

MENU ITEM	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN	VEGAN	VEGETARIAN	MADE W/O GLUTEN	DAIRY FREE	FIT
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1/2 SANDWICH

CALI CHICKEN SANDWICH	HALF	360	15	4	27	561	3	31					X
CAPRESE	HALF	460	28	15	32	1014	2	25					
FRENCHIE	HALF	310	12	5	26	1036	3	24					
KATZ & MOUSE	HALF	380	16	7	30	1453	4	30					
THE GODFATHER	HALF	570	35	12	29	2152	2	35					
TURKEY RACHEL	HALF	410	18	6	31	1073	4	30					
VEGGIE BOMB	HALF	280	13	3	33	817	5	12		X			

BREAD

TOM'S BAKERY CIABATTA, 4.5 IN	HALF	120	2	0	23	250	1	4	X	X		X	
12" WHOLE WHEAT WRAP	WHOLE	310	7	3	52	630	2	8	X	X		X	
12" UDI GLUTEN FREE	WHOLE	480	14	0	80	928	12	12		X	X		
RUSTIC RYE	1 SLICE	130	2	0	25	300	3	4	X	X		X	

PROTEIN (for half sandwich)

CAPICOLA	3 OZ	100	3	1	6	1305	0	15					
HAM	3 OZ	90	2	0	3	896	0	14					
HERB CHICKEN	3 OZ	150	7	1	0	138	0	23			X	X	X
MEDITERRANEAN EGGPLANT	3 OZ	120	9	0	6	630	3	3		X			
PROSCIUTTO	3 OZ	210	12	5	5	1548	0	22					
ROAST BEEF	3 OZ	90	3	1	0	562	0	15					
SALAMI	3 OZ	280	23	7	1	1398	0	18					
TURKEY	3 OZ	100	2	0	0	535	0	20					

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CHEESE

GRUYERE	2 OZ	230	18	11	0	405	0	17		X			
MOZZARELLA	2 OZ	180	14	9	1	403	0	12		X			
PEPPER JACK	2 OZ	210	17	11	0	340	0	14		X			
PROVOLONE	2 OZ	200	15	10	1	412	0	15		X			
SWISS	2 OZ	220	18	10	1	106	0	15		X			

TOPPINGS

ARUGULA	1.5 OZ	11	0	0	2	11	1	1	X	X	X	X	X
AVOCADO	1/2	140	13	2	7	6	6	2	X	X	X	X	X
BACON	2 SLICE	130	10	3	1	475	0	10			X		
BANANA PEPPERS	1 OZ	0	0	0	0	130	0	0	X	X	X	X	
BROCCOLI RABE	2 OZ	20	1	0	2	75	2	2	X	X	X	X	X
CUCUMBERS	2 OZ	9	0	0	2	1	0	0	X	X	X	X	X
FENNEL & ONIONS	1 OZ	15	1	0	2	46	1	0	X	X	X	X	X
LETTUCE	1.5 OZ	6	0	0	1	4	1	0	X	X	X	X	X
OLIVES	1 OZ	30	3	1	2	208	1	0	X	X	X	X	
ONION	1.5 OZ	20	0	0	4	2	1	1	X	X	X	X	X
ROASTED RED PEPPERS	2 OZ	20	0	0	3	135	1	1	X	X	X	X	X
TOMATOES	2 OZ	10	0	0	2	3	1	1	X	X	X	X	X

SAUCE / DRESSING

BALSAMIC VINEGAR	2 T	30	0	0	5	7	0	0	X	X	X	X	X
BASIL PESTO	2 T	80	10	2	1	190	0	2		X			
CHIPOTLE MAYO	2 T	50	5	1	2	158	0	0		X	X	X	
EXTRA VIRGIN OLIVE OIL	2 T	240	27	4	0	1	0	0	X	X	X	X	
HUMMUS	2 T	70	5	1	4	132	1	2	X	X	X	X	
MAYO, LIGHT	2 T	70	7	1	10	203	0	0		X	X	X	

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SAUCE / DRESSING CONT.

RED WINE VINEGAR	2 T	6	0	0	0	2	0	0	X	X	X	X	X
ROASTED GARLIC AIOLI	2 T	70	7	1	2	245	0	0		X	X	X	
RUSSIAN	2 T	130	12	2	5	302	0	0		X	X		
SAFFRON CITRUS AIOLI	2 T	70	7	1	2	163	0	0		X	X	X	