

**d'angelo**<sup>®</sup>  
GRILLED SANDWICHES

# NUTRITIONAL INFORMATION GUIDE





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**Please check [dangelos.com](http://dangelos.com) for the most current nutritional and ingredients information.**



**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
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**Toasted & Hot Sandwiches**

**Small**

Italian	1	240	580	420	47	16	0	115	1860	9	2	3	29
Classic Veggie	1	221	160	80	9	5	0	25	290	11	2	5	11
Meatball and Cheese	1	184	440	300	33	14	1	90	1430	14	0	10	23
Thanksgiving Toasted	1	326	590	290	32	7	1	105	770	34	1	12	36
BLT	1	167	400	340	39	10	0	65	860	3	1	2	13

**Medium**

Italian Toasted	1	334	790	570	64	21	0	155	2510	13	2	5	40
Classic Veggie	1	303	230	120	14	8	0	40	430	14	3	7	16
Meatball and Cheese	1	312	770	530	59	23	1.5	155	2550	25	1	18	38
Thanksgiving Toasted	1	416	680	270	30	7	0	145	780	46	1	18	54
BLT	1	250	600	510	58	15	0	100	1290	5	2	3	19

**Large**

Italian Toasted	1	448	1080	760	84	28	0.5	195	3160	17	3	6	51
Classic Veggie	1	442	320	170	18	11	0.5	50	570	21	5	10	21
Meatball and Cheese	1	439	1090	760	84	32	2	220	3760	36	1	26	53
Thanksgiving Toasted	1	624	970	380	43	11	0	195	1380	69	2	24	72
BLT	1	347	800	680	79	20	0	130	1720	7	2	5	26

Values listed are for one sandwich. Bread is not included in nutritional breakdown. To add bread values and/ or additional toppings, please see the Ingredients Section.



**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
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**Freshly Grilled Sandwiches**

**Small**

Chicken & Cheese	1	136	140	50	5	2	0	65	510	0	0	0	22
Steak & Cheese	1	193	300	170	19	8	0	105	530	0	0	0	32
Pastrami & Swiss	1	170	490	360	40	19	0	150	1440	2	0	0	34
Chicken # 9	1	221	160	50	6	2	0	65	510	5	1	3	23
Steak # 9	1	278	330	170	19	8	0	105	530	5	1	3	33
Chicken Teriyaki	1	318	300	50	6	2	0	65	1330	37	2	31	25
Steak Teriyaki	1	374	470	170	19	8	0	105	1350	37	2	31	35
BBQ Chicken Cheddar	1	258	620	340	38	11	0	125	1920	27	0	18	39
BBQ Steak Cheddar	1	286	750	450	50	17	0	150	1510	22	0	22	44
Chicken Bomb	1	255	300	140	15	7	0	100	1050	7	1	2	35
Steak Bomb	1	312	470	260	29	13	0	140	1070	7	1	2	45
Chicken Vermonter	1	256	490	300	34	10	0	105	1150	9	1	8	35
Steak Vermonter	1	313	660	430	47	17	0	150	1170	9	1	8	45
Korean Steak & Cheese	1	322	530	230	26	9	0	120	1410	37	2	29	35
Korean Chicken & Cheese	1	266	340	110	12	3	0	80	1380	33	1	29	23
Southwest Chicken	1	271	430	270	30	4.5	0	75	1060	16	3	4	25
Southwest Steak	1	327	600	390	43	11	0	115	1080	16	3	4	35
Cheeseburger	1	174	390	275	31	13	0	110	190	0	0	0	27

Values listed are for one sandwich. Bread is not included in nutritional breakdown. To add bread values and/ or additional toppings, please see the Ingredients Section.



**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Medium</b>													
Chicken & Cheese	1	232	230	80	9	3	0	110	870	1	0	0	38
Steak & Cheese	1	289	460	250	28	12	0	155	800	1	0	0	48
Pastrami & Swiss	1	213	580	440	49	21	0	180	2070	3	0	0	39
Chicken # 9	1	360	270	80	9	3	0	110	880	8	2	4	40
Steak # 9	1	417	490	260	28	12	0	155	800	8	2	4	50
Chicken Teriyaki	1	513	480	80	9	3	0	110	1960	54	3	45	42
Steak Teriyaki	1	570	700	260	28	12	0	155	1890	54	3	45	52
BBQ Chicken Cheddar	1	357	840	470	52	15	0	175	2200	29	0	29	54
BBQ Steak Cheddar	1	413	1060	640	71	24	0	220	2120	29	0	29	64
Chicken Bomb	1	412	480	210	24	10	0	165	1690	10	2	4	58
Steak Bomb	1	468	700	390	43	20	0	215	1610	10	2	4	68
Chicken Vertmonter	1	402	750	450	50	15	0	175	1760	13	1	11	56
Steak Vermonter	1	459	970	620	69	24	0	220	1680	13	1	11	66
Korean Steak & Cheese	1	440	730	320	35	13	0	180	1880	47	3	36	53
Korean Chicken & Cheese	1	383	510	150	16	4	0	130	1960	47	3	36	43
Southwest Chicken	1	404	610	370	41	6	0	125	1580	19	4	5	41
Southwest Steak	1	461	830	540	60	16	0	170	1510	19	4	5	51
Cheeseburger	1	261	580	413	46	19	0	165	280	1	0	0	41

Values listed are for one sandwich. Bread is not included in nutritional breakdown. To add bread values and/ or additional toppings, please see the Ingredients Section.



**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Large</b>													
Chicken & Cheese	1	329	339	110	13	4	0	155	1240	1	0	1	54
Steak & Cheese	1	386	610	340	38	17	0	210	1060	1	0	0	64
Pastrami & Swiss	1	340	970	730	81	38	0	305	2880	4	0	0	69
Chicken # 9	1	499	380	120	13	4	0	155	1240	11	2	5	57
Steak # 9	1	556	650	340	38	17	0	210	1070	11	2	5	67
Chicken Teriyaki	1	692	670	120	13	4	0	155	2870	74	3	61	60
Steak Teriyaki	1	748	940	340	38	17	0	210	2690	74	3	61	70
BBQ Chicken Cheddar	1	508	1180	650	73	20	0	245	3070	44	0	44	75
BBQ Steak Cheddar	1	565	1450	860	97	33	0	300	2890	44	0	44	85
Chicken Bomb	1	568	660	290	32	14	0.5	230	2320	13	2	5	81
Steak Bomb	1	624	940	520	57	26	0.5	285	2150	13	2	5	91
Chicken Vermonter	1	562	1000	600	67	20	0	240	2370	18	2	15	77
Steak Vermonter	1	619	1280	820	92	32	0	290	2200	18	2	15	87
Korean Steak & Cheese	1	616	1000	460	51	18	0	220	2460	60	4	48	69
Korean Chicken & Cheese	1	560	720	240	27	6	0	170	2640	60	4	48	60
Southwest Chicken	1	585	900	550	61	9	0	180	2300	29	6	8	60
Southwest Steak	1	642	1180	770	86	22	0	235	2130	29	6	8	69
Cheeseburger	1	348	780	770	61	25	0	220	370	1	0	0	55

Values listed are for one sandwich. Bread is not included in nutritional breakdown. To add bread values and/ or additional toppings, please see the Ingredients Section.



**NUTRITIONAL INFORMATION**

**Freshly Grilled Sandwiches**

**Pound It**

	<b>Servings</b>	<b>Per Serving (g)</b>	<b>Calories (cal)</b>	<b>Fat Calories (cal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Chicken & Cheese	1	499	510	170	19	6	0	250	1880	1	0	1	86
Steak & Cheese	1	499	800	440	49	22	0	275	1360	1	0	0	85
Pastrami & Swiss	1	510	1340	1020	113	47	0	425	5390	8	0	0	89
Chicken # 9	1	669	560	170	19	6	0	250	1890	11	2	5	89
Steak # 9	1	669	850	450	50	22	0	275	1370	11	2	5	88
Chicken Teriyaki	1	862	850	170	19	6	0	250	3510	74	3	61	92
Steak Teriyaki	1	862	1130	450	50	22	0	275	2990	74	3	61	92
BBQ Chicken Cheddar	1	678	1360	710	79	22	0	335	3720	44	0	44	107
BBQ Steak Cheddar	1	678	1650	980	109	38	0	365	3200	44	0	44	106
Chicken Bomb	1	738	840	350	38	15	0.5	325	2970	13	2	5	113
Steak Bomb	1	738	1130	620	69	31	0.5	350	2450	13	2	5	111
Chicken Vermonter	1	732	1180	650	73	21	0	330	3020	18	2	15	109
Steak Vermonter	1	732	1470	930	103	37	0	360	2500	18	2	15	108
Korean Steak & Cheese	1	759	1240	560	63	23	0	310	3130	73	4	59	90
Korean Chicken & Cheese	1	758	960	290	33	9	0	260	3660	74	4	60	92
Southwest Chicken	1	756	1090	600	67	11	0	270	2950	29	6	8	91
Southwest Steak	1	756	1370	880	97	27	0	300	2430	29	6	8	90
Cheeseburger	1	500	1150	810	90	37	0	325	480	1	0	0	81

Values listed are for one sandwich. Bread is not included in nutritional breakdown. To add bread values and/ or additional toppings, please see the Ingredients Section.



**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
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**Deli Sandwiches**

**Small**

Turkey & Cheese	1	221	280	120	14	2.5	0	95	230	3	1	2	34
Tuna Salad	1	196	390	320	35	4.5	0	60	510	2	1	2	17
Ham & Cheese	1	193	220	135	15	3	0	50	1060	6	1	3	15
Chicken Salad	1	213	470	350	38	6	0	130	680	2	1	2	26
Italian	1	240	580	420	47	16	0	115	1860	9	2	3	29

**Medium**

Turkey & Cheese	1	325	410	180	20	4	0	145	350	4	1	3	51
Tuna Salad	1	286	590	470	52	7	0	90	770	3	1	2	25
Ham & Cheese	1	240	310	200	22	4.5	0	70	1440	8	1	4	20
Chicken Salad	1	312	700	520	58	9	0	195	1020	3	1	2	39
Italian Toasted	1	334	790	570	64	21	0	155	2510	13	2	5	40

**Large**

Turkey & Cheese	1	442	550	240	27	5	0	190	460	6	4	2	69
Tuna Salad	1	391	780	630	70	9	0	120	1030	5	2	3	33
Ham & Cheese	1	386	440	270	30	6	0	100	2120	12	2	6	30
Chicken Salad	1	425	940	690	77	12	0	260	1360	5	2	3	52
Italian Toasted	1	448	1080	760	84	28	0.5	195	3160	17	3	6	51

Values listed are for one sandwich. Bread is not included in nutritional breakdown. To add bread values and/ or additional toppings, please see the Ingredients Section.





GRILLED SANDWICHES

**NUTRITIONAL INFORMATION**

Servings

Per Serving (g)

Calories (cal)

Fat Calories (cal)

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Fiber (g)

Sugars (g)

Protein (g)

**Double Meat Deli Sandwiches**

**Double Meat Small**

Turkey & Cheese	1	335	420	130	14	3	0	180	300	3	1	2	67
Tuna Salad	1	320	780	630	70	9	0	120	1020	2	1	2	33
Ham & Cheese	1	275	308	155	17	4	0	90	1950	9	1	4	28
Chicken Salad	1	354	930	690	77	12	0	260	1350	2	1	2	52
Italian	1	336	940	680	75	25	0	205	3510	14	2	4	50

**Double Meat Medium**

Turkey & Cheese	1	495	640	190	22	4.5	0	270	440	4	1	3	100
Tuna Salad	1	473	1170	940	105	14	0	180	1540	3	1	2	49
Ham & Cheese	1	389	430	225	25	6	0	120	2630	12	1	5	38
Chicken Salad	1	524	1390	1030	115	17	0	390	2030	3	1	2	78
Italian Toasted	1	462	1270	910	101	34	0	280	4710	19	2	6	68

**Double Meat Large**

Turkey & Cheese	1	669	850	260	29	6	0	355	590	6	2	4	134
Tuna Salad	1	641	1560	1260	140	19	0	240	2050	5	2	3	65
Ham & Cheese	1	550	615	310	35	8	0	175	3900	18	2	7	57
Chicken Salad	1	709	1850	1380	153	23	0	520	2700	5	2	3	104
Italian Toasted	1	608	1630	1180	131	44	0.5	350	5910	24	3	8	86

Values listed are for one sandwich. Bread is not included in nutritional breakdown. To add bread values and/ or additional toppings, please see the Ingredients Section.



**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
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**Sandwich Ingredients—Bread**

**Small**

Tortilla Wrap	1	94	250	50	6	1.5	0	0	330	42	1	0	7
Pocket	1	71	160	0	0	0	0	0	310	1	1	3	8
Italian Sub	1	84	230	20	2.5	1	0	0	460	43	2	3	8

**Medium**

Tortilla Wrap	1	94	250	50	6	1.5	0	0	330	42	1	0	7
Pocket	1	71	160	0	0	0	0	0	310	1	1	3	8
Italian Sub	1	127	350	35	3.5	1	0	0	700	65	2	5	12

**Large**

Tortilla Wrap	1	94	250	50	6	1.5	0	0	330	42	1	0	7
Pocket	1	71	160	0	0	0	0	0	310	1	1	3	8
Italian Sub	1	155	430	40	4.5	1.5	0	0	850	79	3	6	15

Lobster Roll - Roll itself	1	57	160	90	10	0	0	0	310	30	1	4	5
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**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
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**Sandwich Ingredients—Meat**

**Small**

Bacon	1	23	120	80	9	3	0	15	410	0	0	0	8
Black Forest Ham	1	85	80	20	2.5	1	0	40	880	1	0	1	14
Chicken Salad	1	142	520	424	51	9	0	125	630	0	0	0	23
Salami	1	71	250	180	20	8	0	65	1160	3	0	0	15
Tuna Salad	1	113	380	320	39	6	0	55	430	0	0	0	13
Turkey	1	113	150	8	1	0	0	85	65	0	0	0	33
Steak	1	170	290	160	17	7	0		380	0	0	0	28
Chicken	1	142	150	45	5	1.5	0	75	540	0	0	0	28

**Medium**

Bacon	1	30	160	110	12	4	0	20	540	0	0	0	10
Black Forest Ham	1	119	110	30	3.5	1	0	55	1230	2	0	1	19
Chicken Salad	1	213	780	636	76	13	0	190	950	0	0	0	34
Salami	1	113	400	290	32	12	0	100	1860	4	0	0	24
Tuna Salad	1	170	570	490	58	10	0	85	640	0	0	0	20
Turkey	1	170	220	12	1.5	0	0	125	100	0	0	0	49
Steak	1	255	430	240	26	11	0	150	680	0	0	0	47
Chicken	1	198	210	60	7	2	0	105	760	0	0	0	37

Values listed are for one sandwich. Bread is not included in nutritional breakdown. To add bread values and/ or additional toppings, please see the Ingredients Section.



**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Large</b>													
Bacon	1	38	200	140	15	5	0	25	680	0	0	0	13
Black Forest Ham	1	170	160	45	5	1.5	0	75	1760	2	0	2	28
Chicken Salad	1	283	1040	845	101	17	0	250	1260	0	0	0	45
Salami	1	142	510	360	40	15	0	125	2330	5	0	0	30
Tuna Salad	1	227	760	650	78	13	0	115	860	0	0	0	27
Turkey	1	227	300	15.5	1.5	0.5	0	165	130	0	0	0	65
Steak	1	340	580	310	35	15	0	200	900	0	0	0	62
Chicken	1	283	300	90	10	2.5	0	150	1080	0	0	0	53

**Sandwich Ingredients—Cheese**

<b>Small</b>													
American	1	23	15	10	1.5	1	0	5	80	0	0	0	2
Provolone	1	28	100	70	8	4.5	0	20	200	1	0	0	7
Swiss	1	28	100	70	8	5	0	30	60	0	0	0	8
VT Cheddar	1	21	90	60	7	4	0	20	135	0	0	0	5

<b>Medium</b>													
American	1	34	25	20	2	1	0	5	120	1	0	0	4
Provolone	1	43	150	100	11	7	0	35	300	1	0	0	11
Swiss	1	43	150	110	12	8	0	45	90	0	0	0	12
VT Cheddar	1	32	140	100	11	6	0	30	210	0	0	0	8

<b>Large</b>													
American	1	45	30	25	2.5	1.5	0	5	160	1	0	0	5
Provolone	1	57	200	140	15	9	0.5	45	400	1	0	0	15
Swiss	1	57	200	150	16	10	0	60	120	0	0	0	16
VT Cheddar	1	43	180	126	14	8	0	40	270	0	0	0	10

**NUTRITIONAL  
INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
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**Sandwich Ingredients—Toppings**

**Small**

Banana Peppers	1	14	5	0	0	0	0	0	0	1	0	0	0
Bell Peppers	1	28	5	0	0	0	0	0	0	1	0	1	0
Black Olives	1	18	20	15	2	0	0	0	130	1	1	0	0
Cucumbers	1	35	5	0	0	0	0	0	0	1	0	1	0
Hot Peppers	1	14	5	0	0	0	0	0	115	1	0	0	0
Lettuce	1	28	5	0	0	0	0	0	0	1	0	1	0
Mushrooms	1	14	5	0	0	0	0	0	0	0	0	0	0
Pickles	1	14	0	0	0	0	0	0	130	0	0	0	0
Red Onions	1	14	5	0	0	0	0	0	0	1	0	1	0
Tomatoes	1	35	5	0	0	0	0	0	0	1	0	1	0
White Onions	1	14	5	0	0	0	0	0	0	1	0	1	0
Pineapple	1	43	30	0	0	0	0	0	0	8	0	6	0

**Medium**

Banana Peppers	1	21	5	0	0	0	0	0	0	1	1	0	0
Bell Peppers	1	43	10	0	0	0	0	0	0	2	1	1	0
Black Olives	1	28	35	25	3	0	0	0	210	2	1	0	0
Cucumbers	1	57	10	0	0	0	0	0	0	2	0	1	0
Hot Peppers	1	21	5	0	0	0	0	0	170	1	0	0	0
Lettuce	1	43	5	0	0	0	0	0	0	1	0	1	0
Mushrooms	1	28	50	0	0	0	0	0	0	1	0	1	0
Pickles	1	21	5	0	0	0	0	0	190	1	0	0	0
Red Onions	1	21	10	0	0	0	0	0	0	2	0	1	0
Tomatoes	1	57	10	0	0	0	0	0	0	2	1	1	0
White Onions	1	21	10	0	0	0	0	0	0	2	0	1	0
Pineapple	1	57	35	0	0	0	0	0	0	9	0	8	0


**NUTRITIONAL  
INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
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**Sandwich Ingredients–Toppings**
**Large**

Banana Peppers	1	28	10	0	0	0	0	0	0	2	1	1	0
Bell Peppers	1	57	10	0	0	0	0	0	0	3	1	1	0
Black Olives	1	35	40	36	4	0.5	0	0	310	2	1	0	0
Cucumbers	1	71	10	0	0	0	0	0	0	3	0	1	0
Hot Peppers	1	28	10	0	0	0	0	0	230	2	0	0	0
Lettuce	1	57	10	0	0	0	0	0	0	2	1	1	1
Mushrooms	1	42	10	0	0	0	0	0	0	1	0	1	1
Pickles	1	28	5	0	0	0	0	0	260	1	0	0	0
Red Onions	1	28	10	0	0	0	0	0	0	3	0	1	0
Tomatoes	1	71	15	0	0	0	0	0	0	3	1	2	1
White Onions	1	28	10	0	0	0	0	0	0	3	0	1	0
Pineapple	1	85	60	0	0	0	0	0	0	14	1	13	0

**Sandwich Ingredients–Spreads**
**Small**

BBQ Sauce	1	14	30	0	0	0	0	0	200	7	0	5	0
Blue Cheese Dressing	1	14	70	60	7	1.5	0	5	120	1	0	1	1
Buffalo Sauce	1	14	5	0	0	0	0	0	320	0	1	0	0
Chipotle Sauce	1	47	150	110	12	1.5	0	0	380	10	0	8	0
Cranberry Sauce	1	35	60	0	0	0	0	0	0	15	0	11	0
Extra Virgin Olive Oil	1	8	70	70	8	1	0	0	0	0	0	0	0
Honey Mustard	1	28	150	120	14	2	0	10	170	6	0	6	0
Ketchup	1	11	10	0	0	0	0	0	120	3	0	2	0
Marinara Sauce	1	85	45	15	1.5	0	0	0	330	8	1	6	1
Mayo	1	11	80	80	8	1	0	10	60	0	0	0	0
Mustard	1	11	5	0	0	0	0	110	1	0	0	0	0
Red Wine Vinegar	1	3	0	0	0	0	0	0	0	0	0	0	0
Teriyaki Sauce	1	14	30	0	0	0	0	0	350	7	0	5	0
Peppercorn Dressing	1	43	150	110	13	2	0	10	430	3	0	2	1

**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
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**Sandwich Ingredients—Spreads**

Medium

BBQ Sauce	1	21	45	0	0	0	0	0	300	11	0	7	0
Blue Cheese Dressing	1	21	110	100	11	2	0	10	180	2	0	1	1
Buffalo Sauce	1	21	10	5	0	0	0	0	480	0	1	0	0
Chipotle Sauce	1	62	200	140	16	2	0	0	510	13	0	11	0
Cranberry Sauce	1	50	80	0	0	0	0	0	0	21	1	15	0
Extra Virgin Olive Oil	1	10	90	90	10	1.5	0	0	0	0	0	0	0
Honey Mustard	1	43	220	180	20	3	0	15	250	9	0	9	1
Ketchup	1	14	15	0	0	0	0	0	160	4	0	3	0
Marinara Sauce	1	128	70	20	2.5	0	0	0	490	11	1	9	2
Mayo	1	14	100	100	11	1.5	0	10	80	0	0	0	0
Mustard	1	14	10	5	0.5	0	0	0	140	1	0	0	1
Red Wine Vinegar	1	3.5	0	0	0	0	0	0	0	0	0	0	0
Teriyaki Sauce	1	21	45	0	0	0	0	0	530	10	0	8	1
Peppercorn Dressing	1	32	110	90	9	1.5	0	10	320	3	0	1	1

**Sandwich Ingredients—Spreads**

Large

BBQ Sauce	1	28	60	0	0	0	0	0	400	15	0	10	0
Blue Cheese Dressing	1	28	140	130	14	2.5	0	15	240	2	0	2	1
Buffalo Sauce	1	28	10	0	0	0	0	0	640	0	2	0	0
Chipotle Sauce	1	94	300	210	23	3.5	0	0	770	20	0	17	0
Cranberry Sauce	1	71	120	0	0	0	0	0	0	30	1	22	0
Extra Virgin Olive Oil	1	16	140	140	16	2	0	0	0	0	0	0	0
Honey Mustard	1	57	300	250	27	4	0	25	340	13	0	12	1
Ketchup	1	20	20	0	0	0	0	0	240	6	0	5	0
Marinara Sauce	1	170	90	30	3	0	0	0	660	15	1	12	2
Mayo	1	21	150	150	18	3	0	15	100	0	0	0	0

**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Large Spreads (cont.)</b>													
Mustard	1	21	15	10	1	0	0	0	220	1	1	0	1
Red Wine Vinegar	1	5	0	0	0	0	0	0	0	0	0	0	0
Teriyaki Sauce	1	28	60	0	0	0	0	0	710	13	0	11	1
Peppercorn Dressing	1	85	300	230	25	4	0	25	850	7	1	4	2
<b>Grilled Topped Salads</b>													
Chicken Caesar	1	428	710	450	51	11	0.5	110	1820	26	5	4	40
Steak Caesar	1	428	790	510	57	15	1	120	1370	26	5	4	44
Chicken Cobb	1	490	800	520	57	15	1	145	1430	25	5	19	45
Steak Cobb	1	489	880	590	65	19	1	155	990	25	5	19	49
Chicken Greek	1	640	710	500	56	13	0	105	1520	20	6	10	39
Steak Greek	1	668	840	610	68	19	0	130	1440	20	6	10	43
<b>Fresh Entrée Salads</b>													
Caesar	1	269	490	350	39	9	0	65	1240	24	5	7	12
Greek	1	484	520	400	45	12	0.5	40	1010	19	6	11	15
Garden/no dressing (choice)	1	168	30	0	0	0	0	0	10	6	3	4	2

All salads listed with dressings. Pokket® value not included.



**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
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**Dressings only for Grilled Topped Salads**

Caesar	1	70	330	310	34	6	0.5	35	980	4	0	3	3
Greek	1	70	350	350	40	6	0	0	350	2	0	2	0
Honey Mustard	1	70	370	300	34	5	0	30	420	16	0	15	1

**Dressings only for Fresh Entrée Salads**

Balsamic	1	57	120	100	11	1.5	0	0	440	5	0	4	0
Blue Cheese	1	57	290	260	29	5	0	30	480	5	0	4	2
Caesar	1	57	270	250	28	5	0	25	790	4	0	3	4
Creamy Italian	1	57	210	160	18	2.5	0	0	480	12	0	10	0
Greek	1	57	280	280	32	4.5	0	0	280	2	0	2	0
Honey Mustard	1	57	300	250	27	4	0	25	340	13	0	1	1
Ranch	1	57	200	180	20	3	0	20	500	2	0	1	1

**Sides**

Cole Slaw - 3 oz. side	1	142	200	110	12	2	0	10	440	20	2	18	1
Cole Slaw - 7.5 oz. side	1	213	310	160	18	2.5	0	20	670	31	4	27	2

**Wraps**

**Medium**

Buffalo Chicken	1	264	490	360	40	7	0	75	1530	13	4	5	20
Chicken Caesar	1	255	500	340	38	9	0	110	1420	14	3	4	26
Greek	1	393	390	280	31	11	0.5	45	1280	17	5	9	15

**Large**

Buffalo Chicken	1	321	560	370	42	8	0	105	1750	13	4	5	31
Chicken Caesar	1	312	560	360	40	10	0	145	1630	14	3	4	37

Values listed are for one sandwich. Bread is not included in nutritional breakdown. To add bread values and/ or additional toppings, please see the Ingredients Section.

**NUTRITIONAL  
INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Hot Soups</b>													
<b>Cup of Soup</b>													
Beef Stew	1	227	220	70	8	3.5	0	30	820	23	2	6	12
Broccoli Cheddar	1	227	250	170	19	11	0	60	840	12	2	3	9
Garden Vegetable	1	227	40	0	0	0	0	0	270	7	2	4	2
Lobster Bisque	1	227	360	260	29	18	0	115	820	16	1	3	8
Clam Chowder	1	227	320	160	18	10	0	60	700	31	1	1	9
Chicken Noodle	1	227	110	27	3	10	0	25	830	14	1	4	6
<b>Bowl of Soup</b>													
Beef Stew	1	340	330	110	12	5	0	45	1230	34	3	9	18
Broccoli Cheddar	1	340	370	260	28	16	0	90	1260	18	3	4	13
Garden Vegetable	1	340	60	5	0.5	0	0	0	400	10	3	6	3
Lobster Bisque	1	340	540	390	43	27	0	170	1230	24	1	4	12
Clam Chowder	1	340	480	240	27	15	0.5	90	1050	46	1	1	13
Chicken Noodle	1	340	160	40.5	4.5	1.5	0	35	1240	21	1	6	9
<b>Rice &amp; Grain Bowls</b>													
<b>Small Bowl</b>													
Chicken & Cheese	1	366	504	88	9	2.5	0	65	1043	73	2	0	30
Steak & Cheese	1	423	664	208	23	8.5	0	105	1063	73	2	0	40
Pastrami & Swiss	1	400	854	398	44	19.5	0	150	1973	75	2	0	42
Chicken # 9	1	451	524	88	10	2.5	0	65	1043	78	3	3	31
Steak # 9	1	508	694	208	23	8.5	0	105	1063	78	3	3	41
Chicken Teriyaki	1	548	664	88	10	2.5	0	65	1863	110	4	31	33
Steak Teriyaki	1	604	834	208	23	8.5	0	105	1883	110	4	31	43
BBQ Chicken Cheddar	1	488	984	378	42	11.5	0	125	2453	100	2	18	47
BBQ Steak Cheddar	1	516	1114	488	54	17.5	0	150	2043	95	2	22	52
Chicken Bomb	1	485	664	178	19	7.5	0	100	1583	80	3	2	43

**NUTRITIONAL  
INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
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**Rice & Grain Bowls (cont'd)**

**Small Bowl**

Steak Bomb	1	542	834	298	33	13.5	0	140	1603	80	3	2	53
Chicken Vermonter	1	486	854	338	38	10.5	0	105	1683	82	3	8	43
Steak Vermonter	1	543	1024	468	51	17.5	0	150	1703	82	3	8	53
Korean Steak & Cheese	1	552	894	268	30	9.5	0	120	1943	110	4	29	43
Korean Chicken & Cheese	1	496	704	148	16	3.5	0	80	1913	106	3	29	31
Southwest Chicken	1	501	794	308	34	5	0	75	1593	89	5	4	33
Southwest Steak	1	557	964	428	47	11.5	0	115	1613	89	5	4	43
Double Peppercorn Steak	1	523	804	328	36	10.5	0	120	1503	80	3	4	43
Double Peppercorn Chicken	1	466	644	198	22	4.5	0	80	1483	80	3	4	33
Cheeseburger	1	404	754	313	35	13.5	0	110	723	73	2	0	35
Thanksgiving	1	556	954	328	36	7.5	1	105	1303	107	3	12	44

**Rice & Grain Bowls**

**Medium Bowl**

Chicken & Cheese	1	462	594	118	13	3.5	0	110	1403	74	2	0	46
Steak & Cheese	1	519	824	288	32	12.5	0	155	1333	74	2	0	56
Pastrami & Swiss	1	443	944	478	53	21.5	0	180	2603	76	2	0	47
Chicken # 9	1	590	634	118	13	3.5	0	110	1413	81	4	4	48
Steak # 9	1	647	854	298	32	12.5	0	155	1333	81	4	4	58
Chicken Teriyaki	1	743	844	118	13	3.5	0	110	2493	127	5	45	50
Steak Teriyaki	1	800	1064	298	32	12.5	0	155	2423	127	5	45	60
BBQ Chicken Cheddar	1	587	1204	508	56	15.5	0	175	2733	102	2	29	62
BBQ Steak Cheddar	1	643	1424	678	75	24.5	0	220	2653	102	2	29	72
Chicken Bomb	1	642	844	248	28	10.5	0	165	2223	83	4	4	66
Steak Bomb	1	698	1064	428	47	20.5	0	215	2143	83	4	4	76
Chicken Vermonter	1	632	1114	488	54	15.5	0	175	2293	86	3	11	64

**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
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**Rice & Grain Bowls (cont'd)**

Medium

Steak Vermonter	1	689	1334	658	73	24.5	0	220	2213	86	3	11	74
Korean Steak & Cheese	1	670	1094	358	39	13.5	0	180	2413	120	5	36	61
Korean Chicken & Cheese	1	613	874	188	20	4.5	0	130	2493	120	5	36	51
Southwest Chicken	1	634	974	408	45	6.5	0	125	2113	92	6	5	49
Southwest Steak	1	691	1194	578	64	16.5	0	170	2043	92	6	5	59
Double Peppercorn Steak	1	669	1034	468	52	16.5	0	180	1993	84	3	6	60
Double Peppercorn Chicken	1	613	804	298	32	6.5	0	120	2073	84	3	6	50
Cheeseburger	1	491	944	451	50	19.5	0	165	813	74	2	0	49
Thanksgiving	1	646	1044	308	34	7.5	0	145	1313	119	3	18	62

**Rice & Grain Bowls**

Large Bowl

Chicken & Cheese	1	559	703	148	17	4.5	0	155	1773	74	2	1	62
Steak & Cheese	1	616	974	378	42	17.5	0	210	1593	74	2	0	72
Pastrami & Swiss	1	570	1334	768	85	38.5	0	305	3413	77	2	0	77
Chicken # 9	1	729	744	158	17	4.5	0	155	1773	84	4	5	65
Steak # 9	1	786	1014	378	42	17.5	0	210	1603	84	4	5	75
Chicken Teriyaki	1	922	1034	158	17	4.5	0	155	3403	147	5	61	68
Steak Teriyaki	1	978	1304	378	42	17.5	0	210	3223	147	5	61	78
BBQ Chicken Cheddar	1	738	1544	688	77	20.5	0	245	3603	117	2	44	83
BBQ Steak Cheddar	1	795	1814	898	101	33.5	0	300	3423	117	2	44	93
Chicken Bomb	1	798	1024	328	36	14.5	0.5	230	2853	86	4	5	89
Steak Bomb	1	854	1304	558	61	26.5	0.5	285	2683	86	4	5	99
Chicken Vermonter	1	792	1364	638	71	20.5	0	240	2903	91	4	15	85
Steak Vermonter	1	849	1644	858	96	32.5	0	290	2733	91	4	15	95
Korean Steak & Cheese	1	846	1364	498	55	18.5	0	220	2993	133	6	48	77
Korean Chicken & Cheese	1	790	1084	278	31	6.5	0	170	3173	133	6	48	68

**NUTRITIONAL INFORMATION**

**Rice & Grain Bowls (cont'd)**

**Large Bowl**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Southwest Chicken	1	815	1264	588	65	9.5	0	180	2833	102	8	8	68
Southwest Steak	1	872	1544	808	90	22.5	0	235	2663	102	8	8	77
Double Peppercorn Steak	1	816	1294	608	67	21.5	0	235	2453	85	4	6	76
Double Peppercorn Chicken	1	759	1024	378	42	8.5	0	180	2633	85	4	6	67
Cheeseburger	1	578	1144	808	65	25.5	0	220	903	74	2	0	63
Thanksgiving	1	854	1334	418	47	11.5	0	195	1913	142	4	24	80

**1 Pound**

Chicken & Cheese	1	729	874	208	23	6.5	0	250	2413	74	2	1	94
Steak & Cheese	1	729	1164	478	53	22.5	0	275	1893	74	2	0	93
Pastrami & Swiss	1	740	1704	1058	117	47.5	0	425	5923	81	2	0	97
Chicken # 9	1	899	924	208	23	6.5	0	250	2423	84	4	5	97
Steak # 9	1	899	1214	488	54	22.5	0	275	1903	84	4	5	96
Chicken Teriyaki	1	1092	1214	208	23	6.5	0	250	4043	147	5	61	100
Steak Teriyaki	1	1092	1494	488	54	22.5	0	275	3523	147	5	61	100
BBQ Chicken Cheddar	1	908	1724	748	83	22.5	0	335	4253	117	2	44	115
BBQ Steak Cheddar	1	908	2014	1018	113	38.5	0	365	3733	117	2	44	114
Chicken Bomb	1	968	1204	388	42	15.5	0.5	325	3503	86	4	5	121
Steak Bomb	1	968	1494	658	73	31.5	0.5	350	2983	86	4	5	119
Chicken Vermonter	1	962	1544	688	77	21.5	0	330	3553	91	4	15	117
Steak Vermonter	1	962	1834	968	107	37.5	0	360	3033	91	4	15	116
Korean Steak & Cheese	1	989	1604	598	67	23.5	0	310	3663	146	6	59	98
Korean Chicken & Cheese	1	988	1324	328	37	9.5	0	260	4193	147	6	60	100
Southwest Chicken	1	986	1454	638	71	11.5	0	270	3483	102	8	8	99
Southwest Steak	1	986	1734	918	101	27.5	0	300	2963	102	8	8	98
Double Peppercorn Steak	1	929	1484	708	79	26.5	0	300	2753	85	4	6	97
Double Peppercorn Chicken	1	929	1204	438	48	10.5	0	270	3283	85	4	6	98
Cheeseburger	1	730	1514	848	94	37.5	0	325	1013	74	2	0	89



**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Lobster</b>													
Lobster , Small sub	1	142	250	170	19	2.5	0	150	570	1	0	1	17
Lobster , Medium sub	1	213	370	250	28	4	0	225	860	1	0	1	26
Lobster , Large sub	1	283	490	340	37	5	0	295	1150	2	1	1	35
Lobster, Roll (includes roll) Sm.	1	198	410	260	29	2.5	0	150	880	31	1	5	22
Lobster, Roll (includes roll) Med.	1	255	530	340	38	4	0	225	1170	31	1	5	31
Lobster, Roll (includes roll) Lg.	1	312	650	430	47	5	0	295	1450	31	1	5	40
Lobster BLT Small Sub	1	164	370	250	28	6	0	165	980	1	0	1	25
Lobster BLT Medium Sub	1	243	530	360	40	8	0	245	1400	1	1	1	36
Lobster BLT Large Sub	1	321	690	470	52	10	0	320	1820	2	1	1	47
Lobster Roll - Roll itself	1	57	160	90	10	0	0	0	310	30	1	4	5
Add Lobster to a salad	1	113	240	170	19	2.5	0	150	570	0	0	0	17

Values listed are for one sandwich. Bread is not included in nutritional breakdown (Except for Lobster Roll). To add bread values and/or additional toppings, please see the Sandwich Ingredient section.

**Salads - Catering**

Garden Salad	10	128	80	30	3.5	0.5	0	0	120	11	2	2	2
Caesar Salad	10	78	70	25	3	1.5	0	5	180	7	2	1	4
Chicken Caesar Salad	10	106	100	35	4	1.5	0	20	290	7	2	1	9
Greek Salad	10	169	90	50	6	2.5	0	15	320	7	3	3	6
Chicken Cobb Salad	10	159	130	60	6	2.5	0	30	300	5	2	2	13

**Sides - Catering**

Cole Slaw	5	142	200	110	12	2	0	10	440	20	2	18	1
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**NUTRITIONAL INFORMATION**

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Dressings - Catering</b>													
Balsamic	10	57	120	100	11	1.5	0	0	440	5	0	4	0
Blue Cheese	10	57	290	260	29	5	0	30	480	5	0	4	2
Caesar	10	57	270	250	28	5	0	25	790	4	0	3	4
Creamy Italian	10	57	210	160	18	2.5	0	0	480	12	0	10	0
Greek	10	57	280	280	32	4.5	0	0	280	2	0	2	0
Honey Mustard	10	57	300	250	27	4	0	25	340	13	0	1	1
Ranch	10	57	200	180	20	3	0	20	500	2	0	1	1
<b>Soups - Catering</b>													
Beef Stew	5	181	180	60	6	3	0	25	660	18	2	5	10
Chicken Noodle	5	181	90	20	2.5	1	0	20	660	11	1	3	5
Clam Chowder	5	181	260	130	14	8	0	50	560	25	1	1	7
Lobster Bisque	5	181	290	210	23	14	0	90	660	13	1	2	6
Garden Veggie	5	181	30	5	0	0	0	0	220	6	2	3	2
Broccoli Cheddar	5	181	200	140	15	9	0	50	670	10	2	2	7
<b>Sandwich Boxes - Catering</b>													
Deli Sandwich Box	10	287	590	290	31	7	0	85	1260	44	1	5	31
Grilled Sandwich Box	10	326	540	185	21	8	0	100	1110	48	1	6	39
Specialty Wrap Box	10	405	810	410	46	11	0	120	1790	57	3	5	32
Lobster Roll Sandwich Box	10	198	410	260	29	2.5	0	150	880	31	0	5	22
<b>Lunch Boxes - Catering</b>													
<b>Deli Sandwiches</b>													
Turkey & Cheese	1	221	280	120	14	2.5	0	95	230	3	1	2	34
Tuna Salad	1	196	390	320	35	4.5	0	60	510	2	1	2	17
Ham & Cheese	1	191	220	135	15	3	0	50	1060	6	1	3	15
Chicken Salad	1	213	470	350	38	6	0	130	680	2	1	2	26
Italian Toasted	1	240	580	420	47	16	0	115	1860	9	2	3	29

**NUTRITIONAL INFORMATION**

	<b>Servings</b>	<b>Per Serving (g)</b>	<b>Calories (cal)</b>	<b>Fat Calories (cal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrate (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
<b>Wraps</b>													
Chicken Caesar Salad Wrap	1	255	500	340	38	9	0	110	1420	14	3	4	26
Caesar Salad Wrap	1	184	470	350	39	10	0	90	1240	19	3	4	13
Turkey Club Wrap	1	367	610	320	36	8	0	165	810	5	2	2	61
Greek	1	393	390	280	31	11	0.5	45	1280	17	5	9	15
<b>Bread Options</b>													
Italian Sub	1	84	230	20	2.5	1	0	0	460	43	2	3	8
Wheat Wrap	1	94	240	50	6	1.5	0	0	330	39	4	8	8
Tortilla Wrap	1	94	250	50	6	1.5	0	0	330	42	1	0	7
<b>Rice &amp; Grain Bowls - Catering</b>													
Chicken Teriyaki	6	377	500	60	7	2	0	75	2000	77	2	28	33
Steak Number 9	6	328	540	210	23	10	0	100	520	45	1	2	37
Southwestern Chicken	6	323	590	250	28	4.5	0	85	1090	52	5	4	32
BBQ Chicken	6	300	760	310	35	10	0	120	1560	65	0	25	41
<b>Great Divide</b> - Great Divides are equivalent to 4 Medium Sandwiches. Refer to Medium Sandwich calories to determine Nutritional Content.													
<b>Desserts - Catering</b>													
Brownie Platter	10	99	360	140	16	4.5	0	0	220	44	0	21	6
Cookie Platter	10	85	350	68	7	5	0	15	240	50	2	20	2
Cookie & Brownie Platter	10	92	360	104	12	5	0	10	23	47	1	20	4
Whoopie Pie Platter	10	113	440	198	22	5	0	55	300	57	0	40	5
Whoopie Pie & Cookie Combo	10	99	400	132	15	5	0	35	270	54	1	30	4
Whoopie Pie & Brownie Combo	10	106	400	169	19	5	0	30	260	51	0	31	5





## NUTRITIONAL INFORMATION

### Ingredients

**American Cheese** Skim Milk, American cheese, (Milk, Cheese Cultures, Salt, Enzymes,). Palm oil, Casein (Milk Protein), Modified Food Starch, Sodium Citrate, Natural Flavor, Whey, Citric Acid, Sorbic Acid, (as a preservative), Annatto and Turmeric (color), Lecithin (Soy).

**Allergens:** Milk, Soy.

**Bacon** Cured with water, salt, sugar, smoked flavoring, sodium phosphate, sodium erythorbate, sodium nitrite.

**Balsamic Vinaigrette** Water, vinegar, (balsamic distilled), soybean oil, olive oil, sugar, salt. Contains 2% or less: garlic spices, rice starch, xanthan gum, red bell pepper, onion, calcium disodium EDTA as a preservative. **Allergen:** Soy

**Barbecue Sauce** Tomato paste, high fructose corn syrup, water, corn syrup, distilled vinegar, molasses, salt, mustard bran, natural hickory smoke flavor, spices, onion powder, garlic powder, sodium benzoate, sugar, caramel color, natural flavor.

### Bell Peppers

**Black Forest Ham** Caramel color added, cured with water, salt, potassium lactate, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrate.

**Black Bean & Corn Salad** Flame roasted sweet corn, cooked black beans ( black beans, water ), tomato, onion . green bell pepper, red bell pepper, contains: less than 2% of : brown sugar . Citric acid . Dehydrated vegetables ( dehydrated onion, dehydrated bell pepper, dehydrated garlic ), lime juice powder ( lime juice concentrate . Modified food starch, maltodextrin, citric acid ), natural flavor (including grill flavor and smoke flavor ). Olive oil, salt, spices, sugar, yeast extract.

**Blue Cheese Dressing** Soybean oil, vinegar, blue cheese (milk, cheese cultures, salt), corn syrup, egg yolk, water, salt, spices, propylene glycol alginate, onion, xanthan gum, garlic, dextrose, caramel, natural flavor. **Allergens:** Soy, Milk, Egg



## NUTRITIONAL INFORMATION

**Broccoli & Cheddar Cheese Soup** Chicken stock (water, chicken base[chicken, salt, chicken fat, dextrose, sugar, natural flavorings, roast chicken flavor, chicken broth, tumeric]), broccoli, light cream, cheddar cheese (Pasteurized milk, cheese culture, salt, enzymes, annato and powdered cellulose to prevent caking), flour, contains 2% or less of butter(cream and salt), modified food starch, carrots, hot pepper sauce (vinegar, red pepper, salt) and black pepper. **Allergens: Milk, Wheat**

**Buffalo Sauce** Aged cayenne red peppers, vinegar, water, salt, garlic powder, xanthan gum, oleoresin paprika.

**Caesar Dressing** Soybean Oil, vinegar, parmesan cheese (cultured milk, salt, enzymes), corn syrup, egg yolk, contains less than 2% of: salt, anchovy paste (anchovy, salt, water), garlic, onion, spice, potassium sorbate, sodium benzoate and calcium disodium EDTA as preservatives, disodium guanylate and disodium inosinate, yeast extract, xanthan gum, citric acid, lemon juice concentrate, caramel color, red bell pepper, tumeric, sunflower oil. **Allergens: Soy, Milk, Egg, Fish**

**Capicola** Ham cured with: water, salt. Contains 2% or less of the following: sodium lactate, dextrose, spices, sodium phosphate, sodium erythorbate, flavorings, sodium nitrite.

**Celery Salt** Salt and celery seed.

**Cheddar Cheese Sharp White** Pasteurized milk, cheese cultures, salt, enzymes. **Allergen: Milk**

**Chicken Breast** Chicken. containing up to 14% solution of water, soybean oil, salt, and sodium phosphates. **Allergen: Soy**

**Chipotle** Mesquite sauce [ancho chipotle mayonnaise, tomato puree (water, tomato paste), soybean oil, brown sugar, sugar, water, vinegar, ancho chili peppers, salt, egg yolks, modified corn starch, chipotle chili pepper, spices, buttermilk, garlic powder, sour cream (cream, nonfat milk, cultures), dehydrated garlic, onion powder, lactic acid, phosphoric acid, mustard flour, xanthan gum, lemon juice. concentrate, polysorbate 60, citric acid, with sorbic acid, calcium disodium EDTA and BHA (used to protect quality), cultured nonfat milk. **Allergens: Soy, Eggs**

**Cilantro** Dried cilantro leaves.



## NUTRITIONAL INFORMATION

**Classic Italian Sub Roll** Enriched unbleached flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, contains less than 2% of: calcium propionate (to retard spoilage), dough conditioners (sodium stearyl lactate, calcium sulfate, canola oil, enzymes, ascorbic acid, silicone dioxide (anti-caking agent)), dextrose, salt, soybean oil, sugar, vital wheat gluten, yeast, de-germinated yellow cornmeal. **Allergens: Wheat, Soy Not suitable for SESAME allergy suffers due to manufacturing methods.**

**Coarse Black Pepper** Black Pepper.

**Cole Slaw Cabbage** Sugar, mayonnaise (soybean oil, distilled vinegar, egg yolks, corn syrup, salt, spice, oleoresin paprika, calcium disodium EDTA added to protect flavor), carrots, white vinegar, lemon juice[concentrate lemon juice (filtered water, lemon juice concentrate) sodium bisulfite, sodium benzoate, (preservatives), natural lemon oil], salt, ascorbic acid (antioxidant), sodium erythorbate (antioxidant), soybean oil, xanthan and guar gum, citric acid (antioxidant), potassium sorbate and sodium benzoate (preservative), garlic salt (garlic, salt), spice. **Allergens: Egg, Soy.**

**Cracked Peppercorn Dressing** Water, vegetable oil(soybean and/or canola), high fructose corn syrup, sour cream solids(sour cream [cream, non fat milk, cultures], maltodextrin, cultured buttermilk, cultures skim milk), buttermilk solids, salt, egg yolk, contains less than 2% of lemon juice concentrate, spice, garlic\*, onion\*, polysorbate 60, propylene glycol alginate, xanthan gum, monosodium glutamate, lactic acid, natural flavor, sour cream powder, maltodextrin, milk, whey, potassium sorbate (preservative), vinegar, modified food starch. \*Dried. **Allergens: Egg, Milk**

**Cranberry Sauce** Cranberries, high fructose corn syrup, water, corn syrup.

**Croutons** High protein wheat flour, rye flour, soy oil, water, rye meal, garlic, salt, yeast, caramel color, caraway, ascorbic acid, citric acid, soy lecithin. **Allergens: Wheat, Soy**

**Feta Cheese** Pasteurized part skim milk, salt, enzymes, calcium chloride. **Allergen: Milk**



## NUTRITIONAL INFORMATION

**Genoa Salami** Pork, beef, salt, water, corn syrup, dextrose, sugar, wine, flavorings, sodium erythorbate, sodium nitrite, lactic acid starter culture, sodium nitrite, garlic.

**Grated Parmesan Cheese** Pasteurized part skim milk, salt, cheese culture, enzymes, (potato starch and powdered cellulose [to prevent caking], natamycin [a natural mold inhibitor]). **Allergen: Milk**

**Greek Dressing** Soybean oil, water, vinegar (cider, red wine), contains less than 2% of parmesan cheese (cultured milk, salt, enzymes), salt, sugar, garlic, onion, spice, xanthan gum, maltodextrin, lemon juice concentrate, yeast extract, natural flavor, propylene glycol alginate, sunflower oil. **Allergens: Soy, Milk**

**Hamburger** 100% fresh beef: chuck, round, sirloin blend.

**Hearty Garden Vegetable Soup** Water, tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), onions, mushrooms, zucchini squash, yellow squash, carrots, celery, green beans, cauliflower, green bell peppers, broccoli, red bell peppers, tomato paste (tomatoes, salt, citric acid), vegetable base (sauteed vegetables [carrots, celery, onion, corn oil], sugar, maltodextrin, salt, corn starch, yeast extract), parsley, olive oil, garlic in oil (garlic, soybean oil, phosphoric acid acidifying agent), sugar salt and spices. **Allergen: Soy**

**Honey Mustard Dressing** Soybean oil, corn syrup, vinegar, dijon mustard (distilled vinegar and water, mustard seed, salt, white wine, citric acid, tartaric acid, spices), honey, egg yolk, prepared mustard (water, vinegar, mustard seed, salt, tumeric, spices) Contains 2% or less: sugar, salt, water, sodium benzoate, calcium disodium EDTA as preservatives, spice, natural flavor, annato. **Allergens: Soy, Egg**

**Honey Wheat Wrap** Whole wheat, water, unbleached unbromated enriched wheat flour (Niacin [vitamin B3] Reduced Iron, Thiamine mononitrate [vitamin B1], Riboflavin [Vitamin B2], Folic acid [Vitamin B9]) Malted barley flour, honey, soy oil, high fructose corn syrup, wheat, sunflower oil, salt, sugar, mono-diglycerides, sodium bicarbonate, sodium acid pyrophosphate, calcium propionate (preservative), sodium aluminum sulfate, fumaric acid, sodium stearoyl lactylate (SSL), potassium sorbate, guar gum, sodium metabisulfate. **Allergens: Wheat, Soy**



## NUTRITIONAL INFORMATION

**Hot Dog Roll-Long** Enriched Wheat Flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate, riboflavin, folic acid), Water, Sugar, Yeast, Wheat Gluten, Soybean Oil, Salt, Monoglycerides, DATEM, Citric Acid, Potassium Iodate, Soy Lecithin, Sesame Seeds, Grain Vinegar, Calcium Propionate [to retain freshness]. **CONTAINS WHEAT, SESAME. Made in a bakery that uses MILK.**

**Hot Peppers** Peppers, water, distilled vinegar, salt, calcium chloride, xanthan gum, guar gum, sodium benzoate (preservative), oleoresin of paprika, oleoresin.

**Italian Romano Dressing** Soybean oil, vinegar, water, corn syrup, Romano cheese (cultured milk, salt, enzymes), salt, contains less than 2% of: Sugar, garlic, xanthan gum, onion, lemon juice concentrate, red bell pepper, dextrose, spice, paprika, annatto. **Allergens: Soy, Milk**

**Korean Barbeque Sauce** Spicy Red Chili Sauce High fructose corn syrup, distilled vinegar, aged cayenne pepper, water, modified food starch, salt, sugar, contains less than 2 % Sriracha Chili sauce( red chili, white vinegar, sugar, salt, garlic, acetic acid, lactic acid, red chili powder, Xanthan gum)., Red bell peppers, Garlic, Wheat, Soybeans, Vegetable oil( Soybean and/or Canola, Chicken base, Chicken meat including Natural Chicken Juices, Salt, sugar, chicken fat, hydrolyzed Proteins( Corn and Wheat Gluten, Soy), Dried hey(Dairy), Maltodextrin, Natural Flavors, Partially Hydrogenated Cottonseed and soybean oil, corn oil, disodium xtractives of tumeric and Annato, Spice, Chile del Arbol pepper, Potassium, Sodium Sorbate, Sodium Benzoates, Sodium metabysulphate as preservatives, Xanthan gum, paprika. **Allergens: Milk, Wheat, Soy, Sesame**

**Ketchup** Tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring.

**Lettuce** Romaine.

**Lobster** 100% lobster meat; mayonnaise (Soybean oil, egg yolks, distilled vinegar, corn syrup, water, salt, spice and lemon juice concentrate, calcium disodium EDTA added to protect flavor. **Allergens: Soy, Egg, Shellfish**

**Maine Lobster Bisque** Light cream, water, lobster meat, butter (cream, salt), sherry wine, flour (wheat flour, malted barley, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid,), clam broth, modified food starch, tomato paste, chicken base (chicken, salt, chicken fat, dextrose, sugar, natural flavorings, roast chicken flavor, chicken broth, turmeric), lobster flavor (lobster, salt and deactivated codfish enzyme), and sugar. **Allergens: Milk, Wheat, Shellfish, Fish**



## NUTRITIONAL INFORMATION

**Marinara** Tomatoes, crushed tomatoes (water, concentrated crushed tomatoes), corn oil, corn syrup, onions, salt, garlic, spices, xanthan gum, oleoresin capsicum, citric acid.

**Mayonnaise** Soybean Oil, Distilled Vinegar, Egg Yolks, Water, Sugar, Salt, Calcium Disodium EDTA as a preservative and Natural Flavoring.  
Allergens: Egg

**Meatballs** Pork, Beef, Water, Soy Protein Concentrate, Seasoning (nonfat dry milk, salt, granulated onion and garlic, spices, sodium phosphate, caramel color, parsley flakes, silicon dioxide), Egg Whites, Breadcrumbs (unbleached wheat flour, salt, yeast), Romano Cheese (Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Soy Lecithin. Allergens: Wheat, Egg, Soy, Milk

**Mortadella** Pork, pork fat, water, beef hearts, salt, flavorings hydrolyzed soy protein & hydrolyzed whey protein), corn syrup, spices, sugar, dextrose, sodium erythorbate, garlic, sodium nitrite. Allergens: Milk, Soy

**Mushrooms** White mushrooms.

**New England Beef Stew** Beef Stock (water, beef base; beef, salt, sugar, dextrose, corn oil, flavorings, beef broth, dried whey, caramel color) Angus Beef, carrots, potatoes (sodium acid pyrophosphate added to maintain color), peas, pearl onions, burgundy wine (contains sulfites) celery, butter (cream, salt) flour (wheat flour), tomato paste (tomatoes, water, citric acid) modified corn starch, soybean oil, worcestershire sauce (water, vinegar, molasses, corn sweeteners, anchovies, natural flavorings, tamarinds, fresh onions, salt, garlic, eschalots, cloves, chili peppers, hydrolyzed soy and corn protein) sugar, red wine vinegar, garlic, sugar, parsley, caramel color and spices. Allergens: Wheat, Milk, Soy, Fish



## NUTRITIONAL INFORMATION

**New England Clam Chowder** Light cream, water, clam meat, potatoes (sodium acid pyrophosphate added to maintain color), onions, butter (cream, salt), clam base (clams, salt, clam broth, sugar, potato flour, maltodextrin, autolysed yeast extract, onion powder, codfish powder, spice), modified food starch, flour, concentrated clam broth, salt, spices. **Allergens: Milk, Shellfish, Fish, Wheat**

**Oil** 100% Extra Virgin Olive Oil

**Olives** California ripe Olives, water, salt, ferrous gluconate (to stabilize color).

**Pastrami** Beef; contains up to a 10% solution of water, salt, sodium phosphate, dextrose, flavorings. Coated with caramel coloring and flavorings.

**Pepper Mix** Prepared from mature field mixed bell peppers.

**Pepperoni Slices** Pork, beef, salt, dextrose, water, spices, corn syrup, paprika, oleoresin of paprika, sodium erythorbate, flavorings, starter culture, sodium nitrite.

**Pickles** Fresh Cucumbers, water, vinegar, salt, spices, calcium chloride, sodium benzoate, FD&C yellow #5, polysorbate 80.

**Pineapple Tidbits** Pineapple, water, sugar, and citric acid.

**Plain Wrap** Enriched Unbleached Unbromated Flour (Wheat Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2] & Folic Acid), Water, Vegetable Oil (Soy/Palm/Canola), Tortilla Dough, Additives (Salt, Calcium Propionate (Preservative) Fumaric Acid, Potassium Sorbate (Preservative), Mono- and diglycerides, Calcium Sulfate, Soybean Oil, Hydrogenated Soybean Oil, Guar Gum, Sodium Metabisulfite), Baking Powder, Anti stick Agent (Corn Starch, Hydrogenated Cottonseed Oil, Mono and Diglycerides, Guar Gum, Soybean Oil, Silicon Dioxide (Flow Aid)), Dough Softener, (Mono- and Diglycerides, Corn Starch, Wheat Flour, Soybean Oil, Silicon Dioxide (Flow Aid), Enzymes, Salt). **Allergens: Soy, Wheat.**



## NUTRITIONAL INFORMATION

**Pocket® Bread** Enriched Flour (wheat flour, malted barley, niacin, iron, potassium bromate, thiamine, mononitrate, riboflavin, folic acid), water, yeast, salt, sugar, soy flour. **Allergens: Wheat, Soy**

**Provolone Cheese** Cultured pasteurized milk, salt, enzymes, light smoke flavor. **Allergen: Milk**

**Ranch Dressing** Soybean oil, water, buttermilk, egg yolk, vinegar, Contains less than 2%: salt, monosodium glutamate, modified food starch, buttermilk solids, sugar, garlic, spices, xanthan gum, egg white, onion, citric acid, sorbic acid, calcium disodium EDTA to protect flavor, natural flavor. **Allergens: Soy, Milk, Egg**

**Red Wine Vinegar** All purpose vinegar made from grape wine, diluted with water to a uniform table strength of 5% acidity, sulfur dioxide added to wine to protect color.

**Rice & Grains Blend** Colusari red rice, red jasmine rice, black quinoa, green lentils and long-grain parboiled white rice

**Chicken Noodle Soup** Water, chicken (chicken, water, modified food starch, salt, sodium phosphate), carrots, celery, pasta (wheat, water, egg whites, niacin, iron, thiamine mononitrate, riboflavin, folic acid), onions, chicken base (chicken, salt, chicken fat, dextrose, sugar, natural flavorings, roast chicken flavor, chicken broth, tumeric), natural chicken flavors (contains soy), olive oil, guar and xanthan gum, parsley, salt and spice. **Allergens: Wheat, Egg, Soy**





## NUTRITIONAL INFORMATION

**Sirloin Steak** Beef, water, dextrose, sodium lactate, sodium phosphate, salt, hydrolyzed corn protein, yeast extract, natural flavor.

**Spicy Red Chili Sauce** Spicy Red Chili Sauce High fructose corn syrup, distilled vinegar, aged cayenne pepper, water, modified food starch, salt, sugar, contains less than 2 % Sriracha Chili sauce( red chili, white vinegar, sugar, salt, garlic, acetic acid, lactic acid, red chili powder, Xanthan gum)., Red bell peppers, Garlic, Wheat, Soybeans, Vegetable oil( Soybean and/or Canola, Chicken base, Chicken meat including Natural Chicken Juices, Salt, sugar, chicken fat, hydrolyzed Proteins( Corn and Wheat Gluten,Soy), Dried Whey(Dairy), Maltodextrin, Natural Flavors, Partially Hydrogenated Cottonseed and soybean oil, corn oil, disodium extractives of tumeric and Annato, Spice, Chile del Arbol pepper, Potassium, Sodium Sorbate, Sodium Benzoates, Sodium metabisulphate as preservatives, Xanthan gum, paprika. **Allergens: Soy, Wheat, Milk**

**Sriracha Coleslaw** Creamy Coleslaw cabbage, sugar, mayonnaise (soybean oil, distilled vinegar, egg yolks, corn syrup, salt, spice, oleoresin paprika, calcium disodium EDTA added to protect flavor), carrots, white vinegar, lemon juice[concentrate lemon juice (filtered water, lemon juice concentrate) sodium bisulfite, sodium benzoate, (preservatives), natural lemon oil], salt, ascorbic acid (antioxidant), sodium erythorbate (antioxidant), soybean oil, xanthan and guar gum, citric acid (antioxidant), potassium sorbate and sodium benzoate (preservative), garlic salt (garlic, salt), spice. Sriracha Chili sauce (red chili, white vinegar, sugar, salt, garlic, acetic acid, lactic acid, red chili powder, Xanthan gum).

**Allergens: Eggs, Soy**

**Stuffing** Breadcrumbs (enriched wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]), distilled vinegar,contains 2% or less of: sugar, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), vegetable oil (canola, and/or soybean, sunflower oils), salt, yeast, spice extractive, yeast nutrients (ammonium chloride, calcium sulfate), dough conditioners (L-cysteine monochloride, azodicarbonamide), dehydrated vegetables (onion, celery, dried parsley, garlic), sugar, salt, spices, chicken flavoring (salt, autolyzed yeast extract, dried chicken broth, chicken fat, dextrose, corn starch, maltodextrin, natural flavors), natural flavoring, palm oil, disodium inosinate and disodium guanylate (flavor enhancers). **Allergens: Wheat, Soy**

**Swiss Cheese** Milk, cheese culture, salt, enzyme. **Allergen: Milk**



## NUTRITIONAL INFORMATION

**Teriyaki Sauce** High fructose corn syrup, soy sauce (water, wheat, soybeans, salt), sugar, vinegar (distilled, rice), modified food starch, water, contains less than 2% of: sesame seeds, soybean oil, pineapple juice concentrate, spices, salt, sodium acid, sulfate, potassium sorbate and sodium benzoate as a preservative, garlic, xanthan gum, caramel color, onion. **Allergens: Soy, Wheat, Sesame**

### Tomatoes

**Tuna Salad** Tuna (chunk yellowfin), water, salt, and additives (if not disallowed) Mayonnaise (Soybean oil, egg yolks, distilled vinegar, corn syrup, water, salt, spice and lemon juice concentrate, calcium disodium EDTA added to protect flavor. **Allergens: Fish, Soy, Egg**

**Fresh Turkey Breast** 100% Turkey Breast.

**Turkey Gravy** Corn oil (TBHQ and citric acid added to protect flavor), modified cornstarch, palm oil, wheat flour, turkey and turkey stock, dried whey, salt, yeast extract, carrots, maltodextrin, hydrolyzed corn Wheat and soy protein, less than 2% of flavors, spices, soy sauce (wheat, soybeans, salt), disodium inosinate/ disodium guanylate, tapioca, maltodextrin, dried chicken, caramel color, chicken fat, lipolyzed butter oil. **Allergens: Wheat, Milk, Soy**

**Whoopie Pie** Sugar, Unbleached Wheat Flour, Water, Palm Oil (Mono and Diglycerides, Polysorbate 60), Eggs, Corn Syrup, Soybean Oil, Cocoa (alkali), Modified Corn Starch, Whey (Milk), Wheat Gluten, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), BuBer Milk Solids, Guar Gum, Dextrose, Cream of Tarter, Pec n, Sodium Aluminum Phosphate, Propylene Glycol Esters of FaBy Acids, Soy Lecithin, Citric Acid, Sodium Lauryl.. **Allergens: Wheat, Eggs, Milk & Soy. Advisory:** Manufactured in a facility where milk, eggs, tree nuts, wheat, peanuts and soybeans are used.

**Yellow Mustard** Distilled vinegar, water, no. 1 grade mustard seed, salt, tumeric, paprika, spice, natural flavor, garlic powder.



## NUTRITIONAL INFORMATION

Wheat Eggs Milk Soy Peanuts Tree nuts Fish Shellfish Sesame

### Toasted & Hot Sandwiches Small

Italian Toasted			X	X				
Classic Veggie			X	X				
Meatball & Cheese	X		X	X				
Thanksgiving Toasted	X	X	X	X				
BLT		X		X				

### Medium

Italian Toasted			X	X				
Classic Veggie			X	X				
Meatball & Cheese	X		X	X				
Thanksgiving Toasted	X	X	X	X				
BLT		X		X				

### Large

Italian Toasted			X	X				
Classic Veggie			X	X				
Meatball & Cheese	X		X	X				
Thanksgiving Toasted	X	X	X	X				
BLT		X		X				



**NUTRITIONAL INFORMATION**

Wheat    Eggs    Milk    Soy    Peanuts    Tree nuts    Fish    Shellfish    Sesame

**Freshly Grilled Sandwiches**

All Sizes

Chicken & Cheese			X	X				
Steak & Cheese			X	X				
Pastrami & Swiss			X					
Chicken #9			X	X				
Steak #9			X	X				
Chicken Teriyaki	X		X	X				X
Steak Teriyaki	X		X	X				X
BBQ Chicken Cheddar		X	X	X				
BBQ Steak Cheddar		X	X	X				
Chicken Bomb			X	X				
Steak Bomb			X					
Chicken Vermonter		X	X	X				
Steak Vermonter		X	X	X				
Korean Steak & Cheese	X	X	X	X				X
Korean Chicken & Cheese	X	X	X	X				X
Southwest Chicken	X	X	X	X				
Southwest Steak	X	X	X	X				
Cheeseburger			X	X				



## NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish	Sesame
<b>Deli Sandwiches</b>									
<b>Small, Medium, Large</b>									
Turkey & Cheese		X	X	X					
Tuna Salad		X		X			X		
Ham & Cheese		X	X	X					
Chicken Salad		X		X					
Italian Toasted			X	X					
<b>Sandwich Ingredients/Bread</b>									
<b>Small, Medium, Large</b>									
Wheat Wrap	X			X					
Tortilla Wrap	X			X					
Pocket	X			X					
Italian Sub	X			X					a
<b>Sandwich Ingredients/Meat</b>									
<b>Small, Medium, Large</b>									
Bacon									
Black Forest Ham									
Chicken Salad		X		X					
Salami									
Tuna Salad		X		X			X		
Turkey									
Steak									
Chicken				X					

\* a = Advisory: Manufactured in a facility where milk, eggs, tree nuts, wheat, peanuts and soybeans are used.



## NUTRITIONAL INFORMATION

Wheat Eggs Milk Soy Peanuts Tree nuts Fish Shellfish Sesame

### Sandwich Ingredients/Cheese Small, Medium, Large

American			X	X					
Provolone			X						
Swiss			X						
Vermont Cheddar			X						

### Sandwich Ingredients/Toppings Small, Medium, Large

Banana Peppers  
Bell Peppers  
Black Olives  
Cucumbers  
Hot Peppers  
Lettuce  
Mushrooms  
Pickles  
Red Onions  
Tomatoes  
White Onions  
Pineapple



## NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish	Sesame
<b>Spreads</b>									
<b>Small, Medium, Large</b>									
BBQ Sauce									
Blue Cheese Dressing		X	X	X					
Buffalo Sauce									
Chipotle Sauce		X		X					
Cranberry Sauce									
Extra Virgin Olive Oil									
Honey Mustard		X		X					
Ketchup									
Marinara Sauce									
Mayo		X		X					
Mustard									
Red Wine Vinegar									
Teriyaki Sauce	X			X					X
Peppercorn Dressing	X	X	X	X					
<b>Grilled Topped Salads with Dressing</b>									
Chicken Caesar	X	X	X	X			X		
Steak Caesar	X	X	X	X			X		
Chicken Cobb		X	X	X					
Steak Cobb		X	X	X					
Chicken Greek			X	X					
Steak Greek			X	X					

All salads listed with dressings. Pokket® value not included.



## NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish	Sesame
<b>Fresh Entrée Salads with Dressing</b>									
Caesar	X	X	X	X			X		
Greek			X	X					
<b>Garden Salad no Dressing (choice)</b>									
Garden									
<b>Fresh Half Salads with Dressing</b>									
Caesar	X	X	X				X		
Greek			X	X					
<b>Dressings for Grilled Topped Salads</b>									
Caesar		X	X	X			X		
Greek			X	X					
Honey Mustard		X		X					

All salads listed with dressings. Pokket® value not included.





## NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish	Sesame
<b>Dressings for Fresh Entrée Salads</b>									
Balsamic				X					
Blue Cheese		X	X	X					
Caesar		X	X	X			X		
Creamy Italian			X	X					
Greek			X	X					
Honey Mustard		X		X					
Ranch		X	X	X					
<b>Sides</b>									
Cole Slaw		X		X					
<b>Wraps - Medium</b>									
Buffalo Chicken	X	X	X	X					
Chicken Caesar	X	X	X	X			X		
Greek	X		X	X					
<b>Large</b>									
Buffalo Chicken	X	X	X	X					
Chicken Caesar	X	X	X	X			X		
<b>Hot Soups - Cup, Bowl</b>									
Beef Stew	X		X	X			X		
Broccoli Cheddar	X		X						
Garden Vegetable				X					
Lobster Bisque	X		X				X	X	
Clam Chowder	X		X				X	X	
Chicken Noodle	X	X		X					



**NUTRITIONAL INFORMATION**

Wheat Eggs Milk Soy Peanuts Tree nuts Fish Shellfish Sesame

**Rice & Grain Bowls**

**Small, Medium, Large, 1 Pound**

Chicken & Cheese			X	X					
Steak & Cheese			X	X					
Pastrami & Swiss			X						
Chicken # 9			X	X					
Steak # 9			X	X					
Chicken Teriyaki	X		X	X					X
Steak Teriyaki	X		X	X					X
BBQ Chicken Chedda		X	X	X					
BBQ Steak Cheddar		X	X	X					
Chicken Bomb			X	X					
Steak Bomb			X						
Chicken Vermonter		X	X	Xr					
Steak Vermonter		X	X	X					
Korean Steak & Cheese	X	X	X	X					X
Korean Chicken & Cheese	X	X	X	X					X
Southwest Chicken	X	X	X	X					
Southwest Steak	X	X	X	X					
Double Peppercorn Steak		X	X	X					
Double Peppercorn Chicken		X	X	X					
Cheeseburger			X	X					
Thanksgiving	X	X	X	X					



## NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish	Sesame
<b>Lobster</b>									
Lobster , Small sub		X		X				X	
Lobster , Medium sub		X		X				X	
Lobster , Large sub		X		X				X	
Lobster, Roll (includes roll) Sm.	X	X	X	X				X	
Lobster, Roll (includes roll) Med.	X	X	X	X				X	
Lobster, Roll (includes roll) Lge.	X	X	X	X				X	
Lobster BLT Small Sub	X	X	X	X				X	
Lobster BLT Medium Sub	X	X	X	X				X	
Lobster BLT Large Sub	X	X	X	X				X	
Lobster Roll - Roll itself	X			X					X
Add Lobster to a Salad		X		X				X	
<b>Salads-Catering</b>									
Garden Salad									
Caesar Salad	X	X	X	X			X		
Chicken Caesar Salad	X	X	X	X			X		
Greek Salad			X	X					
Chicken Cobb Salad		X	X	X					
<b>Dressings-Catering</b>									
Balsamic				X					
Blue Cheese		X	X	X					
Caesar		X	X	X			X		
Creamy Italian			X	X					
Greek			X	X					
Honey Mustard		X		X					
Ranch		X	X	X					



## NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish	Sesame
<b>Sides</b>									
Cole Slaw		X		X					
<b>Soups-Catering</b>									
Beef Stew	X		X	X			X		
Chicken Noodle	X	X		X					
Clam Chowder	X		X				X	X	
Lobster Bisque	X		X					X	
Garden Veggie				X					
Broccoli Cheddar	X		X						
<b>Sandwich Boxes-Catering</b>									
Deli Sandwich Box	X	X	X	X			X		a
Grilled Sandwich Box		X	X	X					a
Specialty Wrap Box	X	X	X	X			X		
Lobster Roll Sandwich Box	X	X	X	X				X	
<b>Lunch Boxes-Catering</b>									
<b>Deli Sandwiches</b>									
Turkey & Cheese		X	X	X					a
Tuna Salad		X		X			X		a
Ham & Cheese		X	X	X					a
Chicken Salad		X		X					a
Italian Toasted			X	X					a



## NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish	Sesame
Lunch Boxes - Wraps									
Chicken Caesar Salad Wrap	x	x	x	x			x		
Caesar Salad Wrap	x	x	x	x			x		

## Lunch Boxes-Catering

### Deli Sandwiches

Chicken Cobb Salad Wrap	x	x	x	x					
Turkey Club Wrap		x	x	x					
Lunch Box Bread Options									
Italian Sub	x			x					a
Wheat Wrap	x			x					
Tortilla Wrap	x			x					

## Rice & Grain Bowls-Catering

Chicken Teriyaki	x		x	x					x
Steak Number 9			x	x					
Southwestern Chicken	x	x	x	x					
BBQ Chicken		x	x	x					

## 29" Great Divide-Catering

Great Divides are equivalent to 4 Medium Sandwiches. Refer to Medium Sandwich calories to determine Nutritional Content.

## Desserts-Catering

Brownie Platter	x	x	x	x					
Cookie Platter	x	x	x	x					
Cookie & Brownie Platter	x	x	x	x					
Whoopie Pie Platter	x	x	x	x	a	a			
Whoopie Pie & Cookie Combo	x	x	x	x	a	a			
Whoopie Pie & Brownie Combo	x	x	x	x	a	a			

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