



Nutritional Information

Menu Item	Size	Cal.	Fat. Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs. (g)	Fiber (g)	Sugar (g)	Prot. (g)	V for Vegetarian
Sandwiches													
Albuquerque Turkey	Small	610	270	30	12	0	85	1490	55	4	6	30	
Albuquerque Turkey	Medium	860	330	37	16	0	130	2540	83	7	9	49	
Albuquerque Turkey	Pick 2	430	165	18.5	8	0	65	1270	41.5	3.5	4.5	24.5	
Albuquerque Turkey	Large	1630	610	68	29	0	235	5020	165	12	18	94	
Angus Corned Beef Reuben	Small	570	220	25	11	0	75	1400	55	4	4	32	
Angus Corned Beef Reuben	Medium	890	340	38	18	0	120	2450	81	6	7	53	
Angus Corned Beef Reuben	Pick 2	445	170	19	9	0	60	1225	40.5	3	3.5	26.5	
Angus Corned Beef Reuben	Large	1750	670	74	35	0	240	5110	159	9	11	109	
Angus Pastrami & Swiss	Small	530	190	21	11	0	75	1230	53	3	3	31	
Angus Pastrami & Swiss	Medium	830	300	33	17	0	125	2110	79	5	5	52	
Angus Pastrami & Swiss	Pick 2	415	150	16.5	8.5	0	62.5	1055	39.5	2.5	2.5	26	
Angus Pastrami & Swiss	Large	1480	490	54	26	0	200	4400	155	8	9	92	
Chipotle Chicken	Small	350	60	7	1	0	35	850	53	3	4	19	
Chipotle Chicken	Medium	530	80	9	1	0	65	1490	78	4	6	33	
Chipotle Chicken	Pick 2	265	40	4.5	0.5	0	30.25	745	39	2	3	16.5	
Chipotle Chicken	Large	1000	120	14	2.5	0	125	3190	149	7	12	67	
Deluxe Original	Small	740	350	39	17	0	140	2650	54	3	5	40	
Deluxe Original	Medium	980	420	47	19	0	170	3820	81	5	9	56	
Deluxe Original	Pick 2	490	210	23.5	9.5	0	85	1910	40.5	2.5	4.5	28	
Deluxe Original	Large	1960	860	95	42	0	370	7850	156	8	15	114	
Turkey Bacon Club	Small	510	180	20	10	0	70	1370	54	4	4	29	
Turkey Bacon Club	Medium	770	270	30	14	0	115	2410	81	6	6	47	
Turkey Bacon Club	Pick 2	385	135	15	7	0	57.5	1205	40.5	3	3	24	
Turkey Bacon Club	Large	1480	510	56	27	0	225	4850	153	9	11	91	
Fiesta Chicken	Small	540	210	23	11	0	85	1240	52	3	4	30	
Fiesta Chicken	Medium	810	280	31	15	0	130	2080	78	5	7	49	
Fiesta Chicken	Pick 2	405	140	15.5	8	0	65	1040	39	2.5	3.5	24.5	
Fiesta Chicken	Large	1540	530	59	27	0	245	4200	153	7	14	95	
Turkey Original	Small	590	240	27	12	0	95	1720	55	4	4	31	
Turkey Original	Medium	820	300	33	15	0	130	2570	81	6	6	47	
Turkey Original	Pick 2	410	150	16.5	7.5	0	65	1286	40.5	3	3	23.5	
Turkey Original	Large	1620	610	67	31	0	260	5360	157	10	13	94	
Turkey & Guacamole	Small	320	60	7	1.5	0	25	1120	50	4	3	18	
Turkey & Guacamole	Medium	520	100	11	2.5	0	50	2000	78	6	6	31	
Turkey & Guacamole	Pick 2	260	50	5.5	1.25	0	25	1000	39	3	3	15.5	
Turkey & Guacamole	Large	1040	180	20	4.5	0	100	3830	158	9	12	59	
Roast Beef & Cheese	Small	540	180	19	10	0	75	1010	54	3	4	30	
Roast Beef & Cheese	Medium	780	270	30	14	0	115	1700	81	4	6	50	
Roast Beef & Cheese	Pick 2	390	135	15	7	0	57.5	850	40.5	2	3	25	
Roast Beef & Cheese	Large	1550	550	61	29	0	235	3770	158	8	12	100	
Smoked Turkey Breast	Small	330	35	3.5	0.5	0	25	940	53	3	3	16	
Smoked Turkey Breast	Medium	500	60	6	1	0	50	1710	80	5	5	29	
Smoked Turkey Breast	Pick 2	250	30	3	0.5	0	25	855	40	2.5	2.5	14.5	
Smoked Turkey Breast	Large	970	130	14	3	0	105	3670	152	9	11	58	
Ham & Cheese Original	Small	500	150	17	9	0	70	1470	53	3	4	27	
Ham & Cheese Original	Medium	730	230	25	12	0	115	2620	81	5	7	43	
Ham & Cheese Original	Pick 2	370	110	13	6	0	55	1310	40	2	3	22	
Ham & Cheese Original	Large	1450	470	52	26	0	230	5420	154	8	14	87	
Fresh Veggie Sandwich	Small	340	90	10	5	0	20	690	48	3	3	14	V
Fresh Veggie Sandwich	Medium	500	130	14	7	0	30	1050	74	5	5	20	V
Fresh Veggie Sandwich	Pick 2	250	65	7	3.5	0	15	525	37	2.5	2.5	10	V
Fresh Veggie Sandwich	Large	1010	260	28	13	0	60	1940	148	8	10	38	V
Angus Pastrami Reuben	Small	580	230	26	12	0	75	1260	56	5	4	31	
Angus Pastrami Reuben	Medium	900	360	40	18	0	130	2170	84	7	7	52	
Angus Pastrami Reuben	Pick 2	450	180	20	9	0	65	1085	42	3.5	3.5	26	
Angus Pastrami Reuben	Large	1780	710	79	37	0	255	4540	165	12	11	106	
Chicken Bacon Smokecheesy	Small	600	270	30	13	0	85	1180	51	2	2	34	
Chicken Bacon Smokecheesy	Med	860	280	31	15	0	160	2510	80	4	7	61	
Chicken Bacon Smokecheesy	Pick 2	430	140	15.5	7.5	0	80	1255	40	2	3.5	30.5	
Beef Bacon Smokecheesy	Small	560	200	22	11	0	95	1410	53	3	4	35	
Beef Bacon Smokecheesy	Med	810	390	43	18	0	160	2060	77	3	4	65	
Beef Bacon Smokecheesy	Pick 2	405	195	21.5	9	0	80	1030	38.5	1.5	2	32.5	
The Sicilian		730	390	43	18	0	130	3040	42	2	5	42	
The Sicilian	Pick 2	370	200	22	9	0	65	1520	21	1	2	21	
The Tuscan		700	320	35	9	0	100	1820	49	7	5	43	
The Tuscan	Pick 2	340	160	18	4.5	0	50	910	24	4	3	22	
The Caprese		570	240	27	9	0	50	1060	64	7	8	18	V
The Caprese	Pick 2	285	120	14	5	0	25	530	32	4	4	9	V
Ultimate Grilled Cheese		660	320	36	14	0	55	1760	60	7	7	29	
Ultimate Grilled Cheese	Pick 2	330	160	18	7	0	30	880	30	3	3	14	
French Dip		590	190	22	10	0	90	1630	59	3	8	40	
French Dip	Pick 2	290	100	11	5	0	45	810	30	2	4	20	
Cheese Original	Small	560	240	27	16	0	80	870	52	3	3	27	v
Cheese Original	Medium	800	330	37	21	0	110	1280	77	5	4	38	v
Cheese Original	Pick 2	400	170	19	11	0	55	640	38	2	2	19	v
Cheese Original	Large	1570	680	76	43	0	220	2800	146	8	9	76	v
The Original	Small	570	240	27	12	0	90	1610	52	3	3	28	
The Original	Medium	780	300	34	16	0	115	2320	78	5	6	40	
The Original	Pick 2	390	150	17	8	0	57.5	1160	39	2.5	3	20	



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Sandwiches													
The Original	Large	1550	620	69	32	0	235	4880	150	8	12	80	
Traditional Brisket Sandwich	Small	550	190	21	11	0	85	1420	58	2	5	35	
Traditional Brisket Sandwich	Medium	780	270	30	15	0	120	2020	82	4	5	50	
Traditional Brisket Sandwich	Pick 2	390	140	15	8	0	60	1010	41	2	2	25	
Traditional Brisket Sandwich	Large	1090	230	26	10	0	130	3440	154	5	9	74	
Tex-Mex Brisket Sandwich	Small	560	220	25	10	0	85	1980	52	3	2	35	
Tex-Mex Brisket Sandwich	Medium	800	300	33	14	0	125	2880	77	5	3	51	
Tex-Mex Brisket Sandwich	Pick 2	400	150	17	7	0	60	1440	38	2	2	25	
Tex-Mex Brisket Sandwich	Large	1530	570	63	26	0	230	5800	152	8	7	99	
Cuban Brisket Sandwich	Small	520	160	18	9	0	85	2190	60	2	5	37	
Cuban Brisket Sandwich	Medium	780	240	27	13	0	135	3320	89	3	6	57	
Cuban Brisket Sandwich	Pick 2	390	120	14	7	0	65	1660	45	2	3	28	
Cuban Brisket Sandwich	Large	1500	460	51	24	0	250	6690	176	6	13	111	
Lent Shrimp Original	Small	600	270	30	12	0	125	1140	53	3	3	29	
Lent Shrimp Original	Medium	850	380	42	16	0	170	1650	79	5	5	40	
Lent Shrimp Original	Pick 2	430	190	21	8	0	85	820	39	2	2	20	
Lent Shrimp Original	Large	1740	810	90	33	0	365	3710	153	9	10	84	
Lent Tuna Original	Small	540	200	22	11	0	85	1050	53	3	4	32	
Lent Tuna Original	Medium	770	270	30	15	0	110	1520	79	5	7	44	
Lent Tuna Original	Pick 2	380	140	15	8	0	55	760	40	3	3	22	
Lent Tuna Original	Large	1550	580	64	32	0	235	3430	153	9	14	94	
Texas Schlotzsky's	Small	530	190	21	11	0	95	1930	51	3	4	32	
BLT	Med	540	150	17	5	0	25	1230	74	4	3	23	
Beef and Provolone	Med	770	250	28	9	0	80	1710	85	5	10	43	
Ham and Cheese	Small	470	150	17	9	0	70	1400	52	2	3	26	
Grilled Pesto Chicken Sandwich	Med	590	130	14	2	0	65	1690	79	5	6	36	
Salad													
Fresh Kale & Grilled Chicken		630	259	29	9	0	255	1223	52	7	34	38	
Fresh Kale & Grilled Chicken	Pick 2	315	129.5	14.5	4.5	0	127.5	611.5	26	3.5	17	19	
Garden Salad		45	15	1.5	0	0	0	280	9	2	2	1	V
Garden Salad	Pick 2	25	5	0.5	0	0	0	140	4	1	1	1	V
Southwestern Chicken Salad		600	260	29	13	0	120	1260	44	8	6	46	
Southwestern Chicken Salad	Pick 2	300	130	14	6	0	60	630	22	4	3	23	
Turkey Avocado Cobb		610	300	33	10	0	250	1880	42	12	8	38	
Turkey Avocado Cobb	Pick 2	305	150	16.5	5	0	125	940	21	6	4	19	
Cranberry, Apple, Pecan, Chicken		640	240	27	7	0	80	1220	68	7	40	34	
Cranberry, Apple, Pecan, Chicken	Pick 2	320	120	13.5	3.5	0	40	610	34	3.5	20	17	
Chicken Caesar		680	150	17	8	0	100	1770	29	2	4	37	
Chicken Caesar	Pick 2	340	75	13.5	4	0	50	885	14.5	1	2	18.5	
Flatbread													
California Chicken Avocado Flatbread		780	440	49	14	0	105	1170	49	7	2	41	
California Chicken Avocado Flatbread	Pick 2	390	220	24.5	7	0	52.5	585	24.5	3.5	1.5	20.5	
Margherita Flatbread		730	340	38	12	0	55	1110	72	8	9	22	V
Margherita Flatbread	Pick 2	365	150	17	4.5	0	20	510	35	4	4	8	V
Chipotle Shrimp Flatbread		780	490	55	10	0	115	680	49	4	2	26	
Chipotle Shrimp Flatbread	Pick 2	390	250	27	5	0	60	340	24	2	1	13	
Italian Shrimp and Brisket Flatbread		540	210	23	9	0	85	1050	60	2	10	27	
Italian Shrimp and Brisket Flatbread	Pick 2	270	100	11	4.5	0	45	520	30	1	5	13	
Spicy Brisket Flatbread		910	560	63	20	0	110	1430	48	3	2	41	
Spicy Brisket Flatbread	Pick 2	450	280	31	10	0	55	710	24	1	1	21	
Chipotle Chicken Pesto		800	450	50	13	0	95	1100	49	7	2	41	
Chipotle Chicken Pesto	Pick 2	400	220	25	6	0	45	550	25	4	1	20	
Buffalo Chicken		570	250	28	10	0	90	1410	44	2	2	35	
Buffalo Chicken	Pick 2	290	130	14	5	0	45	710	22	1	1	18	
Pizza													
Grilled Chicken Pesto Pizza 10"		910	260	29	11	0	95	2060	114	6	4	47	
Grilled Chicken Pesto Pizza 10"	Pick 2	455	130	14.5	5.5	0	47.5	1030	57	3	2	23.5	
Combination Special Pizza 10"		960	350	38	14	0	75	2040	119	7	6	35	
Combination Special Pizza 10'	Pick 2	480	175	19	7	0	37.5	1020	59.5	3.5	3	17.5	
Fresh Veggie Pizza 10"		920	320	35	11	0	55	2150	118	7	7	33	V
Fresh Veggie Pizza 10"	Pick 2	460	160	17.5	5.5	0	27.5	1075	59	3.5	3.5	16.5	V
Double Cheese Pizza 10"		840	250	27	12	0	60	1340	115	6	5	31	V
Double Cheese Pizza 10"	Pick 2	420	125	13.5	6	0	30	670	57.5	3	2.5	15.5	V
BBQ Chicken & Jalapeno Pizza		920	190	21	11	0	100	2820	148	5	19	46	
BBQ Chicken & Jalapeno Pizza	Pick 2	460	95	10.5	5.5	0	50	1410	74	2.5	9.5	23	
Pepperoni Double Cheese Pizza		980	380	42	18	0	95	2000	115	6	5	39	
Pepperoni Double Cheese Pizza	Pick 2	490	190	21	9	0	47.5	1000	57.5	3	2.5	19.5	
Soup													
Soup French Onion	10 oz	235	100	11	4.5	0	30	740	17	3	9	3	
Soup Broccoli Cheese	10 oz	185	110	12	6	0	25	1310	14	0	6	8	V
Soup Chicken Tortilla	10 oz	315	140	16	6	0	45	1290	27	1	3	13	
Soup Chicken and Wild Rice	10 oz	280	130	14	7	0	55	1180	25	0	3	13	
Soup Chicken & Dumpling	10 oz	145	40	4.5	0	0	45	990	15	0	0	9	
Soup Loaded Potato	10 oz	385	280	31	15	0	75	1520	29	3	6	12	
Soup Chili Timberline	10 oz	380	190	21	9	0	55	1110	27	6	9	17	
Soup Tomato Basil	10 oz	322	240	26	13	0	65	840	21	3	0	5	V
Soup Garden Vegetable	10 oz	109	0	0	0	0	0	830	22	3	7	3	V
Mac													
Brisketeer Mac		1090	440	49	30	0	170	1540	69	4	2	57	



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Sandwiches													
Brisketeer Mac	Pick 2	545	220	24	15	0	85	770	35	2	1	28	
Shrimply the Best Mac		1070	410	45	28	0	210	1160	71	4	3	56	
Shrimply the Best Mac	Pick 2	535	200	23	14	0	105	580	35	2	2	28	
Poultry in Motion Mac		1130	430	47	29	0	175	1600	70	4	3	61	
Poultry in Motion Mac	Pick 2	565	210	24	14	0	85	800	35	2	2	31	
Smokey Brisketeer Mac		1120	450	50	30	0	170	1680	74	4	5	57	
Smokey Brisketeer Mac	Pick 2	560	230	25	15	0	85	840	37	2	2	28	
Double Cheese Mac		920	460	51	32	0	160	1220	67	3	2	48	V
Desserts													
Big S Cookie White Chocolate Macadamia Nut		550	250	28	15	0	35	480	70	1	39	6	
Big S Cookie Chocolate Chunk		540	240	27	12	0	40	480	74	2	43	3	
Big S Cookie Toffee Pretzel		550	230	26	13	0	35	770	74	1	45	5	
Cookies Chocolate Chip		160	60	7	3.5	0	10	50	24	1	15	2	
Cookies Oatmeal Raisin		150	40	4.5	2	0	10	50	24	1	10	2	
Cookies Sugar		160	50	6	3	0	10	65	23	0	12	2	
Classic Roll Cinnabon		880	330	37	17	0	55	820	127	2	58	13	
Caramel Pecanbon		1080	460	51	20	0	65	950	146	3	75	14	
Classic Roll Cinnapack		940	360	41	18	0	60	850	134	2	65	13	
Minibon Cinnabon		350	130	15	7	0	25	330	51	1	23	5	
Center of the Roll Cinnabon		750	300	34	16	0	50	640	105	2	58	9	
Brownie		420	210	23	11	0	85	240	46	3	30	5	
Beverages													
Soda	Small	0-330											
Soda	Medium	0-520											
Soda	Large	0-720											
Fuze Tea Unsweet	12 oz	0	0	0	0	0	0	35	0	0	0	0	
Fuze Tea Sweet	12 oz	100	0	0	0	0	0	35	25	0	25	0	
Fuze Tea Unsweet	20 oz	0	0	0	0	0	0	60	0	0	0	0	
Fuze Tea Sweet	20 oz	160	0	0	0	0	0	60	41	0	41	0	
Fuze Tea Unsweet	32 oz	0	0	0	0	0	0	95	1	0	0	0	
Fuze Tea Sweet	32 oz	260	0	0	0	0	0	95	66	0	66	0	
Fuze Tea Unsweet	44 oz	0	0	0	0	0	0	130	1	0	0	0	
Fuze Tea Sweet	44 oz	350	0	0	0	0	0	130	91	0	91	0	
Water		0											
Apple Juice	6 oz	80	0	0	0	0	0	15	21	0	1	0	
Chocolate Milk Horizon	8 oz	150	25	2.5	1.5	0	15	180	23	0	22	8	
Milk Horizon	8 oz	90	20	2.5	1.5	0	10	130	13	0	12	8	
Coffee	12 oz	0											
Coffee	20 oz	0											
Kids' Menu													
Kidz: Cheese Sandwich option of choc milk, milk, juice, water, soda 12 oz & cookie		455-798											
Kidz: Turkey Sandwich option of choc milk, milk, juice, water, soda 12 oz & cookie		275-618											
Kidz: Ham & Cheese Sandwich option of choc milk, milk, juice, water, soda 12 oz & cookie		275-618											
Kidz: Chicken Sandwich option of choc milk, milk, juice, water, soda 12 oz & cookie		275-618											
Kidz: Cheese Pizza option of choc milk, milk, juice, water, soda 12 oz & cookie		595-930											
Kidz: Pepperoni Pizza option of choc milk, milk, juice, water, soda 12 oz & cookie		645-988											
Kidz: Cheese Sandwich		400	130	14	8	0	40	570	49	2	2	17	
Kidz: Turkey Sandwich		220	15	1.5	0	0	10	550	40	3	3	10	
Kidz: Ham Sandwich		220	20	2	0	0	15	650	40	3	3	11	
Kidz: Chicken Sandwich		220	10	1	0	0	15	490	40	3	3	11	
Kidz: Cheese Pizza		540	150	17	5	0	30	960	78	4	4	18	
Kidz: Pepperoni Pizza		590	200	22	7	0	40	1160	78	4	4	20	
Kids Mac n Cheese		430	210	23	14	0	70	560	34	2	1	22	
Dressing													
Blue Cheese	3oz cup	460	440	49	11	0	45	760	3	0	3	6	
Buttermilk Ranch	3oz cup	320	290	33	6	0	30	620	4	0	3	2	
Fat Free Raspberry	3oz cup	100	0	0	0	0	0	230	23	0	20	0	
Honey Dijon	3oz cup	260	130	14	3	0	30	790	28	0	28	0	
Italian	3oz cup	280	260	28	4.5	0	0	850	3	0	3	0	
Red Wine Vinaigrette	3oz cup	430	380	43	6	0	0	940	9	0	6	0	
Tuscan Caesar	3oz cup	430	410	45	8	0	25	850	2	0	0	4	
Extra Virgin Olive Oil	1 tbsp	120	120	14	2	0	0	0	0	0	0	0	
Balsamic Vinegar	1 tbsp	5	0	0	0	0	0	0	2	0	2	0	
Chips													
Chips Baked BBQ		130	30	3	1	0	0	190	25	2	2	1	V
Chips Baked Regular		130	15	2	0	0	0	160	26	2	1	2	V
Chips BBQ		230	120	13	2	0	0	300	24	2	0	3	V
Chips Cracked Pepper		230	120	14	2	0	0	290	24	2	1	3	V
Chips Jalapeno		220	120	13	2	0	0	360	24	2	2	3	V
Chips Regular		230	130	15	2	0	0	220	24	2	0	3	V
Chips Salt & Vinegar		230	120	13	2	0	0	300	24	1	2	2	V
Chips Sour Cream & Onion		230	120	13	2	0	0	340	23	1	2	3	V

