

Lunch/Dinner - Pizza														
ITEM	Portion (Size)	Calories	Fat Calories	Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Total	Protein	Allergens	
		(k)	(k)	(g)	Fat (g)	(g)	(mg)	(mg)	(g)	(g)	Sugar (g)	(g)		
Breakfast Pizza, Slice, Basilio's	1 slice (145g/5.1 oz)	400	160	18	9	1	50	810	42	1	3	16	CONTAINS: EGGS, MILK, SOY, WHEAT	
Breakfast Slice	1 slice (179g/6.3 oz)	460	180	20	8	0	85	1170	40	2	2	22	CONTAINS: EGGS, MILK, SOY, WHEAT	
Breakfast Supreme Pizza	1 slice (179g/6.3 oz)	460	180	20	8	0	85	1090	40	2	2	22	CONTAINS: EGGS, MILK, SOY, WHEAT	
Buffalo Chicken Pizza	1 slice (188g/6.6 oz)	460	200	23	6	0	40	1200	41	2	2	20	CONTAINS: EGGS, MILK, SOY, WHEAT	
Buffalo Chicken Slice	1 slice (188g/6.6 oz)	500	220	24	7	0	45	1300	44	2	3	22	CONTAINS: EGGS, MILK, SOY, WHEAT	
Cheese Slice	1 slice (150g/5.3 oz)	330	90	11	4	0	20	660	40	2	3	17	CONTAINS: MILK, SOY, WHEAT	
Chicken Bacon Ranch Slice	1 slice (174g/6.1 oz)	520	240	27	8	0	60	1020	40	2	2	24	CONTAINS: EGGS, MILK, SOY, WHEAT	
Four Cheese Pizza, Slice, Basilo's	1 slice (148g/5.2 oz)	380	140	16	8	0	25	750	43	2	4	16	CONTAINS: MILK, SOY, WHEAT	
Lotsa Meat Pizza	1 slice (185g/6.5 oz)	450	170	20	7	0	50	1000	41	2	3	23	CONTAINS: MILK, SOY, WHEAT	
Lotsa Pepperoni Pizza	1 slice (163g/5.8 oz)	400	140	16	6	0	35	890	40	2	3	19	CONTAINS: MILK, SOY, WHEAT	
Pepperoni Pizza, Slice, Basilio's	1 slice (154g/5.4 oz)	400	160	18	9	1	30	860	43	2	4	17	CONTAINS: MILK, SOY, WHEAT	
Philly Cheese Steak Pizza	1 slice (178g/6.3 oz)	430	160	18	6	0	35	1120	43	2	4	22	CONTAINS: EGGS, MILK, SOY, WHEAT	
Sausage Pizza, Slice, Basilio's	1 slice (161g/5.7 oz)	410	160	18	9	0	35	900	44	2	4	17	CONTAINS: MILK, SOY, WHEAT	
Sausage Slice	1 slice (165g/5.8 oz)	380	130	14	5	0	30	770	41	2	3	19	CONTAINS: MILK, SOY, WHEAT	
Supreme Slice	1 slice (190g/6.7 oz)	440	170	19	7	0	50	1040	42	2	3	23	CONTAINS: MILK, SOY, WHEAT	
Supreme Slice	1 slice (226g/8 oz)	530	160	18	7	0	40	1140	68	3	5	22	CONTAINS: MILK, SOY, WHEAT	
Triple Cheese Pizza	1 slice (150g/5.3 oz)	330	90	11	4	0	20	660	40	2	3	17	CONTAINS: MILK, SOY, WHEAT	
Breakfast Supreme Pizza	1 pizza (1072g/37.8 oz)	2730	1060	120	48	1.5	505	6520	241	10	10	133	CONTAINS: EGGS, MILK, SOY, WHEAT	
Breakfast Whole Pizza	6 slices (1074g/37.8 oz)	2760	1080	120	40	0	510	7020	240	12	12	132	CONTAINS: EGGS, MILK, SOY, WHEAT	
Breakfast Whole Pizza	6 slices (1278g/45 oz)	3360	1020	114	48	0	510	8580	390	12	12	156	CONTAINS: EGGS, MILK, SOY, WHEAT	
Buffalo Chicken Pizza	1 pizza (1129g/39.8 oz)	2760	1200	135	37	0	245	7180	245	10	15	120	CONTAINS: EGGS, MILK, SOY, WHEAT	
Buffalo Chicken Whole Pizza	6 slices (1128g/39.6 oz)	3000	1320	144	42	0	270	7800	264	12	18	132	CONTAINS: EGGS, MILK, SOY, WHEAT	
Cheese Whole Pizza	6 slices (960/31.8 oz)	1980	540	66	24	0	120	3960	240	12	18	102	CONTAINS: MILK, SOY, WHEAT	
Cheese Whole Pizza	6 slices (1071g/37.8 oz)	2580	540	60	30	0	150	5340	390	18	18	108	CONTAINS: MILK, WHEAT	
Chicken Bacon Ranch Pizza	1 pizza (1043g/36.8 oz)	3090	1410	160	49	0	365	6140	239	10	15	144	CONTAINS: EGGS, MILK, SOY, WHEAT	
Chicken Bacon Ranch Whole Pizza	6 slices (1044g/36.6 oz)	3120	1140	162	40	0	360	6120	240	12	12	144	CONTAINS: EGGS, MILK, SOY, WHEAT	
Four Cheese Pizza, 4 Slices, Basilio's	4 slices (592g/20.8 oz)	1520	560	64	32	0	100	3000	172	8	12	64	CONTAINS: MILK, SOY, WHEAT	
Lotsa Meat Pizza	1 pizza (1111g/39.2 oz)	2670	1040	118	45	0.5	295	6020	245	12	17	136	CONTAINS: MILK, SOY, WHEAT	
Lotsa Pepperoni Pizza	1 pizza (981g/34.6 oz)	2370	860	98	35	0	200	5360	242	12	15	114	CONTAINS: MILK, SOY, WHEAT	
Pepperoni Pizza, 4 Slices	1 pizza (616g/21.7 oz)	1600	640	72	36	4	120	3440	172	8	16	68	CONTAINS: MILK, SOY, WHEAT	
Pepperoni Whole Pizza	6 slices (978g/34.8 oz)	2400	840	96	36	96	210	5340	240	12	18	114	CONTAINS: MILK, SOY, WHEAT	
Pepperoni Whole Pizza	6 slices (1332g/46.8 oz)	3600	1320	150	66	0	390	8220	396	18	24	150	CONTAINS: MILK, WHEAT	
Philly Cheese Steak Pizza	1 pizza (1071g/37.8 oz)	2600	980	111	33	0	220	6700	255	13	23	132	CONTAINS: EGGS, MILK, SOY, WHEAT	
Philly Steak & Cheese Whole Pi	6 slices (1068g/37.8 oz)	2580	960	108	36	0	210	6720	258	12	24	132	CONTAINS: EGGS, MILK, SOY, WHEAT	
Sausage Pizza, 4 Slices, Basilio's	1 pizza (644g/22.7 oz)	1640	640	72	36	0	140	3600	176	8	16	68	CONTAINS: MILK, SOY, WHEAT	
Sausage Whole Pizza	6 slices (990g/34.8 oz)	2280	780	84	30	0	180	4620	246	12	18	114	CONTAINS: MILK, SOY, WHEAT	
Sausage Whole Pizza	6 slices (1176g/41.4 oz)	2880	780	90	36	0	210	6060	396	18	24	120	CONTAINS: MILK, SOY, WHEAT	
Supreme Pizza	1 pizza (1139g/40.2 oz)	2650	990	112	43	0	290	6240	249	13	20	136	CONTAINS: MILK, SOY, WHEAT	
Supreme Whole Pizza	6 slices (1140g/40.2 oz)	2640	1020	114	42	0	300	6240	252	12	18	138	CONTAINS: MILK, SOY, WHEAT	
Supreme Whole Pizza	6 slices (1356g/48 oz)	3180	960	108	42	0	240	6840	408	18	30	132	CONTAINS: MILK, SOY, WHEAT	
Triple Cheese Pizza	1 pizza (901g/31.8 oz)	2000	560	64	24	0	130	3960	242	12	15	100	CONTAINS: MILK, SOY, WHEAT	
Breakfast Supreme Pizza	1 pizza (1072g/37.8 oz)	2730	1060	120	48	1.5	505	6520	241	10	10	133	CONTAINS: EGGS, MILK, SOY, WHEAT	
Breakfast Whole Pizza	6 slices (1074g/37.8 oz)	2760	1080	120	40	0	510	7020	240	12	12	132	CONTAINS: EGGS, MILK, SOY, WHEAT	
Breakfast Whole Pizza	6 slices (1278g/45 oz)	3360	1020	114	48	0	510	8580	390	12	12	156	CONTAINS: EGGS, MILK, SOY, WHEAT	
Buffalo Chicken Pizza	1 pizza (1129g/39.8 oz)	2760	1200	135	37	0	245	7180	245	10	15	120	CONTAINS: EGGS, MILK, SOY, WHEAT	
Buffalo Chicken Whole Pizza	6 slices (1128g/39.6 oz)	3000	1320	144	42	0	270	7800	264	12	18	132	CONTAINS: EGGS, MILK, SOY, WHEAT	
Cheese Whole Pizza	6 slices (960/31.8 oz)	1980	540	66	24	0	120	3960	240	12	18	102	CONTAINS: MILK, SOY, WHEAT	

ITEM	Portion (Size)	Calories	Fat Calories	Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Total	Protein	Allergens
		(k)	(k)	(g)	Fat (g)	(g)	(mg)	(mg)	(g)	(g)	Sugar (g)	(g)	
Cheese Whole Pizza	6 slices (1071g/37.8 oz)	2580	540	60	30	0	150	5340	390	18	18	108	CONTAINS: MILK, WHEAT
Chicken Bacon Ranch Pizza	1 pizza (1043g/36.8 oz)	3090	1410	160	49	0	365	6140	239	10	15	144	CONTAINS: EGGS, MILK, SOY, WHEAT
Chicken Bacon Ranch Whole Pizza	6 slices (1044g/36.6 oz)	3120	1140	162	40	0	360	6120	240	12	12	144	CONTAINS: EGGS, MILK, SOY, WHEAT
Four Cheese Pizza, 4 Slices, Basilio's	4 slices (592g/20.8 oz)	1520	560	64	32	0	100	3000	172	8	12	64	CONTAINS: MILK, SOY, WHEAT
Lotsa Meat Pizza	1 pizza (1111g/39.2 oz)	2670	1040	118	45	0.5	295	6020	245	12	17	136	CONTAINS: MILK, SOY, WHEAT
Lotsa Pepperoni Pizza	1 pizza (981g/34.6 oz)	2370	860	98	35	0	200	5360	242	12	15	114	CONTAINS: MILK, SOY, WHEAT
Pepperoni Pizza, 4 Slices	1 pizza (616g/21.7 oz)	1600	640	72	36	4	120	3440	172	8	16	68	CONTAINS: MILK, SOY, WHEAT
Pepperoni Whole Pizza	6 slices (978g/34.8 oz)	2400	840	96	36	96	210	5340	240	12	18	114	CONTAINS: MILK, SOY, WHEAT
Pepperoni Whole Pizza	6 slices (1332g/46.8 oz)	3600	1320	150	66	0	390	8220	396	18	24	150	CONTAINS: MILK, WHEAT
Philly Cheese Steak Pizza	1 pizza (1071g/37.8 oz)	2600	980	111	33	0	220	6700	255	13	23	132	CONTAINS: EGGS, MILK, SOY, WHEAT
Philly Steak & Cheese Whole Pi	6 slices (1068g/37.8 oz)	2580	960	108	36	0	210	6720	258	12	24	132	CONTAINS: EGGS, MILK, SOY, WHEAT
Sausage Pizza, 4 Slices, Basilio's	1 pizza (644g/22.7 oz)	1640	640	72	36	0	140	3600	176	8	16	68	CONTAINS: MILK, SOY, WHEAT
Sausage Whole Pizza	6 slices (990g/34.8 oz)	2280	780	84	30	0	180	4620	246	12	18	114	CONTAINS: MILK, SOY, WHEAT
Sausage Whole Pizza	6 slices (1176g/41.4 oz)	2880	780	90	36	0	210	6060	396	18	24	120	CONTAINS: MILK, SOY, WHEAT
Supreme Pizza	1 pizza (1139g/40.2 oz)	2650	990	112	43	0	290	6240	249	13	20	136	CONTAINS: MILK, SOY, WHEAT
Supreme Whole Pizza	6 slices (1140g/40.2 oz)	2640	1020	114	42	0	300	6240	252	12	18	138	CONTAINS: MILK, SOY, WHEAT
Supreme Whole Pizza	6 slices (1356g/48 oz)	3180	960	108	42	0	240	6840	408	18	30	132	CONTAINS: MILK, SOY, WHEAT
Triple Cheese Pizza	1 pizza (901g/31.8 oz)	2000	560	64	24	0	130	3960	242	12	15	100	CONTAINS: MILK, SOY, WHEAT
Hunt's Brothers													
Breakfast Pizza	1/5 Pizza (145g/5.1 oz)	410	180	20.0	8.0	0	85	680	38	1	2	17	
Original 12" Pizza	1/5 Pizza (145g/5.1 oz)	320	90	10.0	4.5	0	25	550	43	2	3	14	
Thin Crust Pizza	1/4 Pizza (135g/4.8 oz)	330	160	18.0	7.0	0	40	550	33	3	2	14	
Buffalo Chicken Pizza	1/5 Pizza (155g/5.5 oz)	380	140	16.0	6.0	0	45	790	41	2	2	18	
Philly Cheesesteak Pizza	1/6 Pizza (128g/4.6 oz)	270	70	8.0	3.0	0	20	420	36	1	3	12	
Hawaiian Style Pizza	1/6 Pizza (131g/4.7 oz)	280	90	10.0	4.0	0	25	620	34	2	4	13	
Italian Style Meats Pizza	1/6 Pizza (133g/4.8 oz)	310	120	13.0	6.0	0	35	780	34	2	3	14	
Cheese Bread Single Serve	2 Sticks (118g/4.2 oz)	280	80	8.0	3.5	0	20	690	39	2	1	11	
Cheese Bread Whole	6 Sticks (364g/13 oz)	830	230	25.0	11.0	0.5	55	2070	116	5	4	33	
Chicken Bacon Ranch Pizza	1/6 Pizza (129g/4.6 oz)	290	90	10.0	4.0	0	30	520	34	1	2	14	
Ingredients													
Crushed Red Pepper	1 Serving (2g/.07 oz)	5	5	1.0	1.0	0	0	0	1	1	0	0	
Shredded Mozzarella	1 Serving (170g/6.1 oz)	510	310	34.0	22.0	0	90	900	7	0	1	44	
Italian Sausage	1 Serving (55g/2.0 oz)	180	140	15.0	5.0	0	35	560	1	0	0	7	
Sliced Pepperoni	1 Serving (44g/1.6 oz)	220	181	20.1	7.8	1	44	723	0	0	0	8	
Ground Beef	1 Serving (55g/2.0 oz)	100	50	5.0	2.5	0	10	730	4	1	1	10	
Bacon	1 Serving (14g/.5 oz)	70	50	5.0	2.0	0	10	240	0	0	0	4	
Just Rite Spice	1 Serving (2.8g/.1 oz)	25	15	0.0	1.0	0	5	80	0	0	0	2	
Mushrooms	1 Serving (121g/4.3 oz)	25	0	0.0	0.0	0	0	400	3	1	0	3	
Black Olives	1 Serving (16g/.6 oz)	30	25	2.5	0.3	0	0	140	1	0	0	0	
Banana Peppers	1 Serving (28g/1 oz)	0	0	0.0	0.0	0	0	470	0	0	0	0	
Jalapeno Peppers	1 Serving (30g/1.1 oz)	5.5	0	0.4	0.0	0	0	439	0	0	0	0	
Diced White Onions	1 Serving (27g/1oz)	10	0	0.0	0.0	0	0	0	2	1	0	0	
Diced Green Bell Peppers	1 Serving (31g/1.1 oz)	5	0	0.0	0.0	0	0	0	1	1	1	0	
Wings													
Southern Style Wings	1 Serving (84g/3.0 oz)	240	150	17.0	4.0	0	50	670	5	0	0	17	
Hot & Spicy Baked Wings	1 Serving (84g/3.0 oz)	200	140	15.0	3.5	0	40	660	3	0	1	13	
Hot & Spicy Fried Wings	1 Serving (84g/3.0 oz)	220	130	14.0	3.5	0	40	730	9	0	0	15	
Homestyle Wingbites	1 Serving (79g/2.8 oz)	170	60	6.0	1.0	0	40	510	11	0	0	17	
Buffalo Wingbites	1 Serving (79g/2.8 oz)	160	70	8.0	1.0	0	35	540	8	0	0	15	

ITEM	Portion (Size)	Calories (k)	Fat Calories (k)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Total Sugar (g)	Protein (g)	Allergens
Original Crust Cheese	1/4 of 12" Pizza (184g/6.6 oz)	400	100	11.0	6.0	0	25	610	53	2	3	19	
Original Crust Veggie	1/4 of 12" Pizza (217g/7.8 oz)	420	110	12.0	6.0	0	25	700	55	3	4	19	
Original Crust Sliced Pepperoni	1/4 of 12" Pizza (218g/7.7oz)	420	150	17.0	7.0	0	40	910	50	2	4	18	
Original Crust Ground Beef	1/4 of 12" Pizza (213g/7.6 oz)	480	170	19.0	8.0	0	35	920	54	3	3	24	
Original Crust Bacon	1/4 of 12" Pizza (184g/6.6 oz)	440	150	17.0	7.0	0	45	980	51	2	5	201	
Original Crust Italian Sausage	1/4 of 12" Pizza (213g/7.6 oz)	500	190	21.0	8.0	0	40	610	53	3	3	23	
Original Crust Pepperoni/Sausage	1/4 of 12" Pizza (195g/7.0 oz)	460	180	21.0	8.0	0	50	1030	51	2	4	20	
Original Crust Sausage/Beef	1/4 of 12" Pizza (213g/7.6 oz)	490	180	20.0	8.0	0	35	770	54	3	3	23	
Original Crust Lotsa Meat	1/4 of 12" Pizza (208g/7.4 oz)	520	230	25.0	12.0	0	65	1190	45	2	4	28	
Original Crust Loaded	1/4 of 12" Pizza (220g/7.9 oz)	470	170	19.0	8.0	0	45	1170	53	3	5	21	
Original Crust Breakfast Pizza Hunk	1/4 of 12" Pizza (196g/7.0 oz)	550	250	27.0	10.0	0	120	930	52	2	3	23	
Thin Crust Cheese	1/4 of 12" Pizza (116g/4.1 oz)	300	150	16.0	7.0	0	30	420	27	0	0	13	
Thin Crust Veggie	1/4 of 12" Pizza (140g/5.0 oz)	320	150	17.0	7.0	0	30	470	31	1	1	13	
Thin Crust Sliced Pepperoni	1/4 of 12" Pizza (138g/4.9oz)	370	190	21.0	9.0	0	45	720	30	2	2	15	
Thin Crust Ground Beef	1/4 of 12" Pizza (143g/5.1oz)	380	200	22.0	10.0	0	40	740	28	1	1	18	
Thin Crust Bacon	1/4 of 12" Pizza (141g/5.0 oz)	380	200	22.0	9.0	0	50	790	30	2	3	17	
Thin Crust Italian Sausage	1/4 of 12" Pizza (143g/5.1oz)	390	220	24.0	10.0	0	50	430	27	1	0	17	
Thin Crust Pepperoni/Sausage	1/4 of 12" Pizza (152g/5.4 oz)	410	220	25.0	10.0	0	55	840	30	2	2	17	
Thin Crust Sausage/Beef	1/4 of 12" Pizza (143g/5.1oz)	380	210	23.0	10.0	0	45	570	28	1	2	17	
Thin Crust Lotsa Meat	1/4 of 12" Pizza (164g/5.9 oz)	440	240	27.0	11.0	0	60	1020	31	2	3	20	
ThinCrust Loaded	1/4 of 12" Pizza (177g/6.3oz)	420	220	24.0	9.0	0	55	980	33	3	3	18	
Smores	1 Smore (102g/3.6 oz)	360	130	15.0	7.0	0	5	330	53	2	29	5	
Marinara Sauce	1 Cup (45g/1.6 oz)	35	5	1.0	0.0	0	0	230	6	1	1	1	

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

(k)

(k)

(g)

Fat (g)

(g)

(mg)


(mg)

(g)

(g)

Sugar (g)

(g)

Menu Items	Serving Size	grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
														
Bakery														
Chocolate Chip	1	78 g	350	150	17	8	0.0	20	230	48	2	29	4	
Double Chocolate Chip	1	78 g	350	160	18	9	0.0	20	270	45	3	30	4	
M&M	1	78 g	350	140	16	8	0.0	25	230	48	1	30	4	
Oatmeal Raisin cookie	1	78 g	320	120	13	6	0.0	25	240	48	2	28	4	
Peanut Butter	1	78 g	360	170	20	7	0.0	25	330	42	2	26	6	
Reeses Pieces	1	78 g	370	180	20	9	0.0	20	280	43	2	29	7	
Sugar	1	78 g	330	120	14	6	0.0	30	350	48	1	24	4	
White Chocolate Macadamia	1	57 g	260	120	14	7	0.0	15	170	33	0	21	3	
Big Chocolate Chip Cookie	12 servings	78 g	350	150	17	8	0.0	20	230	48	2	29	4	
Vanilla Cake Donut	1	71 g	270	120	13	6	0.0	35	460	36	1	12	4	
Cinnobabies® - 5 per cup	5	159 g	540	180	20	7	4.0	25	660	79	3	33	10	
Caramel Cinnobabies® 5 per cup	5	190g	640	200	22	7	4.0	30	750	97	3	44	11	
Cinnobabies® - by the dozen	2 servings	213 g	750	270	30	12	4.5	50	840	106	3	51	12	
Mini M&M	12 cookies	136 g	600	220	24	12	0.0	60	480	84	0	36	12	
Mini Chocolate Chip	12 cookies	136 g	610	270	30	12	0.0	60	490	85	0	36	12	
Caramel Roll	1	185g	670	80	9	3	0.5	85	115	134	10	42	18	
Breakfast														
Burrito Original	1	173 g	410	170	18	6	0.0	120	1220	43	3	4	16	
Burrito Denver	1	190 g	410	170	19	6	0.0	120	1230	45	4	5	17	
Burrito Steak and Egg	1	183 g	360	120	13	4	0.0	175	1040	43	3	4	17	
Burrito Skillet 10"	1	205 g	470	200	22	6	0.0	120	1350	51	4	4	17	
Breakfast Burrito (Pre-Mx)	1	173g	430	190	21	7	0.0	120	1100	44	3	4	17	
Spicy Buffalo Breakfast	1	194g	440	190	21	7	0.0	120	1710	44	4	4	16	
Breakfast Taquito	1	106 g	290	90	10	4	0.0	60	640	33	2	1	9	
Sausage, Egg & Cheese Biscuit	1	190 g	540	310	34	11	6.0	150	1630	40	1	5	19	
Skillet - Sausage, Egg, Cheese & Hashbrown	1	254 g	670	370	41	11	6.0	150	1870	55	3	5	20	
Sausage Biscuit	1	133 g	440	250	28	8	6.0	35	1260	36	1	4	12	
Sausage, Egg, Pepperjack Cheese	1	209 g	560	320	36	12	6.0	170	1860	40	1	6	20	
Ham, Egg & Cheese Biscuit	1	185 g	410	170	19	6	6.0	135	1650	39	1	6	19	
Ham & Egg Biscuit	1	171 g	360	140	16	4.5	6.0	125	1420	37	1	5	17	
Bacon, Egg & Cheese Biscuit	1	159 g	420	200	22	7	6.0	130	1360	38	1	4	17	
Bacon & Egg Biscuit	1	145 g	370	170	18	5	6.0	120	1120	36	1	4	14	
Egg & Cheese Biscuit	1	147 g	370	170	18	6	6.0	115	1210	37	1	4	13	
Sausage & Egg Biscuit	1	176 g	490	280	31	9	6.0	140	1400	38	1	5	16	
Biscuit with Jelly Packet	1	105 g	310	110	12	3	6.0	0	860	44	1	10	6	
Biscuit & Gravy	1	176 g	360	170	18	4.5	6.0	10	1350	40	1	4	8	
Biscuit	1	92g	280	110	12	8	0.0	0	860	35	1	3	6	
Croissant Sausage, Egg & Cheese	1	156 g	480	290	32	12	0.0	150	1000	33	<1	6	17	
Croissant Sausage & Egg	1	142 g	440	260	29	10	0.0	140	770	32	<1	6	14	
Croissant Ham, Egg & Cheese	1	151 g	350	160	17	8	0.0	135	1030	32	<1	7	17	
Croissant Bacon, Egg & Cheese	1	125 g	360	180	20	9	0.0	130	730	31	<1	5	15	
Croissant Egg & Cheese	1	113 g	310	150	16	7	0.0	115	580	31	<1	5	11	
English Muffin Sausage, Egg & Cheese	1	156 g	400	210	23	8	0.0	150	1070	33	1	3	17	
English Muffin Sausage	1	99 g	310	150	17	5	0.0	35	700	30	<1	2	10	
English Muffin Sausage & Egg	1	156 g	390	180	20	6	0.0	140	910	38	1	3	15	
English Muffin Ham, Egg & Cheese	1	151 g	270	70	8	3.5	0.0	135	1090	32	<1	4	17	
English Muffin Bacon, Egg & Cheese	1	125 g	280	100	11	4	0.0	130	800	31	1	2	15	
English Muffin Egg & Cheese	1	113 g	230	70	7	3	0.0	115	650	31	1	2	11	
Maple Sausage French Toast Sandwich	1	133 g	340	170	19	6	0.0	95	720	31	<1	7	12	
Hashbrowns	2 hashbrowns	128 g	260	130	14	1	0.0	0	490	30	4	0	2	
Country Style Ham, Egg, Cheese on Biscuit	1	176 g	470	230	26	9	6.0	160	1870	38	1	4	21	
Chicken on Biscuit	1	181 g	460	180	20	4.5	6.0	45	1370	48	2	4	21	
Breakfast Quesadilla	1	101 g	260	110	12	5	0.0	55	680	28	2	2	12	
Half Wheat Sub (TNS) Sausage, Egg & Cheese	1	283g	740	400	45	14	0.0	290	1900	54	4	6	32	
Half Wheat Sub (TNS) Sausage & Egg	1	269g	690	370	41	12	0.0	280	1670	53	4	5	30	
Half Wheat Sub (TNS) Everything	1	347g	860	470	52	14	0.0	190	2260	71	6	6	30	
Half Wheat Sub (TNS) Bacon, Egg & Cheese	1	213g	460	160	17	5	0.0	240	1250	51	4	4	26	
Half White Sub (TNS) Sausage, Egg & Cheese	1	283 g	760	120	45	14	0.0	290	1880	58	2	8	32	
Half White Sub (TNS) Sausage & Egg	1	269 g	710	370	41	12	0.0	280	1650	57	2	7	30	
Half White Sub (TNS) Everything	1	347 g	880	470	52	14	0.0	190	2240	75	4	8	30	
Half White Sub (TNS) Bacon, Egg & Cheese	1	216 g	500	160	18	6	0.0	240	1270	55	2	6	27	
Chorizo														
Chorizo Taco	1 taco	113 g	290	130	14	5	0.0	115	750	27	2	2	13	
Chorizo Taco	2 tacos	227 g	580	260	29	11	0.0	230	1510	54	5	4	27	
Burrito Chorizo	1 burrito	170 g	400	170	19	6	0.0	120	1170	42	4	4	16	
TnS Biscuit Sandwich														
Sausage, Egg & Cheese Biscuit	1	198 g	590	350	38	14	2.5	185	1540	37	<1	4	21	
Sausage Biscuit	1	135 g	490	290	32	11	2.5	50	1160	34	<1	3	13	

ITEM	Portion (Size)	Calories	Fat Calories	Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Total	Protein	Allergens	
		(k)	(k)	(g)	Fat (g)	(g)	(mg)	(mg)	(g)	(g)	Sugar (g)	(g)		
Sausage, Egg & Pepper Jack Cheese Biscuit	1	210 g	600	360	40	15	2.5	185	1750	37	<1	5	21	
Ham, Egg & Cheese Biscuit	1	222 g	520	250	28	13	2.5	195	2040	41	<1	6	30	
Ham & Egg Biscuit	1	172 g	360	140	16	5	2.5	160	1230	36	<1	4	17	
Bacon, Egg & Cheese Biscuit	1	197 g	540	280	31	13	3.0	190	1760	40	<1	4	24	
Bacon & Egg Biscuit	1	148 g	380	170	19	6	3.0	155	950	34	<1	3	16	
Egg & Cheese Biscuit	1	184 g	480	240	27	12	2.5	175	1600	40	<1	4	20	
Biscuit with Jelly Packet	1	92 g	310	100	11	4	2.5	0	620	41	<1	8	5	
Biscuit & Gravy	1	163 g	350	150	17	5	2.5	10	1110	38	<1	2	7	

Menu Item	Serving Size	Calories	Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Half Sub - White Dough													
Values include half white sub roll, lettuce, tomatoes, green peppers, onions, and cheese													
Turkey	1	221g	330	80	8	3.5	0	35	1100	44	3	7	22
Ham	1	221g	340	70	8	4	0	35	1290	45	3	8	21
Roast Beef	1	221g	350	70	8	4	0	40	1130	45	3	8	22
Club Combo	1	259g	370	70	8	4	0	55	1550	46	3	8	28
Gold Out Combo	1	243g	490	200	22	9	0	80	1650	48	3	9	22
Italian Combo	1	208 g	450	180	20	8	0	50	1430	44	3	6	19
Veggie	1	185g	280	80	6	3.5	0	15	630	43	3	8	11
Seafood	1	250g	430	130	15	4.5	0	25	1180	56	3	12	15
Tuna	1	250g	430	130	14	4.5	0	55	1120	46	3	9	25
Chicken Salad	1	288g	410	110	13	4	0	35	1610	50	3	9	20
Hawaiian Chicken Salad	1	265g	430	140	15	4.5	0	35	1490	52	3	12	18
Taco	1	250g	410	130	14	7	0	40	1080	48	4	9	20
Meatball	1	312 g	520	180	20.5	8	0.5	55	1640	57.5	5.5	13.5	26
BLT	1	185 g	360	105	12	5.5	0	32.5	895	43	2.5	6	18
Steak & Cheese (mix)	1	250g	450	150	17	7	0	55	1185	46.5	2.5	7	24
Ham & Cheese (mix)	1	238g	340	85	7.5	2.5	0	15	1745	49	2.5	7.5	15.5
Chicken Fillet	1	283g	380	70	8	4	0	77.5	1245	44.5	3.5	6	32
BBQ Beef	1	250g	430	90	10	5	0.25	37.5	1085	62.5	3	24.5	19
BBQ Chicken	1	250g	430	85	9.5	4.5	0	42.5	1110	62.5	3	24.5	20
Meatball - BBQ	1	312g	520	155	17.5	8	0.5	52.5	1975	65	4.5	20	24.5
Buffalo Chicken - LTO	1	247g	400	95	10.5	4.5	0.25	65	1650	46	3	6.5	28
Philly Steak - LTO	1	288g	450	145	16	7.5	0	60	1695	47	3.5	9.5	26
Chicken Bacon Garlic Ranch	1	250g	380	80	8.5	4	0	65	1370	44.5	3	6.5	28
Sausage Egg Cheese	1	275g	700	380	43	15	0	295	1740	48	2	8	30
Everything Breakfast	1	339g	820	450	50	15	0	190	2100	65	4	8	28
Bacon, Egg, Cheese	1	208g	440	150	16	7	0	240	1130	44	2	6	25
Turkey & Bacon Club	1	173g	370	80	10	4.5	0	50	1240	42	2	5	26
Pizza Sub	1	175g	450	170	19	8	0	40	1280	46	3	6	19
Whole Sub - White Dough													
Values include whole white sub roll, lettuce, tomatoes, green peppers, onions, and cheese													
Turkey	1	439g	650	110	12	7	0	75	2190	87	5	14	43
Ham	1	439g	670	140	15	8	0	75	2590	89	5	16	41
Roast Beef	1	439g	690	140	15	8	0	85	2250	89	5	12	43
Club Combo	1	517g	750	140	15	8	0	110	3100	91	5	16	57
Gold Out Combo	1	488g	980	400	44	19	0	160	3300	96	6	17	44
Italian Combo	1	415g	890	360	40	17	0	100	2650	89	5	12	39
Veggie	1	330g	580	110	12	7	0	25	1280	86	5	12	22
Seafood	1	500g	850	280	29	9	0	50	2350	112	5	24	30
Tuna	1	500g	850	280	29	9	0	105	2230	92	5	19	49
Chicken Salad	1	532g	820	220	26	8	0	70	3220	100	6	18	40
Hawaiian Chicken Salad	1	529g	850	270	30	9	0	75	2910	104	6	24	36
Taco	1	500g	810	250	28	13	0	80	2170	97	6	17	41
Meatball	1	623g	1040	380	41	16	1	110	3280	115	11	27	52
BLT	1	369g	720	210	24	11	0	65	1730	86	5	12	36
Steak & Cheese (mix)	1	500g	890	300	34	14	0	110	2390	93	5	14	48
Ham & Cheese (mix)	1	472g	670	130	15	5	0	30	3490	98	5	15	31

ITEM	Portion (Size)	Calories (k)	Fat Calories (k)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Total Sugar (g)	Protein (g)	Allergens
Chicken Filet	1	526g	790	140	16	8	0	155	2490	89	7	12	84
BBQ Beef	1	500g	860	180	20	10	0.5	75	2170	125	6	49	38
BBQ Chicken	1	500g	850	170	19	9	0	85	2220	125	6	49	40
Meatball - BBQ	1	823g	1040	310	35	16	1	115	3950	130	9	40	49
Buffalo Chicken- LTO	1	494g	790	190	21	9	0.5	130	3300	92	6	13	56
Philly Steak - LTO	1	536g	900	290	32	15	0	120	3390	94	7	19	52
Chicken Bacon Garlic Ranch	1	499g	790	160	17	8	0	130	2740	89	6	13	56
Sausage Egg Cheese	1	550g	1400	290	88	30	0	590	3480	96	4	16	60
Everything Breakfast	1	678g	1640	900	100	30	0	380	4200	130	6	16	56
Bacon, Egg, Cheese	1	416g	880	300	32	14	0	480	2280	88	4	12	50
Turkey & Bacon Club	1	346g	740	180	20	9	0	100	2480	84	4	10	52
Pizza Sub	1	350g	900	340	38	16	0	80	2560	96	6	16	38
Half Sub - Wheat Dough		Values include half wheat sub roll, lettuce, tomatoes, green peppers, onions, and cheese.											
Turkey	1	223g	330	85	7	2.5	0	37.5	1110	42.5	5	7	24
Ham	1	238g	340	75	8.5	1.5	0	15	1755	47.5	5	8	18
Roast Beef	1	223g	350	80	8.5	3	0	42.5	1140	43.5	5	6	24
Club Combo	1	260g	375	80	8.5	3	0	55	1560	44	5	8	30.5
Cold Out Combo	1	245g	500	210	23	8.5	0	80	1655	46.5	5	8.5	24
Italian Combo	1	209g	450	185	21	7.5	0	50	1435	43	5	6	21.5
Veggie	1	167g	280	65	7	2.5	0	12.5	635	41.5	5	6	13
Seafood	1	252g	430	140	15.5	3.5	0	25	1180	54.5	5	12	17
Tuna	1	252g	430	90	15.5	3.5	0	52.5	1125	45	5	9.5	27
Chicken Salad	1	266g	410	120	14	3	0	35	1610	48	5	9	22
Hawaiian Chicken Salad	1	266g	430	145	16	3.5	0	37.5	1480	50.5	5	12.5	20.5
Taco	1	252g	410	135	15	5.5	0	40	1090	47	6	8.5	22.5
Meatball	1	313g	530	190	21.5	7	0.5	57.5	1645	56	7.5	13.5	28
BLT	1	186g	370	115	13	4.5	0	32.5	870	41.5	5	6	20
Steak & Cheese (mix)	1	252g	450	160	18	6	0	55	1200	45.5	5	7	26
Ham & Cheese (mix)	1	236g	340	75	8.5	1.5	0	15	1755	47.5	5	8	18
Chicken Filet	1	285g	390	80	9	3	0	77.5	1255	43	5.5	6	34
BBQ Beef	1	252g	430	100	11	4	0.25	37.5	1080	61	5.5	24.5	21.5
BBQ Chicken	1	252g	430	95	10.5	3.5	0	42.5	1115	61	5.5	24.5	22
Meatball - BBQ	1	313g	530	185	18.5	7	0.5	57.5	1985	63.5	6.5	20	26.5
Buffalo Chicken- LTO	1	249g	400	105	11.5	4	0.25	65	1655	44.5	5	6.5	30
Philly Steak - LTO	1	271g	480	155	17	6.5	0	60	1705	46	5.5	9.5	26.5
Chicken Bacon Garlic Ranch	1	251g	390	85	9.5	3	0	65	1375	43	5	6.5	30.5
Sausage Egg Cheese	1	275g	700	390	44	14	0	295	1740	46	4	6	32
Everything Breakfast	1	339g	820	460	51	14	0	190	2100	63	6	6	30
Bacon, Egg, Cheese	1	208g	440	180	17	6	0	240	1130	42	4	6	27
Turkey & Bacon Club	1	173g	370	100	11	3.5	0	50	1240	40	4	5	28
Pizza Sub	1	175g	450	180	20	7	0	40	1280	46	5	6	21
Whole Sub - Wheat Dough		Values include whole wheat sub roll, lettuce, tomatoes, green peppers, onions, and cheese.											
Turkey	1	445g	690	130	14	5	0	75	2220	85	10	14	48
Ham	1	475g	680	150	17	3	0	30	3510	85	10	18	36
Roast Beef	1	445g	700	160	17	6	0	85	2280	87	10	12	48