

Item Name	Unit	Calories (kcal)	Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free	Soy	Egg	Dairy	Peanut	Shellfish	Tree Nut	Wheat	Fish	Gluten		
Specialty Grinders																													
Aviator's Choice LG	Serving	933	509	56.5	12.2	0.0	71	1626	81	5.8	8	21	1509	25	324	5	385	x	x	x				x		x			
Aviator's Choice, SM	Serving	624	345	38.3	8.3	0.0	48	1064	56	3.9	5	15	1030	111	217	1	257	x	x	x				x		x			
BLT & Swiss, LG	Serving	1258	747	83.1	28.7	0.0	169	1903	81	5.2	7	52	2104	23	268	5	340	x	x	x				x		x			
BLT & Swiss, SM	Serving	835	497	55.2	19.1	0.0	113	1285	56	3.5	5	35	1425	110	179	1	233	x	x	x				x		x			
Club - LG	Serving	1278	674	74.8	22.2	0.0	199	3426	89	5.8	12	66	1809	25	219	7	385	x	x	x				x		x			
Club - SM	Serving	904	489	54.4	16.6	0.0	143	2482	62	3.9	8	48	1280	111	157	3	257	x	x	x				x		x			
DC3 - LG	Serving	1290	767	85.2	28.8	0.0	162	2080	84	5.8	8	46	2059	25	489	5	385	x	x	x				x		x			
DC3 -SM	Serving	848	505	56.1	18.6	0.0	103	1351	58	3.9	5	30	1430	111	352	1	257	x	x	x				x		x			
Italian Meatball, LG	Serving	964	408	45.3	9.1	0.0	116	2317	88	7.0	11	41	686	12	535	7	306	x	x	x				x		x			
Italian Meatball, SM	Serving	692	306	34.0	7.1	0.0	88	1685	61	4.8	7	31	532	102	414	2	229	x	x	x				x		x			
OEG, LG	Serving	1193	679	75.5	19.3	0.0	132	3043	83	5.5	9	41	1436	25	319	6	345	x	x	x				x		x			
OEG, SM	Serving	804	466	51.8	13.2	0.0	87	1969	58	3.9	6	27	1076	111	217	2	257	x	x	x				x		x			
Pedros Pick Turkey, LG	Serving	1157	591	65.6	15.3	0.0	183	2781	89	5.8	11	54	1209	25	99	7	385	x	x	x				x		x			
Pedros Pick Turkey, SM	Serving	752	380	42.2	9.1	0.0	118	1827	61	3.9	8	36	830	111	67	3	257	x	x	x				x		x			
Pot Roast Grinder, LG	Serving	491	82	9.1	1.7	0.0	26	947	83	5.4	8	13	21	15	82	5	129	x	x	x				x		x			
Pot Roast Grinder, SM	Serving	345	67	7.4	1.1	0.0	21	679	58	3.6	6	10	13	104	54	1	86	x	x	x				x		x			
Rueben, LG	Serving	1199	552	61.3	18.1	0.0	127	4242	112	11.0	36	55	469	13	242	6	5	x	x	x				x		x			
Rueben, SM	Serving	790	366	40.6	11.8	0.0	83	2896	75	6.0	19	36	311	102	101	2	3	x	x	x				x		x			
Southern Stack, LG	Serving	1222	633	70.3	18.1	0.0	170	2644	96	13.5	18	58	1333	34	200	8	798	x	x	x				x		x			
Southern Stack, SM	Serving	865	479	53.3	12.5	0.0	124	1894	62	6.7	8	40	892	115	72	3	464	x	x	x				x		x			
Southwestern Turkey, LG	Serving	989	415	46.1	13.7	0.0	171	2514	84	6.7	14	63	1204	22	75	6	382	x	x	x				x		x			
Southwestern Turkey, SM	Serving	691	302	33.6	10.1	0.0	113	1752	57	4.8	9	41	825	15	63	4	254	x	x	x				x		x			
Turkey Rueben, LG	Serving	930	326	36.2	11.7	0.0	132	3482	97	9.0	18	58	469	13	152	6	5	x	x	x				x		x			
Turkey Rueben, SM	Serving	773	326	36.2	9.5	0.0	91	2709	76	6.0	21	41	311	102	101	2	3	x	x	x				x		x			
Chicken Grinders																													
Chicken Tender Lovin, LG	Serving	1272	644	71.6	15.2	0.0	130	2509	105	6.9	8	51	1509	25	324	5	385		x	x	x				x		x		
Chicken Tender Lovin, SM	Serving	1019	599	66.5	13.6	0.0	93	1974	73	4.9	5	37	1041	111	228	2	265		x	x	x				x		x		
Chicken Salad Grinder, LG	Serving	1491	1068	118.7	17.4	0.0	94	2347	90	8.4	13	16	1370	29	139	6	575		x	x				x		x			
Chicken Salad Grinder, SM	Serving	998	723	80.4	12.0	0.0	58	1499	61	5.5	8	11	927	113	96	2	368		x	x				x		x			
Grilled Chicken Grinder	Serving	1417	1026	114.0	21.2	0.0	106	3846	86	7.6	8	18	2419	19	46	3	1200		x	x	x				x		x		
Sweet Hawaiian Chicken Sandwich	Serving	504	175	19.5	7.4	0.0	208	820	35	1.9	7	51	951	13	89	3	156		x	x	x				x		x		

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Grilled Grinders																												
New Phili, LG	Serving	1267	682	75.8	22.9	0.0	157	1985	81	5.2	7	65	2382	70	532	5	212	x	x	x					x		x	
New Phili, SM	Serving	963	579	64.4	17.8	0.0	106	1450	56	3.6	5	44	2096	143	356	1	152	x	x	x					x		x	
Sky High Pot Roast	Serving	402	97	10.8	4.2	0.0	22	1520	66	3.4	5	8	6	57	45	1	342	x	x	x					x		x	
Sky High Meatloaf	Serving	1028	401	44.5	17.6	0.0	188	3033	112	5.3	42	41	639	67	78	5	391	x	x	x					x		x	
Battered Fish Grinder - LG	Serving	1185	298	33.1	7.9	0.0	142	1657	115	6.2	18	43	517	12	80	5	145	x	x	x					x	x	x	
Battered Fish Grinder - SM	Serving	977	290	32.2	7.3	0.0	109	1432	84	4.2	15	29	367	102	54	1	103	x	x	x					x	x	x	
Steak Mushroom LG	Serving	1544	988	109.8	24.4	0.0	165	2441	82	6.4	8	59	3009	25	324	6	385	x	x	x					x		x	
Steak Mushroom SM	Serving	1152	790	87.8	18.9	0.0	111	1725	56	4.4	5	40	2530	111	217	2	257	x	x	x					x		x	
Steak N Bacon, LG	Serving	1665	1094	121.5	30.0	0.0	203	2585	83	5.8	8	67	2709	25	99	6	385	x	x	x					x		x	
Steak N Bacon, SM	Serving	1231	861	95.7	22.2	0.0	134	1844	57	3.9	5	45	2330	111	67	2	257	x	x	x					x		x	
Steak, LG	Serving	1538	988	109.8	24.4	0.0	165	2351	81	5.8	8	59	3009	25	324	6	385	x	x	x					x		x	
Steak, SM	Serving	1147	790	87.8	18.9	0.0	111	1658	56	3.9	5	40	2530	111	217	2	257	x	x	x					x		x	
Grilled Cheese, Ultimate Hawaiian	Serving	474	381	42.3	24.9	0.0	130	1100	3	0.8	1	23	1250	8	107	0	0	x		x					x		x	
Childs/Adults - Grilled Cheese	Serving	410	360	40.0	24.5	0.0	105	900	0	0.0	0	12	800	0	0	0	0	x	x	x					x		x	
Burgers																												
Mahi Mahi Sandwich	Serving	586	280	31.1	6.2	0.0	228	1325	35	1.9	7	44	1506	10	542	4	156	x	x						x	x	x	
Mahi Blackened Sandwich	Serving	586	280	31.1	6.2	0.0	228	1849	35	1.9	7	44	1506	10	542	4	156	x	x						x	x	x	
Burger	Serving	999	670	74.4	22.6	0.0	243	1457	34	1.9	7	48	651	10	29	2	156	x	x						x		x	
Burger, Cheese	Serving	999	670	74.4	22.6	0.0	243	1457	34	1.9	7	48	651	10	29	2	156	x	x	x					x		x	
Burger, Bacon Cheese	Serving	1079	733	81.4	25.1	0.0	258	1687	34	1.9	7	53	651	10	29	2	156	x	x	x					x		x	
Burger, Swiss & Mushroom	Serving	1050	686	76.2	22.9	0.0	243	1527	41	3.6	10	49	652	16	45	2	260	x	x	x					x		x	
Burger, Texas	Serving	1215	813	90.3	32.5	0.0	296	2110	38	2.7	8	63	1029	17	233	2	182	x	x	x					x		x	
Burger, Turkey	Serving	655	382	42.4	8.6	0.0	210	847	36	1.9	7	36	651	10	89	5	156			x					x		x	
Burger, Veggie	Serving	587	391	43.5	13.1	0.0	137	948	34	1.9	7	18	953	10	180	2	156	x	x	x					x		x	
Crab Cake Sandwich	Serving	331	165	18.4	3.2	0.0	118	804	34	2.1	7	10	767	13	41	3	177	x	x	x					x		x	
Miso Salmon Sandwich	Serving	574	201	22.3	4.5	0.0	175	1303	46	1.7	14	47	1623	14	142	4	130	x	x	x					x	x	x	

All percentages represent US Reference Daily Intakes (RDI) for a 2000 Calories/day diet.

Fat Free is defined as having less than .5 grams of fat per serving. Low Fat is between .5 and 3 grams of fat per serving.

NUTRITIONAL INFORMATION

Nutritional information and values provided are estimates only. The nutritional values we provide are derived using an industry standard database but do not account for natural variability that occurs with our ingredients, variations that occur due to the hand-prepared nature of each item or variations that may occur due to substitutions that our guests request. Please understand that the Company makes no representation or warranty regarding the information regarding the nutritional information provided.