

### CHEESESTEAKS

#### Regular Cheesesteak

| Unit  | Serving Size | Calories | Calories from Fat | % DV       | Total Fat grams | Saturated Fat %DV | grams      | Trans Fat %DV | grams     | Cholesterol %DV | milligrams | Sodium %DV   | milligrams |             |
|---|--------------|----------|-------------------|------------|-----------------|-------------------|------------|---------------|-----------|-----------------|------------|--------------|------------|-------------|
| <b>Cheesesteak includes bread, meat, and cheese</b> |              |          |                   |            |                 |                   |            |               |           |                 |            |              |            |             |
| beef  | 4 OZ         | 1.5      | 300               | 165        | 23%             | 19.5              | 38%        | 7.5           | 0%        | 0               | 27%        | 82.5         | 16%        | 390         |
| american cheese                                     | 1oz          | 1        | 100               | 80         | 14%             | 9                 | 25%        | 5.00          | 0%        | 0               | 10%        | 30           | 18%        | 440         |
| 2.8 oz 8 inch Amoroso Roll                          | 1            | 1        | 210               | 10         | 2%              | 1                 | 0%         | 0             | 0%        | 0               | 0%         | 0            | 21%        | 510         |
| <b>Total</b>  |              |          | <b>610</b>        | <b>255</b> | <b>39%</b>      | <b>29.5</b>       | <b>63%</b> | <b>12.5</b>   | <b>0%</b> | <b>0</b>        | <b>37%</b> | <b>112.5</b> | <b>55%</b> | <b>1340</b> |

|                  |       |  |     |        |     |       |     |        |    |   |     |       |     |      |
|------------------|-------|--|-----|--------|-----|-------|-----|--------|----|---|-----|-------|-----|------|
| add onion        | 1 OZ  |  | 621 | 255.27 | 39% | 29.53 | 63% | 12.512 | 0% | 0 | 37% | 112.5 | 55% | 1341 |
| add mushroom     | 1 OZ  |  | 616 | 255    | 39% | 29.6  | 63% | 12.512 | 0% | 0 | 37% | 112.5 | 55% | 1341 |
| add extra cheese | .5 OZ |  | 660 | 295    | 46% | 34    | 75% | 15     | 0% | 0 | 42% | 127.5 | 64% | 1560 |
| add tomato       | 1 OZ  |  | 615 | 255.54 | 39% | 29.56 | 63% | 12.508 | 0% | 0 | 37% | 112.5 | 55% | 1341 |
| add lettuce      | 1 OZ  |  | 614 | 255.36 | 39% | 29.54 | 63% | 12.505 | 0% | 0 | 37% | 112.5 | 55% | 1343 |
| add pepper       | 1 OZ  |  | 616 | 255    | 39% | 29.55 | 63% | 12.516 | 0% | 0 | 37% | 112.5 | 55% | 1341 |

#### Large Cheesesteak

Cheesesteak includes bread, meat, and cheese

|                             |      |   |             |            |            |             |             |              |           |          |            |            |            |             |
|-----------------------------|------|---|-------------|------------|------------|-------------|-------------|--------------|-----------|----------|------------|------------|------------|-------------|
| beef                        | 4 OZ | 3 | 600         | 330        | 39%        | 39          | 63%         | 15           | 0%        | 0        | 54%        | 165        | 27%        | 780         |
| 4.4 oz 12 inch Amoroso Roll | 1    | 2 | 330         | 15         | 2%         | 1.5         | 0%          | 0            | 0%        | 0        | 0%         | 0          | 35%        | 830         |
| american cheese             | 1oz  | 2 | 200         | 160        | 28%        | 18          | 50%         | 10           | 0%        | 0        | 20%        | 60         | 36%        | 880         |
| <b>Total</b>                |      |   | <b>1130</b> | <b>505</b> | <b>69%</b> | <b>58.5</b> | <b>113%</b> | <b>25.00</b> | <b>0%</b> | <b>0</b> | <b>74%</b> | <b>225</b> | <b>98%</b> | <b>2490</b> |

|                  |      |  |      |        |     |       |      |        |    |   |     |     |      |      |
|------------------|------|--|------|--------|-----|-------|------|--------|----|---|-----|-----|------|------|
| add onion        | 2 OZ |  | 1152 | 505.54 | 69% | 58.56 | 113% | 25.024 | 0% | 0 | 74% | 225 | 98%  | 2492 |
| add mushroom     | 2 OZ |  | 1142 | 505    | 69% | 58.7  | 113% | 25.024 | 0% | 0 | 74% | 225 | 98%  | 2492 |
| add extra cheese | 1 OZ |  | 1230 | 585    | 83% | 67.5  | 138% | 30     | 0% | 0 | 84% | 255 | 116% | 2930 |
| add tomato       | 2 OZ |  | 1140 | 506.08 | 69% | 58.62 | 113% | 25.016 | 0% | 0 | 74% | 225 | 98%  | 2492 |
| add lettuce      | 2 OZ |  | 2268 | 505.72 | 69% | 58.58 | 113% | 25.01  | 0% | 0 | 74% | 225 | 98%  | 2496 |
| add pepper       | 2 OZ |  | 1142 | 505    | 69% | 58.6  | 113% | 25.032 | 0% | 0 | 74% | 225 | 98%  | 2492 |

#### Regular Chicken Philly

Cheesesteak includes bread, meat, and cheese

|                            |      |   |            |               |            |              |            |              |           |          |            |              |            |             |
|----------------------------|------|---|------------|---------------|------------|--------------|------------|--------------|-----------|----------|------------|--------------|------------|-------------|
| chicken                    | 1 OZ | 5 | 175        | 56.25         | 10%        | 6.25         | 10%        | 1.875        | 0%        | 0        | 29%        | 87.5         | 14%        | 325         |
| american cheese            | 1oz  | 1 | 100        | 80            | 14%        | 9            | 25%        | 5.00         | 0%        | 0        | 10%        | 30           | 18%        | 440         |
| 2.8 oz 8 inch Amoroso Roll | 1    | 1 | 210        | 10            | 2%         | 1            | 0%         | 0            | 0%        | 0        | 0%         | 0            | 21%        | 510         |
| <b>Total</b>               |      |   | <b>485</b> | <b>146.25</b> | <b>26%</b> | <b>16.25</b> | <b>35%</b> | <b>6.875</b> | <b>0%</b> | <b>0</b> | <b>39%</b> | <b>117.5</b> | <b>53%</b> | <b>1275</b> |

#### Large Chicken Philly

Cheesesteak includes bread, meat, and cheese

|                             |      |   |            |              |            |           |            |              |           |          |            |            |            |             |
|-----------------------------|------|---|------------|--------------|------------|-----------|------------|--------------|-----------|----------|------------|------------|------------|-------------|
| chicken                     | 10   |   | 350        | 112.5        | 20%        | 12.5      | 20%        | 3.75         | 0%        | 0        | 58%        | 175        | 28%        | 650         |
| cheese                      | 1 OZ | 2 | 200        | 160          | 28%        | 18        | 50%        | 10           | 0%        | 0        | 20%        | 60         | 36%        | 880         |
| 4.4 oz 12 inch Amoroso Roll | 1    | 1 | 330        | 15           | 2%         | 1.5       | 0%         | 0            | 0%        | 0        | 0%         | 0          | 35%        | 830         |
| <b>Total</b>                |      |   | <b>880</b> | <b>287.5</b> | <b>50%</b> | <b>32</b> | <b>70%</b> | <b>13.75</b> | <b>0%</b> | <b>0</b> | <b>78%</b> | <b>235</b> | <b>99%</b> | <b>2360</b> |

#### Standard Toppings for Hoagies\*\*

|                |      |  |           |             |           |             |           |              |           |          |           |          |           |          |
|----------------|------|--|-----------|-------------|-----------|-------------|-----------|--------------|-----------|----------|-----------|----------|-----------|----------|
| lettuce**      | 1 OZ |  | 4         | 0.36        | 0%        | 0.04        | 0%        | 0.005        | 0%        | 0        | 0%        | 0        | 0%        | 3        |
| onion**        | 1 OZ |  | 11        | 0.27        | 0%        | 0.03        | 0%        | 0.012        | 0%        | 0        | 0%        | 0        | 0%        | 1        |
| Tomato**       | 1 OZ |  | 5         | 0.54        | 0%        | 0.06        | 0%        | 0.008        | 0%        | 0        | 0%        | 0        | 0%        | 1        |
| <b>Total**</b> |      |  | <b>20</b> | <b>1.17</b> | <b>0%</b> | <b>0.13</b> | <b>0%</b> | <b>0.025</b> | <b>0%</b> | <b>0</b> | <b>0%</b> | <b>0</b> | <b>0%</b> | <b>5</b> |

#### All Extra Topping Options Add...

|                |        |  |    |    |    |      |    |       |    |   |    |   |     |     |
|----------------|--------|--|----|----|----|------|----|-------|----|---|----|---|-----|-----|
| jalapeno       | 1 OZ   |  | 5  | 0  | 0% | 0    | 0% | 0     | 0% | 0 | 0% | 0 | 21% | 510 |
| banana pepper  | 1 OZ   |  | 5  | 0  | 0% | 0    | 0% | 0     | 0% | 0 | 0% | 0 | 20% | 480 |
| pickles        | 1 OZ   |  | 5  | 0  | 0% | 0    | 0% | 0     | 0% | 0 | 0% | 0 | 13% | 300 |
| sweet pepper   | 1 OZ   |  | 20 | 0  | 0% | 0    | 0% | 0     | 0% | 0 | 0% | 0 | 5%  | 115 |
| cucumber       | 1 OZ   |  | 4  | 0  | 0% | 0.03 | 0% | 0.01  | 0% | 0 | 0% | 0 | 0%  | 1   |
| cherry peppers | 1 OZ   |  | 10 | 0  | 0% | 0    | 0% | 0     | 0% | 0 | 0% | 0 | 20% | 480 |
| pepperoncini   | 1 OZ   |  | 25 | 0  | 0% | 0    | 0% | 0     | 0% | 0 | 0% | 0 | 14% | 330 |
| bell pepper    | 1 OZ   |  | 6  | 0  | 0% | 0.05 | 0% | 0.016 | 0% | 0 | 0% | 0 | 0%  | 1   |
| mushroom       | 1 OZ   |  | 6  | 0  | 0% | 0.1  | 0% | 0.012 | 0% | 0 | 0% | 0 | 0%  | 1   |
| olives         | 2 tbsp |  | 30 | 25 | 4% | 2.5  | 0% | 0.396 | 0% | 0 | 0% | 0 | 4%  | 244 |

#### Condiments

|         |        |  |     |     |     |    |    |     |    |   |    |   |    |     |
|---------|--------|--|-----|-----|-----|----|----|-----|----|---|----|---|----|-----|
| mustard | 1tsp   |  | 0   | 0   | 0%  | 0  | 0% | 0   | 0% | 0 | 0% | 0 | 3% | 60  |
| ketchup | 1 tbsp |  | 15  | 0   | 0%  | 0  | 0% | 0   | 0% | 0 | 0% | 0 | 8% | 190 |
| mayo    | 1 tbsp |  | 100 | 100 | 18% | 11 | 8% | 1.5 | 0% | 0 | 2% | 5 | 3% | 75  |



|     | Total Carbohydrates | Dietary Fiber | Sugar | Protein | Vit A | VIT C | Calcium | Iron | Notes                               |
|-----|---------------------|---------------|-------|---------|-------|-------|---------|------|-------------------------------------|
| %DV | grams               | %DV           | grams | grams   | grams |       |         |      | % values based on 2000 calorie diet |

## CHEESESTEAKS

### Regular Cheesesteak

|                            |            |             |           |          |          |             |           |           |            |            |
|----------------------------|------------|-------------|-----------|----------|----------|-------------|-----------|-----------|------------|------------|
| beef                       | 2%         | 4.5         | 0%        | 0        | 0        | 25.5        | 0%        | 0%        | 0%         | 12%        |
| american cheese            | 0%         | 0           | 0%        | 0        | 0        | 5           | 6%        | 0%        | 30%        | 0%         |
| 2.8 oz 8 inch Amoroso Roll | 15%        | 44          | 8%        | 2        | 1        | 7           | 0%        | 0%        | 4%         | 15%        |
| <b>Total</b>               | <b>17%</b> | <b>48.5</b> | <b>8%</b> | <b>2</b> | <b>1</b> | <b>37.5</b> | <b>6%</b> | <b>0%</b> | <b>34%</b> | <b>27%</b> |
| add onion                  | 18%        | 54          | 10%       | 2.5      | 2.19     | 37.81       | 6%        | 3%        | 34%        | 27%        |
| add mushroom               | 18%        | 50.64       | 9%        | 2.3      | 1.46     | 38.37       | 6%        | 1%        | 34%        | 27%        |
| add extra cheese           | 17%        | 48.5        | 8%        | 2        | 1        | 40          | 9%        | 0%        | 49%        | 27%        |
| add tomato                 | 17%        | 51.1        | 9%        | 2.3      | 1.74     | 37.75       | 11%       | 6%        | 34%        | 27%        |
| add lettuce                | 17%        | 50.75       | 9%        | 2.3      | 1.56     | 37.76       | 9%        | 0%        | 35%        | 27%        |
| add pepper                 | 18%        | 51.63       | 10%       | 2.5      | 1.67     | 37.74       | 8%        | 37%       | 34%        | 27%        |

### Large Cheesesteak

|                             |            |           |            |          |          |           |            |           |            |            |
|-----------------------------|------------|-----------|------------|----------|----------|-----------|------------|-----------|------------|------------|
| beef                        | 3%         | 9         | 0%         | 0        | 0        | 51        | 0%         | 0%        | 0%         | 12%        |
| 4.4 oz 12 inch Amoroso Roll | 23%        | 69        | 12%        | 3        | 3        | 11        | 0%         | 0%        | 8%         | 25%        |
| american cheese             | 0%         | 0         | 0%         | 0        | 0        | 10        | 12%        | 0%        | 60%        | 0%         |
| <b>Total</b>                | <b>26%</b> | <b>78</b> | <b>12%</b> | <b>3</b> | <b>3</b> | <b>72</b> | <b>12%</b> | <b>0%</b> | <b>68%</b> | <b>37%</b> |
| add onion                   | 29%        | 89        | 16%        | 4        | 5.38     | 72.62     | 12%        | 6%        | 68%        | 37%        |
| add mushroom                | 28%        | 82.28     | 14%        | 3.6      | 3.92     | 73.74     | 12%        | 2%        | 68%        | 37%        |
| add extra cheese            | 26%        | 78        | 12%        | 3        | 3        | 77        | 18%        | 0%        | 98%        | 37%        |
| add tomato                  | 27%        | 83.2      | 14%        | 3.6      | 4.48     | 72.5      | 22%        | 12%       | 68%        | 37%        |
| add lettuce                 | 27%        | 82.5      | 14%        | 3.6      | 4.12     | 72.52     | 18%        | 0%        | 70%        | 37%        |
| add pepper                  | 28%        | 84.26     | 16%        | 4        | 4.34     | 72.48     | 16%        | 74%       | 68%        | 37%        |

### Regular Chicken Philly

|                            |            |              |           |          |            |              |           |           |            |            |
|----------------------------|------------|--------------|-----------|----------|------------|--------------|-----------|-----------|------------|------------|
| chicken                    | 1%         | 3.75         | 0%        | 0        | 2.5        | 23.75        | 3%        | 5%        | 3%         | 5%         |
| american cheese            | 0%         | 0            | 0%        | 0        | 0          | 5            | 6%        | 0%        | 30%        | 0%         |
| 2.8 oz 8 inch Amoroso Roll | 15%        | 44           | 8%        | 2        | 1          | 7            | 0%        | 0%        | 4%         | 15%        |
| <b>Total</b>               | <b>16%</b> | <b>47.75</b> | <b>8%</b> | <b>2</b> | <b>3.5</b> | <b>35.75</b> | <b>9%</b> | <b>5%</b> | <b>37%</b> | <b>20%</b> |

### Large Chicken Philly

|                             |            |             |            |          |          |             |            |            |            |            |
|-----------------------------|------------|-------------|------------|----------|----------|-------------|------------|------------|------------|------------|
| chicken                     | 3%         | 7.5         | 0%         | 0        | 5        | 47.5        | 5%         | 10%        | 5%         | 10%        |
| cheese                      | 0%         | 0           | 0%         | 0        | 0        | 10          | 12%        | 0%         | 60%        | 0%         |
| 4.4 oz 12 inch Amoroso Roll | 23%        | 69          | 12%        | 3        | 3        | 11          | 0%         | 0%         | 8%         | 25%        |
| <b>Total</b>                | <b>26%</b> | <b>76.5</b> | <b>12%</b> | <b>3</b> | <b>8</b> | <b>68.5</b> | <b>17%</b> | <b>10%</b> | <b>73%</b> | <b>35%</b> |

### Standard Toppings for Hoagies\*\*

|                |           |              |           |            |             |             |           |           |           |           |
|----------------|-----------|--------------|-----------|------------|-------------|-------------|-----------|-----------|-----------|-----------|
| lettuce**      | 1%        | 2.25         | 1%        | 0.3        | 0.56        | 0.26        | 3%        | 0%        | 1%        | 0%        |
| onion**        | 2%        | 5.5          | 2%        | 0.5        | 1.19        | 0.31        | 0%        | 3%        | 0%        | 0%        |
| Tomato**       | 1%        | 2.6          | 1%        | 0.3        | 0.74        | 0.25        | 5%        | 6%        | 0%        | 0%        |
| <b>Total**</b> | <b>4%</b> | <b>10.35</b> | <b>4%</b> | <b>1.1</b> | <b>2.49</b> | <b>0.82</b> | <b>8%</b> | <b>9%</b> | <b>1%</b> | <b>0%</b> |

### All Extra Topping Options Add...

|                |    |      |    |     |      |      |    |     |    |    |
|----------------|----|------|----|-----|------|------|----|-----|----|----|
| jalapeno       | 0% | 1    | 0% | 0   | -    | 0    | 6% | 4%  | 6% | 2% |
| banana pepper  | 0% | 1    | 0% | 0   | 0    | 0    | 0% | 0%  | 0% | 0% |
| pickles        | 0% | 1    | 0% | 0   | 0    | 0    | 0% | 0%  | 0% | 0% |
| sweet pepper   | 2% | 5    | 0% | 0   | 5.00 | 0    | 0% | 0%  | 0% | 0% |
| cucumber       | 1% | 2.28 | 0% | 0.1 | 0.47 | 0.18 | 1% | 1%  | 0% | 0% |
| cherry peppers | 1% | 2    | 0% | 0   | 0    | 0    | 0% | 0%  | 0% | 0% |
| pepperoncini   | 0% | 2    | 0% | 1   | 0    | 0    | 0% | 10% | 0% | 0% |
| bell pepper    | 1% | 3.13 | 2% | 0.5 | 0.67 | 0.24 | 2% | 37% | 0% | 0% |
| mushroom       | 1% | 2.14 | 1% | 0.3 | 0.46 | 0.87 | 0% | 1%  | 0% | 0% |
| olives         |    | 2.65 |    | 0.9 | 0    | 0.24 | 2% | 1%  | 2% | 5% |

### Condiments

|         |    |   |    |   |   |   |    |    |    |    |
|---------|----|---|----|---|---|---|----|----|----|----|
| mustard | 0% | 0 | 0% | 0 | 0 | 0 | 0% | 0% | 0% | 0% |
| ketchup | 1% | 4 | 0% | 0 | 4 | 0 | 2% | 0% | 0% | 0% |
| mayo    | 0% | 0 | 0% | 0 | 0 | 0 | 0% | 0% | 0% | 0% |



|                                    |               |     |     |     |     |     |      |    |   |     |    |     |     |
|------------------------------------|---------------|-----|-----|-----|-----|-----|------|----|---|-----|----|-----|-----|
| <b>oil</b>                         | <b>1 tbsp</b> | 120 | 120 | 22% | 14  | 10% | 2    | 0% | 0 | 0%  | 0  | 0%  | 0   |
| <b>vinegar</b>                     | <b>1 tbsp</b> | 0   | 0   | 0%  | 0   | 0%  | 0    | 0% | 0 | 0%  | 0  | 0%  | 0   |
| <b>small extra american cheese</b> | <b>1 oz</b>   | 50  | 40  | 7%  | 4.5 | 12% | 2.5  | 0% | 0 | 5%  | 15 | 9%  | 220 |
| <b>large extra american cheese</b> | <b>1oz</b>    | 100 | 80  | 14% | 9   | 25% | 5.00 | 0% | 0 | 10% | 30 | 18% | 440 |



|                                    |    |   |    |   |   |     |    |    |     |    |
|------------------------------------|----|---|----|---|---|-----|----|----|-----|----|
| <b>oil</b>                         | 0% | 0 | 0% | 0 | 0 | 0   | 0% | 0% | 0%  | 0% |
| <b>vinegar</b>                     | 0% | 0 | 0% | 0 | 0 | 0   | 0% | 0% | 0%  | 0% |
| <b>small extra american cheese</b> | 0% | 0 | 0% | 0 | 0 | 2.5 | 3% | 0% | 15% | 0% |
| <b>large extra american cheese</b> | 0% | 0 | 0% | 0 | 0 | 5   | 6% | 0% | 30% | 0% |



|                                |                                      | Unit | Serving Size | Calories | Calories from Fat | % DV | Total Fat grams | Saturated Fat %DV | Saturated Fat grams | Trans Fat %DV | Trans Fat grams | Cholesterol %DV | Cholesterol milligrams | Sodium %DV | Sodium milligrams |
|--------------------------------|--------------------------------------|------|--------------|----------|-------------------|------|-----------------|-------------------|---------------------|---------------|-----------------|-----------------|------------------------|------------|-------------------|
| <b>Hoagies and Grinders</b>    |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
| <b>Small Italian Hoagie</b>    |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 579      | 243.8             | 43%  | 30.72           | 64%               | 13.03               | 0%            | 0               | 35%             | 104.3                  | 97%        | 3058              |
|                                | <b>Total with Standard Toppings*</b> |      |              | 599      | 244.97            | 43%  | 30.85           | 64%               | 13.055              | 0%            | 0               | 35%             | 104.3                  | 97%        | 3063              |
| <b>Large Italian Hoagie</b>    |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 1000     | 435               | 76%  | 55.5            | 114%              | 23                  | 0%            | 0               | 65%             | 195                    | 182%       | 5790              |
|                                | <b>Total with Standard Toppings*</b> |      |              | 1020     | 436.17            | 76%  | 55.63           | 114%              | 23.025              | 0%            | 0               | 65%             | 195                    | 182%       | 5795              |
| <b>Small Ham Hoagie</b>        |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 484      | 153.8             | 28%  | 23.72           | 51%               | 10.7                | 0%            | 0               | 32%             | 93.5                   | 82%        | 3390.4            |
|                                | <b>Total with Standard Toppings*</b> |      |              | 504      | 154.97            | 28%  | 23.85           | 51%               | 10.725              | 0%            | 0               | 32%             | 93.5                   | 82%        | 3395.4            |
| <b>Large Ham Hoagie</b>        |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 810      | 255               | 46%  | 41.5            | 86%               | 18                  | 0%            | 0               | 58%             | 170                    | 155%       | 6550              |
|                                | <b>Total with Standard Toppings*</b> |      |              | 830      | 256.17            | 46%  | 41.63           | 86%               | 18.025              | 0%            | 0               | 58%             | 170                    | 155%       | 6555              |
| <b>Small Ham Hoagie</b>        |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 444      | 113.8             | 20%  | 12.72           | 29%               | 6.03                | 0%            | 0               | 25%             | 76.8                   | 72%        | 1738              |
|                                | <b>Total with Standard Toppings*</b> |      |              | 464      | 114.97            | 20%  | 12.85           | 29%               | 6.055               | 0%            | 0               | 25%             | 76.8                   | 72%        | 1743              |
| <b>Large Turkey Hoagie</b>     |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 730      | 175               | 30%  | 19.5            | 44%               | 9                   | 0%            | 0               | 46%             | 140                    | 131%       | 3150              |
|                                | <b>Total with Standard Toppings*</b> |      |              | 750      | 176.17            | 30%  | 19.63           | 44%               | 9.025               | 0%            | 0               | 46%             | 140                    | 131%       | 3155              |
| <b>Small Roast beef Hoagie</b> |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 564      | 143.8             | 26%  | 16.72           | 39%               | 8.7                 | 0%            | 0               | 38%             | 113.5                  | 86%        | 2090.4            |
|                                | <b>Total with Standard Toppings*</b> |      |              | 584      | 144.97            | 26%  | 16.85           | 39%               | 8.725               | 0%            | 0               | 38%             | 113.5                  | 86%        | 2095.4            |
| <b>Large Roast Beef Hoagie</b> |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 970      | 235               | 42%  | 27.5            | 62%               | 14                  | 0%            | 0               | 70%             | 210                    | 163%       | 3950              |
|                                | <b>Total with Standard Toppings*</b> |      |              | 990      | 236.17            | 42%  | 27.63           | 62%               | 14.025              | 0%            | 0               | 70%             | 210                    | 163%       | 3955              |
| <b>Small American Hoagie</b>   |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 519      | 208.8             | 37%  | 26.72           | 58%               | 12.2                | 0%            | 0               | 32%             | 93.5                   | 72%        | 2460.4            |
|                                | <b>Total with Standard Toppings*</b> |      |              | 539      | 209.97            | 37%  | 26.85           | 58%               | 12.225              | 0%            | 0               | 32%             | 93.5                   | 72%        | 2465.4            |
| <b>Large American Hoagie</b>   |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 950      | 390               | 68%  | 53.5            | 110%              | 23                  | 0%            | 0               | 68%             | 200                    | 165%       | 6090              |
|                                | <b>Total with Standard Toppings*</b> |      |              | 970      | 391.17            | 68%  | 53.63           | 110%              | 23.025              | 0%            | 0               | 68%             | 200                    | 165%       | 6095              |
| <b>Small Tuna Hoagie</b>       |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 586      | 215.8             | 37%  | 23.74           | 37%               | 7.93                | 0%            | 0               | 40%             | 117.6                  | 48%        | 1171.9            |
|                                | <b>Total with Standard Toppings*</b> |      |              | 606      | 216.97            | 37%  | 23.87           | 37%               | 7.955               | 0%            | 0               | 40%             | 117.6                  | 48%        | 1176.9            |
| <b>Large Tuna Hoagie</b>       |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 1014     | 379               | 64%  | 41.54           | 59%               | 12.46               | 0%            | 0               | 73%             | 218.2                  | 88%        | 2113              |
|                                | <b>Total with Standard Toppings*</b> |      |              | 1034     | 380.17            | 64%  | 41.67           | 59%               | 12.485              | 0%            | 0               | 73%             | 218.2                  | 88%        | 2118              |
| <b>Small Veggie Hoagie</b>     |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 242      | 11.17             | 2%   | 1.28            | 0%                | 0.053               | 0%            | 0               | 0%              | 0                      | 21%        | 517               |
| <b>Large Veggie Hoagie</b>     |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 594      | 164.9             | 26%  | 17.92           | 46%               | 10.216              | 0%            | 0               | 18%             | 50                     | 39%        | 956               |
| <b>SPECIALTY SANDWICHES</b>    |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
| <b>Small Club Hoagie</b>       |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 615.5    | 234.18            | 40%  | 29.52           | 65%               | 13.9605             | 0%            | 0               | 41%             | 120.5                  | 88%        | 2841.5            |
| <b>Large Club Hoagie</b>       |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 896.25   | 296.09            | 51%  | 39.51           | 79%               | 16.93625            | 0%            | 0               | 62%             | 183.25                 | 158%       | 5205.75           |
| <b>Corned Beef Special</b>     |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 916      | 440               | 75%  | 48.5            | 86%               | 18.25               | 0%            | 0               | 55%             | 162.5                  | 77%        | 1865              |
| <b>Reuben</b>                  |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 791      | 370               | 63%  | 41.5            | 81%               | 17.25               | 0%            | 0               | 53%             | 157.5                  | 81%        | 1965              |
| <b>Club Sandwich</b>           |                                      |      |              |          |                   |      |                 |                   |                     |               |                 |                 |                        |            |                   |
|                                | <b>Total</b>                         |      |              | 836.25   | 311.09            | 55%  | 41.01           | 79%               | 16.93625            | 0%            | 0               | 62%             | 183.25                 | 147%       | 4915.75           |

|                                |                                      | Total Carbohydrates | Dietary Fiber | Sugar | Protein | Vit A | VIT C  | Calcium | Iron | Notes                               |     |
|--------------------------------|--------------------------------------|---------------------|---------------|-------|---------|-------|--------|---------|------|-------------------------------------|-----|
|                                |                                      | %DV                 | grams         | %DV   | grams   | grams | grams  |         |      | % values based on 2000 calorie diet |     |
| <b>Hoagies and Grinders</b>    |                                      |                     |               |       |         |       |        |         |      |                                     |     |
| <b>Small Italian Hoagie</b>    |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 16%                 | 48            | 8%    | 2       | 3     | 36.38  | 7%      | 0%   | 32%                                 | 22% |
|                                | <b>Total with Standard Toppings*</b> | 20%                 | 58.35         | 12%   | 3.1     | 5.49  | 37.2   | 15%     | 9%   | 33%                                 | 22% |
| <b>Large Italian Hoagie</b>    |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 25%                 | 77            | 12%   | 3       | 7     | 65     | 12%     | 0%   | 50%                                 | 39% |
|                                | <b>Total with Standard Toppings*</b> | 29%                 | 87.35         | 16%   | 4.1     | 9.49  | 65.82  | 20%     | 9%   | 51%                                 | 39% |
| <b>Small Ham Hoagie</b>        |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 15%                 | 49.34         | 8%    | 2       | 3     | 37.72  | 8%      | 0%   | 38%                                 | 19% |
|                                | <b>Total with Standard Toppings*</b> | 19%                 | 59.69         | 12%   | 3.1     | 5.49  | 38.54  | 16%     | 9%   | 39%                                 | 19% |
| <b>Large Ham Hoagie</b>        |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 24%                 | 79            | 12%   | 3       | 7     | 67     | 12%     | 0%   | 58%                                 | 33% |
|                                | <b>Total with Standard Toppings*</b> | 27%                 | 89.35         | 16%   | 4.1     | 9.49  | 67.82  | 20%     | 9%   | 59%                                 | 33% |
| <b>Small Ham Hoagie</b>        |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 15%                 | 45            | 8%    | 2       | 1     | 38.38  | 5%      | 0%   | 31%                                 | 19% |
|                                | <b>Total with Standard Toppings*</b> | 19%                 | 55.35         | 12%   | 3.1     | 3.49  | 39.2   | 13%     | 9%   | 32%                                 | 19% |
| <b>Large Turkey Hoagie</b>     |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 23%                 | 70            | 12%   | 3       | 3     | 69     | 8%      | 0%   | 48%                                 | 33% |
|                                | <b>Total with Standard Toppings*</b> | 27%                 | 80.35         | 16%   | 4.1     | 5.49  | 69.82  | 16%     | 9%   | 49%                                 | 33% |
| <b>Small Roast beef Hoagie</b> |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 15%                 | 45.34         | 8%    | 2       | 1     | 57.72  | 8%      | 0%   | 38%                                 | 35% |
|                                | <b>Total with Standard Toppings*</b> | 19%                 | 55.69         | 12%   | 3.1     | 3.49  | 58.54  | 16%     | 9%   | 39%                                 | 35% |
| <b>Large Roast Beef Hoagie</b> |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 23%                 | 71            | 12%   | 3       | 3     | 107    | 12%     | 0%   | 52%                                 | 65% |
|                                | <b>Total with Standard Toppings*</b> | 27%                 | 81.35         | 16%   | 4.1     | 5.49  | 107.82 | 20%     | 9%   | 53%                                 | 65% |
| <b>Small American Hoagie</b>   |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 16%                 | 48.34         | 8%    | 2       | 3     | 32.72  | 8%      | 0%   | 39%                                 | 20% |
|                                | <b>Total with Standard Toppings*</b> | 19%                 | 58.69         | 12%   | 3.1     | 5.49  | 33.54  | 16%     | 9%   | 40%                                 | 20% |
| <b>Large American Hoagie</b>   |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 25%                 | 79            | 12%   | 3       | 8     | 67     | 12%     | 0%   | 60%                                 | 37% |
|                                | <b>Total with Standard Toppings*</b> | 28%                 | 89.35         | 16%   | 4.1     | 10.49 | 67.82  | 20%     | 9%   | 61%                                 | 37% |
| <b>Small Tuna Hoagie</b>       |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 15%                 | 47.34         | 12%   | 4       | 1     | 17.72  | 8%      | 0%   | 38%                                 | 23% |
|                                | <b>Total with Standard Toppings*</b> | 19%                 | 57.69         | 16%   | 5.1     | 3.49  | 18.54  | 16%     | 9%   | 39%                                 | 23% |
| <b>Large Tuna Hoagie</b>       |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 23%                 | 75            | 20%   | 7       | 3     | 27     | 12%     | 0%   | 58%                                 | 41% |
|                                | <b>Total with Standard Toppings*</b> | 27%                 | 85.35         | 24%   | 8.1     | 5.49  | 27.82  | 20%     | 9%   | 59%                                 | 41% |
| <b>Small Veggie Hoagie</b>     |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 21%                 | 59.62         | 15%   | 3.9     | 4.62  | 8.93   | 10%     | 48%  | 4%                                  | 15% |
| <b>Large Veggie Hoagie</b>     |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 27%                 | 86.74         | 18%   | 5.2     | 6.74  | 29.72  | 25%     | 89%  | 58%                                 | 26% |
| <b>SPECIALTY SANDWICHES</b>    |                                      |                     |               |       |         |       |        |         |      |                                     |     |
| <b>Small Club Hoagie</b>       |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 17%                 | 54.055        | 10%   | 2.6     | 3.3   | 49.76  | 20%     | 7%   | 54%                                 | 20% |
| <b>Large Club Hoagie</b>       |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 26%                 | 82.4575       | 15%   | 3.75    | 6.67  | 77.51  | 22%     | 10%  | 58%                                 | 34% |
| <b>corned beef special</b>     |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 17%                 | 52            | 19%   | 5       | 20    | 69     | 20%     | 148% | 54%                                 | 37% |
| <b>reuben</b>                  |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 12%                 | 38            | 12%   | 3       | 4     | 68     | 12%     | 12%  | 50%                                 | 35% |
| <b>club sandwich</b>           |                                      |                     |               |       |         |       |        |         |      |                                     |     |
|                                | <b>Total</b>                         | 21%                 | 64.4575       | 15%   | 3.75    | 6.67  | 75.51  | 19%     | 16%  | 50%                                 | 39% |

|   | Unit  | Serving Size | Calories | Calories from Fat | % DV | Total Fat grams | Saturated Fat %DV | Fat grams | Trans Fat %DV | Fat grams | Cholesterol %DV | milligrams | Sodium %DV | milligrams |
|---|-------|--------------|----------|-------------------|------|-----------------|-------------------|-----------|---------------|-----------|-----------------|------------|------------|------------|
| <b>Wraps</b>  |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
| Turkey Wrap   |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 654      | 304.17            | 54%  | 34.63           | 57%               | 11.425    | 0%            | 0         | 18%             | 55         | 63%        | 1436       |
| Italian Wrap  |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 819      | 424.97            | 75%  | 51.85           | 89%               | 18.055    | 0%            | 0         | 35%             | 104.3      | 110%       | 3373       |
| Veggie Wrap   |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 477      | 178.9             | 31%  | 20.13           | 47%               | 9.423     | 0%            | 0         | 10%             | 30         | 43%        | 956        |
| Chicken Ceasar Wrap   |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 658.5    | 285.81            | 49%  | 32.29           | 38%               | 7.9435    | 0%            | 0         | 27%             | 80         | 71%        | 1841       |
| Smoked Salmon Wrap  |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 513      | 177.63            | 31%  | 20.17           | 48%               | 9.687     | 0%            | 0         | 15%             | 46         | 60%        | 1502       |
| <b>FROM THE GRILL</b>   |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
| <b>Small Italian Sausage</b>  |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 552.25   | 203.67            | 35%  | 22.8375         | 49%               | 9.8655    | 0%            | 0         | 21%             | 60.8       | 43%        | 1678.5     |
| <b>Large Italian Sausage</b>  |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 919      | 344.75            | 58%  | 38.61           | 81%               | 16.546    | 0%            | 0         | 38%             | 108        | 117%       | 2856       |
| <b>Small Meatball</b>   |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 762.2    | 358.2             | 63%  | 40.34           | 79%               | 15.91     | 0%            | 0         | 40%             | 120.6      | 79%        | 1933.6     |
| <b>Large Meatball</b>   |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 1100     | 515               | 89%  | 58              | 117%              | 23.5      | 0%            | 0         | 60%             | 180        | 108%       | 2610       |
| <b>CHICKEN CHOICES</b>  |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
| <b>Chicken Courdon Bleu</b>   |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 1000     | 430               | 73%  | 51.5            | 86%               | 18        | 0%            | 0         | 75%             | 220        | 111%       | 3360       |
| <b>Parmesan Chicken</b>   |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 926      | 306.48            | 51%  | 34.72           | 74%               | 14.96     | 0%            | 0         | 60%             | 178        | 119%       | 2836       |
| <b>Montery Chicken</b>  |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 980      | 455               | 76%  | 50.5            | 76%               | 16        | 0%            | 0         | 63%             | 185        | 80%        | 1920       |
| <b>Chicken Club</b>   |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 766.35   | 337.1808          | 57%  | 37.6312         | 67%               | 14.45441  | 0%            | 0         | 28%             | 78.25      | 63%        | 1522.77    |
| <b>DELI SANDWICHES</b>  |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
| DELI SANDWICHES includes standard toppings** samples use sourdough bread and swiss cheese |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
| <b>Turkey Sandwich</b>  |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 434      | 124.97            | 22%  | 13.83           | 31%               | 6.73      | 0%            | 0         | 28%             | 84         | 59%        | 1405.4     |
| <b>Ham Sandwich</b>   |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 404      | 139.97            | 25%  | 18.83           | 41%               | 8.73      | 0%            | 0         | 22%             | 64         | 48%        | 1845.4     |
| <b>Roast Beef Sandwich</b>  |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 554      | 154.97            | 28%  | 17.83           | 39%               | 8.73      | 0%            | 0         | 38%             | 114        | 81%        | 1945.4     |
| <b>BLT</b>  |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 276.37   | 187.11            | 31%  | 20.7904         | 30%               | 6.82      | 0%            | 0         | 20%             | 54.1725    | 49%        | 1148.6     |
| <b>Grilled Ham &amp; Cheese</b>   |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 650      | 365               | 65%  | 44              | 110%              | 22        | 0%            | 0         | 50%             | 150        | 117%       | 3520       |
| <b>Grilled Cheese</b>   |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 580      | 340               | 60%  | 38              | 100%              | 20        | 0%            | 0         | 40%             | 120        | 88%        | 2120       |
| <b>Kids Cheese</b>  |       |              |          |                   |      |                 |                   |           |               |           |                 |            |            |            |
|   | Total |              | 330      | 170               | 30%  | 19              | 50%               | 10        | 0%            | 0         | 20%             | 60         | 49%        | 1200       |



|                                 |       | Total Carbohydrates | Dietary Fiber | Sugar | Protein | Vit A  | VIT C  | Calcium | Iron | Notes                               |     |
|---------------------------------|-------|---------------------|---------------|-------|---------|--------|--------|---------|------|-------------------------------------|-----|
|                                 |       | %DV                 | grams         | %DV   | grams   | grams  | grams  |         |      | % values based on 2000 calorie diet |     |
| <b>Wraps</b>                    |       |                     |               |       |         |        |        |         |      |                                     |     |
| Turkey Wrap                     | Total | 24%                 | 71.35         | 20%   | 5.1     | 7.69   | 22.82  | 17%     | 20%  | 27%                                 | 27% |
| Italian Wrap                    | Total | 22%                 | 65.35         | 16%   | 4.1     | 7.49   | 39.2   | 16%     | 10%  | 53%                                 | 27% |
| Veggie Wrap                     | Total | 23%                 | 67.13         | 18%   | 4.7     | 6.97   | 11.69  | 18%     | 18%  | 27%                                 | 25% |
| Chicken Ceasar Wrap             | Total | 25%                 | 73.275        | 23%   | 6.2     | 8.78   | 27.675 | 136%    | 39%  | 33%                                 | 59% |
| Smoked Salmon Wrap              | Total | 22%                 | 64.45         | 15%   | 3.9     | 6.34   | 24.73  | 10%     | 7%   | 27%                                 | 28% |
| <b>FROM THE GRILL</b>           |       |                     |               |       |         |        |        |         |      |                                     |     |
| Small Italian Sausage           | Total | 17%                 | 51.6          | 8%    | 2       | 5.125  | 35.2   | 11%     | 4%   | 34%                                 | 24% |
| Large Italian Sausge            | Total | 27%                 | 80.7          | 12%   | 3       | 8.5    | 62.14  | 16%     | 5%   | 54%                                 | 41% |
| Small Meatball                  | Total | 21%                 | 63.36         | 9%    | 7.36    | 13.34  | 39.82  | 23%     | 13%  | 40%                                 | 32% |
| Large Meatball                  | Total | 30%                 | 91            | 14%   | 11      | 16     | 59     | 27%     | 14%  | 60%                                 | 49% |
| <b>CHICKEN CHOICES</b>          |       |                     |               |       |         |        |        |         |      |                                     |     |
| Chicken Courdon Bleu            | Total | 26%                 | 79            | 12%   | 3       | 7      | 68     | 12%     | 4%   | 58%                                 | 35% |
| Parmesan Chicken                | Total | 30%                 | 88.17         | 12%   | 3       | 16.18  | 64.69  | 23%     | 14%  | 74%                                 | 38% |
| Montery Chicken                 | Total | 26%                 | 77            | 12%   | 3       | 6      | 57     | 12%     | 4%   | 58%                                 | 33% |
| Chicken Club                    | Total | 27%                 | 82.7095       | 17%   | 4.356   | 6.1648 | 36.015 | 30%     | 22%  | 8%                                  | 26% |
| <b>Turkey Sandwich</b>          |       |                     |               |       |         |        |        |         |      |                                     |     |
| Turkey Sandwich                 | Total | 16%                 | 46.74         | 12%   | 3.1     | 4.49   | 39.52  | 16%     | 13%  | 35%                                 | 24% |
| <b>Ham Sandwich</b>             |       |                     |               |       |         |        |        |         |      |                                     |     |
| Ham Sandwich                    | Total | 16%                 | 47.74         | 12%   | 3.1     | 5.49   | 27.52  | 16%     | 13%  | 35%                                 | 22% |
| <b>Roast Beef Sandwich</b>      |       |                     |               |       |         |        |        |         |      |                                     |     |
| Roast Beef Sandwich             | Total | 16%                 | 45.74         | 12%   | 3.1     | 4.49   | 57.52  | 16%     | 13%  | 35%                                 | 40% |
| <b>BLT</b>                      |       |                     |               |       |         |        |        |         |      |                                     |     |
| BLT                             | Total | 2%                  | 5.57          | 2%    | 0.60    | 1.30   | 18.86  | 8%      | 6%   | 1%                                  | 2%  |
| <b>Grilled Ham &amp; Cheese</b> |       |                     |               |       |         |        |        |         |      |                                     |     |
| Grilled Ham & Cheese            | Total | 12%                 | 36            | 8%    | 2       | 3      | 36     | 24%     | 4%   | 120%                                | 22% |
| <b>Grilled Cheese</b>           |       |                     |               |       |         |        |        |         |      |                                     |     |
| Grilled Cheese                  | Total | 12%                 | 34            | 8%    | 2       | 2      | 26     | 24%     | 4%   | 120%                                | 20% |
| <b>Kids Cheese</b>              |       |                     |               |       |         |        |        |         |      |                                     |     |
| Kids Cheese                     | Total | 9%                  | 26            | 3%    | 0       | 3      | 14     | 12%     | 0%   | 62%                                 | 8%  |



| <b>SALADS</b>                                 |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|---|----------|--------------|----------|-------------------|-------|-----------------|-------------------|-----------|---------------|-----------|-----------------|------------|------------|------------|
| <b>Totals with standard salad ingredients</b> |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
| <b>SMALL SALAD</b>                            |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | Total    | 139          | 26.89    | 4%                | 3.38  | 0%              | 0.54              | 0%        | 0             | 0%        | 0               | 38%        | 1074       |            |
| <b>Teriyaki Chicken salad</b>                 |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | Total    | 284          | 56.89    | 9%                | 6.88  | 5%              | 1.54              | 0%        | 0             | 20%       | 60              | 90%        | 2304       |            |
| <b>Chef Salad</b>                             |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | Total    | 359          | 126.89   | 22%               | 17.88 | 33%             | 7.54              | 0%        | 0             | 27%       | 80              | 89%        | 3014       |            |
| <b>Grilled Chicken Salad</b>                  |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | Total    | 239          | 56.89    | 9%                | 6.88  | 5%              | 1.54              | 0%        | 0             | 20%       | 60              | 51%        | 1374       |            |
| <b>Tuna Salad</b>                             |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | Total    | 284          | 56.89    | 9%                | 6.88  | 5%              | 1.54              | 0%        | 0             | 20%       | 60              | 90%        | 2304       |            |
| <b>Chicken Ceaser Salad</b>                   |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | Total    | 429          | 216.89   | 37%               | 24.88 | 23%             | 5.04              | 0%        | 0             | 27%       | 80              | 70%        | 1824       |            |
|   | Unit     | Serving Size | Calories | Calories from Fat | % DV  | Total Fat grams | Saturated Fat %DV | Fat grams | Trans Fat %DV | Fat grams | Cholesterol %DV | milligrams | Sodium %DV | milligrams |
| <b>Totals with standard salad ingredients</b> |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
| <b>LARGE SALAD</b>                            |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | Total    | 168          | 27.43    | 4%                | 3.79  | 0%              | 0.602             | 0%        | 0             | 0%        | 0               | 38%        | 1084       |            |
| <b>Teriyaki Chicken salad</b>                 |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | Total    | 368          | 87.43    | 14%               | 10.79 | 10%             | 2.602             | 0%        | 0             | 40%       | 120             | 64%        | 1684       |            |
| <b>Chef Salad</b>                             |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | Total    | 508          | 157.43   | 28%               | 24.79 | 43%             | 9.602             | 0%        | 0             | 45%       | 135             | 138%       | 4904       |            |
| <b>Grilled Chicken Salad</b>                  |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | Total    | 368          | 87.43    | 14%               | 10.79 | 10%             | 2.602             | 0%        | 0             | 40%       | 120             | 64%        | 1684       |            |
| <b>Tuna Salad</b>                             |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | Total    | 410          | 139.43   | 23%               | 15.81 | 7%              | 1.832             | 0%        | 0             | 28%       | 84.1            | 62%        | 1665.5     |            |
| <b>Chicken Ceaser Salad</b>                   |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | Total    | 558          | 247.43   | 42%               | 28.79 | 28%             | 6.102             | 0%        | 0             | 47%       | 140             | 83%        | 2134       |            |
| <b>Specialty Items / Sides</b>                |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
| <b>Small French Fries</b>                     |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | 7oz      | 349.5        | 104.85   | 19%               | 11.65 | 19%             | 3.495             | 0%        | 0             | 0%        | 0               | 37%        | 908.7      |            |
| <b>Large French Fries</b>                     |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | 11oz     | 549          | 164.7    | 29%               | 18.3  | 29%             | 5.49              | 0%        | 0             | 0%        | 0               | 59%        | 1427.4     |            |
| <b>Chicken Tenders</b>                        |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | 6 pieces | 630          | 150      | 27%               | 18    | 15%             | 3                 | 0%        | 0             | 48%       | 150             | 99%        | 2400       |            |
| <b>Onion Rings</b>                            |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | 10 oz    | 552.6        | 184.2    | 34%               | 21.49 | 25%             | 4.605             | 0%        | 0             | 0%        | 0               | 43%        | 1074.5     |            |
| <b>Fried Mushrooms</b>                        |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | 8 oz     | 396          | 184.8    | 32%               | 21.12 | 13%             | 2.64              | 0%        | 0             | 0%        | 0               | 16%        | 396        |            |
| <b>Tasty Kake Butterscotch Krimpet</b>        |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | 1 pack   | 330          | 90       | 15%               | 10    | 20%             | 4                 | 0%        | 0             | 26%       | 80              | 10%        | 230        |            |
| <b>Tasty Kake Chocolate Cupcakes</b>          |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | 1 pack   | 330          | 30       | 16%               | 11    | 19%             | 4                 | 0%        | 0             | 3%        | 10              | 18%        | 420        |            |
| <b>Tasty Kake Peanut Butter Kandy Kake</b>    |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | 1 pack   | 270          | 140      | 24%               | 16    | 41%             | 8                 | 0%        | 0             | 5%        | 15              | 5%         | 115        |            |
| <b>Potato Salad</b>                           |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | 5 oz     | 190          | 70       | 12%               | 7     | 6%              | 1                 | 0%        | 0             | 2%        | 5               | 23%        | 550        |            |
| <b>Pasta Salad</b>                            |          |              |          |                   |       |                 |                   |           |               |           |                 |            |            |            |
|   | 5 oz     | 293.5        | 73.175   | 13%               | 7.85  | 4%              | 0.97              | 0%        | 0             | 0%        | 0               | 12%        | 369        |            |



| SALADS                              |              |                            |       |                      |       |                |                  |       |       |         |      |  |
|-------------------------------------|--------------|----------------------------|-------|----------------------|-------|----------------|------------------|-------|-------|---------|------|--|
| SMALL SALAD                         |              |                            |       |                      |       |                |                  |       |       |         |      |  |
|                                     | <b>Total</b> | 16%                        | 42.19 | 20%                  | 7.5   | 7.32           | 4.81             | 263%  | 78%   | 3%      | 55%  |  |
| Teriyaki Chicken salad              | <b>Total</b> | 20%                        | 54.19 | 20%                  | 7.5   | 17.32          | 19.81            | 263%  | 80%   | 3%      | 59%  |  |
| Chef Salad                          | <b>Total</b> | 16%                        | 46.19 | 20%                  | 7.5   | 8.32           | 33.81            | 269%  | 78%   | 28%     | 59%  |  |
| Grilled Chicken Salad               | <b>Total</b> | 17%                        | 44.19 | 20%                  | 7.5   | 8.32           | 19.81            | 263%  | 80%   | 3%      | 59%  |  |
| Tuna Salad                          | <b>Total</b> | 20%                        | 54.19 | 20%                  | 7.5   | 17.32          | 19.81            | 263%  | 80%   | 3%      | 59%  |  |
| Chicken Ceaser Salad                | <b>Total</b> | 18%                        | 47.19 | 20%                  | 7.5   | 10.32          | 21.81            | 263%  | 80%   | 9%      | 59%  |  |
|                                     |              | Total Carbohydrates<br>%DV | grams | Dietary Fiber<br>%DV | grams | Sugar<br>grams | Protein<br>grams | Vit A | VIT C | Calcium | Iron | Notes<br>% values based on 2000 calorie diet |
| LARGE SALAD                         |              |                            |       |                      |       |                |                  |       |       |         |      |  |
|                                     | <b>Total</b> | 11%                        | 55.91 | 9%                   | 10.3  | 9.89           | 6.64             | 526%  | 133%  | 3%      | 105% |  |
| Teriyaki Chicken salad              | <b>Total</b> | 13%                        | 59.91 | 9%                   | 10.3  | 11.89          | 36.64            | 526%  | 137%  | 3%      | 113% |  |
| Chef Salad                          | <b>Total</b> | 12%                        | 61.91 | 9%                   | 10.3  | 11.89          | 56.64            | 532%  | 133%  | 28%     | 113% |  |
| Grilled Chicken Salad               | <b>Total</b> | 13%                        | 59.91 | 9%                   | 10.3  | 11.89          | 36.64            | 526%  | 137%  | 3%      | 113% |  |
| Tuna Salad                          | <b>Total</b> | 11%                        | 57.91 | 13%                  | 12.3  | 9.89           | 6.64             | 526%  | 133%  | 3%      | 113% |  |
| Chicken Ceaser Salad                | <b>Total</b> | 14%                        | 62.91 | 9%                   | 10.3  | 13.89          | 38.64            | 526%  | 137%  | 9%      | 113% |  |
| Specialty Items / Sides             |              |                            |       |                      |       |                |                  |       |       |         |      |  |
| Small French Fries                  |              | 16%                        | 51.26 | 19%                  | 4.66  | 2.33           | 4.66             | 0%    | 14%   | 0%      | 5%   |  |
| Large French Fries                  |              | 26%                        | 80.52 | 29%                  | 7.32  | 3.66           | 7.32             | 0%    | 22%   | 0%      | 7%   |  |
| Chicken Tenders                     |              | 15%                        | 45    | 6%                   | 3     | 0              | 66               | 6%    | 6%    | 6%      | 6%   |  |
| Onion Rings                         |              | 28%                        | 79.82 | 28%                  | 6.14  | 12.28          | 6.14             | 0%    | 12%   | 0%      | 6%   |  |
| Fried Mushrooms                     |              | 13%                        | 42.24 | 8%                   | 0     | 5.28           | 5.28             | 0%    | 0%    | 0%      | 11%  |  |
| Tasty Kake Butterscotch Krimpet     |              | 19%                        | 58    | 0%                   | 0     | 39             | 3                | 2%    | 0%    | 2%      | 6%   |  |
| Tasty Kake Chocolate Cupcakes       |              | 19%                        | 56    | 10%                  | 3     | 41             | 4                | 0%    | 0%    | 4%      | 6%   |  |
| Tasty Kake Peanut Butter Kandy Kake |              | 10%                        | 30    | 7%                   | 2     | 22             | 5                | 0%    | 0%    | 2%      | 15%  |  |
| Potato Salad                        |              | 9%                         | 26    | 6%                   | 2     | 9              | 2                | 0%    | 15%   | 2%      | 2%   |  |
| Pasta Salad                         |              | 16%                        | 50.74 | 12%                  | 3.25  | 4.67           | 7.645            | 7%    | 25%   | 3%      | 13%  |  |



|                  | Unit                            | Serving Size | Calories | Calories from Fat | % DV | Total Fat grams | %DV | Saturated Fat grams | %DV | Trans Fat grams | %DV | Cholesterol milligrams | %DV | Sodium milligrams |  |
|------------------|---------------------------------|--------------|----------|-------------------|------|-----------------|-----|---------------------|-----|-----------------|-----|------------------------|-----|-------------------|--|
| <b>Cheeses:</b>  |                                 |              |          |                   |      |                 |     |                     |     |                 |     |                        |     |                   |  |
|                  | Provelone                       | 1 oz         | 100      | 70                | 12%  | 8               | 22% | 4.5                 | 0%  | 0               | 7%  | 20                     | 8%  | 200               |  |
|                  | Swiss                           | 1 oz         | 100      | 70                | 12%  | 8               | 23% | 5                   | 0%  | 0               | 9%  | 25                     | 2%  | 60                |  |
|                  | Cheddar                         | 1 oz         | 114      | 81                | 14%  | 9.4             | 26% | 5.98                | 0%  | 0               | 30  | 7%                     | 176 |                   |  |
|                  | Cheese Whiz                     | 1 oz         | 78       | 52                | 9%   | 6               | 8%  | 1.5                 | 0%  | 0               | 3%  | 9                      | 18% | 431               |  |
|                  | American Cheese                 | 1 oz         | 100      | 80                | 14%  | 9               | 25% | 5.00                | 0%  | 0               | 10% | 30                     | 18% | 440               |  |
| <b>Drinks</b>    |                                 |              |          |                   |      |                 |     |                     |     |                 |     |                        |     |                   |  |
|                  | mm lemonade                     | 12 oz        | 150      | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 2%  | 50                |  |
|                  | lemon tea nestea                | 12 oz        | 120      | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 2%  | 45                |  |
|                  | root beer                       | 12 oz        | 160      | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 3%  | 70                |  |
|                  | sprite                          | 12 oz        | 140      | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 3%  | 70                |  |
|                  | diet coke                       | 12 oz        | 0        | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 2%  | 40                |  |
|                  | coke                            | 12 oz        | 140      | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 2%  | 50                |  |
|                  | mr. pibb                        | 12 oz        | 140      | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 2%  | 40                |  |
|                  | orange fanta                    | 12 oz        | 160      | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 2%  | 55                |  |
|                  | boylans cane cola               | 12 oz        | 160      | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 1%  | 15                |  |
|                  | gatorade fruit punch            | 20 oz        | 130      | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 11% | 270               |  |
|                  | dasani water                    | 20 oz        | 0        | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 0%  | 0                 |  |
|                  | dasani water lemon              | 20 oz        | 0        | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 1%  | 30                |  |
|                  | powerade fruit punch            | 20 oz        | 60       | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 2%  | 50                |  |
|                  | fuze strwberry guava            | 18.5 oz      | 207.9    | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 2%  | 34.65             |  |
| <b>Dressings</b> |                                 |              |          |                   |      |                 |     |                     |     |                 |     |                        |     |                   |  |
|                  | 1000 island packet              | 42.5         | 130      | 100               | 18%  | 12              | 10% | 2                   | 0%  | 0               | 5%  | 15                     | 20% | 480               |  |
|                  | catalina fat free               | 42.5         | 60       | 0                 | 0%   | 0               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 18% | 420               |  |
|                  | ranch                           | 42.5         | 250      | 240               | 40%  | 26              | 20% | 4                   | 0%  | 0               | 5%  | 15                     | 15% | 370               |  |
|                  | golden italian                  | 42.5         | 110      | 100               | 17%  | 11              | 8%  | 1.5                 | 0%  | 0               | 0%  | 0                      | 20% | 470               |  |
|                  | blue cheese                     | 42.5         | 200      | 190               | 32%  | 21              | 20% | 4                   | 0%  | 0               | 7%  | 20                     | 17% | 410               |  |
|                  | ceasar                          | 42.5         | 190      | 160               | 28%  | 18              | 18% | 3.5                 | 0%  | 0               | 7%  | 20                     | 19% | 450               |  |
|                  | honey mustard                   | 42.5         | 140      | 90                | 15%  | 10              | 8%  | 1.5                 | 0%  | 0               | 2%  | 5                      | 14% | 330               |  |
| <b>Chips</b>     |                                 |              |          |                   |      |                 |     |                     |     |                 |     |                        |     |                   |  |
|                  | cheetos                         | 2 oz         | 320      | 180               | 31%  | 20              | 20% | 4                   | 0%  | 0               | 3%  | 10                     | 24% | 590               |  |
|                  | baked lays original             | 1 1/8 oz     | 130      | 15                | 3%   | 2               | 0%  | 0                   | 0%  | 0               | 0%  | 0                      | 9%  | 220               |  |
|                  | miss vickies jalapeno           | 1 3/8 oz     | 200      | 100               | 17%  | 11              | 15% | 3                   | 0%  | 0               | 0%  | 0                      | 11% | 270               |  |
|                  | miss vickies sea salt n vinegar | 1 3/8 oz     | 200      | 100               | 17%  | 11              | 15% | 3                   | 0%  | 0               | 0%  | 0                      | 14% | 340               |  |
|                  | sour cream                      | 1 /2 oz      | 240      | 140               | 23%  | 15              | 9%  | 2                   | 0%  | 0               | 0%  | 0                      | 13% | 320               |  |
|                  | bbq                             | 1 /2 oz      | 230      | 130               | 23%  | 15              | 8%  | 1.5                 | 0%  | 0               | 0%  | 0                      | 13% | 300               |  |
|                  | classic lays                    | 1 /2 oz      | 230      | 140               | 23%  | 15              | 9%  | 2                   | 0%  | 0               | 0%  | 0                      | 11% | 270               |  |
|                  | chili cheese                    | 2 oz         | 320      | 180               | 31%  | 20              | 14% | 3                   | 0%  | 0               | 1%  | < .5                   | 22% | 530               |  |
|                  | fritos                          | 2 oz         | 320      | 180               | 31%  | 20              | 14% | 3                   | 0%  | 0               | 0%  | 0                      | 13% | 320               |  |
|                  | funyons                         | 1 1/4 oz     | 180      | 80                | 13%  | 8               | 6%  | 1.5                 | 0%  | 0               | 0%  | 0                      | 14% | 340               |  |
|                  | doritos nacho cheese            | 1 3/4 oz     | 250      | 120               | 21%  | 13              | 13% | 2.5                 | 0%  | 0               | 1%  | < 5 mg                 | 13% | 310               |  |
|                  | doritos cooler ranch            | 1 3/4 oz     | 250      | 110               | 20%  | 13              | 10% | 2                   | 0%  | 0               | 0%  | 0                      | 13% | 310               |  |
|                  | sun chip garden salsa           | 1 1/2 oz     | 210      | 80                | 14%  | 9               | 7%  | 1.5                 | 0%  | 0               | 0%  | 0                      | 10% | 240               |  |
|                  | sun chip original               | 1 1/2 oz     | 210      | 80                | 15%  | 10              | 8%  | 1.5                 | 0%  | 0               | 0%  | 0                      | 8%  | 180               |  |
|                  | sun chip harvest cheddar        | 1 1/2 oz     | 210      | 80                | 14%  | 9               | 7%  | 1.5                 | 0%  | 0               | 0%  | 0                      | 10% | 240               |  |
|                  | ruffles cheddar & sour cream    | 1 1/2 oz     | 240      | 140               | 25%  | 16              | 11% | 1                   | 0%  | 0               | 0%  | 0                      | 15% | 350               |  |
|                  | ruffles original                | 1 1/2 oz     | 240      | 140               | 24%  | 16              | 8%  | 1.5                 | 0%  | 0               | 0%  | 0                      | 10% | 250               |  |

|                                 | Total Carbohydrates | Dietary Fiber | Sugar | Protein | Vit A | VIT C | Calcium | Iron | Notes                               |    |
|---------------------------------|---------------------|---------------|-------|---------|-------|-------|---------|------|-------------------------------------|----|
|                                 | %DV                 | grams         | %DV   | grams   | grams | grams |         |      | % values based on 2000 calorie diet |    |
| <b>Cheeses:</b>                 |                     |               |       |         |       |       |         |      |                                     |    |
| Provelone                       | 0%                  | 0             | 0%    | 0       | 0     | 7     | 4%      | 0%   | 20%                                 | 0% |
| Swiss                           | 0%                  | 1             | 0%    | 0       | 0     | 8     | 6%      | 0%   | 25%                                 | 0% |
| Cheddar                         | 0%                  | 0.69          | 0%    | 0       | 0.15  | 7.06  | 5%      | 0%   | 20%                                 | 0% |
| Cheese Whiz                     | 1%                  | 3.0           | 0%    | 0       | 2.2   | 2.6   | 2%      | 0%   | 9%                                  | 0% |
| American Cheese                 | 0%                  | 0             | 0%    | 0       | 0     | 5     | 6%      | 0%   | 30%                                 | 0% |
| <b>Drinks</b>                   |                     |               |       |         |       |       |         |      |                                     |    |
| mm lemonade                     | 14%                 | 42            | 0%    | 0       | 40    | 0     | 0%      | 0%   | 0%                                  | 0% |
| lemon tea nestea                | 11%                 | 33            | 0%    | 0       | 33    | 0     | 0%      | 0%   | 0%                                  | 0% |
| root beer                       | 15%                 | 45            | 0%    | 0       | 45    | 0     | 0%      | 0%   | 0%                                  | 0% |
| sprite                          | 13%                 | 38            | 0%    | 0       | 38    | 0     | 0%      | 0%   | 0%                                  | 0% |
| diet coke                       | 0%                  | 0             | 0%    | 0       | 0     | 0     | 0%      | 0%   | 0%                                  | 0% |
| coke                            | 13%                 | 39            | 0%    | 0       | 39    | 0     | 0%      | 0%   | 0%                                  | 0% |
| mr. pibb                        | 13%                 | 39            | 0%    | 0       | 39    | 0     | 0%      | 0%   | 0%                                  | 0% |
| orange fanta                    | 15%                 | 44            | 0%    | 0       | 44    | 0     | 0%      | 0%   | 0%                                  | 0% |
| boylans cane cola               | 14%                 | 41            | 0%    | 0       | 41    | 0     | 0%      | 0%   | 0%                                  | 0% |
| gatorade fruit punch            | 12%                 | 35            | 0%    | 0       | 35    | 0     | 0%      | 0%   | 0%                                  | 0% |
| dasani water                    | 0%                  | 0             | 0%    | 0       | 0     | 0     | 0%      | 0%   | 0%                                  | 0% |
| dasani water lemon              | 0%                  | 0             | 0%    | 0       | 0     | 0     | 0%      | 0%   | 0%                                  | 0% |
| powerade fruit punch            | 5%                  | 15            | 0%    | 0       | 15    | 0     | 0%      | 0%   | 0%                                  | 0% |
| fuze strawberry guava           | 18%                 | 53.13         | 0%    | 0       | 50.82 | 0     | 58%     | 116% | 58%                                 | 0% |
| <b>Dressings</b>                |                     |               |       |         |       |       |         |      |                                     |    |
| 1000 island packet              | 2%                  | 7             | 0%    | 0       | 6     | 0     | 0%      | 0%   | 0%                                  | 0% |
| catalina fat free               | 5%                  | 14            | 0%    | 0       | 9     | 0     | 0%      | 0%   | 0%                                  | 0% |
| ranch                           | 1%                  | 2             | 0%    | 0       | 1     | 0     | 0%      | 0%   | 0%                                  | 0% |
| golden italian                  | 1%                  | 3             | 0%    | 0       | 2     | 0     | 0%      | 0%   | 0%                                  | 0% |
| blue cheese                     | 1%                  | 2             | 0%    | 0       | 1     | 1     | 0%      | 0%   | 0%                                  | 0% |
| ceasar                          | 1%                  | 3             | 0%    | 0       | 2     | 2     | 0%      | 0%   | 6%                                  | 0% |
| honey mustard                   | 4%                  | 11            | 0%    | 0       | 10    | 0     | 10%     | 0%   | 0%                                  | 0% |
| <b>Chips</b>                    |                     |               |       |         |       |       |         |      |                                     |    |
| cheetos                         | 10%                 | 30            | 4%    | 1       | 2     | 4     | 0%      | 0%   | 0%                                  | 4% |
| baked lays original             | 9%                  | 26            | 9%    | 2       | 2     | 2     | 0%      | 4%   | 2%                                  | 2% |
| miss vickies jalapeno           | 7%                  | 22            | 8%    | 2       | 1     | 3     | 0%      | 15%  | 2%                                  | 6% |
| miss vickies sea salt n vinegar | 7%                  | 22            | 12%   | 3       | 2     | 3     | 0%      | 15%  | 2%                                  | 4% |
| sour cream                      | 8%                  | 23            | 4%    | 2       | 2     | 3     | 0%      | 15%  | 2%                                  | 0% |
| bbq                             | 8%                  | 23            | 6%    | 2       | 3     | 3     | 0%      | 15%  | 0%                                  | 2% |
| classic lays                    | 8%                  | 23            | 6%    | 2       | 0     | 3     | 0%      | 15%  | 0%                                  | 2% |
| chili cheese                    | 10%                 | 30            | 8%    | 2       | 3     | 4     | 0%      | 0%   | 8%                                  | 2% |
| fritos                          | 11%                 | 32            | 12%   | 3       | 3     | 3     | 0%      | 0%   | 4%                                  | 2% |
| funyons                         | 8%                  | 23            | 1%    | < 1 g   | 1     | 2     | 0%      | 0%   | 0%                                  | 8% |
| doritos nacho cheese            | 1%                  | 30            | 10%   | 2       | 2     | 4     | 0%      | 0%   | 8%                                  | 2% |
| doritos cooler ranch            | 11%                 | 32            | 9%    | 2       | 2     | 4     | 0%      | 0%   | 0%                                  | 4% |
| sun chip garden salsa           | 10%                 | 29            | 13%   | 3       | 3     | 4     | 0%      | 0%   | 2%                                  | 2% |
| sun chip original               | 9%                  | 27            | 13%   | 3       | 3     | 4     | 2%      | 0%   | 0%                                  | 4% |
| sun chip harvest cheddar        | 10%                 | 29            | 13%   | 3       | 3     | 4     | 0%      | 0%   | 2%                                  | 2% |
| ruffles cheddar & sour cream    | 7%                  | 21            | 7%    | 2       | 0     | 3     | 0%      | 10%  | 0%                                  | 2% |
| ruffles original                | 7%                  | 22            | 6%    | 2       | 0     | 3     | 0%      | 15%  | 0%                                  | 2% |