

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)	Added Sug (g)	Vit D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Soy	Egg	Dairy	Peanut	Shellfish	Tree Nut	Wheat	Fish	Gluten	
Specialty Grinders																										
Aviator's Choice, LG	Serving	933	56.5	12.2	0.0	71	1626	81	5.8	8	21	0	0	324	5	385	x	x	x		x		x			
Aviator's Choice, SM	Serving	624	38.3	8.3	0.0	48	1064	56	3.9	5	15	0	0	217	1	257	x	x	x		x		x			
BLT & Swiss, LG	Serving	1258	83.1	28.7	0.0	169	1903	81	5.2	7	52	0	0	268	5	340	x	x	x		x		x			
BLT & Swiss, SM	Serving	835	55.2	19.1	0.0	113	1285	56	3.5	5	35	0	0	179	1	233	x	x	x		x		x			
Club - LG	Serving	1278	74.8	22.2	0.0	199	3426	89	5.8	12	66	0	0	219	7	385	x	x	x		x		x			
Club - SM	Serving	904	54.4	16.6	0.0	143	2482	62	3.9	8	48	0	0	157	3	257	x	x	x		x		x			
DC3 - LG	Serving	1290	85.2	28.8	0.0	162	2080	84	5.8	8	46	0	0	489	5	385	x	x	x		x		x			
DC3 - SM	Serving	848	56.1	18.6	0.0	103	1351	58	3.9	5	30	0	0	352	1	257	x	x	x		x		x			
Italian Meatball, LG	Serving	964	45.3	9.1	0.0	116	2317	88	7.0	11	41	0	0	535	7	306	x	x	x		x		x			
Italian Meatball, SM	Serving	692	34.0	7.1	0.0	88	1685	61	4.8	7	31	0	0	414	2	229	x	x	x		x		x			
OEG, LG	Serving	1193	75.5	19.3	0.0	132	3043	83	5.5	9	41	0	0	319	6	345	x	x	x		x		x			
OEG, SM	Serving	804	51.8	13.2	0.0	87	1969	58	3.9	6	27	0	0	217	2	257	x	x	x		x		x			
Pedros Pick Turkey, LG	Serving	1157	65.6	15.3	0.0	183	2781	89	5.8	11	54	0	0	99	7	385	x	x	x		x		x			
Pedros Pick Turkey, SM	Serving	752	42.2	9.1	0.0	118	1827	61	3.9	8	36	0	0	67	3	257	x	x	x		x		x			
Pot Roast Grinder, LG	Serving	823	34.0	18.2	0.0	150	1382	83	5.4	8	42	0	0	82	11	129	x	x	x		x		x			
Pot Roast Grinder, SM	Serving	563	23.9	12.0	0.0	103	966	58	3.6	6	29	0	0	54	5	86	x	x	x		x		x			
Rueben, LG	Serving	1199	61.3	18.1	0.0	127	4242	112	11.0	36	55	0	0	242	6	5	x	x	x		x		x			
Rueben, SM	Serving	790	40.6	11.8	0.0	83	2896	75	6.0	19	36	0	0	101	2	3	x	x	x		x		x			
Southern Stack, LG	Serving	1222	70.3	18.1	0.0	170	2644	96	13.5	18	58	0	0	200	8	798	x	x	x		x		x			
Southern Stack, SM	Serving	865	53.3	12.5	0.0	124	1894	62	6.7	8	40	0	0	72	3	464	x	x	x		x		x			
Southwestern Turkey, LG	Serving	989	46.1	13.7	0.0	171	2514	84	6.7	14	63	0	0	75	6	382	x	x	x		x		x			
Southwestern Turkey, SM	Serving	691	33.6	10.1	0.0	113	1752	57	4.8	9	41	0	0	63	4	254	x	x	x		x		x			
Turkey Rueben, LG	Serving	930	36.2	11.7	0.0	132	3482	97	9.0	18	58	0	0	152	6	5	x	x	x		x		x			
Turkey Rueben, SM	Serving	773	36.2	9.5	0.0	91	2709	76	6.0	21	41	0	0	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	51	0	0	324	5	385	x	x	x			x		x		
Chicken Tender Lovin, SM	Serving	1019	66.5	13.6	0.0	93	1974	73	4.9	5	37	0	0	228	2	265	x	x	x			x		x		
Chicken Salad Grinder, LG	Serving	1491	118.7	17.4	0.0	94	2347	90	8.4	13	16	0	0	139	6	575	x	x				x		x		
Chicken Salad Grinder, SM	Serving	998	80.4	12.0	0.0	58	1499	61	5.5	8	11	0	0	96	2	368	x	x				x		x		
Grilled Chicken Grinder	Serving	1417	114.0	21.2	0.0	106	3846	86	7.6	8	18	0	0	46	3	1200	x	x	x			x		x		
Sweet Hawaiian Chicken Sandwich	Serving	504	19.5	7.4	0.0	208	820	35	1.9	7	51	0	0	89	3	156	x	x	x			x		x		

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Grilled Grinders																									
New Phili, LG	Serving	1267	75.8	22.9	0.0	157	1985	81	5.2	7	65	0	0	532	5	212 x	x	x				x		x	
New Phili, SM	Serving	963	64.4	17.8	0.0	106	1450	56	3.6	5	44	0	0	356	1	152 x	x	x				x		x	
Sky High Pot Roast	Serving	616	26.8	14.8	0.0	102	1952	66	3.5	5	27	0	0	45	5	343 x	x	x				x		x	
Sky High Meatloaf	Serving	1028	44.5	17.6	0.0	188	3033	112	5.3	42	41	0	0	78	5	391 x	x	x				x		x	
Battered Fish Grinder - LG	Serving	1185	33.1	7.9	0.0	142	1657	115	6.2	18	43	0	0	80	5	145 x	x	x				x	x	x	
Battered Fish Grinder - SM	Serving	977	32.2	7.3	0.0	109	1432	84	4.2	15	29	0	0	54	1	103 x	x	x				x	x	x	
Steak Mushroom LG	Serving	1544	109.8	24.4	0.0	165	2441	82	6.4	8	59	0	0	324	6	385 x	x	x				x		x	
Steak Mushroom SM	Serving	1152	87.8	18.9	0.0	111	1725	56	4.4	5	40	0	0	217	2	257 x	x	x				x		x	
Steak N Bacon, LG	Serving	1665	121.5	30.0	0.0	203	2585	83	5.8	8	67	0	0	99	6	385 x	x	x				x		x	
Steak N Bacon, SM	Serving	1231	95.7	22.2	0.0	134	1844	57	3.9	5	45	0	0	67	2	257 x	x	x				x		x	
Steak, LG	Serving	1538	109.8	24.4	0.0	165	2351	81	5.8	8	59	0	0	324	6	385 x	x	x				x		x	
Steak, SM	Serving		87.8	18.9	0.0	111	1658	56	3.9	5	40	0	0	217	2	257 x	x	x				x		x	
Grilled Cheese, Ultimate Hawaiian	Serving	474	42.3	24.9	0.0	130	1100	3	0.8	1	23	0	0	107	0	0 x		x				x		x	
Childs/Adults - Grilled Cheese	Serving	410	40.0	24.5	0.0	105	900	0	0.0	0	12	0	0	0	0	0 x	x	x				x		x	
Burgers																									
Mahi Mahi Sandwich	Serving	586	31.1	6.2	0.0	228	1325	35	1.9	7	44	0	0	542	4	156 x	x				x	x	x		
Mahi Blackened Sandwich	Serving	586	31.1	6.2	0.0	228	1849	35	1.9	7	44	0	0	542	4	156 x	x				x	x	x		
Burger	Serving	999	74.4	22.6	0.0	243	1457	34	1.9	7	48	0	0	29	2	156 x	x				x		x		
Burger, Cheese	Serving	999	74.4	22.6	0.0	243	1457	34	1.9	7	48	0	0	29	2	156 x	x	x				x		x	
Burger, Bacon Cheese	Serving	1079	81.4	25.1	0.0	258	1687	34	1.9	7	53	0	0	29	2	156 x	x	x				x		x	
Burger, Swiss & Mushroom	Serving	1050	76.2	22.9	0.0	243	1527	41	3.6	10	49	0	0	45	2	260 x	x	x				x		x	
Burger, Texas	Serving	1215	90.3	32.5	0.0	296	2110	38	2.7	8	63	0	0	233	2	182 x	x	x				x		x	
Burger, Turkey	Serving	655	42.4	8.6	0.0	210	847	36	1.9	7	36	0	0	89	5	156		x				x		x	
Burger, Veggie	Serving	587	43.5	13.1	0.0	137	948	34	1.9	7	18	0	0	180	2	156 x	x	x				x		x	
Miso Salmon Sandwich	Serving	574	22.3	4.5	0.0	175	1303	46	1.7	14	47	0	0	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.