



ADDITIONAL NUTRITIONAL INFORMATION





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GLUTEN-FREE OPTIONS

MENU

For guests who may be gluten sensitive or intolerant, the wiches listed below (when eaten as a Salad or Lettucewich™) contain only gluten-free products.*



Salad



Lettucewich®

1 CLASSICS

Chicken Salad

Diced chicken breast, mayo

Egg Salad

Diced egg, mayo

Club

Sliced ham, sliced turkey and bacon strips

2 CHICKEN

Chicken

Thinly sliced oven roasted chicken breast

Buffalo Chicken

Thinly sliced chicken breast, buffalo sauce

Chicken Pesto

Thinly sliced chicken breast, pesto

3 TURKEY

Turkey

Thinly sliced oven roasted turkey breast

Turkeywich™

Thinly sliced turkey, coleslaw and 1000 Island

4 VEGETARIAN

The Avocado

Fresh avocado - Vegan

Caprese

Tomato, mozzarella, and pesto

HOUSE CHIPS

5 ITALIAN

Pepperoni Pizzawich®

Pepperoni, mozzarella and marinara sauce

Grinder

Genoa salami, pepperoni and capicola

6 HAM

Ham

Thinly sliced ham

Muffuletta

Genoa salami, ham and olive salad

Cordon Bleu

Thinly sliced ham, thinly sliced chicken

7 BEEF

Roast Beef

Thinly sliced roast beef

Corned Beef

Thinly sliced corned beef

8 SEAFOOD

Tuna Salad

Tuna, mayo



*Please know that we practice caution and proper procedures when preparing gluten-free items, however gluten is present in all of our kitchens. All ingredients have been verified as gluten-free by third-party consultant, MenuTrinfo®, LLC, but our products can change at any time and the products listed might not always be the products served. Which Wich cannot be held responsible for ingredient substitutions made by our manufacturers. In consuming our gluten-free items, be aware that there still may be a chance of cross-contact so we cannot guarantee these products for those with Celiac disease or food allergies. Guests are advised to consider this information as it relates to their individual dietary needs and requirements.

MY NAME

CHEESES

Double Cheese*

American

Cheddar

Provolone

Mozzarella

Pepper Jack

Swiss

Bleu Cheese

SAUCES

Buffalo

BBQ

Pesto

Marinara

ONIONS

Red Onions

Caramelized Onions

PEPPERS

Bell Peppers

Jalapeños

Roasted Red Peppers

Hot Pepper Mix

Banana Peppers

VEGGIES & MORE

Avocado*

Hummus

Pickles

Tomatoes

Lettuce

Spinach

Olive Salad

Sauerkraut

Mushrooms

Black Olives

Cucumbers

Coleslaw

MAYOS

Regular

Light

Chipotle

MUSTARDS

Yellow

Honey

Deli

Dijon

DRESSINGS

Ranch

Spicy Ranch

Balsamic Vinaigrette

1000 Island

Oil

Vinegar

SPICES

Salt

Pepper

Crushed Red Pepper

Garlic

Oregano

*Additional Charge



These products have been certified as

VEGAN

Black Bean Patty
Balsamic Vinaigrette
Spicy Mustard
Dijon Mustard
Yellow Mustard
Bbq Sauce
Cranberry Sauce
Buffalo Sauce
Red Wine Vinegar (Contains Food Dyes)
Grape Jelly
Peanut Butter
Hummus
Oil
Oregano
Garlic
White Baguette
Salt

Pepper
Crushed Red Pepper
Olive Salad Mix
Caramelized Onions
Black Olives
Jalapeños
Sauerkraut
Banana Peppers
Hot Pepper Mix
Quinoa
Roasted Red Peppers
Chips
Pickles
Pickled Carrots
Cilantro
Sesame Seeds
All Fresh Vegetables

Menu items designated as "Vegan" are meant to be used as a guideline. Ingredients are changed and/or substituted, and while we make best efforts to review on an ongoing basis, items listed may not always necessarily be items served. Always consult with the Manager before ordering. Sourcing of ingredients was verified at the time this list was created, but Which Wich is not responsible for ingredient substitutions by our manufacturers. Any products that contain artificial food dyes have been identified, as some dyes are tested on animals. Products can vary by location, so check with your local store for any specific ingredient questions. Last Updated October, 2018.



egg	fish	milk	peanuts	shellfish	soy	tree nuts	wheat
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WICKED (Bread Not Included)

Wicked™ (Without Cheese)

FAVORITES (Bread included)

Bánh Mi	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Brunchwich®	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cheeseburgerwich	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Gyro			<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Meatball Hero			<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
My Favorite Salad	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Philly Cheesesteak			<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>
Superfood Wich					<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Ultimate BLT	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>

CLASSICS (Bread Not Included)

Chicken Salad	<input checked="" type="checkbox"/>						
Egg Salad	<input checked="" type="checkbox"/>						

CHICKEN (Bread Not Included)

Buffalo Chicken					<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Chicken							
Chicken Pesto			<input checked="" type="checkbox"/>				

TURKEY (Bread Not Included)

Thank You Turkey®					<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Turkey							
Turkeywich®	<input checked="" type="checkbox"/>						

VEGETARIAN (Bread Not Included)

Avocado							
Black Bean Patty					<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Caprese			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>



egg	fish	milk	peanuts	shellfish	soy	tree nuts	wheat
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ITALIAN (Bread Not Included)

Grinder							
Meatball							
Pepperoni Pizzawich			<input checked="" type="checkbox"/>				

HAM (Bread Not Included)

Cordon Bleu							
Ham							
Muffuletta							

BEEF (Bread Not Included)

Corned Beef			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		
French Dip with Au Jus			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Roast Beef							

SEAFOOD (Bread Not Included)

Surf & Turf	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Krab Salad	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Tuna Salad	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		

KIDS MENU

Add-ons - Apples							
Add-ons - Carrots							
Add-ons - M&ms			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		
Add-ons - Ranch Dressing	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				
Cheese Pizzawich (On Sliced Round Top Bread)			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Ham Kidswich (On Baguette)							<input checked="" type="checkbox"/>
Kidswich - Add American Cheese			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		
Kidswich - Add Lettuce							
Kidswich - Add Mayonnaise	<input checked="" type="checkbox"/>						
Kidswich - Add Mustard							
Kidswich - Add Tomato							
Kidswich - Sliced Round Top White Bread (2 Slices)			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Kidswich - White Baguette							<input checked="" type="checkbox"/>
Peanut Butter And Jelly (On Sliced Round Top Bread)			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Turkey Kidswich (On Baguette)							<input checked="" type="checkbox"/>
Roast Beef Kidswich (On Baguette)					<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Rollup: Ham			<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>



egg	fish	milk	peanuts	shellfish	soy	tree nuts	wheat
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KIDS MENU

Rollup: Roast Beef

Rollup: Turkey

Super Awesome Grilled Cheese

(On Sliced Round Top Bread)

BREADS

Lettucewich

Salad Base

Spinach Wrap

Wheat Baguette

White Baguette

TOPPING

1000 Island Dressing

American Cheese

Avocado

BBQ Sauce

Bacon

Balsamic Vinaigrette Dressing

Banana Peppers

Bell Peppers

Black Olives

Blue Cheese

Buffalo Sauce

Buttermilk Ranch

Caramelized Onions

Cheddar Cheese

Chipotle Mayo

Crispy Onion Strings

Crushed Red Pepper

Cucumbers

Deli Mustard

Dijon Mustard

Egg, Hard Boiled

Fresh Mozzarella

Garlic

Honey Mustard

Hot Pepper Mix Spread

Hummus



egg	fish	milk	peanuts	shellfish	soy	tree nuts	wheat
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TOPPINGS

Iceberg Lettuce							
Jalapenos	☒						
Light Mayo							
Mushrooms							
Oil							
Olive Salad Spread							
Oregano							
Pepper							
Pepper Jack Cheese			☒		☒		
Pesto Sauce			☒				
Pickles							
Provolone Cheese			☒				
Ranch Slaw	☒		☒				
Red Onions							
Regular Mayo	☒						
Roasted Red Peppers							
Salt							
Sauerkraut							
Spicy Buttermilk Ranch	☒		☒				
Spinach							
Swiss Cheese			☒				
Tomato Sauce							
Tomatoes							
Vinegar							
Yellow Mustard							

SHAKES

Birthday Cake Shake	☒		☒		☒		☒
Carrot Cake Shake	☒		☒		☒	☒	☒
Chocolate Cake Shake	☒		☒		☒		☒
Chocolate Shake			☒				
Courtney's Cookie Shake	☒		☒		☒	☒	☒
M&M Shake			☒		☒		
Oreo Shake			☒		☒		☒
Strawberry Shake			☒				
Vanilla Shake			☒				



egg	fish	milk	peanuts	shellfish	soy	tree nuts	wheat
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FRENCH FRIES

Regular Fries

Large Fries

FAVORITES LIMITED MENU (Bread Not Included)

Black Bean Burgerwich			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Buffalo Chicken					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Cali Club	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				
Italian Club			<input checked="" type="checkbox"/>				
Philly Cheesesteak			<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	
Double Avocado			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		
Tuna Melt	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

CLUBS

Chicken Club	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>
Paleo Club							
Turkey Club	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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WICKED ON WHITE BREAD

Regular Wicked (Without Cheese)	520	160	18	9		0	1.5	70	1960	300	57		5	31
Large Wicked (Without Cheese)	780	240	28	13		0	2.0	105	2940	450	85		8	46
Super Wicked (Without Cheese)	1030	320	37	17		0	3.0	140	3930	590	114		10	62

FAVORITES

Bánh Mi	790	340	39	9		17	11	115	2500	600	73	1	17	37
Brunchwich®	1330	850	97	32		12	23	345	3000	490	73	3	7	45
Cheeseburgerwich	950	460	52	19		0.5	1.5	125	2730	240	74	2	13	47
Gyro	860	420	47	23		1.5	16	85	2040	500	79	4	9	31
Meatball Hero	1200	620	70	30		0	2.0	210	3310	190	71	1	9	63
My Favorites Salad	810	540	61	14		25	17	300	2130	590	32	6	10	36
Philly Cheesesteak	720	270	30	15		0	4.5	105	1730	170	64	1	9	47
Superfood Wich	800	210	24	4.5		2.0	3.5		1870	135	121	18	8	28
Ultimate BLT	750	410	46	14		11	9	55	1500	330	62	3	5	26

CLASSICS ON WHITE BREAD

Regular Chicken Salad	830	400	45	9		23	11	140	1740	590	57		4	47
Large Chicken Salad	1250	600	68	13		35	16	215	2600	890	85		6	71
Super Chicken Salad	1660	800	91	18		46	21	285	3470	1180	113		8	95
Regular Egg Salad	1030	670	75	15		35	21	725	1330	210	57		5	29
Large Egg Salad	1550	1000	113	23		53	32	1090	1990	310	85		8	44
Super Egg Salad	2070	1330	151	31		71	43	1455	2660	410	114		11	59

CHICKEN ON WHITE BREAD

Regular Buffalo Chicken	530	130	15	4.0		7	4.5	45	1700		71		4	27
Large Buffalo Chicken	800	200	22	6		11	7	65	2550		106	1	7	41
Super Buffalo Chicken	1070	260	30	8		14	9	85	3400		142	2	9	54
Regular Chicken	400	45	5	2.5			1.0	70	1090	340	56		4	31
Large Chicken	600	70	8	4.0			1.5	105	1630	510	84		6	46
Super Chicken	800	90	10	5			2.0	135	2180	680	112		8	62
Regular Chicken Pesto	450	100	11	3.5			1.0	70	1190	340	57		4	32
Large Chicken Pesto	680	140	16	5			1.5	105	1790	510	85		6	
Super Chicken Pesto	910	190	22	7			2.0	145	2390	680	113		8	64



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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TURKEY ON WHITE BREAD

Regular Thank You Turkey®	590	50	6	2.0		0	1.5	35	1950	270	105	4	37	28
Large Thank You Turkey®	950	70	8	3.0		0.5	2.0	50	2930	400	174	8	71	43
Super Thank You Turkey®	1170	100	11	4.5		0.5	2.5	65	3910	540	209	8	74	57
Regular Turkey	370	35	4.0	2.0		0	1.5	35	1600	270	57		5	26
Large Turkey	560	50	6	3.0		0.5	2.0	50	2400	400	85		7	39
Super Turkey	740	70	8	4.5		0.5	2.5	65	3200	540	114		10	53
Regular Turkeywich®	480	100	12	3.5		0	1.5	40	1820	270	65		10	27
Large Turkeywich®	790	210	23	6		0.5	2.0	70	2870	400	103	1	18	40
Super Turkeywich®	960	210	24	7		0.5	2.5	85	3640	540	130	1	20	53

VEGETARIAN ON WHITE BREAD

Regular Avocado	400	120	13	3.5		1.5	8		660	340	61	5	4	10
Large Avocado	600	170	20	5.0		2.0	12		990	520	91	7	6	15
Super Avocado	790	230	26	7		2.5	16		1320	690	122	9	8	21
Regular Black Bean Patty	450	70	8	2.0			1.0		1320		79	8	9	17
Large Black Bean Patty	680	100	11	2.5			1.5		1980		118	12	13	25
Super Black Bean Patty	910	140	15	3.5			2.0		2650		158	16	17	34
Regular Caprese	510	170	19	9		0	1.0	45	940	380	62	2	8	22
Large Caprese	770	250	28	13		0	1.5	65	1410	570	93	3	12	32
Super Caprese	1020	330	38	18		0	2.0	85	1880	760	124	4	16	43

ITALIAN ON WHITE BREAD

Regular Grinder	580	250	28	13		0.5	2.0	85	2010	850	55		4	25
Large Grinder	870	370	42	19		1.0	3.0	125	3010	1280	82		5	37
Super Grinder	1150	490	56	25		1.0	4.5	165	4010	1700	110		7	49
Regular Pepperoni Pizzawich	660	300	34	17			1.0	90	2140	770	59	1	6	25
Large Pepperoni Pizzawich	1070	500	56	29			1.5	150	3550	1150	89	2	8	45
Super Pepperoni Pizzawich	1570	750	85	44			2.0	245	4910	1540	119	2	11	70

HAM ON WHITE BREAD

Regular Cordon Bleu	450	60	7	3.5			2.0	90	1740	460	58		6	38
Large Cordon Bleu	650	90	10	4.5			2.0	125	2290	630	86		8	54
Super Cordon Bleu	900	130	15	7			3.5	180	3490	920	115		11	76
Regular Ham	390	60	7	3.5			2.5	45	1970	240	58		7	23
Large Ham	580	90	11	5			4.0	65	2950	360	88		11	35



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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HAM ON WHITE BREAD

Super Ham	780	130	14	7			5.0	90	3930	480	117		14	46
Regular Muffuletta	760	360	41	16			2.0	120	3410	740	57		5	35
Large Muffuletta	1300	680	77	29			2.0	215	5620	1360	84		7	59
Super Muffuletta	1520	730	83	31			3.5	240	6810	1480	113		11	71

BEEF ON WHITE BREAD

Regular Corned Beef	410	80	9	4.5			1.0	50	1740	420	55		4	26
Large Corned Beef	610	120	13	7			1.5	80	2610	630	82		5	40
Super Corned Beef	810	160	18	9			2.0	105	3480	840	110		7	53
Regular French Dip with Au Jus	400	40	4.5	2.5			1.0	50	2340	0	60		4	28
Large French Dip with Au Jus	590	60	7	4.0	0		1.5	70	3010	0	88		6	42
Super French Dip with Au Jus	780	80	9	5	0		2.0	95	3680	0	116		8	56
Regular Roast Beef	380	40	4.5	2.5			1.0	50	1340		56		4	28
Large Roast Beef	570	60	7	4.0	0		1.5	70	2000		84		6	42
Super Roast Beef	760	80	9	5	0		2.0	95	2670		112		8	56

SEAFOOD ON WHITE BREAD

Regular Surf & Turf	530	160	18	4.5		9	4.5	40	1690		68		6	23
Large Surf & Turf	880	300	34	7		17	8	60	2700		109		9	32
Super Surf & Turf	1070	320	36	9		17	9	85	3370		137		11	46
Regular Krab Salad	690	280	32	6		17	8	35	2040		81		7	18
Large Krab Salad	1030	420	48	9		26	12	55	3050		122		11	27
Super Krab Salad	1380	560	64	12		34	16	70	4070		162		15	36
Regular Tuna Salad	750	310	35	6		18	9	115	1500		55		4	51
Large Tuna Salad	1130	460	52	10		28	13	175	2240		82		5	76
Super Tuna Salad	1500	620	70	13		37	17	230	2990		110		7	102

KIDS MENU

Add-ons - Apples	30	0	0						0	60	8	1	6	0
Add-ons - Carrots	20	0	0						45	135	5	2	3	0
Add-ons - M&ms	100	35	4.0	2.5		0	1.0	3	10	50	14		13	1
Add-ons - Ranch Dressing	200	180	20	3.5		11	5.0	15	740	40	3		2	1
Cheese Pizzawich (On Sliced Round Top Bread)	310	100	11	6		0	2.0	25	1050	200	33	1	4	15
Ham Kidswich (On Baguette)	190	30	3.5	2.0			1.5	20	980	120	29		4	12
Kidswich - Add American Cheese	50	40	4.5	2.5				15	260					2
Kidswich - Add Lettuce	0								0	30	0			0
Kidswich - Add Mayonnaise	35	35	4.0	0.5		2.5	1.0	2	35					
Kidswich - Add Mustard	0	0	0			0	0		65	10	0			0



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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KIDS MENU

Kidswich - Add Tomato	5	0	0						0	95	2		1	0
Kidswich - Sliced Round Top White Bread (2 Slices)	160	20	2.0						280		28		2	4
Kidswich - White Baguette	140	10	1.5	1.0		0	0		330	0	27		2	4
Peanut Butter And Jelly (On Sliced Round Top Bread)	450	160	18	3.5		4.5	8		440	210	60	2	29	12
Turkey Kidswich (On Baguette)	190	15	2.0	1.0		0	0.5	15	800	135	28		2	13
Roast Beef Kidswich (On Baguette)	190	20	2.0	1.5		0	0	25	670	0	28		2	14
Rollup: Ham	200	120	14	8		0	4.0	50	1030	180	3		2	18
Rollup: Roast Beef	200	110	12	8		0	3.0	55	710	60	1			20
Rollup: Turkey	190	110	12	7		0.5	3.5	45	840	190	2			20
Super Awesome Grilled Cheese (On Sliced Round Top Bread)	510	320	36	12		0	3.5	40	750	45	29		2	15

BREADS

Lettucewich	15	0	0			0			30	190	3	1		1
Salad Base	20	0	0			0			55	390	4	2		2
Spinach Wrap	310	60	7	3.0					740		51	2		9
Wheat Baguette (Regular)	270	25	2.5	2.0			1.0		640		55	4	4	11
Wheat Baguette (Large)	400	35	4.0	2.5			1.5		960		82	5	5	16
Wheat Baguette (Super)	530	45	5	3.5			2.0		1280		110	7	7	21
White Baguette (Regular)	280	25	2.5	2.0			1.0		660		55		4	9
White Baguette (Large)	430	35	4.0	2.5			1.5		980		82		5	13
White Baguette (Super)	570	45	5	3.5			2.0		1310		110		7	18

TOPPINGS REGULAR

1000 Island Dressing	50	30	3.5	0.5				5	95		4		2	
American Cheese	100	80	9	5.0				25	510					5
Avocado	45	35	4.0	0.5		0.5	2.5		30	135	2	2		1
BBQ Sauce	30								180		7		5	
Bacon	80	60	7	3.0				15	220					5
Balsamic Vinaigrette Dressing	40	30	3.5	0					140		2		2	
Banana Peppers	5								200		1			
Bell Peppers	0								0	25	1			0
Black Olives	20	20	2.0				2.0		90					
Blue Cheese	100	70	8	5		0	2.0	20	400	75	1			6
Buffalo Sauce	0								220		1			
Caramelized Onions	10								0	40	3		1	0
Cheddar Cheese	110	80	9	6		0	2.5	30	180	30	0			7
Chipotle Mayo	70	70	8	1.0		4.5	2.0	5	80		0			



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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TOPPINGS REGULAR

Coleslaw	90	60	7	1.0				5	200		7		6	0
Crispy Onion Strings	50	40	4.5	1.5					75		4			
Crushed Red Pepper	0	0	0			0			0	10	0			0
Cucumbers	0								0	40	1			0
Deli Mustard	30	15	1.5						140					
Dijon Mustard	15								410		3			
Eggs, Hard Boiled	80	45	5	1.5		0.5	2.0	210	60	65	1			6
Garlic	0								0	5	0			0
Honey Mustard	50	45	5.0	1.0				4	100		3		2	
Hot Pepper Mix Spread	130	120	14	2.0	0				340		1			
Hummus	70	35	4.0	0					150		8	2		3
Iceberg Lettuce	0								0	40	1			0
Jalapeños	0								240		0			
Light Mayo	10								85		2			
Marinara Sauce	35								750	290	7	2	4	2
Mozzarella Cheese	90	60	7	4.5		0	2.0	25	120	20	1			6
Mushrooms	5	0	0						0	90	1			1
Oil	50	50	6	1.0		3.0								
Olive Salad Spread	50	40	4.5	0.5					440					
Oregano	0								0	10	0			0
Pepper	0								0	10	0			0
Pepper Jack Cheese	100	70	8	5				20	190		1			6
Pesto Sauce	30	25	3.0	0					50		0			1
Pickles	0								220		1			0
Provolone Cheese	100	70	8	5.0		0	2.0	20	250	40	1			7
Ranch Dressing	45	40	4.5	1.0		2.5	1.0	3	180	10	1			0
Red Onions	0								0	10	1			0
Regular Mayo	70	70	8	1.0		5.0	2.0	5	70		0			
Roasted Red Peppers	5								70		1			0
Salt									120					
Sauerkraut	0								190		1			
Spicy Ranch Dressing	40	35	4.0	0.5		2.0	1.0	3	210	10	1			
Spinach	5	0	0						20	160	1			1
Swiss Cheese	110	70	8	5.0				30	60		1			9
Tomatoes	15	0	0			0			0	190	3		2	1
Vinegar	0								0	0				
Yellow Mustard	10	0	0			0	0		130	15	1			0



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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TOPPINGS LARGE

1000 Island Dressing	80	50	5	1.0				5	140		5		3	
American Cheese	150	120	14	7				40	770					7
Avocado	70	50	6	1.0		1.0	4.0		40	200	4	3		1
BBQ Sauce	40								280		10		7	
Bacon	120	90	11	4.5				25	330					8
Balsamic Vinaigrette Dressing	60	50	5	0.5					210		3		3	
Banana Peppers	10								300		2			
Bell Peppers	0								0	35	1			0
Black Olives	35	30	3.5				2.5		135					
Blue Cheese	150	110	12	8		0	3.5	30	590	110	1			9
Buffalo Sauce	0								320		1			
Caramelized Onions	15								0	60	4		2	0
Cheddar Cheese	170	120	14	9		0	4.0	45	260	40	1			11
Chipotle Mayo	110	100	12	1.5		7	3.0	5	120		0			
Coleslaw	140	90	10	1.5				10	290	95	11	1	8	1
Crispy Onion Strings	80	60	6	2.0					110		6			
Crushed Red Pepper	0	0	0			0			0	20	1			0
Cucumbers	5	0	0						0	55	1			0
Deli Mustard	45	20	2.0						210		4			
Dijon Mustard	25								610					
Eggs, Hard Boiled	120	70	8	2.5		1.0	3.0	320	95	95	1			9
Garlic	0								0	10	1			0
Honey Mustard	80	70	7	1.0				5	150		4		3	
Hot Pepper Mix Spread	200	190	21	3.0	0				510		2			
Hummus	100	50	6	0.5					230		11	3	1	4
Iceberg Lettuce	5	0	0						0	60	1			0
Jalapeños	0								360		1			
Light Mayo	15								125		3			
Marinara Sauce	50								1130	440	11	3	5	3
Mozzarella Cheese	140	90	10	7		0	3.0	40	180	30	1			9
Mushrooms	10	0	0			0			0	135	1			1
Oil	70	80	9	1.0		5.0								
Olive Salad Spread	80	60	7	1.0					650					
Oregano	0								0	10	1			0
Pepper	0								0	10	1			0
Pepper Jack Cheese	150	110	12	7				30	280		1			9
Pesto Sauce	45	40	4.5	0.5				2	80		0			1
Pickles	0								330		1			0
Provolone Cheese	150	100	11	7		0	3.0	30	370	60	1			11
Ranch Dressing	70	60	7	1.0		4.0	1.5	5	260	15	1			0
Red Onions	5								0	20	1			0



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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TOPPINGS LARGE

Regular Mayo	110	110	12	2.0		7	3.0	5	105					
Roasted Red Peppers	10								100		2		1	0
Salt									180					
Sauerkraut	5								280		1		1	
Spicy Ranch Dressing	60	50	6	1.0		3.0	1.5	4	320	10	1			
Spinach	10	0	0			0			35	240	2			1
Swiss Cheese	160	110	12	7				45	90		1			14
Tomatoes	20	0	0			0			5	280	5	1	3	1
Vinegar	0								0	0				
Yellow Mustard	10	5	0.5			0	0		190	25	1			1

TOPPINGS SUPER

1000 Island Dressing	100	60	7	1.5				10	190		7		4	
American Cheese	200	160	18	10				50	1020					10
Avocado	90	70	8	1.0		1.0	5		55	270	5	4		1
BBQ Sauce	60								370		14		9	
Bacon	160	120	14	6				30	440					10
Balsamic Vinaigrette Dressing	80	60	7	1.0					280		4		4	
Banana Peppers	10								410		2			
Bell Peppers	5								0	50	1			0
Black Olives	45	40	4.5				3.5		180					
Blue Cheese	200	140	16	11		0	4.5	45	790	150	1			12
Buffalo Sauce	5								430		1			
Caramelized Onions	25	0	0						0	85	5		2	1
Cheddar Cheese	230	170	19	12		0.5	5	60	350	55	1			14
Chipotle Mayo	140	140	15	2.5		9	4.0	10	160		0			
Coleslaw	180	120	14	2.0				15	400		15	2	11	1
Crispy Onion Strings	110	80	9	2.5					150		7			
Crushed Red Pepper	0	0	0			0			0	25	1			0
Cucumbers	5	0	0						0	75	1			0
Deli Mustard	60	25	3.0						280		6			
Dijon Mustard	35								820					
Eggs, Hard Boiled	160	90	11	3.5		1.5	4.0	425	125	125	1		1	13
Garlic	0								0	15	1			0
Honey Mustard	110	90	10	1.5				10	200		5		5	
Hot Pepper Mix Spread	260	250	28	4.0	0				680		3	1		
Hummus	130	70	8	1.0					300		15	4	2	6
Iceberg Lettuce	10	0	0						5	80	2		1	1
Jalapeños	0								480		1			



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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TOPPINGS SUPER

Light Mayo	25								170		5			
Marinara Sauce	70								1500	590	15	4	7	4
Mozzarella Cheese	180	120	14	9	0		4.0	50	240	45	1			12
Mushrooms	10	0	0			0			0	180	2		1	2
Oil	100	100	11	1.5		6								
Olive Salad Spread	100	80	9	1.0					870					
Oregano	0	0	0						0	15	1			0
Pepper	0								0	15	1			0
Pepper Jack Cheese	200	140	16	10				40	380		2			12
Pesto Sauce	60	50	6	1.0				3	105		1			1
Pickles	5	0	0						440	0	1			0
Provolone Cheese	200	130	15	10		0	4.0	40	500	80	1			15
Ranch Dressing	90	80	9	1.5		5	2.5	5	350	20	1			1
Red Onions	5								0	25	2			0
Regular Mayo	150	140	16	2.5		10	4.0	10	140					
Roasted Red Peppers	15								135		2		2	0
Salt									240					
Sauerkraut	10								380		2		2	
Spicy Ranch Dressing	80	70	8	1.5		4.5	2.0	5	420	15	2			
Spinach	15	0	0			0			45	320	2	1		2
Swiss Cheese	220	140	16	10				60	120		2			18
Tomatoes	30	0	0			0			10	380	6	2	4	1
Vinegar	0								0	0				
Yellow Mustard	15	10	1.0	0		0	0.5		260	30	1			1

SHAKES

Chocolate Shake	880	320	36	21		0	0	125	370	810	135	3	96	18
Oreo Shake	930	420	48	23		0.5	2.5	125	640	780	119	2	71	19
Strawberry Shake	800	310	35	20		0	0	125	360	670	114		83	16
Vanilla Shake	920	310	35	20		0	0	125	340	670	144		115	16

FRENCH FRIES

Regular Fries	430	240	27	2.5					40		40	2		4
Large Fries	860	480	54	5					80		80	4		8



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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FAVORITES (LIMITED MENU)

Black Bean Burgerwich	350	150	17	6		0.5	3.0	20	1010	380	32	11	8	16
Buffalo Chicken	370	220	25	10		0.5	2.5	90	1840	560	7	1	3	31
Cali Club	480	310	35	12		1.5	9	85	1410	810	13	5	5	32
Italian Club	490	28	32	14		2.5	7	140	2850	1650	4		2	49
Philly Cheesesteak	430	240	28	13		0	3.5	105	1070	170	9	1	6	39
Double Avocado	250	160	18	7		1.0	5	30	330	410	15	5	4	11
Tuna Melt	760	520	59	13		0	2.5	160	1090	220	11		2	47

CLUBS

Chicken Club	950	470	54	16		13	10	135	1840	650	71	3	9	46
Paleo Club	300	180	20	5		4.5	4.0	50	1230	730	9	4	3	23
Turkey Club	770	340	38	13		7	8	80	2270	580	68	4	8	39



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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CONDIMENTS

Mayonnaise Packet	70	70	8	1.0		4.5	2.0	5	65					
Mustard Packet	0								85		0			0

DELI PASTA SALADS

Antipasto Pasta Salad														
Full Tray Serves 6-8 as an entree and 10-12 as side	3570	1230	139	48			7	250	8040	2000	404	15	28	140
Entree - Single Serving	510	180	20	7			1.0	35	1150	290	58	2	4	20
Side - Single Serving	320	110	13	4.5			0.5	25	730	180	37	1	3	13
Caprese Pasta Salad														
Full Tray Serves 6-8 as an entree and 10-12 as side	3840	1400	159	59		0	0	280	4990	1840	400	22	21	171
Entree - Single Serving	550	200	23	8				40	710	260	57	3	3	24
Side - Single Serving	350	130	14	5				25	450	170	36	2	2	16
Club Pasta Salad														
Full Tray Serves 6-8 as an entree and 10-12 as side	3830	1380	156	46		3.5	19	275	6370	2770	433	28	45	165
Entree - Single Serving	550	200	22	7		0.5	2.5	40	910	400	62	4	6	24
Side - Single Serving	350	130	14	4.0		0	1.5	25	580	250	39	3	4	15

DRINKS

Lemonade														
1 Gallon Serves 8-10	1760								240		464		448	
Single Serving	110								15		29		28	
Sweet Tea														
1 Gallon Serves 8-10	1280								370		331		331	
Single Serving	80								25		21		21	
Unsweet Tea														
1 Gallon Serves 8-10									370					
Single Serving									25					

DRESSINGS

Balsamic Vinaigrette For Salads														
Full Serves 6-8 as an entree and 10-12 as side	720	570	64	8					2480		32		32	
Entree - Single Serving	100	80	9	1.0					350		5		5	
Side - Single Serving	70	50	6	0.5					230		3		3	
Ranch Dressing For Salads														
Full Serves 6-8 as an entree and 10-12 as side	1360	1200	136	20					2240		16		8	
Entree - Single Serving	190	170	19	3.0					320		2		1	
Side - Single Serving	120	110	12	2.0					200		1			



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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SIDES

Fruit And Cheese Tray

Full <small>Serves 6-10</small>	2260	1260	142	89		3.0	22	480	1910	1780	128	13	94	136
Single Serving	280	160	18	11		0	2.5	60	240	220	16	2	12	17

Veggie Tray w/ Ranch & Hummus

Full <small>Serves 6-10</small>	1900	1280	145	21		0.5	0		3660	2180	128	31	44	27
Single Serving	238	160	18.1	2.63		0.06	0	0	457.5	273	16	3.88	5.5	3.38

Classic Hummus

Full <small>Serves 6-10</small>	400	200	23	3.0					910		45	11	6	17
Single Serving	50	25	3.0	0					115		6	1		2

Guacamole

Full <small>Serves 6-10</small>	290	220	25	3.5		3.0	17		920	880	19	12	2	4
Single Serving	35	30	3.0	0		0	2.0		115	110	2	2		0

Hot Pepper Mix

Full <small>Serves 6-10</small>	660	620	70	11	0.5				1710		7	3		
Single Serving	80	80	9	1.5	0				210		1			

Jalapeño Hummus

Full <small>Serves 6-10</small>	400	200	23	3.0					1630		47	11	6	17
Single Serving	50	25	3.0	0					200		6	1		2

Olive Salad

Full <small>Serves 6-10</small>	250	200	23	2.5					2180					
Single Serving	30	25	3.0	0					270					

Pesto Hummus

Full <small>Serves 6-10</small>	520	330	38	5				10	1100		40	10	5	18
Single Serving	60	40	4.5	0.5					140		5	1		2

Side of Caprese Pasta Salad

Boxed lunch	240	90	10	3.5				20	320	115	25	1	1	11
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SWEETS

Courtney's Cake Tray

Full <small>Serves 14-18</small>	2850	1220	138	37				330	2670	1250	384	6	270	27
Single Serving <small>Chocolate</small>	130	50	5	1.5				15	125	120	21		15	1
Single Serving <small>Birthday</small>	160	70	8	2.5				20	150	30	21		15	1
Single Serving <small>Carrot</small>	180	80	10	2.5				15	170	60	22		16	1



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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SALAD TRAY

Chef Salad - Spring Mix

No Salad Dressing Or Bread

Full Serves 6-8 as an entree and 10-12 as side

Entree - Single Serving

Side - Single Serving

Full Serves 6-8 as an entree and 10-12 as side	1090	550	62	37		2.5	18	295	4520	1920	41	13	25	98
Entree - Single Serving	160	80	9	5		0	2.5	40	650	270	6	2	4	14
Side - Single Serving	100	50	6	3.5		0	1.5	25	410	170	4	1	2	9

Cobb Salad - Spring Mix

No Salad Dressing Or Bread

Full Serves 6-8 as an entree and 10-12 as side

Entree - Single Serving

Side - Single Serving

Full Serves 6-8 as an entree and 10-12 as side	970	520	59	22		5	19	805	2900	1880	36	17	17	81
Entree - Single Serving	140	70	8	3.0		0.5	3.0	115	410	270	5	2	2	12
Side - Single Serving	90	50	5	2.0		0	2.0	75	260	170	3	2	2	7

Large House Salad : Spring Mix

No Salad Dressing Or Bread

Full Serves 6-8 as an entree and 10-12 as side

Entree - Single Serving

Side - Single Serving

Full Serves 6-8 as an entree and 10-12 as side	180	5	1.0	0		0	0		80	1000	38	13	21	8
Entree - Single Serving	60	15	1.5	0		0	1.0		190	160	9	2	3	2
Side - Single Serving	15	0	0						5	90	3	1	2	1

Side of Bread

1 Slice

1 Slice	45	0	0	0		0			100		8			1
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TRADITIONAL WICHES

Traditional Tray

Large Serves 15-22

Regular Serves 10-14

Large Serves 15-22	9090	3230	366	149		7	56	1270	24540	6820	934	41	117	555
Regular Serves 10-14	6030	2160	244	99		5.0	37	845	16330	4540	623	34	78	373

3.5" Caprese w/ Mozzarella

On Wheat Bread

On White Bread

On Wheat Bread	270	100	11	6		0	2.5	25	490	230	32	3	4	13
On White Bread	280	100	11	6		0	2.5	25	500	230	32	1	4	12

3.5" Chicken w/ Provolone

On Wheat Bread

On White Bread

On Wheat Bread	240	60	7	4.0		0	1.5	35	850	280	30	2	3	18
On White Bread	240	60	7	4.0		0	1.5	35	850	280	30		3	17

3.5" Ham w/ Swiss

On Wheat Bread

On White Bread

On Wheat Bread	250	70	8	4.5			1.5	35	1010	230	32	2	5	17
On White Bread	260	70	8	4.5			1.5	35	1020	230	32		5	16

3.5" Tuna Salad w/ Cheddar

On Wheat Bread

On White Bread

On Wheat Bread	490	250	29	7		0	2.0	80	830	130	32	2	3	29
On White Bread	500	250	29	7		0	2.0	80	840	130	32		3	28

3.5" Turkey w/ Cheddar

On Wheat Bread

On White Bread

On Wheat Bread	240	60	7	4.0		0	2.0	30	880	260	31	3	4	18
On White Bread	250	60	7	4.0		0	2.0	30	890	260	31		4	17



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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SIGNATURE WICHES

Signature Tray

Large Tray Serves 15-22	7920	2590	293	137		10	58	970	27050	10080	923	52	107	441
Regular Tray Serves 10-14	5250	1730	196	92		7	39	645	18000	6720	615	40	71	297

3.5" Buffalo Chicken w/ Mozzarella

On Wheat Bread	230	60	6	3.5		0	1.5	40	1000	270	30	2	3	18
On White Bread	240	60	6	3.5		0	1.5	40	1000	270	30		3	17

3.5" Club w/ Cheddar

On Wheat Bread	230	60	6	3.0		0	1.0	25	1000	240	31	2	4	16
On White Bread	240	60	6	3.0		0	1.0	25	1010	240	31		4	15

3.5" Italian Grinder w/ Provolone

On Wheat Bread	290	120	14	6		0	1.0	40	1000	540	29	2	3	14
On White Bread	300	120	14	6		0	1.0	40	1010	540	29		3	13

3.5" The Avocado with Swiss

On Wheat Bread	200	60	7	1.5		0.5	4.0		320	290	32	5	3	7
On White Bread	210	60	7	1.5		0.5	4.0		330	290	32	3	3	6

3.5" Wicked w/ Swiss, Provolone & Cheddar

On Wheat Bread	340	140	16	8		0	2.0	55	1160	340	31	2	4	22
On White Bread	350	140	16	8		0	2.0	55	1170	340	31		4	22

WRAP SELECTION

Wrap Tray

Large Serves 15-22	9650	4050	458	194	0	9	45	1215	32660	7180	844	48	44	518
Regular Serves 10-14	6430	2700	305	129		6	30	810	21780	4790	563	32	29	345

Buffalo Chicken Wrap

Half Wrap	240	60	7	3.5		0	1.0	35	1000	220	27	1		15
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Caprese Wrap

Half Wrap	280	120	13	6		0	2.0	25	540	75	27	1		11
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Muffuletta Wrap

Half Wrap	450	240	27	11		0	1.5	70	1870	440	28	1	2	22
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Turcado Wrap

Half Wrap	310	110	13	5.0		0	1.5	35	920	260	30	2	2	18
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Turkey, Bacon, Ranch Wrap

Half Wrap	340	140	16	7		0	1.5	40	1110	200	28	1	2	20
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