



CANADA NUTRITION INFORMATION

September 2025

| | Serving Size (g) | | Calories | Total Fat (g) | Sat. Fat (g) | Trans Fat (g)* | Chol. (mg) | Sodium (mg) | Carb. (g) | Dietary Fiber (g) | Sugars (g) | Protein(g) | Calcium % DV | Iron % DV |
|---|------------------|-----|----------|---------------|--------------|----------------|------------|-------------|-----------|-------------------|------------|------------|--------------|-----------|
| SANDWICHES | | | | | | | | | | | | | | |
| 6" Steak Subs | | | | | | | | | | | | | | |
| Double values for footlong nutrition information (one footlong = two 6" servings) | | | | | | | | | | | | | | |
| Steak'n Bacon | 257 | 600 | 32 | 11 | 1 | 80 | 1480 | 46 | 3 | 6 | 31 | 2 | 10 | |
| Bourbon Brisket | 248 | 690 | 34 | 10 | 1 | 95 | 1600 | 63 | 3 | 16 | 34 | 10 | 4 | |
| Bourbon BBQ Steak & Cheddar | 231 | 520 | 18 | 8 | 0 | 80 | 1230 | 55 | 3 | 9 | 31 | 10 | 10 | |
| 6" Chicken Subs | | | | | | | | | | | | | | |
| Chicken Rancher | 285 | 560 | 26 | 10 | 0 | 90 | 1140 | 45 | 3 | 6 | 36 | 15 | 10 | |
| Teriyaki Crunch | 298 | 540 | 15 | 6 | 0 | 70 | 1340 | 67 | 3 | 20 | 29 | 10 | 10 | |
| Piri-Piri Chicken | 231 | 510 | 23 | 8 | 0 | 75 | 1170 | 44 | 2 | 5 | 31 | 10 | 6 | |
| Nashville-Style Hot Chicken | 271 | 590 | 27 | 8 | 0 | 75 | 1270 | 53 | 3 | 7 | 32 | 2 | 10 | |
| 6" Classics Subs | | | | | | | | | | | | | | |
| Black Forest Ham | 216 | 290 | 5 | 1 | 0 | 25 | 870 | 44 | 4 | 7 | 18 | 2 | 15 | |
| Cold Cut Combo | 226 | 400 | 18 | 6 | 0 | 35 | 930 | 43 | 3 | 6 | 17 | 2 | 15 | |
| Italian B.M.T.® | 233 | 410 | 17 | 6 | 0 | 45 | 1400 | 46 | 3 | 6 | 21 | 2 | 25 | |
| Meatball Marinara | 212 | 460 | 18 | 8 | 1 | 45 | 1170 | 51 | 4 | 7 | 24 | 6 | 15 | |
| Pizza Sub | 146 | 430 | 20 | 8 | 0 | 40 | 1500 | 44 | 3 | 6 | 18 | 6 | 40 | |
| Rotisserie-Style Chicken | 233 | 320 | 5 | 2 | 0 | 45 | 650 | 43 | 3 | 5 | 26 | 2 | 6 | |
| Steak & Cheese | 167 | 360 | 10 | 5 | 0 | 50 | 1120 | 43 | 2 | 5 | 24 | 4 | 6 | |
| Sweet Onion Chicken Teriyaki | 261 | 370 | 5 | 2 | 0 | 50 | 920 | 59 | 3 | 19 | 24 | 2 | 6 | |
| Tuna (includes Mayonnaise) | 226 | 450 | 22 | 4 | 0 | 40 | 690 | 42 | 3 | 5 | 20 | 0 | 4 | |
| Turkey Breast | 222 | 290 | 5 | 1 | 0 | 30 | 860 | 44 | 4 | 7 | 19 | 2 | 20 | |
| Veggie Delite® | 162 | 220 | 3 | 1 | 0 | 0 | 360 | 40 | 4 | 6 | 10 | 2 | 15 | |
| Veggie Patty | 247 | 390 | 12 | 2 | 0 | 0 | 680 | 57 | 12 | 8 | 16 | 4 | 25 | |
| 6" Deli Subs | | | | | | | | | | | | | | |
| Great Canadian Club | 235 | 480 | 20 | 8 | 0 | 70 | 1390 | 49 | 2 | 8 | 27 | 10 | 6 | |
| Smashed Avocado & Turkey | 293 | 550 | 28 | 8 | 0 | 65 | 1240 | 50 | 5 | 7 | 24 | 10 | 6 | |
| 6" Veggie Subs | | | | | | | | | | | | | | |
| Big Veggie | 264 | 540 | 25 | 7 | 1 | 30 | 1080 | 60 | 10 | 7 | 20 | 10 | 10 | |
| 6" Limited Time Offer/Regional Subs** | | | | | | | | | | | | | | |
| B.L.T. | 156 | 360 | 13 | 6 | 0 | 30 | 930 | 42 | 2 | 4 | 19 | 0 | 4 | |
| Grilled Chicken | 226 | 280 | 4 | 1 | 0 | 30 | 690 | 41 | 5 | 6 | 21 | 2 | 15 | |
| Snackwiches | | | | | | | | | | | | | | |
| Values include ciabatta, select vegetables and sauces as noted. | | | | | | | | | | | | | | |
| Honey Mustard Ham | 171 | 320 | 13 | 4 | 0 | 25 | 970 | 42 | 2 | 4 | 13 | 4 | 2 | |
| Turkey Ranch | 160 | 350 | 15 | 4 | 0 | 30 | 980 | 40 | 2 | 2 | 14 | 4 | 4 | |
| BLT | 149 | 400 | 22 | 7 | 0 | 35 | 800 | 38 | 2 | 1 | 14 | 4 | 2 | |
| Three Cheese | 113 | 350 | 16 | 8 | 0 | 35 | 780 | 37 | 2 | 1 | 14 | 15 | 0 | |
| WRAPS | | | | | | | | | | | | | | |
| Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. | | | | | | | | | | | | | | |
| Chicken Rancher | 317 | 650 | 31 | 10 | 0 | 90 | 1340 | 56 | 4 | 5 | 37 | 20 | 25 | |
| Grilled Chicken | 271 | 450 | 17 | 3 | 0 | 35 | 1030 | 55 | 4 | 5 | 21 | 6 | 20 | |
| Rotisserie-Style Chicken | 278 | 490 | 19 | 3 | 0 | 55 | 960 | 55 | 3 | 4 | 26 | 6 | 25 | |
| Steak & Cheese | 213 | 510 | 22 | 6 | 1 | 50 | 1420 | 55 | 3 | 5 | 25 | 10 | 20 | |
| Sweet Onion Teriyaki | 292 | 460 | 10 | 2 | 0 | 50 | 1110 | 70 | 3 | 18 | 24 | 6 | 20 | |
| Veggie Delite® | 207 | 390 | 15 | 2 | 0 | 0 | 710 | 54 | 3 | 4 | 9 | 6 | 20 | |
| SALADS | | | | | | | | | | | | | | |
| Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted. | | | | | | | | | | | | | | |
| Black Forest Ham | 341 | 130 | 3 | 1 | 0 | 25 | 590 | 13 | 4 | 6 | 11 | 4 | 10 | |
| Cold Cut Combo | 351 | 240 | 17 | 6 | 0 | 35 | 620 | 12 | 5 | 5 | 12 | 4 | 15 | |
| Italian B.M.T.® | 359 | 240 | 16 | 6 | 0 | 45 | 1080 | 13 | 4 | 6 | 15 | 4 | 30 | |
| Meatball Marinara | 426 | 290 | 16 | 7 | 1 | 45 | 800 | 22 | 6 | 9 | 18 | 8 | 20 | |
| Pizza Sub Melt | 362 | 270 | 19 | 8 | 0 | 40 | 1190 | 15 | 5 | 8 | 13 | 8 | 50 | |
| Rotisserie-Style Chicken | 358 | 150 | 4 | 1 | 0 | 45 | 340 | 10 | 4 | 5 | 20 | 4 | 15 | |
| Steak & Cheese | 358 | 160 | 6 | 2 | 0 | 40 | 620 | 13 | 4 | 6 | 17 | 4 | 15 | |
| Sweet Onion Chicken Teriyaki | 400 | 240 | 4 | 1 | 0 | 50 | 760 | 34 | 4 | 26 | 18 | 4 | 10 | |
| Tuna (includes Mayonnaise) | 358 | 280 | 21 | 4 | 0 | 40 | 380 | 10 | 4 | 5 | 14 | 4 | 10 | |
| Turkey Breast | 347 | 120 | 3 | 1 | 0 | 30 | 570 | 13 | 4 | 6 | 12 | 4 | 10 | |
| Veggie Delite® | 287 | 50 | 1 | 0 | 0 | 0 | 75 | 9 | 4 | 5 | 3 | 4 | 8 | |

| | Serving Size (g) | Calories | Total Fat (g) | Sat. Fat (g) | Trans Fat (g)* | Chol. (mg) | Sodium (mg) | Carb. (g) | Dietary Fiber (g) | Sugars (g) | Protein(g) | Calcium % DV | Iron % DV |
|---|------------------|----------|---------------|--------------|----------------|------------|-------------|-----------|-------------------|------------|------------|--------------|-----------|
| Veggie Patty | 372 | 220 | 10 | 1 | 0 | 0 | 390 | 26 | 12 | 7 | 9 | 6 | 20 |
| 6" Limited Time Offer/Regional Salads** | | | | | | | | | | | | | |
| Grilled Chicken | 351 | 110 | 2 | 1 | 0 | 30 | 410 | 10 | 5 | 5 | 14 | 4 | 8 |
| POWER BOWLS | | | | | | | | | | | | | |
| Power Bowls | | | | | | | | | | | | | |
| Classic Grilled Chicken | 354 | 550 | 27 | 6 | 1 | 55 | 1130 | 56 | 7 | 4 | 23 | 8 | 10 |
| Classic Rotisserie-Style Chicken | 361 | 590 | 29 | 7 | 0 | 75 | 1060 | 56 | 7 | 4 | 29 | 10 | 15 |
| Classic Steak | 361 | 580 | 27 | 7 | 1 | 60 | 1350 | 59 | 7 | 5 | 26 | 10 | 20 |
| Classic Sweet Onion chicken Teriyaki | 374 | 530 | 12 | 4 | 0 | 65 | 1270 | 79 | 7 | 24 | 27 | 10 | 15 |
| Classic Tuna | 361 | 720 | 45 | 9 | 1 | 55 | 1140 | 56 | 7 | 4 | 23 | 8 | 15 |
| Classic Veggie Delite | 374 | 610 | 30 | 6 | 0 | 15 | 1200 | 73 | 12 | 5 | 16 | 10 | 20 |
| Bourbon BBQ Steak & Cheddar | 393 | 600 | 19 | 6 | 1 | 50 | 1670 | 80 | 7 | 19 | 26 | 10 | 20 |
| Smashed Avocado & Turkey | 328 | 510 | 26 | 6 | 0 | 55 | 1100 | 52 | 6 | 4 | 18 | 8 | 10 |
| Southwest Steak & Avocado | 399 | 650 | 34 | 8 | 1 | 60 | 1540 | 62 | 9 | 6 | 26 | 10 | 20 |
| Piri-Piri Chicken | 378 | 620 | 31 | 7 | 0 | 70 | 1330 | 59 | 7 | 6 | 29 | 10 | 15 |
| BREAKFAST | | | | | | | | | | | | | |
| 6" Breakfast Sandwiches | | | | | | | | | | | | | |
| Values include 6" Italian, scrambled egg patty and Canadian cheddar cheese. Double values for footlong nutrition information (one footlong=two 6" servings) | | | | | | | | | | | | | |
| Bacon & Egg | 233 | 550 | 31 | 8 | 0 | 255 | 1130 | 44 | 3 | 5 | 22 | 4 | 4 |
| Cheese & Egg | 223 | 500 | 28 | 7 | 0 | 240 | 950 | 44 | 3 | 5 | 19 | 4 | 2 |
| Ham & Egg | 250 | 540 | 29 | 7 | 0 | 255 | 1210 | 46 | 3 | 6 | 23 | 4 | 4 |
| Sausage & Egg | 273 | 650 | 41 | 11 | 0 | 275 | 1290 | 44 | 3 | 5 | 27 | 6 | 2 |
| Sausage & Cheese | 188 | 500 | 29 | 9 | 0 | 55 | 1000 | 41 | 2 | 4 | 19 | 6 | 2 |
| Breakfast Wraps | | | | | | | | | | | | | |
| Values include wrap, scrambled egg patty and Canadian cheddar cheese | | | | | | | | | | | | | |
| Bacon & Egg | 264 | 640 | 37 | 8 | 0 | 255 | 1330 | 55 | 3 | 4 | 23 | 10 | 20 |
| Cheese & Egg | 254 | 590 | 33 | 7 | 0 | 240 | 1150 | 55 | 3 | 4 | 19 | 10 | 20 |
| Ham & Egg | 281 | 630 | 34 | 7 | 0 | 255 | 1400 | 57 | 3 | 5 | 23 | 10 | 20 |
| Sausage & Egg | 304 | 740 | 46 | 11 | 0 | 275 | 1490 | 55 | 3 | 4 | 27 | 10 | 20 |
| Sausage & Cheese | 219 | 590 | 34 | 9 | 0 | 55 | 1190 | 52 | 3 | 3 | 19 | 10 | 20 |
| Breakfast Ciabatta | | | | | | | | | | | | | |
| Values include Ciabatta, scrambled egg patty and Canadian cheddar cheese | | | | | | | | | | | | | |
| Bacon & Egg | 177 | 450 | 25 | 7 | 0 | 140 | 980 | 39 | 2 | 2 | 16 | 4 | 2 |
| Cheese & Egg | 168 | 400 | 22 | 5 | 0 | 130 | 800 | 39 | 2 | 2 | 13 | 4 | 2 |
| Ham & Egg | 186 | 420 | 22 | 5 | 0 | 135 | 970 | 40 | 2 | 2 | 16 | 4 | 2 |
| Sausage & Egg | 218 | 550 | 35 | 10 | 0 | 165 | 1140 | 39 | 2 | 2 | 21 | 6 | 2 |
| Sausage & Cheese | 175 | 470 | 29 | 8 | 0 | 50 | 1000 | 37 | 2 | 1 | 17 | 6 | 2 |
| BREADS & CONDIMENTS | | | | | | | | | | | | | |
| Breads | | | | | | | | | | | | | |
| Double values for footlong nutrition information (one footlong=two 6" servings) | | | | | | | | | | | | | |
| 6" Italian | 71 | 210 | 21 | 1 | 0 | 0 | 380 | 39 | 1 | 3 | 8 | 0 | 0 |
| 6" Multigrain | 71 | 200 | 3 | 1 | 0 | 0 | 350 | 36 | 3 | 4 | 9 | 0 | 10 |
| 6" Flatbread | 45 | 140 | 3 | 0 | 0 | 0 | 220 | 24 | 1 | 2 | 4 | 0 | 8 |
| 6" Italian Herbs & Cheese | 82 | 250 | 5 | 3 | 0 | 10 | 580 | 41 | 2 | 3 | 10 | 4 | 2 |
| English Muffin ** | 57 | 120 | 1 | 0 | 0 | 0 | 210 | 23 | 1 | 1 | 5 | 2 | 10 |
| Ciabatta | 76 | 210 | 5 | 1 | 0 | 0 | 410 | 36 | 2 | 0 | 6 | 0 | 0 |
| Gluten Free Bread (as packaged)*** | 120 | 330 | 12 | 1 | 0 | 0 | 890 | 55 | 7 | 1 | 3 | 2 | 8 |
| Potato Bun | 39 | 110 | 2 | 0 | 0 | 15 | 190 | 20 | 1 | 3 | 3 | 0 | 6 |
| Wrap | 102 | 300 | 8 | 1 | 0 | 0 | 580 | 50 | 2 | 2 | 8 | 4 | 15 |
| Sandwich Condiments & Add ons | | | | | | | | | | | | | |
| Values are for amounts on 6-inch sandwich or wrap. Double values for footlong and salad nutrition information (one footlong=two 6" servings). | | | | | | | | | | | | | |
| Barrel Bourbon BBQ Sauce | 14 | 20 | 0 | 0 | 0 | 0 | 150 | 5 | 0 | 5 | 0 | 0 | 0 |
| Chipotle Southwest Sauce | 14 | 60 | 6 | 1 | 0 | 5 | 110 | 1 | 0 | 0 | 0 | 0 | 0 |
| Garlic Aioli Sauce | 14 | 70 | 7 | 1 | 0 | 5 | 115 | 1 | 0 | 1 | 0 | 0 | 0 |
| House Sandwich Sauce | 14 | 70 | 8 | 1 | 0 | 0 | 125 | 1 | 0 | 1 | 0 | 0 | 0 |
| Mayonnaise | 14 | 100 | 11 | 2 | 0 | 10 | 70 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mustard, Yellow | 14 | 10 | 1 | 0 | 0 | 0 | 170 | 1 | 0 | 0 | 1 | 0 | 0 |
| Nashville-Style Hot Sauce | 14 | 35 | 3 | 0 | 0 | 0 | 210 | 3 | 0 | 2 | 0 | 0 | 0 |
| Peppercorn Ranch Sauce | 14 | 80 | 8 | 1 | 0 | 10 | 105 | 1 | 0 | 0 | 0 | 0 | 0 |
| Piri Piri Style Sauce | 14 | 45 | 4 | 1 | 0 | 0 | 180 | 1 | 0 | 1 | 0 | 0 | 0 |
| Smoky Honey Mustard Sauce | 14 | 45 | 5 | 1 | 0 | 5 | 115 | 3 | 0 | 3 | 0 | 0 | 0 |
| Sweet Onion Teriyaki Sauce | 14 | 35 | 0 | 0 | 0 | 0 | 160 | 8 | 0 | 7 | 0 | 0 | 0 |
| Wild Rice (4 oz) | 113 | 200 | 3 | 1 | 0 | 0 | 290 | 41 | 2 | 0 | 4 | 0 | 4 |
| Seasonings (amount on 6-inch sub, salad or wrap) | | | | | | | | | | | | | |
| Salt | 0 | 0 | 0 | 0 | 0 | 0 | 160 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pepper | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Vegetables (amount on 6-inch sub or wrap) | | | | | | | | | | | | | |
| Avocado, Smashed | 35 | 70 | 6 | 1 | 0 | 0 | 130 | 3 | 2 | 0 | 1 | 0 | 0 |

| | Serving Size (g) | Calories | Total Fat (g) | Sat. Fat (g) | Trans Fat (g)* | Chol. (mg) | Sodium (mg) | Carb. (g) | Dietary Fiber (g) | Sugars (g) | Protein(g) | Calcium % DV | Iron % DV |
|---|------------------|----------|---------------|--------------|----------------|------------|-------------|-----------|-------------------|------------|------------|--------------|-----------|
| Banana Peppers | 4 | 1 | 0 | 0 | 0 | 0 | 65 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cucumbers | 14 | 2 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Green Peppers | 7 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Jalapeno Peppers** | 4 | 1 | 0 | 0 | 0 | 0 | 70 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lettuce | 21 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Olives, Black | 3 | 3 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 |
| Onions, Red | 7 | 3 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Pickles | 10 | 1 | 0 | 0 | 0 | 0 | 115 | 0 | 0 | 0 | 0 | 0 | 0 |
| Spinach, Baby | 7 | 2 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 2 |
| Tomatoes | 35 | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 |
| Crispy Onions (0.5 oz) | 14 | 80 | 4 | 0 | 0 | 0 | 35 | 7 | 0 | 1 | 1 | 0 | 4 |
| Cheese (amount on 6-inch sandwich, salad or wrap) | | | | | | | | | | | | | |
| Canadian Cheddar | 11 | 45 | 4 | 3 | 0 | 10 | 75 | 0 | 0 | 0 | 3 | 4 | 0 |
| Cheddar, Processed | 11 | 40 | 3 | 2 | 0 | 10 | 200 | 0 | 0 | 0 | 2 | 4 | 0 |
| Habanero Jack | 11 | 40 | 4 | 2 | 0 | 10 | 80 | 0 | 0 | 0 | 3 | 0 | 0 |
| Monterey Jack & Cheddar Cheese Blend, Shredded | 14 | 60 | 5 | 3 | 0 | 15 | 100 | 1 | 0 | 0 | 3 | 6 | 0 |
| Parmesan, Grated | 3 | 10 | 1 | 0 | 0 | 5 | 65 | 0 | 0 | 0 | 1 | 0 | 0 |
| Swiss** | 14 | 50 | 4 | 3 | 0 | 15 | 35 | 0 | 0 | 0 | 4 | 8 | 0 |
| Individual Proteins (amount on 6" sub, wrap and salad, double values for footlong) | | | | | | | | | | | | | |
| Bacon Slices (2 strips) | 10 | 50 | 4 | 2 | 0 | 10 | 180 | 0 | 0 | 0 | 4 | 0 | 2 |
| Beans & Corn (1.5 oz) | 43 | 60 | 3 | 0 | 0 | 0 | 180 | 9 | 3 | 0 | 3 | 2 | 4 |
| Beef Brisket | 85 | 220 | 15 | 4 | 0 | 65 | 630 | 2 | 0 | 0 | 20 | 0 | 0 |
| Chicken, Grilled ** | 64 | 60 | 1 | 0 | 0 | 30 | 340 | 1 | 1 | 1 | 11 | 0 | 0 |
| Chicken Strips, Plain | 71 | 80 | 2 | 1 | 0 | 50 | 210 | 1 | 0 | 0 | 15 | 0 | 2 |
| Chicken Strips, Sweet Onion Teriyaki Glazed | 85 | 110 | 2 | 1 | 0 | 50 | 370 | 9 | 0 | 7 | 15 | 2 | 2 |
| Cold Cut Combo Meats | 64 | 190 | 16 | 6 | 0 | 35 | 550 | 3 | 1 | 1 | 9 | 2 | 4 |
| Egg Patty, Scrambled | 85 | 150 | 12 | 3 | 0 | 220 | 290 | 3 | 1 | 1 | 8 | 0 | 0 |
| Ham, Black Forest | 54 | 70 | 2 | 1 | 0 | 25 | 520 | 4 | 0 | 1 | 8 | 0 | 2 |
| Italian B.M.T.® Meats | 71 | 190 | 14 | 5 | 0 | 45 | 1000 | 3 | 0 | 1 | 12 | 0 | 20 |
| Meatballs with Marinara | 139 | 240 | 15 | 6 | 1 | 45 | 720 | 12 | 2 | 5 | 15 | 4 | 15 |
| Pepperoni (3 slices) | 18 | 80 | 7 | 3 | 0 | 15 | 400 | 1 | 0 | 1 | 4 | 0 | 20 |
| Rotisserie-Style Chicken | 71 | 100 | 3 | 1 | 0 | 45 | 260 | 1 | 0 | 0 | 17 | 0 | 4 |
| Salami | 59 | 230 | 20 | 7 | 1 | 50 | 1070 | 2 | 0 | 1 | 11 | 0 | 2 |
| Sausage Patty, Breakfast (1 patty) | 50 | 150 | 13 | 5 | 0 | 35 | 340 | 0 | 0 | 0 | 8 | 2 | 0 |
| Steak (no cheese) | 71 | 110 | 5 | 2 | 0 | 40 | 540 | 3 | 0 | 2 | 14 | 0 | 6 |
| Tuna (includes Mayonnaise) | 71 | 230 | 20 | 3 | 0 | 40 | 310 | 0 | 0 | 0 | 11 | 0 | 2 |
| Turkey Breast | 60 | 70 | 2 | 0 | 0 | 30 | 500 | 4 | 0 | 2 | 9 | 0 | 2 |
| Veggie Patty** | 85 | 170 | 9 | 1 | 0 | 0 | 320 | 17 | 8 | 2 | 6 | 2 | 10 |
| DESSERTS & SIDES | | | | | | | | | | | | | |
| Cookies & Desserts | | | | | | | | | | | | | |
| Chocolate Chunk Cookie | 45 | 210 | 10 | 5 | 0 | 10 | 100 | 29 | 1 | 17 | 2 | 0 | 8 |
| Double Chocolate Cookie** | 45 | 210 | 9 | 5 | 0 | 15 | 125 | 29 | 1 | 20 | 2 | 0 | 10 |
| Chocolate Chip with M&M® Candies Cookie | 45 | 210 | 9 | 5 | 0 | 10 | 110 | 29 | 1 | 17 | 3 | 0 | 8 |
| Oatmeal Raisin Cookie** | 45 | 200 | 8 | 4 | 0 | 15 | 110 | 30 | 1 | 16 | 3 | 0 | 6 |
| White Chip Macadamia Nut Cookie | 45 | 210 | 10 | 5 | 0 | 15 | 125 | 28 | 1 | 17 | 2 | 0 | 6 |
| Sides | | | | | | | | | | | | | |
| Fiesta Beans & Corn Side Salad | 134 | 140 | 5 | 0 | 0 | 0 | 370 | 19 | 6 | 2 | 6 | 3 | 9 |
| Potato Rings (4) | 92 | 150 | 8 | 1 | 0 | 0 | 390 | 19 | 2 | 1 | 2 | 1 | 2 |
| Soup** (8oz/255 ml bowl) | | | | | | | | | | | | | |
| Beef & Barley | 100 | 50 | 0 | 0 | 0 | 0 | 330 | 9 | 1 | 1 | 2 | 1 | 1 |
| Chicken Noodle | 227 | 80 | 2 | 0 | 0 | 23 | 1000 | 9 | 0 | 0 | 7 | 1 | 3 |
| Cream of Broccoli | 227 | 160 | 5 | 2 | 0 | 11 | 750 | 23 | 0 | 9 | 5 | 7 | 3 |
| Cream of Mushroom | 243 | 150 | 10 | 5 | 0 | 24 | 870 | 10 | 0 | 5 | 2 | 3 | 1 |
| Loaded Baked Potato | 227 | 180 | 6 | 3 | 0 | 23 | 790 | 27 | 2 | 2 | 7 | 4 | 1 |

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Nutrition information compiled from the following data: Nutrition analysis from approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

*Some sandwiches contain trans fat that is found naturally in meat and cheese. These sandwiches do not contain any artificial trans fat (partially-hydrogenated oil).

**Regional and Limited Time Offer subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between restaurants. Nutritional information for these sandwiches is based on the most common formulas and ingredients.

¹The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.