

Item Name	Unit	Calories (Kcal)	Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sug (g)	Vit D (mcg)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Soy	Egg	Dairy	Peanut	Shellfish	Tree Nut	Wheat	Fish	Gluten	
Specialty Grinders																										
Aviator's Choice LG	Serving	930	57.0	12.0	0.0	70	1630	81	6.0	8	0	0	21	324	5	385	x	x	x			x		x		
Aviator's Choice, SM	Serving	620	38.0	8.0	0.0	50	1060	56	4.0	5	0	0	15	217	1	257	x	x	x			x		x		
BLT & Swiss, LG	Serving	1260	83.0	29.0	0.0	170	1900	81	5.0	7	0	0	52	268	5	340	x	x	x			x		x		
BLT & Swiss, SM	Serving	840	55.0	19.0	0.0	115	1290	56	4.0	5	0	0	35	179	1	233	x	x	x			x		x		
Club - LG	Serving	1280	75.0	22.0	0.0	200	3430	89	6.0	12	0	0	66	219	7	385	x	x	x			x		x		
Club - SM	Serving	900	54.0	17.0	0.0	145	2480	62	4.0	8	0	0	48	157	3	257	x	x	x			x		x		
DC3 - LG	Serving	1290	85.0	29.0	0.0	160	2080	84	6.0	8	0	0	46	489	5	385	x	x	x			x		x		
DC3 -SM	Serving	850	56.0	19.0	0.0	105	1350	58	4.0	5	0	0	30	352	1	257	x	x	x			x		x		
Italian Meatball, LG	Serving	960	45.0	9.0	0.0	115	2320	88	7.0	11	0	0	41	535	7	306	x	x	x			x		x		
Italian Meatball, SM	Serving	690	34.0	7.0	0.0	90	1680	61	5.0	7	0	0	31	414	2	229	x	x	x			x		x		
OEG, LG	Serving	1190	74.0	20.0	0.0	130	2870	84	5.0	10	0	0	42	319	6	345	x	x	x			x		x		
OEG, SM	Serving	800	51.0	13.0	0.0	85	1830	58	4.0	7	0	0	28	217	2	257	x	x	x			x		x		
Pedros Pick Turkey, LG	Serving	1160	66.0	15.0	0.0	185	2780	89	6.0	11	0	0	54	99	7	385	x	x	x			x		x		
Pedros Pick Turkey, SM	Serving	750	42.0	9.0	0.0	120	1830	61	4.0	8	0	0	36	67	3	257	x	x	x			x		x		
Pot Roast Grinder, LG	Serving	820	34.0	18.0	0.0	150	1380	83	5.0	8	0	0	42	82	11	129	x	x	x			x		x		
Pot Roast Grinder, SM	Serving	560	24.0	12.0	0.0	105	970	58	4.0	6	0	0	29	54	5	86	x	x	x			x		x		
Rueben, LG	Serving	1200	61.0	18.0	0.0	125	4240	112	11.0	36	0	0	55	242	6	5	x	x	x			x		x		
Rueben, SM	Serving	790	41.0	12.0	0.0	85	2900	75	6.0	19	0	0	36	101	2	3	x	x	x			x		x		
Southern Stack, LG	Serving	1150	64.0	17.0	0.0	170	2640	93	11.0	18	0	0	57	194	7	591	x	x	x			x		x		
Southern Stack, SM	Serving	830	50.0	12.0	0.0	125	1890	60	5.0	7	0	0	40	70	3	360	x	x	x			x		x		
Southwestern Turkey, LG	Serving	990	46.0	14.0	0.0	170	2510	84	7.0	14	0	0	63	75	6	382	x	x	x			x		x		
Southwestern Turkey, SM	Serving	690	34.0	10.0	0.0	115	1750	57	5.0	9	0	0	41	63	4	254	x	x	x			x		x		
Turkey Rueben, LG	Serving	930	36.0	12.0	0.0	130	3480	97	9.0	18	0	0	58	152	6	5	x	x	x			x		x		
Turkey Rueben, SM	Serving	770	36.0	10.0	0.0	90	2710	76	6.0	21	0	0	41	101	2	3	x	x	x			x		x		
Chicken Grinders																										
Chicken Tender Lovin, LG	Serving	1272	71.6	15.2	0.0	130	2509	105	6.9	8	0	0	51	324	5	5	x	x	x				x		x	
Chicken Tender Lovin, SM	Serving	1019	66.5	13.6	0.0	93	1974	73	4.9	5	0	0	37	228	2	2	x	x	x				x		x	
Chicken Salad Grinder, LG	Serving	1490	119.0	17.0	0.0	95	2350	90	8.0	13	0	0	16	139	6	575	x	x					x		x	
Chicken Salad Grinder, SM	Serving	860	65.0	9.0	0.0	60	1250	60	5.0	8	0	0	11	86	2	360	x	x					x		x	
Sweet Hawaiian Chicken Sandwich	Serving	450	18.0	7.0	0.0	165	940	35	2.0	7	0	0	39	91	2	170	x	x	x				x		x	

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Grilled Grinders																										
New Philii, LG	Serving	1270	23.0	0.0	155	1980	81	5.0	7	65	0	532	0	5	212	212 x	x	x					x		x	
New Philii, SM	Serving	960	18.0	0.0	105	1450	56	4.0	5	44	0	356	0	1	152	152 x	x	x					x		x	
Sky High Pot Roast	Serving	620	15.0	0.0	100	1950	66	3.0	5	27	0	45	0	5	343	343 x	x	x					x		x	
Sky High Meatloaf	Serving	1040	20.0	0.0	210	2860	95	4.0	28	44	0	66	0	5	475	475 x	x	x					x		x	
Battered Fish Grinder - LG	Serving	1190	8.0	0.0	140	1660	115	6.0	18	43	0	80	0	5	145	145 x	x	x					x	x	x	
Battered Fish Grinder - SM	Serving	980	7.0	0.0	110	1430	84	4.0	15	29	0	54	0	1	103	103 x	x	x					x	x	x	
Steak Mushroom LG	Serving	1540	24.0	0.0	165	2440	82	6.0	8	59	0	324	0	6	385	385 x	x	x					x		x	
Steak Mushroom SM	Serving	1150	19.0	0.0	110	1730	56	4.0	5	40	0	217	0	2	257	257 x	x	x					x		x	
Steak N Bacon, LG	Serving	1660	30.0	0.0	205	2580	83	6.0	8	67	0	99	0	6	385	385 x	x	x					x		x	
Steak N Bacon, SM	Serving	1230	22.0	0.0	135	1840	57	4.0	5	45	0	67	0	2	257	257 x	x	x					x		x	
Steak, LG	Serving	1540	24.0	0.0	165	2350	81	6.0	8	59	0	324	0	6	385	385 x	x	x					x		x	
Steak, SM	Serving	1150	19.0	0.0	110	1660	56	4.0	5	40	0	217	0	2	257	257 x	x	x					x		x	
Childs/Adults - Grilled Cheese	Serving	930	26.0	0.0	45	1380	0	0.0	0	12	0	0	0	0	0	0 x	x	x					x		x	
Burgers																										
Burger	Serving	999	21.0	0.0	225	1460	82	7.0	10	48	0	85	0	9	1980	1980 x	x					x			x	
Burger, Cheese	Serving	1280	28.0	0.0	255.0	1940	82	7	10.0	58	0	85		9	1980	1980 x	x	x					x		x	
Burger, Bacon Cheese	Serving	1220	23.0	0.0	240	1690	82	7.0	10	53	0	85	0	9	1980	1980 x	x	x					x		x	
Burger, Swiss & Mushroom	Serving	1190	21.0	0.0	225	1530	90	9.0	13	50	0	101	0	9	2084	2084 x	x	x					x		x	
Burger, Texas	Serving	1350	31.0	0.0	275	2120	86	8.0	10	64	0	289	0	9	2005	2005 x	x	x					x		x	
Burger, Veggie	Serving	850	15.0	0.0	150	1060	84	7.0	10	27	0	470	0	5	1384	1384 x	x	x					x		x	
Miso Salmon Sandwich	Serving	570	4.5	0.0	175	1300	46	2.0	14	47	0	142	0	4	130	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.