



	Serving Size (grams)	Calories	Fat (grams)	Transfat (grams)	Saturated Fat (grams)	Poly-unsaturated Fat (grams)	Mono-unsaturated Fat (grams)	Fat Cal	Cholesterol (mg)	Sodium (mg)	Carbohydrate (grams)	Protein (grams)	Fiber (grams)	Sugar (grams)
Half BBQ Veggie	305	541	17	0	9	1	1	152	41	495	76	25	5	18
Half BBQ Veggie without cheese	248	355	4	0	1	1	1	32	0	307	76	10	5	18
BBQ Brisket	319	877	44	0	18	1	1	399	127	1450	71	52	3	20
BBQ Brisket without cheese	291	768	35	0	13	1	1	319	97	1270	71	45	3	20
Half Beefeater	319	746	42	0	12	1	1	368	88	1563	62	34	4	7
Half Beefeater without cheese and mayo	276	470	14	0	5	1	1	118	48	1303	58	32	4	6
Half Big Dipper	262	615	28	0	9	1	1	250	69	1501	61	33	4	6
Half Big Dipper without cheese	234	515	20	0	4	1	1	180	49	1301	61	26	4	6
Half BLT	255	836	52	0	13	1	1	455	65	2468	59	36	4	6
Half BLT without mayo	241	630	30	0	10	1	1	255	45	2318	57	36	4	6
Half Buffalo Chicken	369	507	14	0	6	1	1	126	84	1712	61	38	4	7
Half Buffalo Chicken without cheese	340	398	5	0	1	1	1	46	54	1532	61	31	4	7
Half California Plus	284	601	32	0	10	1	1	274	30	1382	68	20	11	9
Half California Plus without cheese	255	531	26	0	6	1	1	224	10	1272	66	18	11	8
Half Californian	255	517	26	0	8	1	1	223	20	882	66	14	10	9
Half Californian without cheese	227	447	20	0	4	1	1	173	0	772	64	12	10	8
Half Chicken BBQ	390	562	13	0	6	1	1	115	80	1247	77	39	4	19
Half Chicken BBQ without cheese	361	458	5	0	1	1	1	46	54	1189	76	31	4	19
Half Chicken Parmesan	280	612	20	0	10	1	3	178	93	1541	63	48	3	10
Half Chicken Parmesan without cheese	252	405	5	0	1	1	5	45	54	886	62	31	3	9
Half Chicken Club	347	798	41	0	11	1	1	365	110	1598	67	46	4	9
Half Chicken Club without cheese and mayo	305	488	11	0	3	1	1	96	64	1390	64	38	4	9
Half Cheesey Crab	291	752	40	0	12	1	1	362	70	898	71	30	4	9
Half Cheesey Crab without cheese and mayo	220	360	5	0	1	1	1	43	8	561	69	15	4	9
Half Cheese Steak	284	648	32	0	9	1	1	278	63	1140	61	33	4	7
Half Cheese Steak without cheese	255	566	26	0	5	1	1	228	48	1010	61	26	4	7
Half Bacon Mushroom Melt	284	874	54	0	17	1	1	476	86	1657	61	40	4	6
Half Bacon Mushroom Melt without cheese and mayo	213	482	18	0	6	1	1	156	25	1319	58	25	4	6
Half Crab Californian	312	598	28	0	8	1	1	236	28	1374	78	20	10	12
Half Crab Californian without cheese	284	528	22	0	4	1	1	186	8	1264	76	18	10	11
Half Creamy Club	312	734	41	0	11	1	1	364	85	1663	64	32	4	9
Half Creamy Club without cheese and mayo	269	458	13	0	4	1	1	114	45	1403	60	30	4	8
Half Creamy Crab	291	714	39	0	10	1	1	343	58	1321	73	23	4	10
Half Creamy Crab without cheese and mayo	248	438	11	0	3	1	1	93	18	1061	69	21	4	9
Half Dagwood's Dream	319	588	25	0	8	1	1	227	60	1181	64	31	5	8
Half Dagwood's Dream without cheese	291	506	19	0	4	1	1	177	45	1051	64	24	5	8
Half Experience	298	664	31	0	14	1	1	269	103	1893	61	39	3	9
Half Experience without cheese	241	485	16	0	5	1	1	139	53	1603	59	30	3	8
Half Four Cheese	305	618	30	0	17	1	1	261	81	1135	61	30	4	9
Half Four Cheese without cheese	191	283	3	0	1	1	1	31	0	418	59	9	4	8
Half Green Turkey	340	668	33	0	10	1	1	281	60	1967	71	32	11	11
Half Green Turkey without cheese	312	598	27	0	6	1	1	231	40	1857	69	30	11	10
Half Grilled Cheese	198	472	21	0	11	1	1	179	50	1114	55	19	3	6
Half Grilled Cheese without cheese	128	274	3	0	1	1	1	29	0	64	55	9	3	6
Half Ham and Cheese	305	697	37	0	10	1	1	340	81	1476	66	28	4	11
Half Ham and Cheese without cheese and mayo	262	387	7	0	3	1	1	70	35	1268	64	20	4	11
Half Hoagie	333	739	43	0	12	1	5	391	78	2188	64	27	4	11
Half Hoagie without cheese	305	660	36	0	8	1	5	331	58	1768	64	23	4	11
Half Italian	294	673	31	0	15	1	3	284	82	1483	65	37	5	10
Half Italian without cheese	262	484	18	0	7	1	1	171	48	898	64	20	5	9
Half Jacked Chicken Ranch	312	727	37	0	11	1	1	322	86	1687	64	40	5	8
Half Jacked Chicken Ranch without cheese	284	618	28	0	6	1	1	242	56	1507	64	33	5	8
Half Meatball Grinder	323	810	42	0	20	1	3	369	94	1522	67	45	3	10
Half Meatball Grinder without cheese	291	621	29	0	12	1	1	256	60	937	66	28	3	9
Half Mega Roast Beef	312	643	22	0	9	1	1	188	74	1596	76	40	4	18
Half Mega Roast Beef without cheese	284	539	14	0	5	1	1	118	48	1539	75	32	4	18
Half Meatless Masterpiece	305	622	31	0	15	1	5	276	76	643	64	27	4	7
Half Meatless Masterpiece without cheese	220	338	8	0	1	1	5	76	0	296	61	10	4	6
Half Pastrami Melt	333	552	22	0	9	1	1	201	64	1818	62	31	4	9
Half Pastrami Melt without cheese	305	443	13	0	4	1	1	121	34	1638	62	24	4	9
Half Pesto Bello	347	632	31	0	11	1	1	276	46	675	67	27	6	10
Half Pesto Bello without cheese	291	441	16	0	3	1	1	146	1	365	67	13	6	10
Half Pesto Bello Combo	404	632	31	0	11	1	1	276	46	675	67	27	6	10
Half Pesto Bello Combo without cheese	347	441	16	0	3	1	1	146	1	365	67	13	6	10
Half PBJ	177	515	17	0	4	1	1	153	0	195	79	15	4	23
Half PBJ	177	515	17	0	4	1	1	153	0	195	79	15	4	23



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Half Planet Veggie	319	556	23	0	11	1	1	210	50	1131	68	27	8	9
Half Planet Veggie without cheese	262	347	6	0	1	1	1	60	0	751	68	13	8	9
Half Planet Sub	333	763	42	0	12	1	1	378	90	2096	63	36	4	8
Half Planet Sub without cheese and mayo	291	453	12	0	4	1	1	108	44	1888	61	28	4	8
Half Planet BBQ	248	466	8	0	3	1	1	71	46	1543	76	26	3	22
Half Planet BBQ	248	466	8	0	3	1	1	71	46	1543	76	26	3	22
Half Planet Combo	248	417	14	0	6	1	1	130	20	765	61	17	6	7
Half Planet Combo without cheese	220	317	6	0	1	1	1	60	0	565	61	10	6	7
Half Roast Beef Club	298	715	39	0	9	1	1	343	73	1703	60	35	4	6
Half Roast Beef Club without mayo	284	509	17	0	6	1	1	143	53	1553	58	35	4	6
Half Reuben	333	547	21	0	9	1	1	198	61	1695	61	32	4	9
Half Reuben without cheese	305	443	14	0	4	1	1	128	34	1638	60	24	4	9
Half Roast Beef	276	598	30	0	6	1	1	268	58	953	60	26	4	6
Half Roast Beef without mayo	262	392	8	0	3	1	1	68	38	803	58	26	4	6
Half Spicy Cheese	276	547	24	0	14	1	1	211	65	685	61	26	5	7
Half Spicy Cheese without cheese	191	286	3	0	1	1	1	31	0	265	59	10	5	6
Half Super Hero	291	753	43	0	14	9	4	382	83	1776	63	33	4	7
Half Super Hero without cheese	262	653	35	0	10	9	4	312	63	1576	63	26	4	7
Half Southwest Chicken	347	517	14	0	6	1	1	128	85	1220	62	39	4	8
Half Southwest Chicken without cheese	319	408	5	0	1	1	1	48	55	1040	62	32	4	8
Half Tempeh Parmesan	294	744	33	0	13	5	5	291	39	1028	77	45	11	10
Half Tempeh Parmesan without cheese	262	536	18	0	4	5	3	157	0	373	76	28	11	9
Half Tuna Bacon Melt	347	912	52	0	12	1	1	472	126	1466	67	47	4	11
Half Tuna Bacon Melt without cheese and mayo	305	602	23	0	5	1	1	203	80	1258	64	39	4	11
Half Tempeh Reuben	333	766	39	0	10	5	3	347	31	657	79	35	10	10
Half Tempeh Reuben without cheese	305	662	31	0	6	5	3	277	5	600	78	27	10	10
Half Tijuana Taxi	319	677	37	0	10	1	1	328	78	1570	60	30	4	6
Half Tijuana Taxi without cheese and mayo	276	392	8	0	3	1	1	68	38	1000	58	26	4	6
Half Torpedo	361	620	30	0	11	1	5	271	76	1786	61	31	4	7
Half Torpedo without cheese	333	516	22	0	7	1	5	202	50	1728	60	23	4	7
Half Turkey	276	552	26	0	4	1	1	238	50	803	62	21	4	8
Half Turkey without mayo	262	346	4	0	1	1	1	38	30	653	60	21	4	8
Half Turkey Club	298	669	35	0	7	1	1	313	65	1553	62	30	4	8
Half Turkey Club without mayo	291	463	13	0	4	1	1	113	45	1403	60	30	4	8
Half Tuna	305	730	39	0	6	1	1	353	90	908	66	33	4	11
Half Tuna without mayo	291	524	17	0	3	1	1	153	70	758	64	33	4	11
Half Veggie Grinder	294	540	21	0	9	1	6	190	34	916	66	28	6	9
Half Veggie Grinder without cheese	262	350	8	0	1	1	5	77	0	331	65	10	6	8
Half Veggie	291	766	46	0	16	1	1	412	81	826	63	29	5	6
Half Veggie without cheese and mayo	248	295	4	0	1	1	1	32	0	68	61	10	5	6
Chipotle Chicken Wrap	343	425	18	0	7	3	2	160	75	1876	42	45	21	3
Chipotle Chicken Wrap without cheese	320	346	11	0	3	3	2	100	55	1456	42	41	21	3
Greek Chicken Wrap	266	497	28	0	8	3	5	258	61	1846	43	39	21	3
Greek Chk without cheese	255	429	24	0	5	3	5	218	46	1576	41	34	21	3
La Fiesta Wrap	279	357	16	0	7	3	2	139	50	1527	42	32	20	6
La Fiesta without cheese	251	287	10	0	3	3	2	89	30	1417	40	30	20	5
LG Garden Salad	425	282	17	0	3	9	4	145	0	334	33	6	6	3
Large Greek Salad	468	392	25	0	6	9	7	226	15	831	35	10	5	3
LG Caesar Salad	539	540	28	0	8	9	5	246	78	1825	36	40	5	5
Sm Caesar Salad	269	270	14	0	4	4	3	123	39	912	18	20	2	2
SM Garden Salad	213	141	8	0	1	4	2	73	0	167	17	3	3	1
Small Greek Salad	248	174	10	0	3	4	2	91	8	300	17	5	2	1
Side Greek Vinagrette	28	89	9	0	2	0	0	80	5	270	2	0	0	1
Side Creamy Caesar	28	151	15	0	3	0	0	130	15	420	2	2	0	1
Baja Chk Enchilada	284	349	24	1	11	0	0	213	88	1488	21	16	4	8
Broccoli Cheddar Soup	284	280	20	0	11	0	0	175	56	1150	16	10	1	5
Potato	284	365	24	1	12	0	0	215	70	1203	25	14	1	5
Tomato Basil	284	293	23	0	14	0	0	200	75	863	21	4	3	4