



Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
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**Hot Sandwiches**

Club on a Sub - Large Wheat	1280	580	64	18	0	155	3290	106	9	29	75
Club on a Sub - Medium Wheat	760	360	40	11	0	85	1950	62	6	16	40
Club on a Sub - Small Wheat	390	180	20	5	0	45	1130	32	3	9	21
Engineer - Large Wheat	1100	480	54	14	0	115	3100	97	11	16	68
Engineer - Medium Wheat	680	320	35	9	0	65	1900	58	8	10	38
Engineer - Small Wheat	350	160	18	4	0	35	1110	30	4	6	20
Hero - Large Wheat	1210	510	57	14	0	125	3120	105	9	28	71
Hero - Medium Wheat	790	340	38	9	0	90	2250	62	6	16	49
Hero - Small Wheat	400	170	19	4	0	45	1280	30	3	9	25
Hook & Ladder - Large Wheat	1140	500	56	15	0	130	2910	101	8	26	65
Hook & Ladder - Medium Wheat	710	330	36	10	0	75	1810	61	6	16	37
Hook & Ladder - Small Wheat	360	160	18	5	0	40	1060	32	3	9	19
Italian - Large Wheat	1450	730	81	22	0	160	3920	115	10	36	72
Italian - Medium Wheat	930	520	58	16	0	105	2580	64	7	17	40
Italian - Small Wheat	470	260	29	8	0	50	1440	33	3	9	21
Meatball - Large Wheat	1320	710	79	32	0	155	2880	98	9	16	61
Meatball - Medium Wheat	830	450	50	21	0	100	1820	60	6	10	38
Meatball - Small Wheat	420	230	25	10	0	50	910	30	3	6	20
New York Steamer - Large Wheat	1190	570	64	17	0	165	3700	80	6	11	77
New York Steamer - Medium Wheat	710	360	40	10	0	90	2060	47	4	6	41
New York Steamer - Small Wheat	360	180	20	5	0	45	1030	24	2	4	21
Pastrami Reuben - Large Wheat	1370	790	86	21	0	160	3210	93	9	23	62
Pastrami Reuben - Medium Wheat	900	540	58	14	0	105	2110	58	6	15	39
Pastrami Reuben - Small Wheat	460	270	30	7	0	55	1080	31	3	8	21
Smokehouse Beef & Cheddar Brisket - Large Wheat	1510	920	102	34	0	195	2850	95	6	25	58
Smokehouse Beef & Cheddar Brisket - Medium Wheat	880	530	59	19	0	110	1620	58	4	16	32
Smokehouse Beef & Cheddar Brisket - Small Wheat	450	270	30	9	0	55	810	30	2	9	16
Steak & Cheese - Large Wheat	1390	750	83	24	0	205	3500	88	7	13	72
Steak & Cheese - Medium Wheat	810	460	51	14	0	110	1920	51	4	7	39
Steak & Cheese - Small Wheat	410	220	25	7	0	55	960	26	2	4	20
Turkey Bacon Ranch - Large Wheat	1350	680	76	19	0	160	3330	98	10	18	74
Turkey Bacon Ranch - Medium Wheat	820	430	48	12	0	90	1880	58	6	10	40
Turkey Bacon Ranch - Small Wheat	420	220	24	6	0	45	950	30	3	6	21
Tripleta - Large Wheat	1370	710	76	22	0	130	3710	106	10	30	63
Tripleta - Medium Wheat	940	470	52	14	0	125	3010	58	6	11	51
Tripleta - Small Wheat	440	240	26	7	0	45	1370	35	3	9	22
3 Cheese - Large Wheat	1590	900	99	34	0	270	4050	87	6	12	86
3 Cheese - Medium Wheat	910	520	58	19	0	140	2560	52	4	8	47
3 Cheese - Small Wheat	460	260	29	9	0	70	1350	29	3	5	25



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Club on a Sub - Large White	1290	590	65	18	0	155	3580	107	7	28	74
Club on a Sub - Medium White	770	370	41	11	0	85	2130	63	4	16	40
Club on a Sub - Small White	390	180	20	6	0	45	1220	32	2	9	21
Engineer - Large White	1110	490	55	14	0	115	3390	98	9	15	67
Engineer - Medium White	690	330	36	9	0	65	2080	59	6	10	38
Engineer - Small White	350	160	18	4	0	35	1200	30	3	6	20
Hero - Large White	1220	520	58	14	0	125	3410	106	7	27	70
Hero - Medium White	800	350	39	9	0	90	2430	63	4	16	49
Hero - Small White	400	170	19	4	0	45	1370	32	2	9	25
Hook & Ladder - Large White	1150	510	57	15	0	130	3200	102	6	25	64
Hook & Ladder - Medium White	720	340	37	10	0	75	1990	62	4	16	37
Hook & Ladder - Small White	360	160	18	5	0	40	1150	32	2	9	19
Italian - Large White	1460	740	82	22	0	160	4210	116	8	35	71
Italian - Medium White	940	530	59	16	0	105	2760	65	5	17	40
Italian - Small White	470	260	29	8	0	50	1560	33	2	9	21
Meatball - Large White	1330	720	80	32	0	155	3170	99	7	15	60
Meatball - Medium White	840	460	51	21	0	100	2000	61	4	10	38
Meatball - Small White	420	230	25	10	0	50	1000	30	2	6	20
New York Steamer - Large White	1200	580	65	17	0	165	3990	81	4	10	76
New York Steamer - Medium White	720	370	41	10	0	90	2240	48	2	6	41
New York Steamer - Small White	360	180	20	5	0	45	1120	24	1	4	21
Pastrami Reuben - Large White	1380	800	87	21	0	160	3500	94	7	22	61
Pastrami Reuben - Medium White	910	550	59	14	0	105	2290	59	4	15	39
Pastrami Reuben - Small White	460	270	30	7	0	55	1170	31	2	8	21
Smokehouse Beef & Cheddar Brisket - Large White	1520	930	103	34	0	195	3140	96	4	24	57
Smokehouse Beef & Cheddar Brisket - Medium White	890	540	60	19	0	110	1800	59	2	16	32
Smokehouse Beef & Cheddar Brisket - Small White	450	270	30	9	0	55	900	30	1	9	16
Steak & Cheese - Large White	1400	760	84	24	0	205	3790	89	5	12	71
Steak & Cheese - Medium White	820	470	52	14	0	110	2100	52	2	7	39
Steak & Cheese - Small White	410	220	25	7	0	55	1050	26	1	4	20
Turkey Bacon Ranch - Large White	1360	690	77	19	0	160	3620	99	8	17	73
Turkey Bacon Ranch - Medium White	830	440	49	12	0	90	2060	59	4	10	40
Turkey Bacon Ranch - Small White	420	220	24	6	0	45	1040	30	2	6	21
Tripleta Large White	1380	720	77	22	0	130	4000	107	8	29	62
Tripleta Medium White	950	480	52	14	0	125	3390	67	4	17	51
Tripleta Small White	440	240	26	7	0	45	1460	33	1	8	20
3 Cheese - Large White	1600	900	100	34	0	270	4340	88	4	11	85
3 Cheese - Medium White	910	520	58	19	0	140	2560	52	4	8	47
3 Cheese - Small White	460	260	29	9	0	70	1440	29	1	4	24



Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
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**Classic Sandwiches**

Chicken Breast - Large Wheat	1150	490	55	12	0	205	2500	96	9	12	75
Chicken Breast - Medium Wheat	690	320	36	8	0	110	1420	56	6	7	41
Chicken Breast - Small Wheat	350	160	18	4	0	55	720	29	3	4	21
Corned Beef - Large Wheat	1140	530	58	15	0	135	3150	87	9	12	71
Corned Beef - Medium Wheat	730	350	39	10	0	90	2150	52	6	8	46
Corned Beef - Small Wheat	370	170	19	5	0	45	1230	27	3	5	24
Ham - Large Wheat	1170	510	57	14	0	105	2780	111	9	34	59
Ham - Medium Wheat	750	340	38	9	0	70	1910	68	6	22	38
Ham - Small Wheat	380	170	19	4	0	35	1110	35	3	12	20
Pastrami - Large Wheat	1110	510	57	15	0	135	3340	90	9	15	62
Pastrami - Medium Wheat	710	340	38	10	0	90	2280	54	6	10	40
Pastrami - Small Wheat	360	170	19	5	0	45	1300	28	3	6	21
Roast Beef - Large Wheat	1140	500	55	14	0	120	2690	87	9	12	65
Roast Beef - Medium Wheat	730	330	37	9	0	80	1850	52	6	8	42
Roast Beef - Small Wheat	370	160	18	4	0	40	1080	27	3	5	22
Turkey - Large Wheat	1040	480	53	12	0	90	2690	93	9	15	56
Turkey - Medium Wheat	670	310	35	8	0	60	1850	57	6	10	36
Turkey - Small Wheat	340	160	17	4	0	30	1080	29	3	6	19
Veggie - Large Wheat	1060	570	63	18	0	75	2310	92	10	15	37
Veggie - Medium Wheat	710	400	45	13	0	60	1650	56	7	9	25
Veggie - Small Wheat	360	200	22	6	0	30	1000	29	3	5	13
Tuna - Large Wheat	1550	870	97	18	0	150	2860	100	9	21	74
Tuna - Medium Wheat	900	510	57	11	0	85	1750	59	6	12	40
Tuna - Small Wheat	460	250	28	5	0	40	1030	30	3	7	21

Chicken Breast - Large White	1160	500	56	12	0	205	2790	97	7	11	74
Chicken Breast - Medium White	700	330	37	8	0	110	1600	57	4	7	41
Chicken Breast - Small White	350	160	18	4	0	55	810	29	2	4	21
Corned Beef - Large White	1150	540	59	15	0	135	3440	88	7	11	70
Corned Beef - Medium White	740	360	40	10	0	90	2330	53	4	8	46
Corned Beef - Small White	370	170	19	5	0	45	1320	27	2	5	24
Ham - Large White	1180	520	58	14	0	105	3070	112	7	33	58
Ham - Medium White	760	350	39	9	0	70	2090	69	4	22	38
Ham - Small White	380	170	19	4	0	35	1200	35	2	12	20
Pastrami - Large White	1120	520	58	15	0	135	3630	91	7	14	61
Pastrami - Medium White	720	350	39	10	0	90	2460	55	4	10	40
Pastrami - Small White	360	170	19	5	0	45	1390	28	2	6	21
Roast Beef - Large White	1150	510	56	14	0	120	2980	88	7	11	64
Roast Beef - Medium White	740	340	38	9	0	80	2030	53	4	8	42
Roast Beef - Small White	370	160	18	4	0	40	1170	27	2	5	22



	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Turkey - Large White	1050	490	54	12	0	90	2980	94	7	14	55
Turkey - Medium White	680	320	36	8	0	60	2030	58	4	10	36
Turkey - Small White	340	160	17	4	0	30	1170	29	2	6	19
Veggie - Large White	1070	580	64	18	0	75	2600	93	8	14	36
Veggie - Medium White	720	410	46	13	0	60	1830	57	5	9	25
Veggie - Small White	360	200	22	6	0	30	1090	29	2	5	13
Tuna - Large White	1560	880	98	18	0	150	3150	101	7	20	73
Tuna - Medium White	910	520	58	11	0	85	1930	60	4	12	40
Tuna - Small White	460	250	28	5	0	40	1120	30	2	7	21

**Kids Sandwiches**

Kid's Ham Sub Wheat	260	70	8	3	0	30	710	30	2	10	19
Kid's Meatball Wheat	360	190	21	8	0	40	750	27	2	4	17
Kid's Roast Beef Wheat	250	60	7	3	0	35	680	22	2	3	21
Kid's Turkey Sub Wheat	220	60	6	3	0	25	680	24	2	3	18
Kid's Grilled Cheese	470	280	33	12	0	30	890	32	0	2	12
Kid's Ham Sub White	260	70	8	3	0	30	800	30	1	10	19
Kid's Meatball White	360	190	21	8	0	40	840	27	1	4	17
Kid's Roast Beef White	250	60	7	3	0	35	770	22	1	3	21
Kid's Turkey Sub White	220	60	6	3	0	25	770	24	1	3	18

1,200 to 1,400 calories a day is used as general nutrition advice for children ages 4 to 8 and 1,400 to 2,000 calories a day for children ages 9 to 13 but the Caloric needs vary. Additional nutritional information available upon request.

**Breads**

small integral	120	10	2	0	0	0	190	21	2	2	5
small white	120	15	2	0	0	0	280	22	1	2	5
medium integral	230	25	3	0.5	0	0	380	42	4	4	9
medium white	240	30	4	0.5	0	0	560	43	2	4	9
large integral	390	45	5	1	0	0	640	71	6	7	16
large white	400	50	6	1	0	0	930	72	4	6	15

**Salads**

Firehouse Chopped Salad with Grilled Chicken	260	70	8	3	0	95	1020	15	5	4	34
Firehouse Chopped Salad with Grilled Ham	310	90	10	4	0	55	1210	27	5	18	31
Firehouse Chopped Salad with Turkey	220	60	7	3.5	0	45	1140	15	5	6	29
Firehouse Chopped Salad, No Meat	130	50	6	3	0	15	650	11	5	4	10
Chopped Hook & Ladder	270	70	8	3.5	0	50	1180	21	5	12	30
Italian Chopped Salad with Grilled Chicken Salad	380	190	21	9	0	100	1680	14	5	5	32

**Wraps**

Firehouse Chopped Salad with Grilled Chicken	460	10	14	7	0	55	1040	58	3	4	29
Firehouse Chopped Salad with Ham	480	20	15	8	0	35	1040	63	3	11	27



	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Firehouse Chopped Salad with Turkey	440	5	14	7	0	30	1100	57	3	5	26
Chopped Hook & Ladder	460	0	14	7	0	35	1120	60	3	8	27
Italian Chopped Salad with Grilled Chicken Salad	480	0	19	9	0	45	1100	56	3	4	24
Side Salad	60	25	3	1.5	0	10	90	5	2	2	5

\*without dressing

**Add-On Topping on Salads**

Banana Peppers - serving size: 0.5 oz.	0	0	0	0	0	0	230	0	0	0	0
Black Olives - serving size: 0.5 oz.	25	25	2.5	0	0	0	70	<1	<1	0	0
Jalapeno Peppers - serving size: 0.5 oz	0	0	0	0	0	0	230	0	0	0	0

Balsamic Dressing	110	80	9	1	0	0	340	7	0	7	0
Honey Mustards Dressing	300	250	28	4.5	0	20	260	15	0	15	2
Italian Dressing	170	140	15	2	0	0	930	8	0	6	0
Light Italian Dressing	90	80	9	2	0	0	510	2	0	2	0
Oil & Vinegar	250	260	28	4	0	0	0	0	0	0	0
Peppercorn Ranch	190	150	17	3	0	20	600	4	0	2	2

**Soups & Chili**

Broccoli & Queso	250	150	16	10	0	56.0	1300	20	3	13	9
Chili	300	140	16	6	1	55	1110	26	12	6	21
Viands & Vegetables	120	5	0	0	0	0	1950	25	3	5	3

**Compliments**

Miss Vickie's - Jalapeno	210	110	12	1.5	0	0	180	22	2	2	3
Miss Vickie's - Sea Vinegar	210	110	12	1.5	0	0	230	23	2	2	2
Sun Chips - Harvest Cheddar	210	80	9	1.5	0	0	320	27	4	3	4
Sun Chips - Garden Salsa	210	80	9	1	0	0	220	27	4	4	4
Doritos	200	90	10	4.5	0	0	340	24	2	1	3
Sun Chips - Original	210	90	10	1	0	0	180	28	4	3	3
Sun Chip - Fresh Onion	210	80	9	1	0	0	240	27	4	4	4
Lay's Oven Baked	140	35	4	0.5	0	0	180	26	2	3	2
Lays - regular	240	140	16	2	0	0	250	23	2	1	3
Ladder Fries - regulares	230	60	6	0.5	0	0	60	38	3	0	3
Ladder Fries - regulares con queso & bacon	400	170	18	6	0	20	740	41	3	0	11
Ladder Fries - grandes	350	90	10	1	0	0	90	58	5	0	5
Ladder Fries - grandes con queso & bacon	690	320	33	11	0	40	1450	62	5	<1	21
Rice Krispies Treat	45	10	1	0	0	0	55	9	0	4	0
Pickle Spear	5	0	0	0	0	0	240	1	0	0	0

**Cheese - Large Sandwiches**

Cheddar Cheese - 3 slice	170	120	14	8	0	45	270	2	0	0	11
Monterey Jack Cheese - 3 slice	150	110	12	8	0	45	260	0	0	0	11
Provolone Cheese - 3 slice	150	110	12	6	0	30	360	2	0	0	11
Swiss Cheese - 3 slice	150	110	12	8	0	40	90	2	0	0	12

	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Balsamic Dressing - serving size: 24 grams	50	35	4	0	0	0	150	3	0	3	0
Captain Sorensen's Datil Pepper Hot Sauce - serving size: 1.5 oz.	40	0	0	0	0	0	300	11	0	9	0
Cranberry Spread - serving size: 1.5 oz.	110	0	0	0	0	0	0	24	<1	20	0
Honey Mustard - serving size: 24 grams	110	90	10	1.5	0	10	95	6	0	6	<1
Italian Salad Dressing - serving size: 16 grams	45	35	4	0	0	0	240	2	0	2	0
Italian Seasoning - serving size: 4 grams	15	10	1	0.5	0	<5	25	<1	<1	0	<1
Light Mayonnaise - serving size: 1.13 oz.	110	100	11	1	0	20	220	2	0	0	0
Marinara Sauce - serving size: 3 oz.	45	0	0	0	0	0	330	11	3	7	2
Mayonnaise - serving size: 1.5 oz.	300	300	33	4.5	0	15	200	3	0	0	0
Peppercorn Ranch Dressing - serving size: 1.5 oz.	140	110	13	2	0	15	450	3	0	1	1
Salsa Verde Sauce - serving size: 2.25 oz.	20	0	0	0	0	0	430	4	0	2	0
Spicy Mustard - serving size: 7 grams	0	0	0	0	0	0	70	0	0	0	0
Sriracha Sauce - serving size: 1.13 oz.	30	0	0	0	0	0	510	6	0	6	0
Sweet Baby Ray's BBQ Sauce - serving size: 1.5 oz.	80	0	0	0	0	0	330	20	0	18	0

**Proteins - Large Sandwiches**

Bacon - serving size: 0.4 oz.	50	35	4	1.5	0	10	140	0	0	0	4
Chicken Breast - serving size: 8 oz.	260	35	4	0	0	160	1200	10	0	0	46
Meatballs - serving size: 8 pieces	720	550	61	24	0	120	1520	13	0	3	32
Momma's Chicken Salad - serving size: 10 oz.	420	20	23	2	0	155	1260	15	2	2	39
Pepperoni - serving size: 0.75 oz.	100	80	9	3	0	20	370	0	0	0	5
Salami - serving size: 1.25 oz.	130	90	10	4	0	30	500	<1	0	<1	7
Sauteed USDA Choice Steak - serving size: 8 oz.	530	290	32	12	0	160	1940	8	0	4	45
Smoked Turkey Breast - serving size: 6 oz.	150	20	2	0	0	45	1090	6	0	3	27
Tuna Salad - serving size: 10 oz.	660	420	46	6	0	105	1260	13	0	8	45
USDA Choice Beef Brisket - serving size: 6 oz.	430	340	37	15	0	100	1050	0	0	0	24
USDA Choice Corned Beef Brisket - serving size: 6 oz.	240	70	8	3	0	90	1550	0	0	0	42
USDA Choice Pastrami - serving size: 6 oz.	210	50	6	3	0	90	1220	3	0	3	33
USDA Choice Roast Beef - serving size: 6 oz.	240	40	4.5	1.5	0	75	1090	0	0	0	36
	270	50	6	1.5	0	60	1190	24	0	21	30

**Toppings - Large Sandwiches**

Au Jus Bell Peppers - serving size: 1 oz.	0	0	0	0	0	0	95	1	0	0	0
Au Jus Mushroom - serving size: 1 oz.	5	0	0	0	0	0	160	1	<1	0	<1
Au Jus Onions - serving size: 1 oz.	5	0	0	0	0	0	95	2	0	<1	0
Cherry Pepper Ring - serving size: 1.5 oz.	10	0	0	0	0	0	740	2	0	0	0
Iceberg Lettuce - serving size: 3 oz.	15	0	0	0	0	0	25	2	1	<1	1
Onions - serving size: 8 rings	20	0	0	0	0	0	0	4	<1	2	<1
Pickle Spear - serving size: 1 spear	5	0	0	0	0	0	240	1	0	0	0
Tomato - serving size: 4 slice	15	0	0	0	0	0	0	3	<1	2	<1

**Cheese - Medium Sandwiches**

Cheddar Cheese - 2 slice	110	80	9	5	0	30	180	1	0	0	7
Monterey Jack Cheese - 2 slice	100	70	8	5	0	30	170	0	0	0	7
Provolone Cheese - 2 slice	100	70	8	4	0	20	240	1	0	0	7



	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Swiss Cheese - 2 slice	100	70	8	5	0	25	60	1	0	0	8

Balsamic Dressing - serving size: 16 grams	30	25	2.5	0	0	0	100	2	0	2	0
Captain Sorensen's Datil Pepper Hot Sauce - serving size: 1 oz.	30	0	0	0	0	0	200	8	0	6	0
Cranberry Spread - serving size: 1 oz.	70	0	0	0	0	0	0	16	<1	13	0
Honey Mustard - serving size: 16 grams	80	60	7	1	0	5	65	4	0	4	<1
Italian Salad Dressing - serving size: 10 grams	30	25	2.5	0	0	0	160	1	0	1	0
Italian Seasoning - serving size: 4 grams	15	10	1	0.5	0	<5	25	<1	<1	0	<1
Light Mayonnaise - serving size: 0.75 oz.	70	60	7	0.5	0	15	150	1	0	0	0
Marinara Sauce - serving size: 2 oz.	30	0	0	0	0	0	220	8	2	4	1
Mayonnaise - serving size: 1 oz.	200	200	22	3	0	10	130	2	0	0	0
Peppercorn Ranch Dressing - serving size: 1 oz.	90	80	9	1.5	0	10	300	2	0	<1	<1
Salsa Verde Sauce -serving size: 1.5 oz.	15	0	0	0	0	0	280	3	0	1	0
Spicy Mustard - serving size: 5 grams	0	0	0	0	0	0	50	0	0	0	0
Sriracha Sauce - serving size: 0.75 oz.	20	0	0	0	0	0	340	4	0	4	0
Sweet Baby Ray's BBQ Sauce - serving size: 1 oz.	50	0	0	0	0	0	220	13	0	12	0

**Proteins - Medium Sandwiches**

Bacon - serving size: 0.4 oz.	50	35	4	1.5	0	10	140	0	0	0	4
Chicken Breast - serving size: 4 oz.	130	20	2	0	0	80	600	5	0	0	23
Meatballs - serving size: 5 pieces	450	340	38	15	0	75	950	8	0	2	20
Momma's Chicken Salad - serving size: 5 oz.	210	100	11	1	0	80	630	8	<1	<1	20
Pepperoni - serving size: 0.75 oz.	100	80	9	3	0	20	370	0	0	0	5
Salami - serving size: 1.25 oz.	130	90	10	4	0	30	500	<1	0	<1	7
Sauteed USDA Choice Steak - serving size: 4 oz.	260	150	16	6	0	80	970	4	0	2	22
Smoked Turkey Breast - serving size: 4 oz.	100	10	1.5	0	0	30	730	4	0	2	18
Tuna Salad - serving size: 5 oz.	330	210	23	3	0	55	630	7	0	4	23
USDA Choice Beef Brisket - serving size: 4 oz.	280	220	25	10	0	70	700	0	0	0	16
USDA Choice Corned Beef Brisket - serving size: 4 oz.	160	45	5	2	0	60	1030	0	0	0	28
USDA Choice Pastrami - serving size: 4 oz.	140	35	4	2	0	60	810	2	0	2	22
USDA Choice Roast Beef - serving size: 4 oz.	160	25	3	1	0	50	730	0	0	0	24
Virginia Honey Ham - serving size: 4 oz.	180	35	4	1	0	40	790	16	0	14	20

**Toppings - Medium Sandwiches**

Au Jus Bell Peppers - serving size: 0.75 oz.	0	0	0	0	0	0	70	<1	0	0	0
Au Jus Mushroom - serving size: 0.75 oz.	0	0	0	0	0	0	115	<1	<1	0	<1
Au Jus Onions - serving size: 0.75 oz.	5	0	0	0	0	0	70	1	0	0	0
Cherry Pepper Ring - serving size: 1 oz.	5	0	0	0	0	0	500	1	0	0	0
Iceberg Lettuce - serving size: 2 oz.	10	0	0	0	0	0	15	2	<1	0	<1
Onions - serving size: 4 rings	10	0	0	0	0	0	0	2	0	1	0
Pickle Spear - serving size: 1 spear	5	0	0	0	0	0	240	1	0	0	0
Tomato - serving size: 3 slice	10	0	0	0	0	0	0	2	<1	2	<1

**Cheese - Small Sandwiches**

Cheddar Cheese - 1 slice	60	40	4.5	2.5	0	15	90	<1	0	0	4
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	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Monterey Jack Cheese - 1 slice	50	35	4	2.5	0	15	85	0	0	0	4
Provolone Cheese - 1 slice	50	35	4	2	0	10	120	<1	0	0	4
Swiss Cheese - 1 slice	50	35	4	2.5	0	15	30	<1	0	0	4

Balsamic Dressing - serving size: 8 grams	15	10	1.5	0	0	0	50	1	0	1	0
Captain Sorensen's Datil Pepper Hot Sauce - serving size: 0.5 oz.	15	0	0	0	0	0	100	4	0	3	0
Cranberry Spread - serving size: 0.5 oz.	35	0	0	0	0	0	0	8	0	7	0
Honey Mustard - serving size: 8 grams	40	30	33.5	0.5	0	<5	30	2	0	2	0
Italian Salad Dressing - serving size: 5 grams	15	10	1.5	0	0	0	80	<1	0	<1	0
Italian Seasoning - serving size: 2 grams	10	0	0.5	0	0	0	15	0	0	0	0
Light Mayonnaise - serving size: 0.38 oz.	35	30	3.5	0	0	5	75	<1	0	0	0
Marinara Sauce - serving size: 1 oz.	15	0	0	0	0	0	110	4	<1	2	<1
Mayonnaise - serving size: 0.5 oz.	100	100	11	1.5	0	5	65	1	0	0	0
Peppercorn Ranch Dressing - serving size: 0.5 oz.	45	40	4.5	0.5	0	<5	150	<1	0	0	0
Salsa Verde Sauce -serving size: .75 oz.	5	0	0	0	0	0	140	1	0	<1	0
Spicy Mustard - serving size: 2.5 grams	0	0	0	0	0	0	25	0	0	0	0
Sriracha Sauce - serving size: 0.38 oz.	10	0	0	0	0	0	170	2	0	2	0
Sweet Baby Ray's BBQ Sauce - serving size: 0.5 oz.	25	0	0	0	0	0	110	7	0	6	0

**Proteins - Small Sandwiches**

Bacon - serving size: 0.2 oz.	25	15	2	0.5	0	5	70	0	0	0	2
Chicken Breast - serving size: 2 oz.	70	10	1	0	0	40	300	3	0	0	12
Meatballs - serving size: 2.5 pieces	230	170	19	8	0	40	480	4	0	<1	10
Momma's Chicken Salad - serving size: 2.5 oz.	100	50	6	0	0	40	320	4	0	0	10
Pepperoni - serving size: 0.38 oz.	50	40	4.5	1.5	0	10	180	0	0	0	2
Salami - serving size: 0.63 oz.	60	45	5	2	0	15	250	0	0	0	4
Sauteed USDA Choice Steak - serving size: 2 oz.	130	70	8	3	0	40	490	2	0	1	11
Smoked Turkey Breast - serving size: 2 oz.	50	5	0.5	0	0	15	360	2	0	<1	9
Tuna Salad - serving size: 2.5 oz.	160	100	12	1.5	0	25	320	3	0	2	11
USDA Choice Beef Brisket - serving size: 2 oz.	140	110	12	5	0	35	350	0	0	0	8
USDA Choice Corned Beef Brisket - serving size: 2 oz.	80	25	2.5	1	0	30	520	0	0	0	14
USDA Choice Pastrami - serving size: 2 oz.	70	20	2	1	0	30	410	1	0	1	11
USDA Choice Roast Beef - serving size: 2 oz.	80	15	1.5	0.5	0	25	360	0	0	0	12
Virginia Honey Ham - serving size: 2 oz.	90	20	2	0.5	0	20	400	8	0	7	10

**Toppings - Small Sandwiches**

Au Jus Bell Peppers - serving size: 0.38 oz.	0	0	0	0	0	0	35	0	0	0	0
Au Jus Mushroom - serving size: 0.38 oz.	0	0	0	0	0	0	60	0	0	0	0
Au Jus Onions - serving size: 0.38 oz.	0	0	0	0	0	0	35	<1	0	0	0
Cherry Pepper Ring - serving size: 0.5 oz.	0	0	0	0	0	0	250	<1	0	0	0
Iceberg Lettuce - serving size: 1 oz.	0	0	0	0	0	0	10	<1	0	0	0
Onios - serving size: 2 rings	0	0	0	0	0	0	0	1	0	<1	0
Pickle Spear - serving size: 0.5 spear	0	0	0	0	0	0	120	<1	0	0	0
Tomato - serving size: 1.5 slice	5	0	0	0	0	0	0	1	0	<1	0





	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
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**Desserts**

Brownie	430	180	20	6	0	75	240	61	1	38	4
Quesito	340	180	19	5	0	5	260	34	1	11	7
Yogurt Tart - serving size: 6 oz	180	45	5	3	0	20	115	29	0	29	8
Red Velvet Yogurt - serving size: 6 oz.	180	40	4	3	0	20	115	27	0	24	7
Nutella Yogurt - serving size: 6 oz.	350	150	16	6	0	20	105	44	1	42	8
Yogurt Mix(Tart & Red Velvet) - serving size: 6 oz.	190	30	3	2	0	15	80	18	0	16	5
Yogurt Mix (Tart & Nutella) - serving size: 6 oz.	260	70	7	3	0	15	70	24	0	22	5
Galleta - Oatmeal	480	180	20	7	0.5	20	380	69	3	38	5
Cookie - Macadamia	510	230	26	10	0.5	64	360	64	1	38	6
Cookie - Chocolate Chip	500	220	25	10	0.5	40	370	70	2	41	5

**Topping - Yogurt**

Oreo - serving size: .50 oz.	70	30	3	1	0	0	55	10	<1	6	<1
Almond - serving size: .50 oz.	90	70	8	1	0	0	0	3	2	<1	3
Granola - serving size: .50 oz	60	15	2	0	0	0	10	10	1	3	2

**Breakfast**

Avena - 8 oz.	370	45	5	1	0	0	45	70	6	24	13
Butter Toast - white	440	230	25.5	8	0	0	920	43	2	4	9
Butter Toast - whole wheat	430	225	25	8	0	0	740	42	4	4	9
Pancakes - serving size: 3	280		8	2	0	45	620	50	1	18	5
Grilled Cheese	470	280	33	12	0	30	890	32	0	2	12
Steak and Egg - whole	800	380	50	18	0	340	1790	49	4	8	37.0
Steak and Egg - plain	810	390	51	18	0	340	1970	50	2	8	37.0
Breakfast in Bun - Jamon	630	320	40	15	0	215	1370	40	0	9	28
Breakfast in Bun - Pavo	590	305	38.5	14	0	210	1330	34	0	3	27
Breakfast in Bun - Pastrami	610	320	40	15	0	225	1380	33	0	3	29
Breakfast in Bun - Corned Beef	620	325	40.5	15	0	225	1490	32	0	2	32
Captain Platter Jamón - Bun White	590	160	28	8	0	320	1210	61	2	20	23
Captain Platter Jamón - Bun Wheat	590	160	28	8	0	320	1120	61	4	21	24
Captain Platter Pavo - Bun White	570	150	27	8	0	320	1190	58	2	17	23
Captain Platter Pavo - Bun Wheat	570	150	27	8	0	320	2000	58	4	18	24
Captain Platter Bacon - Bun White	610	200	33	11	0	330	1200	59	2	16	24
Captain Platter Bacon - Bun Wheat	610	200	33	11	0	330	1110	59	4	17	25
Fireman's Platter Jamón - Bun White	400	160	23	7	0	290	800	30	1	9	21
Fireman's Platter Jamón - Bun Wheat	400	160	23	7	0	290	710	30	3	10	22
Fireman's Platter Bacon - Bun White	430	200	28	10	0	300	790	28	1	5	22
Fireman's Platter Bacon - Bun Wheat	430	200	28	10	0	300	700	28	3	6	23

**Extras - Breakfast**

Syrup - serving size: 1.5 oz.	120	0	0	0	0	0	5	29	0	14	0
Revoltillo - serving size: 3.5 oz	130	35	9	3.5	0	280	135	2	0	2	10

**Drinks**

China 12 oz.	170	0	0	0	0	0	15	41	0	38	2
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	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
China 22 oz.	300	0	0	0	0	0	30	71	0	66	3
Apple 12 oz.	170	0	0	0	0	0	25	41	0	33	3
Apple 22 oz.	320	0	0	0	0	0	40	71	0	58	5
Black coffee 8 oz.	0	0	0	0	0	0	0	0	0	0	0
Black coffee 12 oz.	5	0	0	0	0	0	0	0	0	0	0
Coffee with milk 8 oz.	90	40	5	3	0	20	60	6	0	6	5
Coffee with milk 12 oz.	140	60	10	5	0	30	90	10	0	10	7
Cappuccino 8 oz.	80	35	4	3	0	20	55	6	0	6	4
Cappuccino 12 oz.	130	60	7	4	0	30	90	10	0	10	7
Water	0	0	0	0	0	0	0	0	0	0	0

**Catering**

**Saladas** - Nutrition facts for lunch/catering boxes are for sandwiches only. Please refer to complements and desserts to review data  
Nutritional upgrades such as cookies and chips.

Catering Salad Chopped - serving size: 1 serving - total serving: 10	100	45	5	2.5	0	15	270	8	3	3	8
Catering Salad Chopped Deluxe Chicken - serving size: 1 serving - total serving: 10	150	60	7	3	0	45	620	9	3	4	16
Catering Salad Chopped Deluxe Ham - serving size: 1 serving - total serving: 10	170	60	7	3	0	35	540	14	3	9	16
Catering Salad Chopped Deluxe Tuna Salad - serving size: 1 serving: serving total: 10	230	140	16	4	0	25	470	11	3	5	13
Catering Salad Platter - serving size: 1 serving - total serving: 10	140	50	6	2.5	0	25	630	10	3	4	16
Catering Half Salad Chopped - serving size: 1 serving - total serving: 5	35	0	0	0	0	0	15	8	3	4	2

**Sandwiches**

Ham - White - serving size: 2 serving - total serving: 20	440	110	12	4	0	45	1110	53	5	17	30
Ham - Wheat - serving size: 2 serving - total serving: 20	440	110	12	4	0	45	1250	54	4	16	30
Corned Beef - White - serving size: 2 serving - total serving: 20	430	120	13	5	0	60	1430	42	4	6	36
Corned Beef - Wheat - serving size: 2 serving - total serving: 20	420	110	13	5	0	60	1290	41	5	6	36
Roast Beef - White - serving size: 2 serving - total serving: 20	430	100	11	4	0	53	1200	42	4	6	33
Roast Beef - Wheat - serving size: 2 serving - total serving: 20	420	100	11	4	0	55	1060	41	5	6	33
Turkey - White - serving size: 2 serving - total serving: 20	380	90	10	4	0	40	1200	45	4	7	28
Turkey - Wheat - serving size: 2 serving - total serving: 20	380	90	10	4	0	40	1060	44	5	8	29
Turkey/Ham - White - serving size: 2 serving - total serving: 20	450	100	12	4	0	50	1420	52	4	14	36
Turkey/Ham - Wheat - serving size: 2 serving - total serving: 20	440	100	11	4	0	50	1270	51	5	14	36
Turkey/Roast Beef - White - serving size: 2 serving - total serving: 20	440	100	11	4	0	55	1390	44	4	7	38
Turkey/Roast Beef - Wheat - serving size: 2 serving - total serving: 20	430	100	11	4	0	55	1240	43	5	7	38
Italian - White - serving size: 2 serving - total serving: 20	560	190	22	8	0	70	1690	54	4	17	36
Italian - Wheat - serving size: 2 serving - total serving: 20	550	190	21	8	0	70	1540	54	5	17	36

**\*Lunch box** - Nutrition facts for lunch boxes include sandwiches only. Please refer to supplements for nutritional data of cookies and chips.

Corned Beef - Medium White	550	205	23	9	0	80	2260	54	4	10	36
Corned Beef - Medium Wheat	540	200	22	9	0	80	2080	53	6	10	36
Ham - Medium White	560	155	18	7	0	70	1600	70	4	24	38



	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Ham - Medium Wheat	550	150	17	7	0	70	1420	69	6	24	38
Pastrami - Medium White	510	165	19	8	0	70	2080	56	4	10	34
Pastrami - Medium Wheat	500	160	18	8	0	70	1900	55	6	10	34
Roast Beef - Medium White	530	155	18	7	0	80	1780	54	4	10	40
Roast Beef - Medium Wheat	520	150	17	7	0	80	1600	53	6	10	40
Turkey - Medium White	490	145	16	6	0	50	1820	58	4	12	38
Turkeyv - Medium Wheat	480	140	15	6	0	50	1640	57	6	12	38
Chicken - Medium White	520	170	19	7	0	90	1800	56	4	12	38
Chicken - Medium Wheat	510	160	18	7	0	90	1620	55	6	12	38

\*Includes: Lettuce, tomato, onion, pickle and Balsamic dressing

The nutritional information contained in this table comes from data offered by suppliers and/or public sources. To comply with US FDA regulations, all nutritional values were rounded. Nutritional information is based on standard product formulations and serving size.

2,000 calories a day is used as general nutrition advice, but calorie needs vary.