d'angelo®

GRILLED SANDWICHES

NUTRITIONAL INFORMATION GUIDE

d'angelo®

GRILLED SANDWICHES

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Please check dangelos.com for the most current nutritional and ingredients information.

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d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Toasted & Hot Sandwiches													
Small													
Italian	1	240	580	420	47	16	0	115	1860	9	2	3	29
Classic Veggie	1	221	160	80	9	5	0	25	290	11	2	5	11
Meatball and Cheese	1	184	440	300	33	14	1	90	1430	14	0	10	23
Thanksgiving Toasted	1	326	590	290	35	7	1	105	740	34	1	12	36
BLT	1	168	400	330	38	10	0	80	780	3	1	2	13
Medium													
Italian Toasted	1	334	790	570	64	21	0	155	2510	13	2	5	40
Classic Veggie	1	303	230	120	14	8	0	40	430	14	3	7	16
Meatball and Cheese	1	312	770	530	59	23	1.5	155	2550	25	1	18	38
Thanksgiving Toasted	1	416	680	270	31	6	1.5	145	760	46	1	16	54
BLT	1	251	600	500	58	15	0	120	1170	5	2	3	19
Large													
Italian Toasted	1	448	1080	760	84	28	0.5	195	3160	17	3	6	51
Classic Veggie	1	442	320	170	18	11	0.5	50	570	21	5	10	21
Meatball and Cheese	1	439	1090	760	84	32	2	220	3760	36	1	26	53
Thanksgiving Toasted	1	624	970	390	45	10	2	195	1360	69	2	24	72
BLT	1	349	800	660	77	20	0	160	1560	7	2	5	26

Values listed are for one sandwich. Bread is not included in nutritional breakdown. To add bread values and/ or additional toppings, please see the Ingredients Section.

d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

Freshly Grilled Sandwiches

Small

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken & Cheese	1	136	140	50	5	2	0	65	510	0	0	0	22
Steak & Cheese	1	193	300	170	19	8	0	105	530	0	0	0	32
Pastrami & Swiss	1	170	490	360	40	19	0	150	1440	2	0	0	34
Chicken # 9	1	221	160	50	6	2	0	65	510	5	1	3	23
Steak # 9	1	278	330	170	19	8	0	105	530	5	1	3	33
Chicken Teriyaki	1	318	300	50	6	2	0	65	1330	37	2	31	25
Steak Teriyaki	1	374	470	170	19	8	0	105	1350	37	2	31	35
BBQ Chicken Cheddar	1	227	560	310	36	11	0	125	1710	27	0	18	32
BBQ Steak Cheddar	1	284	720	440	50	18	0	165	1410	22	0	22	42
Chicken Bomb	1	255	300	140	15	7	0	100	1050	7	1	2	35
Steak Bomb	1	312	470	260	29	13	0	140	1070	7	1	2	45
Chicken Vermonter	1	254	460	290	32	10	0	120	1060	9	1	8	33
Steak Vermonter	1	311	630	410	45	17	0	165	1080	9	1	8	43
Korean Steak & Cheese	1	322	530	230	26	9	0	120	1410	37	2	29	35
Korean Chicken & Cheese	1	266	340	110	12	3	0	80	1380	33	1	29	23
Southwest Chicken	1	271	430	270	30	4.5	0	75	1060	16	3	4	25
Southewest Steak	1	327	600	390	43	11	0	115	1080	16	3	4	35
Double Peppercorn Steak	1	293	440	290	32	10	0	120	970	7	1	4	35
Double Peppercorn Chicken	1	236	280	160	18	4	0	80	950	7	1	4	25
Cheeseburger	1	174	390	275	31	13	0	110	190	0	0	0	27

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d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Medium													
Chicken & Cheese	1	232	230	80	9	3	0	110	870	1	0	0	38
Steak & Cheese	1	289	460	250	28	12	0	155	800	1	0	0	48
Pastrami & Swiss	1	213	580	440	49	21	0	180	2070	3	0	0	39
Chicken # 9	1	360	270	80	9	3	0	110	880	8	2	4	40
Steak # 9	1	417	490	260	28	12	0	155	800	8	2	4	50
Chicken Teriyaki	1	513	480	80	9	3	0	110	1960	54	3	45	42
Steak Teriyaki	1	570	700	260	28	12	0	155	1890	54	3	45	52
BBQ Chicken Cheddar	1	357	810	460	52	16	0	200	2110	29	0	29	53
BBQ Steak Cheddar	1	413	1030	630	72	26	0	245	2030	29	0	29	63
Chicken Bomb	1	412	480	210	24	10	0	165	1690	10	2	4	58
Steak Bomb	1	468	700	390	43	20	0	215	1610	10	2	4	68
Chicken Vertmonter	1	402	720	440	49	15	0	200	1730	13	1	11	55
Steak Vermonter	1	459	940	610	68	25	0	245	1620	13	1	11	65
Korean Steak & Cheese	1	440	730	320	35	13	0	180	1880	47	3	36	53
Korean Chicken & Cheese	1	383	510	150	16	4	0	130	1960	47	3	36	43
Southwest Chicken	1	404	610	370	41	6	0	125	1580	19	4	5	41
Southewest Steak	1	461	830	540	60	16	0	170	1510	19	4	5	51
Double Peppercorn Steak	1	439	670	430	48	16	0	180	1460	11	1	6	52
Double Peppercorn Chicken	1	383	440	260	28	6	0	120	1540	11	1	6	42
Cheeseburger	1	261	580	413	46	19	0	165	280	1	0	0	41

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d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Large													
Chicken & Cheese	1	329	339	110	13	4	0	155	1240	1	0	1	54
Steak & Cheese	1	386	610	340	38	17	0	210	1060	1	0	0	64
Pastrami & Swiss	1	340	970	730	81	38	0	305	2880	4	0	0	69
Chicken # 9	1	499	380	120	13	4	0	155	1240	11	2	5	57
Steak # 9	1	556	650	340	38	17	0	210	1070	11	2	5	67
Chicken Teriyaki	1	692	670	120	13	4	0	155	2870	74	3	61	60
Steak Teriyaki	1	748	940	340	38	17	0	210	2690	74	3	61	70
BBQ Chicken Cheddar	1	511	1160	650	75	23	0	280	2990	44	0	44	75
BBQ Steak Cheddar	1	567	1430	870	100	35	0	335	2810	44	0	44	84
Chicken Bomb	1	568	660	290	32	14	0.5	230	2320	13	2	5	81
Steak Bomb	1	624	940	520	57	26	0.5	285	2150	13	2	5	91
Chicken Vermonter	1	564	980	590	65	21	0	275	2340	18	2	15	77
Steak Vermonter	1	621	1260	820	91	33	0	325	2160	18	2	15	86
Korean Steak & Cheese	1	616	1000	460	51	18	0	220	2460	60	4	48	69
Korean Chicken & Cheese	1	560	720	240	27	6	0	170	2640	60	4	48	60
Southwest Chicken	1	585	900	550	61	9	0	180	2300	29	6	8	60
Southewest Steak	1	642	1180	770	86	22	0	235	2130	29	6	8	69
Double Peppercorn Steak	1	586	930	570	63	21	0	235	1920	12	2	6	68
Double Peppercorn Chicken	1	529	660	340	38	8	0	180	2100	12	2	6	59
Cheeseburger	1	348	780	770	61	25	0	220	370	1	0	0	55

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d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

Freshly Grilled Sandwiches

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Pound It													
Chicken & Cheese	1	499	510	170	19	6	0	250	1880	1	0	1	86
Steak & Cheese	1	499	800	440	49	22	0	275	1360	1	0	0	85
Pastrami & Swiss	1	510	1340	1020	113	47	0	425	5390	8	0	0	89
Chicken # 9	1	669	560	170	19	6	0	250	1890	11	2	5	89
Steak # 9	1	669	850	450	50	22	0	275	1370	11	2	5	88
Chicken Teriyaki	1	862	850	170	19	6	0	250	3510	74	3	61	92
Steak Teriyaki	1	862	1130	450	50	22	0	275	2990	74	3	61	92
BBQ Chicken Cheddar	1	681	1340	700	81	24	0	370	3640	44	0	44	106
BBQ Steak Cheddar	1	681	1630	980	111	40	0	400	3120	44	0	44	105
Chicken Bomb	1	738	840	350	38	15	0.5	325	2970	13	2	5	113
Steak Bomb	1	738	1130	620	69	31	0.5	350	2450	13	2	5	111
Chicken Vermonter	1	735	1160	650	72	22	0	365	2990	18	2	15	108
Steak Vermonter	1	735	1450	920	102	38	0	395	2470	18	2	15	107
Korean Steak & Cheese	1	759	1240	560	63	23	0	310	3130	73	4	59	90
Korean Chicken & Cheese	1	758	960	290	33	9	0	260	3660	74	4	60	92
Southwest Chicken	1	756	1090	600	67	11	0	270	2950	29	6	8	91
Southewest Steak	1	756	1370	880	97	27	0	300	2430	29	6	8	90
Double Peppercorn Steak	1	699	1120	670	75	26	0	300	2220	12	2	6	89
Double Peppercorn Chicken	1	699	840	400	44	10	0	270	2750	12	2	6	90
Cheeseburger	1	500	1150	810	90	37	0	325	480	1	0	0	81

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d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

Deli Sandwiches

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Small													
Turkey & Cheese	1	221	280	120	14	3	0	95	220	3	1	2	34
Tuna Salad	1	196	430	360	43	7	0	60	480	2	1	2	15
Ham & Cheese	1	191	210	140	16	3.5	0	50	1020	4	1	3	15
Chicken Salad	1	213	530	420	51	9	0	125	640	2	1	2	23
Italian	1	240	580	420	47	16	0	115	1860	9	2	3	29
Medium													
Turkey & Cheese	1	325	410	180	22	4.5	0	145	320	4	1	3	51
Tuna Salad	1	286	640	540	64	11	0	95	710	3	1	2	23
Ham & Cheese	1	272	300	200	24	5	0	70	1440	6	1	4	21
Chicken Salad	1	312	700	520	62	11	0	195	950	3	1	2	39
Italian Toasted	1	334	790	570	64	21	0	155	2510	13	2	5	40
Large													
Turkey & Cheese	1	442	550	240	29	6	0	190	430	6	4	2	69
Tuna Salad	1	391	860	720	86	14	0	125	950	5	2	3	31
Ham & Cheese	1	383	420	270	32	7	0	100	2030	8	2	5	30
Chicken Salad	1	425	940	700	83	15	0	260	1260	5	2	3	52
Italian Toasted	1	448	1080	760	84	28	0.5	195	3160	17	3	6	51

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d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

Double Meat Deli Sandwiches

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Double Meat Small													
Turkey & Cheese	1	335	420	130	15	3.5	0	180	280	3	1	2	67
Tuna Salad	1	320	850	720	86	14	0	125	950	2	1	2	30
Ham & Cheese	1	275	290	160	18	4.5	0	90	1880	5	1	4	29
Chicken Salad	1	354	930	700	83	15	0	260	1260	2	1	2	52
Italian	1	336	940	680	75	25	0	205	3510	14	2	4	50
Double Meat Medium													
Turkey & Cheese	1	495	600	200	23	5	0	270	420	4	1	3	100
Tuna Salad	1	473	1270	1070	129	21	0	185	1420	3	1	2	45
Ham & Cheese	1	389	410	230	27	6	0	125	2650	7	1	5	40
Chicken Salad	1	524	1390	1040	124	22	0	390	1890	3	1	2	78
Italian Toasted	1	462	1270	910	101	34	0	280	4710	19	2	6	68
Double Meat Large													
Turkey & Cheese	1	669	850	260	31	7	0	355	560	6	2	4	134
Tuna Salad	1	641	1700	1430	172	28	0	250	1890	5	2	3	61
Ham & Cheese	1	550	580	310	37	9	0	175	3760	10	2	7	58
Chicken Salad	1	709	1850	1390	166	29	0	520	2520	5	2	3	104
Italian Toasted	1	608	1630	1180	131	44	0.5	350	5910	24	3	8	86

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d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

Sandwich Ingredients–Bread

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Small													
Tortilla Wrap	1	94	250	50	6	1.5	0	0	330	42	1	0	7
Pocket	1	71	160	0	0	0	0	0	310	1	1	3	8
Italian Sub	1	84	230	20	2.5	1	0	0	460	43	2	3	8
Medium													
Tortilla Wrap	1	94	250	50	6	1.5	0	0	330	42	1	0	7
Pocket	1	71	160	0	0	0	0	0	310	1	1	3	8
Italian Sub	1	127	350	35	3.5	1	0	0	700	65	2	5	12
Large													
Tortilla Wrap	1	94	250	50	6	1.5	0	0	330	42	1	0	7
Pocket	1	71	160	0	0	0	0	0	310	1	1	3	8
Italian Sub	1	169	460	45	5	1.5	0	0	930	86	3	7	17
7" Lobster Roll - Roll itself	1	57	160	90	10	0	0	0	310	30	1	4	5

d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

Sandwich Ingredients–Meat

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Small													
Bacon	1	20	90	60	7	3	0	30	320	0	0	0	6
Black Forest Ham	1	85	80	20	2.5	1	0	40	880	1	0	1	14
Chicken Salad	1	142	520	424	51	9	0	125	630	0	0	0	23
Salami	1	71	250	180	20	8	0	65	1160	3	0	0	15
Tuna Salad	1	113	380	320	39	6	0	55	430	0	0	0	13
Turkey	1	113	150	8	1	0	0	85	65	0	0	0	33
Steak	1	170	290	160	17	7	0		380	0	0	0	28
Chicken	1	142	150	45	5	1.5	0	75	540	0	0	0	28
Medium													
Bacon	1	30	140	90	11	4.5	0	45	480	0	0	0	9
Black Forest Ham	1	119	110	30	3.5	1	0	55	1230	2	0	1	19
Chicken Salad	1	213	780	636	76	13	0	190	950	0	0	0	34
Salami	1	113	400	290	32	12	0	100	1860	4	0	0	24
Tuna Salad	1	170	570	490	58	10	0	85	640	0	0	0	20
Turkey	1	170	220	12	1.5	0	0	125	100	0	0	0	49
Steak	1	255	430	240	26	11	0	150	680	0	0	0	47
Chicken	1	198	210	60	7	2	0	105	760	0	0	0	37

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d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Large													
Bacon	1	40	180	130	14	6	0	60	640	4	0	0	12
Black Forest Ham	1	170	160	45	5	1.5	0	75	1760	2	0	2	28
Chicken Salad	1	283	1040	845	101	17	0	250	1260	0	0	0	45
Salami	1	142	510	360	40	15	0	125	2330	5	0	0	30
Tuna Salad	1	227	760	650	78	13	0	115	860	0	0	0	27
Turkey	1	227	300	15.5	1.5	0.5	0	165	130	0	0	0	65
Steak	1	340	580	310	35	15	0	200	900	0	0	0	62
Chicken	1	283	300	90	10	2.5	0	150	1080	0	0	0	53
Sandwich Ingredients–Cheese													
Small													
American	1	23	15	10	1.5	1	0	5	80	0	0	0	2
Provolone	1	28	100	70	8	4.5	0	20	200	1	0	0	7
Swiss	1	28	100	70	8	5	0	30	60	0	0	0	8
VT Cheddar	1	21	90	60	7	4	0	20	135	0	0	0	5
Medium													
American	1	34	25	20	2	1	0	5	120	1	0	0	4
Provolone	1	43	150	100	11	7	0	35	300	1	0	0	11
Swiss	1	43	150	110	12	8	0	45	90	0	0	0	12
VT Cheddar	1	32	140	100	11	6	0	30	210	0	0	0	8
Large													
American	1	45	30	25	2.5	1.5	0	5	160	1	0	0	5
Provolone	1	57	200	140	15	9	0.5	45	400	1	0	0	15
Swiss	1	57	200	150	16	10	0	60	120	0	0	0	16
VT Cheddar	1	43	180	126	14	8	0	40	270	0	0	0	10

d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

Sandwich Ingredients–Toppings

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Small													
Banana Peppers	1	14	5	0	0	0	0	0	0	1	0	0	0
Bell Peppers	1	28	5	0	0	0	0	0	0	1	0	1	0
Black Olives	1	18	20	15	2	0	0	0	130	1	1	0	0
Cucumbers	1	35	5	0	0	0	0	0	0	1	0	1	0
Hot Peppers	1	14	5	0	0	0	0	0	115	1	0	0	0
Lettuce	1	28	5	0	0	0	0	0	0	1	0	1	0
Mushrooms	1	14	5	0	0	0	0	0	0	0	0	0	0
Pickles	1	14	0	0	0	0	0	0	130	0	0	0	0
Red Onions	1	14	5	0	0	0	0	0	0	1	0	1	0
Tomatoes	1	35	5	0	0	0	0	0	0	1	0	1	0
White Onions	1	14	5	0	0	0	0	0	0	1	0	1	0
Pineapple	1	43	30	0	0	0	0	0	0	8	0	6	0
Medium													
Banana Peppers	1	21	5	0	0	0	0	0	0	1	1	0	0
Bell Peppers	1	43	10	0	0	0	0	0	0	2	1	1	0
Black Olives	1	28	35	25	3	0	0	0	210	2	1	0	0
Cucumbers	1	57	10	0	0	0	0	0	0	2	0	1	0
Hot Peppers	1	21	5	0	0	0	0	0	170	1	0	0	0
Lettuce	1	43	5	0	0	0	0	0	0	1	0	1	0
Mushrooms	1	28	50	0	0	0	0	0	0	1	0	1	0
Pickles	1	21	5	0	0	0	0	0	190	1	0	0	0
Red Onions	1	21	10	0	0	0	0	0	0	2	0	1	0
Tomatoes	1	57	10	0	0	0	0	0	0	2	1	1	0
White Onions	1	21	10	0	0	0	0	0	0	2	0	1	0
Pineapple	1	57	35	0	0	0	0	0	0	9	0	8	0

d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Sandwich Ingredients–Toppings													
Large													
Banana Peppers	1	28	10	0	0	0	0	0	0	2	1	1	0
Bell Peppers	1	57	10	0	0	0	0	0	0	3	1	1	0
Black Olives	1	35	40	36	4	0.5	0	0	310	2	1	0	0
Cucumbers	1	71	10	0	0	0	0	0	0	3	0	1	0
Hot Peppers	1	28	10	0	0	0	0	0	230	2	0	0	0
Lettuce	1	57	10	0	0	0	0	0	0	2	1	1	1
Mushrooms	1	42	10	0	0	0	0	0	0	1	0	1	1
Pickles	1	28	5	0	0	0	0	0	260	1	0	0	0
Red Onions	1	28	10	0	0	0	0	0	0	3	0	1	0
Tomatoes	1	71	15	0	0	0	0	0	0	3	1	2	1
White Onions	1	28	10	0	0	0	0	0	0	3	0	1	0
Pineapple	1	85	60	0	0	0	0	0	0	14	1	13	0
Sandwich Ingredients–Spreads													
Small													
BBQ Sauce	1	14	30	0	0	0	0	0	200	7	0	5	0
Blue Cheese Dressing	1	14	70	60	7	1.5	0	5	120	1	0	1	1
Buffalo Sauce	1	14	5	0	0	0	0	0	320	0	1	0	0
Chipotle Sauce	1	47	150	110	12	1.5	0	0	380	10	0	8	0
Cranberry Sauce	1	35	60	0	0	0	0	0	0	15	0	11	0
Extra Virgin Olive Oil	1	8	70	70	8	1	0	0	0	0	0	0	0
Honey Mustard	1	28	150	120	14	2	0	10	170	6	0	6	0
Ketchup	1	11	10	0	0	0	0	0	120	3	0	2	0
Marinara Sauce	1	85	45	15	1.5	0	0	0	330	8	1	6	1
Mayo	1	11	80	80	9	1.5	0	10	50	0	0	0	0
Mustard	1	11	5	0	0	0	0	110	1	0	0	0	0
Red Wine Vinegar	1	3	0	0	0	0	0	0	0	0	0	0	0
Teriyaki Sauce	1	14	30	0	0	0	0	0	350	7	0	5	0
Peppercorn Dressing	1	43	150	110	13	2	0	10	430	3	0	2	1

d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

Sandwich Ingredients–Spreads

Medium

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Sauce	1	21	45	0	0	0	0	0	300	11	0	7	0
Blue Cheese Dressing	1	21	110	100	11	2	0	10	180	2	0	1	1
Buffalo Sauce	1	21	10	5	0	0	0	0	480	0	1	0	0
Chipotle Sauce	1	62	200	140	16	2	0	0	510	13	0	11	0
Cranberry Sauce	1	50	80	0	0	0	0	0	0	21	1	15	0
Extra Virgin Olive Oil	1	10	90	90	10	1.5	0	0	0	0	0	0	0
Honey Mustard	1	43	220	180	20	3	0	15	250	9	0	9	1
Ketchup	1	14	15	0	0	0	0	0	160	4	0	3	0
Marinara Sauce	1	128	70	20	2.5	0	0	0	490	11	1	9	2
Mayo	1	14	100	100	12	2	0	10	65	0	0	0	0
Mustard	1	14	10	5	0.5	0	0	0	140	1	0	0	1
Red Wine Vinegar	1	3.5	0	0	0	0	0	0	0	0	0	0	0
Teriyaki Sauce	1	21	45	0	0	0	0	0	530	10	0	8	1
Peppercorn Dressing	1	32	110	90	9	1.5	0	10	320	3	0	1	1

Sandwich Ingredients–Spreads

Large

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Sauce	1	28	60	0	0	0	0	0	400	15	0	10	0
Blue Cheese Dressing	1	28	140	130	14	2.5	0	15	240	2	0	2	1
Buffalo Sauce	1	28	10	0	0	0	0	0	640	0	2	0	0
Chipotle Sauce	1	94	300	210	23	3.5	0	0	770	20	0	17	0
Cranberry Sauce	1	71	120	0	0	0	0	0	0	30	1	22	0
Extra Virgin Olive Oil	1	16	140	140	16	2	0	0	0	0	0	0	0
Honey Mustard	1	57	300	250	27	4	0	25	340	13	0	12	1
Ketchup	1	20	20	0	0	0	0	0	240	6	0	5	0
Marinara Sauce	1	170	90	30	3	0	0	0	660	15	1	12	2
Mayo	1	21	150	150	18	3	0	15	100	0	0	0	0

d'angelo® GRILLED SANDWICHES

NUTRITIONAL INFORMATION

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Large Spreads (cont.)													
Mustard	1	21	15	10	1	0	0	0	220	1	1	0	1 Red
Red Wine Vinegar	1	5	0	0	0	0	0	0	0	0	0	0	0
Teriyaki Sauce	1	28	60	0	0	0	0	0	710	13	0	11	1
Peppercorn Dressing	1	85	300	230	25	4	0	25	850	7	1	4	2
Grilled Topped Salads													
Chicken Caesar	1	428	710	450	51	11	0.5	110	1820	26	5	4	40
Steak Caesar	1	428	790	510	57	15	1	120	1370	26	5	4	44
Chicken Cobb	1	498	810	530	59	16	1	175	1510	25	5	19	47
Steak Cobb	1	489	880	590	65	19	1	155	990	25	5	19	49
Chicken Greek	1	640	710	500	56	13	0	105	1520	20	6	10	39
Steak Greek	1	668	840	610	68	19	0	130	1440	20	6	10	43
Fresh Entrée Salads													
Caesar	1	269	490	350	39	9	0	65	1240	24	5	7	12
Greek	1	484	520	400	45	12	0.5	40	1010	19	6	11	15
Garden/no dressing (choice)	1	168	30	0	0	0	0	0	10	6	3	4	2

All salads listed with dressings. Pokket® value not included.

d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Dressings only for Grilled Topped Salads													
Caesar	1	70	330	310	34	6	0.5	35	980	4	0	3	3
Greek	1	70	350	350	40	6	0	0	350	2	0	2	0
Honey Mustard	1	70	370	300	34	5	0	30	420	16	0	15	1
Dressings only for Fresh Entrée Salads													
Balsamic	1	57	120	100	11	1.5	0	0	440	5	0	4	0
Blue Cheese	1	57	290	260	29	5	0	30	480	5	0	4	2
Caesar	1	57	270	250	28	5	0	25	790	4	0	3	4
Creamy Italian	1	57	210	160	18	2.5	0	0	480	12	0	10	0
Greek	1	57	280	280	32	4.5	0	0	280	2	0	2	0
Honey Mustard	1	57	300	250	27	4	0	25	340	13	0	1	1
Ranch	1	57	200	180	20	3	0	20	500	2	0	1	1
Wraps													
Medium													
Buffalo Chicken	1	264	490	360	40	7	0	75	1530	13	4	5	20
Chicken Caesar	1	255	500	340	38	9	0	110	1420	14	3	4	26
Greek	1	393	390	280	31	11	0.5	45	1280	17	5	9	15
Large													
Buffalo Chicken	1	321	560	370	42	8	0	105	1750	13	4	5	31
Chicken Caesar	1	312	560	360	40	10	0	145	1630	14	3	4	37

Values listed are for one sandwich. Bread is not included in nutritional breakdown. To add bread values and/ or additional toppings, please see the Ingredients Section.

d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Hot Soups													
Cup of Soup													
Beef Stew	1	227	220	70	8	3.5	0	30	820	23	2	6	12
Broccoli Cheddar	1	227	250	170	19	11	0	60	840	12	2	3	9
Garden Vegetable	1	227	40	0	0	0	0	0	270	7	2	4	2
Lobster Bisque	1	227	360	260	29	18	0	115	820	16	1	3	8
Clam Chowder	1	227	320	160	18	10	0	60	700	31	1	1	9
Chicken Noodle	1	227	110	27	3	10	0	25	830	14	1	4	6
Bowl of Soup													
Beef Stew	1	340	330	110	12	5	0	45	1230	34	3	9	18
Broccoli Cheddar	1	340	370	260	28	16	0	90	1260	18	3	4	13
Garden Vegetable	1	340	60	5	0.5	0	0	0	400	10	3	6	3
Lobster Bisque	1	340	540	390	43	27	0	170	1230	24	1	4	12
Clam Chowder	1	340	480	240	27	15	0.5	90	1050	46	1	1	13
Chicken Noodle	1	340	160	40.5	4.5	1.5	0	35	1240	21	1	6	9
Rice & Grain Bowls													
Medium Bowl													
Steak & Cheese	1	365	730	260	29	12	0	155	800	60	1	0	55
Chicken & Cheese	1	308	510	80	9	3	0	110	870	60	1	0	45
Steak # 9	1	492	810	310	45	15	0	155	790	67	2	3	56
Chicken #9	1	436	550	90	10	3	0	110	880	67	3	4	47
Chicken Teriyaki	1	606	780	90	10	3	0	110	3010	121	4	48	50
Steak Teriyaki	1	662	1000	260	29	12	0	155	2930	121	4	48	60
BBQ Chicken	1	449	1110	460	53	16	0	200	2250	97	1	37	60
BBQ Steak	1	506	1330	630	72	26	0	250	2170	97	1	37	70
Southwestern Chicken	1	480	880	370	41	6	0	125	1580	78	4	5	48
Southwestern Steak	1	536	1100	540	60	16	0	170	1510	78	4	5	58

d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

Rice & Grain Bowls (cont'd)

Medium Bowl

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Thanksgiving	1	576	1020	310	35	8	1.5	150	1270	111	2	17	61
Steak Vermonter	1	534	1220	610	68	25	0	245	1620	72	2	11	71
Chicken Vermonter	1	478	1000	440	49	15	0	200	1700	72	2	11	61
Steak Korean	1	516	1000	320	36	13	0	180	1880	107	3	36	59
Chicken Korean	1	459	780	150	16	4	0	130	1960	107	3	36	49
Steak Bomb	1	544	980	390	43	20	0	215	1610	69	3	4	74
Chicken Bomb	1	487	760	220	24	10	0	165	1690	69	3	4	65
Double Peppercorn Steak	1	515	940	430	48	16	0	180	1460	70	2	6	59
Double Peppercorn Chicken	1	458	720	260	29	6	0	130	1540	70	2	6	49
Cheeseburger	1	337	860	420	46	19	0	165	280	60	0	0	48
Pastrami & Swiss	1	288	850	440	49	21	0	180	2070	62	1	0	46

Large Bowl

Steak & Cheese	1	461	880	340	38	17	0	210	1060	60	1	0	71
Chicken & Cheese	1	404	610	120	13	4	0	155	1240	60	1	0	61
Steak # 9	1	631	930	340	38	17	0	210	1070	70	3	4	74
Chicken #9	1	575	660	120	13	4	0	155	1240	70	3	5	64
Chicken Teriyaki	1	767	920	130	14	4	0	16-	3800	133	5	57	67
Steak Teriyaki	1	824	1200	350	39	17	0	210	3620	133	5	57	77
BBQ Chicken	1	573	1380	620	71	21	0	270	2910	103	1	43	79
BBQ Steak	1	629	1650	840	96	33	0	325	2730	103	1	43	89
SW Chicken	1	661	1180	550	61	9	0	180	2300	88	7	8	66
SW Steak	1	718	1460	780	86	22	0	235	2130	88	7	8	76
Thanksgiving	1	699	1250	390	45	10	2	155	1360	128	2	24	79
Steak Vermonter	1	697	1530	820	91	33	0	325	2160	77	3	15	93
Chicken Vermonter	1	640	1260	590	66	21	0	275	2340	77	3	15	83
Steak Korean	1	702	1290	470	53	19	0	225	2500	121	5	49	76
Chicken Korean	1	645	1010	250	28	6	0	170	2680	121	5	49	66

d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

Rice & Grain Bowls (cont'd)

Large Bowl

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Steak Bomb	1	700	1210	520	58	26	0.5	285	2150	72	3	5	97
Chicken Bomb	1	643	940	290	33	14	0.5	230	2320	72	3	5	88
Double Peppercorn Steak	1	661	1210	570	63	21	0	235	1920	72	3	6	75
Doubel Peppercorn Chicken	1	603	930	350	39	8	0	180	2100	71	3	6	65
Cheeseburger	1	412	1040	550	61	25	0	220	330	60	0	0	61
Pastrami & Swiss	1	359	1050	590	68	28	0	245	2750	63	1	0	59

1 Pound

Steak & Cheese	1	575	1080	450	50	22	0	275	1360	60	1	0	91
Chicken & Cheese	1	575	790	170	19	6	0	250	1880	60	1	0	93
Steak # 9	1	745	1120	450	50	22	0	275	1370	70	3	4	94
Chicken #9	1	745	840	180	19	6	0	250	1890	70	3	5	95
Chicken Teriyaki	1	937	1110	180	20	6	0	250	4450	133	5	57	99
Steak Teriyaki	1	937	1390	450	50	22	0	275	3920	133	5	57	98
BBQ Chicken	1	743	1560	670	77	22	0	365	3550	103	1	43	111
BBQ Steak	1	743	1840	950	108	38	0	390	3030	103	1	43	109
SW Chicken	1	831	1360	610	67	11	0	270	2950	88	7	8	98
SW Steak	1	831	1650	880	98	27	0	300	2430	88	7	8	97
Steak Vermonter	1	810	1730	920	103	38	0	395	2470	77	3	15	114
Chicken Vermonter	1	810	1440	650	72	22	0	365	2990	77	3	15	115
Steak Korean	1	816	1480	580	64	24	0	290	2810	121	5	49	97
Chicken Korean	1	816	1190	300	34	8	0	260	3330	121	5	4	98
Steak Bomb	1	813	1400	620	69	31	0.5	350	2450	72	3	5	118
Chicken Bomb	1	813	1120	350	39	15	0.5	325	2970	72	3	5	119
Double Peppercorn Steak	1	775	1400	680	75	26	0	300	2220	72	3	6	96
Doubel Peppercorn Chicken	1	773	1110	400	45	10	0	270	2740	71	3	6	97
Cheeseburger	1	563	1410	810	90	37	0	325	440	60	0	0	87
Pastrami & Swiss	1	586	1610	1020	114	47	0	425	5390	67	1	0	96

d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

Lobster

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Lobster , Small sub	1	142	250	170	20	3.5	0	150	550	1	0	1	17
Lobster , Medium sub	1	213	370	250	30	5	0	225	820	1	0	1	26
Lobster , Large sub	1	283	490	340	41	7	0	295	1100	2	1	1	35
Lobster, Roll (includes roll) Sm.	1	198	410	260	30	3.5	0	150	860	31	1	5	22
Lobster, Roll (includes roll) Med.	1	255	530	340	40	5	0	225	1130	31	1	5	31
Lobster, Roll (includes roll) Lge.	1	312	650	430	50	7	0	295	1400	31	1	5	40
Lobster BLT Small Sub	1	162	340	230	27	6	0	180	870	1	0	1	23
Lobster BLT Medium Sub	1	243	510	350	41	10	0	270	1300	1	0	1	35
Lobster BLT Large Sub	1	323	670	460	55	13	0	355	1740	2	1	1	47
Lobster Roll - Roll itself	1	57	160	90	10	0	0	0	310	30	1	4	5
Add Lobster to a salad	1	113	240	170	20	3.5	0	150	550	0	0	0	17

Values listed are for one sandwich. Bread is not included in nutritional breakdown (Except for Lobster Roll). To add bread values and/or additional toppings, please see the Sandwich Ingredient section.

Salads - Catering

Garden Salad	10	128	80	30	3.5	0.5	0	0	120	11	2	2	2
Caesar Salad	10	78	70	25	3	1.5	0	5	180	7	2	1	4
Chicken Caesar Salad	10	106	100	35	4	1.5	0	20	290	7	2	1	9
Greek Salad	10	169	90	50	6	2.5	0	15	320	7	3	3	6
Chicken Cobb Salad	10	158	120	50	6	2.5	0	40	270	5	2	2	13

d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Dressings - Catering													
Balsamic	10	57	120	100	11	1.5	0	0	440	5	0	4	0
Blue Cheese	10	57	290	260	29	5	0	30	480	5	0	4	2
Caesar	10	57	270	250	28	5	0	25	790	4	0	3	4
Creamy Italian	10	57	210	160	18	2.5	0	0	480	12	0	10	0
Greek	10	57	280	280	32	4.5	0	0	280	2	0	2	0
Honey Mustard	10	57	300	250	27	4	0	25	340	13	0	1	1
Ranch	10	57	200	180	20	3	0	20	500	2	0	1	1
Soups - Catering													
Beef Stew	5	181	180	60	6	3	0	25	660	18	2	5	10
Chicken Noodle	5	181	90	20	2.5	1	0	20	660	11	1	3	5
Clam Chowder	5	181	260	130	14	8	0	50	560	25	1	1	7
Lobster Bisque	5	181	290	210	23	14	0	90	660	13	1	2	6
Garden Veggie	5	181	30	5	0	0	0	0	220	6	2	3	2
Broccoli Cheddar	5	181	200	140	15	9	0	50	670	10	2	2	7
Sandwich Boxes - Catering													
Deli Sandiwch Box	10	294	610	290	34	8	0	85	1280	47	1	5	32
Grilled Sandwich Box	10	326	540	185	21	8	0	100	1120	48	1	6	39
Specialty Wrap Box	10	405	810	410	46	12	0	120	1790	57	3	5	32
Lobster Roll Sandwich Box	10	198	410	260	30	3.5	0	150	860	31	0	5	22
Lunch Boxes - Catering													
Deli Sandwiches													
Turkey & Cheese	1	221	280	120	14	3	0	95	220	3	1	2	34
Tuna Salad	1	196	430	360	43	7	0	60	480	2	1	2	15
Ham & Cheese	1	191	210	140	16	3.5	0	50	1020	4	1	3	15
Chicken Salad	1	213	530	420	51	9	0	125	640	2	1	2	23
Italian Toasted	1	240	580	420	47	16	0	115	1860	9	2	3	29

d'angelo GRILLED SANDWICHES

NUTRITIONAL INFORMATION

	Servings	Per Serving (g)	Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Wraps													
Chicken Caesar Salad Wrap	1	255	500	340	38	9	0	110	1420	14	3	4	26
Caesar Salad Wrap	1	184	470	350	39	10	0	90	1240	19	3	4	13
Turkey Club Wrap	1	310	510	310	36	9	0	150	690	5	2	2	43
Greek	1	393	390	280	31	11	0.5	45	1280	17	5	9	15
Bread Options													
Italian Sub	1	84	230	20	2.5	1	0	0	460	43	2	3	8
Wheat Wrap	1	94	240	50	6	1.5	0	0	330	39	4	8	8
Tortilla Wrap	1	94	250	50	6	1.5	0	0	330	42	1	0	7
Rice & Grain Bowls - Catering													
Chicken Teriyaki	6	377	500	60	7	2	0	75	2000	77	2	28	33
Steak Number 9	6	328	540	210	23	10	0	100	520	45	1	2	37
Southwestern Chicken	6	323	590	250	27	4.5	0	85	1090	52	3	4	32
BBQ Chicken	6	300	740	310	35	11	0	135	1500	65	0	25	40
Desserts - Catering													
Brownie Platter	10	99	360	140	16	4.5	0	0	220	44	0	21	6
Cookie Platter	10	85	350	68	7	5	0	15	240	50	2	20	2
Cookie & Brownie Platter	10	92	360	104	12	5	0	10	23	47	1	20	4
Whoopie Pie Platter	10	113	440	198	22	5	0	55	300	57	0	40	5
Whoppie Pie & Cookie Combo	10	99	400	132	15	5	0	35	270	54	1	30	4
Whoopie Pie & Brownie Combo	10	106	400	169	19	5	0	30	260	51	0	31	5

Great Divide - Great Divides are equivalent to 4 Medium Sandwiches. Refer to Medium Sandwich calories to determine Nutritional Content.

d'angelo®
GRILLED SANDWICHES

NUTRITIONAL INFORMATION

Ingredients

American Cheese Skim Milk, American cheese, (Milk, Cheese Cultures, Salt, Enzymes,). Palm oil, Casein (Milk Protein), Modified Food Starch, Sodium Citrate, Natural Flavor, Whey, Citric Acid, Sorbic Acid, (as a preservative), Annatto and Turmeric (color), Lecithin (Soy). Allergens: Milk, Soy.

Bacon Cured with water, salt, sugar, smoked flavoring, sodium phosphate, sodium erythorbate, sodium nitrite.

Balsamic Vinaigrette Water, vinegar, (balsamic distilled), soybean oil, olive oil, sugar, salt. Contains 2% or less: garlic spices, rice starch, xanthan gum, red bell pepper, onion, calcium disodium EDTA as a preservative. Allergen: Soy

Barbecue Sauce Tomato paste, high fructose corn syrup, water, corn syrup, distilled vinegar, molasses, salt, mustard bran, natural hickory smoke flavor, spices, onion powder, garlic powder, sodium benzoate, sugar, caramel color, natural flavor.

Bell Peppers

Black Forest Ham Caramel color added, cured with water, salt, potassium lactate, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrate.

Black Bean & Corn Salad Flame roasted sweet corn, cooked black beans (black beans, water), tomato, onion . green bell pepper, red bell pepper, contains: less than 2% of : brown sugar . Citric acid . Dehydrated vegetables (dehydrated onion, dehydrated bell pepper, dehydrated garlic), lime juice powder (lime juice concentrate . Modified food starch, maltodextrin, citric acid), natural flavor (including grill flavor and smoke flavor). Olive oil, salt, spices, sugar, yeast extract.

Blue Cheese Dressing Soybean oil, vinegar, blue cheese (milk, cheese cultures, salt), corn syrup, egg yolk, water, salt, spices, propylene glycol alginate, onion, xanthan gum, garlic, dextrose, caramel, natural flavor. Allergens: Soy, Milk, Egg

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NUTRITIONAL INFORMATION

Broccoli & Cheddar Cheese Soup Chicken stock (water, chicken base[chicken, salt, chicken fat, dextrose, sugar, natural flavorings, roast chicken flavor, chicken broth, tumeric]), broccoli, light cream, cheddar cheese (Pasteurized milk, cheese culture, salt, enzymes, annato and powdered cellulose to prevent caking), flour, contains 2% or less of butter(cream and salt), modified food starch, carrots, hot pepper sauce (vinegar, red pepper, salt) and black pepper. Allergens: Milk, Wheat

Buffalo Sauce Aged cayenne red peppers, vinegar, water, salt, garlic powder, xanthan gum, oleoresin paprika.

Caesar Dressing Soybean Oil, vinegar, parmesan cheese (cultured milk, salt, enzymes), corn syrup, egg yolk, contains less than 2% of: salt, anchovy paste (anchovy, salt, water), garlic, onion, spice, potassium sorbate, sodium benzoate and calcium disodium EDTA as preservatives, disodium guanylate and disodium inosinate, yeast extract, xanthan gum, citric acid, lemon juice concentrate, caramel color, red bell pepper, tumeric, sunflower oil. Allergens: Soy, Milk, Egg, Fish

Capicola Ham cured with: water, salt. Contains 2% or less of the following: sodium lactate, dextrose, spices, sodium phosphate, sodium erythorbate, flavorings, sodium nitrite.

Celery Salt Salt and celery seed.

Cheddar Cheese Sharp White Pasteurized milk, cheese cultures, salt, enzymes. Allergen: Milk

Chicken Breast Chicken. containing up to 14% solution of water, soybean oil, salt, and sodium phosphates. Allergen: Soy

Chipotle Mesquite sauce [ancho chipotle mayonnaise, tomato puree (water, tomato paste), soybean oil, brown sugar, sugar, water, vinegar, ancho chili peppers, salt, egg yolks, modified corn starch, chipotle chili pepper, spices, buttermilk, garlic powder, sour cream (cream, nonfat milk, cultures), dehydrated garlic, onion powder, lactic acid, phosphoric acid, mustard flour, xanthan gum, lemon juice. concentrate, polysorbate 60, citric acid, with sorbic acid, calcium disodium EDTA and BHA (used to protect quality), cultured nonfat milk. Allergens: Soy, Eggs

Cilantro Dried cilantro leaves.

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NUTRITIONAL INFORMATION

Classic Italian Sub Roll Enriched unbleached flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, contains less than 2% of: calcium propionate (to retard spoilage), dough conditioners (sodium stearyl lactate, calcium sulfate, canola oil, enzymes, ascorbic acid, silicone dioxide (anti-caking agent)), dextrose, salt, soybean oil, sugar, vital wheat gluten, yeast, de-germinated yellow cornmeal. Allergens: Wheat, Soy

Coarse Black Pepper Black Pepper.

Cracked Peppercorn Dressing Water, Vegetable Oil(soybean and/or canola), High Fructose Corn Syrup, Sour Cream Solids(Sour Cream [cream, non fat milk, cultures], Maltodextrin, Cultured Buttermilk, Cultures Skim Milk), Buttermilk Solids, Salt, Egg Yolk, Contains Less than 2% Of Lemon Juice Concentrate, Spice, Garlic*, Onion*, Polysorbate 60, Propelyne Glycol Alginate, Xanthan Gum, Monosodium Glutamate, Lactic Acid, Natural Flavor, Sour Cream Powder, Maltodextrin, Milk, Whey, Potassium Sorbate (Preservative), Vinegar, Modified Food Starch. *Dried. Allergens: Egg, Milk

Cranberry Sauce Cranberries, high fructose corn syrup, water, corn syrup.

Croutons High protein wheat flour, rye flour, soy oil, water, rye meal, garlic, salt, yeast, caramel color, caraway, ascorbic acid, citric acid, soy lecithin. Allergens: Wheat, Soy

Feta Cheese Pasteurized part skim milk, salt, enzymes, calcium chloride. Allergen: Milk

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NUTRITIONAL INFORMATION

Genoa Salami Pork, beef, salt, water, corn syrup, dextrose, sugar, wine, flavorings, sodium erythorbate, sodium nitrite, lactic acid starter culture, sodium nitrite, garlic.

Grated Parmesan Cheese Pasteurized part skim milk, salt, cheese culture, enzymes, (potato starch and powdered cellulose [to prevent caking], natamycin [a natural mold inhibitor]). Allergen: Milk

Greek Dressing Soybean oil, water, vinegar (cider, red wine), contains less than 2% of parmesan cheese (cultured milk, salt, enzymes), salt, sugar, garlic, onion, spice, xanthan gum, maltodexterin, lemon juice concentrate, yeast extract, natural flavor, propylene glycol alginate, sunflower oil. Allergens: Soy, Milk

Hamburger 100% fresh beef: chuck, round, sirloin blend.

Hearty Garden Vegetable Soup Water, tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), onions, mushrooms, zucchini squash, yellow squash, carrots, celery, green beans, cauliflower, green bell peppers, broccoli, red bell peppers, tomato paste (tomatoes, salt, citric acid), vegetable base (sauteed vegetables [carrots, celery, onion, corn oil], sugar, maltodextrin, salt, corn starch, yeast extract), parsley, olive oil, garlic in oil (garlic, soybean oil, phosphoric acid acidifying agent), sugar salt and spices. Allergen: Soy

Honey Mustard Dressing Soybean oil, corn syrup, vinegar, dijon mustard (distilled vinegar and water, mustard seed, salt, white wine, citric acid, tartaric acid, spices), honey, egg yolk, prepared mustard (water, vinegar, mustard seed, salt, tumeric, spices) Contains 2% or less: sugar, salt, water, sodium benzoate, calcium disodium EDTA as preservatives, spice, natural flavor, annato. Allergens: Soy, Egg

Honey Wheat Wrap Whole wheat,water, unbleached unbromated enriched wheat flour (Niacin [vitamin B3] Reduced Iron, Thiamine mononitrate [vitamin B1], Riboflavin [Vitamin B2], Folic acid [Vitamin B9]) Malted barley flour, honey, soy oil, high fructose corn syrup, wheat, sunflower oil, salt, sugar, mono-digycerides, sodium bicarbonate, sodium acid pyrophospate, calcium propionate (preservative), sodium aluminum sulfate, fumaric acid, sodium stearoyl lactylate (SSL), potassium sorbate, guar gum, sodium metabisulfate. Allergens: Wheat, Soy

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NUTRITIONAL INFORMATION

Hot Dog Roll-Long Enriched wheat flour, (flour, malted barley flour, reduced iron, niacin, thiamine mononitrate, (Vitamin B1), riboflavin (Vitamin B2), folic acid, water, high fructose corn syrup, yeast, wheat gluten, soybean oil, salt, calcium propionate(preservative), monoglycerides, DATEM, grain vinegar, calcium sulphate, citric acid, potassium iodate, soy lecithin Allergens: Wheat, Soy

Hot Peppers Peppers, water, distilled vinegar, salt, calcium chloride, xanthan gum, guar gum, sodium benzoate (preservative), oleoresin of paprika, oleoresin.

Italian Romano Dressing Soybean oil, vinegar, water, corn syrup, Romano cheese (cultured milk, salt, enzymes), salt, contains less than 2% of: Sugar, garlic, xanthan gum, onion, lemon juice concentrate, red bell pepper, dextrose, spice, paprika, annatto. Allergens: Soy, Milk

Korean Barbeque Sauce Spicy Red Chili Sauce High fructose corn syrup, distilled vinegar, aged cayenne pepper, water, modified food starch, salt, sugar, contains less that 2 % Sriracha Chili sauce(red chili, white vinegar, sugar, salt, garlic, acetic acid, lactic acid, red chili powder, Xanthan gun)., Red bell peppers, Garlic, Wheat, Soybeans, Vegetable oil(Soybean and/or Canola, Chicken base, Chicken meat including Natural Chicken Juices, Salt, sugar, chicken fat, hydrolyzed Proteins(Corn and Wheat Gluten, Soy), Dried Whey(Dairy), Maltodextrin, Natural Flavors, Partially Hydrogenated Cottonseed and soybean oil, corn oil, disodium extractives of tumeric and Annato, Spice, Chile del Arbol pepper, Potassium, Sodium Sorbate, Sodium Benzoates, Sodium metabysulphate as preservatives, Xanthan gum, paprika. Allergens: Milk, Wheat, Soy

Ketchup Tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring.

Lettuce Romaine.

Lobster 100% lobster meat; mayonnaise (Soybean oil, egg yolks, distilled vinegar, corn syrup, water, salt, spice and lemon juice concentrate, calcium disodium EDTA added to protect flavor. Allergens: Soy, Egg, Shellfish

Maine Lobster Bisque Light cream, water, lobster meat, butter (cream, salt), sherry wine, flour (wheat flour, malted barley, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid,), clam broth, modified food starch, tomato paste, chicken base (chicken, salt, chicken fat, dextrose, sugar, natural flavorings, roast chicken flavor, chicken broth, turmeric), lobster flavor (lobster, salt and deactivated codfish enzyme), and sugar. Allergens: Milk, Wheat, Shellfish, Fish

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NUTRITIONAL INFORMATION

Marinara Tomatoes, crushed tomatoes (water, concentrated crushed tomatoes), corn oil, corn syrup, onions, salt, garlic, spices, xanthan gum, oleoresin capsicum, citric acid.

Mayonnaise Soybean oil, egg yolks, distilled vinegar, corn syrup, water, salt, spice and lemon juice concentrate, calcium disodium EDTA added to protect flavor. Allergens: Soy, Egg

Meatballs Pork, Beef, Water, Soy Protein Concentrate, Seasoning (nonfat dry milk, salt, granulated onion and garlic, spices, sodium phosphate, caramel color, parsley flakes, silicon dioxide), Egg Whites, Breadcrumbs (unbleached wheat flour, salt, yeast), Romano Cheese (Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Soy Lecithin. Allergens: Wheat, Egg, Soy, Milk

Mortadella Pork, pork fat, water, beef hearts, salt, flavorings hydrolyzed soy protein & hydrolyzed whey protein), corn syrup, spices, sugar, dextrose, sodium erythorbate, garlic, sodium nitrite. Allergens: Milk, Soy

Mushrooms White mushrooms.

New England Beef Stew Beef Stock (water, beef base; beef, salt, sugar, dextrose, corn oil, flavorings, beef broth, dried whey, caramel color) Angus Beef, carrots, potatoes (sodium acid pyrophosphate added to maintain color), peas, pearl onions, burgundy wine (contains sulfites) celery, butter (cream, salt) flour (wheat flour), tomato paste (tomatoes, water, citric acid) modified corn starch, soybean oil, worcestershire sauce (water, vinegar, molasses, corn sweeteners, anchovies, natural flavorings, tamarinds, fresh onions, salt, garlic, eschalots, cloves, chili peppers, hydrolyzed soy and corn protein) sugar, red wine vinegar, garlic, sugar, parsley, caramel color and spices. Allergens: Wheat, Milk, Soy, Fish

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NUTRITIONAL INFORMATION

New England Clam Chowder Light cream, water, clam meat, potatoes (sodium acid pyrophosphate added to maintain color), onions, butter (cream, salt), clam base (clams, salt, clam broth, sugar, potato flour, maltodexterin, autolysed yeast extract, onion powder, codfish powder, spice), modified food starch, flour, concentrated clam broth, salt, spices. Allergens: Milk, Shellfish, Fish, Wheat

Oil 100% Extra Virgin Olive Oil

Olives California ripe Olives, water, salt, ferrous gluconate (to stabilize color).

Pastrami Beef; contains up to a 10% solution of water, salt, sodium phosphate, dextrose, flavorings. Coated with caramel coloring and flavorings.

Pepper Mix Prepared from mature field mixed bell peppers.

Pepperoni Slices Pork, beef, salt, dextrose, water, spices, corn syrup, paprika, oleoresin of paprika, sodium erythorbate, flavorings, starter culture, sodium nitrite.

Pickles Fresh Cucumbers, water, vinegar, salt, spices, calcium chloride, sodium benzoate, FD&C yellow #5, polysorbate 80.

Pineapple Tidbits Pineapple, water, sugar, and citric acid.

Plain Wrap Enriched Unbleached Unbromated Flour (Wheat Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2] & Folic Acid), Water, Vegetable Oil (Soy/Palm/Canola), Tortilla Dough, Additives (Salt, Calcium Propionate (Preservative) Fumaric Acid, Potassium Sorbate (Preservative), Mono- and diglycerides, Calcium Sulfate, Soybean Oil, Hydrogenated Soybean Oil, Guar Gum, Sodium Metabisulfite), Baking Powder, Anti stick Agent (Corn Starch, Hydrogenated Cottonseed Oil, Mono and Diglycerides, Guar Gum, Soybean Oil, Silicon Dioxide (Flow Aid)), Dough Softener, (Mono- and Diglycerides, Corn Starch, Wheat Flour, Soybean Oil, Silicon Dioxide (Flow Aid), Enzymes, Salt). Allergens: Soy, Wheat.

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NUTRITIONAL INFORMATION

Pokket® Bread Enriched Flour (wheat flour, malted barley, niacin, iron, potassium bromate, thiamine, mononitrate, riboflavin, folic acid), water, yeast, salt, sugar, soy flour. Allergens: Wheat, Soy

Provolone Cheese Cultured pasteurized milk, salt, enzymes, light smoke flavor. Allergen: Milk

Ranch Dressing Soybean oil, water, buttermilk, egg yolk, vinegar, Contains less than 2%: salt, monosodium glutamate, modified food starch, buttermilk solids, sugar, garlic, spices, xanthan gum, egg white, onion, citric acid, sorbic acid, calcium disodium EDTA to protect flavor, natural flavor. Allergens: Soy, Milk, Egg

Red Wine Vinegar All purpose vinegar made from grape wine, diluted with water to a uniform table strength of 5% acidity, sulfur dioxide added to wine to protect color.

Rice & Grains Blend Colusari red rice, red jasmine rice, black quinoa, green lentils and long-grain parboiled white rice

Chicken Noodle Soup Water, chicken (chicken, water, modified food starch, salt, sodium phosphate), carrots, celery, pasta (wheat, water, egg whites, niacin, iron, thiamine mononitrate, riboflavin, folic acid), onions, chicken base (chicken, salt, chicken fat, dextrose, sugar, natural flavorings, roast chicken flavor, chicken broth, tumeric), natural chicken flavors (contains soy), olive oil, guar and xanthan gum, parsley, salt and spice. Allergens: Wheat, Egg, Soy

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NUTRITIONAL INFORMATION

Sirloin Steak Beef, water, dextrose, sodium lactate, sodium phosphate, salt, hydrolyzed corn protein, yeast extract, natural flavor.

Spicy Red Chili Sauce Spicy Red Chili Sauce High fructose corn syrup, distilled vinegar, aged cayenne pepper, water, modified food starch, salt, sugar, contains less that 2 % Sriracha Chili sauce(red chili, white vinegar, sugar, salt, garlic, acetic acid, lactic acid, red chili powder, Xanthan gun)., Red bell peppers, Garlic, Wheat, Soybeans, Vegetable oil(Soybean and/or Canola, Chicken base, Chicken meat including Natural Chicken Juices, Salt, sugar, chicken fat, hydrolyzed Proteins(Corn and Wheat Gluten,Soy), Dried Whey(Dairy), Maltodextrin, Natural Flavors, Partially Hydrogenated Cottonseed and soybean oil, corn oil, disodium extractives of tumeric and Annato, Spice, Chile del Arbol pepper, Potassium, Sodium Sorbate, Sodium Benzoates, Sodium metabysulphate as preservatives, Xanthan gum, paprika. Allergens: Soy, Wheat, Milk

Sriracha Coleslaw Creamy Coleslaw cabbage, sugar, mayonnaise (soybean oil, distilled vinegar, egg yolks, corn syrup, salt, spice, oleoresin paprika, calcium disodium EDTA added to protect flavor), carrots, white vinegar, lemon juice[concentrate lemon juice (filtered water, lemon juice concentrate) sodium bisulfite, sodium benzoate, (preservatives), natural lemon oil], salt, ascorbic acid (antioxidant), sodium erythorbate (antioxidant), soybean oil, xanthan and guar gum, citric acid (antioxidant), potassium sorbate and sodium benzoate (preservative), garlic salt (garlic, salt), spice. Sriracha Chili sauce (red chili, white vinegar, sugar, salt, garlic, acetic acid, lactic acid, red chili powder, Xanthan gum). Allergens: Eggs, Soy

Stuffing Breadcrumbs (enriched wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]), distilled vinegar,contains 2% or less of: sugar, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), vegetable oil (canola, and/or soybean, sunflower oils), salt, yeast, spice extractive, yeast nutrients (ammonium chloride, calcium sulfate), dough conditioners (L-cysteine monochloride, azodicarbonamide), dehydrated vegetables (onion, celery, dried parsley, garlic), sugar, salt, spices, chicken flavoring (salt, autolyzed yeast extract, dried chicken broth, chicken fat, dextrose, corn starch, maltodextrin, natural flavors), natural flavoring, palm oil, disodium inosinate and disodium guanylate (flavor enhancers). Allergens: Wheat, Soy

Swiss Cheese Milk, cheese culture, salt, enzyme. Allergen: Milk

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NUTRITIONAL INFORMATION

Teriyaki Sauce High fructose corn syrup, soy sauce (water, wheat, soybeans, salt), sugar, vinegar (distilled, rice), modified food starch, water, contains less than 2% of: sesame seeds, soybean oil, pineapple juice concentrate, spices, salt, sodium acid, sulfate, potassium sorbate and sodium benzoate as a preservative, garlic, xanthan gum, caramel color, onion. Allergens: Soy, Wheat

Tomatoes

Tuna Salad Tuna (chunk yellowfin), water, salt, and additives (if not disallowed) Mayonnaise (Soybean oil, egg yolks, distilled vinegar, corn syrup, water, salt, spice and lemon juice concentrate, calcium disodium EDTA added to protect flavor. Allergens: Fish. Soy, Egg

Fresh Turkey Breast 100% Turkey Breast.

Turkey Gravy Corn oil (TBHQ and citric acid added to protect flavor), modified cornstarch, palm oil, wheat flour, turkey and turkey stock, dried whey, salt, yeast extract, carrots, maltodexterin, hydrolyzed corn Wheat and soy protein, less than 2% of flavors, spices, soy sauce (wheat, soybeans, salt), disodium inosinate/ disodium guanylate, tapioca, maltodexterin, dried chicken, caramel color, chicken fat, lipolyzed butter oil. Allergens: Wheat, Milk, Soy

Whoopie Pie Sugar, Unbleached Wheat Flour, Water, Palm Oil (Mono and Diglycerides, Polysorbate 60), Eggs, Corn Syrup, Soybean Oil, Cocoa (alkali), Modified Corn Starch, Whey (Milk), Wheat Gluten, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), BuBer Milk Solids, Guar Gum, Dextrose, Cream of Tarter, Pec n, Sodium Aluminum Phosphate, Propylene Glycol Esters of FaBy Acids, Soy Lecithin, Citric Acid, Sodium Lauryl.. Allergens: Wheat, Eggs, Milk & Soy. Advisory: Manufactured in a facility where milk, eggs, tree nuts, wheat, peanuts and soybeans are used.

Yellow Mustard Distilled vinegar, water, no. 1 grade mustard seed, salt, tumeric, paprika, spice, natural flavor, garlic powder.

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NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish
Toasted & Hot Sandwiches								
Small								
Italian Toasted			x	x				
Classic Veggie			x	x				
Meatball & Cheese	x		x	x				
Thanksgiving Toasted	x	x	x	x				
BLT		x		x				
Medium								
Italian Toasted			x	x				
Classic Veggie			x	x				
Meatball & Cheese	x		x	x				
Thanksgiving Toasted	x	x	x	x				
BLT		x		x				
Large								
Italian Toasted			x	x				
Classic Veggie			x	x				
Meatball & Cheese	x		x	x				
Thanksgiving Toasted	x	x	x	x				
BLT		x		x				

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NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish
Freshly Grilled Sandwiches								
All Sizes								
Chicken & Cheese			x	x				
Steak & Cheese			x	x				
Pastrami & Swiss			x					
Chicken #9			x	x				
Steak #9			x	x				
Chicken Teriyaki	x		x	x				
Steak Teriyaki	x		x	x				
BBQ Chicken Cheddar		x	x	x				
BBQ Steak Cheddar		x	x	x				
Chicken Bomb			x	x				
Steak Bomb			x					
Chicken Vermonter		x	x	x				
Steak Vermonter		x	x	x				
Korean Steak & Cheese	x	x	x	x				
Korean Chicken & Cheese	x	x	x	x				
Southwest Chicken	x	x	x	x				
Southwest Steak	x	x	x	x				
Double Peppercorn Steak		x	x	x				
Double Peppercorn Chicken		x	x	x				
Cheeseburger			x	x				

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NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish
Deli Sandwiches Small, Medium, Large								
Turkey & Cheese		x	x	x				
Tuna Salad		x		x			x	
Ham & Cheese		x	x	x				
Chicken Salad		x		x				
Italian Toasted			x	x				
Sandwich Ingredients/Bread Small, Medium, Large								
Wheat Wrap	x			x				
Tortilla Wrap	x			x				
Pocket	x			x				
Italian Sub	x			x				
Sandwich Ingredients/Meat Small, Medium, Large								
Bacon								
Black Forest Ham								
Chicken Salad		x		x				
Salami								
Tuna Salad		x		x			x	
Turkey								
Steak								
Chicken				x				

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NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish
Sandwich Ingredients/Cheese Small, Medium, Large								
American			x	x				
Provolone			x					
Swiss			x					
Vermont Cheddar			x					
Sandwich Ingredients/Toppings Small, Medium, Large								
Banana Peppers								
Bell Peppers								
Black Olives								
Cucumbers								
Hot Peppers								
Lettuce								
Mushrooms								
Pickles								
Red Onions								
Tomatoes								
White Onions								
Pineapple								

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NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish
Spreads Small, Medium, Large								
BBQ Sauce								
Blue Cheese Dressing		x	x	x				
Buffalo Sauce								
Chipotle Sauce		x		x				
Cranberry Sauce								
Extra Virgin Olive Oil								
Honey Mustard		x		x				
Ketchup								
Marinara Sauce								
Mayo		x		x				
Mustard								
Red Wine Vinegar								
Teriyaki Sauce	x			x				
Peppercorn Dressing	x	x	x	x				
Grilled Topped Salads with Dressing								
Chicken Caesar	x	x	x	x			x	
Steak Caesar	x	x	x	x			x	
Chicken Cobb		x	x	x				
Steak Cobb		x	x	x				
Chicken Greek			x	x				
Steak Greek			x	x				

All salads listed with dressings. Pokket® value not included.

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NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish
Fresh Entrée Salads with Dressing								
Caesar	x	x	x	x			x	
Greek			x	x				
Garden Salad no Dressing (choice)								
Garden								
Fresh Half Salads with Dressing								
Caesar	x	x	x				x	
Greek			x	x				
Dressings for Grilled Topped Salads								
Caesar		x	x	x			x	
Greek			x	x				
Honey Mustard		x		x				

All salads listed with dressings. Pokket® value not included.

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NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish
Dressings for Fresh Entrée Salads								
Balsamic				x				
Blue Cheese		x	x	x				
Caesar		x	x	x			x	
Creamy Italian			x	x				
Greek			x	x				
Honey Mustard		x		x				
Ranch		x	x	x				
Wraps Medium								
Buffalo Chicken	x	x	x	x				
Chicken Caesar	x	x	x	x			x	
Greek	x		x	x				
Large								
Buffalo Chicken	x	x	x	x				
Chicken Caesar	x	x	x	x			x	
Hot Soups Cup, Bowl								
Beef Stew	x		x	x			x	
Broccoli Cheddar	x		x					
Garden Vegetable				x				
Lobster Bisque	x		x				x	x
Clam Chowder	x		x				x	x
Chicken Noodle	x	x		x				

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NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish
Rice & Grain Bowls								
Medium, Large, 1 Pound								
Steak & Cheese	x		x	x				
Chicken & Cheese			x	x				
Steak # 9			x	x				
Chicken #9	x		x	x				
Chicken Teriyaki	x		x	x				
Steak Teriyaki	x		x	x				
BBQ Chicken		x	x	x				
BBQ Steak		x	x	x				
Southwestern Chicken	x	x	x	x				
Southwestern Steak	x	x	x	x				
Thanksgiving	x	x	x	x				
Steak Vermonter		x	x	x				
Chicken Vermonter		x	x	x				
Steak Korean	x	x	x	x				
Chicken Korean	x	x	x	x				
Steak Bomb	x		x					
Chicken Bomb	x		x	x				
Double Peppercorn Steak		x	x	x				
Double Peppercorn Chicken		x	x	x				
Cheeseburger			x	x				
Pastrami & Swiss			x					

d'angelo®
GRILLED SANDWICHES

NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish
Lobster								
Lobster , Small sub		x		x				x
Lobster , Medium sub		x		x				x
Lobster , Large sub		x		x				x
Lobster, Roll (includes roll) Sm.	x	x	x	x				x
Lobster, Roll (includes roll) Med.	x	x	x	x				x
Lobster, Roll (includes roll) Lge.	x	x	x	x				x
Lobster BLT Small Sub	x	x	x	x				x
Lobster BLT Medium Sub	x	x	x	x				x
Lobster BLT Large Sub	x	x	x	x				x
Lobster Roll - Roll itself	x			x				
Add Lobster to a Salad		x		x				x
Salads-Catering								
Garden Salad								
Caesar Salad	x	x	x	x			x	
Chicken Caesar Salad	x	x	x	x			x	
Greek Salad			x	x				
Chicken Cobb Salad		x	x	x				
Dressings-Catering								
Balsamic				x				
Blue Cheese		x	x	x				
Caesar		x	x	x			x	
Creamy Italian			x	x				
Greek			x	x				
Honey Mustard		x		x				
Ranch		x	x	x				

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NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish
Soups-Catering								
Beef Stew	x		x	x			x	
Chicken Noodle	x	x		x				
Clam Chowder	x		x				x	x
Lobster Bisque	x		x					x
Garden Veggie				x				
Broccoli Cheddar	x		x					
Sandwich Boxes-Catering								
Deli Sandwich Box	x	x	x	x			x	
Grilled Sandwich Box		x	x	x				
Specialty Wrap Box	x	x	x	x			x	
Lobster Roll Sandwich Box	x	x	x	x				x
Lunch Boxes-Catering								
Deli Sandwiches								
Turkey & Cheese		x	x	x				
Tuna Salad		x		x			x	
Ham & Cheese		x	x	x				
Chicken Salad		x		x				
Italian Toasted			x	x				
Lunch Boxes - Wraps								
Chicken Caesar Salad Wrap	x	x	x	x			x	
Caesar Salad Wrap	x	x	x	x			x	
Chicken Cobb Salad Wrap	x	x	x	x				
Turkey Club Wrap		x	x	x				
Lunch Box Bread Options								
Italian Sub	x			x				
Wheat Wrap	x			x				
Tortilla Wrap	x			x				

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NUTRITIONAL INFORMATION

	Wheat	Eggs	Milk	Soy	Peanuts	Tree nuts	Fish	Shellfish
Rice & Grain Bowls-Catering								
Chicken Teriyaki	x		x	x				
Steak Number 9			x	x				
Southwestern Chicken	x	x	x	x				
BBQ Chicken		x	x	x				
29" Great Divide-Catering								
Great Divides are equivalent to 4 Medium Sandwiches. Refer to Medium Sandwich calories to determine Nutritional Content.								
Desserts-Catering								
Brownie Platter	x	x	x	x				
Cookie Platter	x	x	x	x				
Cookie & Brownie Platter	x	x	x	x				
Whoopie Pie Platter	x	x	x	x	α	α		
Whoppie Pie & Cookie Combo	x	x	x	x	α	α		
Whoopie Pie & Brownie Combo	x	x	x	x	α	α		

* α = Advisory: Manufactured in a facility where milk, eggs, tree nuts, wheat, peanuts and soybeans are used.