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 Nutrition Information	Allergens	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	% Daily Value ++	Saturated Fat (g)	% Daily Value ++	Trans Fat (g)	Cholesterol (mg)	% Daily Value ++	Sodium (mg)	% Daily Value ++	Carbohydrates (g)	% Daily Value ++	Dietary Fiber (g)	% Daily Value ++	Sugars (g)	Protein (g)

DRINKS

Small Beverages

Diet Pepsi Serving Size: 16 oz no ice	n/a	0	0	0	0	0	0	0	0	0	75	3	0	0	0	0	0	0
Dr. Pepper Serving Size: 16 oz no ice	n/a	200	0	0	0	0	0	0	0	0	80	3	53	18	0	0	51	0
Iced Tea Serving Size: 16 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mountain Dew Serving Size 16 oz no ice	n/a	230	0	0	0	0	0	0	0	0	80	3	62	21	0	0	61	0
Pepsi Serving Size: 16 oz no ice	n/a	190	0	0	0	0	0	0	0	0	40	2	51	17	0	0	51	0
Starry Serving Size: 16 oz no ice	n/a	200	0	0	0	0	0	0	0	0	45	2	52	19	0	0	52	0
Tropicana Lemonade Serving Size: 16 oz no ice	n/a	200	0	0	0	0	0	0	0	0	200	8	53	18	0	0	53	0

Medium Beverages

Diet Pepsi Serving Size: 24 oz no ice	n/a	0	0	0	0	0	0	0	0	0	110	5	0	0	0	0	0	0
Dr. Pepper Serving Size: 24 oz no ice	n/a	300	0	0	0	0	0	0	0	0	120	5	79	26	0	0	77	0
Iced Tea Serving Size: 24 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mountain Dew Serving Size: 24 oz no ice	n/a	350	0	0	0	0	0	0	0	0	120	5	93	31	0	0	92	0
Pepsi Serving Size: 24 oz no ice	n/a	290	0	0	0	0	0	0	0	0	55	2	77	26	0	0	77	0
Starry Serving Size: 24 oz no ice	n/a	300	0	0	0	0	0	0	0	0	70	3	78	28	0	0	78	0
Tropicana Lemonade Serving Size: 24 oz no ice	n/a	300	0	0	0	0	0	0	0	0	300	12	80	27	0	0	80	0

Large Beverages


Diet Pepsi Serving Size: 32 oz no ice	n/a	0	0	0	0	0	0	0	0	0	150	6	0	0	0	0	0	0
Dr. Pepper Serving Size: 32 oz no ice	n/a	400	0	0	0	0	0	0	0	0	160	7	106	35	0	0	102	0
Iced Tea Serving Size: 32 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mountain Dew Serving Size: 32 oz no ice	n/a	460	0	0	0	0	0	0	0	0	160	7	124	41	0	0	122	0
Pepsi Serving Size: 32 oz no ice	n/a	380	0	0	0	0	0	0	0	0	75	3	102	34	0	0	102	0
Starry Serving Size: 32 oz no ice	n/a	400	0	0	0	0	0	0	0	0	95	4	104	38	0	0	104	0
Tropicana Lemonade Serving Size: 32 oz no ice	n/a	400	0	0	0	0	0	0	0	0	400	17	107	36	0	0	107	0

Bigee Beverages

Diet Pepsi Serving Size: 44 oz no ice	n/a	0	0	0	0	0	0	0	0	0	200	8	0	0	0	0	0	0
Dr. Pepper Serving Size: 44 oz no ice	n/a	550	0	0	0	0	0	0	0	0	220	9	145	48	0	0	141	0
Iced Tea Serving Size: 44 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mountain Dew Serving Size: 44 oz no ice	n/a	630	0	0	0	0	0	0	0	0	220	9	171	57	0	0	168	0
Pepsi Serving Size: 44 oz no ice	n/a	530	0	0	0	0	0	0	0	0	105	4	141	47	0	0	141	0
Starry Serving Size: 44 oz no ice	n/a	550	0	0	0	0	0	0	0	0	130	6	143	52	0	0	143	0
Tropicana Lemonade Serving Size: 44 oz no ice	n/a	550	0	0	0	0	0	0	0	0	550	23	147	49	0	0	147	0

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Small eegee's

Lemon Serving Size: 16 oz	n/a	170	0	0	0	0	0	0	0	0	55	2	47	16	0	0	47	0
Pina Colada Serving Size: 16 oz	tree nut	170	0	0	0	0	0	0	0	0	55	2	47	16	0	0	47	0
Skinny Berry Serving Size: 16 oz	n/a	20	0	0	0	0	0	0	0	0	15	1	12	4	0	0	0	0
Strawberry Serving Size: 16 oz	n/a	170	0	0	0	0	0	0	0	0	55	2	47	16	0	0	47	0

Medium eegee's

Lemon Serving Size: 24 oz	n/a	260	0	0	0	0	0	0	0	0	80	3	70	23	0	0	70	0
Pina Colada Serving Size: 24 oz	tree nut	260	0	0	0	0	0	0	0	0	80	3	70	23	0	0	70	0
Skinny Berry Serving Size: 24 oz	n/a	30	0	0	0	0	0	0	0	0	20	1	18	7	0	0	0	0
Strawberry Serving Size: 24 oz	n/a	260	0	0	0	0	0	0	0	0	80	3	70	23	0	0	70	0

Large eegee's

Lemon Serving Size: 32 oz	n/a	350	0	0	0	0	0	0	0	0	105	4	93	31	0	0	93	0
Pina Colada Serving Size: 32 oz	tree nut	350	0	0	0	0	0	0	0	0	105	4	93	31	0	0	93	0
Skinny Berry Serving Size: 32 oz	n/a	40	0	0	0	0	0	0	0	0	25	1	24	9	0	0	0	0
Strawberry Serving Size: 32 oz	n/a	350	0	0	0	0	0	0	0	0	105	4	93	31	0	0	93	0


Bigee eegee's

Lemon Serving Size: 44 oz	n/a	480	0	0	0	0	0	0	0	0	150	6	128	43	0	0	128	0
Pina Colada Serving Size: 44 oz	tree nut	480	0	0	0	0	0	0	0	0	150	6	128	43	0	0	128	0
Skinny Berry Serving Size: 44 oz	n/a	60	0	0	0	0	0	0	0	0	35	2	33	12	0	0	0	0
Strawberry Serving Size: 44 oz	n/a	480	0	0	0	0	0	0	0	0	150	6	128	43	0	0	128	0

Small eegee's Fizz

Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	90	0	0	0	0	0	0	0	0	65	3	23	8	0	0	23	0
Diet Pepsi with Skinny Berry Serving Size: 16 oz	n/a	10	0	0	0	0	0	0	0	0	45	2	6	2	0	0	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	190	0	0	0	0	0	0	0	0	65	3	50	17	0	0	49	0
Dr. Pepper with Skinny Berry Serving Size: 16 oz	n/a	110	0	0	0	0	0	0	0	0	45	2	32	12	0	0	26	0
Mountain Dew w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	200	0	0	0	0	0	0	0	0	65	3	54	18	0	0	54	0
Mountain Dew with Skinny Berry Serving Size: 16 oz	n/a	130	0	0	0	0	0	0	0	0	45	2	37	13	0	0	31	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	180	0	0	0	0	0	0	0	0	45	2	49	16	0	0	49	0
Pepsi Fizz with Skinny Berry Serving Size: 16 oz	n/a	110	0	0	0	0	0	0	0	0	25	1	33	12	0	0	27	0
Starry w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	190	0	0	0	0	0	0	0	0	50	2	49	18	0	0	49	0
Starry with Skinny Berry Serving Size: 16 oz	n/a	110	0	0	0	0	0	0	0	0	30	1	32	12	0	0	26	0
Tropicana Lemonade w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	190	0	0	0	0	0	0	0	0	125	5	50	17	0	0	50	0
Tropicana Lemonade with Skinny Berry Serving Size: 16 oz	n/a	110	0	0	0	0	0	0	0	0	105	5	33	12	0	0	27	0

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Medium eegee's Fizz


Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	130	0	0	0	0	0	0	0	0	95	4	35	12	0	0	35	0
Diet Pepsi with Skinny Berry Serving Size: 24 oz	n/a	15	0	0	0	0	0	0	0	0	65	3	9	3	0	0	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	280	0	0	0	0	0	0	0	0	100	4	75	25	0	0	73	0
Dr. Pepper with Skinny Berry Serving Size: 24 oz	n/a	170	0	0	0	0	0	0	0	0	70	3	49	18	0	0	38	0
Mountain Dew w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	300	0	0	0	0	0	0	0	0	100	4	82	27	0	0	81	0
Mountain Dew with Skinny Berry Serving Size: 24 oz	n/a	190	0	0	0	0	0	0	0	0	70	3	56	20	0	0	46	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	270	0	0	0	0	0	0	0	0	70	3	73	24	0	0	73	0
Pepsi Fizz with Skinny Berry Serving Size: 24 oz	n/a	170	0	0	0	0	0	0	0	0	40	2	49	18	0	0	40	0
Starry w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	280	0	0	0	0	0	0	0	0	75	3	74	27	0	0	74	0
Starry with Skinny Berry Serving Size: 24 oz	n/a	170	0	0	0	0	0	0	0	0	45	2	48	17	0	0	39	0
Tropicana Lemonade w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	280	0	0	0	0	0	0	0	0	190	8	75	25	0	0	75	0
Tropicana Lemonade with Skinny Berry Serving Size: 24 oz	n/a	170	0	0	0	0	0	0	0	0	160	7	49	18	0	0	40	0

Large eegee's Fizz

Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	170	0	0	0	0	0	0	0	0	125	5	47	16	0	0	47	0
Diet Pepsi with Skinny Berry Serving Size: 32 oz	n/a	20	0	0	0	0	0	0	0	0	85	4	12	4	0	0	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	370	0	0	0	0	0	0	0	0	135	6	99	33	0	0	98	0
Dr. Pepper with Skinny Berry Serving Size: 32 oz	n/a	220	0	0	0	0	0	0	0	0	95	4	65	24	0	0	51	0
Mountain Dew w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	400	0	0	0	0	0	0	0	0	135	6	109	36	0	0	108	0
Mountain Dew with Skinny Berry Serving Size: 32 oz	n/a	250	0	0	0	0	0	0	0	0	95	4	74	27	0	0	61	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	360	0	0	0	0	0	0	0	0	90	4	98	33	0	0	98	0
Pepsi Fizz with Skinny Berry Serving Size: 32 oz	n/a	220	0	0	0	0	0	0	0	0	55	2	65	24	0	0	53	0
Starry w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	370	0	0	0	0	0	0	0	0	100	4	99	36	0	0	99	0
Starry with Skinny Berry Serving Size: 32 oz	n/a	220	0	0	0	0	0	0	0	0	60	3	64	23	0	0	52	0
Tropicana Lemonade w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	370	0	0	0	0	0	0	0	0	250	10	100	33	0	0	100	0
Tropicana Lemonade with Skinny Berry Serving Size: 32 oz	n/a	220	0	0	0	0	0	0	0	0	210	9	65	24	0	0	53	0

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Bigee eegee's Fizz

Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	240	0	0	0	0	0	0	0	0	170	7	64	21	0	0	64	0
Diet Pepsi with Skinny Berry Serving Size: 44 oz	n/a	30	0	0	0	0	0	0	0	0	120	5	17	6	0	0	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	510	0	0	0	0	0	0	0	0	180	8	137	46	0	0	135	0
Dr. Pepper with Skinny Berry Serving Size: 44 oz	n/a	300	0	0	0	0	0	0	0	0	130	6	89	32	0	0	70	0
Mountain Dew w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	550	0	0	0	0	0	0	0	0	180	8	149	50	0	0	148	0
Mountain Dew with Skinny Berry Serving Size: 44 oz	n/a	340	0	0	0	0	0	0	0	0	130	6	102	37	0	0	84	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	500	0	0	0	0	0	0	0	0	125	5	134	45	0	0	134	0
Pepsi Fizz with Skinny Berry Serving Size: 44 oz	n/a	300	0	0	0	0	0	0	0	0	75	3	90	33	0	0	73	0
Starry w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	510	0	0	0	0	0	0	0	0	140	6	136	49	0	0	136	0
Starry with Skinny Berry Serving Size: 44 oz	n/a	300	0	0	0	0	0	0	0	0	85	4	88	32	0	0	72	0
Tropicana Lemonade w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	510	0	0	0	0	0	0	0	0	350	15	138	46	0	0	138	0
Tropicana Lemonade with Skinny Berry Serving Size: 44 oz	n/a	300	0	0	0	0	0	0	0	0	290	13	90	33	0	0	73	0

Small Energie Blast

Alert Energy w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	200	0	0	0	0	0	0	0	0	230	10	50	18	0	0	49	0
Alert Energy with Skinny Berry Serving Size: 16 oz	n/a	120	0	0	0	0	0	0	0	0	210	9	33	12	0	0	26	0

Medium Energie Blast

Alert Energy w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	300	0	0	0	0	0	0	0	0	340	15	76	27	0	0	74	0
Alert Energy with Skinny Berry Serving Size: 24 oz	n/a	180	0	0	0	0	0	0	0	0	310	13	50	18	0	0	39	0

Large Energie Blast

Alert Energy w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	390	0	0	0	0	0	0	0	0	450	20	101	37	0	0	99	0
Alert Energy with Skinny Berry Serving Size: 32 oz	n/a	240	0	0	0	0	0	0	0	0	410	18	66	24	0	0	52	0

Bigee Energie Blast

Alert Energy w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	540	0	0	0	0	0	0	0	0	620	27	138	50	0	0	136	0
Alert Energy with Skinny Berry Serving Size: 44 oz	n/a	330	0	0	0	0	0	0	0	0	570	25	91	33	0	0	72	0

Small Teagee's

Tea w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	90	0	0	0	0	0	0	0	0	25	1	23	8	0	0	23	0
Tea with Skinny Berry Serving Size: 16 oz	n/a	10	0	0	0	0	0	0	0	0	5	0	6	2	0	0	0	0

Medium Teagee's

Tea w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	130	0	0	0	0	0	0	0	0	40	2	35	12	0	0	35	0
Tea with Skinny Berry Serving Size: 24 oz	n/a	15	0	0	0	0	0	0	0	0	10	0	9	3	0	0	0	0

Large Teagee's


Tea w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	170	0	0	0	0	0	0	0	0	55	2	47	16	0	0	47	0
Tea with Skinny Berry Serving Size: 32 oz	n/a	20	0	0	0	0	0	0	0	0	15	1	12	4	0	0	0	0

Bigee Teagee's

Tea w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	240	0	0	0	0	0	0	0	0	75	3	64	21	0	0	64	0
Tea with Skinny Berry Serving Size: 44 oz	n/a	30	0	0	0	0	0	0	0	0	20	1	17	6	0	0	0	0

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		FOOD																

Chicken Tenders

Two Serving Size: 2 chicken tenders and medium fry	soy, wheat	500	110	13	16	1	4	0	50	17	1560	68	68	25	5	18	0	27
Two Buffalo Style Serving Size: 2 chicken tenders and medium fry	soy, wheat	500	110	13	16	1	4	0	50	17	3150	137	68	25	5	18	0	27
Three Serving Size: 3 chicken tenders and medium fry	soy, wheat	650	140	16	20	1	4	0	75	25	2320	101	87	32	6	21	0	39
Three Buffalo Style Serving Size: 2 chicken tenders and medium fry	soy, wheat	650	140	16	20	1	4	0	75	25	4700	205	87	32	6	21	0	39
Four Serving Size: 4 chicken tenders and medium fry	soy, wheat	800	170	19	24	1	4	0	100	33	3080	134	106	39	7	25	0	51
Four Buffalo Style Serving Size: 4 chicken tenders and medium fry	soy, wheat	800	170	19	24	1	4	0	100	33	6260	272	106	39	7	25	0	51
Party Tenders Serving Size: 12 chicken tenders	soy, wheat	1800	320	36	46	1	4	0	300	100	9120	397	228	83	12	43	0	144
Party Tenders Buffalo Style Serving Size: 12 chicken tenders	soy, wheat	1800	320	36	46	1	4	0	300	100	1865	811	228	83	12	43	0	144

Cookies

Chocolate Chunk Serving Size: 1 cookie	egg, milk, soy, wheat	370	162	18	23	11	55	0	45	15	440	19	50	18	2	7	28	5
Salted Caramel Serving Size: 1 large cookie	egg, milk, soy, wheat, tree nuts	390	153	17	22	10	50	0	50	17	620	27	57	21	1	4	31	4

Fries

Medium Fries Serving Size: 1 medium fry	n/a	200	60	7	9	1	4	0	0	0	40	2	30	11	3	11	0	3
Large Fries Serving Size: 1 large fry	n/a	280	90	10	13	1	5	0	0	0	55	2	43	16	4	15	0	4
Buffalo Ranch Fries Serving Size: 1 buffalo ranch fries	egg, milk, soy	440	260	30	38	4.5	22	0	15	6	470	20	42	15	4	15	0	4
Cheesy Bacon Fries Serving Size: 1 cheesy bacon fries	milk	470	210	24	31	6	29	0	20	7	960	42	45	16	4	15	0	13
Chipotle Ranch Fries Serving Size: 1 chipotle ranch fries	egg, milk, soy	450	250	29	37	4.5	21	0	15	5	340	15	44	16	4	15	<1	6
Pizza Fries Serving Size: 1 pizza fries	egg, milk, soy	460	160	18	23	4.5	23	0	20	6	780	34	61	22	5	17	13	15
Ranch Fries Serving Size: 1 ranch fries	egg, milk, soy	450	250	30	38	4	21	0	20	6	340	15	43	16	4	15	0	5

PARTY FRIES

Buffalo Ranch Serving Size: 1 buffalo ranch fries	egg, milk, soy	890	510	60	77	9	45	0	35	11	940	41	84	30	8	30	0	8
Cheesy Bacon Fries Serving Size: 1 cheesy bacon fries	milk	940	430	48	61	12	58	0	40	13	1920	83	90	33	8	30	0	26
Chipotle Ranch Serving Size: 1 chipotle fries	egg, milk, soy	900	490	58	74	9	43	0	35	11	690	30	89	32	8	30	2	11
Original Serving Size: 1 fries	n/a	540	170	19	24	2	10	0	0	0	105	4	83	30	8	30	0	8
Pizza Fries Serving Size: 1 pizza fries	egg, milk, soy	870	310	34	44	9	44	0	40	13	1550	67	112	41	8	30	27	30

Pretzels


Cheese Serving Size:cheese pretzel	milk, wheat	410	170	19	24	12	60	0	45	15	720	31	38	14	1	4	1	24
Pizza Serving Size: pizza pretzel	milk, wheat	490	180	20	26	12	60	0	45	15	1280	56	52	19	1	4	15	28
Plain Serving Size: plain	wheat	170	10	1	1	0	0	0	0	0	150	7	38	14	1	4	1	6
Salted Serving Size: 1 salted pretzel	wheat	170	10	1	1	0	0	0	0	0	510	22	38	14	1	4	1	6

Kids Meals

Kid's Chicken Serving Size: 2 tenders	soy, wheat	300	50	6	8	0	0	0	50	17	1520	66	38	14	2	7	0	24
Kid's Chicken Tossed in Frank's Serving Size: 2 tenders	soy, wheat	300	50	6	8	0	0	0	50	17	3110	135	38	14	2	7	0	24
Kid's Ham Sub Serving Size: 1 kid's ham sub	milk, soy, wheat, sesame	190	60	6	8	2.5	14	0	30	10	660	29	19	7	<1	3	2	12

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

 Nutrition Information	Allergens	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	% Daily Value ++	Saturated Fat (g)	% Daily Value ++	Trans Fat (g)	Cholesterol (mg)	% Daily Value ++	Sodium (mg)	% Daily Value ++	Carbohydrates (g)	% Daily Value ++	Dietary Fiber (g)	% Daily Value ++	Sugars (g)	Protein (g)
Serving Size: 1 kid's salami sub																		
Kid's Turkey Sub Serving Size: 1 kid's turkey sub	milk, soy, wheat	230	70	8	10	4.5	23	0	35	12	880	38	20	7	1	5	1	18
Kids Fries Serving Size: 1 kid's fries	n/a	130	40	4.5	6	0.5	3	0	0	0	25	1	20	7	2	7	0	2

Salads

Nutrition data does not include salad dressing

Chef Salad, No Dressing Serving Size: 1 salad	egg, milk	440	230	25	32	12	58	0	195	66	1780	77	17	6	1	4	5	36
Crispy Chicken Salad, No Dressing Serving Size: 1 salad	milk, soy, wheat	600	200	20	26	9	47	0	95	32	2350	102	49	18	3	9	3	47


Sandwiches - Half (6") on White

Club Serving Size: 1 sub	egg, milk, soy, wheat, sesame	640	310	35	45	13	66	0	95	32	2350	102	42	15	2	9	5	38
Deluxe Grinder Serving Size: 1 sub	milk, soy, wheat, sesame	600	300	33	42	14	70	0	80	27	2260	98	42	15	2	7	6	32
Ham & Swiss Serving Size: 1 sub	egg, milk, soy, wheat, sesame	470	220	25	32	7	37	0	60	20	1290	56	39	14	2	7	5	22
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat, sesame	730	370	41	53	18	88	0	90	30	1670	72	50	18	4	15	10	39
Original Grinder Serving Size: 1 sub	milk, soy, wheat, sesame	500	220	25	31	9	47	0	70	23	2000	87	41	15	2	7	5	26
Pastrami Grinder Serving Size: 1 sub	milk, soy, wheat, sesame	460	170	19	24	7	35	0	65	22	1730	75	40	15	2	7	3	32
Roast Beef & Provolone Serving Size: 1 sub	egg, milk, soy, wheat, sesame	580	270	30	39	11	56	0	90	30	1670	73	39	14	2	7	3	36
Spicy Grinder Serving Size: 1 sub	milk, soy, wheat, sesame	580	300	33	42	13	66	0	75	26	2440	106	41	15	3	11	6	28
Tuna Serving Size: 1 sub	egg, fish, milk, soy, wheat, sesame	530	260	31	40	5	26	0	40	13	870	38	40	14	2	7	21	6
Turkey & Provolone Serving Size: 1 sub	egg, milk, soy, wheat, sesame	570	250	28	36	11	55	0	80	27	1950	85	42	15	3	11	3	37
Veggie Grinder Serving Size: 1 sub	milk, soy, wheat, sesame	510	250	28	35	14	68	0	55	18	1220	53	39	14	2	7	3	26

Sandwiches - Whole (12") on White

Club Serving Size: 1 sub	egg, milk, soy, wheat, sesame	1270	610	69	89	26	132	0	190	64	4710	205	83	30	7	24	8	78
Deluxe Grinder Serving Size: 1 sub	milk, soy, wheat, sesame	1200	600	66	85	28	139	0	165	54	4540	197	84	30	6	22	10	65
Ham & Swiss Serving Size: 1 sub	egg, milk, soy, wheat, sesame	930	440	50	65	15	74	0	120	41	2600	113	78	29	6	20	8	44
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat, sesame	1470	740	83	106	35	176	0	180	60	3340	145	99	36	10	37	20	78
Original Grinder Serving Size: 1 sub	milk, soy, wheat, sesame	1010	450	50	63	19	94	0	140	47	4000	174	83	30	6	22	9	53
Pastrami Grinder Serving Size: 1 sub	milk, soy, wheat, sesame	920	340	38	48	14	71	0	130	44	3460	151	80	29	6	22	5	65
Roast Beef & Provolone Serving Size: 1 sub	egg, milk, soy, wheat, sesame	1160	530	61	78	23	113	0	180	60	3350	146	78	28	6	20	4	73
Spicy Grinder Serving Size: 1 sub	milk, soy, wheat, sesame	1160	600	66	85	26	132	0	155	52	4880	212	82	30	8	29	11	57
Tuna Serving Size: 1 sub	egg, fish, milk, soy, wheat, sesame	1050	520	62	80	10	51	0	80	26	1760	76	80	29	6	20	40	12
Turkey & Provolone Serving Size: 1 sub	egg, milk, soy, wheat, sesame	1140	490	57	73	22	110	0	160	54	3920	170	84	30	8	28	4	75
Veggie Grinder Serving Size: 1 sub	milk, soy, wheat, sesame	1030	500	55	71	27	136	0	110	37	2450	107	78	28	6	22	5	53

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3' Subs																		
Deluxe Grinder Serving Size: 3" slice	milk, soy, wheat, sesame	470	230	25	32	8	42	0	45	15	1550	67	41	15	2	7	3	19
Ham & Swiss Serving Size: 3" slice	egg, milk, soy, wheat, sesame	330	100	11	15	3.5	17	0	35	12	1170	51	40	14	2	6	3	16
Original Grinder Serving Size: 3" slice	milk, soy, wheat, sesame	390	160	18	23	6	31	0	35	12	1210	53	39	14	2	7	2	17
Roast Beef & Provolone Serving Size: 3" slice	egg, milk, soy, wheat, sesame	350	110	13	17	4.5	23	0	40	14	900	39	38	14	2	6	1	20
Turkey & Provolone Serving Size: 3" slice	egg, milk, soy, wheat, sesame	360	100	12	15	4.5	23	0	40	14	1200	52	40	15	3	9	1	23
Veggie Grinder Serving Size: 3" slice	milk, soy, wheat, sesame	380	160	18	23	6	32	0	20	7	830	36	40	14	2	8	2	13

Sides																		
COOKIE																		
Chocolate Chunk Serving Size: 1 cookie	egg, milk, soy, wheat	370	162	18	23	11	55	0	45	15	440	19	50	18	2	7	28	5
Salted Caramel Serving Size: 1 large cookie	egg, milk, soy, wheat, tree nuts	390	153	17	22	10	50	0	50	17	620	27	57	21	1	4	31	4

CHIPS																		
Potato Chips Serving Size: 1 bag	n/a	240	130	15	23	2	10	0	0	0	250	10	23	8	2	8	1	3

EXTRA SAUCE																		
BBQ Sauce Serving Size: 1.25 oz PC Cup	n/a	40	0	0	0	0	0	0	0	0	440	19	9	3	0	0	8	0
Buffalo Ranch Serving Size: 1.25 oz PC Cup	egg, milk, soy	190	190	23	30	4	19	0	20	6	470	20	0	0	0	0	0	0
Chipotle Ranch Serving Size: 1.25 oz PC Cup	egg, milk, soy	190	180	21	28	3.5	18	0	20	6	270	12	2	1	0	0	1	0
Frank's Red Hot Sauce Serving Size: 2 oz Cup	n/a	0	0	0	0	0	0	0	0	0	1590	69	0	0	0	0	0	0
House Serving Size: 1.5 oz PC Cup	n/a	110	110	13	20	2	10	0	0	0	240	10	<1	0	0	0	0	0
Nacho Cheese Serving Size: 2 oz Cup	milk	70	50	5	7	1	5	0	0	0	500	22	5	2	0	0	0	<1
Ranch Serving Size: 1.25 oz PC Cup	egg, milk, soy	190	190	22	28	3.5	18	0	20	7	270	12	1	1	0	0	0	0