



# ADDITIONAL NUTRITIONAL INFORMATION



# 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**  
**House Chips**  
**Pickles**  
**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 March, 2017.



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

Wicked™ (Without Cheese)

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## FAVORITES (Bread included)

Cobb Salad Wrap

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Gyro

		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
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Italian Club

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

		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
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Philly Cheesesteak

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Superfood Wich

					<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
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The Reuben

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Ultimate BLT

<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
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## CLASSICS (Bread Not Included)

Chicken Salad

<input checked="" type="checkbox"/>							
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Club

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Egg Salad

<input checked="" type="checkbox"/>							
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## CHICKEN (Bread Not Included)

Buffalo Chicken

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Chicken

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Chicken Pesto

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## TURKEY (Bread Not Included)

Thank You Turkey®

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Turkey

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Turkeywich®

<input checked="" type="checkbox"/>							
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## VEGETARIAN (Bread Not Included)

Avocado

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Black Bean Patty

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Caprese

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## ITALIAN (Bread Not Included)

Grinder

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Meatball

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Pepperoni Pizzawich

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

Cordon Bleu  
Ham  
Muffuletta

## BEEF (Bread Not Included)

Corned Beef  
French Dip with Au Jus  
Roast Beef

## SEAFOOD (Bread Not Included)

Surf & Turf  
Krab Salad  
Tuna Salad

## KIDS MENU

Add-ons - Apples  
Add-ons - Carrots  
Add-ons - M&ms  
Add-ons - Ranch Dressing  
Cheese Pizzawich (On Sliced Round Top Bread)  
Ham Kidswich (On Baguette)  
Kidswich - Add American Cheese  
Kidswich - Add Lettuce  
Kidswich - Add Mayonnaise  
Kidswich - Add Mustard  
Kidswich - Add Tomato  
Kidswich - Sliced Round Top White Bread (2 Slices)  
Kidswich - White Baguette  
Peanut Butter And Jelly (On Sliced Round Top Bread)  
Turkey Kidswich (On Baguette)  
Roast Beef Kidswich (On Baguette)  
Rollup: Ham  
Rollup: Roast Beef  
Rollup: Turkey  
Super Awesome Grilled Cheese (On Sliced Round Top Bread)

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egg

fish

milk

peanuts

shellfish

soy

tree nuts

wheat

# BREADS

Lettucewich

Salad Base

Spinach Wrap

Wheat Baguette

White Baguette



# TOPPINGS

1000 Island Dressing

American Cheese

Avocado

BBQ Sauce

Bacon

Balsamic Vinaigrette Dressing

Banana Peppers

Bell Peppers

Black Olives

Blue Cheese

Buffalo Sauce

Caramelized Onions

Cheddar Cheese

Chipotle Mayo

Coleslaw

Crispy Onion Strings

Crushed Red Pepper

Cucumbers

Deli Mustard

Dijon Mustard

Egg, Hard Boiled

Garlic

Honey Mustard

Hot Pepper Mix Spread

Hummus

Iceberg Lettuce

Jalapenos

Light Mayo

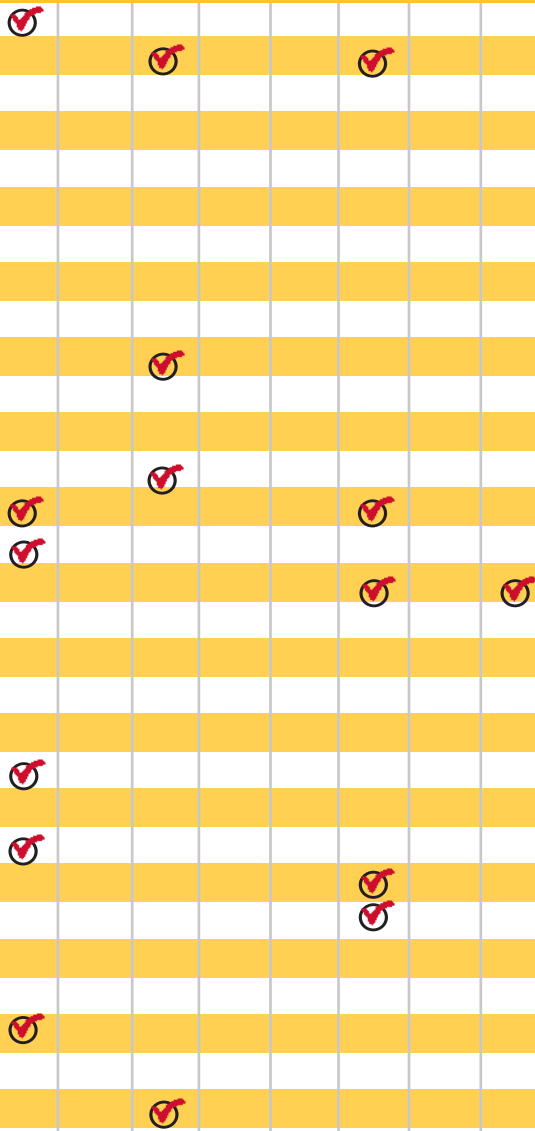
Marinara Sauce

Mozzarella Cheese

Mushrooms

Oil

Olive Salad Spread







egg	fish	milk	peanuts	shellfish	soy	tree nuts	wheat
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# TOPPINGS

Oregano							
Pepper							
Pepper Jack Cheese			<input checked="" type="checkbox"/>				
Pesto Sauce			<input checked="" type="checkbox"/>				
Pickles							
Provolone Cheese			<input checked="" type="checkbox"/>				
Ranch Dressing	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				
Red Onions							
Regular Mayo	<input checked="" type="checkbox"/>						
Roasted Red Peppers							
Salt							
Sauerkraut							
Spicy Ranch Dressing	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				
Spinach							
Swiss Cheese							
Tomatoes							
Vinegar							
Yellow Mustard							

# DESSERTS

Brownie	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Chocolate Chip Cookie	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Oatmeal Raisin Cookie	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Peanut Butter Cookie			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Wich Krispie			<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Chocolate Shake			<input checked="" type="checkbox"/>				
Oreo Shake			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Strawberry Shake			<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>
Vanilla Shake			<input checked="" type="checkbox"/>				



egg	fish	milk	peanuts	shellfish	soy	tree nuts	wheat
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# EGGWICHES™ (Bread Included)

Banh Mi							
Brunchwich®							
Cheeseburgerwich							





	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	19	9		0	1.5	70	2100	420	56		5	30
Large Wicked (Without Cheese)	770	250	28	13		0	2.5	100	3150	630	85		7	46
Super Wicked (Without Cheese)	1030	330	37	18		0	3.0	135	4200	840	113		10	61

## FAVORITES

Cobb Salad Wrap	880	450	50	17		2.0	7	300	2490	690	58	5	3	45
Gyro	810	430	48	20		0		95	1560	200	58	3	4	33
Italian Club	720	270	31	13		1.0	4.5	95	2630	800	60	1	6	46
Meatball Grinder	1000	540	61	28	1.5	1.0	4.0	175	3020	1140	68	6	8	53
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
The Reuben	610	240	27	12		1.0	11	130	2690	640	47	4	6	48
Ultimate BLT	870	500	56	17		0.5	3.5	80	1730	260	61	3	5	30

## CLASSICS ON WHITE BREAD

Regular Chicken Salad	920	540	61	11		0.5	1.5	135	2290	460	60		4	37
Large Chicken Salad	1380	810	92	16		1.0	2.5	200	3440	690	90		5	56
Super Chicken Salad	1830	1080	122	21		1.0	3.0	270	4590	930	120		7	74
Regular Club	460	110	12	6		0	2.0	55	2000	250	58		6	30
Large Club	690	160	18	8		0	2.5	80	2910	390	86		8	45
Super Club	920	220	25	12		0	4.0	110	4010	510	115		12	59
Regular Egg Salad	1190	830	93	17		2.0	7	685	1350	180	63		5	27
Large Egg Salad	1790	1240	140	25		3.0	10	1025	2020	270	95		8	41
Super Egg Salad	2390	1650	187	34		4.0	14	1365	2700	370	127		10	54

## CHICKEN ON WHITE BREAD

Regular Buffalo Chicken	380	45	5	2.5		0	1.5	55	1880	290	56		4	27
Large Buffalo Chicken	570	70	8	4.0		0.5	2.0	80	2830	440	84		5	40
Super Buffalo Chicken	760	90	11	5		0.5	2.5	105	3770	580	112		7	53
Regular Chicken	370	45	5	2.5		0	1.5	55	1450	290	55		4	27
Large Chicken	560	70	8	4.0		0.5	2.0	80	2180	440	82		5	40
Super Chicken	740	90	11	5		0.5	2.5	105	2910	580	110		7	53
Regular Chicken Pesto	430	100	11	3.5		0	1.5	55	1560	290	56		4	28
Large Chicken Pesto	640	150	16	5		0.5	2.0	85	2340	440	83		5	42
Super Chicken Pesto	860	190	22	7		0.5	2.5	110	3110	580	111		7	56



	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	310	65		10	27
Large Turkeywich®	790	210	23	6		0.5	2.0	70	2870	460	103	1	18	40
Super Turkeywich®	960	210	24	7		0.5	2.5	85	3640	620	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		2640		158	16	17	34
Regular Caprese	550	200	23	12		0.5	5.0	55	1000	420	63	2	8	24
Large Caprese	820	300	34	17		1.0	7	80	1500	630	95	3	12	36
Super Caprese	1100	400	45	23		1.0	10	105	2010	840	126	4	17	47

## 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 Meatball	630	250	29	13	1.0		1.0	70	1610	75	64	2	5	31
Large Meatball	950	380	43	20	1.5		1.5	105	2410	110	96	2	8	46
Super Meatball	1260	510	57	27	2.5		2.0	135	3210	150	127	3	11	61
Regular Pepperoni Pizzawich	940	530	59	30		0	3.0	160	2850	1160	59		6	38
Large Pepperoni Pizzawich	1410	790	89	45		0	4.5	240	4280	1740	88		8	57
Super Pepperoni Pizzawich	1870	1050	119	59		0	6	320	5710	2310	117		11	76

## HAM ON WHITE BREAD

Regular Cordon Bleu	380	50	6	3.5			2.0	45	1710	270	57		5	25
Large Cordon Bleu	570	80	9	4.5			2.5	75	2440	410	84		7	38
Super Cordon Bleu	760	110	12	6			4.0	95	3420	530	113		11	50
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	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			8	55	1750	430	55		4	27
Large Corned Beef	610	120	13	7			12	80	2630	640	82		5	40
Super Corned Beef	810	160	18	9			16	105	3510	850	110		7	53
Regular French Dip with Au Jus	390	45	5	3.5			1.0	45	3000	430	59		4	27
Large French Dip with Au Jus	580	70	8	5			1.5	65	3900	640	86		5	40
Super French Dip with Au Jus	760	90	11	7			2.0	90	4810	850	114		7	53
Regular Roast Beef	370	45	5	3.5			1.0	45	1810	420	55		4	27
Large Roast Beef	560	70	8	5			1.5	65	2710	640	82		5	40
Super Roast Beef	740	90	11	7			2.0	90	3610	850	110		7	53

## SEAFOOD ON WHITE BREAD

Regular Surf & Turf	580	220	25	5			1.0	50	1900	210	69		5	22
Large Surf & Turf	980	410	47	9			1.5	75	2890	210	110		9	31
Super Surf & Turf	1160	440	49	11			2.0	100	3790	420	138		11	44
Regular Krab Salad	790	390	44	7			1.0	55	1990		83		7	18
Large Krab Salad	1180	580	66	11			1.5	80	2980		124		11	26
Super Krab Salad	1580	780	88	15			2.0	110	3970		166		14	35
Regular Tuna Salad	860	420	48	8			1.0	130	1490		59		4	48
Large Tuna Salad	1290	640	72	12			1.5	195	2980		88		5	72
Super Tuna Salad	1720	850	96	15			2.0	260	2990		118		7	96

## 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	340	300	34	5.0					560		4		2	
Cheese Pizzawich (On Sliced Round Top Bread)	290	100	11	6		0	2.0	30	630	95	31		4	13
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	40	40	4.5	0.5				4	30		0			
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		330		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	25	2.5	2.0			0	20	900	210	27		2	13
Rollup: Ham	200	120	14	8		0	4.0	50	1030	180	3		2	18
Rollup: Roast Beef	190	110	13	8		0	3.0	50	950	270	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)	500	320	36	12		0	3.5	40	680	40	29		2	14

## BREADS

Lettucewich	15	0	0	0	0	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	3.0		0	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	80	70	8	1.0				10	70		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 REGULAR

Coleslaw	90	60	7	1.0				5	200	65	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	15								140					
Dijon Mustard	15								410					
Eggs, Hard Boiled	80	45	5	1.5		0.5	2.0	210	60	655	1			6
Garlic	0								0		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	40	8	2		3
Iceberg Lettuce	0								0		1			0
Jalapenos	0								240		0			
Light Mayo	10								85	260	2			
Marinara Sauce	45	10	1.0			0			430	20	9	2	6	2
Mozzarella Cheese	90	60	7	4.5			2.0	25	120	90	1			6
Mushrooms	5	0	0			3.0			0		1			1
Oil	50	50	6	1.0										
Olive Salad Spread	50	40	4.5	0.5					440	10				
Oregano	0								0	10	0			0
Pepper	0								0		0			0
Pepper Jack Cheese	100	70	8	5				20	190		1			6
Pesto Sauce	30	25	3.0	0					50	30	0			1
Pickles	0					0			310	40	1			0
Provolone Cheese	100	70	8	5.0			2.0	20	250		1			7
Ranch Dressing	80	70	8	1.0					130	10	1			
Red Onions	0								0		1			0
Regular Mayo	80	80	9	1.0				10	60		1			
Roasted Red Peppers	5								70		1			0
Salt									120					
Sauerkraut	0					1.5			190		1			
Spicy Ranch Dressing	70	60	6	1.0					180	160	1			
Spinach	5	0	0						20		1			1
Swiss Cheese	110	70	8	5.0				30	60	190	1			9
Tomatoes	15	0	0			0			0	0	3		2	1
Vinegar	0								0	15				
Yellow Mustard	10	0	0			0	0		130		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	60	6	1.0		1.0	4.0		0	210	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	120	110	13	1.5				10	110		1			
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	20								210					
Dijon Mustard	25								610					
Eggs, Hard Boiled	160	90	11	3.5		1.5	4	425	125	125	1		1	13
Garlic	0								0	10	1			0
Honey Mustard	80	70	7	1.0	0			5	150		4		3	
Hot Pepper Mix Spread	200	190	21	3.0					510		2			
Hummus	100	50	6	0.5					230		11	3	1	4
Iceberg Lettuce	5	0	0						0	60	1			0
Jalapenos	0								360		1			
Light Mayo	15								125		3			
Marinara Sauce	70	10	1.5						650	390	14	3	9	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	8				30	290		2			9
Pesto Sauce	45	40	4.5	0.5				2	80		0			1
Pickles	5	0	0						460	50	1			0
Provolone Cheese	150	100	11	7		0	3.0	30	370	60	1			11
Ranch Dressing	120	110	12	2.0					200		1			
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	120	120	13	2.0				10	90		1			
Roasted Red Peppers	10								100		2		1	0
Salt									180					
Sauerkraut	5								280		1		1	
Spicy Ranch Dressing	100	90	10	1.5					270		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		3	1
Vinegar	0								0	0		1		
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	6		0	280	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	160	150	17	2.5				15	140		2			
Coleslaw	180	120	14	2.0				15	390	130	14	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	30								280					
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					680		3	1		
Hummus	130	70	8	1.0					300		15	4	2	6
Iceberg Lettuce	10	0	0						5	80	2		1	1
Jalapenos	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	520	5			
Marinara Sauce	90	15	2.0						860	45	18	4		4
Mozzarella Cheese	180	120	14	9			4.0	50	240	180	1		13	12
Mushrooms	10	0	0			0			0		2			2
Oil	100	100	11	1.5		0							1	
Olive Salad Spread	100	80	9	1.0		6			870	15				
Oregano	0	0	0						0	15	1			0
Pepper	0								0		1			0
Pepper Jack Cheese	200	140	16	10				40	380		2			12
Pesto Sauce	60	50	6	1.0				3	105	65	1			1
Pickles	10	0	0						610	80	2			0
Provolone Cheese	200	130	15	10			4.0	40	500		1			15
Ranch Dressing	160	140	16	2.5		0			260	25	2			
Red Onions	5								0		2			0
Regular Mayo	160	160	18	2.5				15	120		2			
Roasted Red Peppers	15								135		2			0
Salt									240				2	
Sauerkraut	10	110	13	2.0		3.0	8		380	250	2			
Spicy Ranch Dressing	130	0	0						360	320	2		2	25
Spinach	15	140	16	10		0		60	45		2	1		2
Swiss Cheese	220	0	0						120	380	2			18
Tomatoes	30					0			10	0	6	2		1
Vinegar	0	10	1.0	0					0	30			4	
Yellow Mustard	15					0	0.5		260		1			1

## DESSERTS

Brownie	440	190	21	6				85	240		62	2	39	4
Chocolate Chip Cookie	240	100	11	4.5				20	120		34		21	3
Oatmeal Raisin Cookie	220	70	8	2.0				15	360		34		19	3
Peanut Butter Cookie	250	110	13	4.0					220		31		19	4
Wich Krispie	240	50	6	2.0					260		44		21	1
Chocolate Shake	880	320	36	21		0	0	125	370	670	134	2	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



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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## EGGWICHES™ (Bread Included)

Banh Mi	910	420	47	11		2.5	7	345	2640	700	77	1	18	46
Brunchwich®	1380	890	101	33		2.5	20	355	3090	510	75	3	7	46
Cheeseburgerwich	990	460	52	19		1.5	3.5	345	2900	360	77	2	16	54



egg

fish

milk

peanuts

shellfish

soy

tree nuts

wheat

# CONDIMENTS

Breakfast Jalapenos (Full Portion)

Breakfast Salsa (Full Portion)

Mayonnaise Packet



Mustard Packet

Pickles (Full Portion)

Red Onions (Full Portion)

# DELI PASTA SALADS

Antipasto Pasta Salad

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

Entree - Single Serving

Side - Single Serving



Caprese Pasta Salad

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

Entree - Single Serving

Side - Single Serving



Club Pasta Salad

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

Entree - Single Serving

Side - Single Serving



# DRINKS

Lemonade

1 Gallon Serves 8-10

Single Serving

Sweet Tea

1 Gallon Serves 8-10

Single Serving

Unsweet Tea

1 Gallon Serves 8-10

Single Serving

Bag of Ice

Bottled Water

Coca Cola - Can

Diet Coke - Can

Lemon Packets - 12 Packets

Splenda - 12 Packets

Sprite - Can

Sugar - 12 Packets

Sweet & Low - 12 Packets



egg	fish	milk	peanuts	shellfish	soy	tree nuts	wheat
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# DRESSINGS

## Balsamic Vinaigrette For Salads

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

Entree - Single Serving

Side - Single Serving

## Ranch Dressing For Salads

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

Entree - Single Serving

Side - Single Serving


# SIDES

## Fruit And Cheese Tray

Full Serves 6-10

Single Serving

## Veggie Tray w/ Ranch & Hummus

Full Serves 6-10

Single Serving

## Classic Hummus

Full Serves 6-10

Single Serving

## Guacamole

Full Serves 6-10

Single Serving

## Hot Pepper Mix

Full Serves 6-10

Single Serving

## Jalapeno Hummus

Full Serves 6-10

Single Serving

## Olive Salad

Full Serves 6-10

Single Serving

## Pesto Hummus

Full Serves 6-10

Single Serving

## Side of Caprese Pasta Salad

Boxed lunch




egg

fish

milk

peanuts

shellfish

soy

tree nuts

wheat

## SWEETS

### Decadent Dessert Tray

Full Serves 14-18

Single Serving

Lemon Bar

Rice Crispy Bar

Toffee Crunch Blondie

Chocolate Chunk Brownie

Chocolate Chip Cookie

Oatmeal Raisin Cookie

Peanut Butter Cookie

## 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

### 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

### 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

Side of Bread

1 Slice

## WRAP SELECTION

### Buffalo Chicken Wrap

Half Wrap

### Caprese Wrap

Half Wrap

### Muffuletta Wrap

Half Wrap

### Turcado® Wrap

Half Wrap

### Turkey, Bacon, Ranch Wrap

Half Wrap



egg	fish	milk	peanuts	shellfish	soy	tree nuts	wheat
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## TRADITIONAL WICHES

### 3.5" Caprese w/ Mozzarella

On Wheat Bread

On White Bread

		Ⓞ					Ⓞ
		Ⓞ					Ⓞ

### 3.5" Chicken w/ Provolone

On Wheat Bread

On White Bread

		Ⓞ					Ⓞ
		Ⓞ					Ⓞ

### 3.5" Ham w/ Swiss

On Wheat Bread

On White Bread

		Ⓞ					Ⓞ
		Ⓞ					Ⓞ

### 3.5" Roast Beef with Cheddar

On Wheat Bread

On White Bread

		Ⓞ			Ⓞ		Ⓞ
		Ⓞ			Ⓞ		Ⓞ

### 3.5" Tuna Salad w/ Cheddar

On Wheat Bread

On White Bread

		Ⓞ		Ⓞ	Ⓞ		Ⓞ
		Ⓞ		Ⓞ	Ⓞ		Ⓞ

### 3.5" Turkey w/ Cheddar

On Wheat Bread

On White Bread

		Ⓞ					Ⓞ
		Ⓞ					Ⓞ

## SIGNATURE WICHES

### 3.5" Buffalo Chicken w/ Mozzarella

On Wheat Bread

On White Bread

		Ⓞ					Ⓞ
		Ⓞ					Ⓞ

### 3.5" Club w/ Cheddar

On Wheat Bread

On White Bread

							Ⓞ
							Ⓞ

### 3.5" Italian Grinder w/ Provolone

On Wheat Bread

On White Bread

		Ⓞ					Ⓞ
		Ⓞ					Ⓞ

### 3.5" The Avocado with Swiss

On Wheat Bread

On White Bread

							Ⓞ
							Ⓞ

### 3.5" Wicked w/ Swiss, Provolone & Cheddar

On Wheat Bread

On White Bread

		Ⓞ			Ⓞ		Ⓞ
		Ⓞ			Ⓞ		Ⓞ



	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	80	70	8	1.0				10	65					
Mustard Packet	0								85		0			0

## DELI PASTA SALADS

<b>Antipasto Pasta Salad</b>														
Full Tray Serves 6-8 as an entree and 10-12 as side	3010	1220	138	51		1.5	19	280	7520	1740	319	11	30	108
Entree - Single Serving	430	170	20	7		0	2.5	40	1070	250	46	2	4	15
Side - Single Serving	270	110	13	4.5		0	1.5	25	680	160	29		3	10
<b>Caprese Pasta Salad</b>														
Full Tray Serves 6-8 as an entree and 10-12 as side	3210	1390	157	64		3.0	24	340	3840	1710	313	17	19	139
Entree - Single Serving	460	200	22	9		0	3.5	50	550	240	45	2	3	20
Side - Single Serving	290	130	14	6		0	2.0	30	350	160	28	2	2	13
<b>Club Pasta Salad</b>														
Full Tray Serves 6-8 as an entree and 10-12 as side	3410	1490	169	58		5	35	335	6190	2550	346	23	46	138
Entree - Single Serving	490	210	24	8		0.5	5.0	50	880	360	49	3	7	20
Side - Single Serving	310	140	15	5		0	3.0	30	560	230	31	2	4	13

## DRINKS

<b>Lemonade</b>														
1 Gallon Serves 8-10	1760									240		464		448
Single Serving	200								25		52			50
<b>Sweet Tea</b>														
1 Gallon Serves 8-10	1280									370		331		331
Single Serving	140								40		37			37
<b>Unsweet Tea</b>														
1 Gallon Serves 8-10										370				
Single Serving									40					

## DRESSINGS

<b>Balsamic Vinaigrette For Salads</b>														
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		
<b>Ranch Dressing For Salads</b>														
Full Serves 6-8 as an entree and 10-12 as side	1360	1200	136	20						2240		16		3
Entree - Single Serving	190	170	19	3.0						320		2		8
Side - Single Serving	120	110	12	2.0						200		1		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			

### Jalapeno 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	200	90	10	4.0		0	1.5	20	240	110	20	1	1	9
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## SWEETS

### Decadent Dessert Tray

Full <small>Serves 14-18</small>	4000	1660	188	76				550	3110		541	14	335	49
Single Serving	250	100	12	4.5				35	190		34		21	3

### Chocolate Chip Cookie

1 Each	240	100	11	4.5				20	120		34		21	3
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### Oatmeal Raisin Cookie

1 Each	220	70	8	2.0				15	360		34		19	3
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### Peanut Butter Cookie

1 Each	250	110	13	4.0					220		31		19	4
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	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

Full Serves 6-8 as an entree and 10-12 as side	1080	550	62	37		2.5	18	295	4510	1920	38	11	23	98
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Entree - Single Serving

Entree - Single Serving	150	80	9	5		0	2.5	40	640	270	5	2	3	14
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Side - Single Serving

Side - Single Serving	100	50	6	3.5		0	1.5	25	410	170	3	1	2	9
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### Cobb Salad - Spring Mix

#### No Salad Dressing Or Bread

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

Full Serves 6-8 as an entree and 10-12 as side	960	520	59	22		5	19	805	2890	1880	33	15	16	80
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Entree - Single Serving

Entree - Single Serving	140	70	8	3.0		0.5	3.0	115	410	270	5	2	2	11
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Side - Single Serving

Side - Single Serving	90	50	5	2.0		0	2.0	75	260	170	3	1	1	7
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### Large House Salad : Spring Mix

#### No Salad Dressing Or Bread

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

Full Serves 6-8 as an entree and 10-12 as side	370	100	12	2.0		1.5	8		1320	1100	61	14	21	12
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Entree - Single Serving

Entree - Single Serving	50	15	1.5	0		0	1.0		190	160	9	2	3	2
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Side - Single Serving

Side - Single Serving	35	10	1.0	0		0	0.5		120	100	6	1	2	1
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### 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

Large Serves 15-22	9090	3230	366	149		7	56	1270	24540	6820	934	41	117	555
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Regular Serves 10-14

Regular Serves 10-14	6030	2160	244	99		5.0	37	845	16330	4540	623	34	78	373
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### 3.5" Caprese w/ Mozzarella

On Wheat Bread

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

On White Bread	280	100	11	6		0	2.5	25	500	230	32	1	4	12
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### 3.5" Chicken w/ Provolone

On Wheat Bread

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

On White Bread	20	60	7	4.0		0	1.5	35	850	280	30		3	17
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### 3.5" Ham w/ Swiss

On Wheat Bread

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

On White Bread	260	70	8	4.5			1.5	35	1020	230	32		5	16
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### 3.5" Tuna Salad w/ Cheddar

On Wheat Bread

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

On White Bread	500	250	29	7		0	2.0	80	840	130	32		3	28
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### 3.5" Turkey w/ Cheddar

On Wheat Bread

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

On White Bread	250	60	7	4.0		0	2.0	30	890	260	31		4	17
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	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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