

	Serving Size (g)	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
BREAKFAST												
Bacon, Egg & Cheese Muffin	129	300	130	14	6	0	140	720	27	1	3	15
Egg & Cheese Muffin	119	250	100	11	4.5		130	590	27	1	3	12
Ham, Egg & Cheese Muffin	175	320	120	13	5	0	160	1280	28	1	4	22
Pork Roll Egg & Cheese Muffin	176	370	170	19	7	2.5	165	1260	27	1	4	21
Sausage, Egg & Cheese Muffin	175	500	300	34	13	0	190	1100	28	1	4	22
Bacon, Egg & Cheese Croissant	129	360	180	20	7	2.5	145	760	27	1	4	14
Egg & Cheese Croissant	119	310	150	17	6	2.5	135	630	27	1	4	11
Ham, Egg & Cheese Croissant	176	370	170	19	6	2.5	160	1310	29	1	6	19
Sausage, Egg & Cheese Croissant	175	560	360	40	15	2.5	195	1140	28	1	5	21
Bacon, Egg & Cheese Kaiser	143	390	150	16	7	0	140	820	40	2	8	16
Egg & Cheese Kaiser	133	340	120	13	5	0	130	700	40	2	8	13
Ham, Egg & Cheese Kaiser		400	130	15	6		155	1370	42	2	10	22
Pork Roll, Egg & Cheese Kaiser	175	400	140	15	6		160	1320	40	2	8	24
Sausage, Egg & Cheese Kaiser	189	590	320	36	14		1900	1210	41	2	9	23
Bacon, Egg & Cheese Fatboy	172	490	220	25	11	0	166	1190	42	2	9	23
Ham, Egg & Cheese Fatboy	246	460	150	17	6	0	180	2050	44	2	12	30
Pork Roll, Egg & Cheese Fatboy	265	530	200	22	10	0	210	2200	42	2	9	37
Sausage, Egg & Cheese Fatboy	254	900	570	64	26	0	265	1960	44	2	11	37
Bacon, Egg & Cheese Wrap	176	490	180	20	9	0	140	1250	55	2	2	18
Egg & Cheese Wrap	166	440	150	17	7		130	1120	55	2	2	15
Ham, Egg & Cheese Wrap	223	500	170	19	8	0	155	1800	57	2	4	23
Sausage, Egg & Cheese Wrap	222	690	360	40	16		190	1630	56	2	3	25
Jimmy Dean Breakfast Link		330	280	31	11	0	65	1010	1		1	13
HOAGIES & COLD SANDWICHES												
Ham Hoagie	299	450	120	13	6		70	2100	53	4	10	28
Italian Hoagie	284	510	180	20	9	0	65	1820	50	5	6	31
Tuna Salad Hoagie	284	570	260	29	7	0	35	1300	52	5	6	22
Turkey Hoagie	298	420	90	10	5		65	2110	51	4	8	32
Ham on Kaiser Roll	175	360	100	11	5	0	55	1650	42	2	10	21
Italian on Kaiser Roll	184	470	190	21	10	0	65	1590	40	2	7	28
Tuna Salad on Kaiser Roll	184	530	230	30	7	0	35	1060	43	2	7	20
HOAGIES & COLD SANDWICHES CONT.												
Turkey on Kaiser Roll	169	330	80	9	4	0	50	1500	41	2	8	24
Chicken Salad Wedge	115	270	180	20	3.5		40	620	14	1	8	11
Egg Salad Wedge	115	350	270	30	5		405	360	6	1	1	13
Tuna Salad Wedge	115	320	240	27	6		35	760	6	0	1	14
HOT SANDWICHES												
Angus Bacon Cheeseburger	185	560	280	31	13	1	95	1240	39	2	7	27
Angus Cheeseburger	175	510	250	28	12	1	85	1120	39	2	7	24
Angus Hamburger	156	450	210	23	9	1	70	800	37	2	6	21

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HOT SANDWICHES CONT.												
Buffalo Chicken Cheesesteak	398	590	180	20	8	0	155	3270	51	3	7	51
Cheesesteak	398	660	230	25	10	0	105	2040	58	4	7	51
Chicken Cheesesteak	398	630	200	22	8	0	155	1730	55	4	9	52
Crispy Chicken Sandwich	217	590	210	23	8	0.5	55	1510	69	3	7	23
Grilled Chicken Parmesan Sandwich	269	530	170	19	8	0	125	990	41	2	7	44
Grilled Chicken Sandwich	184	340	50	6	1.5	0	85	360	37	2	6	32
Ham & Cheese on Pretzel Roll	274	520	90	10	4	0	65	1980	80	2	7	29
WRAPS												
BLT Wrap	257	590	260	29	13		65	1730	58	3	3	25
Buffalo Chicken Wrap	401	660	220	25	9		35	3170	74	4	3	34
Chicken Bacon Ranch Wrap	397	940	480	53	14		50	1850	77	4	4	37
Ham Wrap	330	540	170	19	8		75	2580	62	3	7	30
Italian Wrap		580	227	25	12	0	65	2020	57	4	2	31
Tuna Salad Wrap	302	640	310	34	9	0	35	1500	60	4	2	22
Turkey Wrap	315	500	140	16	7	0	65	2310	60	3	4	32
PIZZA/ITALIAN												
Personal Cheese Pizza	297	670	160	18	6	0	35	1060	96	3	8	30
Stromboli	312	880	350	39	13	0	100	2150	92	2	7	40
SALADS												
Chef Salad	390	410	220	24	12		295	1720	10	3	5	41
Crispy Chicken Salad	386	570	320	36	14		95	1490	27	4	3	37
SIDES												
Bologna & Cheese Cup	227	690	420	47	24	0	180	2150	20	0	16	49
Boneless Wings	142	355	165	12	2		40	570	14	1		20
Chicken Tenders	151	380	170	19	3.5	0	65	920	22	1	0	28
Hard Boiled Eggs	100	150	90	11	3.5	0	375	125	1	0	1	13
Jalapeno Poppers	100	200	70	7	4.5	0	25	1040	25	1	1	7
Macaroni Salad	113	230	110	12	2	0	25	730	26	0	9	3
Mozzarella Sticks	156	400	180	20	8	0	20	1560	40	2	4	20
Onion Rings	113	240	100	12	2	0	0	510	32	1	4	3
Pierogies	128	190	25	3	0.5	0	5	510	35	1	1	6
Popcorn Chicken	142	330	110	13	2	0	50	570	39	1	0	24
Wings	227	380	120	13	2	0	55	1300	38	2	0	30

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