

+ Items may contain or come in contact with the following known allergies: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame.
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updated 7/29/26

	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)
Nutrition Information																		

DRINKS

Mini Beverages

Diet Pepsi Serving Size: 10 oz no ice	n/a	0	0	0	0	0	0	0	0	0	45	2	0	0	0	0	0	0
Dr. Pepper Serving Size: 10 oz no ice	n/a	130	0	0	0	0	0	0	0	0	50	2	33	11	0	0	32	0
Iced Tea Serving Size: 10 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: 10 oz no ice	n/a	140	0	0	0	0	0	0	0	0	50	2	39	13	0	0	38	0
Pepsi Serving Size: 10 oz no ice	n/a	120	0	0	0	0	0	0	0	0	25	1	32	11	0	0	32	0
Starry Serving Size: 10 oz no ice	n/a	130	0	0	0	0	0	0	0	0	30	1	33	12	0	0	33	0
Tropicana Lemonade Serving Size: 10 oz no ice	n/a	130	0	0	0	0	0	0	0	0	125	5	33	11	0	0	33	0

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

Mini eegee's

Lemon Serving Size: 10 oz	n/a	110	0	0	0	0	0	0	0	0	35	1	29	10	0	0	29	0
Pina Colada Serving Size: 10 oz	tree nut	110	0	0	0	0	0	0	0	0	35	1	29	10	0	0	29	0
Skinny Berry Serving Size: 10 oz	n/a	15	0	0	0	0	0	0	0	0	10	0	8	3	0	0	0	0
Strawberry Serving Size: 10 oz	n/a	110	0	0	0	0	0	0	0	0	35	1	29	10	0	0	29	0

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

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Nutrition Information																		
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

Fun/Party pak eegee's

Lemon Serving Size: 6 oz	n/a	70	0	0	0	0	0	0	0	0	20	1	18	6	0	0	18	0
Pina Colada Serving Size: 6 oz	tree nut	70	0	0	0	0	0	0	0	0	20	1	18	6	0	0	18	0
Skinny Berry Serving Size: 6 oz	n/a	5	0	0	0	0	0	0	0	0	10	0	7	3	5	18	0	0
Strawberry Serving Size: 6 oz	n/a	70	0	0	0	0	0	0	0	0	20	1	18	6	0	0	18	0

Mini eegee's Fizz

Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	50	0	0	0	0	0	0	0	0	40	2	15	5	0	0	15	0
Diet Pepsi with Skinny Berry Serving Size: 10 oz	n/a	5	0	0	0	0	0	0	0	0	25	1	4	1	0	0	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	120	0	0	0	0	0	0	0	0	40	2	31	10	0	0	31	0
Dr. Pepper with Skinny Berry Serving Size: 10 oz	n/a	70	0	0	0	0	0	0	0	0	30	1	20	7	0	0	16	0
Mountain Dew w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	130	0	0	0	0	0	0	0	0	40	2	34	11	0	0	34	0
Mountain Dew with Skinny Berry Serving Size: 10 oz	n/a	80	0	0	0	0	0	0	0	0	30	1	23	8	0	0	19	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	110	0	0	0	0	0	0	0	0	30	1	31	10	0	0	31	0
Pepsi Fizz with Skinny Berry Serving Size: 10 oz	n/a	70	0	0	0	0	0	0	0	0	15	1	20	7	0	0	17	0
Starry w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	120	0	0	0	0	0	0	0	0	30	1	31	11	0	0	31	0
Starry with Skinny Berry Serving Size: 10 oz	n/a	70	0	0	0	0	0	0	0	0	20	1	20	7	0	0	16	0
Tropicana Lemonade w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	120	0	0	0	0	0	0	0	0	80	3	31	10	0	0	31	0
Tropicana Lemonade with Skinny Berry Serving Size: 10 oz	n/a	70	0	0	0	0	0	0	0	0	65	3	20	7	0	0	17	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
Moutain 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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Nutrition Information																		
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

Mini Teagee's

Tea w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	50	0	0	0	0	0	0	0	0	15	1	15	5	0	0	15	0
Tea with Skinny Berry Serving Size: 10 oz	n/a	5	0	0	0	0	0	0	0	0	0	0	4	1	0	0	0	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

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Nutrition Information																		

FOOD

Chicken Tenders

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

Fries

Regular Fries Serving Size: 1 regular fry	n/a	250	80	9	11	1	5	0	0	0	710	31	38	14	4	14	0	4
Buffalo Ranch Fries Serving Size: 1 buffalo ranch fries	egg, milk, soy	430	260	29	37	4	21	0	5	2	430	19	41	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
Chili Cheese Fries Serving Size: 1 chilli cheese fries	milk	640	320	36	46	14	69	0	75	24	1780	78	53	19	6	21	3	28
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
Ranch Fries Serving Size: 1 ranch fries	egg, milk, soy	470	260	29	38	4	21	0.5	5	2	380	16	44	16	4	15	1	6

PARTY FRIES

Buffalo Ranch Serving Size: 1 buffalo ranch fries	egg, milk, soy	870	520	58	74	8	42	0	10	4	870	38	83	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	egg, milk, soy	910	520	58	74	8	42	1	10	4	650	28	87	32	8	30	2	10
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

Pretzel Bites

Chili Cheese Pretzel Bites Serving Size: 8 chilli bites	milk, soy, wheat	1960	560	62	80	17	84	0	75	24	3840	167	281	102	9	34	3	64
Cinnamon Sugar Pretzel Bites Serving Size: 8 Cinnamon Sugar Bites w/ vanilla icing	soy, wheat	1850	330	36	46	4	20	0	0	0	2895	126	327	108	8	29	61	40
Salted Serving Size: 8 Saledted Bites	soy, wheat	1600	330	36	46	4	20	0	0	0	3430	149	272	99	8	29	0	40

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, wheat	200	60	7	8	3	16	0	30	10	690	30	23	8	1	4	2	13
Kid's Salami Sub Serving Size: 1 kid's salami sub	milk, wheat	270	130	14	18	7	37	0	30	11	700	30	22	8	1	4	2	13
Kid's Turkey Sub Serving Size: 1 kid's turkey sub	milk, wheat	240	70	8	10	5	25	0	35	12	920	40	24	9	2	6	1	19
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

Antipasto Salad Serving Size: 1 salad	milk	370	230	26	33	12	59	0	75	25	1460	63	12	4	3	12	4	26
Chef Salad Serving Size: 1 salad	egg, milk	390	180	20	25	9	47	0	95	32	2130	92	17	6	5	16	5	39
Garden Salad Serving Size: 1 salad	milk	250	160	17	22	9	43	0	40	14	690	30	11	4	4	13	3	16
Tuna Salad Serving Size: 1 salad	egg, fish, milk	470	320	36	47	12	59	0	65	22	940	41	13	5	4	13	15	16

	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)
Nutrition Information																		

Sandwiches - Half (6") on White

Club Serving Size: 1 sub	egg, milk, wheat	770	400	45	58	18	89	0	105	36	2750	119	49	18	3	10	5	46
Deluxe Grinder Serving Size: 1 sub	milk, wheat	630	300	33	43	15	75	0	80	27	2330	102	49	18	3	9	6	34
Ham & Swiss Serving Size: 1 sub	egg, milk, wheat	500	220	26	33	8	42	0	60	20	1370	59	47	17	2	8	5	24
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat	770	380	42	54	19	93	0	90	30	1740	76	57	21	5	17	10	41
Original Grinder Serving Size: 1 sub	milk, wheat	530	230	25	32	10	52	0	70	23	2070	90	49	18	3	9	5	28
Tuna Serving Size: 1 sub	egg, fish, wheat	560	270	32	41	6	31	0	40	13	950	41	47	17	2	8	21	8
Turkey & Provolone Serving Size: 1 sub	egg, milk, wheat	600	250	29	37	12	60	0	80	27	2030	88	49	18	3	12	3	39
Veggie Grinder Serving Size: 1 sub	milk, wheat	560	250	28	36	15	73	0	55	18	1310	57	49	18	3	12	4	28

Sandwiches - Half (6") on Wheat

Club Serving Size: 1 sub	egg, milk, wheat	780	400	45	58	18	89	0	105	36	2750	120	49	18	4	14	5	47
Deluxe Grinder Serving Size: 1 sub	milk, wheat	640	300	33	43	15	75	0	80	27	2340	102	49	18	4	13	6	35
Ham & Swiss Serving Size: 1 sub	egg, milk, wheat	500	220	26	33	8	42	0	60	20	1370	60	46	17	3	12	5	25
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat	770	380	42	54	19	93	0	90	30	1740	76	57	21	6	20	11	42
Original Grinder Serving Size: 1 sub	milk, wheat	540	230	25	32	10	52	0	70	23	2070	90	48	18	4	13	5	29
Tuna Serving Size: 1 sub	egg, fish, wheat	560	270	32	41	6	31	0	40	13	950	41	47	17	3	12	21	9
Turkey & Provolone Serving Size: 1 sub	egg, milk, wheat	610	250	29	37	12	60	0	80	27	2030	88	49	18	4	16	3	40
Veggie Grinder Serving Size: 1 sub	milk, wheat	560	250	28	36	15	73	0	55	18	1320	57	49	18	4	16	5	29

Sandwiches - Whole (12") on White

Club Serving Size: 1 sub	egg, milk, wheat	1550	790	90	116	35	177	0	215	72	5490	239	98	36	6	21	9	91
Deluxe Grinder Serving Size: 1 sub	milk, wheat	1270	610	67	86	30	149	0	165	54	4670	203	99	36	5	19	11	68
Ham & Swiss Serving Size: 1 sub	egg, milk, wheat	1000	450	51	66	17	84	0	120	41	2730	119	93	34	5	17	9	47
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat	1530	750	84	107	37	186	0	180	60	3480	151	114	42	9	33	21	81
Original Grinder Serving Size: 1 sub	milk, wheat	1070	450	51	65	21	104	0	140	47	4130	180	98	36	5	19	10	56
Tuna Serving Size: 1 sub	egg, fish, wheat	1120	530	63	81	12	61	0	80	26	1890	82	95	34	5	17	41	15
Turkey & Provolone Serving Size: 1 sub	egg, milk, wheat	1200	500	58	74	24	120	0	160	54	4050	176	99	36	7	25	5	78
Veggie Grinder Serving Size: 1 sub	milk, wheat	1120	510	56	72	29	146	0	110	37	2630	114	99	36	7	24	8	56

Sandwiches - Whole (12") on Wheat

Club Serving Size: 1 sub	egg, milk, wheat	1560	790	90	116	35	177	0	215	72	5500	239	97	35	8	28	10	93
Deluxe Grinder Serving Size: 1 sub	milk, wheat	1280	610	67	86	30	149	0	165	54	4680	203	98	36	7	26	12	70
Ham & Swiss Serving Size: 1 sub	egg, milk, wheat	1010	450	51	66	17	84	0	120	41	2740	119	92	34	7	24	10	49
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat	1540	750	84	107	37	186	0	180	60	3490	152	113	41	11	40	22	83
Original Grinder Serving Size: 1 sub	milk, wheat	1080	450	51	65	21	104	0	140	47	4140	180	97	35	7	26	11	58
Tuna Serving Size: 1 sub	egg, fish, wheat	1130	530	63	81	12	61	0	80	26	1900	83	94	34	7	24	42	17
Turkey & Provolone Serving Size: 1 sub	egg, milk, wheat	1210	500	58	74	24	120	0	160	54	4060	177	98	35	9	32	6	80
Veggie Grinder Serving Size: 1 sub	milk, wheat	1170	540	60	77	30	150	0	110	37	2820	123	99	36	9	31	9	58

3' Subs

Deluxe Grinder Serving Size: 3" slice	milk, wheat	500	230	26	33	9	43	0	45	15	1980	86	46	17	2	8	4	22
Ham & Swiss Serving Size: 3" slice	egg, milk, wheat	350	100	12	15	3.5	18	0	35	12	1430	62	44	16	2	7	4	19
Original Grinder Serving Size: 3" slice	milk, wheat	420	160	18	23	6	32	0	35	12	1640	71	45	16	2	8	4	20
Tuna Serving Size: 3" slice	egg, fish, wheat	340	110	13	17	2.5	12	0	15	5	920	40	43	16	2	7	9	9
Turkey & Provolone Serving Size: 3" slice	egg, milk, wheat	390	110	12	16	5	24	0	40	14	1630	71	45	16	3	10	3	26
Veggie Grinder Serving Size: 3" slice	milk, wheat	410	160	18	23	7	33	0	20	7	1260	55	45	16	2	9	3	16

	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)
Nutrition Information																		
Sides																		

Chili Serving Size: 6 ounces	soy	180	60	7	9	3	15	0	15	6	630	28	18	6	4	15	3	12
Chili - Supreme Serving Size: 6 ounces	soy	190	80	9	12	4.5	22	0	25	9	510	22	14	5	3	12	3	12
Chocolate Chip Cookie Serving Size: 1 cookie	egg, milk, soy, wheat	530	220	24	31	12	61	0	20	7	380	17	73	27	4	14	45	4
CHIPS																		
Potato Chips - BBQ Serving Size: 1 bag	milk	200	99	11	15	1.5	8	0	0	0	190	8	23	8	2	7	3	3
Potato Chips - Jalapeno Serving Size: 1 bag	milk	200	99	11	15	1.5	8	0	0	0	190	8	23	8	2	7	2	3
Potato Chips - Sea Salt Serving Size: 1 bag	n/a	210	108	12	16	1.5	8	0	0	0	170	7	23	8	2	7	1	3

BOTTLED RANCH

Buffalo Ranch Serving Size: 2 tbsp	egg, milk, soy	155	170	19	29	3	15	0	5	1	360	15	0	0	0	0	0	0
Ranch Serving Size: 2 tbsp	egg, milk, soy	175	170	19	29	3	15	0	5	1	260	11	2	1	0	0	1	1

EXTRA SAUCE

Buffalo Ranch Serving Size: 2 oz PC Cup	egg, milk, soy	290	310	35	45	6	28	0	10	3	680	30	0	0	0	0	0	0
Chipotle Ranch Serving Size: 2 oz PC Cup	egg, milk, soy	290	280	33	43	6	28	0	30	10	250	11	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: 2 oz PC Cup	n/a	150	150	17	22	2.5	12	0	0	0	320	14	<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: 2 oz PC Cup	egg, milk, soy	330	310	35	45	6	28	1	10	3	490	21	4	1	0	0	2	2