



CHEESESTEAKS

| 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 |
|------|--------------|----------|-------------------|------|-----------------|-----|---------------------|-----|-----------------|-----|------------------------|-----|-------------------|
|------|--------------|----------|-------------------|------|-----------------|-----|---------------------|-----|-----------------|-----|------------------------|-----|-------------------|

Small Cheesesteak

Cheesesteak includes bread, meat, and cheese

| | | | | | | | | | | | | | |
|------------------|-------|-----|--------|-----|-------|-----|--------|----|---|-----|-------|-----|------|
| Total | | 610 | 255 | 39% | 29.5 | 63% | 12.5 | 0% | 0 | 37% | 112.5 | 55% | 1340 |
| 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

| | | | | | | | | | | | | | |
|------------------|------|-----|--------|-----|-------|------|--------|----|---|-----|----|------|------|
| Total | | 530 | 175 | 69% | 19.5 | 113% | 10.00 | 0% | 0 | 20% | 60 | 98% | 1710 |
| add onion | 2 OZ | 552 | 175.54 | 69% | 19.56 | 113% | 10.024 | 0% | 0 | 20% | 60 | 98% | 1712 |
| add mushroom | 2 OZ | 542 | 175 | 69% | 19.7 | 113% | 10.024 | 0% | 0 | 20% | 60 | 98% | 1712 |
| add extra cheese | 1 OZ | 630 | 255 | 83% | 28.5 | 138% | 15 | 0% | 0 | 30% | 90 | 116% | 2150 |
| add tomato | 2 OZ | 540 | 176.08 | 69% | 19.62 | 113% | 10.016 | 0% | 0 | 20% | 60 | 98% | 1712 |
| add lettuce | 2 OZ | 538 | 175.72 | 69% | 19.58 | 113% | 10.01 | 0% | 0 | 20% | 60 | 98% | 1716 |
| add pepper | 2 OZ | 542 | 175 | 69% | 19.6 | 113% | 10.032 | 0% | 0 | 20% | 60 | 98% | 1712 |

Small Chicken Philly

Cheesesteak includes bread, meat, and cheese

| | | | | | | | | | | | | | |
|--------------|--|-----|--------|-----|-------|-----|-------|----|---|-----|-------|-----|------|
| Total | | 485 | 146.25 | 26% | 16.25 | 35% | 6.875 | 0% | 0 | 39% | 117.5 | 53% | 1275 |
|--------------|--|-----|--------|-----|-------|-----|-------|----|---|-----|-------|-----|------|

Large Chicken Philly

Cheesesteak includes bread, meat, and cheese

| | | | | | | | | | | | | | |
|--------------|--|-----|-------|-----|----|-----|-------|----|---|-----|-----|-----|------|
| Total | | 880 | 287.5 | 50% | 32 | 70% | 13.75 | 0% | 0 | 78% | 235 | 99% | 2360 |
|--------------|--|-----|-------|-----|----|-----|-------|----|---|-----|-----|-----|------|

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 |
| Total** | | 20 | 1.17 | 0% | 0.13 | 0% | 0.025 | 0% | 0 | 0% | 0 | 0% | 5 |

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 | | | 2% | 5 | 3% | 75 |
| oil | 1 tbsp | 120 | 120 | 22% | 14 | 10% | 2 | 0% | 0 | 0% | 0 | 0% | 0 |
| vinegar | 1 tbsp | 0 | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% | 0 |
| small extra american cheese | 1 OZ | 50 | 40 | 7% | 4.5 | 12% | 2.5 | 0% | 0 | 5% | 15 | 9% | 220 |
| large extra american cheese | 1OZ | 100 | 80 | 14% | 9 | 25% | 5.00 | 0% | 0 | 10% | 30 | 18% | 440 |





CHEESESTEAKS

| 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 |

Small Cheesesteak

| | | | | | | | | | | |
|-------------------------|-----|-------|-----|-----|------|-------|-----|-----|-----|-----|
| Total | 17% | 48.5 | 8% | 2 | 1 | 37.5 | 6% | 0% | 34% | 27% |
| 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

| | | | | | | | | | | |
|-------------------------|-----|-------|-----|-----|------|-------|-----|-----|-----|-----|
| Total | 26% | 69 | 12% | 3 | 3 | 21 | 12% | 0% | 68% | 37% |
| add onion | 29% | 80 | 16% | 4 | 5.38 | 21.62 | 12% | 6% | 68% | 37% |
| add mushroom | 28% | 73.28 | 14% | 3.6 | 3.92 | 22.74 | 12% | 2% | 68% | 37% |
| add extra cheese | 26% | 69 | 12% | 3 | 3 | 26 | 18% | 0% | 98% | 37% |
| add tomato | 27% | 74.2 | 14% | 3.6 | 4.48 | 21.5 | 22% | 12% | 68% | 37% |
| add lettuce | 27% | 73.5 | 14% | 3.6 | 4.12 | 21.52 | 18% | 0% | 70% | 37% |
| add pepper | 28% | 75.26 | 16% | 4 | 4.34 | 21.48 | 16% | 74% | 68% | 37% |

Small Chicken Philly

| | | | | | | | | | | |
|--------------|-----|-------|----|---|-----|-------|----|----|-----|-----|
| Total | 16% | 47.75 | 8% | 2 | 3.5 | 35.75 | 9% | 5% | 37% | 20% |
|--------------|-----|-------|----|---|-----|-------|----|----|-----|-----|

Large Chicken Philly

| | | | | | | | | | | |
|--------------|-----|------|-----|---|---|------|-----|-----|-----|-----|
| Total | 26% | 76.5 | 12% | 3 | 8 | 68.5 | 17% | 10% | 73% | 35% |
|--------------|-----|------|-----|---|---|------|-----|-----|-----|-----|

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% |
| Total** | 4% | 10.35 | 4% | 1.1 | 2.49 | 0.82 | 8% | 9% | 1% | 0% |

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% |
| oil | 0% | 0 | 0% | 0 | 0 | 0 | 0% | 0% | 0% | 0% |
| vinegar | 0% | 0 | 0% | 0 | 0 | 0 | 0% | 0% | 0% | 0% |
| small extra american cheese | 0% | 0 | 0% | 0 | 0 | 2.5 | 3% | 0% | 15% | 0% |
| large extra american cheese | 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 |
|--------------------------------|--------------------------------------|----------|-------------------|------|-----------------|-------------------|---------------------|---------------|-----------------|-----------------|------------------------|------------|-------------------|
| Hoagies and Grinders | | | | | | | | | | | | | |
| Small Italian Hoagie | | | | | | | | | | | | | |
| | Total | 579 | 243.8 | 43% | 30.72 | 64% | 13.03 | 0% | 0 | 35% | 104.3 | 97% | 3058 |
| | Total with Standard Toppings* | 599 | 244.97 | 43% | 30.85 | 64% | 13.055 | 0% | 0 | 35% | 104.3 | 97% | 3063 |
| Large Italian Hoagie | | | | | | | | | | | | | |
| | Total | 1000 | 435 | 76% | 55.5 | 114% | 23 | 0% | 0 | 65% | 195 | 182% | 5790 |
| | Total with Standard Toppings* | 1020 | 436.17 | 76% | 55.63 | 114% | 23.025 | 0% | 0 | 65% | 195 | 182% | 5795 |
| Small Ham Hoagie | | | | | | | | | | | | | |
| | Total | 484 | 153.8 | 28% | 23.72 | 51% | 10.7 | 0% | 0 | 32% | 93.5 | 82% | 3390.4 |
| | Total with Standard Toppings* | 504 | 154.97 | 28% | 23.85 | 51% | 10.725 | 0% | 0 | 32% | 93.5 | 82% | 3395.4 |
| Large Ham Hoagie | | | | | | | | | | | | | |
| | Total | 810 | 255 | 46% | 41.5 | 86% | 18 | 0% | 0 | 58% | 170 | 155% | 6550 |
| | Total with Standard Toppings* | 830 | 256.17 | 46% | 41.63 | 86% | 18.025 | 0% | 0 | 58% | 170 | 155% | 6555 |
| Small Ham Hoagie | | | | | | | | | | | | | |
| | Total | 444 | 113.8 | 20% | 12.72 | 29% | 6.03 | 0% | 0 | 25% | 76.8 | 72% | 1738 |
| | Total with Standard Toppings* | 464 | 114.97 | 20% | 12.85 | 29% | 6.055 | 0% | 0 | 25% | 76.8 | 72% | 1743 |
| Large Turkey Hoagie | | | | | | | | | | | | | |
| | Total | 730 | 175 | 30% | 19.5 | 44% | 9 | 0% | 0 | 46% | 140 | 131% | 3150 |
| | Total with Standard Toppings* | 750 | 176.17 | 30% | 19.63 | 44% | 9.025 | 0% | 0 | 46% | 140 | 131% | 3155 |
| Small Roast beef Hoagie | | | | | | | | | | | | | |
| | Total | 564 | 143.8 | 26% | 16.72 | 39% | 8.7 | 0% | 0 | 38% | 113.5 | 86% | 2090.4 |
| | Total with Standard Toppings* | 584 | 144.97 | 26% | 16.85 | 39% | 8.725 | 0% | 0 | 38% | 113.5 | 86% | 2095.4 |
| Large Roast Beef Hoagie | | | | | | | | | | | | | |
| | Total | 970 | 235 | 42% | 27.5 | 62% | 14 | 0% | 0 | 70% | 210 | 163% | 3950 |
| | Total with Standard Toppings* | 990 | 236.17 | 42% | 27.63 | 62% | 14.025 | 0% | 0 | 70% | 210 | 163% | 3955 |
| Small American Hoagie | | | | | | | | | | | | | |
| | Total | 519 | 208.8 | 37% | 26.72 | 58% | 12.2 | 0% | 0 | 32% | 93.5 | 72% | 2460.4 |
| | Total with Standard Toppings* | 539 | 209.97 | 37% | 26.85 | 58% | 12.225 | 0% | 0 | 32% | 93.5 | 72% | 2465.4 |
| Large American Hoagie | | | | | | | | | | | | | |
| | Total | 950 | 390 | 68% | 53.5 | 110% | 23 | 0% | 0 | 68% | 200 | 165% | 6090 |
| | Total with Standard Toppings* | 970 | 391.17 | 68% | 53.63 | 110% | 23.025 | 0% | 0 | 68% | 200 | 165% | 6095 |
| Small Tuna Hoagie | | | | | | | | | | | | | |
| | Total | 586 | 215.8 | 37% | 23.74 | 37% | 7.93 | 0% | 0 | 40% | 117.6 | 48% | 1171.9 |
| | Total with Standard Toppings* | 606 | 216.97 | 37% | 23.87 | 37% | 7.955 | 0% | 0 | 40% | 117.6 | 48% | 1176.9 |
| Large Tuna Hoagie | | | | | | | | | | | | | |
| | Total | 1014 | 379 | 64% | 41.54 | 59% | 12.46 | 0% | 0 | 73% | 218.2 | 88% | 2113 |
| | Total with Standard Toppings* | 1034 | 380.17 | 64% | 41.67 | 59% | 12.485 | 0% | 0 | 73% | 218.2 | 88% | 2118 |
| Small Veggie Hoagie | | | | | | | | | | | | | |
| | Total | 242 | 11.17 | 2% | 1.28 | 0% | 0.053 | 0% | 0 | 0% | 0 | 21% | 517 |
| Large Veggie Hoagie | | | | | | | | | | | | | |
| | Total | 594 | 164.9 | 26% | 17.92 | 46% | 10.216 | 0% | 0 | 18% | 50 | 39% | 956 |

SPECIALTY SANDWICHES

| | | | | | | | | | | | | | |
|----------------------------|--------------|--------|--------|-----|-------|-----|----------|----|---|-----|--------|------|---------|
| Small Club Hoagie | | | | | | | | | | | | | |
| | Total | 615.5 | 234.18 | 40% | 29.52 | 65% | 13.9605 | 0% | 0 | 41% | 120.5 | 88% | 2841.5 |
| Large Club Hoagie | | | | | | | | | | | | | |
| | Total | 896.25 | 296.09 | 51% | 39.51 | 79% | 16.93625 | 0% | 0 | 62% | 183.25 | 158% | 5205.75 |
| Corned Beef Special | | | | | | | | | | | | | |
| | Total | 916 | 440 | 75% | 48.5 | 86% | 18.25 | 0% | 0 | 55% | 162.5 | 77% | 1865 |
| Reuben | | | | | | | | | | | | | |
| | Total | 791 | 370 | 63% | 41.5 | 81% | 15 | 0% | 0 | 53% | 157.5 | 81% | 1965 |
| Club Sandwich | | | | | | | | | | | | | |
| | Total | 836.25 | 311.09 | 55% | 41.01 | 79% | 16.25 | 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 |

Hoagies and Grinders

Small Italian Hoagie

| | | | | | | | | | | |
|--------------------------------------|-----|-------|-----|-----|------|-------|-----|----|-----|-----|
| Total | 16% | 48 | 8% | 2 | 3 | 36.38 | 7% | 0% | 32% | 22% |
| Total with Standard Toppings* | 20% | 58.35 | 12% | 3.1 | 5.49 | 37.2 | 15% | 9% | 33% | 22% |

Large Italian Hoagie

| | | | | | | | | | | |
|--------------------------------------|-----|-------|-----|-----|------|-------|-----|----|-----|-----|
| Total | 25% | 77 | 12% | 3 | 7 | 65 | 12% | 0% | 50% | 39% |
| Total with Standard Toppings* | 29% | 87.35 | 16% | 4.1 | 9.49 | 65.82 | 20% | 9% | 51% | 39% |

Small Ham Hoagie

| | | | | | | | | | | |
|--------------------------------------|-----|-------|-----|-----|------|-------|-----|----|-----|-----|
| Total | 15% | 49.34 | 8% | 2 | 3 | 37.72 | 8% | 0% | 38% | 19% |
| Total with Standard Toppings* | 19% | 59.69 | 12% | 3.1 | 5.49 | 38.54 | 16% | 9% | 39% | 19% |

Large Ham Hoagie

| | | | | | | | | | | |
|--------------------------------------|-----|-------|-----|-----|------|-------|-----|----|-----|-----|
| Total | 24% | 79 | 12% | 3 | 7 | 67 | 12% | 0% | 58% | 33% |
| Total with Standard Toppings* | 27% | 89.35 | 16% | 4.1 | 9.49 | 67.82 | 20% | 9% | 59% | 33% |

Small Ham Hoagie

| | | | | | | | | | | |
|--------------------------------------|-----|-------|-----|-----|------|-------|-----|----|-----|-----|
| Total | 15% | 45 | 8% | 2 | 1 | 38.38 | 5% | 0% | 31% | 19% |
| Total with Standard Toppings* | 19% | 55.35 | 12% | 3.1 | 3.49 | 39.2 | 13% | 9% | 32% | 19% |

Large Turkey Hoagie

| | | | | | | | | | | |
|--------------------------------------|-----|-------|-----|-----|------|-------|-----|----|-----|-----|
| Total | 23% | 70 | 12% | 3 | 3 | 69 | 8% | 0% | 48% | 33% |
| Total with Standard Toppings* | 27% | 80.35 | 16% | 4.1 | 5.49 | 69.82 | 16% | 9% | 49% | 33% |

Small Roast beef Hoagie

| | | | | | | | | | | |
|--------------------------------------|-----|-------|-----|-----|------|-------|-----|----|-----|-----|
| Total | 15% | 45.34 | 8% | 2 | 1 | 57.72 | 8% | 0% | 38% | 35% |
| Total with Standard Toppings* | 19% | 55.69 | 12% | 3.1 | 3.49 | 58.54 | 16% | 9% | 39% | 35% |

Large Roast Beef Hoagie

| | | | | | | | | | | |
|--------------------------------------|-----|-------|-----|-----|------|--------|-----|----|-----|-----|
| Total | 23% | 71 | 12% | 3 | 3 | 107 | 12% | 0% | 52% | 65% |
| Total with Standard Toppings* | 27% | 81.35 | 16% | 4.1 | 5.49 | 107.82 | 20% | 9% | 53% | 65% |

Small American Hoagie

| | | | | | | | | | | |
|--------------------------------------|-----|-------|-----|-----|------|-------|-----|----|-----|-----|
| Total | 16% | 48.34 | 8% | 2 | 3 | 32.72 | 8% | 0% | 39% | 20% |
| Total with Standard Toppings* | 19% | 58.69 | 12% | 3.1 | 5.49 | 33.54 | 16% | 9% | 40% | 20% |

Large American Hoagie

| | | | | | | | | | | |
|--------------------------------------|-----|-------|-----|-----|-------|-------|-----|----|-----|-----|
| Total | 25% | 79 | 12% | 3 | 8 | 67 | 12% | 0% | 60% | 37% |
| Total with Standard Toppings* | 28% | 89.35 | 16% | 4.1 | 10.49 | 67.82 | 20% | 9% | 61% | 37% |

Small Tuna Hoagie

| | | | | | | | | | | |
|--------------------------------------|-----|-------|-----|-----|------|-------|-----|----|-----|-----|
| Total | 15% | 47.34 | 12% | 4 | 1 | 17.72 | 8% | 0% | 38% | 23% |
| Total with Standard Toppings* | 19% | 57.69 | 16% | 5.1 | 3.49 | 18.54 | 16% | 9% | 39% | 23% |

Large Tuna Hoagie

| | | | | | | | | | | |
|--------------------------------------|-----|-------|-----|-----|------|-------|-----|----|-----|-----|
| Total | 23% | 75 | 20% | 7 | 3 | 27 | 12% | 0% | 58% | 41% |
| Total with Standard Toppings* | 27% | 85.35 | 24% | 8.1 | 5.49 | 27.82 | 20% | 9% | 59% | 41% |

Small Veggie Hoagie

| | | | | | | | | | | |
|--------------|-----|-------|-----|-----|------|------|-----|-----|----|-----|
| Total | 21% | 59.62 | 15% | 3.9 | 4.62 | 8.93 | 10% | 48% | 4% | 15% |
|--------------|-----|-------|-----|-----|------|------|-----|-----|----|-----|

Large Veggie Hoagie

| | | | | | | | | | | |
|--------------|-----|-------|-----|-----|------|-------|-----|-----|-----|-----|
| Total | 27% | 86.74 | 18% | 5.2 | 6.74 | 29.72 | 25% | 89% | 58% | 26% |
|--------------|-----|-------|-----|-----|------|-------|-----|-----|-----|-----|

SPECIALTY SANDWICHES

Small Club Hoagie

| | | | | | | | | | | |
|--------------|-----|--------|-----|-----|-----|-------|-----|----|-----|-----|
| Total | 17% | 54.055 | 10% | 2.6 | 3.3 | 49.76 | 20% | 7% | 54% | 20% |
|--------------|-----|--------|-----|-----|-----|-------|-----|----|-----|-----|

Large Club Hoagie

| | | | | | | | | | | |
|--------------|-----|---------|-----|------|------|-------|-----|-----|-----|-----|
| Total | 26% | 82.4575 | 15% | 3.75 | 6.67 | 77.51 | 22% | 10% | 58% | 34% |
|--------------|-----|---------|-----|------|------|-------|-----|-----|-----|-----|

corned beef special

| | | | | | | | | | | |
|--------------|-----|----|-----|---|----|----|-----|------|-----|-----|
| Total | 17% | 52 | 19% | 5 | 20 | 69 | 20% | 148% | 54% | 37% |
|--------------|-----|----|-----|---|----|----|-----|------|-----|-----|

reuben

| | | | | | | | | | | |
|--------------|-----|----|-----|---|---|----|--|--|-----|-----|
| Total | 12% | 38 | 12% | 3 | 4 | 68 | | | 50% | 35% |
|--------------|-----|----|-----|---|---|----|--|--|-----|-----|

club sandwich

| | | | | | | | | | | |
|--------------|-----|---------|-----|------|------|-------|--|--|-----|-----|
| Total | 21% | 64.4575 | 15% | 3.75 | 6.67 | 75.51 | | | 50% | 39% |
|--------------|-----|---------|-----|------|------|-------|--|--|-----|-----|





| | 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 | %DV | Sodium milligrams |
|--|--------------|--------------|----------|-------------------|------|-----------------|-------------------|---------------------|---------------|-----------------|-----------------|------------------------|------|-------------------|
| Wraps | | | | | | | | | | | | | | |
| 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 |
| FROM THE GRILL | | | | | | | | | | | | | | |
| Small Italian Sausage | | | | | | | | | | | | | | |
| | Total | | 552.25 | 203.67 | 35% | 22.8375 | 49% | 9.8655 | 0% | 0 | 21% | 60.8 | 43% | 1678.5 |
| Large Italian Sausage | | | | | | | | | | | | | | |
| | Total | | 919 | 344.75 | 58% | 38.61 | 81% | 16.546 | 0% | 0 | 38% | 108 | 117% | 2856 |
| Small Meatball | | | | | | | | | | | | | | |
| | Total | | 762.2 | 358.2 | 63% | 40.34 | 79% | 15.91 | 0% | 0 | 40% | 120.6 | 79% | 1933.6 |
| Large Meatball | | | | | | | | | | | | | | |
| | Total | | 1100 | 515 | 89% | 58 | 117% | 23.5 | 0% | 0 | 60% | 180 | 108% | 2610 |
| CHICKEN CHOICES | | | | | | | | | | | | | | |
| Chicken Courdon Bleu | | | | | | | | | | | | | | |
| | Total | | 1000 | 430 | 73% | 51.5 | 86% | 18 | 0% | 0 | 75% | 220 | 111% | 3360 |
| Parmesan Chicken | | | | | | | | | | | | | | |
| | Total | | 926 | 306.48 | 51% | 34.72 | 74% | 14.96 | 0% | 0 | 60% | 178 | 119% | 2836 |
| Monterey Chicken | | | | | | | | | | | | | | |
| | Total | | 980 | 455 | 76% | 50.5 | 76% | 16 | 0% | 0 | 63% | 185 | 80% | 1920 |
| Chicken Club | | | | | | | | | | | | | | |
| | Total | | 766.35 | 337.1808 | 57% | 37.6312 | 67% | 14.45441 | 0% | 0 | 28% | 78.25 | 63% | 1522.77 |
| DELI SANDWICHES | | | | | | | | | | | | | | |
| DELI SANDWICHES includes standard toppings** samples use sourdough bread and swiss cheese | | | | | | | | | | | | | | |
| Turkey Sandwich | | | | | | | | | | | | | | |
| | Total | | 434 | 124.97 | 22% | 13.83 | 31% | 6.73 | 0% | 0 | 28% | 84 | 59% | 1405.4 |
| Ham Sandwich | | | | | | | | | | | | | | |
| | Total | | 404 | 139.97 | 25% | 18.83 | 41% | 8.73 | 0% | 0 | 22% | 64 | 48% | 1845.4 |
| Roast Beef Sandwich | | | | | | | | | | | | | | |
| | Total | | 554 | 154.97 | 28% | 17.83 | 39% | 8.73 | 0% | 0 | 38% | 114 | 81% | 1945.4 |
| BLT | | | | | | | | | | | | | | |
| | Total | | 276.37 | 187.11 | 31% | 20.7904 | 30% | 6.82 | 0% | 0 | 20% | 54.1725 | 49% | 1148.6 |
| Grilled Ham & Cheese | | | | | | | | | | | | | | |
| | Total | | 650 | 365 | 65% | 44 | 110% | 22 | 0% | 0 | 50% | 150 | 117% | 3520 |
| Grilled Cheese | | | | | | | | | | | | | | |
| | Total | | 580 | 340 | 60% | 38 | 100% | 20 | 0% | 0 | 40% | 120 | 88% | 2120 |
| Kids Cheese | | | | | | | | | | | | | | |
| | 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 |

Wraps

| | | | | | | | | | | | |
|----------------------------|--------------|-----|--------|-----|-----|------|--------|------|-----|-----|-----|
| 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% |

FROM THE GRILL

| | | | | | | | | | | | |
|------------------------------|--------------|-----|-------|-----|------|-------|-------|-----|-----|-----|-----|
| 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% |

CHICKEN CHOICES

| | | | | | | | | | | | |
|-----------------------------|--------------|-----|---------|-----|-------|--------|--------|-----|-----|-----|-----|
| 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% |

| | | | | | | | | | | | |
|---------------------------------|--------------|-----|-------|-----|------|------|-------|-----|-----|------|-----|
| Turkey Sandwich | Total | 16% | 46.74 | 12% | 3.1 | 4.49 | 39.52 | 16% | 13% | 35% | 24% |
| Ham Sandwich | Total | 16% | 47.74 | 12% | 3.1 | 5.49 | 27.52 | 16% | 13% | 35% | 22% |
| Roast Beef Sandwich | Total | 16% | 45.74 | 12% | 3.1 | 4.49 | 57.52 | 16% | 13% | 35% | 40% |
| BLT | Total | 2% | 5.57 | 2% | 0.60 | 1.30 | 18.86 | 8% | 6% | 1% | 2% |
| Grilled Ham & Cheese | Total | 12% | 36 | 8% | 2 | 3 | 36 | 24% | 4% | 120% | 22% |
| Grilled Cheese | Total | 12% | 34 | 8% | 2 | 2 | 26 | 24% | 4% | 120% | 20% |
| Kids Cheese | Total | 9% | 26 | 3% | 0 | 3 | 14 | 12% | 0% | 62% | 8% |



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



| SALADS | | | | | | | | | | | |
|-------------------------------------|--------------|---------------------|---------------|-------|---------|-------|-------|---------|------|-------------------------------------|------|
| SMALL SALAD | | | | | | | | | | | |
| | Total | 16% | 42.19 | 20% | 7.5 | 7.32 | 4.81 | 263% | 78% | 3% | 55% |
| Teriyaki Chicken salad | | | | | | | | | | | |
| | Total | 20% | 54.19 | 20% | 7.5 | 17.32 | 19.81 | 263% | 80% | 3% | 59% |
| Chef Salad | | | | | | | | | | | |
| | Total | 16% | 46.19 | 20% | 7.5 | 8.32 | 33.81 | 269% | 78% | 28% | 59% |
| Grilled Chicken Salad | | | | | | | | | | | |
| | Total | 17% | 44.19 | 20% | 7.5 | 8.32 | 19.81 | 263% | 80% | 3% | 59% |
| Tuna Salad | | | | | | | | | | | |
| | Total | 20% | 54.19 | 20% | 7.5 | 17.32 | 19.81 | 263% | 80% | 3% | 59% |
| Chicken Ceaser Salad | | | | | | | | | | | |
| | Total | 18% | 47.19 | 20% | 7.5 | 10.32 | 21.81 | 263% | 80% | 9% | 59% |
| | | 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 | |
| LARGE SALAD | | | | | | | | | | | |
| | Total | 11% | 55.91 | 9% | 10.3 | 9.89 | 6.64 | 526% | 133% | 3% | 105% |
| Teriyaki Chicken salad | | | | | | | | | | | |
| | Total | 13% | 59.91 | 9% | 10.3 | 11.89 | 36.64 | 526% | 137% | 3% | 113% |
| Chef Salad | | | | | | | | | | | |
| | Total | 12% | 61.91 | 9% | 10.3 | 11.89 | 56.64 | 532% | 133% | 28% | 113% |
| Grilled Chicken Salad | | | | | | | | | | | |
| | Total | 13% | 59.91 | 9% | 10.3 | 11.89 | 36.64 | 526% | 137% | 3% | 113% |
| Tuna Salad | | | | | | | | | | | |
| | Total | 11% | 57.91 | 13% | 12.3 | 9.89 | 6.64 | 526% | 133% | 3% | 113% |
| Chicken Ceaser Salad | | | | | | | | | | | |
| | Total | 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 | Saturated Fat %DV | grams | Trans Fat %DV | grams | Cholesterol %DV | milligrams | Sodium %DV | milligrams |
|---------------------------------|------|--------------|----------|-------------------|------|-----------------|-------------------|-------|---------------|-------|-----------------|------------|------------|------------|
| Cheeses: | | | | | | | | | | | | | | |
| Provelone | 1 oz | 1 | 100 | 70 | 12% | 8 | 22% | 4.5 | 0% | 0 | 7% | 20 | 8% | 200 |
| Swiss | 1 oz | 1 | 100 | 70 | 12% | 8 | 23% | 5 | 0% | 0 | 9% | 25 | 2% | 60 |
| Cheddar | 1 oz | 1 | 114 | 81 | 14% | 9.4 | 26% | 5.98 | 0% | 0 | | 30 | 7% | 176 |
| Cheese Whiz | 1 oz | 1 | 78 | 52 | 9% | 6 | 8% | 1.5 | 0% | 0 | 3% | 9 | 18% | 431 |
| American Cheese | 1 oz | 1 | 100 | 80 | 14% | 9 | 25% | 5.00 | 0% | 0 | 10% | 30 | 18% | 440 |
| Drinks | | | | | | | | | | | | | | |
| 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 strwbrry guava | | 18.5 oz | 207.9 | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 2% | 34.65 |
| Dressings | | | | | | | | | | | | | | |
| 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 |
| Chips | | | | | | | | | | | | | | |
| 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 |

Cheeses:

| | | | | | | | | | | |
|-----------------|----|------|----|---|------|------|----|----|-----|----|
| 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% |

Drinks

| | | | | | | | | | | |
|----------------------|-----|-------|----|---|-------|---|-----|------|-----|----|
| 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 strwberry guava | 18% | 53.13 | 0% | 0 | 50.82 | 0 | 58% | 116% | 58% | 0% |

Dressings

| | | | | | | | | | | |
|--------------------|----|----|----|---|----|---|-----|----|----|----|
| 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% |

Chips

| | | | | | | | | | | |
|---------------------------------|-----|----|-----|-------|---|---|----|-----|----|----|
| 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% |

