

SANDWICHES & ENTREES	SERVING SIZE	CALORIES	TOTAL FAT Grams	SATURATED FAT Grams	CHOLESTEROL Milligrams	SODIUM Milligrams	PROTEIN Grams	CARBS Grams	FIBER Grams
Beef Wedge Sandwich	2 oz. beef, 1/2 oz. cheese	291	8	3	59	491	29	27	4
Brat on Bun	3 oz. sausage	419	27	9.5	65	1416	18	25	2.5
Cheeseburger on Bun	4 oz. hamburger, 3/4 oz. cheese	374	18	8	79	563	28	24	2
Chicken, BBQ on Bun	1 each	353	6	1.5	96	616	39	33	1.5
Chicken, Breaded Filet on Bun	4 oz. chicken	417	22	5	60	655	20	37	3
Chicken, Grilled Marinated on Bun	4 oz. chicken	329	12	2	75	496	39	22	2
Fish on Bun	4 oz. fish	308	11	2.5	32	651	15	38	2
Ham & Cheese on Bun	3 oz. ham, 1/2 oz. cheese	360	13	7	65	1580	27	33	1
Ham & Cheese Sub	4 oz. ham, 1/2 oz. cheese	360	10	3.5	50	1790	24	49	2
Ham & Cheese, Grilled Sandwich	2 oz. ham, 1/2 oz. cheese	401	17	8	86	1667	18	34	2
Hamburger on Bun	4 oz. hamburger	321	15	6	68	305	23	24	2
Hot Dog on Bun	1 each	448	33	13	62	1423	17	20	1.5
Paella (Chicken, Sausage & Shrimp)	12 oz.	597	21	5	178	749	55	43	2.5
Rice Bowl (Sante Fe Chicken)	20 oz.	770	24.5	9.5	117	1409	41	88	6.5
Roast Beef on Bun	3 oz. roast beef, 1/2 oz. cheese	300	9	4	60	810	25	29	1
Roast Beef Sub	4 oz. roast beef, 1/2 oz. cheese	424	11.5	5	92	725	43	35	1.5
Taher Cold Cut Sub	4 oz. mixed cold cuts, 1/2 oz. cheese	392	13	5	71	1809	30	35	1.5
Turkey & Cheese on Bun	3 oz. turkey, 1/2 oz. cheese	290	7	3.5	45	1290	27	28	1
Turkey & Cheese Sandwich	2 oz. turkey, 1/2 oz. cheese	260	8	2.5	50	840	21	31	2
Turkey & Cheese Sub	4 oz. turkey, 1/2 oz. cheese	400	10	2.5	85	1310	38	46	2
Turkey & Ham Combo Sandwich	1 oz. turkey, 1 oz. ham	272	9	3.5	82	983	23	28	4
Wrap, Just Plum Chicken	1 each	682	11	3	74	794	39	102	5
Wrap, Philly	1 each	538	74	6	83	1105	40	53	3.5