

Just Say Cheez & Soups										
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
<b>Sandwiches (nutritionals created with white bread w/ margarine)*</b>										
All American*	1 Sandwich	680	40	50	1	28		✓		Wheat,Soy,Milk
Grilled Chicken Sandwich (chicken and bun only)	1 Sandwich	360	9.5	32	1	37				Wheat, Soy
The Traditional* (your choice of ham or turkey)	1 Sandwich	761	44	53	2	39				Wheat,Soy,Milk,Pork
The Trio*	1 Sandwich	902.5	42.5	44	4	63				Wheat, Milk, Soy, Pork
Italiano* (plus turkey)	1 Sandwich	805	50	56	3	28		✓		Wheat,Soy,Milk
Raider Red Melt*	1 Sandwich	925	55	64	3	49				Wheat,Soy,Milk,Egg
BLT*	1 Sandwich	952	66	50	1.5	39.5				Wheat, Soy, Milk, Egg, Pork
Avocado BLT*	1 Sandwich	1046	77	54	4.5	40.5				Wheat, Soy, Milk, Egg, Pork
Beef Philly Cheese Steak*	1 Sandwich	950	60	52	2	45				Wheat, Soy, Milk
Chicken Tortilla Soup	1 cup	141.5	5.5	13	0.8	10				Milk, Soy
Basil Soup	1 cup	281	21	19	3	4				Wheat, Milk (Cream&Whey), Soy
<b>Bread (2 slices w/out margarine)*</b>										
Sandwich Bun	1 Bun	170	2.5	31	1	6	✓	✓		Wheat, Soy
Sour Dough	2 slices	240	2	48	2	10	✓	✓		Wheat,Soy
Texas Toast	2 slices	240	2	46	2	8	✓	✓		Wheat,Soy
Wheat Berry	2 slices	360	5	42	4	14	✓	✓		Wheat,Soy
Gluten Free (Udi's Whole Grain Bread)	2 slices	140	4	22	2	4		✓	✓	Egg/ Kosher
<b>Cheese (1oz)</b>										
Cheddar	1oz.	114	9	0	0	7		✓	✓	Milk
Swiss	1oz.	107	8	0	0	8		✓	✓	Milk
American	1oz.	106	9	0	0	6		✓	✓	Milk, Soy
Provolone	1oz.	100	8	0	0	7		✓	✓	Milk
Pepperjack	1oz.	95	8	0	0	7		✓	✓	Milk
Gouda	1oz.	101	8	0	0	7		✓	✓	Milk
<b>Sides (Fries fried in common fryer)</b>										
Waffle Fries	4oz	235	13	27	2.5	2.5		✓	✓	Soy
Cheese Fries	8oz	574	40	30	2.5	23.5		✓	✓	
Bistro Chips	3oz chips	200	13	20	2	2	✓	✓	✓	Soy
<b>Desserts</b>										
Peach Cobbler	4.5oz	249	9	40	1	2	✓	✓		Wheat, Milk
Apple Cobbler	4.5oz	236	8	39	1	2	✓	✓		Wheat, Milk
Yes =✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										