



Nutrition Information

	Contains:	May Contain:	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugar (g)	Protein (g)
BAKERY													
Blueberry Muffin	Milk, Eggs, Wheat	Peanuts, Tree Nuts, Soy	1 Muffin	430	17	3	0	30	360	64	1	35	5
Chocolate Chip Muffin	Milk, Eggs, Wheat	Peanuts, Tree Nuts, Soy	1 Muffin	490	20	5	0	30	380	70	1	41	5
BREADS													
8" White Sub Rolls	Wheat	Milk, Soy	1 Roll	250	3	1	0	0	560	48	1	1	8
Biscuit	Milk, Wheat		1 Biscuit	270	12	6	0	0	840	36	1	3	6
Ciabatta Roll	Wheat	Milk, Soy, Egg, Sesame	1 Roll	280	2	0	0	0	620	54	2	4	12
Cinnamon Raisin Bagel	Wheat	Milk, Eggs	1 Bagel	330	2	1	0	0	470	68	3	10	11
Croissant	Milk, Eggs, Soy, Wheat		1 Croissant	200	8	4	0	5	280	27	1	2	5
English Muffins	Soy, Wheat		1 Muffin	140	1	0	0	0	260	28	1	1	5
Everything Bagel	Wheat	Milk, Eggs	1 Bagel	340	3	1	0	0	1070	66	3	5	12
Kaiser Rolls	Soy, Wheat		1 Roll	160	2	0	0	0	320	30	1	2	4
Low Calorie Roll	Soy, Wheat		1 Roll	100	1	0	0	0	170	22	5	2	5
Multigrain Ciabatta Roll	Wheat	Milk, Soy, Egg, Sesame	1 Roll	320	5	0	0	0	460	54	4	4	12
Plain Bagel	Wheat	Milk, Eggs	1 Bagel	320	2	1	0	0	500	64	2	4	11
Potato Hot Dog Bun	Soy, Wheat		1 Bun	150	2	0	0	0	250	28	1	4	4
Pretzel Roll	Wheat		1 Roll	390	2	1	0	0	264	80	3	14	13
Rye Bread	Soy, Wheat		1 Slice	90	1	0	0	0	220	17	1	<1	3
Wheat Bread	Soy, Wheat		1 Slice	60	1	0	0	0	130	12	<1	<1	2
Wheat Kaiser Rolls	Wheat	Soy,	1 Roll	150	2	0	0	0	280	27	3	4	6
Wheat Sub Roll	Wheat	Milk, Soy, Egg, Sesame	1 Roll	270	4	1	0	0	420	45	4	4	13
White Bread	Soy, Wheat		1 Slice	60	1	0	0	0	110	12	1	1	2
White Sub Roll	Wheat	Milk, Soy, Egg, Sesame	1 Roll	260	3	1	0	0	490	47	2	2	12
Wrap, 6" White Snack	Wheat		1 Wrap	80	3	1	0	0	210	14	0	0	3
Wrap, Multigrain	Wheat		1 Wrap	270	5	1	0	0	450	48	2	4	8
Wrap, Sun Dried Tomato	Wheat		1 Wrap	260	7	2	0	0	540	48	2	0	7
Wrap, White Plain	Wheat		1 Wrap	297	8	1	0	0	742	49	2	3	8



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CHEESE													
Cubed Cheddar	Milk		1 Ounce	110	9	5	0	30	180	1	0	0	6
Cubed Pepperjack	Milk		1 Ounce	100	8	5	0	25	170	0	0	0	7
Cubed Swiss	Milk		1 Ounce	110	9	5	0	25	50	0	0	0	8
Shredded Cheese	Milk		.99 Ounce	100	8	5	0	30	170	1	0	0	7
Sliced Cheddar	Milk		1 Slice	39	3	1	0	13	9	0	0	0	4
Sliced Pepperjack	Milk		1 Slice	50	4	3	0	13	215	1	0	0	3
Sliced Provolone	Milk		1 Slice	50	4	2	0	10	125	0	0	0	4
Sliced Swiss	Milk		1 Slice	54	4	3	0	13	10	1	0	0	4
Sliced White American	Milk		1 Slice	52	4	3	0	14	239	1	0	0	3
CONDIMENTS													
"R" Sauce	Eggs, Soy, Wheat		1 Tbsp	90	9	2	0	5	85	1	0	0	0
Balsamic Vinaigrette Dressing Pouch			1 Pouch	160	15	3	0	0	340	7	0	3	0
BBQ Sauce			2 Tbsp	70	0	0	0	0	290	18	0	16	0
BBQ Sauce Cup			.99 Ounce	35	0	0	0	0	370	8	0	3	0
Black Bean Salsa			2 Tbsp	28	1	0	0	0	90	4	2	1	1
Blue Cheese Dressing Cup	Milk, Eggs	Soy, Wheat	2.01 Ounce	280	30	5	1	25	620	3	0	3	1
Brown Gravy	Soy		.13 Cup	9	0	0	0	0	149	1	0	0	0
Buffalo Sauce	Soy		2 Tbsp	80	7	1	0	0	510	4	3	0	1
Buffalo Sauce Cup	Soy		2.01 Ounce	15	0	0	0	0	1650	3	0	0	0
Caesar Dressing Pouch			1 Pouch	170	18	3	0	0	380	1	0	0	0
Caesar Dressing	Milk, Eggs, Fish, Soy, Wheat		2 Tbsp	110	11	2	0	10	320	2	0	1	1
Cheddar Cheese Sauce	Milk		62 Grams	70	5	3	0	0	560	6	0	1	0
Chesapeake Aioli	Egg		1 Tbsp	80	9	2	0	10	150	0	0	0	0
Cocktail Sauce Cup			1.98 Ounce	60	0	0	0	0	600	14	1	6	1
Cream Cheese, Plain	Milk		1 Ounce	100	10	6	0	30	110	1	0	1	2
Dijon Mustard			1 Tsp	5	0	0	0	0	120	0	0	0	0
Fat Free Mayo	Eggs, Milk, Soy		.42 Ounce	10	0	0	0	5	100	3	0	1	0
Garlic Seasoning			.03 Ounce	0	0	0	0	0	0	1	0	0	0
General Tso Sauce	Soy		2 Tbsp	70	0	0	0	0	390	17	0	15	1
Grape Jelly			.5 Ounce	35	0	0	0	0	5	9	0	6	0
Guacamole Cup			2 Ounces	100	10	2	0	0	170	5	3	0	1
Hersheys Caramel Syrup	Milk,		1 Tbsp	50	0	0	0	0	60	13	0	10	0
Hersheys Chocolate Syrup			1 Tbsp	45	0	0	0	0	5	12	0	10	0



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Honey Mustard			.99 Ounce	40	0	0	0	0	160	9	0	5	0
Horseradish Sauce			.42 Ounce	60	6	1	0	5	90	2	0	1	0
Hot Dog Chili Sauce	Soy		.99 Ounce	45	4	1	0	10	105	2	1	1	2
Hot Sauce			1 Tsp	0	0	0	0	0	70	0	0	0	0
Hot Sauce Packet			1 Packet	30	0	0	0	0	85	0	0	0	0
Italian Dressing			2 Tbsp	120	12	2	0	0	270	2	0	2	0
Italian Seasoning			.01 Ounce	0	0	0	0	0	0	0	0	0	0
Ketchup			.042 Ounce	20	0	0	0	0	100	4	0	3	0
Ketchup			1 Tbsp	20	0	0	0	0	160	5	0	4	0
Light Italian Dressing Pouch	Soy		1 Pouch	25	0	0	0	0	370	5	0	3	0
Liquid Butter	Soy		.49 Ounce	120	14	3	0	0	110	0	0	0	0
Marinara Sauce			2.01 Ounce	45	1	0	0	0	230	7	2	4	1
Mayo	Eggs		.42 Ounce	80	8	2	0	5	75	1	0	1	0
Mayo, Cage Free	Eggs		1 Tbsp	100	11	2	0	5	70	0	0	0	0
Montreal Steak Seasoning			.03 Ounce	0	0	0	0	0	180	0	0	0	0
Mustard			1 Tsp	0	0	0	0	0	60	0	0	0	0
Old Bay			.02 Ounce	0	0	0	0	0	160	0	0	0	0
Olive Oil			1 Tbsp	120	14	1	0	0	0	0	0	0	0
Pickle			1 Pickle	0	0	0	0	0	231	1	0	0	0
Plain Cream Cheese Cup	Milk	Eggs	1 Ounce	93	9	6	0	27	100	1	0	1	1
Ranch Dressing	Milk, Eggs		2 Tbsp	100	11	2	0	10	270	1	0	1	1
Ranch Dressing Cup	Milk, Eggs		.74 Ounce	90	9	2	0	10	180	2	0	1	0
Ranch Dressing Pouch	Milk, Eggs		1 Pouch	170	17	3	0	15	350	3	0	2	0
Red Wine Vinegar			.50 Fluid Ounce	0	0	0	0	0	0	0	0	0	0
Salsa, Chipotle Charred			2 Tbsp	6	0	0	0	0	206	3	0	1	0
Sea Salt			.5 Tsp	0	0	0	0	0	590	0	0	0	0
Sour Cream (Squeezy Tube)	Milk,		1 Tube	60	5	3	0	20	50	2	0	2	1
Soy Sauce	Soy, Wheat		.2 Fluid Ounces	0	0	0	0	0	15	0	0	0	0
Strawberry Cream Cheese Cup	Milk	Eggs	1 Ounce	87	7	5	0	23	90	4	0	3	1
Sweet & Sour Sauce	Soy		1 Tbsp	35	0	0	0	0	150	9	0	7	0
Sweet & Sour Sauce Packet			1 Packet	45	0	0	0	0	120	12	0	4	0
Sweet & Spicy Sauce			2 Tbsp	160	17	3	0	15	270	2	0	2	0
Sweet Relish			1 Tbsp	15	0	0	0	0	120	3	0	3	0
Syrup Cup			1.52 Ounce	130	0	0	0	0	10	32	0	22	0
Taco Sauce			.32 Ounce	0	0	0	0	0	55	0	0	0	0
Tartar Packet	Egg		1 Packet	45	5	1	0	5	100	1	0	1	0
Tartar Sauce Packets	Soy, Egg, Mustard		1 Packet	45	5	1	0	5	100	1	0	1	0
Teriyaki Sauce			2 Tbsp	50	0	0	0	0	1120	10	0	8	0



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Thousand Island Dressing	Eggs,		2 Tbsp	130	12	2	0	5	240	5	0	3	0
Thousand Island Dressing Pouch	Eggs, Soy		1 Pouch	200	18	3	0	15	330	9	1	5	0
Veggie Cream Cheese Cup	Milk	Eggs	1 Ounce	80	7	5	0	23	87	2	0	1	1
Whipped Butter	Milk		1 Ounce	203	23	14	0	62	234	0	0	0	0
CREAMER													
Creamer, Birthday Cake			1 Tbsp	35	2	1	0	0	10	5	0	5	0
Creamer, Caramel Macchiato	Milk Derivatives	Tree Nuts, Soy	1 Tbsp	35	2	1	0	0	10	5	0	5	0
Creamer, Cold Stone Sweet Cream	Milk Derivatives	Tree Nuts, Soy	1 Tbsp	35	2	1	0	0	20	5	0	5	0
Creamer, French Vanilla	Milk Derivatives	Tree Nuts, Soy	1 Tbsp	35	2	1	0	0	10	5	0	5	0
Creamer, French Vanilla Sugar Free	Milk Derivatives	Tree Nuts, Soy	1 Tbsp	20	2	1	0	0	0	1	0	0	
Creamer, Hazelnut	Milk Derivatives	Tree Nuts, Soy	1 Tbsp	35	2	1	0	0	10	5	0	5	0
Creamer, Hershey's Chocolate Caramel	Milk Derivatives	Tree Nuts, Soy	1 Tbsp	35	2	1	0	0	10	5	0	5	0
Creamer, Irish Cream	Milk Derivatives	Tree Nuts, Soy	1 Tbsp	35	2	1	0	0	10	5	0	5	0
Creamer, Pumpkin Pie Spice	Milk Derivatives	Tree Nuts, Soy	1 Tbsp	35	2	1	0	0	10	5	0	5	0
Creamer, Reese's	Milk Derivatives	Tree Nuts, Soy	1 Tbsp	35	2	1	0	0	25	5	0	5	0
DESSERT													
Brownie with Chocolate Chips	Wheat, Milk, Soy, and Egg	Peanuts, Tree nuts	1 Brownie	340	13	5	0	20	150	56	4	40	4
Cannoli Filling	Milk	Peanuts, Tree Nuts, Eggs, Soy, Wheat	1.90 Ounce	130	5	4	0	20	35	16	0	15	5
Cannoli Shell	Soy, Wheat	Milk, Eggs, Soy	1 Shell	45	2	1	0	0	0	6	0	1	1
Cheesecake, Plain Vanilla	Milk, Eggs, Soy, Wheat		1 Slice	420	32	19	0	160	280	26	0	20	9
Cheesecake, Strawberry Slice	Milk, Eggs, Soy, Wheat		1 Slice	400	27	16	0	130	350	34	0	26	7



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Chocolate Chip Cheesecake	Wheat, Milk, Egg, Soy	Peanuts and Tree Nuts	1 Slice	280	19	12	1	75	210	25	0	18	4
Chocolate Chunk Cookies	Milk, Eggs, Wheat		1 Cookie	190	9	5	0	20	105	26	1	15	2
Fortune Cookie	Soy, Wheat		1 Cookie	110	0	0	0	0	10	25	0	9	2
Fried Apple Pie	Wheat, Soy		3 Ounce	200	7	2	0	0	250	31	2	8	3
Funnel Cake Fries	Milk, Eggs, Soy, Wheat		1 Ounce	67	3	1	0	8	71	10	0	3	1
Ginger Molasses Cookies	Milk, Eggs, Wheat		1 Cookie	170	6	4	0	30	170	28	1	14	2
Janey Chocolate Chunk Cookie	Milk, Eggs, Soy, Wheat		1 Cookie	190	9	4	0	10	330	27	1	15	2
Janey Cookies and Cream Cookie	Milk, Eggs, Soy, Wheat		1 Cookie	70	8	3	0	10	125	24	0	13	2
Janey Oatmeal Rasin Cookie	Milk, Eggs, Soy, Wheat		1 Cookie	180	8	3	0	10	125	25	1	12	3
Janey Peanut Butter Cookie	Milk, Eggs, Soy, Wheat		1 Cookie	200	11	4	0	10	310	23	1	12	4
Janey Pumpkin Chocolate Chip Cookie (Seasonal)	Soy, Wheat		1 Cookie	320	14	3	0	0	230	47	2	27	3
Oatmeal Raisin Cookies	Milk, Eggs, Soy, Wheat	Peanuts, Tree Nuts	1 Cookie	180	7	3	0	15	100	26	1	14	3
Old Fashioned Sugar Cookies	Milk, Eggs, Soy, Wheat		1 Cookie	100	2	1	0	20	105	19	0	12	1
Peanut Butter Cookies	Peanuts, Milk, Eggs, Soy, Wheat	Tree Nuts,	1 Cookie	210	13	6	0	15	230	20	1	13	4
Plain Cheesecake	Wheat, Milk, Egg, Soy	Peanuts and Tree Nuts	1 Slice	280	19	13	1	85	260	22	0	16	4
Smores Cookies	Milk, Eggs, Soy, Wheat		1 Cookie	180	8	4	0	15	110	27	1	18	2
Strawberry and Cream Cake	Eggs, Wheat, Milk. Made in a facility that uses soy and tree nuts.		1 Cake	300	20	14	0	75	130	25	0	21	3
Strawberry Swirl Cheesecake	Wheat, Milk, Egg and Soy	Peanuts and Tree Nuts	1 Slice	250	17	11	1	75	220	21	0	15	4
White Chocolate Cherry Cookies	Milk, Eggs, Soy, Wheat		1 Cookie	180	7	4	0	15	115	27	1	16	2
Whoopie Pie	Milk, Eggs, Wheat and Soy.	Peanuts, Tree Nuts, Milk	3 Ounces	340	17	5	0	35	300	44	1	32	3



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EGGS													
Devilled Egg, Red Beet	Eggs, Soy		.49 Ounces	100	9	2	0	119	68	3	0	2	2
Devilled Egg, White	Eggs, Soy		.49 Ounces	88	8	2	0	85	80	1	0	0	3
Egg, Cage Free Liquid	Eggs		1 Fluid Ounce	83	5	2	0	249	77	1	0	0	7
Egg, Cage Free Scrambled Patty	Eggs, Milk, Soy		1 Patty	60	4	2	0	120	150	1	0	0	4
Egg, White Patty	Eggs, Soy		1 Patty	35	0	0	0	5	180	1	0	0	5
EXTRAS													
Cinnamon Sugar			.25 Tsp	0	0	0	0	0	0	1	0	1	0
Crushed Oreos	Wheat		.95 Ounce	130	5	2	0	0	105	20	1	11	1
Mini Chocolate Chips	Milk		1 Tbsp	70	4	3	0	0	10	1	8	1	
Powder, Chocolate			1 Tsp	15	0	0	0	0	0	4	0	3	0
Powder, Cinnamon			1 Tsp	15	0	0	0	0	0	4	1	3	0
Powder, Nutmeg			1 Tsp	15	0	0	0	0	0	4	0	4	0
Powder, Vanilla			1 Tsp	15	0	0	0	0	0	4	0	4	0
Powdered Sugar			1.06 Ounces	120	0	0	0	0	0	30	0	29	0
Reddi Whip	Milk		2.00	15	1	1	0	0	0	1	0	1	0
Saltine Crackers	Wheat		1 Cracker	80	2	0	0	0	150	14	0	0	1
Sauce, Caramel	Milk		1 Pump	57	0	0	0	1	36	13	0	12	1
Sauce, Dark Chocolate			1 Pump	57	0	0	0	0	9	13	1	11	0
Sauce, White Choc	Milk		1 Pump	55	0	0	0	1	40	12	0	11	0
Syrup, Caramel			1 Pump	28	0	0	0	0	0	7	0	7	0
Syrup, Chocolate			1 Pump	28	0	0	0	0	0	7	0	7	0
Syrup, Classic			1 Pump	28	0	0	0	0	0	7	0	7	0
Syrup, Hazelnut			1 Pump	28	0	0	0	0	0	7	0	7	0
Syrup, Mango			1 Pump	28	0	0	0	0	0	7	0	7	0
Syrup, Seasonal Pumpkin Spice			1 Pump	28	0	0	0	0	0	7	0	7	0
Syrup, Raspberry			1 Pump	28	0	0	0	0	1	7	0	7	0
Syrup, Seasonal Blueberry			1 Pump	23	0	0	0	0	0	6	0	6	0
Syrup, SF Caramel			1 Pump	0	0	0	0	0	4	0	0	0	0
Syrup, SF Classic			1 Pump	0	0	0	0	0	0	0	0	0	0
Syrup, SF Vanilla			1 Pump	0	0	0	0	0	0	0	0	0	0
Syrup, Strawberry			1 Pump	28	0	0	0	0	0	7	0	7	0
Syrup, Vanilla			1 Pump	28	0	0	0	0	0	7	0	7	0
Reese's Peanut Butter Sauce	Peanuts, Milk, Soy		1 Pump	645.09	59	10	0	0	437	18	6	9	19



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FRUIT													
Apple			1 Apple	130	0	0	0	0	0	34	5	25	1
Applesauce Cup			4 Ounces	90	0	0	0	0	0	24	1	22	0
Banana			1 Banana	110	0	0	0	0	0	30	3	19	1
Orange			1 Orange	80	0	0	0	0	0	19	3	14	1
MEATS													
All Beef Dog			1 Hot Dog	280	0	11	26	55	810	1	0	0	11
Angus Burger			1 Patty	390	32	13	0	90	500	1	0	0	22
Bacon			1 Slice	30	2	1	0	3	200	0	0	0	3
Bone In Wing			1 Wing	36	3	1	0	9	61	0	0	0	3
Chicken Chunks		Wheat	.85 Ounce	61	3	1	0	10	145	4	0	0	5
Chicken Strips		Soy, Wheat	1 Strip	73	4	1	0	12	217	5	0	0	5
Corn Dog, Chicken Honey Battered		Eggs, Soy, Wheat	1 Corn Dog	190	9	3	0	30	470	18	1	6	7
Corned Beef			1 Ounce	65	5	2	0	18	210	0	0	0	6
Grilled Chicken Breast		Soy	1 Breast	160	4	1	0	80	420	1	0	0	30
Ham, Black Forest			1 Slice	35	1	0	0	10	290	1	0	1	5
Ham, Capicola			1 Slice	15	1	0	0	6	145	0	0	0	2
Ham, Pepper			1 Slice	15	1	0	0	3	170	1	0	0	3
Hot Dog			1 Hot Dog	170	16	6	0	35	490	1	0	0	6
Meatballs		Milk, Soy, Wheat	1 Ounce	80	6	3	0	13	153	3	1	1	5
Pastrami			1 Ounce	65	6	2	0	18	215	1	0	0	7
Philly Steak		Soy	1 Ounce	68	5	2	0	18	240	2	0	1	5
Pork Belly			1 Slice	116	12	5	0	18	201	1	0	0	2
Pulled Pork			1 Ounce	57	3	1	0	22	123	1	0	1	6
Roast Beef			1 Ounce	35	1	0	0	13	180	1	0	0	6
Salami			1 Slice	35	3	1	0	8	133	0	0	0	2
Sausage Patty			1 Patty	140	12	4	0	30	370	1	0	0	7
Sausage, Bacon Wrapped Cheddar Dog		Wheat	1 Sausage	190	17	6	0	45	820	1	0	0	10
Sausage, Fresh Breakfast			1 Sausage	287	25	8	0	70	740	1	0	1	15
Sausage, Rajun Cajun			1 Sausage	250	22	8	0	50	790	1	0	0	11
Sausage, Smoked			1 Sausage	260	23	8	0	55	790	1	0	0	11
Short Rib			1 Short Rib	203	9	3	0	79	585	2			34
Sliced Ham			1 Slice	60	2	1	0	30	620	1	0	1	9



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Sliced Pepperoni 13ct			8 Slices	83	8	3	0	17	303	0	0	0	4
Sliced Turkey			1 Slice	28	0	0	0	12	291	0	0	0	6
Sweet Bologna, Cubes			1 Ounce	57	3	1	0	13	360	4	0	4	4
Sweet Bologna, Sliced			1 Slice	28	1	1	0	6	155	2	0	2	2
Taco Meat	Soy		1 Ounce	56	4	2	0	10	179	1	1	0	4
Turkey Bacon			2 Slices	40	2	0	0	20	240	0	0	0	5
Turkey Sausage Patty			1 Patty	80	4	1	0	45	480	1	0	0	10
MILK													
Milk, 2%	Milk		1 Cup	120	5	3	0	20	120	12	0	12	8
Milk, Chocolate	Milk		1 Cup	210	8	5	0	30	180	30	0	28	8
Milk, Half & Half	Milk		1 Tbsp	40	4	2	0	15	20	1	0	1	1
Milk, Pumpkin Pie (Seasonal)	Milk		1 Cup	250	8	5	0	35	160	37	0	35	23
Milk, Skim	Milk		1 Cup	90	0	0	0	5	105	12	0	12	8
OTHER													
8" Pizza	Milk, Soy, Wheat		1 Pizza	820	28	16	0	60	1280	106	6	16	34
Beef and Cheese Pastry	Wheat, milk, and soy.		1 Pastry	410	23	14	0	30	648	34	2	2	15
Black Bean Burger	Milk, Eggs, Soy, Wheat		1 Patty	158		1	0	1	452	18		2	14
Chicken Salad	Milk, Eggs, Soy		.5 Cup	250	20	4	0	50	430	7	1	5	11
Egg Roll	Eggs, Fish, Soy, Wheat		1 Egg Roll	212	11	3	0	10	480	19	2	3	7
Lo Mein Kit	Soy, Wheat, Shellfish		1 Ounce	80	4	1	0	0	211	9	0	3	1
Moms Roni Roll	Soy, Wheat, Milk		1 Roll	320	15	7	0	30	500	31	0	4	13
Perfect Burger Patty			1 Patty	230	13	2	0	0	380	8	4	0	20
Tuna Salad	Eggs, Fish, Wheat		.5 Cup	220	16	4	0	115	450	5	0	0	12
Vegan Cheese		Gluten, Lactose, Mustard	1 Slice	40	5	4	0		180		0		
Veggie 3 Grain Burger			1 Patty	150	3	0	0	0	580	23	5	2	10
Waffles	Egg, Milk, Soy, Wheat		1 Waffle	290	14	6	0	15	160	37	1	18	4
Whole Grain French Toast Stick	Eggs, Wheat		1 Stick	70	2	1	0	42	107	9	1	3	3
Wok Beef Strips			1 Ounce	40	1	0	0	17	142	1	0	0	6
Wok Chicken Strips	Milk, Soy		1 Ounce	33	0	0	0	15	110	1	0	0	6
Wok Fried Rice	Egg, Milk, Soy		4 Ounces	137	1	0	0	11	377	27	0	2	5



Nutrition Information

	Contains:	May Contain:	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugar (g)	Protein (g)
ROLLER GRILL													
Sausage, Rollerbite Cheeseburger	Milk, Soy		1 Rollerbite	390	34	15	0	110	750	4	0	2	18
Tornado - Bacon, Egg and Cheese	Milk, Eggs, Wheat		1 Tornado	180	7	2	0	45	320	22	1	1	6
Tornado - Pepperjack	Milk, Wheat		1 Tornado	220	12	5	0	25	240	22	0	1	7
Tornado - Pepperoni & Cheese	Milk, Wheat		1 Tornado	210	10	4	0	20	320	21	0	1	8
Tornado - Sausage, Egg, and Cheese	Milk, Eggs, Soy, Wheat		1 Tornado	180	8	2	0	15	280	21	0	0	5
SEAFOOD													
Crab Cake	Milk, Eggs, Fish, Soy, Wheat		1.5 Ounces	130	8	2	0	20	250	8	2	0	5
Fried Clams	Shellfish, Wheat		1 Ounce	43	0	0	0	5	183	8	0	0	2
Fried Shrimp	Shellfish, Wheat	Fish	.52 Ounce	35	2	0	0	11	94	3	0		1
Tavern Cod Strips	Milk, Fish, Wheat		2.5 Ounces	126	6	1	0	17	269	10	0	0	8
SIDES													
Coleslaw	Eggs,		1 Ounce	55	4	1	0	4	95	5	1	4	0
French Fries			1 Ounce	63	2	0	0	0	150	10	1	0	1
Fried Pickle Spears	Milk, Wheat		1 Spear	47	0	0	0	0	394	9	1	1	1
Hash Brown Bites			1 Ounce	59	3	0	0	0	124	7	1	0	1
Homestyle Mac and Cheese	Milk, Wheat		100 Grams	190	12	7	0	35	390	15	0	3	7
Jalapeno Bites	Milk, Wheat		1 Ounce	90	6	2	0	8	194	7	0	1	1
Mac & Cheese	Milk, Wheat		6.98 Ounces	300	9	3	0	10	650	44	2	8	10
Mac & Cheese Bites	Milk, Wheat		1.2 Ounces	83	4	1	0	4	248	9	1	1	2
Mozz Sticks	Milk, Wheat		.85 Ounce	70	4	2	0	10	140	5	1	1	4
Onion Rings	Milk, Wheat		3.21 Ounces	200	10	2	0	0	390	25	1	3	2
Pretzel Bites	Wheat		5 Ounces	402	4	1	0	0	258	80	3	12	14
Soft Pretzel	Wheat		3.5 Ounces	280	3	1	0	0	180	56	2	8	10
Sweet Corn Bites	Milk, Wheat		1 Ounce	66	2	0	0	0	145	11	1	1	1



Nutrition Information

SOUP

	Contains:	May Contain:	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Chicken Corn Soup	Eggs, Soy, Wheat		1 Ounce	16	0	0	0	4	91	2	0	0	1
Chili Soup w Beans	Soy		1 Ounce	29	2	1	0	5	103	2	0	0	2
Pot Pie	Eggs, Wheat		8.1 Ounces	220	10	3	0	30	730	19	1	1	14
Soup, Crab & Roasted Corn Chowder	Milk, Shellfish, Wheat		1 Ounce	26	1	1	0	6	95	2	0	1	1