



NUTRITIONAL INFORMATION

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The Vegetarian

Contains			
Serving	2 to 3		
Total Calories	1042	Cholesterol	80
		Sodium	2139
		Total Carbohydrates	117
Total Fat	35	Sugars	12
Saturated Fat	18	Dietary Fiber	18
Trans Fat	0	Total Protein	51

Margherita

Contains			
Serving	2 to 3		
Total Calories	1075	Cholesterol	105
		Sodium	2076
		Total Carbohydrates	105
Total Fat	43	Sugars	8
Saturated Fat	23	Dietary Fiber	12
Trans Fat	0	Total Protein	54

Pastrami

Contains			
Serving	2 to 3		
Total Calories	1211	Cholesterol	150
		Sodium	2968
		Total Carbohydrates	100
Total Fat	57	Sugars	5
Saturated Fat	24	Dietary Fiber	11
Trans Fat	0	Total Protein	71

BBQ Chicken

Contains			
Serving	2 to 3		
Total Calories	1473	Cholesterol	231
		Sodium	2796
		Total Carbohydrates	151
Total Fat	48	Sugars	50
Saturated Fat	24	Dietary Fiber	8
Trans Fat	0	Total Protein	93

Pizza Sub

Contains			
Serving	1		
Total Calories	897	Cholesterol	122
		Sodium	2101
		Total Carbohydrates	67
Total Fat	53	Sugars	6
Saturated Fat	20	Dietary Fiber	5
Trans Fat	0	Total Protein	38

Turkey Pesto

Contains			
Serving	1		
Total Calories	699	Cholesterol	105
		Sodium	2037
		Total Carbohydrates	59
Total Fat	32	Sugars	5
Saturated Fat	10	Dietary Fiber	2
Trans Fat	0	Total Protein	47

Chicken Club

Contains			
Serving	1		
Total Calories	944	Cholesterol	160
		Sodium	1712
		Total Carbohydrates	57
Total Fat	53	Sugars	3
Saturated Fat	29	Dietary Fiber	3
Trans Fat	0	Total Protein	56

California

Contains			
Serving	2 to 3		
Total Calories	1359	Cholesterol	90
		Sodium	2176
		Total Carbohydrates	103
Total Fat	79	Sugars	5
Saturated Fat	24	Dietary Fiber	14
Trans Fat	0	Total Protein	48

Chicken Bacon Ranch

Contains			
Serving	2 to 3		
Total Calories	1732	Cholesterol	269
		Sodium	3265
		Total Carbohydrates	95
Total Fat	90	Sugars	3
Saturated Fat	34	Dietary Fiber	8
Trans Fat	0	Total Protein	106

Buffalo Chicken

Contains			
Serving	2 to 3		
Total Calories	1452	Cholesterol	209
		Sodium	4105
		Total Carbohydrates	95
Total Fat	72	Sugars	3
Saturated Fat	24	Dietary Fiber	8
Trans Fat	0	Total Protein	86

Pesto Mushroom

Contains			
Serving	2 to 3		
Total Calories	1443	Cholesterol	173
		Sodium	2600
		Total Carbohydrates	92
Total Fat	82	Sugars	1
Saturated Fat	36	Dietary Fiber	7
Trans Fat	0	Total Protein	73

Pastrami Sub

Contains			
Serving	1		
Total Calories	640	Cholesterol	110
		Sodium	2830
		Total Carbohydrates	57
Total Fat	24	Sugars	4
Saturated Fat	11	Dietary Fiber	2
Trans Fat	0	Total Protein	48

Rustic Salad

Contains			
Serving	1		
Total Calories	466	Cholesterol	25
		Sodium	466
		Total Carbohydrates	20
Total Fat	39	Sugars	6
Saturated Fat	8	Dietary Fiber	3
Trans Fat	0	Total Protein	14

Caesar Salad

Contains			
Serving	1		
Total Calories	524	Cholesterol	45
		Sodium	922
		Total Carbohydrates	17
Total Fat	46	Sugars	3
Saturated Fat	10	Dietary Fiber	3
Trans Fat	0	Total Protein	16