









# NUTRITIONAL INFORMATION GUIDE

## SPECIALTY CRUST

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL
Big Vinnie - Cheese	-/-/8/-	-/1450/-	-/160/-	-/18/-	-/9/-	-/0/-	-/55/-	-/1070/-	-/51/-	-/21/-	-/31/-	-/22/-
Big Vinnie - Pepperoni	-/8/-	-/1470/-	-/180/-	-/20/-	-/10/-	-/0/-	-/60/-	-/1250/-	-/51/-	-/21/-	-/31/-	-/22/-
Italiano - Cheese	-/8/-	-/1350/-	-/110/-	-/12/-	-/7/-	-/0/-	-/35/-	-/820/-	-/44/-	-/31/-	-/31/-	-/16/-
Italiano - Pepperoni	-/8/-	-/1370/-	-/130/-	-/14/-	-/7/-	-/0/-	-/35/-	-/930/-	-/44/-	-/21/-	-/31/-	-/16/-

## SALAD BAR

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL
<b>VEGGIES</b>												
RT Lettuce Blend (iceberg, romaine, red cabbage)	1 Cup	5	0	0	0	0	0	0	1	0	0	0
Romaine Lettuce, chopped	1 Cup	10	0	0	0	0	0	5	2	1	1	1
Spring Mix	1 Cup	10	0	0	0	0	0	35	2	0	0	0
Kale	1/2 Cup	5	0	0	0	0	0	5	1	0	0	0
Baby Carrots (Bites)	1 Carrot	5	0	0	0	0	0	10	1	0	0	0
Baby Spinach	1 Cup	10	0	0	0	0	0	25	1	1	0	1
Beets (sliced)	4 Slices	20	0	0	0	0	0	55	4	0	4	0
Bell Peppers	1/4 Cup	5	0	0	0	0	0	0	1	0	1	0
Black Olives	2 Tbsp	45	40	4.5	0	0	0	200	2	0	0	0
Broccoli (mini florets)	1 Floret	10	0	0	0	0	0	10	2	1	1	1
Cauliflower (florets)	1 Floret	5	0	0	0	0	0	4	1	0	0	0
Corn (baby)	1/2 Cup	25	0	0	0	0	0	280	4	2	1	2
Cucumbers (sliced)	1/4 Cup	5	0	0	0	0	0	0	1	0	0	0
Edamame Soybeans (shelled, pre-packed)	1/4 Cup	50	20	2	0	0	0	10	4	3	0	13
Egg (diced)	1 Tbsp	15	10	1	0	0	0	10	0	0	0	1
Egg (whole)	1 Egg	80	50	5	2	0	20	60	1	0	0	6
Green Olives	2 Tbsp	10	5	0.5	0	0	0	350	1	0	0	0
Jalapeños	1/4 Cup	10	0	0	0	0	0	360	2	0	0	0
Kalamata Olives	5 Olives	40	35	4	0	0	0	410	1	0	0	0
Mushrooms (sliced)	1/4 Cup	5	0	0	0	0	0	0	1	0	1	1
Peas (frozen only)	1/2 Cup	60	5	0	0	0	0	0	10	3	3	4
Pepperoncinis	3 each	10	0	0	0	0	0	600	2	1	0	0
Pickles Spears	1 spear	0	0	0	0	0	0	210	1	0	0	0
Red Onions (sliced)	1/4 Cup	10	0	0	0	0	0	0	3	0	1	0
<b>PROTEIN</b>												
Bacon Bits	2 Tbsp	140	100	11	3	0	35	590	0	0	0	11
Diced Ham	1/4 Cup	60	10	1.5	0	0	25	660	3	0	2	8
Garbanzo Beans	1/2 Cup	180	30	3.5	0	0	0	310	31	6	2	8
Kidney Beans	1/2 Cup	110	5	0	0	0	0	140	20	6	2	6
Grilled Chicken (pizza topping)	1/4 Cup	130	20	2	0	0	25	910	1	0	1	28
<b>CHEESES</b>												
Cheddar Cheese	1/4 Cup	110	80	9	5	0	25	180	1	<1	0	7
Three Cheese Blend	1/4 Cup	90	60	7	4	0	25	180	1	0	0	6
Shredded Parmesan	2 Tbsp	110	60	7	4	0	20	340	1	0	0	10
Feta Cheese	1/4 Cup	80	60	6	4	0	20	320	1	<1	0	5
Cottage Cheese	1/2 Cup	120	45	4.5	3	0	25	460	6	0	5	14
<b>SALADS</b>												
Potato Salad - Regular	1/2 Cup	220	100	12	2	0	10	540	27	3	7	2
Potato Salad - Mardi Gras	1/2 Cup	200	100	11	1.5	0	10	460	23	2	4	2
Macaroni Elbow Salad	3/4 Cup	310	190	21	3.5	0	15	810	26	2	7	5
Italian Pasta Salad	1/2 Cup	170	80	9	1.5	0	0	660	19	2	2	4
Tropical Fruit Salad	1/2 Cup	90	0	0	0	0	0	0	22	2	20	1
Four Bean Salad	1/2 Cup	90	0	0	0	0	0	350	21	3	14	2
<b>FRUITS</b>												
Grape Tomatoes	1 tomato	0	0	0	0	0	0	0	0	0	0	0
Sun-dried Tomatoes	1 Tbsp	40	0	0	0	0	0	90	7	3	4	2
Mandarin Oranges	1/2 Cup	70	0	0	0	0	0	10	17	1	17	1
Peaches (sliced)	1/2 Cup	60	0	0	0	0	0	10	14	0	11	0
Pineapple chunks	1/2 Cup	60	0	0	0	0	0	0	16	1	15	0
Strawberries (fresh) halved	1/2 Cup	25	0	0	0	0	0	1	6	1	4	0
Grapes (fresh) green or red	10 Grapes	35	0	0	0	0	0	0	9	0	8	0
<b>DESSERTS</b>												
Chocolate Pudding (Reser's)	1/2 Cup	260	100	11	7	0	40	170	37	1	29	4
Strawberry Parfait	1/2 Cup	100	20	2	2	0	0	75	19	0	19	2

## BUFFET

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
<b>PIZZA</b>												
BBQ Chicken, Original Crust	12	200	70	8	4	0	25	520	21	1	4	10
Cheese Pizza	12	170	60	7	4	0	20	370	18	1	1	9
Chicken & Garlic Gourmet	12	170	60	7	3.5	0	20	420	18	1	1	10
Chicken & Jalapeño (Creamy Garlic Sauce)	12	150	50	6	3	0	20	480	17	1	1	9
Chicken & Jalapeño (Zesty Red Sauce)	12	160	50	6	3	0	20	510	18	1	1	9
Classic Pepperoni & Italian Sausage	12	190	80	9	4.5	0	25	470	17	1	1	9
Classic Pepperoni & Mushroom	12	170	70	8	4	0	25	450	18	1	2	8
Classic Pepperoni	12	180	70	8	4.5	0.5	25	430	17	1	1	8
Classic Pepperoni (Pan Crust)	12	210	80	8	4.5	0.5	25	520	25	1	2	10
Gourmet Veggie	12	170	60	7	3.5	0	20	380	18	1	1	8
Guinevere's Garden Delight	12	160	50	6	3.5	0	15	370	19	2	2	8
Hawaiian	12	160	50	6	3.5	0	20	440	19	1	3	8
Italian Garlic Supreme	12	200	90	10	4.5	0.5	25	470	17	1	1	9
Italian Sausage & Olive	12	170	70	8	3.5	0	20	430	18	1	1	8
King Arthur's Supreme	12	190	80	9	4.5	0	25	500	19	1	2	10
King Arthur's Supreme (Pan Crust)	12	230	90	10	4.5	0	25	580	26	2	2	11
Maui Zaii	12	190	70	8	3.5	0	20	510	20	1	4	9
Maui Zaii (Zesty Red Sauce)	12	180	70	8	3.5	0	20	480	19	<1	3	9
Maui Zaii with Pepperoni	12	200	80	9	4.5	0	25	530	20	<1	4	9
Maui Zaii with Pepperoni (Zesty Red Sauce)	12	190	80	9	4.5	0	25	500	19	<1	3	9
Mushroom & Olive	12	150	60	6	3	0	15	410	18	1	2	7
Ulti-Meat	12	220	100	12	5	0	30	560	17	<1	1	11
<b>FLATBREAD</b>												
Pepperoni Artisan Flatbread	1 slice	150	70	8	2.5	0	20	390	14	1	1	7
Roasted Veggies with Chicken Flatbread	1 slice	150	60	7	2	0	15	360	14	1	1	7
Tomato Pesto Flatbread	1 Slice	130	60	6	2.5	0	10	280	13	1	1	5
Island Flatbread	1 Slice	140	60	6	2.5	0	15	380	15	1	2	7
<b>BREAD &amp; DESSERT</b>												
Garlic Parmesan Twists	1/2 twist	80	25	2.5	1	0	5	230	12	0	1	3
Cinnamon Twists	1/2 twist	90	15	1.5	0	0	0	150	17	0	5	2
Dessert Pizza	1 Slice	210	70	8	1.5	0	0	250	32	1	10	3
Breadsticks	1 Stick	80	25	2.5	1	0	0	160	12	0	0	2
<b>DRESSINGS + MISC</b>												
Balsamic Vinaigrette	2 tbsp.	60	45	5	0.5	0	0	190	4	0	4	0
Balsamic Vinegar	1 tbsp.	10	0	0	0	0	0	5	3	0	2	0
Bleu Cheese	2 tbsp.	160	150	16	3.5	0	15	230	1	0	0	1
Fat Free Italian	2 tbsp.	10	0	0	0	0	0	490	3	0	2	0
French	2 tbsp.	130	100	12	2	0	0	150	6	0	5	0
Honey Mustard	2 tbsp.	130	100	11	1.5	0	15	180	7	0	6	0
Olive Oil	1 tbsp.	120	120	13	2	0	0	0	0	0	0	0
Parmesan Italian	2 tbsp.	120	120	13	2	0	0	320	2	0	1	0
Ranch Dressing	2 tbsp.	115	95	10.5	2	0	5	135	1	0	1	0
Red Wine Vinegar	1 tbsp	3	0	0	0	0	0	0	0	0	0	0
RT Caesar	2 tbsp.	130	120	13	2.5	0	20	250	1	0	0	1
Thousand Island	2 tbsp.	150	130	15	2.5	0	10	210	4	0	3	0
Chow Mein Noodles	1/2 cup	65	22.5	2.5	0	0	0	85	10	0.5	0.5	1.5
Saltine Crackers	3 packs	80	15	1.5	0	0	0	270	13	1	0	2
Croutons	2 tbsp.	35	15	1.5	0	0	0	65	4	0	0	1
Raisins	1/4 cup	110	0	0	0	0	0	5	29	1	21	1
Sunflower Seeds	2 tbsp	190	140	15	1.5	0	0	140	6	3	1	7
<b>SOUP</b>												
Boston Clam Chowder	1/2 cup	120	35	4	1	0	10	800	16	1	2	4
Vegetarian Chili	1 cup	160	20	2	0	0	0	760	30	10	7	6
Hearty Beef Chili with Beans	1 cup	190	72	8	3.5	0.5	30	850	17	4	6	12
Minestrone Soup	1/2 cup	60	5	0.5	0	0	0	650	12	3	4	3
Golden Broccoli Cheese Soup	1/2 cup	180	130	14	6	0	20	850	8	2	3	5
Cream of Potato with Bacon	1/2 cup	210	130	14	5	0	20	830	18	1	3	4
Homestyle Chicken Noodle	1/2 cup	70	20	2	0.5	0	15	790	10	0	1	4



# NUTRITIONAL INFORMATION GUIDE

## WINGS

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
<b>BONELESS WINGS (OVEN-ROASTED)</b>												
Original (No Sauce)	1 Wing	70	20	2	0.5	0	15	270	7	0	0	6
Mild Buffalo	1 Wing	90	35	4	0.5	0	15	440	7	0	0	6
Hot Buffalo	1 Wing	90	35	3.5	0.5	0	15	450	8	0	0	6
BBQ	1 Wing	100	20	2	0.5	0	15	390	13	<1	5	6
Polynesian	1 Wing	90	20	2	0.5	0	15	370	11	0	4	6
Mango Habanero	1 Wing	90	20	2.5	0.5	0	15	360	12	0	4	6
Garlic Parmesan	1 Wing	90	40	4.5	1	0	15	280	7	0	0	6
Lemon Pepper	1 Wing	80	25	3	0.5	0	15	290	7	0	0	6

<b>BONELESS WINGS (FRIED)</b>												
Original (No Sauce)	1 Wing	130	90	9	1.5	0	15	230	5	0	0	6
Mild Buffalo	1 Wing	150	100	11	1.5	0	15	410	5	0	0	6
Hot Buffalo	1 Wing	140	100	11	1.5	0	15	420	5	0	0	6
BBQ	1 Wing	150	90	9	1.5	0	15	350	10	0	4	6
Polynesian	1 Wing	150	90	9	1.5	0	15	340	8	0	3	6
Mango Habanero	1 Wing	150	90	10	1.5	0	15	330	9	0	4	6
Garlic Parmesan	1 Wing	150	100	12	2	0	15	250	5	0	0	6
Lemon Pepper	1 Wing	140	90	10	1.5	0	15	250	5	0	0	6

<b>CLASSIC WINGS (OVEN-ROASTED)</b>												
Original (No Sauce)	1 Wing	90	50	5	1.5	0	50	270	0	0	0	9
Mild Buffalo	1 Wing	100	60	7	2	0	50	450	0	0	0	9
Hot Buffalo	1 Wing	100	60	7	2	0	50	460	0	0	0	9
BBQ	1 Wing	110	50	5	1.5	0	50	390	5	0	4	9
Polynesian	1 Wing	100	50	5	1.5	0	50	380	4	0	3	9
Mango Habanero	1 Wing	100	50	5	1.5	0	50	370	5	0	4	9
Garlic Parmesan	1 Wing	110	70	8	2.5	0	50	290	0	0	0	9
Lemon Pepper	1 Wing	90	50	6	1.5	0	50	300	0	0	0	9

<b>CLASSIC WINGS (FRIED)</b>												
Original (No Sauce)	1 Wing	110	70	8	2	0	0	250	0	0	0	8
Mild Buffalo	1 Wing	130	90	10	2.5	0	0	430	0	0	0	8
Hot Buffalo	1 Wing	120	90	10	2.5	0	0	440	0	0	8	7
BBQ	1 Wing	130	80	8	2	0	0	370	5	0	4	8
Polynesian	1 Wing	120	80	8	2	0	0	360	4	0	3	8
Mango Habanero	1 Wing	130	80	8	2	0	0	350	5	0	4	8
Garlic Parmesan	1 Wing	130	90	11	3	0	0	270	0	0	0	8
Lemon Pepper	1 Wing	110	80	9	2	0	0	270	0	0	0	8

## DIPPING SAUCE

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Bleu Cheese	2 oz	290	280	31	7	0.5	30	395	1	0	<1	3
Bleu Cheese	5 oz	730	700	78	17	0.5	80	980	6	0	5	4
Creamy Sriracha	2 oz	160	140	16	2.5	0	15	520	3	0	0	<1
Creamy Sriracha	5 oz	390	350	39	6	0.5	30	1300	8	0	<1	2
Creamy Ranch	2 oz	220	210	23	4	0	15	390	2	0	2	2
Creamy Ranch	5 oz	560	520	58	10	0.5	40	980	6	0	5	4
Marinara Sauce	2 oz	30	0	0	0	0	0	220	6	1	4	<1
Marinara Sauce	5 oz	70	5	0.5	0	0	0	560	15	4	9	3
Zesty Red Sauce	2 oz	30	0	0	0	0	0	135	6	1	4	1
Zesty Red Sauce	5 oz	70	5	0.5	0	0	0	330	15	4	9	3

## SALAD

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Garden Salad – Side (3 oz)	1	120	60	6	2	0	60	170	10	2	2	5
Garden Salad - Individual	1	100	30	3.5	0.5	0	<5	150	16	3	5	4
Garden Salad – Family/ Entree	1	210	60	7	0.5	0	<5	310	32	6	9	7
Garden Salad - Party Pack	1	620	180	20	2	0.5	<5	920	97	19	28	21
Caesar Salad - Individual	1	350	270	30	6	0.5	45	720	15	3	3	8
Caesar Salad – Family/ Entree	1	700	540	60	12	0.5	95	1450	30	6	6	15
Caesar Salad - Party Pack	1	2100	1610	179	35	15	280	4340	89	18	17	45
Chicken Caesar Salad	1	800	550	61	12	0.5	115	2130	30	6	6	36
Cobb Salad	1	880	570	63	14	0.5	205	2550	34	7	8	46
Wedge Salad	1	580	500	56	14	0.5	75	1000	11	3	6	13
Chef's Salad	1	860	600	67	16	1	215	2230	34	5	8	33
Side of Grilled Chicken	2 oz	70	10	1	0	0	10	460	0	0	0	14

## APPS/MISC. ITEMS

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Fried Chicken - Wing	1	230	200	22	4	0.5	20	180	3	0	0	6
Fried Chicken - Leg	1	230	190	21	4	0.5	30	190	3	0	0	7
Fried Chicken - Thigh	1	460	390	43	9	1	65	220	3	0	0	14
Fried Chicken - Breast	1	500	390	44	8	1.5	50	400	6	0	0	21
Jalapeño Poppers	1 popper	180	50	6	4	0	15	600	23	1	1	8
Mozzarella Sticks	1 stick	130	70	8	3	0	10	200	9	0	1	5
House Chips	1	890	560	62	12	0.5	20	2690	74	6	5	9
Tater Tots	1	790	470	52	9	0.5	0	1480	73	8	<1	8
Garlic Parmesan Tots	1	990	590	65	17	1	40	2110	78	9	<1	24
Fries, Lg (12 oz)	1	670	330	37	7	0	0	1240	76	8	0	8
Fries, Side (6 oz)	1	330	170	19	3.5	0	0	620	38	4	0	4
Onion Rings, Lg	1	690	420	46	8	0	15	1430	63	4	10	6
Onion Rings, Side	1	260	130	14	2.5	0	0	510	31	2	5	3
Garlic Fries, Lg (12oz)	1	840	480	53	10	0.5	5	1350	79	8	0	11
Garlic Fries, Side (6 oz)	1	420	240	27	5	0	<5	680	39	4	0	6
Bacon & Cheddar Fries	1	1140	650	73	27	1.5	120	2170	81	10	<1	40
Pizzatatoes - Pepperoni	1	200	90	10	4	0	20	270	21	3	2	7
Pizzatatoes - Bacon Cheddar	1	220	110	12	5	0	15	240	21	3	2	8
Pizzatatoes - Spinach & Mushroom	1	180	70	8	3.5	0	15	170	22	4	2	6
Potato Wedges - Baked, Plain - Individual (8 oz)	1	370	140	16	4	0	0	1150	48	5	0	5
Potato Wedges - Baked, Plain - Family (16 oz)	1	750	300	33	7.5	0	0	2280	96	12	0	12
Potato Wedges - Baked, Bacon Cheddar - Individual (8 oz)	1	840	480	53	25	0	80	2090	52	6	0	35
Potato Wedges - Baked, Bacon Cheddar - Family (16 oz)	1	1680	960	105	48	0	165	2780	105	12	0	69
Potato Wedges - Fried, Plain (12 oz)*	1	860	630	70	12	2	0	105	56	4	1	6

## TWISTS & BREAD

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Garlic Parmesan Twists®	1 Twist	170	45	5	2	0	10	460	25	1	1	6
Cinnamon Twists	1 Twist	180	30	3.5	1	0	0	290	34	1	11	4
Garlic Bread	1 Slice	70	30	3.5	1.5	0	0	120	9	<1	0	2
Garlic Bread with Cheese	1 Slice	110	50	6	3	0	10	180	9	<1	0	4
Breadsticks	1 Stick	80	25	2.5	1	0	0	170	12	0	0	2
Bacon & Cheddar Twists	1 Twist	210	70	8	3.5	0	15	550	25	1	1	9
Creamy Pesto Twists	1 Twist	170	50	5	1.5	0	10	390	25	1	1	6
Pepperoni Twists	1 Twist	180	60	7	2.5	0	10	530	24	1	1	7

## DESSERTS

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Cinnamon Twists	1	180	30	3.5	1	0	0	290	34	1	11	4
Classic Brownie	1	300	126	14	2	0	10	120	44	2	30	4
Rockslide Brownie	1	550	310	35	15	0	105	230	56	2	42	5
Otis Spunkmeyer Chocolate Chunk Cookie	1	590	280	31	16	0	35	400	77	3	45	5
Otis Spunkmeyer White Chocolate Macadamia Cookie	1	520	240	26	12	0	40	400	66	1	42	6
Round Table Dessert Pizza	1	210	70	8	1.5	0	0	250	32	1	10	3
Vanilla Gelato	1	180	90	10	6	0	35	50	20	0	19	4
Chocolate Gelato	1	200	80	9	4.5	0	70	40	29	0	25	5
Salted Caramel Gelato	1	230	100	11	4.5	0	30	80	29	0	29	5
Gelookie – Choc Chunk + Vanilla	1	830	380	42	22	0	75	470	110	3	75	9
Gelookie – White Chocolate Macadamia Nut + Vanilla	1	770	340	37	18	0.5	80	470	98	1	72	10
Gelookie – Choc Chunk + Chocolate	1	850	370	41	21	0	110	460	118	4	80	10
Gelookie – White Chocolate Macadamia Nut + Chocolate	1	790	330	37	17	0.5	110	460	107	1	77	11
Gelookie – Choc Chunk + Salted Caramel	1	880	390	43	21	0	70	490	119	4	84	10
Gelookie – White Chocolate Macadamia Nut + Salted Caramel	1	810	350	38	17	0.5	70	500	108	1	81	11

## SANDWICHES

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Chicken Club	1	670	250	27	11	0.5	85	1860	58	3	3	46
Ham Club	1	670	270	30	12	0.5	95	2430	59	3	4	39
Turkey Club	1	650	250	27	10	0.5	95	1170	59	3	3	39
Turkey Pesto	1	710	340	37	14	0	90	1600	56	3	2	40
Turkey Santa Fe	1	730	360	40	14	0	90	1660	57	3	2	36
RT Veggie Sandwich	1	530	210	23	9	0.5	50	1250	57	4	2	23
RT Pizza Sandwich - All Meat	1	700	310	34	17	1	100	1680	61	5	5	36
RT Pizza Sandwich - Veggie	1	550	190	21	11	0.5	60	1180	62	5	5	29
RT Pizza Sandwich - Hawaiian	1	590	200	23	13	0.5	80	1460	63	5	7	33
Meatball Sandwich	1	750	330	37	14	0	85	1790	70	8	8	35
Ham Classic Sandwich	1	720	310	34	14	0.5	100	2160	60	4	5	39
Turkey Classic Sandwich	1	710	300	34	14	0.5	95	1570	57	4	3	42
Salami Classic Sandwich	1	970	540	59	23	0.5	140	2490	59	4	4	46
Hero Classic Sandwich	1	800	370	41	17	0	110	1950	59	4	4	44
Cheese Classic Sandwich	1	790	390	43	20	0	110	1140	57	3	2	39
Half Gourmet Club Sandwich – Chicken	1	400	200	22	7	0	60	1090	29	1	2	21
Half Gourmet Club Sandwich – Turkey	1	360	170	19	7	0	40	990	29	1	2	20
Half Gourmet Club Sandwich – Ham	1	370	170	19	7	0	40	990	29	1	2	20
Chicken Pesto on Gourmet Bun	1	850	350	39	11	0.5	90	2180	80	4	5	35
Chicken & Artichoke	1	640	240	24	11	0.5	75	1980	57	4	2	46
Italian Meats	1	840	440	49	18	1	135	3170	59	3	4	41

## CHIPS

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Lay's Potato Chips Original (1 oz.)	1	160	90	10	1.5	0	0	170	15	1	1	2
Lay's Potato Chips Original (1.50 oz.)	1	240	140	15	2.5	0	0	260	23	2	2	3
Lay's Potato Chips, BBQ (1.50 oz.)	1	230	120	14	2.5	0	0	230	24	2	3	3
Miss Vickie's Jalapeño Chips(1.375oz.)	1	210	110	12	1.5	0	0	180	22	2	2	3
Sun Chips Multi Grain Original(1.5 oz)	1	210	110	12	1.5	0	0	180	27	5	3	3

## FLATBREADS

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Pepperoni Artisan	1 slice	150	70	8	3.5	0	20	380	14	<1	<1	7
Roasted Veggies & Chicken	1 slice	140	60	6	2	0	10	350	15	<1	1	7
Roasted Veggies & Mozzarella	1 slice	150	70	7	3	0	15	310	15	<1	1	6
Tomato Pesto	1 slice	130	60	6	2.5	0	15	280	14	<1	<1	5
Island	1 slice	140	50	6	2	0	10	370	15	<1	2	7

## PASTA

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Chicken & Bacon Alfredo	1	660	330	36	15	0.5	80	1360	48	3	6	36
Marinara with Sausage & Mushrooms	1	600	260	29	11	0	65	1500	57	7	13	29
Homestyle Mac-N-Cheese	1	630	320	35	16	0.5	80	820	52	2	4	25
Creamy Pesto Penne - Individual	1	980	540	60	19	0	160	2470	53	3	4	53
Creamy Pesto Penne - Small Family (serves 3)	1	650	360	40	13	0	105	1650	35	2	3	35
Creamy Pesto Penne - Large Family (serves 6)	1	650	360	40	13	0	105	1650	35	2	3	35
Gourmet Pesto Penne - Individual	1	800	450	50	17	0	75	1300	59	4	8	31
Gourmet Pesto Penne – Family (serves 3)	1	540	300	33	11	0	50	870	40	3	5	20



## BEVERAGES

		Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Brisk No Calorie Peach Green Tea	12 fl oz	1	0	-	0	-	-	-	70	0	-	0	0
	16 fl oz	1	0	-	0	-	-	-	90	0	-	0	0
	22 fl oz	1	0	-	0	-	-	-	130	0	-	0	0
	32 fl oz	1	0	-	0	-	-	-	190	0	-	0	0
Raspberry Brisk Iced Tea	12 fl oz	1	80	-	0	-	-	-	45	20	-	20	0
	16 fl oz	1	100	-	0	-	-	-	60	26	-	26	0
	22 fl oz	1	140	-	0	-	-	-	80	36	-	36	0
	32 fl oz	1	200	-	0	-	-	-	120	52	-	52	0
Brisk Unsweetened No Lemon Iced Tea	12 fl oz	1	0	-	0	-	-	-	45	0	-	0	0
	16 fl oz	1	0	-	0	-	-	-	60	0	-	0	0
	22 fl oz	1	0	-	0	-	-	-	85	0	-	0	0
	32 fl oz	1	0	-	0	-	-	-	120	0	-	0	0
Diet Pepsi	12 fl oz	1	0	-	0	-	-	-	35	0	-	0	0
	16 fl oz	1	0	-	0	-	-	-	50	0	-	0	0
	22 fl oz	1	0	-	0	-	-	-	65	0	-	0	0
	32 fl oz	1	0	-	0	-	-	-	100	0	-	0	0
Dr. Pepper	12 fl oz	1	150	-	0	-	-	-	60	40	-	38	0
	16 fl oz	1	200	-	0	-	-	-	80	53	-	51	0
	22 fl oz	1	275	-	0	-	-	-	110	73	-	70	0
	32 fl oz	1	400	-	0	-	-	-	160	106	-	102	0
Mist Twst	12 fl oz	1	140	-	0	-	-	-	35	39	-	39	0
	16 fl oz	1	190	-	0	-	-	-	45	52	-	52	0
	22 fl oz	1	260	-	0	-	-	-	60	72	-	72	0
	32 fl oz	1	380	-	0	-	-	-	90	104	-	104	0
Mountain Dew	12 fl oz	1	165	-	0	-	-	-	60	46	-	46	0
	16 fl oz	1	220	-	0	-	-	-	85	62	-	61	0
	22 fl oz	1	300	-	0	-	-	-	120	85	-	84	0
	32 fl oz	1	440	-	0	-	-	-	170	124	-	122	0
Mug Root Beer	12 fl oz	1	150	-	0	-	-	-	60	38	-	38	0
	16 fl oz	1	200	-	0	-	-	-	80	50	-	50	0
	22 fl oz	1	280	-	0	-	-	-	110	69	-	69	0
	32 fl oz	1	400	-	0	-	-	-	160	100	-	100	0
Pepsi	12 fl oz	1	150	-	0	-	-	-	30	41	-	41	0
	16 fl oz	1	200	-	0	-	-	-	40	55	-	55	0
	22 fl oz	1	280	-	0	-	-	-	55	75	-	75	0
	32 fl oz	1	400	-	0	-	-	-	80	110	-	110	0
Pepsi Wild Cherry	12 fl oz	1	160	-	0	-	-	-	30	42	-	42	0
	16 fl oz	1	210	-	0	-	-	-	40	56	-	56	0
	22 fl oz	1	290	-	0	-	-	-	55	77	-	77	0
	32 fl oz	1	410	-	0	-	-	-	85	112	-	112	0
Sobe Lifewater Yumberry Pomegranate	12 fl oz	1	0	-	0	-	-	-	45	0	-	0	0
	16 fl oz	1	0	-	0	-	-	-	60	0	-	0	0
	22 fl oz	1	0	-	0	-	-	-	80	0	-	0	0
	32 fl oz	1	0	-	0	-	-	-	120	0	-	0	0
Tropicana Fruit Punch	12 fl oz	1	170	-	0	-	-	-	40	45	-	45	0
	16 fl oz	1	220	-	0	-	-	-	50	60	-	60	0
	22 fl oz	1	300	-	0	-	-	-	70	83	-	82	0
	32 fl oz	1	440	-	0	-	-	-	100	120	-	120	0
Tropicana Pink Lemonade	12 fl oz	1	150	-	0	-	-	-	160	41	-	41	0
	16 fl oz	1	200	-	0	-	-	-	210	54	-	54	0
	22 fl oz	1	280	-	0	-	-	-	290	74	-	74	0
	32 fl oz	1	400	-	0	-	-	-	420	108	-	10	0
Izze Sparkling Blackberry Juice	12 fl oz	1	130	-	0	-	-	-	25	31	-	29	0
Izze Sparkling Clementine Juice	12 fl oz	1	120	-	0	-	-	-	25	30	-	27	0
Mott's Apple Juice	6.75 fl oz	1	100	-	0	-	-	-	10	24	-	23	0
1% Reduced Fat Milk	8 fl oz	1	100	18	2	1.5	-	15	180	23	0	22	8
2% Reduced Fat Chocolate Milk	8 fl oz	1	220	45	5	3.5	0	25	230	32	<1	29	10



# NUTRITIONAL INFORMATION GUIDE

## HAWAII EXCLUSIVE MENU ITEMS

### PIZZA

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates		Sugars (g)	Protein (g)
									(g)	(g) per serving		
Kalua Pig	1	180/250/300/270/-	80/110/130/120/-	9/12/14/13/-	4/5/7/6/-	0/0/0/0/-	25/35/45/40/-	410/560/680/610/-	16/23/28/25/-	1/1/2/1/-	2/2/3/2/-	10/13/15/14/-
Thai Chicken	1	200/260/310/280/-	80/110/130/120/-	9/12/15/13/-	4/5/6/6/-	0/0/0/0/-	30/30/35/30/-	500/590/710/650/-	18/26/31/28/-	1/1/2/2/-	3/5/5/5/-	11/13/15/14/-
Giovanni's Garlic Margherita	1	140/200/240/220/-	60/80/90/80/-	6/9/10/9/-	3/4/5/4.5/-	0/0/0/0/-	15/25/25/25/-	310/430/510/470/-	16/22/26/24/-	1/1/1/1/-	1/1/2/1/-	7/9/11/10/-

### SANDWICHES

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates		Sugars (g)	Protein (g)
									(g)	(g) per serving		
BBQ Kalua Pig Sandwich	1	1000	360	40	17	0	125	2280	114	3	25	49
Chicken Club Sandwich	1	1070	470	52	19	0	145	3080	93	3	5	57
Turkey Pesto Sandwich	1	1110	500	56	20	0	105	2240	93	3	5	54
BBQ Chicken Sandwich	1	890	270	30	13	0	125	2630	106	3	18	49
Ham and Honey Mustard Sandwich	1	870	270	30	14	0	100	3090	107	5	18	46
Garden Veggie Sandwich	1	720	200	23	11	0	55	2460	100	5	8	31
Turkey Santa Fe Sandwich	1	1030	450	50	19	0	105	2250	94	5	5	48
The Original Italian Sandwich	1	1400	710	79	29	0	160	4270	99	4	8	69

### SALAD

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates		Sugars (g)	Protein (g)
									(g)	(g) per serving		
BBQ Chicken Salad (No Dressing)	1	1110	700	0	24	0	185	3450	38	8	13	59
Mixed Green Salad (No Dressing)	1	90	20	2.5	0	0	0	210	15	3	4	2
Caesar Salad	1	350	250	25	9	0	20	780	15	3	2	8
Cobb Salad (w/ Bleu Cheese Dressing)	1	1130	840	94	29	0	145	3070	25	11	9	49
Spinach Salad (w/ Italian Dressing)	1	640	440	49	17	0	40	3340	22	4	8	34
Chef's Salad (No Dressing)	1	710	400	45	16	0	145	3660	32	7	7	47
Shrimp Louie Salad (w/ Thousand Island Dressing)	1	860	590	66	14	0	265	2200	31	6	13	35
Veggie Salad (No Dressing)	1	420	160	17	8	0	50	1770	42	14	11	23
Polynesian Salad (w/ Poly Ranch Dressing)	1	1150	710	79	18	0	120	3220	58	10	37	57
Chicken Caesar	1	750	500	55	12	0	125	2350	21	5	4	40

### SALAD DRESSING

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates		Sugars (g)	Protein (g)
									(g)	(g) per serving		
Caesar Dressing	3 oz.	360	300	33	4.5	0	15	660	9	0	3	3
Bleu Cheese Dressing	3 oz.	450	440	45	9.75	0	42.75	187.5	3	0	0	3
Creamy Garlic Sauce	3 oz.	270	240	27	5.25	0	22.5	645	3	0	1.5	1.5
Ken's Italian Fat Free Dressing	3 oz.	30	0	0	0	0	0	1470	9	0	6	0
Polynesian Sauce	3 oz.	135	0	0	0	0	0	810	33	0	30	0
Thousand Island Dressing	3 oz.	450	390	45	7.5	0	30	630	12	0	9	0

### MISC. ITEMS

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates		Sugars (g)	Protein (g)
									(g)	(g) per serving		
Macaroni Salad	3 oz.	300	240	26	4	0	55	240	12	1	1	3
Kalua Pig	1 oz.	60	40	4.5	1.5	0	17	132	0	0	0	5
Peanuts, roasted	1 oz.	160	126	14	2	0	0	90	6	2	1	7
Black Beans	1 oz.	37	1	0	0	0	0	87	4	1	0	1
Ginger Thai Peanut Sauce	1 oz.	70	40	4.5	2	0	0	200	5	0	3	2





# NUTRITIONAL INFORMATION GUIDE

CLUBHOUSE CONCEPT EXCLUSIVE MENU ITEMS

## BURGERS

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Bleu Cheese Burger	1	1220	730	81	26	3.5	185	2300	66	5	12	52
Classic Cheeseburger	1	1280	820	91	28	3.5	200	2780	57	3	7	54
Kids Meal Cheeseburger	1	440	280	31	10	1	65	860	21	<1	2	18
Mushroom Swiss Burger	1	1320	860	96	32	3.5	190	2470	56	3	6	56
Smokehouse Burger	1	1420	800	89	33	3.5	255	3250	77	5	15	73

## SLIDERS

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Bleu Cheese Sliders	3	1300	770	86	27	3.5	185	2400	77	4	12	53
Classic Sliders	3	1460	970	108	31	3.5	205	2680	64	3	5	55
Sriracha BBQ Sliders	3	1550	960	107	34	3.5	250	3540	72	4	12	72

## BURGER ADD ONS

	Servings per container	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
American Cheese	0.5 oz	50	40	4.5	2.5	0	15	260	<1	0	0	3
Applewood Smoked Bacon	0.75 oz	110	90	30	3.5	0	10	340	0	0	0	6
Bleu Cheese	0.75 oz	80	50	6	4	0	15	290	1	<1	<1	5
Cheddar Cheese	1.5 oz	170	120	15	10	0	40	270	0	<1	0	10
Grilled Onions	1.5 oz	60	50	6	0	1.5	0	40	2	0	2	2
Jalapeños	1.0 oz	10	0	0	0	0	0	370	3	1	0	0
Sautéed Mushrooms	2.0 oz	80	60	7	0	2	0	40	6	0	2	0
Swiss Cheese	0.8 oz	90	60	6	4	0	20	45	<1	0	0	7