									Updated	Spring 2020
Location/Food	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	-	Allergy/Contains:
Sneed	Ser ving Size	Culotics	140(8)	Cur os (g)	Tibel (g)	Trottin(g)	, egun	, egetarian	Glaten 11cc	imorgy, contains.
Breakfast		+								
Red Raider Breakfast	1 Plate	574	36	34	2	25				Wheat, Milk,Soy, Egg,Pork
		Calories		Carbs(g)	Fibor(a)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
BYO Burrito	Serving Size		rat(g)		O O	1 Totelli(g)	vegan	vegetarian	Gluten Free	Pork
Bacon	1oz	70	1.5	0	0	4			√	
Ham	2oz	60	1.5	2	0	10			,	Pork
Sausage	2oz	170	15	0	0	8			√	Pork
Eggs	3.5oz	122	7.5	2.5	0	10.5		√	V	Milk,Eggs
Shredded Hashbrown	3oz	120	5	16	0	2		√	√	Milk,Soy
Cheese	1oz	110	9	1	0	7		√	✓	Milk
Flour Tortilla	8" Tortilla	130	3	22	1	4	√	√		Wheat,Soy
Sandwiches/Biscuits	Serving Size	Calories		Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Toaster Sandwich	1 Sandwich	540	28	49	2	29				Wheat,Soy,Milk,Egg,Pork
Biscuit	1 Biscuit	180	8	22	1	4				Wheat, Milk, Whey, Soy
Bacon Biscuit	1 Biscuit	326	20	23	1	12				Wheat,Milk,Soy,Pork
Sausage Biscuit	1 Biscuit	423	31	24	1	8				Wheat, Milk, Soy, Pork
Specialty Breakfast Sandwich										
With Ham	1 Sandwich	476	18	49	2	31				Wheat, Milk, Soy, Egg, Pork
With Bacon	1 Sandwich	556	28	47	2	29				Wheat, Milk, Soy, Egg, Pork
With Sausage	1 Sandwich	653	49	37	2	25				Wheat, Milk, Soy, Egg, Pork
Sausage, Egg & Cheese Biscuit	1 Biscuit	538	37	25	1	23				Wheat, Milk, Soy, Egg, Pork
Other Breakfast Items										
Pancakes	1 Pancake	175	14	44	1	5		✓		Wheat, Milk,Soy
Scrambled Eggs	3.5oz	120	11	2	0	10		✓	✓	Milk,Egg
Bacon	1oz	70	6	0	0	4			✓	Pork
Sausage Patties (2)	2 Patties	300	28	0	0	6			✓	Pork
Hashbrown	1 Patty	237	14.5	23	2.5	2.5	✓	√	✓	Soy
Breakfast Potatoes	3oz	110	3	19	2	2	√	✓	✓	Soy
Biscuits (1) & Gravy	1 Biscuit	308	14	40	1	4		√		Wheat, Milk, Soy, Egg
Biscuits (2) & Gravy	2 Biscuits	615	27	80	2.	8		√		Wheat, Milk,Soy,Egg
Texas Toast (Flowers)	2 Slice	200	2	38	1	6	√	√		Wheat, Barley, Soy
Extra Cheese	1oz	110	9	1	0	7		√ ·	1	Milk
Gravy	1oz	45	2	6	0	9			·	Wheat, Milk(May Contain: Egg, Soy)
Giavy	TOZ	1 73					1			Wricat, Wilk(Way Contain: Egg, 30y)
Flat Bread Pizza	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vogen	Vegetarian	Gluten Free	Allergen/Contains
Cheese Flatbread Pizza	1 Pizza	466	18	52	3	23	Vegan	v egetai iaii √	Gluten Free	Wheat, Barley, Milk, (May Contain: Soy, Sesame)
Pepperoni Flatbread Pizza	1 Pizza	736	34	74	<i>J</i>	32		,		Wheat, Barley, Milk, Pork (May Contain: Soy, Sesame)
		876		-	5		1			
Meat Lovers Flatbread Pizza	1 Pizza	766	44	77	J 1	35				Wheat, Barley, Milk, Soy, Pork (May Contain: Sesame)
Supreme Flatbread Pizza	1 Pizza			57	4	34		√		Wheat, Barley, Milk, Soy, Pork (May Contain: Sesame)
Veggie Flatbread Pizza	1 Pizza	486	18	54	4	26	<u> </u>	Y		Wheat, Milk, (May Contain: Soy, Sesame)
Pizza Sauce	2oz	25	12	2	1	1 1 1		√	√	NASH.
Pizza Cheese Blend	2oz	180	12		0	14	-	V	V	Milk
Pepperoni	1oz	140	13	0	U	5	-		V	Beef, Pork
Sausage Crumbles	1oz	85	7	1	0.5	3.5			√	Soy, Pork
Vegetable Blend (Mushroom, Onion, Bell Peppers)	1oz	20	<1	3	<1	3		√	✓	
Flatbread (only)	1 Flatbread	260	6	44	2	8		✓		Wheat, Milk, (May Contain: Soy, Sesame)
Bocadillo Grill	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
BLT on White Bread	1 Sandwich	416	15	52	2	18				Wheat, Pork
BBQ Black Bean Patty	1 Patty	160	3	28	8	11	✓	✓		Wheat, Soy
Chicken Strips										
Chicken Strips		_	1	1		т	•			
Small	3 Count	495	33	25	0	25				Wheat, Milk, Eggs, Soy
•	3 Count 4 Count	495 929	33 59	25 50	0	25 50				Wheat, Milk, Eggs, Soy Wheat, Milk, Eggs, Soy

Chicken Cordon Bleu	1 Serving	696	36	57	0	39				Wheat, Milk, Soy, Pork
Grilled Chicken	4oz	140	3	2	0	24			✓	Soy
Double Meat Burger	1 Burger	678	42.5	31	2	40				Wheat, Soy
Double Meat Cheeseburger	1 Burger	784	52	31	2	46				Wheat, Milk, Soy
Double Meat Philly Steak Sandwich (No Cheese)	1 Sandwich	596	20	64	2	56				Wheat, Milk, Soy
Grilled Club	1 Sandwich	533	29	30	2	37				Wheat, Soy, Pork
Hamburger	1 Burger	424	22.5	31	1	23				Wheat, Soy
Patty Melt	1 Sandwich	709	37	54	2	42				Wheat, Dairy, Soy
Philly Steak Sandwich (with Hoagie Roll, No Cheese)	1 Sandwich	495	15	62	2	38				Wheat, Soy
Popcorn Chicken	3-4oz	404	28	18	1	18				Wheat/Soy
Spicy Chicken Strip Sandwich	1 Sandwich	645	31	55	2	37				Wheat,Soy,Egg,Milk
White Bread (Hilltop)	2 Slices	260	1	25	1	5	✓	✓		Wheat, Soy
Hoagie 6" White	1 Bun	190	1.5	38	1	7	✓	✓		Wheat, Soy
Hoagie 6" Wheat	6"	100	1.25	19	3	8	✓	✓		Wheat, Barley, Soy (May Contain Wheat, Egg and Sesame from Factory)
Sourdough	2 slicesBread	240	2	48	2	10	✓	✓		Wheat, Soy
Hamburger Bun (Flowers)	1 Bun	160	1.5	33	1	5	✓	✓		Wheat, Soy
Slider Bun	1 Slider Bun	140	1.5	28	1	4	✓	✓		Wheat, Soy
Cheese										
American Cheese	1oz	106	9	1	0	6		✓	✓	Milk, Soy
Pepper Jack Cheese	1oz	80	6	1	0	5		✓	✓	Milk
White American	1oz	70	6	1	0	4		✓	✓	Milk, Soy
Swiss	1oz	80	6	0	0	5		✓	✓	Milk
Provolone	1oz	80	6	1	0	6		✓	✓	Milk
Sides and Add Ons										
Add American Cheese	1oz	106	9	0	0	6		✓	✓	Milk, Soy
Add Bacon	1oz	146	12	0	0	8			✓	Pork
French Fries	4 oz	282	19	27	0	3	✓	✓	✓	Soy
Macaroni & Cheese	4oz	380	18	38	0	17		✓		Wheat, Milk
Mashed Potatoes	4oz	90	2	17	1	2		✓	✓	Milk
Green Beans	4oz	70	5	4	2	0	✓	✓	✓	Milk(Butter)
Corn	4oz	163	5	28	1	4	✓	✓	✓	Milk(Butter)
Pepper's	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:

Burritos	1				İ	I		1	1	
Fried Burrito	1 Burrito	320	16	34	3	9	1			Wheat, Milk, Soy
Beef and Bean Burrito	1 Burrito	330	16	34	3	9				Wheat, Milk, Soy
	1 Duilito	330	10	34	3	2				Writeat, Willik, 30y
Naked Burrito Bowl/Quesadilla/Nachos/Burrito	4oz	223	14	0	0	23			√	
Beef Chicken		170	5	1	0	31			·	
	4oz	300	25	0	0	19				
Taco Meat	4oz				5	19	✓	✓	√	
Refried Beans	2oz	65	0	12	3	4	V ✓	V ✓	✓	
Black Beans White Bigs	2oz	60	0	9	0	1	V ✓	V ✓	✓	
White Rice	2oz	42	U			3	V	V ✓	V	Wheat Cov
Spanish Rice	2oz	120	3	22	0.5	3	•	V		Wheat, Soy
Build Your Own (BYO)	1 774:11-	00	2	1.5	1	3	✓	√		M/b oct Cov
Tortillas (6")	1 Tortilla	90	2	15	1		•	V		Wheat, Soy
Tortillas (12") Wheat	1 Tortilla	290	/	50	6	9	/			Wheat, Soy
Tortillas (12")	1 Tortilla	310	8	52	5	9	*	√	-	Wheat, Soy
Tortilla Chips	3oz	270	3	57	3	6	√	√	✓	
Toppings										
Cheese	3oz	330	27	3	0	21	1	✓	√	Milk
Green leaf lettuce	30z	15	0	3	1	11	√	· ✓	·	IVIIIX
Jalapenos	2oz	10	0	2	0	0	 	·	<i>'</i>	
Onions	3oz	20	0	4	1	1	V	✓	✓	
Pico de Gallo	30z	15	0	3	1	1	→	✓	✓	
Queso	4oz	280	24	8	0	12	•	·	· ·	Milk
Tomato	3oz	15	0	3	1	12	/	<i>✓</i>	· ✓	IVIIIK
Tomato	302	13	O	3	1	1		ŕ	·	
Sides							†			
Guacamole	1 each	100	9	5	3	1	✓	✓	✓	
Salsa	2oz	16	0	4	2	0	√	✓	✓	
Sour Cream	1oz	60	5	1	0	1		√	√	Milk
		1 ()()			1 ()	1		•	. •	IVIIK
				Carbs(g)	Ŭ	Protein(g)	Vegan			
Subs, Salads & Paninis	Serving Size	Calories		Carbs(g)	Ŭ	Protein(g)	Vegan	Vegetarian		Allergy/Contains:
Subs, Salads & Paninis Make Your Own Sandwich	Serving Size	Calories	Fat(g)		Ŭ	Protein(g)	Vegan			Allergy/Contains:
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White	Serving Size 1 Bun	Calories 190	Fat(g) 1.5	38	Ŭ	7	✓	Vegetarian ✓		Allergy/Contains: Wheat, Barley, Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat	Serving Size 1 Bun 1 Bun	190 140	Fat(g)	38 25	Ŭ	7 5		Vegetarian ✓		Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers)	Serving Size 1 Bun 1 Bun 2 Slices	190 140 160	1.5 2.5	38 25 32	Ŭ	7 5 6	√ ✓	Vegetarian ✓ ✓		Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers)	1 Bun 1 Bun 2 Slices 1 Bun	190 140 160 160	Fat(g) 1.5 2.5 1 1.5	38 25 32 33	Ŭ	7 5	√ √ √	Vegetarian ✓ ✓ ✓ ✓		Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Soy Wheat, Barley, Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's)	1 Bun 1 Bun 2 Slices 1 Bun 1 Bread	190 140 160 160 130	1.5 2.5 1 1.5 3	38 25 32 33 22	Ŭ	7 5 6	√ √ √	Vegetarian ✓ ✓ ✓ ✓ ✓		Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread	1 Bun 1 Bun 2 Slices 1 Bun	190 140 160 160	Fat(g) 1.5 2.5 1 1.5	38 25 32 33	Fiber(g) 1 1 1 1 1 1 1 1	7 5 6 5 4	√ √ √	Vegetarian ✓ ✓ ✓ ✓		Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Soy Wheat, Barley, Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s	1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices	190 140 160 160 130 360	Fat(g) 1.5 2.5 1 1.5 3 2.5	38 25 32 33 22 21	Fiber(g) 1 1 1 1 1 2	7 5 6 5 4 7	√ √ √	Vegetarian ✓ ✓ ✓ ✓ ✓	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham	Serving Size 1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3oz	190 140 160 160 130 360	Fat(g) 1.5 2.5 1 1.5 3 2.5 3	38 25 32 33 22 21	Fiber(g) 1 1 1 1 1 2	7 5 6 5 4 7	√ √ √	Vegetarian ✓ ✓ ✓ ✓ ✓	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef	1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3oz 3oz	190 140 160 160 130 360 98 76	Fat(g) 1.5 2.5 1 1.5 3 2.5	38 25 32 33 22 21	Fiber(g) 1 1 1 1 1 2 0 0	7 5 6 5 4 7	√ √ √	Vegetarian ✓ ✓ ✓ ✓ ✓	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey	Serving Size 1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3oz	190 140 160 160 130 360	Fat(g) 1.5 2.5 1 1.5 3 2.5 3	38 25 32 33 22 21	Fiber(g) 1 1 1 1 1 2	7 5 6 5 4 7	√ √ √	Vegetarian ✓ ✓ ✓ ✓ ✓	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings	1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3oz 3oz 3oz	190 140 160 160 130 360 98 76 94	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2.1	38 25 32 33 22 21 3 2 0	Fiber(g) 1 1 1 1 1 2 0 0 0	7 5 6 5 4 7 15 14 21	√ √ √	Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives	Serving Size 1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3oz 3oz 3oz 1oz	190 140 160 160 130 360 98 76 94	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2.5 3 2 1	38 25 32 33 22 21	Fiber(g) 1 1 1 1 1 2 0 0 0 0	7 5 6 5 4 7 15 14 21	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	Vegetarian ✓ ✓ ✓ ✓ ✓	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber	Serving Size 1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3oz 3oz 3oz 1oz 1oz	190 140 160 160 130 360 98 76 94	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2.1	38 25 32 33 22 21 3 2 0	Fiber(g) 1 1 1 1 1 2 0 0 0 0 0 0	7 5 6 5 4 7 15 14 21	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber Green Leaf Lettuce	1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3 oz 3 oz 3 oz 3 oz 1 oz	190 140 160 130 360 98 76 94 47 5 4	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2 1 3.5 0	38 25 32 33 22 21 3 2 0	Fiber(g) 1 1 1 1 1 2 0 0 0 0 0	7 5 6 5 4 7 15 14 21	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	Vegetarian	Gluten Free ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber Green Leaf Lettuce Pickles	1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3 oz 3 oz 3 oz 1 oz	190 140 160 160 130 360 98 76 94 47 5 4 5	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2 1 3.5 0 0	38 25 32 33 22 21 3 2 0	Fiber(g) 1 1 1 1 1 2 0 0 0 0 0 0 0 0 0 0 0 0 0	7 5 6 5 4 7 15 14 21 0 0 <1 0	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber Green Leaf Lettuce Pickles Red Onion	1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3 oz 3 oz 3 oz 1 oz	190 140 160 160 130 360 98 76 94 47 5 4 5 2	1.5 2.5 1 1.5 3 2.5 3 2 1 3.5 0 0 0 0 0 0 0	38 25 32 33 22 21 3 2 0	Fiber(g) 1 1 1 1 1 1 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0	7 5 6 5 4 7 15 14 21 0 0 <1		Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber Green Leaf Lettuce Pickles Red Onion Spinach	Serving Size 1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3 oz 3 oz 3 oz 3 oz 1 oz	190 140 160 160 130 360 98 76 94 47 5 4 5 2 6.5	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2 1 3.5 0 0 0 0 <1	38 25 32 33 22 21 3 2 0 2 1 <1 0 0.5 1	Fiber(g) 1 1 1 1 1 1 2 0 0 0 0 0 <1 0 <1 0 <1 1 0 0 <1 1 0 0 <1 1 0 0 0 <1 1 0 0 0 0	7 5 6 5 4 7 15 14 21 0 0 0 <1 0 1		Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber Green Leaf Lettuce Pickles Red Onion Spinach Tomatoes	1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3 oz 3 oz 3 oz 1 oz	190 140 160 160 130 360 98 76 94 47 5 4 5 2	1.5 2.5 1 1.5 3 2.5 3 2 1 3.5 0 0 0 0 0 0 0	38 25 32 33 22 21 3 2 0	Fiber(g) 1 1 1 1 1 1 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0	7 5 6 5 4 7 15 14 21 0 0 <1 0		Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber Green Leaf Lettuce Pickles Red Onion Spinach Tomatoes Cheese	Serving Size 1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3 oz 3 oz 3 oz 3 oz 1 oz	190 140 160 160 130 360 98 76 94 47 5 4 5 2 6.5 5	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2 1 3.5 0 0 0 <1	38 25 32 33 22 21 3 2 0 2 1 <1 0 0.5 1	Fiber(g) 1 1 1 1 1 1 2 0 0 0 0 0 <1 0 <1 <1 <1 <1 <1	7 5 6 5 4 7 15 14 21 0 0 <1 0 1 <1		Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy Pork
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber Green Leaf Lettuce Pickles Red Onion Spinach Tomatoes Cheese American Cheese	Serving Size 1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3 oz 3 oz 3 oz 3 oz 1 oz	190 140 160 160 130 360 98 76 94 47 5 4 5 2 6.5 5	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2 1 3.5 0 0 0 0 0 <1	38 25 32 33 22 21 3 2 0 2 1 <1 0 0.5 1 <1	Fiber(g) 1 1 1 1 1 1 2 0 0 0 0 0 <1 0 <1 <1 0 0 0 <1 <1 0 0 0 <1 <1 0 0 0 <1 <1 0 0 0 <1 0 0 0 0	7 5 6 5 4 7 15 14 21 0 0 0 <1 0 1 <1 5		Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Soy Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy Pork Milk, Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber Green Leaf Lettuce Pickles Red Onion Spinach Tomatoes Cheese American Cheese Pepper Jack Cheese	Serving Size 1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3 oz 3 oz 3 oz 3 oz 1 oz	190 140 160 160 130 360 98 76 94 47 5 4 5 2 6.5 5 100 80	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2 1 3.5 0 0 0 0 0 0 4 9 6	38 25 32 33 22 21 3 2 0 2 1 <1 0 0.5 1	Fiber(g) 1 1 1 1 1 1 2 0 0 0 0 0 <1 0 <1 <1 0 0 0 <1 <1 0 0 0 <1 <1 0 0 0 <1 <1 0 0 0 <1 <1 0 0 0 <1 0 0 0 0	7 5 6 5 4 7 15 14 21 0 0 <1 0 1 <1		Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy Pork Milk, Soy Milk
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber Green Leaf Lettuce Pickles Red Onion Spinach Tomatoes Cheese American Cheese Pepper Jack Cheese White American	Serving Size 1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3 oz 3 oz 3 oz 3 oz 1 oz	190 140 160 160 130 360 98 76 94 47 5 4 5 2 6.5 5 100 80 70	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2 1 3.5 0 0 0 0 0 0 0 4 6 6 6 6	38 25 32 33 22 21 3 2 0 2 1 <1 0 0.5 1 <1	Fiber(g) 1 1 1 1 1 1 2 0 0 0 0 0 <1 0 <1 <1 <1 0 0 0 <0 0 0 0 0 0 0 0 0 0 0	7 5 6 5 4 7 15 14 21 0 0 0 <1 0 1 <1 5 4 4 7		Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy Pork Milk, Soy Milk Milk, Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber Green Leaf Lettuce Pickles Red Onion Spinach Tomatoes Cheese American Cheese Pepper Jack Cheese White American Swiss	Serving Size 1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3 oz 3 oz 3 oz 3 oz 1 oz	190 140 160 160 130 360 98 76 94 47 5 4 5 2 6.5 5 100 80 70 80	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2 1 3.5 0 0 0 0 0 0 0 4 6 6 6 6 6 6 6	38 25 32 33 22 21 3 2 0 2 1 <1 0 0.5 1 <1	Fiber(g) 1 1 1 1 1 1 2 0 0 0 0 0 <1 0 <1 <1 0 0 0 <1 <1 0 0 0 0	7 5 6 5 4 7 15 14 21 0 0 0 <1 0 1 <1 5		Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy Pork Milk, Soy Milk Milk, Soy Milk Milk, Soy Milk
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber Green Leaf Lettuce Pickles Red Onion Spinach Tomatoes Cheese American Cheese Pepper Jack Cheese White American Swiss Provolone	Serving Size 1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3 oz 3 oz 3 oz 3 oz 1 oz	190 140 160 160 130 360 98 76 94 47 5 4 5 2 6.5 5 100 80 70	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2 1 3.5 0 0 0 0 0 0 0 4 6 6 6 6	38 25 32 33 22 21 3 2 0 2 1 <1 0 0.5 1 <1	Fiber(g) 1 1 1 1 1 1 2 0 0 0 0 0 <1 0 <1 <1 <1 0 0 0 <0 0 0 0 0 0 0 0 0 0 0	7 5 6 5 4 7 15 14 21 0 0 0 <1 0 1 <1 5 5 4 6		Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy Pork Milk, Soy Milk Milk, Soy
Subs, Salads & Paninis Make Your Own Sandwich Hoagie 6" White Hoagie 6" Wheat Sourdough (Flowers) Hamburger Bun (Flowers) Flat Bread (Rich's) Wheat Berry Bread Protein(g)s Ham Roast Beef Turkey Toppings Black Olives Cucumber Green Leaf Lettuce Pickles Red Onion Spinach Tomatoes Cheese American Cheese Pepper Jack Cheese White American Swiss	Serving Size 1 Bun 1 Bun 2 Slices 1 Bun 1 Bread 2 Slices 3 oz 3 oz 3 oz 3 oz 1 oz	190 140 160 160 130 360 98 76 94 47 5 4 5 2 6.5 5 100 80 70 80	Fat(g) 1.5 2.5 1 1.5 3 2.5 3 2 1 3.5 0 0 0 0 0 0 0 4 6 6 6 6 6 6 6	38 25 32 33 22 21 3 2 0 2 1 <1 0 0.5 1 <1	Fiber(g) 1 1 1 1 1 1 2 0 0 0 0 0 <1 0 <1 <1 0 0 0 <1 <1 0 0 0 0	7 5 6 5 4 7 15 14 21 0 0 0 <1 0 1 <1 5 5 4 6		Vegetarian	Gluten Free	Allergy/Contains: Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Barley, Soy Wheat, Milk, May Contain: Soy, Sesame Wheat,Soy Pork Milk, Soy Milk Milk, Soy Milk Milk, Soy Milk

Mayonnaise	1oz	99	12	0	0	0			√	Soy,Egg
Spicy Chipotle Mayonnaise	loz	99	12	0	0	0		√		(Chipotle: Wheat, Milk,Soy), Egg
Ranch	1oz	60	6	1	0	0		√	√	Milk, Soy, Egg
Yellow Mustard	1oz	11	1	1	0	1			✓	7 - 17 88
Light Italian	1oz	25	0	4	0	0		✓	√	Milk
Fat Free Ranch	1oz	60	0	14	0	0		✓	✓	Milk,Soy
Raspberry Vinaigrette	1oz	35	0	8	0	0	✓	✓	✓	
Wok this Way	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Woks										
White Rice	4oz	85	0	38	0	4		✓	✓	
Fried Rice	5oz	210	1.5	44	2	5		✓		Wheat, Soy, Sesame
Ground Beef	4oz	307	20	0	0	29			✓	
Chicken	4oz	170	5	1	0	31			✓	May contain: Soy
Toppings										
Broccoli	2oz	17	0	3	1	1	✓	✓	✓	
Carrots	2oz	23	0	5	0	1	✓	✓	✓	
Coleslaw	2oz	16	0	3	1	0		✓		
Mushrooms	2oz	13	0	2	0	1	✓	✓	✓	
Onions	2oz	20	0	5	0	0	✓	✓	✓	
Peppers	2oz	11	0	2	0	1	✓	✓	✓	
Sauces									✓	
Sweet & Sour	1oz	40	0.5	9	0	0	✓	✓	✓	Soy
Szechwan	1oz	35	1	6	0	0.5		✓		Wheat,Soy,Milk, Sesame
Teriyaki	1oz	45	0	10	0	1	✓	✓		Wheat, Soy, Sesame
Yes =✓										
Indicates "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big ei	ght									
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree N	luts, Pork and Sesame	9								