



## Nutritional Information

Menu Item	Size	Cal	Fat Cal	Fat (g)	Sat. Fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carbs. (g)	Fiber (g)	Sugar (g)	Prot. (g)	Vegetarian
Deluxe Original	Small	790	390	43	20	0	160	2460	53	1	5	40	
Deluxe Original	Medium	950	380	42	20	0	190	2880	79	2	8	63	
Deluxe Original	Pick 2	470	190	21	10	0	95	1440	40	1	4	31	
Deluxe Original	Large	2040	920	102	49	1	400	6150	157	5	16	122	
Turkey Bacon Club	Small	650	280	31	15	0	125	1930	54	1	6	41	
Turkey Bacon Club	Medium	990	410	45	21	0	200	3290	82	2	10	66	
Turkey Bacon Club	Pick 2	460	180	20	10	0	80	1170	40	1	4	31	
Turkey Bacon Club	Large	1890	780	87	41	0	365	5640	161	4	17	120	
Fiesta Chicken	Small	660	320	36	16	0	125	1630	50	2	4	38	
Fiesta Chicken	Medium	990	450	50	22	0	205	2780	75	3	7	63	
Fiesta Chicken	Pick 2	490	220	25	11	0	100	1390	38	2	4	31	
Fiesta Ham	Small	670	320	36	16	0	120	1420	51	2	5	36	
Fiesta Ham	Medium	1000	450	50	22	0	185	2370	77	3	8	60	
Fiesta Ham	Pick 2	500	230	25	11	0	95	1180	39	2	4	30	
Fiesta Ham	Large	1870	850	95	43	0	325	4130	152	5	15	105	
Fiesta Roast Beef	Small	710	360	40	17	0	115	1310	51	2	5	39	
Fiesta Roast Beef	Medium	1090	520	58	25	0	185	2140	78	3	8	64	
Fiesta Roast Beef	Pick 2	540	260	29	12	0	90	1070	39	2	4	32	
Fiesta Roast Beef	Large	2010	960	106	47	0	320	3780	153	5	14	112	
Fiesta Turkey	Small	660	320	36	16	0	110	1690	53	2	6	34	
Fiesta Turkey	Medium	990	450	50	22	0	175	2900	82	3	10	54	
Fiesta Turkey	Pick 2	490	230	25	11	0	85	1450	41	2	5	27	
Fiesta Turkey	Large	1860	850	94	42	0	305	4920	159	5	17	97	
Turkey Original	Small	680	310	35	16	0	125	2220	55	1	6	38	
Turkey Original	Medium	960	400	45	21	0	180	3420	83	2	10	57	
Turkey Original	Pick 2	480	200	22	10	0	90	1710	42	1	5	29	
Turkey Original	Large	1820	770	85	40	0.5	325	5900	162	4	18	103	
Turkey Avocado	Small	370	80	9	2	0	35	1150	56	4	5	19	
Turkey Avocado	Medium	590	120	14	3	0	70	2140	85	6	9	34	
Turkey Avocado	Pick 2	290	60	7	1.5	0	35	1070	42	3	5	17	
Turkey Avocado	Large	1090	230	25	5	0	105	3440	165	11	16	57	
Roast Beef and Cheese	Small	600	240	27	13	0	100	1410	53	1	5	37	
Roast Beef and Cheese	Medium	920	360	41	19	0	160	2340	79	2	8	61	
Roast Beef and Cheese	Pick 2	460	180	20	10	0	80	1170	40	1	4	31	
Roast Beef and Cheese	Large	1690	650	73	36	0	275	4130	156	4	15	106	
Smoked Turkey	Small	330	50	6	1.5	0	40	1200	53	1	5	18	
Smoked Turkey	Medium	530	80	9	2	0	75	2210	81	2	9	34	
Smoked Turkey	Pick 2	270	40	4.5	1	0	40	1100	40	1	5	17	
Smoked Turkey	Large	970	140	15	3.5	0	115	3530	157	4	16	55	
Ham & Cheese Original	Small	540	190	22	12	0	95	1400	52	1	5	34	
Ham & Cheese Original	Medium	830	280	31	16	0	160	2350	79	2	8	57	
Ham & Cheese Original	Pick 2	410	140	16	8	0	80	1170	39	1	4	28	
Ham & Cheese Original	Large	1560	540	60	32	0	275	4020	155	4	15	99	
Fresh Veggie	Small	410	150	17	8	0	35	620	50		4	14	V
Fresh Veggie	Medium	590	210	24	10	0	45	890	75		6	20	V
Fresh Veggie	Pick 2	300	110	12	5	0	25	450	38		3	10	V
Fresh Veggie	Large	1150	390	43	20	0	90	1710	150		13	39	V
Chicken Bacon Smokecheesy	Small	730	360	40	17	0	155	1810	49	1	3	45	
Chicken Bacon Smokecheesy	Medium	1090	520	57	24	0	250	3080	73	2	5	75	
Chicken Bacon Smokecheesy	Pick 2	550	260	29	12	0	125	1540	36	1	2	37	
Chicken Bacon Smokecheesy	Large	2070	980	109	47	0	440	5340	144	3	3	9	
Ham Bacon Smokecheesy	Small	730	360	40	17	0	145	1600	50	1	3	44	
Ham Bacon Smokecheesy	Medium	1100	520	58	25	0	230	2660	75	1	6	72	
Ham Bacon Smokecheesy	Pick 2	550	260	29	12	0	115	1330	37		3	36	
Ham Bacon Smokecheesy	Large	2090	990	110	48	0	415	4720	147	3	10	129	
Beef Bacon Smokecheesy	Small	780	400	44	19	0	140	1490	50	1	3	46	
Beef Bacon Smokecheesy	Medium	1190	590	66	27	0	225	2430	75	1	5	76	
Beef Bacon Smokecheesy	Pick 2	600	300	33	14	0	115	1220	38		3	38	
Beef Bacon Smokecheesy	Large	2220	1090	122	52	0	410	4370	148	3	9	136	
Turkey Bacon Smokecheesy	Small	730	360	40	17	0	135	1870	52	1	4	41	
Turkey Bacon Smokecheesy	Medium	1090	520	58	24	0	215	3190	79	1	7	66	
Turkey Bacon Smokecheesy	Pick 2	550	260	29	12	0	110	1600	40		4	33	
Turkey Bacon Smokecheesy	Large	2070	990	110	48	0	395	5510	154	3	12	121	
The Original	Small	620	280	31	16	0	110	1640	52	1	5	33	
The Original	Medium	860	360	40	20	0	145	2310	77	2	7	48	
The Original	Pick 2	430	180	20	10	0	75	1150	39	1	4	24	
The Original	Large	1670	700	78	39	0	275	4230	153	4	13	88	
French Dip	Small	520	180	19	10	0	75	2210	54	1	5	34	
French Dip	Medium	920	340	38	20	0	145	3170	83	2	8	66	
French Dip	Pick 2	460	170	19	10	0	75	1580	41	1	4	33	
French Dip	Large	1710	630	70	37	0	250	4780	164	4	5	114	
Pastrami Reuben	Small	590	250	27	13	0	85	1620	56	1	4	36	
Pastrami Reuben	Medium	940	390	43	20	0	145	2740	85	2	6	61	
Pastrami Reuben	Pick 2	470	190	22	10	0	75	1370	42	1	3	30	
Pastrami Reuben	Large	1730	700	78	38	0	260	4620	165	4	11	108	
Pastrami & Swiss	Small	560	220	24	12	0	85	1470	55	2	3	36	
Pastrami & Swiss	Medium	900	350	39	20	0	145	2570	83	3	5	61	
Pastrami & Swiss	Pick 2	450	180	20	10	0	75	1280	42	2	3	30	
Pastrami & Swiss	Large	1670	640	72	37	0	255	4310	163	6	9	108	
Albuquerque Turkey	Small	740	340	38	18	0	135	1950	57	2	8	43	
Albuquerque Turkey	Medium	1120	500	55	25	0	215	3330	87	3	13	70	
Albuquerque Turkey	Pick 2	560	250	28	13	0	110	1670	43	2	6	35	
Albuquerque Turkey	Large	2130	960	106	50	0	395	5750	170	6	23	128	
Salad/Wraps													
Chicken Caesar		270	80	9	3.5	0	70	790	16	3	3	32	
Chicken Caesar	Pick 2	140	40	4.5	2	0	35	400	8	2	2	16	
Garden		110	35	4	0.5	0	0	230	16	3	4	4	V
Garden	Pick 2	60	15	2	0	0	0	115	8	2	2	2	V
Strawberry Chicken Salad		340	130	14	2.5	0	60	690	27	5	20	28	
Strawberry Chicken Salad	Pick 2	170	65	7	1	0	30	345	14	3	10	14	
Chicken Avocado Cobb		370	150	16	5	0	150	970	21	5	6	37	
Chicken Avocado Cobb	Pick 2	185	75	8	3	0	75	485	11	3	3	19	
Greek Salad with Chicken		220	60	7	2.5	0	70	1070	10	4	5	28	
Greek Salad with Chicken	Pick 2	110	30	3.5	1	0	35	535	5	2	3	14	
Chicken Caesar Wrap		300	70	8	2.5	0	30	580	38	4	3	19	
Chicken Caesar Wrap	Pick 2	180	35	4	1.5	0	30	390	19	2	2	15	
Garden Wrap		350	120	13	4.5	0	65	910	42	5	4	18	
Garden Wrap	Pick 2	175	60	7	2	0	33	455	21	3	2	9	
Strawberry Chicken Wrap		350	100	12	2.5	0	30	590	42	6	12	19	
Strawberry Chicken Wrap	Pick 2	175	50	6	1	0	15	295	21	3	6	9	
Chicken Avocado Wrap		350	120	13	4.5	0	65	950	41	6	6	18	
Chicken Avocado Cobb Wrap	Pick 2	175	60	7	2	0	33	455	21	3	2	9	
Greek w/Chicken Wrap		290	70	8	3	0	35	780	34	5	4	19	
Greek w/Chicken Wrap	Pick 2	145	35	4	1.5	0	18	390	17	3	2	9	



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<b>Pizza and Flatbread</b>													
Fresh Veggie		850	180	20	12	0	45	1680	128	6	12	35	V
Fresh Veggie	Pick 2	430	90	10	6	0	20	840	64	3	6	18	V
Double Cheese		910	220	25	16	0	65	1840	124	4	9	41	
Double Cheese	Pick 2	450	110	12	8	0	30	920	62	2	5	20	
Pepperoni Double Cheese		1070	340	38	22	0	95	2400	125	4	9	50	
Pepperoni Double Cheese	Pick 2	540	170	19	11	0	50	1200	63	2	5	25	
BBQ Chicken & Jalapeno		970	200	22	13	0	105	2240	143	2	17	54	
BBQ Chicken & Jalapeno	Pick 2	490	100	11	6	0	55	1220	71	1	9	27	
Meaty		1080	350	39	21	0	100	2430	125	4	9	49	
Meaty	Pick 2	540	175	19	11	0	50	1215	63	2	5	25	
Supreme		1100	370	41	21	0	90	2480	128	5	10	48	
Supreme	Pick 2	550	185	20	11	0	45	1240	64	3	5	24	
Four Cheese		1050	390	44	25	0	165	1840	118	2	6	44	
Four Cheese	Pick 2	525	195	22	13	0	53	920	59	1	3	22	
California Chicken Avocado Flatbread		1010	610	68	17	0	155	1460	53	4	2	49	
California Chicken Avocado Flatbread	Pick 2	510	310	34	8	0	75	730	27	2	1	24	
<b>Soups</b>													
Chicken Noodle		110	15	2	0.5	0	15	1080	16	1	4	8	
Roasted Poblano & Cheddar		420	300	34	20	0.5	105	1120	18	1	6	12	
Broccoli Cheese		500	340	37	14	0	55	2420	25	3	8	14	V
Chicken Tortilla		160	60	6	1.5	0	20	1100	22	5	5	6	
Loaded Baked Potato		290	160	17	7	0	40	1040	26	3	3	8	
Timberline Chili		270	110	12	6	0.5	45	1110	22	5	8	17	
Tomato Basil Bisque		370	230	26	7	0	35	1000	28	5	20	6	V
<b>Desserts</b>													
Brownie		500	260	28	10	0	90	180	62		46	6	
Cookie Chocolate Chunk		370	160	18	9	0	35	190	52		31	4	
Cookie White Chocolate Macadamia		400	200	22	11	0	35	190	47		28	5	
Cookie Oatmeal Raisin		350	140	15	6	0	35	200	52		28	5	
Cookie Sugar		390	180	20	9	0	45	270	48		23	4	
Classic Roll Cinnamon		880	330	37	17	0	55	820	127	2	58	13	
Caramel Pecanbon		1080	460	51	20	0	65	950	146	3	75	14	
Classic Roll Cinnapack		940	360	41	18	0	60	850	134	2	65	13	
Mini-bon Cinnabon		350	130	15	7	0	25	330	51	1	23	5	
Center of the Roll Cinnabon		750	300	34	16	0	50	640	105	2	58	9	
BonBite	4 Bite Ct	480	180	20	9	0	10	410	69	4	38	8	
<b>Beverages</b>													
Soda	Small	0-330											
Soda	Medium	0-520											
Soda	Large	0-720											
Apple Juice	6 oz	80	0	0	0	0	0	15	21	0	1	0	
Chocolate Milk Horizon	8 oz	150	25	2.5	1.5	0	15	180	23	0	22	8	
Milk Horizon	8 oz	90	20	2.5	1.5	0	10	130	13	0	12	8	
<b>Kid's Menu</b>													
Kid's Ham		480	180	20	11	0	75	1049	49	1	3	27	
Kid's Turkey		480	180	20	11	0	75	1170	50	1	4	25	
Kid's Cheese Pizza		450	80	9	5	0	20	850	74	2	5	17	
Kid's Pepperoni Pizza		510	120	13	7	0	30	1050	74	2	5	19	
Apple Slices		55	2	0	0	0	0	0	15	0	12	0	V
<b>Chips</b>													
Chips BBQ		230	120	13	2	0	0	300	24	2	0	3	V
Chips Cracked Pepper		230	120	12	2	0	0	290	24	2	1	3	V
Chips Jalapeno		220	120	13	2	0	0	360	24	2	2	3	V
Chips Regular		230	130	15	2	0	0	220	24	2	0	3	V
Chips Salt & Vinegar		230	120	13	2	0	0	340	23	1	2	2	V
Chips Sour Cream & Onion		230	120	13	2	0	0	340	23	1	2	3	V
<b>Breakfast</b>													
Bacon Breakfast Sandwich	Whole	500	190	21	11	0	255	660	51	3	3	25	
Bacon Breakfast Sandwich	Half	250	90	10	5	0	125	330	26	1	2	12	
Ham Breakfast Sandwich	Whole	530	200	22	11	0	270	1070	50	2	2	30	
Ham Breakfast Sandwich	Half	260	100	11	6	0	135	530	25	1	1	15	
Sausage Breakfast Sandwich	Whole	650	290	32	14	0	310	960	49	2	2	36	
Sausage Breakfast Sandwich	Half	320	150	16	7	0	155	480	24	1	1	18	
Veggie Breakfast Sandwich	Whole	500	190	21	11	0	255	660	51	3	3	25	V
Veggie Breakfast Sandwich	Half	250	90	10	5	0	125	330	26	1	2	13	V
Bacon Burrito	Whole	460	200	22	9	0	240	1060	41	5	5	22	
Bacon Burrito	Half	230	100	11	5	0	120	530	21	2	3	11	
Ham Burrito	Whole	490	190	21	9	0	265	1700	44	5	7	29	
Ham Burrito	Half	240	100	11	5	0	130	850	22	2	3	14	
Sausage Burrito	Whole	570	280	31	11	0	290	1180	41	5	5	29	
Sausage Burrito	Half	280	140	15	5	0	145	590	21	2	3	15	
Veggie Burrito	Whole	430	170	19	8	0	235	880	44	6	7	19	V
Veggie Burrito	Half	210	90	10	4	0	115	440	22	3	3	10	V
Bacon Taco		250	120	14	6	0	125	740	18	2	3	13	
Ham Taco		290	150	17	6	0	150	720	18	2	3	16	
Sausage Taco		250	120	13	5	0	40	710	19	2	3	15	
Veggie Taco		220	90	10	5	0	120	560	21	2	5	10	V
Hash Brown	1 pc	60	30	5	0	0	0	8	1	0	1	1	V
Mixed Fruit	1 scoop	20	0	0	0	0	0	5	6	1	6	0	V
Orange Juice	12 oz cup	70	0	0	0	0	0	15	18	0	14	1	
Salsa	2 oz cup	20	0	0	0	0	0	260	4	1	0	1	V
<b>Dressings</b>													
Balsamic Vinegar	4 oz	530	480	54	7	0	0	15	11	0	10	0	
Blue Cheese	4 oz	600	580	64	8	0	40	1040	4	0	4	4	
Creamy Caesar	4 oz	600	580	64	10	0	0	1080	4	0	4	4	
Fat Free Raspberry Vinaigrette	4 oz	140	0	0	0	0	0	320	32	0	28	0	
Italian	4 oz	540	520	58	10	0	0	1620	4	0	0	0	
Ranch	4 oz	440	400	44	8	0	40	840	4	0	4	4	
Red Wine Vinaigrette	4 oz	600	540	60	8	0	0	1320	12	0	8	0	
Thousand Island	4 oz	480	430	48	8	0	20	880	20	16	16	0	
Greek	4 oz	511	498	56	9	0	1.5	445	2	1	1	1	
<b>Calzones</b>													
Italian		1220	480	53	26	0.5	175	3370	125	4	11	58	
French Dip		1410	590	66	34	0	180	4190	127	4	8	84	
Chicken Bacon Ranch		1170	370	41	21	0	205	2410	120	2	8	78	
Meatball		1370	610	67	34	0	190	2770	126	3	8	65	
Sausage and Pepper		1120	460	51	24	0	130	2770	121	3	7	45	



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<b>Catering</b>													
Caesar Salad 1/10 portion		30	10	1	0	0	0	55	3	1	1	2	
Garden Salad 1/10 portion		30	10	1.5	0	0	0	65	4	1	1	1	
Chicken Avocado Cobb Salad 1/10 portion		60	35	3.5	1.5	0	25	115	5	1	1	3	
Greek Salad 1/10 portion		50	35	4	1	0	5	280	2	1	1	1	
Strawberry Chicken Salad 1/10 portion		120	40	4.5	1	0	25	260	9	1	4	10	
Chicken 12 oz		440	45	5	0	0	220	1670	7	0	3	88	
Turkey 12 oz		320	70	8	2	0	140	3360	16	0	8	48	
Caesar Wrap 1/2		180	35	4	1.5	0	30	390	19	2	2	15	
Garden Wrap 1/2		175	60	7	2	0	33	455	21	3	2	9	
Chicken Avocado Cobb Wrap 1/2		175	60	7	2	0	33	455	21	3	2	9	
Greek w/Chicken Wrap 1/2		145	35	4	1.5	0	18	390	17	3	2	9	
Strawberry Chicken Wrap 1/2		175	50	6	1	0	15	295	21	3	6	9	
Chicken Provolone Sandwich		710	200	22	12	0	140	2500	76	2	6	56	
Chicken Provolone Sandwich 1/2		350	100	11	6	0	70	1250	38	1	3	28	
Ham and Swiss Sandwich		610	130	15	7	0	110	1660	77	2	7	47	
Ham and Swiss Sandwich 1/2		310	20	7	3.5	0	55	830	38	1	4	23	
Italian Provolone Sandwich		880	330	37	18	0	165	3200	79	2	8	61	
Italian Provolone Sandwich 1/2		440	170	18	9	0	85	1600	40	1	4	30	
Roast Beef and Provolone Sandwich		800	270	30	15	0	120	1850	78	2	7	57	
Roast Beef and Provolone Sandwich 1/2		400	140	15	7	0	60	930	39	1	3	29	
Turkey and Swiss Sandwich		600	130	14	7	0	95	2190	81	2	9	41	
Turkey and Swiss Sandwich 1/2		300	60	7	3.5	0	50	1100	40	1	4	21	
Veggie Sandwich		560	170	18	11	0	40	1330	76	3	6	24	
Veggie Sandwich 1/2		280	85	9	5	0	20	660	38	1	3	12	
Broccoli Cheese 1/2 gallon		1200	720	80	48	4	240	8560	80	7	24	48	
Loaded Baked Potato 1/2 gallon		1760	940	104	40	0	240	6400	168	16	16	40	
Tomato Basil Bisque 1/2 gallon		2080	1300	144	40	0	200	5680	176	32	128	24	
Gold Peak Sweet Tea 1 gallon		560	0	0	0	0	0	115	146	0	134	0	
Minute Maid Lemonade 1 gallon		1600	0	0	0	0	0	560	448	0	432	0	