



	Calories	Calories from Fat	Total Fat (g)	Total Fat (% of DV*)	Saturated Fat (g)	Saturated Fat (% of DV*)	Cholesterol (mg)	Cholesterol (% of DV*)	Sodium (mg)	Sodium (% of DV*)	Carbs (g)	Carbs (% of DV*)	Dietary Fiber (g)	Dietary Fiber (% of DV*)	Sugars (g)	Protein (g)	Vitamin A (% of DV*)	Vitamin C (% of DV*)	Calcium (% of DV*)	Iron (% of DV*)
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Sandwiches: served on toasted 7" roll and topped w/ lettuce, tomato, pickle & onion (additional toppings nutritional values listed below)																				
turkey	389	50	5	8%	1	5%	42	13%	1490	61%	55	18%	7	26%	4	29	8%	8%	11%	15%
italiano	592	270	30	46%	11	56%	69	23%	1890	78%	53	17%	7	27%	3	26	4%	4%	10%	14%
ham	452	111	13	19%	4	20%	59	20%	1801	76%	54	18%	7	26%	3	28	4%	4%	11%	15%
kitchen sink	475	135	15	23%	6	26%	60	21%	1772	74%	55	19%	7	27%	3	31	4%	4%	10%	16%
roast beef	398	56	6	9%	3	11%	41	15%	1469	59%	54	18%	7	26%	4	31	4%	4%	10%	21%
meatball	632	278	32	49%	13	59%	98	38%	1122	48%	65	24%	10	36%	6	36	6%	12%	17%	27%
piezzano	552	223	24	37%	11	56%	69	23%	1890	78%	53	17%	7	27%	3	26	4%	4%	11%	15%
tuna	501	147	17	26%	4	20%	40	13%	1110	46%	55	19%	7	27%	3	37	4%	4%	11%	16%
kc bbq chicken	448	98	9	14%	4	20%	48	16%	1180	49%	60	21%	7	25%	5	27	5%	6%	11%	15%
veggie	442	101	8	15%	5	23%	32	10%	782	31%	53	17%	8	29%	3	23	12%	5%	41%	9%
veggie-bell	451	102	8	15%	5	23%	32	10%	791	32%	53	17%	9	39%	3	23	17%	22%	41%	9%
pb & j	520	155	17	26%	3	15%	0	0%	610	25%	79	26%	4	16%	24	15	0%	20%	4%	19%
toppings:																				
mayo	90	90	10	17%	2	8%	10	3%	70	3%	0	0%	0	0%	0	0	0%	0%	0%	0%
mustard	16	9	1	2%	0	0%	0	0%	198	9%	1	1%	0	0%	0	1	0%	0%	1%	1%
hot peppers	28	25	2	3%	1	3%	0	0%	120	6%	1	1%	0	0%	1	0	1%	0%	0%	0%
extras:																				
bacon (1oz)	190	126	14	22%	6	30%	10	4%	480	20%	0	0%	0	0%	0	8	0%	0%	0%	0%
avocado (2oz)	90	81	9	14%	2	8%	0	0%	5	0%	3	1%	2	8%	0	1	6%	6%	0%	4%
cheese	75	45	5	8%	4	19%	15	5%	98	4%	0	0%	0	0%	0	5	3%	0%	19%	0%
white roll only	230	20	2	3%	0	0%	0	0%	460	19%	45	15%	2	8%	1	8	0%	0%	4%	15%
wheat roll only	230	20	2	3%	0	0%	0	0%	350	15%	44	15%	3	12%	1	8	0%	0%	6%	15%

Soups: our soups rotate weekly and we are updating the nutritional information, please check back soon

Breakfast Fare (breakfast sandwiches are custom built, with the components below, to your specifications)

egg (1cup)	117	4	0	0%	0	0%	0	0%	400	17%	2	1%	0	0%	2	26	0%	0%	2%	2%
sausage patty	160	144	16	25%	6	30%	30	10%	280	12%	0	0%	0	0%	0	6	0%	0%	0%	2%
bacon (1oz)	190	126	14	22%	6	30%	10	4%	480	20%	0	0%	0	0%	0	8	0%	0%	0%	0%
ham	120	63	7	11%	2.5	12%	50	17%	1070	45%	1	0%	0	0%	1	13	0%	0%	0%	2%
cheese	75	45	5	8%	4	19%	15	5%	98	4%	0	0%	0	0%	0	5	3%	0%	19%	0%
white roll	115	10	1	2%	0	0%	0	0%	230	10%	22.5	8%	1	4%	0.5	4	0%	0%	2%	8%
wheat roll	115	10	1	2%	0	0%	0	0%	175	8%	22	8%	1.5	6%	0.5	4	0%	0%	3%	8%
buttermilk biscuit	240	90	10	15%	3	15%	0	0%	700	29%	32	11%	1	4%	1	4	0%	0%	6%	8%
bagel	230	9	1	2%	0	0%	0	0%	340	14%	47	16%	2	8%	4	8	0%	0%	10%	15%
cream cheese (2tbsp)	100	90	10	15%	7	35%	30	10%	105	4%	2	1%	0	0%	2	2	6%	0%	2%	0%
peanut butter (2tbsp)	190	135	15	23%	3	15%	0	0%	150	6%	8	3%	2	8%	3	7	0%	0%	0%	4%
strawberry jam (2tbsp)	100	0	0	0%	0	0%	0	0%	0	0%	26	8%	0	0%	0	0	0%	20%	0%	0%
Sweets																				
chocolate chip cookie	390	171	19	29%	7	35%	30	10%	250	10%	53	18%	2	8%	32	4	6%	0%	6%	15%
oatmeal raisin cookie	370	144	16	25%	5	22%	15	5%	280	12%	53	18%	2	8%	29	4	6%	0%	6%	10%
s'mores cookie	340	126	14	22%	7	35%	20	6%	260	10%	48	16%	2	8%	30	4	12%	0%	0%	12%
vanilla shake	386	179	20	31%	12	58%	73	24%	160	9%	24	15%	0	0%	31	9	15%	1%	35%	0%
vanilla yogurt shake	311	21.5	2.5	4%	1.5	8%	10	4%	147	9%	58.5	20%	0	0%	36	12	5%	1%	40%	0%
chocolate shake	486	179	20	31%	12	58%	73	24%	167.5	10%	36	19%	0	0%	41	10	15%	1%	35%	0%
chocolate yogurt shake	411	21.5	2.5	4%	1.5	8%	10	4%	154.5	10%	70.5	24%	0	0%	46	13	5%	1%	40%	0%
banana shake	436	181	21	32%	13	59%	73	24%	161	9%	37	19%	2	6%	38	10	16%	9%	36%	1%
banana yogurt shake	361	24	4	5%	3	9%	10	4%	148	9%	72	24%	2	6%	43	13	6%	9%	41%	1%
strawberry shake	484	180	20	32%	12	58%	73	24%	164	9%	49	23%	2	7%	55	10	16%	71%	37%	3%
strawberry yogurt shake	409	23	3	5%	2	8%	10	4%	151	9%	84	28%	2	7%	60	13	6%	71%	42%	3%
oreo shake	451	202	23	39%	13	66%	73	24%	290	14%	43	21%	1	3%	42	10	15%	1%	35%	8%
oreo yogurt shake	376	44	5	12%	3	16%	10	4%	277	14%	77.5	26%	1	3%	47	13	5%	1%	40%	8%
coffee shake	476	179	20	31%	12	58%	73	24%	173	10%	46	23%	0	0%	48	9	15%	1%	35%	0%
coffee yogurt shake	401	21.5	2.5	4%	1.5	8%	10	4%	160	10%	80.5	28%	0	0%	53	12	5%	1%	40%	0%
mocha shake	511	202	23	34%	14	70%	73	24%	92.5	7%	55	19%	0	0%	49	10	5%	1%	23%	0%
mocha yogurt shake	501	21.5	2.5	4%	1.5	8%	10	4%	167.5	11%	92.5	32%	0	0%	63	13	5%	1%	40%	0%
mudpie shake	576	224	25	42%	16	78%	73	24%	222.5	12%	74	25%	1	3%	60	11	5%	1%	23%	8%
mudpie yogurt shake	505	22.5	2.5	8%	1.5	8%	0	0%	287.5	12%	106	36%	1	3%	68	10	0%	0%	25%	8%
add malt (1 tbsp)	30	7	1	1%	1	2%	2	1%	33.3	1%	5	2%	0	0%	3	1	0%	0%	1%	0%

\*Percentage of Daily Values ("DV") are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs