

Grab 'n' Go

Vegetarian Selections



Salads Sandwiches Snacks Sweets



Item Type	Food Item	Serving Size	Kcal	Carb (g)	Fiber (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod (mg)
Sandwiches										
	Ham on Wheat	1 each	415	48.8	6.8	33.4	11.6	3.1	60.1	1837.9
	Turkey on Wheat	1 each	347	51	7.4	31.8	4	0.6	48.2	1525.5
	Turkey BLT on Ciabatta	1 each	275	23	2.2	23.9	9.2	2.6	53.7	1410.9
	Roast Beef on Wheat	1 each	531	48.2	6.8	42.7	17.1	10	90	1628.7
	Signature Pretzel Bread Sandwich	1 each	509	47.6	n/a	38.1	17.6	7.8	81.5	1769.4
Specialty Sandwiches										
	BLT on Wheatberry	1 each	319	46.8	7	18.9	8.8	2.2	17.6	764.6
	Egg Salad on Sourdough	1 each	333	33.7	1.6	18.7	13.3	3.5	425.8	529.2
Wraps										
	Hummus and Veggie Wrap	1 each	444	65.4	4	11.7	13.9	2.8	4.4	1128.4
	Four Cheese Wrap	1 each	685	55.7	2.5	33.1	34.2	18.8	79.9	1496.4
	Tuna Dill Wrap	1 each	508	56.2	3.1	24.8	18.2	3.6	29	1478.5
	Chicken Caesar Wrap	1 each	582	53.5	2.6	37.7	21.6	5.4	78.8	1147.6
Sides & Salads *Nutrient value does not include salad dressing										
	Chicken Caesar Salad	1 each	414	22.9	3.8	41.7	16.7	7.3	99.2	856.4
	No-Carb Chicken Salad	1 each	188	3.6	0.3	21.9	8.3	1.4	66.9	269
	Caesar Salad	1 each	273	22.9	3.8	15.4	13.6	6.4	26.9	793.5
	Garden Salad	1 each	140	14.4	4.6	9.3	5.9	1.7	212	98.4
	Greek Pasta Salad	1 each	183	29.8	1.2	5.9	4.4	1	3.8	152.7
	Hummus and Pita Chips	1 each	375	54.4	3.4	9.7	13.3	0.1	0	993.6
	Chef's Salad	1 each	449	10.5	4	50.8	22.2	9.2	338.2	582.8
Salad Dressing/Condiments										
	Honey French	2 T	120	5	0	11	1.5	0	0	310
	Poppy Seed	2 T	140	6	0	0	13	2	0	60
	Thousand Island	2 T	130	4	0	0	12	2	10	140
	Blue Cheese	2 T	170	1	0	18	3.5	1	15	120
	Creamy Italian	2 T	130	2	0	0	13	2	10	135
	Caesar	2 T	120	0	0	1	120	2.5	30	170
	Italian (Fat Free)	2 T	5	2	0	0	0	0	0	460
	Ranch	2 T	150	1	0	1	16	2.5	10	240
	Ranch (Lite)	2 T	80	2	0	1	7	1	5	240
	Philly Cream Cheese	2 T	100	1	0	2	9	6	35	120
	Philly Light Cream Cheese	2 T	69	2.1	0	3.2	5.3	3.3	16.8	88.8
Parfait										
	Yogurt & Fruit Parfait	1 each	310	61	3.9	10.1	4.5	1.8	10	172
	Yogurt & Strawberry Parfait	1 each	406	80.7	5.1	12.5	6.2	2.1	10	243
	Oreo	1 each	381	68.1	2.9	9.6	8.7	4.7	15.9	432.1
	Banana Pudding	1 each	382	70.2	3.1	3.7	11.2	4.4	4.9	247.9
	Strawberry Shortcake Parfait	1 each	392	66.9	2.4	4.4	12	7.9	19.7	463.2
	Clemson Parfait	1 each	341	67.9	6.5	10.4	4.4	1.8	10	173.4
Veggie										
	Veggie Crudite Cup	1 each	48	10.5	3.4	2.4	0.4	0.1	0	74.2
Fruit										
	Fruit Cup	1 each	167	42.6	3.1	2.5	0.7	0.2	0	43.4
	Red Grapes Cup	1 each	208	54.7	2.7	2.2	0.5	0.2	0	6

** All nutrient values are based on the portion size that is sold (i.e. one veggie cup, one sandwich, etc)