

# Nutritional Information - Sandwiches



Menu Item	Serving Size	Nutritional Information													Additional Info							
		Calories	Carb from Fat	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Egg	Dairy	Soy	Tree Nuts	Peanuts	Fish	Shellfish
<b>Breads</b>																						
BREAD - SMALL KNOT DINNER ROLL	1 ROLL	80	10	1	0	0	0	180	13	1	1	2	X	X								
BREAD - EXTRA WIDE HOAGIE ROLL	1 ROLL	874	60	7	2	0	0	1361	171	12	9	31	X	X			X					
BREAD - BAGUETTE	1 ROLL (4.12 OZ)	260	39	4	1	0	0	700	73	8	6	14	X	X								
BREAD - CIABATTA ROLL	1 ROLL	300	0	1	0	0	0	530	42	1	1	7	X	X								
BREAD - BLACK RUSSIAN POCKET	1 POCKET (4.58 OZ)	370	0	5	1	0	40	420	69	6	18	9	X	X			X					
BREAD - WHITE OLIVE POCKET	1 POCKET (4.67 OZ)	300	0	9	3	0	10	790	44	2	0	10	X			X	X					
BREAD - WHITE ONION POCKET	1 POCKET (4.67 OZ)	350	0	4	1	0	0	440	71	5	13	9	X	X			X					
BREAD - ROSEMARY SQUARE ROLL	5 ROLL	225	45	5	1	0	0	570	38	2	0	6	X	X			X					
BREAD - RYE	1 SLICE	110	5	1	0	0	0	330	24	1	1	3	X	X								
BREAD - WHEAT	1 SLICE	100	10	2	0	0	0	180	18	3	4	5	X				X					
BREAD - ROSEMARY SQUARE SANDWICH ROLL	1 ROLL (4.48 OZ)	270	0	2	0	0	0	540	55	2	2	8	X	X								
BREAD - BRIOCHE ROLL	1 ROLL	340	90	11	6	0	30	460	51	1	12	9	X	X			X	X				
BREAD - SEEDED BRIOCHE ROLL	1 ROLL	268	93	10	3	0	73	312	36	1	0	8	X			X	X					
BREAD - BUTTER CROISSANT	1 CROISSANT (3 OZ)	300	140	16	8	0	20	370	35	1	8	6	X	X			X	X	X			
BREAD - PITA	1 PC	230	50	5	1	0	0	370	38	2	0	7	X	X								
BREAD - WHITE FLOUR TORTILLA 10"	1 PC	190	2	5	2	0	0	290	31	1	0	5	X	X					X			
<b>Hoagies</b>																						
HOAGIE - CHICKEN SALAD	1 SERVING (2 PC'S)	746	263	30	5	0	18	1009	80	6	9	37					X	X				X2
HOAGIE - GRILLED PORTABELLA	1 SERVING (2 PC'S)	735	168	28	4	0	7	1301	111	17	6	31	X			X	X					X2
HOAGIE - GRILLED VEGETABLE	1 SERVING (2 PC'S)	634	174	24	4	0	7	1009	86	12	7	20	X			X	X					X2
HOAGIE - HAM AND CHEESE	1 SERVING (2 PC'S)	672	156	17	7	0	103	2706	86	6	15	43				X	X					X2
HOAGIE - ITALIAN	1 SERVING (2 PC'S)	765	243	26	13	0	111	2643	83	6	11	47				X	X					X2
HOAGIE - MIXED CHEESE	1 SERVING (2 PC'S)	668	212	24	13	0	61	1164	80	6	6	33	X			X	X					X2
HOAGIE - ROAST BEEF	1 SERVING (2 PC'S)	604	93	11	3	0	107	1507	76	6	5	51				X	X					X2
HOAGIE - TUNA	1 SERVING (2 PC'S)	687	223	25	4	0	50	1130	77	6	5	38				X	X					X2
HOAGIE - TURKEY	1 SERVING (2 PC'S)	551	40	4	1	0	80	1801	82	6	10	43				X	X					X2
<b>Hot Sandwiches</b>																						
HOT SANDWICH - CHICKEN WITH CHEDDAR	1 HOT SANDWICH	797	323	36	9	0	186	1101	50	2	5	59					X	X	X			
HOT SANDWICH - TAVERN HAM WITH ASIAGO CHEESE	1 HOT SANDWICH	598	156	21	8	0	106	3206	56	2	12	40					X	X	X			
HOT SANDWICH - TURKEY AND SWISS	1 HOT SANDWICH	627	218	26	7	0	116	2125	50	1	7	45					X	X	X			
HOT SANDWICH - TUSCAN BROCCOLI	1 HOT SANDWICH	488	108	19	8	0	24	1173	59	9	6	23					X	X	X			
<b>Mini Sandwiches</b>																						
MINI - CHICKEN SALAD	1 MINI SANDWICH	183	77	9	1	0	5	296	14	1	2	9					X					
MINI - GRILLED PORTABELLA	1 MINI SANDWICH	96	13	1	0	0	0	185	20	2	1	4	X	X								
MINI - GRILLED VEGGIE	1 MINI SANDWICH	84	37	5	1	0	2	161	6	2	1	2	X			X						
MINI - HAM AND CHEESE	1 MINI SANDWICH	172	54	6	2	0	31	779	16	1	4	11				X	X	X				
MINI - ROAST BEEF	1 MINI SANDWICH	183	69	8	1	0	32	482	14	1	1	13				X	X	X				
MINI - TUNA	1 MINI SANDWICH	186	87	10	1	0	4	372	13	1	1	8				X						X
MINI - TURKEY	1 MINI SANDWICH	173	53	6	1	0	25	619	15	1	3	10				X	X	X				
MINI - CHICKEN SALAD	1 MINI SANDWICH	183	77	9	1	0	5	296	14	1	2	9				X						
MINI - GRILLED PORTABELLA	1 MINI SANDWICH	96	13	1	0	0	0	185	20	2	1	4	X	X								
MINI - GRILLED VEGGIE	1 MINI SANDWICH	84	37	5	1	0	2	161	6	2	1	2	X			X						
MINI - HAM AND CHEESE	1 MINI SANDWICH	172	54	6	2	0	31	779	16	1	4	11				X	X	X				
MINI - ROAST BEEF	1 MINI SANDWICH	183	69	8	1	0	32	482	14	1	1	13				X	X	X				
MINI - TUNA	1 MINI SANDWICH	186	87	10	1	0	4	372	13	1	1	8				X						X
MINI - TURKEY	1 MINI SANDWICH	173	53	6	1	0	25	619	15	1	3	10				X	X	X				
DELUXE MINI - BLACK FOREST HAM WITH BRIE	1 MINI SANDWICH	198	68	8	3	0	40	932	16	1	4	13				X						
DELUXE MINI - SMOKED SALMON AND CUCUMBER	1 MINI SANDWICH	108	34	4	1	0	13	376	11	1	2	9				X						
DELUXE MINI - CURRIED CHICKEN SALAD	1 MINI SANDWICH	211	59	6	0	0	56	239	22	2	3	18				X	X	X				CONTAINS SALMON
DELUXE MINI - GRILLED VEGETABLE	1 MINI SANDWICH	68	23	3	1	0	1	97	8	1	1	1	X			X	X	X				
DELUXE MINI - NISCOISE EGG SALAD	1 MINI SANDWICH	250	135	15	3	0	214	556	15	1	2	9	X	X		X	X	X				
DELUXE MINI - NISCOISE TUNA SALAD	1 MINI SANDWICH	266	105	14	1	0	19	1020	14	1	1	11				X						CONTAINS TUNA
DELUXE MINI - ROAST BEEF DELUXE	1 MINI SANDWICH	172	53	6	1	0	36	502	14	1	1	14				X	X	X				
DELUXE MINI - TURKEY	1 MINI SANDWICH	177	46	5	0	0	28	655	17	2	4	12				X	X	X				
DELUXE MINI - TARRAGON CHICKEN SALAD	1 MINI SANDWICH	222	78	9	1	0	57	327	13	1	1	18				X	X	X				
<b>Paninis</b>																						
PANINI - BBQ CHICKEN	2 PIECES	786	294	33	16	0	197	1254	55	3	16	62					X					
PANINI - BBQ ROAST BEEF	2 PIECES	755	309	34	18	0	165	1955	53	2	14	56					X					
PANINI - BUFFALO CHICKEN	2 PIECES	758	313	34	17	0	186	1956	43	2	3	64					X					
PANINI - GRILLED VEGETABLE	2 PIECES	658	261	35	15	0	49	1363	54	10	4	34	X			X						
PANINI - ITALIAN GRILLED CHEESE	2 PIECES	575	263	31	14	0	54	1209	48	4	4	28	X			X						
PANINI - JERK VEGETABLE CUBANO	2 PIECES	562	249	28	14	0	65	687	52	5	6	29	X			X						
PANINI - MUFFULETTA	2 PIECES	695	323	35	17	0	125	2647	47	2	8	46				X						
PANINI PASTRAMI RUBEN	2 PIECES	735	323	35	16	0	258	1659	49	3	4	59				X	X	X				
PANINI SOUTHWEST CHICKEN	2 PIECES	867	406	45	18	0	215	1123	41	3	4	66				X	X	X				
PANINI THE OAKWICH	2 PIECES	869	430	48	28	0	113	2576	58	5	2	51				X	X	X				
PANINI TURKEY CLUBANO	2 PIECES	804	385	43	17	0	153	2458	48	2	4	56				X	X	X				
PANINI TURKEY & SPINACH	2 PIECES	758	332	37	16	0	130	2352	47	4	5	56				X	X	X				
<b>Deli Sandwiches</b>																						
CHEESE AND ROASTED VEGETABLE SANDWICH	1 SANDWICH	436	121	25	8	0	32	1105	31	9	0	22	X			X	X	X				
CHICKEN SALAD SANDWICH	1 SANDWICH	643	362	41	12	0	37	755	40	2	13	28				X	X	X	X			
GRILLED CHICKEN SANDWICH	1 SANDWICH	570	135	16	6	0	165	530	52	1	13	49				X	X	X				
GRILLED PORTABELLA SANDWICH	1 SANDWICH	518	140	23	3	0	5	1024	70	10	5	20	X			X						X1
GRILLED VEGETABLE SANDWICH	1 SANDWICH	322	107	13	2	0	5	708	45	2	3	7				X	X	X				
HAM AND SWISS	1 SANDWICH	5																				