

WHICH WICH[®]?
SUPERIOR SANDWICHES

**NUTRITIONAL
INFORMATION**

WHICH WICH[®] ?

SUPERIOR SANDWICHES

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WHICH WICH?

COMMON ALLERGENS

	EGG	FISH	MILK	PEANUTS	SESAME	SHELLFISH	SOY	TREE NUTS	WHEAT
BYO - BEEF (Bread Not Included)									
FRENCH DIP			X				X		X
PHILLYWICH™			X				X		
REUBEN	X		X						
ROAST BEEF							X		
STEAK							X		
BYO - BREAKFAST (Bread Not Included)									
BACON & EGG	X		X						
EGG & CHEESE	X		X						
HAM & EGG	X		X						
STEAK & EGG	X		X				X		
VEGGIE & EGG	X		X						
BYO - CHICKEN (Bread Not Included)									
BUFFALO CHICKEN			X				X		
CHICKEN PARM			X				X		
CHICKEN PESTO			X				X		
CHICKEN SALAD	X						X		
CHICKEN SANDWICH							X		
BYO - CLASSICS (Bread Not Included)									
CHZBRGRWICH™	X		X				X		
EGG SALAD	X								
ELVISWICH				X					
GYROWICH			X				X		X
PB&JWICH™				X					
BYO - HAM & PORK (Bread Not Included)									
BBQ PORK	X								
BLT									
BAC-HAMMON™									
CUBAN									

WHICH WICH?

COMMON ALLERGENS

	EGG	FISH	MILK	PEANUTS	SESAME	SHELLFISH	SOY	TREE NUTS	WHEAT
BYO - HAM & PORK (Bread Not Included)									
HAM									
BYO - ITALIAN (Bread Not Included)									
GRINDER									
ITALIAN BEEF			X				X		
MEATBALL			X				X		X
MUFFULETTA									
PIZZAWICH®			X						
BYO - SEAFOOD (Bread Not Included)									
CALI ROLL	X	X				X	X		X
KRAB SALAD	X	X				X	X		X
LAND & SEA	X	X				X	X		X
TUNA MELT	X	X	X				X		
TUNA SALAD	X	X					X		
BYO - TURKEY (Bread Not Included)									
THANK YOU TURKEY™							X		X
TURKEY BACON RANCH	X		X						
TURKEY CLUB									
TURKEY									
TURKEY VIBEWICH™	X								
BYO - VEGETARIAN (Bread Not Included)									
BLACK BEAN PATTY							X		X
CAPRESE			X						
HUMMUS					X		X		
TRIPLE CHEESE PLEASE™			X						
TOMATO & AVOCADO									
BYO - WICKED® (Bread & Cheese Not Included)									
WICKED®							X		

WHICH WICH?

COMMON ALLERGENS

	EGG	FISH	MILK	PEANUTS	SESAME	SHELLFISH	SOY	TREE NUTS	WHEAT
KIDS									
GRILLED CHEESE			X				X		X
PB&JWICH™				X					X
CHEESE PIZZAWICH®			X						X
HAM KIDSWICH™									X
ROAST BEEF KIDSWICH™							X		X
TURKEY KIDSWICH™									X
BREADS & BASES									
WHITE									X
WHEAT									X
BOWLWICH®									
LETTUCEWICH									
WRAPWICH							X		X
TOPPINGS - CHEESE									
AMERICAN			X				X		
BLUE			X						
CHEDDAR			X						
CHEEZ WHIZ			X						
MOZZARELLA			X						
PEPPER JACK			X						
PROVOLONE			X						
SWISS			X						
TOPPINGS - MAYO									
HORSERADISH	X								
LIGHT	X								
REGULAR	X								
SPICY	X								

WHICH WICH?

COMMON ALLERGENS

	EGG	FISH	MILK	PEANUTS	SESAME	SHELLFISH	SOY	TREE NUTS	WHEAT
TOPPINGS - MUSTARD									
DELI									
DIJON									
HONEY	X								
YELLOW									
TOPPINGS - OILS, SPICES & MORE									
CRUSHED RED PEPPER									
GARLIC									
HONEY									
OIL									
OREGANO									
PARMESAN			X						
PEPPER									
SALT									
VINEGAR									
TOPPINGS - SPREADS & SAUCES									
1000 ISLAND	X								
BBQ									
BUFFALO									
HUMMUS					X		X		
JELLY									
MARINARA									
PEANUT BUTTER				X					
PESTO			X						
RANCH	X		X						
SRIRACHA									
TZATZIKI			X						

WHICH WICH?

COMMON ALLERGENS

	EGG	FISH	MILK	PEANUTS	SESAME	SHELLFISH	SOY	TREE NUTS	WHEAT
TOPPINGS - VEGGIES & MORE									
AVOCADO									
BACON									
BANANA PEPPERS									
BELL PEPPERS									
BLACK OLIVES									
CARMELIZED ONIONS									
COLESLAW	X								
CRISPY ONION STRINGS									X
CRUSHED CHIPS									
CUCUMBERS									
HOT PEPPER MIX							X		
JALAPEÑOS									
LETTUCE									
MUSHROOMS									
OLIVE SALAD SPREAD									
PICKLED RED ONIONS									
PICKLES									
RED ONIONS									
SAUERKRAUT									
SPINACH									
TOMATOES									
SIDES									
COURTNEY'S COOKIE	X		X				X	X	X
FRENCH FRIES									
SHAKES									
BANANA			X						
CHOCOLATE			X						

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COMMON ALLERGENS

	EGG	FISH	MILK	PEANUTS	SESAME	SHELLFISH	SOY	TREE NUTS	WHEAT
SHAKES									
COURTNEY'S COOKIES	X		X				X	X	X
OREO®			X				X		X
STRAWBERRY			X						
VANILLA			X						

WHICH WICH?

NUTRITION FACTS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	POLY UNSAT FAT (g)	MONO UNSAT FAT (g)	CHOLESTEROL (mg)	SODIUM (g)	POTASSIUM (g)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
BYO - BEEF (On White Bread)														
REGULAR FRENCH DIP	400	45	5	3.5			1.0	45	1770	893	62		5	26
LARGE FRENCH DIP	590	70	8	5			1.5	65	2400	1339	92		8	40
SUPER FRENCH DIP	790	90	11	7			2.0	85	3040	1785	122		11	53
REGULAR PHILLYWICH™	530	140	16	8			1.0	80	2080	430	61		7	33
LARGE PHILLYWICH™	800	220	25	13			1.5	120	3120	646	92		10	50
SUPER PHILLYWICH™	1070	290	33	17			2.0	165	4160	861	123		14	66
REGULAR REUBEN	630	210	24	11			1.0	90	2370	419	65		9	35
LARGE REUBEN	940	320	36	16			1.5	140	3560	629	98		14	53
SUPER REUBEN	1250	430	48	22			2.0	185	4740	839	130		18	71
REGULAR ROAST BEEF	390	45	5	3.5			1.0	45	1270	892	60		5	26
LARGE ROAST BEEF	580	70	8	5			1.5	65	1900	1338	90		8	40
SUPER ROAST BEEF	780	90	11	7			2.0	90	2540	1785	120		11	53
REGULAR STEAK	440	80	9	4.0			1.0	55	1540	351	58		5	29
LARGE STEAK	660	130	14	6			1.5	85	2310	527	87		7	44
SUPER STEAK	880	170	19	8			2.0	115	3080	703	117		9	59
BYO - BREAKFAST (On White Bread)														
REGULAR BACON & EGG	520	190	22	8			1.0	315	1320	139	58		6	31
LARGE BACON & EGG	780	290	32	12			1.5	475	1990	209	87		9	46
SUPER BACON & EGG	1040	380	43	15			2.0	635	2650	279	115		13	61
REGULAR EGG & CHEESE	490	160	19	9			1.0	305	940		58		6	26
LARGE EGG & CHEESE	740	250	28	13			1.5	460	1420		87		8	39
SUPER EGG & CHEESE	980	330	37	18			2.0	615	1890		116		11	51
REGULAR HAM & EGG	440	100	12	4.5			2.0	300	1420	119	59		7	26
LARGE HAM & EGG	680	170	19	7			3.0	460	2460	239	89		12	42
SUPER HAM & EGG	870	210	24	9			3.5	600	2840	239	117		15	52
REGULAR STEAK & EGG	460	110	13	5.0			1.0	305	1210	175	59		6	29
LARGE STEAK & EGG	650	160	18	7			1.5	445	1590	175	87		9	38

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BYO - BREAKFAST (On White Bread)														
SUPER STEAK & EGG	920	230	26	10			2.0	610	2410	351	117		12	58
REGULAR VEGGIE & EGG	380	80	10	4.0			1.0	275	760		57		6	19
LARGE VEGGIE & EGG	570	130	14	6			1.5	415	1150		85		8	28
SUPER VEGGIE & EGG	760	170	19	8			2.0	555	1530		114		11	37
BYO - CHICKEN (On White Bread)														
REGULAR BUFFALO CHICKEN	530	120	14	8		1.0	4.0	95	1960	352	57		4	42
LARGE BUFFALO CHICKEN	790	180	21	12		1.5	6	145	2940	529	86		6	63
SUPER BUFFALO CHICKEN	1060	250	28	16		2.0	8	190	3910	705	115		7	84
REGULAR CHICKEN PARM	520	100	11	6		1.0	2.0	95	1380	430	60		6	42
LARGE CHICKEN PARM	770	150	17	9		1.5	2.5	140	2070	645	90	1	9	63
SUPER CHICKEN PARM	1030	200	23	11		2.0	3.5	190	2760	861	120	2	12	84
REGULAR CHICKEN PESTO	480	100	11	3.5		1.0	2.0	80	1230	301	57		4	37
LARGE CHICKEN PESTO	720	150	17	5		1.5	2.5	120	1850	451	86		5	56
SUPER CHICKEN PESTO	960	200	23	7		2.0	3.5	160	2470	602	115		7	74
REGULAR CHICKEN SALAD	620	250	28	6		1.0	1.5	85	1180	243	56		4	32
LARGE CHICKEN SALAD	930	380	43	10		1.0	2.5	125	1780	365	85		5	49
SUPER CHICKEN SALAD	1240	500	57	13		1.5	3.5	170	2370	487	113		7	65
REGULAR CHICKEN SANDWICH	420	50	6	2.5		1.0	2.0	75	1120	280	57		4	36
LARGE CHICKEN SANDWICH	640	80	9	4.0		1.5	2.5	110	1680	420	85		5	54
SUPER CHICKEN SANDWICH	850	100	11	5		2.0	3.5	150	2240	560	113		7	72
BYO - CLASSICS (On White Bread)														
REGULAR CHZBGRWICH™	780	350	40	13	0		1.0	95	2250	351	68		8	36
LARGE CHZBGRWICH™	1180	530	60	19	0		1.5	145	3380	527	102		13	54
SUPER CHZBGRWICH™	1570	700	79	25	0		2.0	190	4510	703	136	1	17	73
REGULAR EGG SALAD	1260	890	100	20		2.0	7	685	1280	182	57		5	27
LARGE EGG SALAD	1890	1330	150	30		3.0	10	1025	1920	274	85		8	41
SUPER EGG SALAD	2520	1770	201	40		4.0	14	1365	2560	365	113		10	54
REGULAR ELVISWICH	910	380	43	11		0	1.0	40	1480	729	105	7	36	35

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BYO - CLASSICS (On White Bread)														
LARGE ELVISWICH	1360	580	65	17		0	1.5	60	2220	1093	157	10	54	52
SUPER ELVISWICH	1820	770	87	22		0	2.0	80	2970	1458	210	13	71	69
REGULAR GYROWICH	660	280	32	15		1.0	12	60	1570	188	67	2	4	23
LARGE GYROWICH	990	420	48	23		1.5	17	85	2360	282	100	2	7	34
SUPER GYROWICH	1320	560	64	30		2.0	23	115	3150	376	134	3	9	46
REGULAR PB&JWICH™	760	270	31	7			1.0		940	159	102	4	43	21
LARGE PB&JWICH™	1140	410	47	11			1.5		1400	239	154	5	64	32
SUPER PB&JWICH™	1520	550	62	14			2.0		1870	318	205	7	86	43
BYO - HAM & PORK (On White Bread)														
REGULAR BBQ PORK	550	130	14	5		1.0	4.0	85	1410	356	72		16	32
LARGE BBQ PORK	820	190	21	8		2.0	6	130	2110	534	108		24	47
SUPER BBQ PORK	1100	250	29	11		2.5	8	170	2810	712	145		32	63
REGULAR BLT	710	340	39	14			1.0	120	2340	541	59		7	45
LARGE BLT	1070	510	58	21		0	1.5	180	3520	813	89	1	10	68
SUPER BLT	1430	690	77	28		0	2.0	240	4690	1084	118	1	14	91
REGULAR BAC-HAMMON™	530	170	19	8			2.5	85	2530	379	59		8	35
LARGE BAC-HAMMON™	790	250	29	11			4.0	125	3790	568	89		12	53
SUPER BAC-HAMMON™	1060	340	38	15			5	170	5050	758	119		16	70
REGULAR CUBAN	490	100	12	5		0.5	4.5	85	2630	436	60		7	35
LARGE CUBAN	690	140	16	7		1.0	6	110	3940	575	91		11	47
SUPER CUBAN	970	210	24	10		1.5	9	170	5250	873	120		14	70
REGULAR HAM	390	60	7	3.5			2.5	45	1970	239	58		7	23
LARGE HAM	580	90	11	5			4.0	65	2950	358	88		11	35
SUPER HAM	780	130	14	7			5	90	3930	478	117		14	46
BYO - ITALIAN (On White Bread)														
REGULAR GRINDER	600	270	30	13			1.0	80	2120	303	57		5	24
LARGE GRINDER	900	400	46	19			1.5	115	3180	455	85		8	36
SUPER GRINDER	1200	540	61	26			2.0	155	4240	607	114		10	48

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BYO - ITALIAN (On White Bread)														
REGULAR ITALIAN BEEF	670	280	31	11	0		1.0	75	2080	351	61		5	36
LARGE ITALIAN BEEF	1010	420	47	16	0		1.5	115	3120	527	91		7	54
SUPER ITALIAN BEEF	1350	560	63	21	0		2.0	155	4160	703	121	1	9	73
REGULAR MEATBALL	710	310	35	13			1.0	65	1630	169	72	3	8	30
LARGE MEATBALL	1060	470	53	20			1.5	100	2450	254	108	4	12	45
SUPER MEATBALL	1420	620	70	27			2.0	135	3270	339	144	5	15	60
REGULAR MUFFULETTA	790	410	46	15			2.0	110	3440	119	60		7	33
LARGE MUFFULETTA	1010	460	52	17			3.0	130	4640	239	89		11	45
SUPER MUFFULETTA	1580	820	92	31			3.5	220	6880	239	120		14	67
REGULAR PIZZAWICH®	660	310	35	17			1.0	90	1930	777	59		6	25
LARGE PIZZAWICH®	990	460	52	25			1.5	135	2890	1166	88	1	9	38
SUPER PIZZAWICH®	1330	620	70	34			2.0	180	3860	1554	118	2	12	50
BYO - SEAFOOD (On White Bread)														
REGULAR CALI ROLL	500	180	21	4.5		0.5	4.5	15	1040	207	66	3	5	12
LARGE CALI ROLL	750	270	31	7		1.0	6	25	1560	310	98	4	8	18
SUPER CALI ROLL	990	360	41	9		1.5	9	30	2080	414	131	5	10	24
REGULAR KRAB SALAD	590	250	28	6			1.0	30	1390		69		6	14
LARGE KRAB SALAD	890	380	43	9			1.5	45	2090		103		8	21
SUPER KRAB SALAD	1190	500	57	12			2.0	60	2790		138		11	28
REGULAR LAND & SEA	520	170	19	5			1.0	45	1470	175	64		5	22
LARGE LAND & SEA	810	290	33	8			1.5	60	2160	175	98		8	28
SUPER LAND & SEA	1040	330	38	10			2.0	90	2940	351	127		10	43
REGULAR TUNA MELT	690	320	36	11			1.0	90	1240	255	56		4	35
LARGE TUNA MELT	1040	480	54	16			1.5	135	1850	383	84		5	52
SUPER TUNA MELT	1390	640	72	22			2.0	180	2470	510	112		7	70
REGULAR TUNA SALAD	580	240	27	6			1.0	60	1060	255	55		4	28
LARGE TUNA SALAD	870	360	41	9			1.5	90	1580	383	82		5	42
SUPER TUNA SALAD	1170	480	54	12			2.0	120	2110	510	110		7	56

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BYO - TURKEY (On White Bread)														
REGULAR THANK YOU TURKEY™	690	80	9	2.0		0	1.5	35	2590	389	119	4	27	32
LARGE THANK YOU TURKEY™	1030	120	13	3.0		0.5	2.0	50	3890	583	178	6	41	49
SUPER THANK YOU TURKEY™	1370	160	18	4.5		0.5	2.5	65	5190	778	237	9	55	65
REGULAR TURKEY BACON RANCH	610	230	26	8		0	1.5	85	2400	407	59		6	38
LARGE TURKEY BACON RANCH	910	350	39	11		0.5	2.0	125	3600	611	88		10	57
SUPER TURKEY BACON RANCH	1210	460	52	15		0.5	2.5	165	4790	815	117		13	77
REGULAR TURKEY CLUB	520	150	17	7		0	2.0	80	2340	393	58		7	37
LARGE TURKEY CLUB	790	240	27	11		0	3.5	120	3610	582	88		11	54
SUPER TURKEY CLUB	1040	310	35	14		0	4.0	160	4690	786	117		13	73
REGULAR TURKEY	370	35	4.0	2.0		0	1.5	35	1600	267	57		5	26
LARGE TURKEY	560	50	6	3.0		0.5	2.0	50	2400	401	85		7	39
SUPER TURKEY	740	70	8	4.5		0.5	2.5	65	3200	535	114		10	53
REGULAR TURKEY VIBEWICH™	470	100	11	3.5		0	1.5	40	1780	267	64		10	27
LARGE TURKEY VIBEWICH™	700	140	16	5		0.5	2.0	60	2680	401	96		15	40
SUPER TURKEY VIBEWICH™	930	190	22	7		0.5	2.5	85	3570	535	128	1	19	53
BYO - VEGETARIAN (On White Bread)														
REGULAR BLACK BEAN PATTY	450	70	8	2.0			1.0		1320		79	8	9	17
LARGE BLACK BEAN PATTY	680	100	11	2.5			1.5		1980		118	12	13	25
SUPER BLACK BEAN PATTY	910	140	15	3.5			2.0		2650		158	16	17	34
REGULAR CAPRESE	510	170	19	9		0	1.0	45	950	400	62	2	8	22
LARGE CAPRESE	770	250	28	13		0	1.5	65	1420	600	93	3	12	32
SUPER CAPRESE	1020	330	38	18		0	2.0	90	1900	800	124	4	16	43
REGULAR HUMMUS	420	100	12	3.0			1.0		1000		69	4	6	15
LARGE HUMMUS	640	150	17	4.0			1.5		1490		103	6	8	22
SUPER HUMMUS	850	210	23	6			2.0		1990		138	8	11	30
REGULAR TRIPLE CHEESE PLEASE™	610	260	30	17			1.0	90	1200		58		4	30
LARGE TRIPLE CHEESE PLEASE™	920	390	44	25			1.5	135	1790		87		5	45
SUPER TRIPLE CHEESE PLEASE™	1230	520	59	34			2.0	180	2390		116		7	60

WHICH WICH?

NUTRITION FACTS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	POLY UNSAT FAT (g)	MONO UNSAT FAT (g)	CHOLESTEROL (mg)	SODIUM (g)	POTASSIUM (g)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
BYO - VEGETARIAN (On White Bread)														
REGULAR TOMATO & AVOCADO	420	120	13	3.5		1.5	8		690	607	65	6	7	11
LARGE TOMATO & AVOCADO	620	170	20	5.0		2.0	12		1040	910	98	9	11	17
SUPER TOMATO & AVOCADO	830	230	26	7		2.5	15		1390	1214	131	12	14	23
BYO - WICKED® (On White Bread, No Cheese)														
REGULAR WICKED®	580	210	24	10		0	1.5	95	2280	692	59		6	37
LARGE WICKED®	870	310	35	15		0	2.0	140	3430	1038	88		9	56
SUPER WICKED®	1160	420	47	20		0	3.0	185	4570	1384	118		12	75
KIDS														
GRILLED CHEESE	290	120	14	8			0	35	790		28		2	14
PB&JWICH™	380	140	16	3.5			0		470	79	51	2	21	11
CHEESE PIZZAWICH®	350	160	18	10			0	40	810	75	31		3	19
HAM KIDSWICH™	190	30	3.5	2.0			1.5	20	980	119	29		4	12
ROAST BEEF KIDSWICH™	190	25	2.5	2.0			0	20	630	446	30		3	13
TURKEY KIDSWICH™	190	15	2.0	1.0		0	0.5	15	800	133	28		2	13
BREADS & BASES														
REGULAR WHITE	280	25	2.5	2.0			1.0		660		55		4	9
LARGE WHITE	430	35	4.0	2.5			1.5		980		82		5	13
SUPER WHITE	570	45	5	3.5			2.0		1310		110		7	18
REGULAR WHEAT	270	25	2.5	2.0			1.0		640		55	4	4	11
LARGE WHEAT	400	35	4.0	2.5			1.5		960		82	5	5	16
SUPER WHEAT	530	45	5	3.5			2.0		1280		110	7	7	21
BOWLWICH®	10	0	0			0			20	151	2	1	1	1
LETTUCEWICH	15	0	0			0			30	192	3	1	1	1
WRAPWICH	290	70	8	4.0					640	75	47	2		8
TOPPINGS - CHEESE														
AMERICAN - REGULAR	100	80	9	5.0				25	510					5
AMERICAN - LARGE	150	120	14	7				40	770					7
AMERICAN - SUPER	200	160	18	10				50	1020					10

WHICH WICH?

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TOPPINGS - CHEESE														
BLUE - REGULAR	60	45	5.0	3.0		0	1.5	15	240	0	0		0	4
BLUE - LARGE	120	90	10	6		0	2.5	25	470	86	1		0	7
BLUE - SUPER	120	90	10	6		0	2.5	25	470	86	1		0	7
CHEDDAR - REGULAR	110	80	9	5				30	180		1			7
CHEDDAR - LARGE	160	120	13	7				45	270		1			10
CHEDDAR - SUPER	220	160	18	10				60	360		2			14
CHEEZ WHIZ - REGULAR	90	60	7	4.5				25	540	79	3		2	4
CHEEZ WHIZ - LARGE	160	110	12	7				45	930	136	5		4	7
CHEEZ WHIZ - SUPER	180	120	14	9				50	1080	158	6		4	8
MOZZARELLA - REGULAR	70	45	5	3.0				20	85					5
MOZZARELLA - LARGE	110	70	8	4.5				30	130					8
MOZZARELLA - SUPER	140	90	10	6				40	170					10
PEPPER JACK - REGULAR	100	70	8	5				20	190		1			6
PEPPER JACK - LARGE	150	110	12	7				30	280		1			9
PEPPERJACK - SUPER	200	140	16	10				40	380		2			12
PROVOLONE - REGULAR	100	70	8	4.5				20	200		1			7
PROVOLONE - LARGE	150	110	12	7				30	300		1			10
PROVOLONE - SUPER	200	140	16	9				40	400		2			14
SWISS - REGULAR	110	70	8	5.0				30	60		1			9
SWISS - LARGE	160	110	12	7				45	90		1			14
SWISS - SUPER	220	140	16	10				60	120		2			18
TOPPINGS - MAYO														
HORSERADISH - REGULAR	70	60	7	1.0				5	55	0	1			
HORSERADISH - LARGE	100	90	11	2.0				10	80	0	1			
HORSERADISH - SUPER	140	120	14	2.5				10	110	0	1			
LIGHT - REGULAR	25	25	2.5					4	75		0			
LIGHT - LARGE	40	35	4.0					5	115		0			
LIGHT - SUPER	50	45	5					10	150		0			

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TOPPING - MAYO														
REGULAR - REGULAR	90	90	10	1.5				10	55					
REGULAR - LARGE	130	130	15	2.5				10	80					
REGULAR - SUPER	180	170	19	3.0				15	105					
SPICY - REGULAR	50	50	6	1.0		3.5	1.5	4	130					
SPICY - LARGE	80	80	9	1.5		5	2.0	5	200					
SPICY - SUPER	110	100	12	2.0		7	3.0	5	260					
TOPPING - MUSTARD														
DELI - REGULAR	15	10	1.0	0		0	0.5		220	0	1		0	1
DELI - LARGE	25	10	1.5	0		0	1.0		340	0	1		0	1
DELI - SUPER	30	15	2.0	0		0.5	1.0		450	0	2	1	0	2
DIJON - REGULAR	25	15	1.5	0					390	0	1		0	1
DIJON - LARGE	35	20	2.5	0					590	49	2	1	0	2
DIJON - SUPER	50	30	3.5	0					790	66	3	1	1	2
HONEY - REGULAR	50	40	4.5	1.0				5	65	0	3		2	
HONEY - LARGE	70	60	7	1.0				10	95	0	4		3	
HONEY - SUPER	100	80	9	1.5				10	130	0	5		5	
YELLOW - REGULAR	10	0	0			0	0		130	0	1		0	0
YELLOW - LARGE	10	5	0.5			0	0		190	0	1		0	1
YELLOW - SUPER	15	10	1.0	0		0	0.5		260	0	1		0	1
TOPPING - OILS, SPICES & MORE														
CRUSHED RED PEPPER - REGULAR	0	0	0			0			0	0	0		0	0
CRUSHED RED PEPPER - LARGE	0	0	0			0			0	0	1		0	0
CRUSHED RED PEPPER - SUPER	0	0	0			0			0	0	1		0	0
GARLIC - REGULAR	0								0	0	0			0
GARLIC - LARGE	0	0							0	0	1			0
GARLIC - SUPER	0	0							0	0	1			0
HONEY - REGULAR	130								0	0	35		35	0
HONEY - LARGE	190								0	0	53		52	0

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NUTRITION FACTS

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TOPPING - OILS, SPICES & MORE														
HONEY - SUPER	260								0	0	70		70	0
OIL - REGULAR	50	50	6	1.0		3.0								
OIL - LARGE	70	80	9	1.0		5.0								
OIL - SUPER	100	100	11	1.5		6								
OREGANO - REGULAR	0	0							0	0	0			0
OREGANO - LARGE	0	0							0	0	1			0
OREGANO - SUPER	0	0	0						0	0	1		0	0
PARMESAN - REGULAR	35	25	2.5	1.5				10	150	0	2			2
PARMESAN - LARGE	50	35	4.0	2.5				15	230	0	3			3
PARMESAN - SUPER	70	45	5	3.5				15	310	0	3			3
PEPPER - REGULAR	0	0							0	0	0			0
PEPPER - LARGE	0	0							0	0	1			0
PEPPER - SUPER	0	0							0	0	1			0
SALT - REGULAR									120					
SALT - LARGE									180					
SALT - SUPER									240					
VINEGAR - REGULAR	0								0	0				
VINEGAR - LARGE	0								0	0				
VINEGAR - SUPER	0								0	0				
TOPPING - SPREADS & SAUCES														
1000 ISLAND - REGULAR	50	30	3.5	0.5				5	95		4		2	
1000 ISLAND - LARGE	80	50	5	1.0				5	140		5		3	
1000 ISLAND - SUPER	100	60	7	1.5				10	190		7		4	
BBQ - REGULAR	30								180		7		5	
BBQ - LARGE	40								280		10		7	
BBQ - SUPER	60								370		14		9	
BUFFALO - REGULAR	0								220					
BUFFALO - LARGE	0								330					

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TOPPINGS - SPREADS & SAUCES														
BUFFALO - SUPER	5								440					
HUMMUS - REGULAR	70	40	4.5	0.5					170		7	2	1	3
HUMMUS - LARGE	100	60	7	1.0					260		10	3	1	5
HUMMUS - SUPER	140	80	9	1.0					340		14	4	2	6
JELLY - REGULAR	70								5		18		17	
JELLY - LARGE	140								15		37		34	
JELLY - SUPER	140								15		37		34	
MARINARA - REGULAR	10	0	0						100	84	2		1	0
MARINARA - LARGE	20	0	0.5						150	127	3		2	1
MARINARA - SUPER	25	5	1.0						200	169	4		2	1
PEANUT BUTTER - REGULAR	170	130	14	2.5					135	79	5	2	3	6
PEANUT BUTTER - LARGE	340	250	28	5					270	159	11	4	5	12
PEANUT BUTTER - SUPER	340	250	28	5					270	159	11	4	5	12
PESTO - REGULAR	30	25	3.0	0				2	55	0	0			1
PESTO - LARGE	45	40	4.5	0.5				3	85	0	0			1
PESTO - SUPER	60	50	6	1.0				4	115	0	1			1
RANCH - REGULAR	45	45	5	0.5				5	120		0		0	
RANCH - LARGE	70	70	8	1.0				5	180		1		1	
RANCH - SUPER	90	90	10	1.5				10	240		1		1	
SRIRACHA - REGULAR	60								1250		15		7	
SRIRACHA - LARGE	90								1880		22		11	
SRIRACHA - SUPER	120								2510		29		15	
TZATZIKI - REGULAR	60	40	4.5	3.5					90		2			1
TZATZIKI - LARGE	90	60	6	5.0					135		3			1
TZATZIKI - SUPER	110	80	9	7					180		4			2
TOPPINGS - VEGGIES & MORE														
AVOCADO - REGULAR	45	35	4.0	0.5		0.5	2.5		15	135	2	2	0	1
AVOCADO - LARGE	70	50	6	1.0		1.0	4.0		20	203	4	3	0	1

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TOPPING - VEGGIES & MORE														
AVOCADO - SUPER	90	70	8	1.0		1.0	5		25	270	5	4	0	1
BACON - REGULAR	140	110	12	4.0				40	560	139	1		1	12
BACON - LARGE	210	160	18	6				60	840	209	1		1	18
BACON - SUPER	280	210	24	8				80	1120	279	2		2	24
BANANA PEPPERS - REGULAR	5								200		1			
BANANA PEPPERS - LARGE	10								300		2			
BANANA PEPPERS - SUPER	10								410		2			
BELL PEPPERS - REGULAR	0	0							0	0	1		0	0
BELL PEPPERS - LARGE	0	0							0	0	1		1	0
BELL PEPPERS - SUPER	5	0							0	49	1		1	0
BLACK OLIVES - REGULAR	20	20	2.0				2.0		90					
BLACK OLIVES - LARGE	35	30	3.5				2.5		135					
BLACK OLIVES - SUPER	45	40	4.5				3.5		180					
CARMELIZED ONIONS - REGULAR	10	0							0	0	3		1	0
CARMELIZED ONIONS - LARGE	15	0							0	62	4		2	0
CARMELIZED ONIONS - SUPER	25	0	0						0	82	5		2	1
COLESLAW - REGULAR	45	30	3.5	0.5				3	85		4		3	0
COLESLAW - LARGE	70	45	5	1.0				5	130		5		5	0
COLESLAW - SUPER	90	60	7	1.0				5	170		7		6	0
CRISPY ONION STRINGS - REGULAR	50	40	4.5	1.5					75		4			
CRISPY ONION STRINGS - LARGE	80	60	6	2.0					110		6			
CRISPY ONION STRINGS - SUPER	110	80	9	2.5					150		7			
CRUSHED CHIPS - REGULAR	45	25	2.5	0		0	2.0		55	127	5			1
CRUSHED CHIPS - LARGE	70	35	4.0	0		0	3.0		80	191	7			1
CRUSHED CHIPS - SUPER	90	50	5	0.5		0.5	4.5		110	255	10	1		1
CUCUMBERS - REGULAR	0	0							0	0	1		0	0
CUCUMBERS - LARGE	5	0	0						0	57	1		1	0
CUCUMBERS - SUPER	5	0	0						0	76	1		1	0

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TOPPING - VEGGIES & MORE														
HOT PEPPER MIX - REGULAR	130	120	14	2.0	0				340		1			
HOT PEPPER MIX - LARGE	200	190	21	3.0	0				510		2			
HOT PEPPER MIX - SUPER	260	250	28	4.0	0				680		3	1		
JALAPEÑOS - REGULAR	0								240		0			
JALAPEÑOS - LARGE	0								360		1			
JALAPEÑOS - SUPER	0								480		1			
LETTUCE - REGULAR	0	0							0	0	1		1	0
LETTUCE - LARGE	5	0	0						0	59	1		1	0
LETTUCE - SUPER	10	0	0						5	79	2		1	1
MUSHROOMS - REGULAR	5	0	0						0	90	1		1	1
MUSHROOMS - LARGE	10	0	0			0			0	135	1		1	1
MUSHROOMS - SUPER	10	0	0			0			0	180	2		1	2
OLIVE SALAD SPREAD - REGULAR	50	40	4.5	0.5					440					
OLIVE SALAD SPREAD - LARGE	80	60	7	1.0					650					
OLIVE SALAD SPREAD - SUPER	100	80	9	1.0					870					
PICKLED RED ONIONS - REGULAR	0	0							0	0	1		1	0
PICKLED RED ONIONS - LARGE	5	0							5	0	2		1	0
PICKLED RED ONIONS - SUPER	10	0							10	0	2		1	0
PICKLES - REGULAR	0								220		1			
PICKLES - LARGE	0								330		1			
PICKLES - SUPER	5								440		1			
RED ONIONS - REGULAR	0	0							0	0	1		0	0
RED ONIONS - LARGE	5	0							0	0	1		0	0
RED ONIONS - SUPER	5	0							0	0	2		1	0
SAUERKRAUT - REGULAR	0								190		1		1	
SAUERKRAUT - LARGE	5								280		1		1	
SAUERKRAUT - SUPER	10								380		2		2	
SPINACH - REGULAR	5	0	0						20	158	1		0	1

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TOPPING - VEGGIES & MORE														
SPINACH - LARGE	10	0	0			0			35	237	2		0	1
SPINACH - SUPER	15	0	0			0			45	316	2	1	0	2
TOMATOES - REGULAR	10	0	0						0	134	2		1	0
TOMATOES - LARGE	15	0	0			0			0	201	3	1	2	1
TOMATOES - SUPER	20	0	0			0			5	268	4	1	3	1
SIDES														
COURTNEY'S COOKIE	310	120	14	8				25	180	0	45	2	29	4
FRENCH FRIES	570	320	37	3.5					55		53	3		5
SHAKES														
BANANA	780	320	37	21		0	0.5	130	350	1134	108	3	67	18
CHOCOLATE	870	320	36	21		0	0	125	360	814	137	5	99	18
COURTNEY'S COOKIES	990	450	50	29		0	0.5	155	530	751	126	2	81	21
OREO®	950	430	49	23		0.5	2.5	130	650	821	121	2	73	20
STRAWBERRY	800	310	35	20		0	0	125	360	674	114		83	16
VANILLA	660	310	35	20		0	0	125	340	674	79		51	16
DRINKS														
CHOCOLATE MILK (16 OZ)	340	140	16	9		1.0	4.0	50	220	674	36	1	36	16
DIET MOUNTAIN DEW (16 OZ)									80	89				
DIET MOUNTAIN DEW (21 OZ)									105	118				
DIET MOUNTAIN DEW (32 OZ)									160	179				
DIET PEPSI (16OZ)	0								50	70				
DIET PEPSI (21OZ)	0								65	91				
DIET PEPSI (32OZ)	0								100	140				
DR. PEPPER (16OZ)	200								80		53		51	
DR. PEPPER (21OZ)	260								105		69		67	
DR. PEPPER (32OZ)	400								160		106		102	
JUICE BOX - JUICY JUICE FRUIT PUNCH	100								15	190	24		23	
JUICE BOX - MOTT'S APPLE	100								15	244	24		24	

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DRINKS														
LIPTON'S SWEET TEA (16OZ)	100								60	0	28		28	
LIPTON'S SWEET TEA (21OZ)	130								80	0	37		37	
LIPTON'S SWEET TEA (32OZ)	200								120	0	56		56	
LIPTON'S UNSWEET TEA (16OZ)	0								15	175	1			
LIPTON'S UNSWEET TEA (21 OZ)	5								20	230	2			
LIPTON'S UNSWEET TEA (32 OZ)	10								30	350	3			
MOUNTAIN DEW (16OZ)	220								70	0	58		58	
MOUNTAIN DEW (21OZ)	290								90	0	76		76	
MOUNTAIN DEW (32OZ)	440								140	0	116		116	
MOUNTAIN DEW VIBE (16OZ)	230								115		60		60	
MOUNTAIN DEW VIBE (21OZ)	300								150		79		79	
MOUNTAIN DEW VIBE (32OZ)	450								230		120		120	
MUG ROOT BEER (16OZ)	200								30	0	52		52	
MUG ROOT BEER (21OZ)	260								40	0	68		68	
MUG ROOT BEER (32OZ)	400								60	0	104		104	
PEPSI (16OZ)	200								40		56		56	
PEPSI (21OZ)	260								55		74		74	
PEPSI (32OZ)	400								80		112		112	
SIERRA MIST (16OZ)	200								40	90	54		54	
SIERRA MIST (21OZ)	260								55	118	71		71	
SIERRA MIST (32OZ)	400								80	180	108		108	
SOUTHERN STYLE SWEET TEA (16OZ)	200								15	174	51		49	
SOUTHERN STYLE SWEET TEA (21OZ)	260								20	229	67		65	
SOUTHERN STYLE SWEET TEA (32OZ)	390								30	348	102		99	
STRAWBERRY MELON TEA (16OZ)	90								80	230	24		24	
STRAWBERRY MELON TEA (21OZ)	120								105	301	32		32	
STRAWBERRY MELON TEA (32OZ)	180								160	460	48		48	
SWEET TEA (16OZ)	60								10	150	15		14	

WHICH WICH?

NUTRITION FACTS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	POLY UNSAT FAT (g)	MONO UNSAT FAT (g)	CHOLESTEROL (mg)	SODIUM (g)	POTASSIUM (g)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
DRINKS														
SWEET TEA (21OZ)	80								20	214	22		20	
SWEET TEA (32OZ)	120								25	300	31		28	
TROPICAL FRUIT PUNCH (16OZ)	220								50	200	60		60	
TROPICAL FRUIT PUNCH (21OZ)	290								65	262	79		79	
TROPICAL FRUIT PUNCH (32OZ)	440								100	400	120		120	
TROPICANA LEMONADE (16OZ)	200								210		54		54	
TROPICANA LEMONADE (21OZ)	260								280		71		71	
TROPICANA LEMONADE (32OZ)	400								420		108		108	
WHOLE MILK (16OZ)	300	140	16	9		1.0	4.0	50	210	644	23		26	15