



NUTRITION CHART

	Calories	Total Fat	Sodium	Total Carb.	Fiber	Protein	Cholesterol
BREAKFAST SANDWICHES							
Western and Cheese	400	16G	890MG	42G	2G	21G	195MG
Bacon, Egg and Cheese	420	20G	1090MG	40G	2G	21G	205MG
Sausage, Egg and Cheese	460	23G	1170MG	41G	2G	24G	210MG
Ham, Egg and Cheese	360	13G	890MG	40G	2G	21G	195MG
BREAKFAST PLATTERS							
Scrambled Eggs	620	38G	1040MG	50G	4G	19G	340MG
Veggie Omelette	820	54G	1180MG	56G	6G	26G	505MG
Cheese Omelette	810	52G	1590MG	53G	4G	31G	537MG
Western Omelette	840	52G	1480MG	55G	5G	35G	532MG
Mushroom Swiss	640	41G	670MG	28G	2G	35G	546MG
Texas French Toast	390	6G	610MG	62G	2G	18G	15MG
Pancakes	200	2G	600MG	41G	1G	6G	
Blueberry Pancakes	300	2G	610MG	63G	7G	8G	5MG
BREAKFAST SIDES							
Bacon	210	18G	870MG	0G	0G	12G	45MG
Ham	60	1.5G	340MG	1G	0G	10G	25MG
Sausage	270	26G	480MG	0G	0G	11G	55MG
CLASSIC SANDWICHES							
Big D Cheeseburger	630	45G	830MG	30G	2G	26G	105MG
Big D Hamburger	580	41G	600MG	29G	2G	23G	90MG
Long Dog	380	23G	930MG	29G	1G	15G	50MG
Crispy Chicken	720	44G	1030MG	45G	2G	35G	200MG
Crispy Fish	540	29G	1400MG	49G	1G	18G	45MG
Grilled Chicken	390	13G	530MG	32G	2G	35G	90MG
Chili Cheeseburger	650	44G	860MG	35G	3G	29G	110MG
Bacon Cheddar Barbecue Burger	740	51G	1180MG	31G	1G	37G	145MG
Mushroom Swiss Burger	580	39G	370MG	27G	2G	29G	110MG
Beyond Burger	530	34G	790MG	35G	4G	24G	10MG

	Calories	Total Fat	Sodium	Total Carb.	Fiber	Protein	Cholesterol
CLASSIC SANDWICHES							
Pastrami and Swiss	350	14G	1530MG	29G	2G	26G	70MG
Philly Cheesesteak	680	35G	1539MG	45G	4G	41G	120MG
Turkey Burger	410	23G	410MG	26G	2G	24G	95MG
Chicken Parmigiana	510	26G	1210MG	40G	2G	28G	120MG
Patty Melt	920	69G	1660MG	34G	3G	40G	145MG
Veggie Burger	360	17G	660MG	36G	4G	14G	5MG
Tuna Salad	550	38G	780MG	26G	2G	24G	50MG
Chicken Salad	570	38G	1240MG	29G	2G	26G	75MG
Egg Salad	550	38G	780MG	26G	2G	24G	50MG
Tuna Melt	630	39G	1310MG	44G	2G	25G	65MG
Grilled Cheese	520	28G	1570MG	48G	2G	24G	60MG
Grilled Ham and Cheese	410	18G	1570MG	44G	2G	21G	60MG
BIG DELI SANDWICHES							
Roasted Turkey, Bacon and Cheddar	810	38G	2690MG	75G	5G	46G	110MG
Grilled Chicken Caesar	820	44G	1300MG	63G	4G	45G	110MG
Baked Ham and Swiss	670	30G	1670MG	66G	5G	36G	75MG
Bacon, Lettuce and Tomato	810	51G	2110MG	62G	5G	31G	85MG
Tuna Salad	740	45G	1100MG	53G	3G	30G	
Chicken Salad	760	45G		56G	3G	33G	
HOTDOGS							
Chili Dog	430	25G	1170MG	26G	1G	18G	60MG
Long Chili Dog	450	32G	1290MG	33G	2G	21G	75MG
WRAPS (WHITE)							
Turkey	550	23G	1620MG	54G	3G	30G	65MG
Philly Cheesesteak	800	38G	1600MG	61G	4G	45G	105MG
Chicken Caesar	880	55G	1190MG	52G	2G	45G	110MG
Chicken Salad	760	45G		56G	3G	33G	75MG
Tuna Salad	740	45G	1100MG	53G	3G	30G	50MG

	Calories	Total Fat	Sodium	Total Carb.	Fiber	Protein	Cholesterol
WRAPS (WHEAT)							
Turkey	540	23G	1600MG	51G	5G	30G	65MG
Philly Cheesesteak	790	38G	1580MG	58G	6G	45G	105MG
Chicken Caesar	870	55G	1170MG	49G	4G	45G	110MG
Chicken Salad	750	45G		53G	5G	32G	75MG
Tuna Salad	730	45G	1080MG	50G	5G	30G	50MG
SALADS							
Chicken Cobb	770	50G	2110MG	10G	3G	69G	405MG
Chicken Caesar	590	45G	640MG	8G	2G	37G	110MG
Garden Chicken	300	9G	180MG	13G	4G	40G	270MG
Asian Chicken	810	55G	810MG	37G	8G	42G	85MG
Chef Salad	280	14G	750MG	14G	4G	24G	235MG
Tuna Salad Platter	670	52G	950MG	19G	4G	32G	75MG
Chicken Salad Platter	690	52G	1410MG	22G	4G	34G	100MG
Egg Salad Platter	620	50G	680MG	20G	4G	24G	400MG
Deli Turkey Salad Platter	380	19G	1400MG	19G	4G	32G	85MG
Side	20	0G	10MG	4G	2G	1G	0MG
KID D MEALS							
Hamburger	300	16G	360MG	25G	1G	13G	45MG
Cheeseburger	350	20G	590MG	26G	1G	16G	60MG
Grilled Cheese	430	24G	1010MG	44G	0G	12G	30MG
Hot Dog	320	21G	1130MG	23G	1G	19G	70MG
Chicken Nuggets (4 pieces)	170	11G	250MG	7G	0G	11G	65MG
FRIES							
Small	270	15G	170MG	32G	3G	3G	0MG
Medium	360	20G	220MG	43G	4G	4G	0MG
Large	450	25G	280MG	53G	5G	5G	0MG
Curly	530	27G	490MG	65G	6G	7G	0MG
Mega	630	35G	380MG	75G	7G	7G	0MG
CHICKEN NUGGETS							
6 PC	255	17G	375MG	10.5G	0G	17G	97MG
9 PC	382	25G	562MG	16G	0G	25G	146MG
21 PC	892	58G	1312MG	37G	0G	58G	341MG