

	CAL.	PRO. (g)	CARB. (g)	FIB. (g)	FAT. (g)	CHOLS. (g)	SOD. (g)
TOPPINGS							
Dijon Mustard	17	0.8	0.6	0.0	1.2	0.0	171.0
Lettuce	4	0.3	0.8	0.3	0.0	0.0	2.8
Yellow Mustard	23	1.4	1.9	0.8	1.3	0.0	375.6
Onions	12	0.3	2.9	0.4	0.0	0.0	0.9
Sauerkraut	0	0.0	1.0	0.0	0.0	0.0	330.0
Tomatoes	5	0.2	1.1	0.3	0.1	0.0	1.4
Slice of Pickle	1	0.0	0.2	0.1	0.0	0.0	76.9
Salt & Pepper	0	0.0	0.0	0.0	0.0	0.0	155.0
1 Package Crackers	26	0.6	4.3	0.2	0.7	0.0	64.3

	CAL.	PRO. (g)	CARB. (g)	FIB. (g)	FAT. (g)	CHOLS. (g)	SOD. (g)
DRESSINGS							
Sourdough Spread	209	0.3	1.1	0.0	23.0	11.0	166.2
Parmesan Italian Dressing 2 oz	200	0.0	2.0	0.0	22.0	0.0	720.0
Parmesan Italian Dressing 4 oz	400	0.0	4.0	0.0	44.0	0.0	1440.0
Greek Vinaigrette Dressing 2 oz	280	0.0	0.0	0.0	30.0	0.0	640.0
Greek Vinaigrette Dressing 4 oz	560	0.0	0.0	0.0	60.0	0.0	1280.0

	CAL.	PRO. (g)	CARB. (g)	FIB. (g)	FAT. (g)	CHOLS. (g)	SOD. (g)
CHEESES							
American 1 oz	106	6.3	0.5	0.0	8.9	26.8	405.5
Colby Jack 1 oz	107	6.8	0.5	0.0	8.7	25.7	159.7
Monterey 1 oz	106	6.9	0.2	0.0	8.6	25.2	152.0
Mozzarella Cheese 1 oz	81	6.8	0.0	0.0	5.4	20.3	202.5
Provolone Cheese 1 oz	100	7.3	0.6	0.0	7.5	19.6	248.3
Swiss Cheese 1 oz	108	7.6	1.5	0.0	7.9	26.1	54.4
Swiss Cheese 1 1/2 oz	162	11.5	2.3	0.0	11.8	39.1	81.6

	CAL.	PRO. (g)	CARB. (g)	FIB. (g)	FAT. (g)	CHOLS. (g)	SOD. (g)
SOUPS (Totals include soup only)							
Broccoli & Cheese, 8 oz cup	190	8.0	17.0	1.0	10.0	90.0	980.0
Broccoli & Cheese, 12 oz bowl	285	12.0	25.5	1.5	15.0	135.0	1470.0
Chicken Noodle, 8 oz cup	110	6.0	15.0	1.0	2.5	15.0	1160.0
Chicken Noodle, 12 oz bowl	165	9.0	22.5	1.5	3.7	22.5	1740.0
Chicken w/ Wild Rice, 8 oz cup	180	9.0	19.0	1.0	8.0	25.0	910.0
Chicken w/ Wild Rice, 12 oz bowl	270	13.5	28.5	1.5	12.0	37.5	1365.0
Chili with Beans, 8 oz cup	240	20.0	25.0	5.0	7.0	45.0	1200.0
Chili with Beans, 12 oz bowl	360	30.0	37.5	7.5	10.5	67.5	1800.0
Clam Chowder, 8 oz cup	200	11.0	18.0	0.0	9.0	35.0	1110.0
Clam Chowder, 12 oz bowl	300	16.5	27.0	0.0	13.5	52.5	1665.0
Creamy Broccoli & Cheese, 8 oz cup	210	10.0	19.0	2.0	11.0	35.0	1010.0
Creamy Broccoli & Cheese, 12 oz bowl	315	15.0	28.5	3.0	16.5	52.5	1515.0
Gumbo w/ Chicken & Sausage, 8 oz cup	90	4.0	13.0	1.0	2.0	10.0	1040.0
Gumbo w/ Chicken & Sausage, 12 oz bowl	135	6.0	19.5	1.5	3.0	15.0	1560.0
Italian Wedding, 8 oz cup	130	7.0	17.0	0.0	3.5	10.0	900.0
Italian Wedding, 12 oz bowl	195	10.5	25.5	0.0	5.3	15.0	1350.0
Minestrone, 8 oz cup	70	3.0	11.0	1.0	1.5	0.0	870.0
Minestrone, 12 oz bowl	105	4.5	16.5	1.5	2.2	0.0	1305.0
Potato, 8 oz cup	220	10.0	21.0	1.0	10.0	30.0	910.0
Potato, 12 oz bowl	330	15.0	31.5	1.5	15.0	45.0	1365.0
Tomato & Basil, 8 oz cup	280	3.0	16.0	2.0	24.0	75.0	800.0
Tomato & Basil, 12 oz bowl	420	4.5	24.0	3.0	36.0	112.5	1200.0

*Soup items may vary at participating locations.

	CAL.	PRO. (g)	CARB. (g)	FIB. (g)	FAT. (g)	CHOLS. (g)	SOD. (g)
SIDES							
Macaroni Salad	330	5.0	28.0	2.0	23.0	15.0	770.0
Potato Salad	240	3.0	28.0	3.0	13.0	10.0	490.0
Apple Cinnamon Potato Chips 1 oz	130	1.0	21.0	2.0	4.5	0.0	35.0
BBQ Potato Chips 1.5 oz	225	3.0	22.5	1.5	15.0	0.0	300.0
Cheddar & Sour Crm Potato Chips 1.5 oz	240	3.0	21.0	1.5	15.0	0.0	345.0
Cheetos 2 oz	320	4.0	30.0	0.0	20.0	10.0	580.0
Classic Potato Chips 1 oz	150	2.0	15.0	1.0	10.0	0.0	180.0
Classic Potato Chips 1.5 oz	225	3.0	22.5	1.5	15.0	0.0	270.0
Corn Chips 2 oz	320	4.0	30.0	2.0	20.0	0.0	340.0
Doritos Cool Ranch Tortilla Chips 1.75 oz	245	3.5	31.5	1.8	12.3	0.0	297.5
Doritos Nacho Cheese Chips 1.75 oz	245	3.5	29.8	1.8	14.0	0.0	315.0
Jalapeno Potato Chips 1.37 oz	190	2.0	22.0	1.0	11.0	0.0	240.0
Lays Salt & Vinegar Potato Chips 1 1/2 oz	230	2.0	23.0	2.0	15.0	0.0	580.0
Lime & Blk Pepper Potato Chips 1.37 oz	190	2.0	22.0	1.0	11.0	0.0	170.0
Miss Vickie's BBQ Potato Chips 1.37 oz	200	3.0	22.0	2.0	11.0	0.0	400.0
Multigrain Potato Chips 1.5 oz	210	3.0	28.5	3.0	9.0	0.0	240.0
Original Potato Chips 1.12 oz	123	2.2	25.8	2.2	1.7	0.0	168.0
Salt & Vinegar Potato Chips 1.37 oz	200	3.0	22.0	3.0	11.0	0.0	340.0
Sour Crm & Onion Potato Chips 1.12 oz	134	2.2	23.5	2.2	3.4	0.0	235.2
Sour Crm & Onion Potato Chips 1.5 oz	240	3.0	22.5	1.5	15.0	0.0	315.0
Vinegar Potato Chips 1 oz	150	2.0	15.0	1.0	10.0	0.0	380.0

	CAL.	PRO. (g)	CARB. (g)	FIB. (g)	FAT. (g)	CHOLS. (g)	SOD. (g)
DESSERTS and FOUNTAIN DRINKS							
Applesauce 4 oz	80	0.0	21.0	0.0	0.0	0.0	0.0
Chocolate Chip Cookie	160	2.0	23.0	0.0	8.0	10.0	120.0
2% Milk 8 oz	130	8.0	13.0	0.0	5.0	20.0	125.0
1% Chocolate Milk 8 oz	210	9.0	33.0	0.0	5.0	25.0	250.0
Coca Cola Classic 20 oz	243	0.0	65.0	0.0	0.0	0.0	15.0
Diet Coke 20 oz	1.5	0.0	0.3	0.0	0.0	0.0	25.0
Barq's Root Beer 20 oz	275	0.0	75.0	0.0	0.0	0.0	60.0
Sprite 20 oz	243	0.0	65.0	0.0	0.0	0.0	55.0

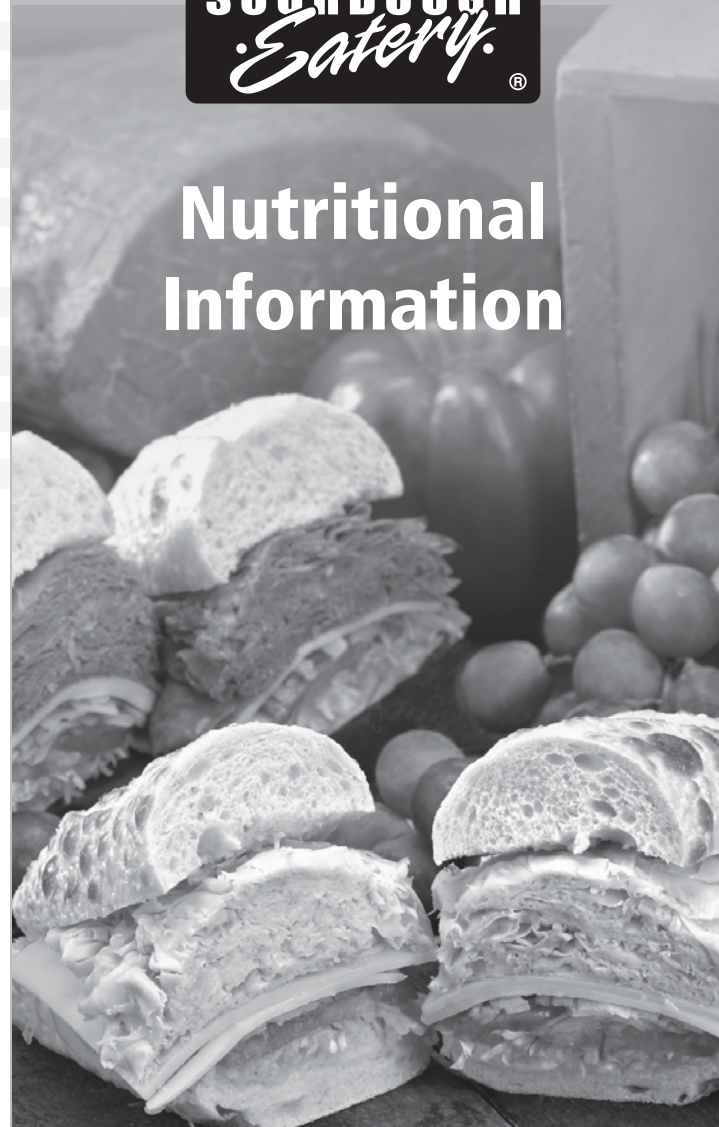
Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Except for test market offerings or limited time offerings, menu products as of this printing are included in this brochure. Product data is based on current information as of date of publication.

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Nutritional Information



Nutritional Information

	CAL.	PRO. (g)	CARB. (g)	FIB. (g)	FAT. (g)	CHOLS. (g)	SOD. (g)
SOURDOUGH BREAD							
7 inch	363	13.2	75.8	2.5	0.0	0.0	791.2
5 1/2 inch	290	10.6	60.7	2.0	0.0	0.0	632.9
3 1/2 inch	182	6.6	37.9	1.2	0.0	0.0	395.6
Sourdough Bread Bowl	680	24	128.0	4.0	4.0	0.0	1240.0
SANDWICH BREADS							
Wheat 1 Slice	100	4	19	2	1.5	0	170
Lite Rye 1 Slice	100	3	18	1	1.5	0	160
Dark Rye 1 Slice	130	4	24	2	2	0	250
MEAT SANDWICHES LARGE	Totals include meat, and Sourdough bread only (unless noted)						
(Values for Large Sandwich, for Half Sandwich use half values)							
Ham	483	33.2	77.2	2.5	3.3	16.7	2151.2
Roast Beef	503	33.2	77.8	2.5	4.0	30.0	2211.2
Turkey	483	31.2	79.8	2.5	4.0	50.0	1471.2
Sourdough (Roast Beef, Ham & Turkey)	490	32.5	78.3	2.5	3.8	32.2	1944.2
Russian (Roast Beef & Turkey)	493	32.2	78.8	2.5	4.0	40.0	1841.2
Pastrami	483	33.2	77.8	2.5	4.0	30.0	2431.2
Reuben	503	33.2	75.8	2.5	6.0	60.0	2031.2
Salami	800	39.5	80.1	2.5	34.1	113.4	3070.2
Ham & Pastrami	483	33.2	77.5	2.5	3.7	23.3	2291.2
Ham & Turkey	483	32.2	78.5	2.5	3.7	33.3	1811.2
Cheese ¹	790	40.8	78.4	2.5	34.1	103.8	1562.8
Tuna Salad	363	13.2	75.8	2.5	0.0	0.0	791.2
Garlic Pesto Turkey	463	35.2	75.8	2.5	2.0	30.0	1691.2
Turkey & Pepperoni	623	30.2	77.8	2.5	20.0	65.0	1871.2
Pastrami & Turkey	483	32.2	78.8	2.5	4.0	40.0	1951.2
Corned Beef & Turkey	493	32.2	77.8	2.5	5.0	55.0	1751.2
Cracked Pepper Turkey	463	35.2	77.8	2.5	2.0	40.0	1631.2
Ham & Roast Beef	700	26.9	141.6	5.3	2.1	0.0	1549.5
Veggie ²	395	14.3	82.8	4.8	0.3	0.0	821.9
Turkey & Salami	641	35.4	80.0	2.5	19.0	81.7	2271.2
Italian ³	1093	38.9	84.1	2.5	65.2	121.5	2455.2
Chicken	483	35.2	75.8	2.5	2.0	60.0	1771.2
¹ Includes Cheeses and Sourdough bread. ² Includes Lettuce, Tomatoes, Cucumbers, Peppers, Carrots & Sourdough bread. ³ Includes Mozzarella Cheese, Oil, Vinegar, meat and Sourdough bread.							
MEAT SANDWICHES REGULAR	Totals include meat, and Sourdough bread only (unless noted)						
Ham	380	25.6	61.7	2.0	2.5	12.5	1652.9
Roast Beef	395	25.6	62.2	2.0	3.0	22.5	1697.9
Turkey	380	27.2	63.8	2.0	14.3	61.3	1742.9
Sourdough (Roast Beef, Ham & Turkey)	385	25.0	62.5	2.0	2.8	24.2	1497.7
Russian (Roast Beef & Turkey)	388	24.8	62.9	2.0	3.0	30.0	1420.4

	CAL.	PRO. (g)	CARB. (g)	FIB. (g)	FAT. (g)	CHOLS. (g)	SOD. (g)
Pastrami	380	25.6	62.2	2.0	3.0	22.5	1862.9
Reuben	395	25.6	60.7	2.0	4.5	45.0	1562.9
Salami	617	30.3	63.9	2.0	25.6	85.1	2342.2
Ham & Pastrami	380	25.6	61.9	2.0	2.7	17.5	1757.9
Ham & Turkey	380	24.8	62.7	2.0	2.7	25.0	1397.9
Cheese ¹	610	31.3	62.6	2.0	25.6	77.9	1211.6
Tuna Salad	290	10.6	60.7	2.0	0.0	0.0	632.9
Garlic Pesto Turkey	365	27.1	60.7	2.0	1.5	22.5	1307.9
Turkey & Pepperoni	485	23.3	62.2	2.0	15.0	48.8	1442.9
Pastrami & Turkey	380	24.8	62.9	2.0	3.0	30.0	1502.9
Corned Beef & Turkey	388	24.8	62.2	2.0	3.8	41.3	1352.9
Cracked Pepper Turkey	365	27.1	62.2	2.0	1.5	30.0	1262.9
Ham & Roast Beef	543	20.8	110.0	4.1	1.6	0.0	1201.7
Veggie ²	314	11.4	65.9	3.7	0.2	0.0	656.0
Turkey & Salami	499	27.2	63.8	2.0	14.3	61.3	1742.9
Italian ³	838	32.6	60.7	2.0	2.0	30.0	1532.9
Chicken	380	27.1	60.7	2.0	1.5	45.0	1367.9
¹ Includes Cheeses and Sourdough bread. ² Includes Lettuce, Tomatoes, Cucumbers, Peppers, Carrots & Sourdough bread. ³ Includes Mozzarella Cheese, Oil, Vinegar, meat and Sourdough bread.							
TRIPLE DECKER WHEAT SANDWICHES	Totals include meat, and Wheat bread only (unless noted)						
Ham	420	32.0	73.3	6.0	7.8	16.7	1870.0
Roast Beef	440	32.0	74.0	6.0	8.5	30.0	1930.0
Turkey	420	30.0	76.0	6.0	8.5	50.0	1190.0
Sourdough (Roast Beef, Ham & Turkey)	427	31.3	74.4	6.0	8.3	32.2	1663.0
Russian (Roast Beef & Turkey)	430	31.0	75.0	6.0	8.5	40.0	1560.0
Pastrami	420	32.0	74.0	6.0	8.5	30.0	2150.0
Reuben	440	32.0	72.0	6.0	10.5	60.0	1750.0
Salami	737	38.3	76.3	6.0	38.6	113.4	2789.0
Ham & Pastrami	420	32.0	73.7	6.0	8.2	23.3	2010.0
Ham & Turkey	420	31.0	74.7	6.0	8.2	33.3	1530.0
Cheese ¹	727	39.6	74.6	6.0	38.6	103.8	1281.6
Tuna Salad	300	12.0	72.0	6.0	4.5	0.0	510.0
Garlic Pesto Turkey	400	34.0	72.0	6.0	6.5	30.0	1410.0
Turkey & Pepperoni	560	29.0	74.0	6.0	24.5	65.0	1590.0
Pastrami & Turkey	420	31.0	75.0	6.0	8.5	40.0	1670.0
Corned Beef & Turkey	430	31.0	74.0	6.0	9.5	55.0	1470.0
Cracked Pepper Turkey	400	34.0	74.0	6.0	6.5	40.0	1350.0
Ham & Roast Beef	637	25.7	137.8	8.8	6.6	0.0	1268.3
Veggie ²	332	13.2	79.0	8.3	4.8	0.0	540.7
Turkey & Salami	578	34.2	76.2	6.0	23.5	81.7	1990.0
Italian ³	1030	37.7	80.2	6.0	69.7	121.5	2174.0
Chicken	420	34.0	72.0	6.0	6.5	60.0	1490.0
¹ Includes Cheeses and Sourdough bread. ² Includes Lettuce, Tomatoes, Cucumbers, Peppers, Carrots & Wheat bread. ³ Includes Mozzarella Cheese, Oil, Vinegar, meat and Wheat bread.							
TRIPLE DECKER LITE RYE SANDWICHES	Totals include meat, and Lite Rye bread only (unless noted)						
Ham	420	29.0	73.3	6.0	7.8	16.7	1840.0

	CAL.	PRO. (g)	CARB. (g)	FIB. (g)	FAT. (g)	CHOLS. (g)	SOD. (g)
Roast Beef	440	29.0	74.0	6.0	8.5	30.0	1900.0
Turkey	420	27.0	76.0	6.0	8.5	50.0	1160.0
Sourdough (Roast Beef, Ham & Turkey)	427	28.3	74.4	6.0	8.3	32.2	1633.0
Russian (Roast Beef & Turkey)	430	28.0	75.0	6.0	8.5	40.0	1530.0
Pastrami	420	29.0	74.0	6.0	8.5	30.0	2120.0
Reuben	440	29.0	72.0	6.0	10.5	60.0	1720.0
Salami	737	35.3	76.3	6.0	38.6	113.4	2759.0
Ham & Pastrami	420	29.0	73.7	6.0	8.2	23.3	1980.0
Ham & Turkey	420	28.0	74.7	6.0	8.2	33.3	1500.0
Cheese ¹	727	36.6	74.6	6.0	38.6	103.8	1251.6
Tuna Salad	300	9.0	72.0	6.0	4.5	0.0	480.0
Garlic Pesto Turkey	400	31.0	72.0	6.0	6.5	30.0	1380.0
Turkey & Pepperoni	560	26.0	74.0	6.0	24.5	65.0	1560.0
Pastrami & Turkey	420	28.0	75.0	6.0	8.5	40.0	1640.0
Corned Beef & Turkey	430	28.0	74.0	6.0	9.5	55.0	1440.0
Cracked Pepper Turkey	400	31.0	74.0	6.0	6.5	40.0	1320.0
Ham & Roast Beef	637	22.7	137.8	8.8	6.6	0.0	1238.3
Veggie ²	332	10.2	79.0	8.3	4.8	0.0	510.7
Turkey & Salami	578	31.2	76.2	6.0	23.5	81.7	1960.0
Italian ³	1030	34.7	80.2	6.0	69.7	121.5	2144.0
Chicken	420	31.0	72.0	6.0	6.5	60.0	1460.0
¹ Includes Cheeses and Sourdough bread. ² Includes Lettuce, Tomatoes, Cucumbers, Peppers, Carrots & Lite Rye bread. ³ Includes Mozzarella Cheese, Oil, Vinegar, meat and Lite Rye bread.							
TRIPLE DECKER DARK RYE SANDWICHES	Totals include meat, and Dark Rye bread only (unless noted)						
Ham	510	32.0	73.3	6.0	9.3	16.7	2110.0
Roast Beef	530	32.0	74.0	6.0	10.0	30.0	2170.0
Turkey	510	30.0	76.0	6.0	10.0	50.0	1430.0
Sourdough (Roast Beef, Ham & Turkey)	517	31.3	74.4	6.0	9.8	32.2	1903.0
Russian (Roast Beef & Turkey)	520	31.0	75.0	6.0	10.0	40.0	1800.0
Pastrami	510	32.0	74.0	6.0	10.0	30.0	2390.0
Reuben	530	32.0	72.0	6.0	12.0	60.0	1990.0
Salami	827	38.3	76.3	6.0	40.1	113.4	3029.0
Ham & Pastrami	510	32.0	73.7	6.0	9.7	23.3	2250.0
Ham & Turkey	510	31.0	74.7	6.0	9.7	33.3	1770.0
Cheese ¹	817	39.6	74.6	6.0	40.1	103.8	1521.6
Tuna Salad	390	12.0	72.0	6.0	6.0	0.0	750.0
Garlic Pesto Turkey	490	34.0	72.0	6.0	8.0	30.0	1650.0
Turkey & Pepperoni	650	29.0	74.0	6.0	26.0	65.0	1830.0
Pastrami & Turkey	510	31.0	75.0	6.0	10.0	40.0	1910.0
Corned Beef & Turkey	520	31.0	74.0	6.0	11.0	55.0	1710.0
Cracked Pepper Turkey	490	34.0	74.0	6.0	8.0	40.0	1590.0
Ham & Roast Beef	727	25.7	137.8	8.8	8.1	0.0	1508.3
Veggie ²	422	13.2	79.0	8.3	6.3	0.0	780.7
Turkey & Salami	668	34.2	76.2	6.0	25.0	81.7	2230.0
Italian ³	1120	37.7	80.2	6.0	71.2	121.5	2414.0
Chicken	510	34.0	72.0	6.0	8.0	60.0	1730.0
¹ Includes Cheeses and Sourdough bread, ² Includes Lettuce, Tomatoes, Cucumbers, Peppers, Carrots & Dark Rye bread. ³ Includes Mozzarella Cheese, Oil, Vinegar, meat and Dark Rye bread.							