

	Serving Size (grams)	Calories	Fat (grams)	Transfat (grams)	Saturated Fat (grams)	Poly-unsaturated Fat (grams)	Mono-unsaturated Fat (grams)	Fat Cal	Cholesterol (mg)	Sodium (mg)	Carbo (grams)	Protein (grams)	Fiber (grams)	Sugar
LETTUCE WRAPS														
Buffalo Chicken	241	244	10	0	5	0	0	95	77	1552	8	27	4	1
Turkey Provolone	227	188	8	0	5	0	0	71	50	941	7	21	4	2
Tuna	269	457	27	0	8	0	0	238	101	1770	11	35	4	4
WRAPS														
Chipotle Chicken Wrap	305	495	18	0	7	3	2	158	68	1717	44	42	21	3
Greek Chicken Wrap	326	606	28	0	8	3	5	260	67	1945	43	42	21	3
SALADS														
LG Caesar Salad w/o bacon, chicken	347	823	62	0	13	9	5	542	97	2101	37	36	2	7
Sm Caesar Salad w/o bacon, chicken	298	373	3	0	3	0	0	208	27	600	25	12	2	16
Large Greek Salad	369	616	48	0	9	9	7	472	28	1483	40	10	5	5
Small Greek Salad	213	342	29	0	6	5	2	251	18	829	21	5	2	3
LG House Salad	340	570	27	0	7	9	3	223	30	1888	73	12	5	35
SM House Salad	198	287	13	0	4	5	2	111	15	944	37	6	2	23
SUBS														
Half BBQ Veggie	305	580	20	0	10	2	1	173	46	508	77	25	5	18
Half BBQ Veggie without cheese	248	375	4	0	1	2	1	33	0	251	76	10	5	18
BBQ Brisket	319	912	44	0	17	2	1	400	127	1393	72	52	3	20
BBQ Brisket without cheese	291	802	35	0	12	2	1	320	97	1213	72	45	3	20
Half Beefeater	319	667	31	0	10	2	1	269	78	1432	62	34	4	7
Half Beefeater without cheese and mayo	276	497	14	0	4	2	1	119	48	1247	59	32	4	6
Half Big Dipper	262	638	28	0	8	2	1	251	69	1445	62	32	4	6
Half Big Dipper without cheese	234	538	20	0	4	2	1	181	49	1245	62	25	4	6
Half BLT	255	757	42	0	11	2	1	356	55	2337	58	36	4	6
Half BLT without mayo	241	657	31	0	10	2	1	256	45	2262	57	36	4	6
Half Buffalo Chicken	369	534	14	0	6	2	1	127	84	1656	61	38	4	7
Half Buffalo Chicken without cheese	340	424	5	0	1	2	1	47	54	1476	61	31	4	7
Half California Plus	284	558	23	0	8	2	1	198	30	977	69	18	9	10
Half California Plus without cheese	255	488	17	0	4	2	1	148	10	867	67	16	9	9
Half Californian	255	468	17	0	6	2	1	147	20	477	66	12	8	10
Half Californian without cheese	227	398	11	0	2	2	1	97	0	367	64	10	8	9

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Half Chicken BBQ	390	581	13	0	5	2	1	116	80	1190	77	39	4	19
Half Chicken BBQ without cheese	361	477	5	0	1	2	1	47	54	1132	76	31	4	19
Half Chicken Parmesan	280	632	20	0	10	2	2	179	93	1484	63	48	3	10
Half Chicken Parmesan without cheese	252	421	5	0	1	2	1	46	54	829	63	31	3	9
Half Chicken Club	347	714	30	0	9	2	1	266	100	1466	66	46	4	9
Half Chicken Club without cheese and mayo	305	509	11	0	3	2	1	97	64	1334	64	38	4	9
Half Cheesy Crab	291	684	32	0	11	2	1	283	65	837	70	30	4	9
Half Cheesy Crab without cheese and mayo	220	380	5	0	1	2	1	44	8	504	69	15	4	9
Half Cheese Steak	284	695	34	0	9	2	1	300	68	1153	62	33	4	7
Half Cheese Steak without cheese	255	595	26	0	5	2	1	230	48	953	62	26	4	7
Half Bacon Mushroom Melt	284	809	45	0	16	2	1	397	81	1595	60	40	4	6
Half Bacon Mushroom Melt without cheese & mayo	213	505	19	0	6	2	1	157	25	1262	58	25	4	6
Half Crab Californian	312	551	18	0	6	2	1	160	28	970	78	18	8	12
Half Crab Californian without cheese	284	481	12	0	2	2	1	110	8	860	76	16	8	11
Half Creamy Club	312	650	30	0	9	2	1	257	75	1681	61	33	4	9
Half Creamy Club without cheese and mayo	269	480	13	0	4	2	1	107	45	1496	58	31	4	8
Half Creamy Crab	291	630	28	0	8	2	1	244	48	1189	72	23	4	10
Half Creamy Crab without cheese and mayo	248	460	11	0	3	2	1	94	18	1004	69	21	4	9
Half Dagwood's Dream	319	616	27	0	8	2	1	243	65	1127	63	30	5	8
Half Dagwood's Dream without cheese	291	516	19	0	4	2	1	173	45	927	63	23	5	8
Half Experience	298	685	31	0	14	2	1	270	103	1836	61	38	3	9
Half Experience without cheese	241	505	16	0	5	2	1	140	53	1546	59	29	3	8
Half Four Cheese	305	664	32	0	18	2	1	282	86	1089	64	30	4	9
Half Four Cheese without cheese	191	310	4	0	1	2	1	32	0	361	59	9	4	8
Half Green Turkey	340	618	23	0	8	2	1	198	60	1712	70	32	9	11
Half Green Turkey without cheese	312	548	17	0	4	2	1	148	40	1602	68	30	9	10
Half Grilled Cheese	184	489	21	0	11	2	1	180	50	907	60	19	3	6
Half Grilled Cheese without cheese	128	289	4	0	1	2	1	30	0	7	55	9	3	6
Half Ham and Cheese	305	582	25	0	8	2	1	226	71	1144	63	27	4	10
Half Ham and Cheese without mayo	262	377	6	0	2	2	1	56	35	1012	61	19	4	10

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Half Hawaiian	305	583	21	0	10	2	2	184	68	1826	63	34	3	12
Half Hawaiian without cheese	276	372	6	0	1	2	1	51	29	1171	62	17	3	11
Half Hoagie	333	757	43	0	11	2	4	382	78	1938	64	26	4	10
Half Hoagie without cheese	305	677	36	0	7	2	4	322	58	1578	62	22	4	10
Half Hummus	241	491	13	0	1	2	4	130	0	786	76	16	10	12
Half Italian	294	720	34	0	15	2	2	305	87	1497	65	37	5	10
Half Italian without cheese	262	508	19	0	6	2	1	172	48	841	65	20	5	9
Half Jacked Chicken Ranch	312	748	37	0	10	2	1	323	86	1630	64	40	5	8
Half Jacked Chicken Ranch without cheese	284	638	28	0	5	2	1	243	56	1450	64	33	5	8
Half Meatball Grinder	323	847	44	0	20	2	2	390	99	1535	67	45	3	10
Half Meatball Grinder without cheese	291	635	29	0	11	2	1	257	60	880	66	28	3	9
Half Mega Roast Beef	312	670	22	0	9	2	1	189	74	1540	76	40	4	18
Half Mega Roast Beef without cheese	284	565	14	0	4	2	1	120	48	1482	75	32	4	18
Half Meatless Masterpiece	305	653	31	0	14	2	4	277	76	587	64	27	4	7
Half Meatless Masterpiece without cheese	220	369	8	0	1	2	4	77	0	239	61	10	4	6
Half Pastrami Melt	333	604	22	0	8	2	1	202	64	1761	62	31	4	9
Half Pastrami Melt without cheese	305	494	13	0	3	2	1	122	34	1581	62	24	4	9
Half Pesto Bello	347	678	33	0	11	2	1	297	51	688	68	27	6	10
Half Pesto Bello without cheese	291	468	16	0	2	2	1	147	1	308	68	13	6	10
Half Pesto Bello Combo	404	678	33	0	11	2	1	297	51	688	68	27	6	10
Half Pesto Bello Combo without cheese	347	468	16	0	2	2	1	147	1	308	68	13	6	10
Half PBJ	177	537	18	0	3	2	1	154	0	138	79	15	4	23
Half Planet Veggie	319	606	24	0	10	2	1	211	50	1074	68	27	8	9
Half Planet Veggie without cheese	262	396	7	0	1	2	1	61	0	694	68	13	8	9
Half Planet Sub	333	698	31	0	10	2	1	271	80	1947	61	36	4	8
Half Planet Sub without cheese and mayo	291	494	12	0	3	2	1	102	44	1815	59	28	4	8
Half Planet BBQ	248	462	7	0	2	2	1	59	46	1403	74	25	3	21
Half Planet BBQ	248	462	7	0	2	2	1	59	46	1403	74	25	3	21
Half Planet Combo	248	458	15	0	5	2	1	131	20	708	61	17	6	7
Half Planet Combo without cheese	220	358	7	0	1	2	1	61	0	508	61	10	6	7

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Half Roast Beef Club	298	637	28	0	7	2	1	244	63	1572	60	35	4	6
Half Roast Beef Club without mayo	284	537	17	0	5	2	1	144	53	1497	59	35	4	6
Half Reuben	333	613	22	0	8	2	1	199	61	1639	61	32	4	9
Half Reuben without cheese	305	509	14	0	3	2	1	129	34	1581	61	24	4	9
Half Roast Beef	276	517	19	0	4	2	1	169	48	822	60	26	4	6
Half Roast Beef without mayo	262	417	8	0	2	2	1	69	38	747	59	26	4	6
Half Spicy Cheese	276	589	27	0	14	2	1	232	70	698	61	25	5	7
Half Spicy Cheese without cheese	191	309	4	0	1	2	1	32	0	208	59	9	5	6
Half Super Hero	291	769	43	0	14	10	4	383	83	1719	63	33	4	7
Half Super Hero without cheese	262	669	35	0	9	10	4	313	63	1519	63	26	4	7
Half Southwest Chicken	347	536	14	0	6	2	1	129	85	1164	62	39	4	8
Half Southwest Chicken without cheese	319	426	5	0	1	2	1	49	55	984	62	32	4	8
Half Tempeh Parmesan	294	771	34	0	12	7	4	292	39	971	77	45	11	10
Half Tempeh Parmesan without cheese	262	559	19	0	3	7	2	159	0	316	76	28	11	9
Half Tuna Bacon Melt	347	827	42	0	10	2	1	373	116	1334	66	47	4	11
Half Tuna Bacon Melt without cheese and mayo	305	623	23	0	4	2	1	204	80	1202	65	39	4	11
Half Tempeh Reuben	333	790	39	0	10	7	2	348	31	601	79	35	10	10
Half Tempeh Reuben without cheese	305	686	32	0	5	7	2	278	5	543	78	27	10	10
Half Tempeh BBQ	284	718	27	0	7	7	2	229	20	725	91	35	12	19
Half Tempeh BBQ without cheese	305	618	19	0	3	7	2	159	0	525	91	28	12	19
Half Tijuana Taxi	319	599	26	0	8	2	1	229	68	1378	62	30	4	6
Half Tijuana Taxi without cheese and mayo	276	419	8	0	2	2	1	69	38	943	59	26	4	6
Half Torpedo	361	683	30	0	11	2	4	272	76	1729	61	31	4	7
Half Torpedo without cheese	333	578	22	0	6	2	4	203	50	1672	60	23	4	7
Half Turkey	276	457	15	0	2	2	1	131	40	822	60	23	4	8
Half Turkey without mayo	262	357	4	0	1	2	1	31	30	747	59	23	4	8
Half Turkey Club	298	577	24	0	5	2	1	206	55	1572	60	32	4	8
Half Turkey Club without mayo	291	477	13	0	4	2	1	106	45	1497	59	32	4	8
Half Tuna	305	643	28	0	4	2	1	254	80	777	66	33	4	11
Half Tuna without mayo	291	543	17	0	2	2	1	154	70	702	65	33	4	11