0 | 0 | 0 | 65 | 2100 | 63 | 4 | 10 | 36 |
| CHEESE | 80 | 50 | 6 | 1 | 0 | 0 | 0 | 5 | 15 | 1 | 0 | 0 | 6 |
| DRESSING | 170 | 110 | 13 | 2 | 0 | 0 | 0 | 0 | 290 | 13 | 0 | 12 | 0 |
| TOTAL | 760 | 280 | 32 | 7.5 | 0 | 0 | 0 | 70 | 2405 | 77 | 4 | 22 | 36 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 710 | 170 | 18 | 6 | 0 | 0 | 0 | 95 | 3020 | 87 | 5 | 13 | 50 |
| CHEESE | 110 | 70 | 8 | 1.5 | 0 | 0 | 0 | 5 | 15 | 2 | 0 | 0 | 8 |
| DRESSING | 230 | 160 | 18 | 2.5 | 0 | 0 | 0 | 0 | 400 | 18 | 0 | 17 | 0 |
| TOTAL | 1050 | 400 | 44 | 10 | 0 | 0 | 0 | 100 | 3435 | 107 | 5 | 30 | 58 |

Veggie

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 290 | 90 | 11 | 2 | 0 | 0 | 0 | 5 | 790 | 37 | 5 | 5 | 10 |
| CHEESE | 100 | 70 | 8 | 5 | 0 | 0 | 0 | 25 | 150 | 1 | 0 | 0 | 7 |
| DRESSING | 90 | 80 | 9 | 1.5 | 0 | 0 | 0 | 0 | 260 | 2 | 0 | 1 | 0 |
| TOTAL | 480 | 240 | 28 | 8.5 | 0 | 0 | 0 | 30 | 1200 | 40 | 5 | 6 | 17 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 460 | 150 | 16 | 3.5 | 0 | 0 | 0 | 5 | 1230 | 59 | 8 | 8 | 16 |
| CHEESE | 150 | 110 | 12 | 8 | 0 | 0 | 0 | 40 | 220 | 1 | 0 | 0 | 10 |
| DRESSING | 150 | 140 | 15 | 2.5 | 0 | 0 | 0 | 0 | 430 | 3 | 0 | 2 | 0 |
| TOTAL | 760 | 400 | 43 | 14 | 0 | 0 | 0 | 45 | 1880 | 63 | 8 | 10 | 26 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SUB | 630 | 200 | 22 | 4.5 | 0 | 0 | 0 | 10 | 1670 | 82 | 10 | 11 | 22 |
| CHEESE | 200 | 150 | 16 | 10 | 0 | 0 | 0 | 55 | 290 | 1 | 0 | 0 | 13 |
| DRESSING | 210 | 190 | 21 | 3.5 | 0 | 0 | 0 | 0 | 600 | 4 | 0 | 3 | 0 |
| TOTAL | 1040 | 540 | 59 | 18 | 0 | 0 | 0 | 65 | 2560 | 87 | 10 | 14 | 35 |

SIGNATURE SUBS

Steakhouse Beef Dip

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 410 | 150 | 16 | 2 | 0 | 1 | 1 | 70 | 1610 | 38 | 2 | 4 | 28 |
| CHEESE | 50 | 35 | 4 | 0.5 | 0 | 0 | 0 | 5 | 10 | 1 | 0 | 0 | 4 |
| DRESSING | 100 | 80 | 9 | 1.5 | 0 | 0 | 0 | 5 | 190 | 2 | 0 | 1 | 1 |
| TOTAL | 560 | 265 | 29 | 4 | 0 | 1 | 1 | 80 | 1810 | 41 | 2 | 5 | 33 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 620 | 220 | 24 | 3 | 0 | 1 | 1 | 100 | 2170 | 60 | 3 | 6 | 42 |
| CHEESE | 80 | 50 | 6 | 1 | 0 | 0 | 0 | 5 | 15 | 1 | 0 | 0 | 6 |
| DRESSING | 160 | 130 | 15 | 2.5 | 0 | 0 | 0 | 10 | 320 | 4 | 0 | 2 | 1 |
| TOTAL | 860 | 400 | 45 | 6.5 | 0 | 1 | 1 | 115 | 2505 | 65 | 3 | 8 | 49 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 840 | 280 | 31 | 3.5 | 0 | 1.5 | 1.5 | 135 | 2720 | 82 | 4 | 8 | 57 |
| CHEESE | 110 | 70 | 8 | 1.5 | 0 | 0 | 0 | 5 | 15 | 2 | 0 | 0 | 8 |
| DRESSING | 220 | 190 | 21 | 3.5 | 0 | 0 | 0 | 15 | 450 | 5 | 0 | 3 | 1 |
| TOTAL | 1170 | 540 | 60 | 8.5 | 0 | 1.5 | 1.5 | 155 | 3185 | 89 | 4 | 11 | 66 |

Mesquite Chicken

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 340 | 100 | 11 | 4.5 | 0 | 0 | 0 | 30 | 810 | 36 | 2 | 4 | 20 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| DRESSING | 90 | 80 | 9 | 1.5 | 0 | 0 | 0 | 5 | 150 | 1 | 0 | 1 | 0 |
| TOTAL | 490 | 220 | 24.5 | 9 | 0 | 0 | 0 | 50 | 1050 | 37 | 2 | 5 | 24 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 560 | 150 | 17 | 7 | 0 | 0 | 0 | 60 | 1390 | 59 | 4 | 7 | 35 |
| CHEESE | 90 | 60 | 7 | 4.5 | 0 | 0 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| DRESSING | 140 | 130 | 15 | 2.5 | 0 | 0 | 0 | 10 | 250 | 2 | 0 | 1 | 0 |
| TOTAL | 790 | 340 | 39 | 14 | 0 | 0 | 0 | 90 | 1770 | 61 | 4 | 8 | 40 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 780 | 210 | 23 | 10 | 0 | 0 | 0 | 85 | 1960 | 81 | 5 | 10 | 49 |
| CHEESE | 110 | 80 | 9 | 6 | 0 | 0 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| DRESSING | 200 | 180 | 20 | 3 | 0 | 0 | 0 | 15 | 350 | 3 | 0 | 2 | 1 |
| TOTAL | 1090 | 470 | 52 | 19 | 0 | 0 | 0 | 130 | 2490 | 84 | 5 | 12 | 57 |

Honey Mustard Chicken

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 340 | 100 | 11 | 4.5 | 0 | 0 | 0 | 30 | 810 | 36 | 2 | 4 | 20 |
| CHEESE | 50 | 35 | 4 | 0.5 | 0 | 0 | 0 | 5 | 10 | 1 | 0 | 0 | 4 |
| DRESSING | 110 | 100 | 11 | 1.5 | 0 | 0 | 0 | 10 | 140 | 3 | 0 | 3 | 0 |
| TOTAL | 500 | 235 | 26 | 6.5 | 0 | 0 | 0 | 45 | 960 | 40 | 2 | 7 | 24 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 560 | 150 | 17 | 7 | 0 | 0 | 0 | 60 | 1390 | 59 | 4 | 7 | 35 |
| CHEESE | 80 | 50 | 6 | 1 | 0 | 0 | 0 | 5 | 15 | 1 | 0 | 0 | 6 |
| DRESSING | 190 | 170 | 18 | 3 | 0 | 0 | 0 | 15 | 240 | 6 | 0 | 6 | 0 |
| TOTAL | 830 | 370 | 41 | 11 | 0 | 0 | 0 | 80 | 1645 | 66 | 4 | 13 | 41 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 780 | 210 | 23 | 10 | 0 | 0 | 0 | 85 | 1960 | 81 | 5 | 10 | 49 |
| CHEESE | 110 | 70 | 8 | 1.5 | 0 | 0 | 0 | 5 | 15 | 2 | 0 | 0 | 8 |
| DRESSING | 260 | 230 | 26 | 4 | 0 | 0 | 0 | 20 | 330 | 8 | 0 | 8 | 1 |
| TOTAL | 1150 | 510 | 57 | 15.5 | 0 | 0 | 0 | 110 | 2305 | 91 | 5 | 18 | 58 |

Baja Chicken

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 330 | 100 | 11 | 4.5 | 0 | 0 | 0 | 30 | 810 | 35 | 2 | 3 | 19 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| DRESSING | 80 | 60 | 7 | 1 | 0 | 0 | 0 | 5 | 310 | 4 | 0 | 3 | 0 |
| TOTAL | 470 | 200 | 22.5 | 8.5 | 0 | 0 | 0 | 50 | 1210 | 39 | 2 | 6 | 23 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 550 | 150 | 17 | 7 | 0 | 0 | 0 | 60 | 1380 | 57 | 3 | 5 | 34 |
| CHEESE | 90 | 60 | 7 | 4.5 | 0 | 0 | 0 | 20 | 130 | 0 | 0 | 0 | 5 |
| DRESSING | 140 | 110 | 12 | 2 | 0 | 0 | 0 | 10 | 520 | 7 | 0 | 6 | 0 |
| TOTAL | 780 | 320 | 36 | 13.5 | 0 | 0 | 0 | 90 | 2030 | 64 | 3 | 11 | 39 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 760 | 210 | 23 | 10 | 0 | 0 | 0 | 85 | 1950 | 78 | 4 | 8 | 48 |
| CHEESE | 110 | 80 | 9 | 6 | 0 | 0 | 0 | 30 | 180 | 0 | 0 | 0 | 7 |
| DRESSING | 190 | 150 | 17 | 2.5 | 0 | 0 | 0 | 10 | 720 | 10 | 0 | 8 | 1 |
| TOTAL | 1060 | 440 | 49 | 18.5 | 0 | 0 | 0 | 125 | 2850 | 88 | 4 | 16 | 56 |

Prime Rib and Peppercorn

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 390 | 130 | 14 | 1 | 0 | 0.5 | 0.5 | 65 | 1020 | 39 | 2 | 5 | 27 |
| CHEESE | 45 | 30 | 3.5 | 2 | 0 | 0 | 0 | 15 | 60 | 0 | 0 | 0 | 3 |
| DRESSING | 150 | 140 | 16 | 2.5 | 0 | 0 | 0 | 15 | 200 | 2 | 0 | 1 | 0 |
| TOTAL | 585 | 300 | 33.5 | 5.5 | 0 | 0.5 | 0.5 | 95 | 1280 | 41 | 2 | 6 | 30 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 610 | 200 | 22 | 2 | 0 | 1 | 1 | 95 | 1570 | 62 | 3 | 7 | 42 |
| CHEESE | 70 | 45 | 5 | 3.5 | 0 | 0 | 0 | 20 | 90 | 1 | 0 | 0 | 5 |
| DRESSING | 250 | 240 | 26 | 4 | 0 | 0 | 0 | 25 | 350 | 3 | 0 | 2 | 1 |
| TOTAL | 930 | 485 | 53 | 9.5 | 0 | 1 | 1 | 140 | 2010 | 66 | 3 | 9 | 48 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 830 | 270 | 30 | 2.5 | 0 | 1.5 | 1.5 | 130 | 2120 | 85 | 5 | 10 | 57 |
| CHEESE | 90 | 60 | 7 | 4.5 | 0 | 0 | 0 | 25 | 120 | 1 | 0 | 0 | 6 |
| DRESSING | 350 | 330 | 36 | 6 | 0 | 0.5 | 0.5 | 35 | 460 | 4 | 0 | 1 | 1 |
| TOTAL | 1270 | 660 | 73 | 13 | 0 | 2 | 2 | 190 | 2700 | 90 | 5 | 11 | 64 |

Double Cheese Cheesesteak

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 390 | 130 | 14 | 1 | 0 | 0.5 | 0.5 | 65 | 1150 | 39 | 2 | 5 | 27 |
| CHEESE | 110 | 70 | 8 | 1.5 | 0 | 0 | 0 | 5 | 15 | 2 | 0 | 0 | 8 |
| DRESSING | 160 | 150 | 17 | 2.5 | 0 | 0 | 0 | 20 | 100 | 0 | 0 | 0 | 0 |
| TOTAL | 660 | 350 | 39 | 5 | 0 | 0.5 | 0.5 | 90 | 1265 | 41 | 2 | 5 | 35 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 610 | 200 | 22 | 2 | 0 | 1 | 1 | 95 | 1840 | 62 | 3 | 7 | 42 |
| CHEESE | 160 | 110 | 12 | 2 | 0 | 0 | 0 | 10 | 25 | 2 | 0 | 0 | 11 |
| DRESSING | 260 | 260 | 29 | 4.5 | 0 | 0 | 0 | 35 | 170 | 1 | 0 | 1 | 1 |
| TOTAL | 1030 | 570 | 63 | 8.5 | 0 | 1 | 1 | 140 | 2035 | 65 | 3 | 8 | 54 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 830 | 270 | 30 | 2.5 | 0 | 1.5 | 1.5 | 130 | 2520 | 85 | 5 | 10 | 57 |
| CHEESE | 190 | 120 | 14 | 2.5 | 0 | 0 | 0 | 10 | 30 | 3 | 0 | 0 | 13 |
| DRESSING | 370 | 360 | 40 | 6 | 0 | 0.5 | 0.5 | 50 | 230 | 1 | 0 | 1 | 1 |
| TOTAL | 1390 | 750 | 84 | 11 | 0 | 2 | 2 | 190 | 2780 | 89 | 5 | 11 | 71 |

Bourbon Grille Steak

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 390 | 130 | 14 | 1 | 0 | 0.5 | 0.5 | 65 | 1020 | 38 | 2 | 4 | 28 |
| CHEESE | 100 | 70 | 8 | 5 | 0 | 0 | 0 | 25 | 150 | 1 | 0 | 0 | 7 |
| DRESSING | 40 | 5 | 0.5 | 0 | 0 | 0 | 0 | 0 | 160 | 9 | 0 | 8 | 0 |
| TOTAL | 530 | 205 | 22.5 | 6 | 0 | 0.5 | 0.5 | 90 | 1330 | 48 | 2 | 12 | 35 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 610 | 200 | 22 | 2 | 0 | 1 | 1 | 95 | 1570 | 61 | 3 | 7 | 42 |
| CHEESE | 150 | 110 | 12 | 8 | 0 | 0 | 0 | 40 | 220 | 1 | 0 | 0 | 10 |
| DRESSING | 70 | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 270 | 14 | 0 | 13 | 0 |
| TOTAL | 830 | 320 | 35 | 10 | 0 | 1 | 1 | 135 | 2060 | 76 | 3 | 20 | 52 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 830 | 270 | 30 | 2.5 | 0 | 1.5 | 1.5 | 130 | 2120 | 83 | 5 | 9 | 57 |
| CHEESE | 200 | 150 | 16 | 10 | 0 | 0 | 0 | 55 | 290 | 1 | 0 | 0 | 13 |
| DRESSING | 100 | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 380 | 20 | 0 | 19 | 1 |
| TOTAL | 1130 | 430 | 47 | 12.5 | 0 | 1.5 | 1.5 | 185 | 2790 | 104 | 5 | 28 | 71 |

Chicken Carbonara

| SMALL | | | | | | | | | | | | | |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 330 | 100 | 11 | 4.5 | 0 | 0 | 0 | 30 | 810 | 34 | 2 | 3 | 20 |
| CHEESE | 45 | 30 | 3.5 | 2 | 0 | 0 | 0 | 15 | 60 | 0 | 0 | 0 | 3 |
| DRESSING | 130 | 110 | 12 | 2 | 0 | 0 | 0 | 15 | 230 | 2 | 0 | 2 | 1 |
| TOTAL | 505 | 240 | 26.5 | 8.5 | 0 | 0 | 0 | 60 | 1100 | 36 | 2 | 5 | 24 |

| REGULAR | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 550 | 150 | 17 | 7 | 0 | 0 | 0 | 60 | 1380 | 56 | 3 | 5 | 34 |
| CHEESE | 70 | 45 | 5 | 3.5 | 0 | 0 | 0 | 20 | 90 | 1 | 0 | 0 | 5 |
| DRESSING | 220 | 180 | 20 | 3.5 | 0 | 0 | 0 | 25 | 380 | 3 | 0 | 3 | 2 |
| TOTAL | 840 | 375 | 42 | 14 | 0 | 0 | 0 | 105 | 1850 | 60 | 3 | 8 | 41 |

| LARGE | | | | | | | | | | | | | |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 760 | 210 | 23 | 10 | 0 | 0 | 0 | 85 | 1950 | 77 | 4 | 7 | 49 |
| CHEESE | 90 | 60 | 7 | 4.5 | 0 | 0 | 0 | 20 | 200 | 1 | 0 | 0 | 6 |
| DRESSING | 310 | 250 | 28 | 5 | 0 | 0.5 | 0.5 | 35 | 540 | 4 | 0 | 4 | 3 |
| TOTAL | 1160 | 520 | 58 | 19.5 | 0 | 0.5 | 0.5 | 140 | 2690 | 82 | 4 | 11 | 58 |

TOASTY TORPEDOES

Pesto Turkey Torpedo

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| TORPEDO | 570 | 130 | 14 | 3 | 0 | 0 | 0 | 35 | 2030 | 84 | 3 | 4 | 29 |
| CHEESE | 45 | 30 | 3.5 | 2 | 0 | 0 | 0 | 15 | 60 | 0 | 0 | 0 | 3 |
| DRESSING | 60 | 50 | 6 | 1 | 0 | 0 | 0 | 0 | 170 | 1 | 0 | 1 | 0 |
| TOTAL | 675 | 210 | 23.5 | 6 | 0 | 0 | 0 | 50 | 2260 | 85 | 3 | 5 | 32 |

Italian Torpedo

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| TORPEDO | 730 | 280 | 31 | 10 | 0 | 0 | 0 | 80 | 2230 | 80 | 3 | 3 | 32 |
| CHEESE | 45 | 30 | 3.5 | 2 | 0 | 0 | 0 | 15 | 60 | 0 | 0 | 0 | 3 |
| DRESSING | 120 | 110 | 12 | 2 | 0 | 0 | 0 | 0 | 340 | 2 | 0 | 2 | 0 |
| TOTAL | 895 | 420 | 46.5 | 14 | 0 | 0 | 0 | 95 | 2630 | 82 | 3 | 5 | 35 |

Beef Bacon & Cheddar Torpedo

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| TORPEDO | 620 | 140 | 16 | 4.5 | 0 | 0 | 0 | 45 | 2280 | 85 | 3 | 6 | 35 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| DRESSING | 110 | 100 | 11 | 2 | 0 | 0 | 0 | 15 | 65 | 0 | 0 | 0 | 0 |
| TOTAL | 790 | 280 | 31.5 | 9.5 | 0 | 0 | 0 | 75 | 2435 | 85 | 3 | 6 | 39 |

Turkey Club Torpedo

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| TORPEDO | 600 | 140 | 16 | 4.5 | 0 | 0 | 0 | 40 | 2140 | 83 | 3 | 5 | 32 |
| CHEESE | 45 | 30 | 3.5 | 2 | 0 | 0 | 0 | 15 | 60 | 0 | 0 | 0 | 3 |
| DRESSING | 170 | 160 | 18 | 2.5 | 0 | 0 | 0 | 15 | 240 | 1 | 0 | 1 | 0 |
| TOTAL | 815 | 330 | 37.5 | 9 | 0 | 0 | 0 | 70 | 2440 | 84 | 3 | 6 | 35 |

Tuna Melt Torpedo

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| TORPEDO | 750 | 350 | 38 | 6 | 0 | 0.5 | 0.5 | 50 | 1160 | 79 | 3 | 3 | 24 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| DRESSING | 210 | 210 | 23 | 3.5 | 0 | 0 | 0 | 30 | 135 | 1 | 0 | 0 | 0 |
| TOTAL | 1020 | 600 | 65.5 | 12.5 | 0 | 0.5 | 0.5 | 95 | 1385 | 80 | 3 | 3 | 28 |

TOASTY BULLETS

Pesto Turkey Bullet

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| BULLET | 260 | 60 | 7 | 1.5 | 0 | 0 | 0 | 15 | 990 | 37 | 2 | 2 | 14 |
| CHEESE | 35 | 25 | 2.5 | 1.5 | 0 | 0 | 0 | 10 | 45 | 0 | 0 | 0 | 2 |
| DRESSING | 35 | 35 | 3.5 | 0.5 | 0 | 0 | 0 | 0 | 105 | 1 | 0 | 1 | 0 |
| TOTAL | 330 | 120 | 13 | 3.5 | 0 | 0 | 0 | 25 | 1140 | 38 | 2 | 3 | 16 |

Italian Bullet

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| BULLET | 340 | 140 | 15 | 5 | 0 | 0 | 0 | 40 | 1100 | 35 | 1 | 2 | 15 |
| CHEESE | 35 | 25 | 2.5 | 1.5 | 0 | 0 | 0 | 10 | 45 | 0 | 0 | 0 | 2 |
| DRESSING | 70 | 70 | 7 | 1 | 0 | 0 | 0 | 0 | 210 | 1 | 0 | 1 | 0 |
| TOTAL | 445 | 235 | 24.5 | 7.5 | 0 | 0 | 0 | 50 | 1355 | 36 | 1 | 3 | 17 |

Beef Bacon & Cheddar Bullet

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| BULLET | 280 | 70 | 7 | 2 | 0 | 0 | 0 | 20 | 1120 | 38 | 2 | 3 | 17 |
| CHEESE | 45 | 30 | 3.5 | 2 | 0 | 0 | 0 | 10 | 65 | 0 | 0 | 0 | 3 |
| DRESSING | 60 | 60 | 7 | 1 | 0 | 0 | 0 | 10 | 40 | 0 | 0 | 0 | 0 |
| TOTAL | 385 | 160 | 17.5 | 5 | 0 | 0 | 0 | 40 | 1225 | 38 | 2 | 3 | 20 |

Turkey Club Bullet

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| BULLET | 270 | 70 | 7 | 2 | 0 | 0 | 0 | 20 | 1030 | 37 | 1 | 2 | 15 |
| CHEESE | 35 | 25 | 2.5 | 1.5 | 0 | 0 | 0 | 10 | 45 | 0 | 0 | 0 | 2 |
| DRESSING | 100 | 100 | 11 | 1.5 | 0 | 0 | 0 | 10 | 150 | 1 | 0 | 1 | 0 |
| TOTAL | 405 | 195 | 20.5 | 5 | 0 | 0 | 0 | 40 | 1225 | 38 | 1 | 3 | 17 |

Tuna Melt Bullet

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| BULLET | 350 | 170 | 19 | 3 | 0 | 0 | 0 | 25 | 540 | 35 | 1 | 1 | 11 |
| CHEESE | 45 | 30 | 3.5 | 2 | 0 | 0 | 0 | 10 | 65 | 0 | 0 | 0 | 3 |
| DRESSING | 130 | 130 | 14 | 2 | 0 | 0 | 0 | 20 | 85 | 0 | 0 | 0 | 0 |
| TOTAL | 525 | 330 | 36.5 | 7 | 0 | 0 | 0 | 55 | 690 | 35 | 1 | 1 | 14 |

FLATBREAD SAMMIES

| Sonoma Turkey Sammie | | | | | | | | | | | | | |
|----------------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SAMMIE | 200 | 40 | 4.5 | 6 | 0 | 0 | 0 | 15 | 790 | 28 | 1 | 4 | 12 |
| CHEESE | 50 | 40 | 4.5 | 2.5 | 0 | 0 | 0 | 15 | 95 | 0 | 0 | 0 | 3 |
| DRESSING | 130 | 130 | 14 | 2 | 0 | 0 | 0 | 10 | 250 | 1 | 0 | 0 | 0 |
| TOTAL | 380 | 210 | 23 | 10.5 | 0 | 0 | 0 | 40 | 1135 | 29 | 1 | 4 | 15 |

| Alpine Chicken Sammie | | | | | | | | | | | | | |
|-----------------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SAMMIE | 240 | 50 | 6 | 7 | 0 | 0 | 0 | 30 | 620 | 26 | 1 | 3 | 16 |
| CHEESE | 50 | 35 | 4 | 0.5 | 0 | 0 | 0 | 5 | 10 | 1 | 0 | 0 | 4 |
| DRESSING | 90 | 80 | 9 | 1.5 | 0 | 0 | 0 | 5 | 150 | 1 | 0 | 1 | 0 |
| TOTAL | 380 | 165 | 19 | 9 | 0 | 0 | 0 | 40 | 780 | 28 | 1 | 4 | 20 |

| Bistro Steak Sammie | | | | | | | | | | | | | |
|---------------------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SAMMIE | 200 | 35 | 4 | 6 | 0 | 0 | 0 | 15 | 790 | 28 | 1 | 4 | 13 |
| CHEESE | 45 | 30 | 3.5 | 2 | 0 | 0 | 0 | 15 | 60 | 0 | 0 | 0 | 3 |
| DRESSING | 150 | 140 | 16 | 2.5 | 0 | 0 | 0 | 15 | 200 | 2 | 0 | 1 | 0 |
| TOTAL | 395 | 205 | 23.5 | 10.5 | 0 | 0 | 0 | 45 | 1050 | 30 | 1 | 5 | 16 |

| Italiano Sammie | | | | | | | | | | | | | |
|-----------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SAMMIE | 290 | 120 | 14 | 10 | 0 | 0 | 0 | 40 | 900 | 26 | 1 | 4 | 14 |
| CHEESE | 50 | 35 | 4 | 0.5 | 0 | 0 | 0 | 5 | 10 | 1 | 0 | 0 | 4 |
| DRESSING | 70 | 60 | 7 | 1 | 0 | 0 | 0 | 0 | 115 | 1 | 0 | 0 | 1 |
| TOTAL | 410 | 215 | 25 | 11.5 | 0 | 0 | 0 | 45 | 1025 | 28 | 1 | 4 | 19 |

| Cantina Chicken Sammie | | | | | | | | | | | | | |
|------------------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SAMMIE | 220 | 45 | 5 | 6 | 0 | 0 | 0 | 20 | 490 | 27 | 2 | 4 | 12 |
| DRESSING | 45 | 5 | 1 | 0 | 0 | 0 | 0 | 0 | 135 | 8 | 0 | 8 | 0 |
| TOTAL | 265 | 50 | 6 | 6 | 0 | 0 | 0 | 20 | 625 | 35 | 2 | 12 | 12 |

| Roadhouse Steak Sammie | | | | | | | | | | | | | |
|------------------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SAMMIE | 210 | 35 | 4 | 6 | 0 | 0 | 0 | 15 | 790 | 29 | 1 | 5 | 13 |
| DRESSING | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 190 | 9 | 0 | 8 | 0 |
| TOTAL | 250 | 35 | 4 | 6 | 0 | 0 | 0 | 15 | 980 | 38 | 1 | 13 | 13 |

| Veggie Sammie | | | | | | | | | | | | | |
|---------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SAMMIE | 190 | 60 | 6 | 6 | 0 | 0 | 0 | 0 | 420 | 27 | 3 | 4 | 6 |
| CHEESE | 50 | 35 | 4 | 2.5 | 0 | 0 | 0 | 15 | 75 | 0 | 0 | 0 | 3 |
| DRESSING | 90 | 80 | 9 | 1.5 | 0 | 0 | 0 | 0 | 260 | 2 | 0 | 1 | 0 |
| TOTAL | 330 | 175 | 19 | 10 | 0 | 0 | 0 | 15 | 755 | 29 | 3 | 5 | 9 |

REGULAR CHOPPED SALADS

| Chicken Caesar Regular Chopped Salad | | | | | | | | | | | | | |
|---|-----------------|---------------------|------------|----------------------|----------------------------|-------------------------|-----------------------|--------------------|---------------|--------------|----------------------|---------------|----------------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SALAD | 230 | 80 | 9 | 2.5 | 0 | 0 | 0 | 45 | 720 | 8 | 3 | 3 | 20 |
| CHEESE | 70 | 40 | 4.5 | 3 | 0 | 0 | 0 | 10 | 150 | 1 | 0 | 0 | 5 |
| PEPPERCORN CAESAR | 480 | 450 | 50 | 9 | 0 | 0.5 | 0.5 | 35 | 960 | 5 | 1 | 4 | 3 |
| FLAT BREAD | 140 | 25 | 3 | 6 | 0 | 0 | 0 | 0 | 260 | 25 | 1 | 3 | 5 |
| TOTAL | 920 | 595 | 66.5 | 20.5 | 0 | 0.5 | 0.5 | 90 | 2090 | 39 | 5 | 10 | 33 |

| Classic Cobb Regular Chopped Salad | | | | | | | | | | | | | |
|---|-----------------|---------------------|------------|----------------------|----------------------------|-------------------------|-----------------------|--------------------|---------------|--------------|----------------------|---------------|----------------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SALAD | 250 | 120 | 13 | 3.5 | 0 | 0 | 0 | 65 | 710 | 9 | 3 | 4 | 19 |
| CHEESE | 60 | 45 | 5 | 3 | 0 | 0 | 0 | 15 | 230 | 1 | 0 | 0 | 4 |
| RANCH | 350 | 310 | 35 | 5 | 0 | 0.5 | 0.5 | 25 | 590 | 5 | 0 | 3 | 1 |
| FLAT BREAD | 140 | 25 | 3 | 6 | 0 | 0 | 0 | 0 | 260 | 25 | 1 | 3 | 5 |
| TOTAL | 800 | 500 | 56 | 17.5 | 0 | 0.5 | 0.5 | 105 | 1790 | 40 | 4 | 10 | 29 |

| Honey Mustard Chicken Regular Chopped Salad | | | | | | | | | | | | | |
|--|-----------------|---------------------|------------|----------------------|----------------------------|-------------------------|-----------------------|--------------------|---------------|--------------|----------------------|---------------|----------------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SALAD | 260 | 110 | 12 | 3.5 | 0 | 0 | 0 | 45 | 750 | 9 | 4 | 3 | 21 |
| CHEESE | 70 | 50 | 6 | 3.5 | 0 | 0 | 0 | 20 | 105 | 0 | 0 | 0 | 4 |
| HONEY MUSTARD | 450 | 400 | 44 | 7 | 0 | 0.5 | 0.5 | 35 | 570 | 14 | 0 | 13 | 1 |
| FLAT BREAD | 140 | 25 | 3 | 6 | 0 | 0 | 0 | 0 | 260 | 25 | 1 | 3 | 5 |
| TOTAL | 920 | 585 | 65 | 20 | 0 | 0.5 | 0.5 | 100 | 1685 | 48 | 5 | 19 | 31 |

| Raspberry Chipotle Chicken Regular Chopped Salad | | | | | | | | | | | | | |
|---|-----------------|---------------------|------------|----------------------|----------------------------|-------------------------|-----------------------|--------------------|---------------|--------------|----------------------|---------------|----------------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SALAD | 310 | 140 | 16 | 5 | 0 | 0 | 0 | 55 | 900 | 8 | 3 | 4 | 24 |
| CHEESE | 70 | 50 | 6 | 3.5 | 0 | 0 | 0 | 20 | 105 | 0 | 0 | 0 | 4 |
| RASPBERRY CHIPOTLE | 190 | 45 | 5 | 1 | 0 | 0 | 0 | 0 | 420 | 37 | 0 | 28 | 0 |
| FLAT BREAD | 140 | 25 | 3 | 6 | 0 | 0 | 0 | 0 | 260 | 25 | 1 | 3 | 5 |
| TOTAL | 710 | 260 | 30 | 15.5 | 0 | 0 | 0 | 75 | 1685 | 70 | 4 | 35 | 33 |

| Pan Asian Regular Chopped Salad | | | | | | | | | | | | | |
|--|-----------------|---------------------|------------|----------------------|----------------------------|-------------------------|-----------------------|--------------------|---------------|--------------|----------------------|---------------|----------------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SALAD | 170 | 25 | 3 | 2 | 0 | 0 | 0 | 45 | 590 | 7 | 3 | 3 | 20 |
| PAN ASIAN | 200 | 110 | 12 | 1.5 | 0 | 0 | 0 | 0 | 1260 | 23 | 0 | 19 | 1 |
| RICE NOODLES | 60 | 20 | 2.5 | 0.5 | 0 | 0 | 0 | 0 | 65 | 9 | 0 | 0 | 1 |
| TOTAL | 430 | 155 | 17.5 | 4 | 0 | 0 | 0 | 45 | 1915 | 39 | 3 | 22 | 22 |

| Chili Taco Regular Chopped Salad | | | | | | | | | | | | | |
|---|-----------------|---------------------|------------|----------------------|----------------------------|-------------------------|-----------------------|--------------------|---------------|--------------|----------------------|---------------|----------------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SALAD | 230 | 100 | 11 | 2.5 | 0 | 0 | 0 | 30 | 1060 | 20 | 8 | 9 | 12 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| CREAMY CHIPOTLE | 520 | 510 | 56 | 9 | 0 | 1 | 1 | 40 | 1000 | 3 | 0 | 2 | 1 |
| TORTILLA STRIPS | 70 | 30 | 3.5 | 0 | 0 | 0 | 0 | 0 | 35 | 8 | 1 | 0 | 1 |
| TOTAL | 880 | 680 | 75 | 14.5 | 0 | 1 | 1 | 85 | 2185 | 31 | 9 | 11 | 18 |

| Chicken Taco Regular Chopped Salad | | | | | | | | | | | | | |
|---|-----------------|---------------------|------------|----------------------|----------------------------|-------------------------|-----------------------|--------------------|---------------|--------------|----------------------|---------------|----------------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SALAD | 230 | 60 | 7 | 2.5 | 0 | 0 | 0 | 45 | 1020 | 8 | 4 | 5 | 21 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| CREAMY CHIPOTLE | 520 | 510 | 56 | 9 | 0 | 1 | 1 | 40 | 1000 | 3 | 0 | 2 | 1 |
| TORTILLA STRIPS | 70 | 30 | 3.5 | 0 | 0 | 0 | 0 | 0 | 35 | 8 | 1 | 0 | 1 |
| TOTAL | 880 | 640 | 71 | 14.5 | 0 | 1 | 1 | 100 | 2145 | 19 | 5 | 7 | 27 |

SMALL CHOPPED SALADS

Chicken Caesar Small Chopped Salad

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|-------------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| SALAD | 120 | 40 | 4.5 | 1.5 | 0 | 0 | 0 | 25 | 390 | 4 | 2 | 2 | 10 |
| CHEESE | 25 | 15 | 2 | 1.5 | 0 | 0 | 0 | 5 | 65 | 0 | 0 | 0 | 2 |
| PEPPERCORN CAESAR | 320 | 300 | 33 | 6 | 0 | 0 | 0 | 25 | 640 | 3 | 0 | 2 | 2 |
| FLAT BREAD | 70 | 1 | 1.5 | 3 | 0 | 0 | 0 | 0 | 130 | 12 | 0 | 1 | 2 |
| TOTAL | 535 | 356 | 41 | 12 | 0 | 0 | 0 | 55 | 1225 | 19 | 2 | 5 | 16 |

Classic Cobb Small Chopped Salad

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|------------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| SALAD | 150 | 90 | 10 | 2 | 0 | 0 | 0 | 35 | 420 | 5 | 2 | 2 | 9 |
| CHEESE | 25 | 20 | 2 | 1.5 | 0 | 0 | 0 | 5 | 95 | 0 | 0 | 0 | 1 |
| RANCH | 230 | 210 | 23 | 3.5 | 0 | 0 | 0 | 15 | 390 | 3 | 0 | 2 | 1 |
| FLAT BREAD | 70 | 1 | 1.5 | 3 | 0 | 0 | 0 | 0 | 130 | 12 | 0 | 1 | 2 |
| TOTAL | 475 | 321 | 36.5 | 10 | 0 | 0 | 0 | 55 | 1035 | 20 | 2 | 5 | 13 |

Honey Mustard Chicken Small Chopped Salad

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|---------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| SALAD | 150 | 80 | 9 | 2 | 0 | 0 | 0 | 25 | 380 | 4 | 2 | 2 | 10 |
| CHEESE | 30 | 20 | 2.5 | 1.5 | 0 | 0 | 0 | 5 | 45 | 0 | 0 | 0 | 2 |
| HONEY MUSTARD | 300 | 260 | 29 | 4.5 | 0 | 0 | 0 | 25 | 380 | 9 | 0 | 9 | 1 |
| FLAT BREAD | 70 | 1 | 1.5 | 3 | 0 | 0 | 0 | 0 | 130 | 12 | 0 | 1 | 2 |
| TOTAL | 550 | 361 | 42 | 11 | 0 | 0 | 0 | 55 | 935 | 25 | 2 | 12 | 15 |

Raspberry Chipotle Chicken Small Chopped Salad

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|--------------------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| SALAD | 150 | 80 | 9 | 2 | 0 | 0 | 0 | 25 | 380 | 4 | 2 | 2 | 10 |
| CHEESE | 30 | 20 | 2.5 | 1.5 | 0 | 0 | 0 | 5 | 45 | 0 | 0 | 0 | 2 |
| RASPBERRY CHIPOTLE | 130 | 30 | 3.5 | 0.5 | 0 | 0 | 0 | 0 | 280 | 25 | 0 | 19 | 0 |
| FLAT BREAD | 70 | 1 | 1.5 | 3 | 0 | 0 | 0 | 0 | 130 | 12 | 0 | 1 | 2 |
| TOTAL | 380 | 131 | 16.5 | 7 | 0 | 0 | 0 | 30 | 835 | 41 | 2 | 22 | 14 |

Pan Asian Small Chopped Salad

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|--------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| SALAD | 90 | 15 | 1.5 | 1 | 0 | 0 | 0 | 25 | 290 | 4 | 1 | 2 | 10 |
| PAN ASIAN | 120 | 60 | 7 | 1 | 0 | 0 | 0 | 0 | 730 | 13 | 0 | 11 | 1 |
| RICE NOODLES | 60 | 20 | 2.5 | 0.5 | 0 | 0 | 0 | 0 | 65 | 9 | 0 | 0 | 1 |
| TOTAL | 270 | 95 | 11 | 2.5 | 0 | 0 | 0 | 25 | 1085 | 26 | 1 | 13 | 12 |

Chili Taco Small Chopped Salad

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|-----------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| SALAD | 120 | 50 | 6 | 1 | 0 | 0 | 0 | 15 | 530 | 10 | 4 | 5 | 6 |
| CHEESE | 30 | 20 | 2.5 | 1.5 | 0 | 0 | 0 | 5 | 45 | 0 | 0 | 0 | 2 |
| CREAMY CHIPOTLE | 310 | 300 | 33 | 5 | 0 | 0 | 0 | 25 | 580 | 2 | 0 | 1 | 1 |
| TORTILLA STRIPS | 70 | 30 | 3.5 | 0 | 0 | 0 | 0 | 0 | 35 | 8 | 1 | 0 | 1 |
| TOTAL | 530 | 400 | 45 | 7.5 | 0 | 0 | 0 | 45 | 1190 | 20 | 5 | 6 | 10 |

Chicken Taco Small Chopped Salad

| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|-----------------|----------|--------------|------|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| SALAD | 120 | 30 | 3.5 | 1.5 | 0 | 0 | 0 | 25 | 510 | 4 | 2 | 2 | 10 |
| CHEESE | 30 | 20 | 2.5 | 1.5 | 0 | 0 | 0 | 5 | 45 | 0 | 0 | 0 | 2 |
| CREAMY CHIPOTLE | 310 | 300 | 33 | 5 | 0 | 0 | 0 | 25 | 580 | 2 | 0 | 1 | 1 |
| TORTILLA STRIPS | 70 | 30 | 3.5 | 0 | 0 | 0 | 0 | 0 | 35 | 8 | 1 | 0 | 1 |
| TOTAL | 530 | 380 | 42.5 | 8 | 0 | 0 | 0 | 55 | 1170 | 14 | 3 | 3 | 14 |

SAVORY SOUPS

Broccoli Cheese Soup

| CUP | | | | | | | | | | | | | |
|------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SOUP | 130 | 80 | 9 | 6 | 0 | 0 | 0 | 20 | 640 | 9 | 1 | 2 | 4 |
| 2 CRACKERS | 45 | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 140 | 8 | 0 | 0 | 1 |
| TOTAL | 175 | 90 | 10 | 6 | 0 | 0 | 0 | 20 | 780 | 17 | 1 | 2 | 5 |

| BOWL | | | | | | | | | | | | | |
|------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SOUP | 260 | 160 | 17 | 12 | 0 | 0.25 | 0.25 | 35 | 1280 | 18 | 1 | 3 | 9 |
| 2 CRACKERS | 45 | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 140 | 8 | 0 | 0 | 1 |
| TOTAL | 305 | 170 | 18 | 12 | 0 | 0.25 | 0.25 | 35 | 1420 | 26 | 1 | 3 | 10 |

Chicken Noodle Soup

| CUP | | | | | | | | | | | | | |
|------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SOUP | 60 | 10 | 1 | 0 | 0 | 0 | 0 | 15 | 740 | 8 | 1 | 1 | 3 |
| 2 CRACKERS | 45 | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 140 | 8 | 0 | 0 | 1 |
| TOTAL | 105 | 20 | 2 | 0 | 0 | 0 | 0 | 15 | 880 | 16 | 1 | 1 | 4 |

| BOWL | | | | | | | | | | | | | |
|------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SOUP | 110 | 20 | 2.5 | 0.5 | 0 | 0 | 0 | 25 | 1470 | 17 | 1 | 2 | 7 |
| 2 CRACKERS | 45 | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 140 | 8 | 0 | 0 | 1 |
| TOTAL | 155 | 30 | 3.5 | 0.5 | 0 | 0 | 0 | 25 | 1610 | 25 | 1 | 2 | 8 |

Tomato Basil Soup

| CUP | | | | | | | | | | | | | |
|------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SOUP | 80 | 35 | 4 | 3.5 | 0.25 | 0 | 0.25 | 0 | 520 | 6 | 1 | 4 | 1 |
| 2 CRACKERS | 45 | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 140 | 8 | 0 | 0 | 1 |
| TOTAL | 125 | 45 | 5 | 3.5 | 0.25 | 0 | 0.25 | 0 | 660 | 14 | 1 | 4 | 2 |

| BOWL | | | | | | | | | | | | | |
|------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SOUP | 160 | 70 | 8 | 7 | 0.5 | 0 | 0.5 | 0 | 1040 | 11 | 2 | 7 | 2 |
| 2 CRACKERS | 45 | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 140 | 8 | 0 | 0 | 1 |
| TOTAL | 205 | 80 | 9 | 7 | 0.5 | 0 | 0.5 | 0 | 1180 | 19 | 2 | 7 | 3 |

Chili

| CUP | | | | | | | | | | | | | |
|------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SOUP | 140 | 30 | 3.5 | 1 | 0 | 0 | 0 | 25 | 630 | 15 | 3 | 3 | 12 |
| 2 CRACKERS | 45 | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 140 | 8 | 0 | 0 | 1 |
| TOTAL | 185 | 40 | 4.5 | 1 | 0 | 0 | 0 | 25 | 770 | 23 | 3 | 3 | 13 |

| BOWL | | | | | | | | | | | | | |
|------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SOUP | 230 | 50 | 6 | 1.5 | 0 | 0 | 0 | 45 | 1050 | 26 | 6 | 6 | 20 |
| 2 CRACKERS | 45 | 10 | 1 | 0 | 0 | 0 | 0 | 0 | 140 | 8 | 0 | 0 | 1 |
| TOTAL | 275 | 60 | 7 | 1.5 | 0 | 0 | 0 | 45 | 1190 | 34 | 6 | 6 | 21 |

OKIDZ SUBS AND SAMMIES

| Turkey & Cheese Sub | | | | | | | | | | | | | |
|---------------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 140 | 25 | 2.5 | 1 | 0 | 0 | 0 | 10 | 500 | 22 | 1 | 2 | 8 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| TOTAL | 200 | 65 | 7 | 4 | 0 | 0 | 0 | 25 | 590 | 22 | 1 | 2 | 12 |

| Ham & Cheese Sub | | | | | | | | | | | | | |
|------------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 140 | 25 | 2.5 | 1 | 0 | 0 | 0 | 10 | 460 | 21 | 1 | 2 | 9 |
| CHEESE | 60 | 40 | 4.5 | 3 | 0 | 0 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| TOTAL | 200 | 65 | 7 | 4 | 0 | 0 | 0 | 25 | 550 | 21 | 1 | 2 | 13 |

| Cheesy Sub | | | | | | | | | | | | | |
|------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SVB | 220 | 90 | 10 | 6 | 0 | 0 | 0 | 30 | 380 | 21 | 1 | 2 | 11 |

| Cheesy Sammie | | | | | | | | | | | | | |
|---------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SAMMIE | 230 | 90 | 10 | 10 | 0 | 0 | 0 | 25 | 390 | 25 | 1 | 3 | 11 |

| Turkey and Cheese Sammie | | | | | | | | | | | | | |
|--------------------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SAMMIE | 170 | 35 | 3.5 | 6 | 0 | 0 | 0 | 10 | 530 | 26 | 1 | 3 | 8 |
| CHEESE | 30 | 20 | 2.5 | 1.5 | 0 | 0 | 0 | 5 | 45 | 0 | 0 | 0 | 2 |
| TOTAL | 200 | 55 | 6 | 7.5 | 0 | 0 | 0 | 15 | 575 | 26 | 1 | 3 | 10 |

| Ham and Cheese Sammie | | | | | | | | | | | | | |
|-----------------------|----------|--------------|-----|---------------|---------------------|------------------|----------------|-------------|--------|-------|---------------|--------|---------|
| | CALORIES | FAT CALORIES | FAT | SATURATED FAT | ARTIFICIAL TRANSFAT | NATURAL TRANSFAT | TOTAL TRANSFAT | CHOLESTEROL | SODIUM | CARBS | DIETARY FIBER | SUGARS | PROTEIN |
| SAMMIE | 170 | 35 | 3.5 | 6 | 0 | 0 | 0 | 10 | 490 | 25 | 1 | 3 | 9 |
| CHEESE | 30 | 20 | 2.5 | 1.5 | 0 | 0 | 0 | 5 | 45 | 0 | 0 | 0 | 2 |
| TOTAL | 200 | 55 | 6 | 7.5 | 0 | 0 | 0 | 15 | 535 | 25 | 1 | 3 | 11 |