

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	Sec-	
Specialty Grinders																											
Aviator's Choice Whole	Serving	1077	59.9	14.5	0.0	144	2927	84	6.0	11	0	0	47	319	7	345	x	x					x		x		
Aviator's Choice, Half	Serving	556	31.0	7.9	0.0	76	1525	41	3.0	5	0	0	26	196	3	140	x	x					x		x		
BLT & Swiss, Whole	Serving	1257	83.0	29.0	0.0	168	1900	81	5.0	7	0	0	52	268	5	340	x	x					x		x		
BLT & Swiss, Half	Serving	624	41.0	14.0	0.0	84	949	40	2.3	3	0	0	26	130	1	118	x	x					x		x		
Club - Whole	Serving	1271	74.0	22.0	0.0	200	3367	88	5.4	11	0	0	66	214	7	345	x	x					x		x		
Club - Half	Serving	658	37.0	11.0	0.0	107	1956	45	2.9	6	0	0	36	109	3	192	x	x					x		x		
DC3 - Whole	Serving	1286	85.0	29.0	0.0	160	2076	83	5.4	8	0	0	46	484	5	345	x	x					x		x		
DC3 -Half	Serving	615	40.0	13.0	0.0	74	1039	40	2.5	4	0	0	20	225	3	140	x	x					x		x		
Italian Meatball, Whole	Serving	963	45.0	9.0	0.0	115	2317	88	7.0	11	0	0	41	535	7	306	x	x					x		x		
Italian Meatball, Half	Serving	510	24.0	5.3	0.0	61	1203	43	3.5	5	0	0	22	304	3	152	x	x					x		x		
OEG, Whole	Serving	1141	70.0	18.0	0.0	118	2775	83	5.0	10	0	0	39	319	6	345	x	x					x		x		
OEG, Half	Serving	577	35.0	9.4	0.0	63	1376	41	2.6	5	0	0	20	196	3	140	x	x					x		x		
Pedros Pick Turkey, Whole	Serving	1153	66.0	15.0	0.0	183	2778	87	6.0	11	0	0	54	94	7	345	x	x					x		x		
Pedros Pick Turkey, Half	Serving	574	32.0	7.6	0.0	91	1405	43	2.5	5	0	0	27	46	4	140	x	x					x		x		
Pot Roast Grinder, Whole	Serving	1032	50.8	25.2	0.0	200	1600	85	5.0	9	0	0	56	135	11	127	x	x					x		x		
Pot Roast Grinder, Half	Serving	517	25.3	11.4	0.0	96	842	43	3.0	5	0	0	26	59	5	64	x	x					x		x		
Rueben, Whole	Serving	1195	61.0	16.8	0.0	113	4134	106	9.2	27	0	0	59	116	3	97	x	x					x		x		
Rueben, Half	Serving	581	28.6	7.0	0.0	50	2222	54	4.6	14	0	0	28	43	1	49	x	x					x		x		
Southern Stack, Whole	Serving	1250	74.7	17.5	0.0	167	2688	87	8.5	10	0	0	61	63	4	644	x	x					x		x		
Southern Stack, Half	Serving	673	42.9	9.5	0.0	88	1393	43	4.0	5	0	0	31	30	2	289	x	x					x		x		
Southwestern Turkey, Whole	Serving	1019	49.5	14.0	0.0	157	2465	84	5.5	9	0	0	61	53	3	433	x	x					x		x		
Southwestern Turkey, Half	Serving	507	24.7	6.8	0.0	79	1232	42	2.6	4	0	0	30	25	2	184	x	x					x		x		
Turkey Rueben, Whole	Serving	926	36.0	12.0	0.0	132	3426	97	9.0	18	0	0	58	152	6	97	x	x					x		x		
Turkey Rueben, Half	Serving	555	25.0	5.0	0.0	50	1981	55	4.6	15	0	0	29	43	1	49	x	x					x		x		
Chicken Grinders																											
Chicken Tender Lovin, Whole	Serving	1621	111.0	26.0	0.0	150	3472	96	8.7	16	0	0	54	805	120	349	x	x					x		x		
Chicken Tender Lovin, Half	Serving	801	57.0	13.0	0.0	68	1572	46	4.0	6	0	0	24	358	41	142	x	x					x		x		
Chicken Salad Grinder, Whole	Serving	1418	110.0	16.0	0.0	88	2232	90	8.2	14	0	0	37	130	6	575	x					x	x		x		
Chicken Salad Grinder, Half	Serving	648	48.0	7.1	0.0	43	963	44	3.8	7	0	0	19	61	3	231	x					x	x		x		
Sweet Hawaiian Chicken Sandwich	Serving	544	18.0	7.0	0.0	165	1365	59	2.0	28	0	0	39	91	2	170	x	x					x		x		x
Grilled Chicken Grinder	Serving	483	32.0	8.6	0.0	111	1024	34.0	2	7	0	0	17	181	2	174	x	x					x		x		

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Grilled Grinders																											
New Phili, Whole	Serving	1266	75.0	22.0	0.0	157	1984	80.0	5	7	0	0.0	65	532	5	211	x	x					x		x		
New Phili, Half	Serving	732	54.0	12.9	0.0	55	1001	40.0	3	4	0	0.0	24	191	3	106	x	x					x		x		
Sky High Pot Roast	Serving	786	38.8	17.8	0.0	95	1904	75.5	4	5	0	0.0	28	56	7	344	x	x					x		x		
Sky High Meatloaf	Serving	1208	62.6	22.7	0.0	201	2807	104.0	5	28	0	0.0	45	79	6	476	x	x					x		x		
Battered Fish Grinder - Whole	Serving	1181	37.0	8.0	0.0	121	2119	108.5	4	13	0	0.0	32	74	5	408	x	x					x	x	x		
Battered Fish Grinder - Half	Serving	960	27.0	7.0	0.0	80	1805	94.0	3	12	0	0.0	19	68	5	156	x	x					x	x	x		
Steak Mushroom Whole	Serving	1540	109.0	24.0	0.0	165	2438	81.0	6	8	0	0.0	59	319	6	345	x	x					x		x		
Steak Mushroom Half	Serving	746	54.5	12.1	0.0	71	1214	40.0	3	4	0	0.0	24	196	3	140	x	x					x		x		
Steak N Bacon, Whole	Serving	1660	121.5	30.0	0.0	203	2582	82.0	5	8	0	0.0	66	94	6	345	x	x					x		x		
Steak N Bacon, Half	Serving	967	79.0	18.0	0.0	85	1406	40.0	3	4	0	0.0	27	46	3	140	x	x					x		x		
Steak, Whole	Serving	1533	109.0	24.0	0.0	165	2348	81.0	5	8	0	0.0	58	319	6	345	x	x					x		x		
Steak, Half	Serving	743	54.5	12.1	0.0	71	1170	39.7	3	4	0	0.0	24	196	3	140	x	x					x		x		
Childs/Adults - Grilled Cheese	Serving	778	62.0	18.8	0.0	50	1437	39.3	2	1	0	0.0	18	33	2	1	x	x					x		x		
Burgers																											
Burger	Serving	1138	99.7	20.6	0.0	224	1464	81.9	7	10	0	0.0	48	85	9	1980	x						x		x		
Burger, Cheese	Serving	1264	109.0	25.0	0.0	257	1609	83	7.0	10	0	0.0	57	120	9	1980	x	x					x		x		
Burger, Bacon Cheese	Serving	1344	116.6	27.5	0.0	272	1839	83.1	7	10	0	0.0	62	120	9	1980	x	x					x		x		
Burger, Swiss & Mushroom	Serving	1315	111.3	25.4	0.0	2567	1679	90.8	9	13	0	0.0	59	137	9	2084	x	x					x		x		
Burger, Texas	Serving	1394	117.5	30.9	0.0	277	2211	90.8	8	10	0	0.0	65	285	9	1980	x	x					x		x		
Burger, Veggie	Serving	850	15.0	14.8	0.0	150	1055	84.0	7	10	0	0.0	27	470	5	1384	x	x					x		x		
Miso Salmon Sandwich	Serving	718	38.7	6.6	0.0	189	1575	47.1	4	19	0	0.0	45	84	3	242	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.