



NUTRITIONAL INFORMATION

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	DELUXE SUB SANDWICHES (on white bread)															
Mother Lode - small (5")	303	597	275	30.3	8.8	0	82	1826	46.3	1.0	1	34.4	9	17	18	20
Mother Lode - medium (8")	512	1028	497	54.8	17.5	0	161	3405	69.7	1.5	2	63.7	13	28	32	34
Mother Lode - large (11")	726	1461	720	79.2	25.9	0	241	4983	93.4	1.9	3	93.1	18	40	46	48
Mother Lode - XL (16")	1024	2057	995	109.5	35.0	0	323	6810	139.5	2.9	4	127.5	26	55	63	68
Cowboy - small (5")	234	497	178	19.8	7.1	1	64	1225	54.0	1.3	9	25.2	4	3	23	19
Cowboy - medium (8")	356	753	268	29.8	10.6	1	96	1882	83.1	1.9	16	37.9	7	4	35	28
Cowboy - large (11")	477	1007	357	39.7	14.1	1	127	2526	110.7	2.5	21	50.5	9	5	47	38
Cowboy - XL (16")	713	1507	536	59.6	21.2	2	191	3763	166.2	3.8	31	75.7	13	8	70	57
COLD SUB SANDWICHES (on white bread)																
Georgetown - small (5")	225	447	170	18.8	5.2	0	42	1048	45.7	1.6	1	24.0	9	8	17	13
Georgetown - medium (8")	351	710	278	30.7	8.9	0	74	1693	68.5	2.3	1	40.6	13	10	31	20
Georgetown - large (11")	483	962	367	42.5	12.7	0	105	2336	91.5	3.1	2	57.1	17	14	45	27
Georgetown - XL (16")	703	1419	555	61.5	17.9	0	148	3387	137.0	4.6	3	81.2	25	21	62	40
Tombstone - small (5")	228	407	133	14.4	3.2	0	37	869	44.1	0.8	1	24.8	9	8	17	13
Tombstone - medium (8")	370	664	226	24.5	6.5	0	71	1491	66.2	1.1	1	44.6	13	10	31	20
Tombstone - large (11")	518	922	320	34.6	9.4	0	105	2112	88.4	1.5	1	64.4	17	14	45	27
Tombstone - XL (16")	741	1329	453	49.0	13.0	0	142	2982	132.4	2.2	2	89.2	25	21	62	40
Dodge City - small (5")	238	618	344	37.7	12.4	0	73	1480	45.6	1.0	1	22.8	9	17	18	17
Dodge City - medium (8")	371	1014	587	64.5	22.3	0	129	2517	68.4	1.5	1	38.4	13	28	32	27
Dodge City - large (11")	510	1410	829	91.3	31.9	0	185	3554	91.3	1.9	1	54.1	18	40	46	36
Dodge City - XL (16")	743	2027	1173	129.0	44.6	0	257	5035	136.8	2.9	2	76.8	26	55	63	53
Lawless Leadville - small (5")	228	415	140	15.2	3.9	0	41	1080	44.8	0.8	1	24.0	9	8	18	15
Lawless Leadville - medium (8")	370	681	240	26.2	7.8	0	79	1913	67.5	1.1	2	42.9	13	10	31	24
Lawless Leadville - large (11")	518	947	340	37.3	11.5	0	116	2745	90.4	1.5	3	61.9	17	14	45	33
Lawless Leadville - XL (16")	741	1362	481	52.5	15.7	0	157	3826	135.1	2.2	4	85.8	25	21	62	48
King Bullion - small (5")	228	412	138	14.9	3.8	0	39.8	994	44.1	0.8	1	24.3	9	8	17	16
King Bullion - medium (8")	370	674	236	25.5	7.5	0	77	1741	66.2	1.1	1	43.6	13	10	31	26
King Bullion - large (11")	518	937	335	36.1	11.0	0	114	2487	88.4	1.5	1	62.9	17	14	45	35
King Bullion - XL (16")	741	1348	473	51.0	15.1	0	153	3482	132.4	2.2	2	87.2	25	21	62	52
Caribou - small (5")	225	451	177	19.4	5.7	0	37	879	45.8	1.6	1	22.9	11	8	27	13
Caribou - medium (8")	358	742	307	33.9	11.3	0	71	1489	69.0	2.3	1	40.6	16	10	51	20
Caribou - large (11")	497	1034	438	48.3	16.6	0	104	2098	92.3	3.1	2	58.2	23	14	75	27
Caribou - XL (16")	717	1484	615	67.7	22.5	0	141	2977	138.0	4.6	3	81.2	33	21	102	40
California Gulch - small (5")	260	544	248	27.1	7.3	0	54	995	46.0	1.1	1	27.4	11	9	32	17
California Gulch - medium (8")	440	969	488	53.5	14.7	0	108	1763	70.0	1.8	1	49.8	16	12	61	27
California Gulch - large (11")	624	1395	728	79.9	22.0	0	162	2530	94.1	2.5	2	72.3	23	17	90	37
California Gulch - XL (16")	879	1938	977	107.0	29.3	0	216	3526	140.0	3.6	3	99.7	33	25	122	53
Silver City - small (5")	245	540	260	28.7	8.3	0	59	1433	46.3	1.0	1	23.6	9	17	18	18
Silver City - medium (8")	396	914	467	51.7	16.4	0	115	2619	69.7	1.5	2	42.1	13	28	32	28
Silver City - large (11")	552	1289	674	74.7	24.3	0	171	3805	93.4	1.9	3	60.6	18	40	46	39
Silver City - XL (16")	792	1829	934	103.4	32.9	0	229	5239	139.5	2.9	4	84.2	26	55	63	56
Comstock - small (5")	232	440	162	17.3	5.4	0	52	1140	44.1	0.8	1	25.0	11	8	20	19
Comstock - medium (8")	370	694	256	27.5	9.1	0	92	1972	66.2	1.1	1	42.6	15	10	31	32
Comstock - large (11")	513	948	351	37.6	12.6	0	132	2803	87.4	1.5	1	60.2	19	14	41	44
Comstock - XL (16")	741	1388	513	54.9	18.2	0	184	3943	132.5	2.2	2	85.2	29	21	61	63
Virginia City - small (5")	232	447	165	18.1	5.7	0	54	1312	45.5	0.8	2	24.3	11	8	21	17
Virginia City - medium (8")	370	707	264	29.0	9.7	0	96	2316	68.9	1.1	3	41.2	15	10	31	28
Virginia City - large (11")	513	968	363	39.9	13.4	0	137	3319	91.5	1.5	4	58.2	19	14	42	38
Virginia City - XL (16")	741	1415	528	58.0	19.4	0	192	4631	137.9	2.2	6	82.4	29	21	63	56

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	COLD SUB SANDWICHES CONTINUED (on white bread)															
Boomtown - small (5")	212	550	264	30.1	8.9	0	73	1301	44.1	0.8	1	27.6	9	8	17	13
Boomtown - medium (8")	317	852	417	47.6	15.0	0	115	2004	66.2	1.1	1	43.1	13	10	31	20
Boomtown - large (11")	428	1156	571	65.1	20.8	0	158	2706	88.4	1.5	1	58.6	17	14	45	27
Boomtown - XL (16")	937	2247	1001	113.1	32.4	0	262	5097	199.4	4.5	3	112.7	34	31	73	60

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WARM SUB SANDWICHES (on white bread)																
Cripple Creek - small (5")	240	473	179	18.1	5.3	0	77	1049	45.0	0.8	1	31.6	9	8	17	15
Cripple Creek - medium (8")	359	737	288	29.4	9.0	0	120	1628	67.5	1.1	1	49.1	13	10	31	22
Cripple Creek - large (11")	484	989	380	40.6	12.8	0	164	2205	90.2	1.5	1	66.7	17	14	45	29
Cripple Creek - XL (11")	719	1473	577	58.8	18.1	0	241	3257	135.1	2.2	2	98.3	25	21	62	44
Buffalo Stampede - small (5")	229	381	91	7.6	2.6	0	73	1659	43.8	0.5	0	32.0	4	2	17	15
Buffalo Stampede - medium (8")	356	597	154	13.4	5.1	0	114	2540	66.0	0.8	0	49.8	7	3	31	22
Buffalo Stampede - large (11")	481	812	217	19.2	7.5	0	155	3420	88.1	1.1	0	67.6	10	4	44	30
Buffalo Stampede - XL (11")	711	1193	308	26.7	10.1	0	228	5080	131.9	1.6	0	99.7	14	6	62	44
Frontier - small (5")	221	442	127	12.6	4.4	0	74	1122	50.1	0.5	6	31.4	4	2	18	17
Frontier - medium (8")	343	696	207	20.9	7.7	0	116	1774	77.6	0.2	11	49.1	8	6	32	25
Frontier - large (11")	464	945	289	29.2	11.1	0	158	2421	103.9	1.1	14	66.3	10	4	47	34
Frontier - XL (11")	672	1324	368	36.2	13.6	0	212	3321	154.5	1.6	20	93.0	14	6	66	51
Silver Plume - small (5")	248	457	162	15.3	3.6	0	79	852	44.9	0.8	1	32.3	9	8	17	15
Silver Plume - medium (8")	372	713	265	25.4	7.1	0	124	1331	67.4	1.1	1	50.1	13	10	31	22
Silver Plume - large (11")	501	970	367	35.4	10.2	0	169	1810	90.0	1.5	1	68.0	17	14	45	30
Silver Plume - XL (11")	744	1426	529	50.7	14.1	0	248	2663	134.7	2.2	2	100.3	25	21	62	45
Steam Engine - small (5")	241	515	192	21.2	6.4	0	47	1234	53.5	3.2	2	29.3	6	28	18	30
Steam Engine - medium (8")	383	818	316	34.9	10.5	0	77	1978	82.0	5.3	2	47.0	11	44	29	48
Steam Engine - large (11")	524	1120	441	48.6	14.6	0	107	2722	110.4	7.4	3	64.7	15	60	40	65
Steam Engine - XL (16")	721	1627	632	69.8	21.0	0	154	3955	161.8	9.8	4	93.7	18	27	57	95
Homestake - small (5")	197	423	110	12.2	4.8	0	62	1247	47.0	0.5	0	29.6	3	20	16	14
Homestake - medium (8")	302	654	178	19.7	8.2	0	97	1907	70.8	0.8	0	45.6	6	32	28	22
Homestake - large (11")	408	884	246	27.3	11.5	0	132	2567	94.6	1.0	1	61.5	9	44	40	29
Homestake - XL (16")	605	1307	355	39.5	16.3	0	194	3815	141.7	1.5	1	91.2	12	64	56	43
Coeur D'Alene - small (5")	329	391	80	8.5	3.8	0	48	2228	47.5	0.0	3	28.2	2	0	17	21
Coeur D'Alene - medium (8")	430	599	138	14.8	6.8	0	77	2930	69.0	0.0	3	44.1	4	0	30	32
Coeur D'Alene - large (11")	531	808	196	21.1	9.8	0	106	3631	90.5	0.0	3	60.0	6	0	43	42
Coeur D'Alene - XL (16")	700	1153	270	29.0	13.2	0	144	4756	133.0	0.0	3	84.6	7	0	60	61
Outlaw - small (5")	254	430	145	15.6	4.7	0	54	1456	44.1	0.8	1	28.5	9	8	17	22
Outlaw - medium (8")	380	672	239	25.8	8.7	0	86	2237	66.2	1.1	1	44.4	13	10	31	34
Outlaw - large (11")	512	916	334	36.0	12.4	0	119	3018	88.4	1.5	1	60.4	17	14	45	45
Outlaw - XL (16")	761	1345	479	51.6	17.5	0	172	4475	132.4	2.2	2	88.9	25	21	62	67
WRAPS (on white 12" tortilla wrap)																
Ghost Town Wrap	336	705	323	33.9	12.0	0	116	1671	57.7	4.3	1	41.2	108	29	42	21
Claim Jumper Wrap	344	730	346	38.8	13.5	0	103	1958	57.1	4.3	2	38.5	109	29	42	21
Stagecoach Wrap	319	663	242	25.4	10.7	0	111	1819	67.4	4.0	10	40.9	102	22	44	25
Prospector Wrap	362	643	280	28.5	9.8	0	102	1658	59.2	4.5	1	34.6	109	30	31	22
VEGGIE SUB SANDWICHES (on white bread)																
Pikes Peak Or Bust - small (5")	196	425	172	18.9	5.7	0	26	745	45.8	1.6	1	17.2	11	8	27	13
Pikes Peak Or Bust - medium (8")	300	690	297	32.8	11.3	0	50	1221	69.0	2.3	1	29.3	16	10	51	20
Pikes Peak Or Bust - large (11")	410	956	422	46.8	16.6	0	73	1696	92.3	3.1	2	41.3	23	14	75	27
Pikes Peak Or Bust - XL (16")	601	1380	594	65.7	22.5	0	100	2441	138.0	4.6	3	58.5	33	21	102	40
SOUP & CHILI & RELATED ITEMS																
Broccoli Cheese (8 oz cup)	224	134	78	9.0	4.5	0	34	1165	11.2	<1	4	4.5	179	35	13	0
Broccoli Cheese (16 oz bowl)	448	268	156	18.0	9.0	0	68	2330	22.4	<1	9	9.0	358	70	27	0
SOUP & CHILI & RELATED ITEMS CONTINUED																
Chili (8 oz cup)	250	280	110	13.0	5.0	0	55	1150	20.0	4.0	4	21.0	10	4	4	15
Chili (16 oz bowl)	500	560	220	26.0	10.0	0	110	2300	40.0	8.0	8	42.0	20	8	8	30
Side of White Bread	91	227	16	1.6	0.0	0	0	453	42.0	0.0	0	9.7	0	0	7	13
Side of Wheat Bread	91	227	13	3.3	0.0	0	0	421	42.0	3.3	3	9.7	0	0	7	13
Oyster crackers (1 package)	14	60	20	2.0	0.0	0	0	140	10.0	0.0	0	1.0	0	0	0	4
SALADS & SALAD RELATED ITEMS																
Grilled Chicken Salad	430	296	137	11.5	5.5	0	108	511	15.2	8.1	2	31.4	359	93	29	18
Chef Salad	448	290	123	12.9	6.4	0	78	1156	15.6	8.1	3	28.9	359	93	29	20
Chicken Caesar Feta Salad	444	358	190	17.2	9.4	0	117	787	16.1	8.1	2	33.1	363	93	35	18
Garden Salad	332	169	88	9.1	5.0	0	30	198	14.3	8.1	2	7.9	359	93	29	16
Cucumbers (x4)-Grilled Chicken, Chef, Garden	22	3	1	0.1	0.0	0	0	0	0.8	0.2	0	0.2	1	1	1	1
Tomato Wedges (x4)-Grilled Chix, Chef, Garden	62	11	0	0.0	0.0	0	0	3	2.5	0.5	2	0.5	10	13	1	1
Romaine Lettuce -Side Salad, Wraps	56	10	2	0.0	0.0	0	0	4	2.0	2.0	0	0.0	98	22	2	4
Romaine Lettuce- Grilled Chix, Chef, CCF & Garden	196	35	7	0.0	0.0	0	0	14	7.0	7.0	0	0.0	343	77	7	14
Grilled Chicken Meat on Grilled Chix Salad	98	127	49	2.4	0.5	0	78	314	1.0	0.0	0	23.5	0	0	0	2
Grilled Chicken Meat on Chicken Caesar Feta Salad	84	109	42	2.1	0.4	0	67	269	0.8	0.0	0	20.2	0	0	0	2



Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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NUTRITIONAL INFORMATION

Croutons (1 packet)	7	30	10	1.0	0.0	0	0	100	5	0.0	0	1.0	0	0	0	2
Ranch Dressing - 1.5 oz packet	42	250	240	26.0	4.0	0	15	370	2.0	0.0	1	0.0	0	0	0	0
Fat Free Ranch Dressing - 1.5 oz packet	42	60	0	0.0	0.0	0	0	410	14.0	0.0	3	0.0	0	0	0	0
Golden Italian Dressing - 1.5 oz packet	42	105	90	10.5	2.0	0	0	310	2.0	0.0	2	0.0	0	0	0	0
Blue Cheese Dressing - 1.5 oz packet	42	200	190	21.0	4.0	0	20	420	2.0	0.0	1	1.0	2	0	4	0
Honey Mustard (1.5oz cup)	42	182	168	18.2	2.8	0	14	308	5.6	0.0	6	0.0	0	0	0	0
Raspberry Vinaigrette - 1.5 oz packet	42	40	0	0.0	0.0	0	0	380	9.0	0.0	9	0.0	0	0	0	0
Caesar Creamy - 1.5 oz packet	42	180	160	18.0	3.5	0	20	460	3.0	0.0	2	2.0	0	0	6	0
1000 Island - 1.5 oz packet	42	210	180	20.0	3.5	0	15	390	7.0	0.0	6	<1	2	0	0	0

SIDES

Lays Potato Chips (1.5oz)	42	240	140	16.0	1.5	0	0	250	23.0	2.0	1	3.0	0	15	0	4
Baked Lays (1.125oz)	32	130	20	2.0	0.0	0	0	150	26.0	2.0	2	2.0	0	4	0	2
Baked BBQ Lays (1.125oz)	32	140	35	3.5	0.0	0	0	240	24.0	2.0	3	2.0	0	4	2	0
Harvest Cheddar Sun Chips (1.5oz)	42	210	90	10.0	1.5	0	0	310	29.0	4.0	3	3.0	2	0	0	2
Garden Salsa Sun Chips (1.5oz)	42	210	80	9.0	1.5	0	0	210	29.0	4.0	3	3.0	0	0	0	2
Cheetos (2oz)	56	320	180	21.0	4.0	0	0	580	30.0	1.0	2	3.0	2	0	2	6
Sour Cream & Onion (1.5oz)	42	240	135	15.0	1.5	0	0	240	22.5	1.5	2	3.0	0	15	3	3
Nacho Cheese Doritos (1.75oz)	49	260	120	14.0	2.5	0	0	360	30.0	2.0	2	3.0	2	0	2	2
Cooler Ranch Doritos (1.75oz)	49	260	120	13.0	2.0	0	0	320	31.0	3.0	2	3.0	0	0	4	2
Miss Vickies Jalapeno (1.375oz)	39	210	110	12.0	1.5	0	0	180	22.0	2.0	2	3.0	0	15	0	4
Miss Vickies Salt & Vinegar (1.375oz)	39	210	110	12.0	1.0	0	0	230	23.0	2.0	2	2.0	0	10	0	4
Miss Vickies BBQ (1.375oz)	39	210	110	12.0	1.5	0	0	210	23.0	2.0	2	3.0	0	15	0	4

Variety of flavors served - please visit www.fritolay.com for nutritional information on additional items

Whole Dill Pickle	135	5	0	0.0	0.0	0	1	1543	0.0	0.0	0	0.0	0	8	0	0
Potato Salad	156	262	125	13.7	2.9	0	11	616	31.9	3.4	9	3.4	0	0	0	7
Jalapeno Coleslaw - 4oz	141	100	42	4.8	0.8	0	3	372	11.9	3.0	9	1.4	1	6	6	4

DESSERTS

Chocolate Chunk Cookie	85	387	137	15.3	7.4	0	3	371	59.1	1.3	35	4.9	1	0	3	9
White Chunk Macadamia Cookie	85	390	140	15.0	7.0	0	15	370	59.0	1.0	35	5.0	0	0	4	10
Deluxe Fudge Brownie	85	430	200	22.0	6.0	0	35	260	57.0	3.0	37	6.0	2	0	4	10

Serving Size (g)	35	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	

BEVERAGES

Coke - Regular (22oz)	-	300	0	0.0	0.0	0	0	105	81.0	0.0	81	0.0	0	0	0	0
Coke - Large (32oz)	-	400	0	0.0	0.0	0	0	140	108.0	0.0	108	0.0	0	0	0	0
Diet Coke - Regular (22oz)	-	0	0	0.0	0.0	0	0	90	0.0	0.0	0	0.0	0	0	0	0
Diet Coke - Large (32oz)	-	0	0	0.0	0.0	0	0	120	0.0	0.0	0	0.0	0	0	0	0
Sprite - Regular (22oz)	-	300	0	0.0	0.0	0	0	135	78.0	0.0	78	0.0	0	0	0	0
Sprite - Large (32oz)	-	400	0	0.0	0.0	0	0	180	104.0	0.0	104	0.0	0	0	0	0

Variety of flavors served - please visit www.coca-cola.com for nutritional information on additional items

Chocolate Milk Lowfat 1% Organic 8oz	-	150	25	2.5	1.5	0	15	290	25.0	1.0	22	9.0	10	0	30	4
White Milk Lowfat 1% Organic 8oz	-	110	20	2.5	1.5	0	15	130	13.0	0.0	12	8.0	10	0	30	0


KID'S SUBS (on white bread) & KIDS RELATED ITEMS

Ham & Provolone Cheese	43	84	47	5.4	2.9	0	24	445	1.2	0.0	1	8.3	2	0	10	2
Ham & Cheddar Cheese	48	108	66	7.4	4.0	0	34	465	1.2	0.0	1	9.5	4	0	13	2
Turkey & Provolone Cheese	43	76	40	4.5	2.2	0	20	234	0.5	0.0	0	9.2	2	0	10	0
Turkey & Cheddar Cheese	48	99	59	6.5	3.3	0	30	254	0.5	0.0	0	10.3	4	0	13	0
Fruit Snacks	25	80	0	0.0	0.0	0	0	5	19.0	0.0	13	1.0	0	100	0	0
Goldfish Crackers	21	100	30	3.5	1.0	0	<5	170	14.0	1.0	0	3.0	0	0	2	2


MEATS

Turkey - Small & Kid's Meal	29	26	5	0.5	0.0	0	10	134	0.0	0.0	0	5.7	0	0	0	0
Turkey - double sm, med, Chef Salad or Claim Jumper wrap	58	52	10	1.0	0.0	0	21	268	0.0	0.0	0	11.3	0	0	0	0
Turkey - large	87	78	15	1.5	0.0	0	31	402	0.0	0.0	0	17.0	0	0	0	0
Turkey - double medium or XL	116	104	21	2.1	0.0	0	41	536	0.0	0.0	0	22.7	0	0	0	0
Turkey - double large	174	157	31	3.1	0.0	0	62	803	0.0	0.0	0	34.0	0	0	0	0
Turkey - double XL	232	209	41	4.1	0.0	0	82	1071	0.0	0.0	0	45.3	0	0	0	0
Grilled Chicken - small Cripple/Frontier	56	73	28	1.4	0.3	0	45	179	0.6	0.0	0	13.4	0	0	0	1
Grilled Chicken - small Silver Plume & Buff Stampede	78	102	39	2.0	0.4	0	63	251	0.8	0.0	0	18.8	0	0	0	2
Grilled Chicken - Med Crip Crk, Frontier, Wrap, Chix Caesar Sal	84	109	42	2.1	0.4	0	67	269	0.8	0.0	0	20.2	0	0	0	2
Grilled Chicken - Med Silver Plume & Buff Stampede	118	153	59	2.9	0.6	0	94	376	1.2	0.0	0	28.2	0	0	0	2
Grilled Chicken - Large Cripple Creek & Frontier	112	146	56	2.8	0.6	0	90	358	1.1	0.0	0	26.9	0	0	0	2
Grilled Chicken - Large SPlume & Buff Stampede	157	204	78	3.9	0.8	0	125	502	1.6	0.0	0	37.6	0	0	0	3
Grilled Chicken - XL Cripple Creek & Frontier	168	218	84	4.2	0.8	0	134	538	1.7	0.0	0	40.3	0	0	0	3
Grilled Chicken - XL Silver Plume & Buff Stampede	235	306	118	5.9	1.2	0	188	753	2.4	0.0	0	56.4	0	0	0	5

NUTRITIONAL INFORMATION

Roast Beef - 1/2 small cold	29	31	10	1.0	0.5	0	13	259	0.0	0.0	0	5.2	0	0	0	3
Roast Beef - small or 1/2 medium cold	58	62	20	2.0	1.1	0	26	518	0.0	0.0	0	10.3	0	0	0	6
Roast Beef - 1/2 large cold	87	93	30	3.0	1.6	0	39	777	0.0	0.0	0	15.5	0	0	0	9
Roast Beef - small Coeur D'Alene	84	90	29	2.9	1.5	0	38	750	0.0	0.0	0	15.0	0	0	0	8
Roast Beef - medium cold or 1/2 XL cold	116	124	41	4.1	2.1	0	52	1036	0.0	0.0	0	20.7	0	0	0	12
Roast Beef - medium Coeur D'Alene	126	134	44	4.4	2.3	0	57	1125	0.0	0.0	0	22.5	0	0	0	13
Roast Beef - large cold	174	186	61	6.1	3.2	0	78	1554	0.0	0.0	0	31.0	0	0	0	17
Roast Beef - large Coeur D'Alene	168	179	59	5.9	3.1	0	76	1500	0.0	0.0	0	30.0	0	0	0	17
Roast Beef - XL cold	232	248	81	8.1	4.2	0	104	2072	0.0	0.0	0	41.4	0	0	0	23
Roast Beef - XL Coeur D'Alene	252	269	88	8.8	4.6	0	113	2251	0.0	0.0	0	44.9	0	0	0	25
Ham - 1/2 small, Kid's Meal, Claim Jumper Wrap	29	34	12	1.4	0.7	0	14	345	0.7	0.0	1	4.8	0	0	0	2
Ham - small, 1/2 medium, or Chef Salad	58	69	24	2.8	1.4	0	28	690	1.4	0.0	1	9.7	0	0	0	4
Ham - 1/2 large	87	103	36	4.2	2.0	0	42	1035	2.0	0.0	2	14.5	0	0	0	6
Ham - medium or 1/2 XL	116	137	48	5.6	2.7	0	56	1380	2.7	0.0	2	19.3	0	0	0	8
Ham - large	174	206	73	8.4	4.1	0	84	2070	4.1	0.0	3	29.0	0	0	1	12
Ham - XL	232	275	97	11.2	5.4	0	112	2760	5.4	0.0	4	38.6	0	0	2	16
Salami - 1/2 small	28	119	98	10.9	4.2	0	28	487	0.0	0.0	0	5.2	0	8	0	2
Salami - small or 1/2 medium	56	238	196	21.8	8.3	0	57	974	0.0	0.0	0	10.3	0	15	0	4
																
	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
MEATS CONTINUED																
Salami - 1/2 large	84	358	295	32.7	12.5	0	85	1461	0.0	0.0	0	15.5	0	23	0	6
Salami - medium or 1/2 XL	112	477	393	43.6	16.6	0	113	1947	0.0	0.0	0	20.6	0	31	0	8
Salami - large	168	715	589	65.3	24.9	0	170	2921	0.0	0.0	0	30.9	0	46	0	12
Salami - XL	224	954	786	87.1	33.3	0	227	3895	0.0	0.0	0	41.2	0	62	0	15
Pastrami - small	84	75	22	2.2	1.5	0	37	854	0.0	0.0	0	15.0	0	0	0	9
Pastrami - medium	126	113	34	3.4	2.3	0	56	1282	0.0	0.0	0	22.5	0	0	0	14
Pastrami - large	168	150	45	4.5	3.0	0	75	1709	0.0	0.0	0	30.0	0	0	0	18
Pastrami - XL	252	225	68	6.8	4.5	0	113	2565	0.0	0.0	0	45.0	0	0	0	27
Pepperoni - 1/2 small	22	112	96	10.4	4.8	0	28	392	0.0	0.0	0	4.0	0	0	0	2
Pepperoni - 1/2 medium	34	168	144	15.6	7.2	0	42	588	0.0	0.0	0	6.0	0	0	0	2
Pepperoni - small or 1/2 large	45	224	192	20.8	9.6	0	56	784	0.0	0.0	0	8.0	0	0	0	3
Pepperoni - medium or half XL	67	336	288	31.2	14.4	0	84	1176	0.0	0.0	0	12.0	0	0	0	5
Pepperoni - large	90	448	384	41.6	19.2	0	112	1568	0.0	0.0	0	16.0	0	0	0	6
Pepperoni - XL	134	672	576	62.4	28.8	0	168	2352	0.0	0.0	0	24.0	0	0	0	10
Bacon - 2 strips (small 1/2 meat)	14	65	47	5.6	1.9	0	19	233	0.0	0.0	0	4.7	0	0	0	0
Bacon - 3 strips (medium 1/2 meat) & Wrap	21	98	71	8.4	2.9	0	29	350	0.0	0.0	0	7.1	0	0	0	0
Bacon - 4 strips (large 1/2 meat)	28	130	94	11.2	3.8	0	38	466	0.0	0.0	0	9.4	0	0	0	0
Bacon - 6 strips sm btown or XL half meat	42	195	141	16.8	5.7	0	57	699	0.0	0.0	0	14.1	0	0	0	0
Bacon - 9 strips (medium boomtown)	63	293	212	25.2	8.6	0	86	1049	0.0	0.0	0	21.2	0	0	0	0
Bacon - 12 strips (large boomtown)	84	390	282	33.6	11.4	0	114	1398	0.0	0.0	0	28.2	0	0	0	0
Bacon - 18 strips (XL boomtown)	126	585	423	50.4	17.1	0	171	2097	0.0	0.0	0	42.3	0	0	0	0
Meatballs - small	84	260	170	19.0	6.0	0	45	670	7.0	2.0	0	18.0	4	2	10	15
Meatballs - medium	140	433	283	31.7	10.0	0	75	1117	11.7	3.3	0	30.0	7	3	17	25
Meatballs - large	196	607	397	44.3	14.0	0	105	1563	16.3	4.7	0	42.0	9	5	23	35
Meatballs - XL	280	867	567	63.3	20.0	0	150	2233	23.3	6.7	0	60.0	13	7	33	50
Philly Cheesesteak - small	70	151	67	7.6	2.9	0	55	722	2.5	0.0	0	17.4	0	0	2	1
Philly Cheesesteak - medium	105	227	101	11.3	4.4	0	82	1084	3.8	0.0	0	26.1	0	0	3	2
Philly Cheesesteak - large	140	302	134	15.1	5.9	0	109	1445	5.0	0.0	0	34.8	0	0	3	3
Philly Cheesesteak - XL	210	454	202	22.7	8.8	0	164	2167	7.6	0.0	0	52.2	0	0	5	4
Tuna Salad - small	100	260	196	21.5	5.1	0	44	439	1.9	0.3	0	14.0	2	1	15	3
Tuna Salad - medium	199	519	393	43.1	10.2	0	88	878	3.8	0.7	0	27.9	4	2	30	6
Tuna Salad - large	299	779	589	64.6	15.3	0	132	1317	5.7	1.0	1	41.9	6	3	45	10
Tuna Salad - XL	398	1038	785	86.2	20.4	0	176	1756	7.6	1.4	1	55.8	7	4	60	13
Brisket - small	48	131	91	10.3	3.4	1	43	342	0.0	0.0	0	10.3	0	0	0	2
Brisket - medium	72	197	137	15.4	5.1	1	64	514	0.0	0.0	0	15.4	0	0	0	3
Brisket - large	96	263	183	20.5	6.8	1	85	685	0.0	0.0	0	20.5	0	0	0	4
Brisket - XL	144	394	274	30.8	10.2	2	128	1028	0.0	0.0	0	30.8	0	0	0	6
CHEESES																
Provolone Cheese - small or kid's meal	14	50	35	4.0	2.2	0	10	100	0.5	0.0	0	3.5	2	0	10	0
Provolone Cheese - medium, double small or Wrap	28	100	70	8.0	4.5	0	20	200	1.0	0.0	0	7.0	4	0	20	0
Provolone Cheese - large	42	150	105	12.0	6.7	0	30	300	1.5	0.0	0	10.5	6	0	30	0
Provolone Cheese - double medium or XL	56	200	141	16.0	9.0	0	40	399	2.0	0.0	0	14.1	7	0	40	0
Provolone Cheese - double large	84	300	211	24.1	13.4	0	60	599	3.0	0.0	0	21.1	11	0	60	0
Provolone Cheese - double XL	112	400	281	32.1	17.9	0	80	798	4.0	0.0	0	28.1	15	0	80	0
Pepper Jack Cheese - small or kid's meal	11	38	26	3.0	1.9	0	8	71	0.4	0.0	0	2.3	2	0	8	0
Pepper Jack Cheese - med or double small	21	75	53	6.0	3.8	0	15	143	0.8	0.0	0	4.5	5	0	15	0

NUTRITIONAL INFORMATION


Pepper Jack Cheese - large	32	113	79	9.0	5.6	0	23	214	1.1	0.0	0	6.8	7	0	23	0
Pepper Jack Cheese - double medium or XL	42	150	105	12.0	7.5	0	30	285	1.5	0.0	0	9.0	9	0	30	0
Pepper Jack Cheese - double large	63	225	158	18.0	11.3	0	45	428	2.3	0.0	0	13.5	14	0	45	0
	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)

CHEESES CONTINUED

Pepper Jack Cheese - double XL	84	300	210	24.0	15.0	0	60	570	3.0	0.0	0	18.0	18	0	60	0
Cheddar Cheese - small or kid's meal	19	73	53	6.0	3.3	0	20	120	0.5	0.0	0	4.7	4	0	13	0
Cheddar Cheese - medium or double small	28	110	80	9.0	5.0	0	30	180	1.0	0.0	0	7.0	6	0	20	0
Cheddar Cheese - large	37	147	107	12.0	6.7	0	40	240	0.5	0.0	0	9.3	7	0	26	0
Cheddar Cheese - double medium or XL	56	220	161	18.0	10.0	0	60	360	2.1	0.0	0	14.0	11	0	39	0
Cheddar Cheese - double large	75	293	214	24.0	13.3	0	80	480	2.7	0.0	0	18.7	15	0	52	0
Cheddar Cheese - double XL	112	440	321	36.0	20.0	0	119	720	4.1	0.0	0	28.0	22	0	78	0
Parmesan Cheese - small	1.5	6	3.8	0.4	0.4	0	1.5	14	0.0	0.0	0	0.5	0	2	0	0
Parmesan Cheese - medium	2.0	8	5	0.5	0.5	0	2	18	0.0	0.0	0	0.7	0	3	0	0
Parmesan Cheese - large	2.5	10	6.3	0.6	0.6	0	2.5	23	0.0	0.0	0	0.9	0	3	0	0
Parmesan Cheese - XL	4.0	16	10	1.0	1.0	0	4	36	0.0	0.0	0	1.4	0	5	0	0
Feta Cheese - Small	14	40	30	3.0	2.0	0	10	160	0.5	0.0	0	2.5	2	0	3	0
Feta Cheese - CCF Wrap, Med Sub, CCF Salad	28	80	60	6.0	4.0	0	20	320	1.0	0.0	0	5.0	4	0	6	0
Feta Cheese - Large	42	120	90	9.0	6.0	0	30	480	1.5	0.0	0	7.5	6	0	9	0
Feta Cheese - XL	56	160	120	12.0	8.0	0	40	640	2.0	0.0	0	10.0	8	0	12	0

VEGGIES

Lettuce - small	28	3	1	0.0	0.0	0	0	3	0.5	0.5	0	0.0	2	2	1	1
Lettuce - medium	42	4	1	0.0	0.0	0	0	4	0.8	0.8	0	0.0	3	3	1	1
Lettuce - large	56	5	1	0.0	0.0	0	0	5	1.1	1.1	0	0.0	4	4	1	1
Lettuce - XL	84	8	2	0.0	0.0	0	0	8	1.6	1.6	0	0.0	6	6	2	2
Tomato - small	28	5	1	0.0	0.0	0	0	1	1.1	0.2	1	0.2	5	6	0	0
Tomato - medium Sub and Wraps	34	6	1	0.0	0.0	0	0	2	1.4	0.3	1	0.3	6	7	0	0
Tomato - large	46	8	1	0.0	0.0	0	0	2	1.9	0.4	1	0.4	8	10	0	0
Tomato - XL	69	12	1	0.0	0.0	0	0	3	2.8	0.6	2	0.6	12	14	1	1
Cucumbers - small	17	3	0	0.0	0.0	0	0	0	0.7	0.1	0	0.1	0	1	0	0
Cucumbers - medium & Chix Caesar Feta Wrap	28	4	1	0.1	0.0	0	0	0	1.0	0.2	0	0.2	1	1	1	1
Cucumbers - large	39	6	1	0.1	0.0	0	0	0	1.4	0.2	1	0.2	1	2	1	1
Cucumbers - XL	56	8	2	0.2	0.0	0	0	0	2.0	0.4	0	0.4	2	2	2	2
Red Onions - small	12	5	0	0.0	0.0	0	0	0	1.5	0.2	0	0.1	0	1	0	0
Red Onions - medium	18	7	0	0.0	0.0	0	0	1	2.2	0.4	0	0.2	0	2	0	0
Red Onions - large & Grilled Chix, Chef & Garden	24	10	0	0.0	0.0	0	0	1	2.9	0.5	0	0.2	0	2	1	0
Red Onions - XL	36	15	0	0.0	0.0	0	0	1	4.4	0.7	0	0.4	0	4	1	0
Red Onions - tuna scoop	8	3	0	0.0	0.0	0	0	0	1.0	0.2	0	0.1	0	1	0	0
Green Peppers - small	14	3	0	0.0	0.0	0	0	0	0.7	0.3	0	0.1	1	19	0	0
Green Peppers - medium	22	5	0	0.0	0.0	0	0	1	1.1	0.4	0	0.2	2	30	0	0
Green Peppers - large	31	6	0	0.0	0.0	0	0	1	1.5	0.6	1	0.3	2	41	0	1
Green Peppers - XL	45	9	0	0.0	0.0	0	0	1	2.2	0.8	1	0.4	3	60	0	1
Mushrooms - small	14	3	0	0.0	0.0	0	0	1	0.4	0.1	0	0.4	0	1	0	0
Mushrooms - medium	22	5	1	0.0	0.0	0	0	1	0.7	0.2	0	0.7	0	1	0	1
Mushrooms - large	31	7	1	0.0	0.0	0	0	1	1.0	0.3	1	1.0	0	1	0	1
Mushrooms - XL	45	10	1	0.0	0.0	0	0	2	1.4	0.4	1	1.4	0	2	0	1
Sliced Pickles - small	26	0	0	0.0	0.0	0	0	362	0.0	0.0	0	0.0	0	0	0	0
Sliced Pickles - medium	44	0	0	0.0	0.0	0	0	613	0.0	0.0	0	0.0	0	0	0	0
Sliced Pickles - large	64	0	0	0.0	0.0	0	0	892	0.0	0.0	0	0.0	0	0	0	0
Sliced Pickles - XL	88	0	0	0.0	0.0	0	0	1226	0.0	0.0	0	0.0	0	0	0	0
Hot Banana Peppers - small	12	0	0	0.0	0.0	0	0	197	0.4	0.0	0	0.0	0	0	0	0
Hot Banana Peppers - medium	18	0	0	0.0	0.0	0	0	296	0.6	0.0	0	0.0	0	0	0	0

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates(g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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VEGGIES CONTINUED

Hot Banana Peppers - large	24	0	0	0.0	0.0	0	0	395	0.8	0.0	0	0.0	0	0	0	0
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NUTRITIONAL INFORMATION

Hot Banana Peppers - XL	36	0	0	0.0	0.0	0	0	592	1.2	0.0	0	0.0	0	0	0	0
Jalapenos - small	14	3	0	0.0	0.0	0	0	255	0.5	0.5	0	0.0	3	2	1	2
Jalapenos - medium	20	4	0	0.0	0.0	0	0	364	0.7	0.7	0	0.0	4	3	1	3
Jalapenos - large	28	6	0	0.0	0.0	0	0	510	1.0	1.0	0	0.0	6	4	1	4
Jalapenos - XL	40	8	0	0.0	0.0	0	0	728	1.4	1.4	0	0.0	8	6	2	6
Jalapenos - Full Batch Jalapeno Coleslaw	140	28	0	0.0	0.0	0	0	2548	4.9	4.9	0	0.0	28	21	7	21
Black Olives - small	26	49	41	4.1	0.0	0	0	162	1.7	0.0	0	0.0	0	0	0	0
Black Olives - medium	44	83	69	6.9	0.0	0	0	275	2.8	0.0	0	0.0	0	0	0	0
Black Olives - large	64	121	100	10.0	0.0	0	0	400	4.1	0.0	0	0.0	0	0	0	0
Black Olives - XL	88	166	138	13.8	0.0	0	0	550	5.6	0.0	0	0.0	0	0	0	0

SANDWICH DRESSINGS

Mayonnaise - small	9	71	71	7.7	1.0	0	6	45	0.0	0.0	0	0.0	0	0	0	0
Mayonnaise - medium	14	110	110	12.0	2.0	0	10	70	0.0	0.0	0	0.0	0	0	0	0
Mayonnaise - large	19	149	149	16.3	2.7	0	14	95	0.0	0.0	0	0.0	0	0	0	0
Mayonnaise - XL	28	220	220	24.0	4.0	0	20	140	0.0	0.0	0	0.0	0	0	0	0
Mayo - tuna scoop	20	157	157	17.1	2.9	0	14	100	0.0	0.0	0	0.0	0	0	0	0
Ranch Dressing - small	9	51	51	5.5	0.8	0	3	80	0.3	0.0	0	0.0	0	0	0	0
Ranch Dressing - medium	14	80	80	8.5	1.3	0	5	125	0.5	0.0	0	0.0	0	0	0	0
Ranch Dressing - large	19	97	90	11.3	1.7	0	6	167	0.7	0.0	0	0.0	0	0	0	0
Ranch Dressing - XL	28	160	160	17.0	2.6	0	10	250	1.0	0.0	0	0.0	0	0	0	0
Blue Cheese Dressing - small	9	42	39	4.5	0.8	0	5	90	0.3	0.0	1	<1	0	0	1	0
Blue Cheese Dressing - medium	14	65	60	7.0	1.3	0	8	140	0.5	0.0	1	<1	0	0	2	0
Blue Cheese Dressing - large	19	97	90	9.3	1.7	0	6	187	0.7	0.0	1	<1	0	0	3	0
Blue Cheese Dressing - XL	28	130	120	14.0	2.6	0	16	280	1.0	0.0	2	<1	0	0	4	0
Creamy Caesar Dressing - Chicken Caesar Feta Wrap	28	124	114	13.3	2.4	0	14	324	1.0	0.0	0	1.0	0	0	2	0
Avocado - small	12	20	14	1.6	0.2	0	0	44	1.2	0.8	0.2	0.2	0	0	0	0
Avocado - medium	18	30	21	2.4	0.3	0	0	66	1.8	1.2	0.3	0.3	0	0	0	0
Avocado - large	24	40	28	3.2	0.4	0	0	88	2.4	1.6	0.4	0.3	0	0	0	0
Avocado - XL	36	60	42	4.8	0.6	0	0	132	3.6	2.4	0.6	0.6	0	0	0	0
Dijon Mustard - small	10	10	0	0.0	0.0	0	0	240	0.0	0.5	0	0.0	0	0	0	0
Dijon Mustard - medium	15	15	0	0.0	0.0	0	0	360	0.0	0.5	0	0.0	0	0	0	0
Dijon Mustard - large	20	20	0	0.0	0.0	0	0	480	0.0	1.0	0	0.0	0	0	0	0
Dijon Mustard - XL	30	30	0	0.0	0	0	0	720	0.0	1.5	0	0.0	0	0	0	0
Yellow Mustard - small	10	0	0	0.0	0.0	0	0	110	0.0	0.0	0	0.0	0	0	0	0
Yellow Mustard - medium	15	0	0	0.0	0.0	0	0	165	0.0	0.0	0	0.0	0	0	0	0
Yellow Mustard - large	20	0	0	0.0	0.0	0	0	220	0.0	0.0	0	0.0	0	0	0	0
Yellow Mustard - XL	30	0	0	0.0	0.0	0	0	330	0.0	0.0	0	0.0	0	0	0	0
Honey Mustard - small	10	43	40	4.3	0.7	0	3	73	1.3	0.0	1	0.0	0	0	0	0
Honey Mustard - medium	15	65	60	6.5	1.0	0	5	110	2.0	0.0	2	0.0	0	0	0	0
Honey Mustard - large	20	87	80	8.7	1.3	0	7	147	2.7	0.0	3	0.0	0	0	0	0
Honey Mustard - XL	30	130	120	13.0	2	0	10	220	4.0	0.0	4	0.0	0	0	0	0
Oil - small	3	27	27	3.1	0.2	0	0	0	0.0	0.0	0	0.0	0	0	0	0
Oil - medium	5	40	40	4.7	0.3	0	0	0	0.0	0.0	0	0.0	0	0	0	0
Oil - large	6	53	53	6.3	0.4	0	0	0	0.0	0.0	0	0.0	0	0	0	0
Oil - XL	9	80	80	9.4	1	0	0	0	0.0	0.0	0	0.0	0	0	0	0
Vinegar - small	3	0	0	0.0	0.0	0	0	0	0.0	0.0	0	0.0	0	0	0	0
Vinegar - medium	5	0	0	0.0	0.0	0	0	0	0.0	0.0	0	0.0	0	0	0	0



Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates(g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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SANDWICH DRESSINGS CONTINUED

Vinegar - large	6	0	0	0.0	0.0	0	0	0	0.0	0.0	0	0.0	0	0	0	0
Vinegar - XL	10	0	0	0.0	0.0	0	0	0	0.0	0.0	0	0.0	0	0	0	0
Oregano - small	0	0	0	0.0	0.0	0	0	0	0.0	0.0	0	0.0	0	0	0	0
Oregano - medium	0	0	0	0.0	0.0	0	0	0	0.0	0.0	0	0.0	0	0	0	0
Oregano - large	0	0	0	0.0	0.0	0	0	0	0.0	0.0	0	0.0	0	0	0	0
Oregano - XL	0	0	0	0.0	0.0	0	0	0	0.0	0.0	0	0.0	0	0	0	0
Frank's Red Hot Sauce - small	18	0	0	0.0	0.0	0	0	853	0.0	0.0	0	0.0	0	0	0	0
Franks Red Hot Sauce - medium	32	0	0	0.0	0.0	0	0	1280	0.0	0.0	0	0.0	0	0	0	0
Franks Red Hot Sauce - large	45	0	0	0.0	0.0	0	0	1707	0.0	0.0	0	0.0	0	0	0	0
Franks Red Hot Sauce - XL	64	0	0	0.0	0.0	0	0	2560	0.0	0.0	0	0.0	0	0	0	0
Jalapeno Coleslaw - small	59	41	18	2.0	0.3	0	1	155	5.0	1.3	4	0.6	1	3	2	2
Jalapeno Coleslaw - medium	88	62	26	3.0	0.5	0	2	233	7.5	1.9	6	0.9	1	4	3	2
Jalapeno Coleslaw - large	118	83	35	4.0	0.7	0	2	310	10.0	2.5	7	1.2	1	5	5	3
Jalapeno Coleslaw - XL	177	125	53	6.0	1.0	0	3	465	14.9	3.8	11	1.7	2	8	7	5
Jalapeno Coleslaw - Full Batch	2716	1917	815	91.6	15.3	0	51	7154	229.8	58	172	26.7	28	121	107	74

BREADS AND TORTILLA WRAPS

White - small (5") or "side of white"	91	227	16	1.6	0.0	0	0	453	42.0	0.0	0	9.7	0	0	7	13
White - medium (8")	136	340	24	2.4	0.0	0	0	680	63.0	0.0	0	14.6	0	0	10	19

NUTRITIONAL INFORMATION

White - large (11")	181	453	32	3.2	0.0	0	0	906	84.0	0.0	0	19.5	0	0	13	25
White - XL (16")	272	680	48	4.8	0.0	0	0	1360	126.0	0.0	0	29.2	0	0	20	38
Wheat - small (5") or "side of wheat"	91	227	13	3.3	0.0	0	0	421	42.0	3.3	3	9.7	0	0	7	13
Wheat- medium (8")	136	340	20	4.9	0.0	0	0	631	63.0	4.9	5	14.6	0	0	10	19
Wheat - large (11")	181	453	27	6.5	0.0	0	0	841	84.0	6.5	7	19.5	0	0	13	25
Wheat - XL (16")	272	680	40	9.8	0.0	0	0	1262	126.0	9.8	10	29.2	0	0	20	38
12" White Flour Tortilla Wrap	104	310	60	7.0	3.0	0	0	740	52.0	2.0	0	8.0	0	0	20	15
12" Spinach Herb Tortilla Wrap	104	310	60	7.0	3.0	0	0	740	51.0	2.0	0	9.0	0	0	25	20
OTHER SANDWICH ITEMS & EXTRAS																
BBQ Sauce - small	18	25	0	0.0	0.0	0	0	155	6.5	0.0	6	0.0	0	0	1	2
BBQ Sauce - medium	32	44	0	0.0	0.0	0	0	275	11.6	0.0	10	0.0	0	0	2	4
BBQ Sauce - large	45	62	0	0.0	0.0	0	0	385	16.2	0.0	14	0.0	0	0	3	6
BBQ Sauce - XL	64	88	0	0.0	0.0	0	0	550	23.2	0.0	20	0.0	0	0	4	8
Marinara Sauce - small	25	12	2	0.2	0.0	0	0	97	2.0	0.6	1	0.4	1	3	1	1
Marinara Sauce - medium	42	20	3	0.3	0.0	0	0	162	3.3	1.0	2	0.7	2	5	1	2
Marinara Sauce - large	59	28	4	0.5	0.0	0	0	226	4.7	1.4	2	0.9	3	7	2	3
Marinara Sauce - XL	84	40	6	0.7	0.0	0	0	323	6.7	2.0	3	1.3	5	10	3	5
Coleslaw Dressing - Full Batch Jala Slaw	336	1222	815	91.6	15.3	0	51	4073	91.6	0.0	92	0.0	0	0	0	0
Coleslaw Mix - Full Batch Jala Coleslaw	2240	667	0	0.0	0.0	0	0	533	133.3	53	80	26.7	0	100	100	53
Tuna per scoop	44	47	4	0.4	0.0	0	20	196	0.0	0.0	0	10.2	0	0	0	3
Celery - tuna scoop	12	2	0	0.0	0.0	0	0	10	0.4	0.2	0	0.1	0	0	5	0
Soy Sauce - tuna scoop	15	0	0	0.0	0.0	0	0	33	0.0	0.0	0	0.1	0	0	0	0
Lemon Juice - tuna scoop	1	0	0	0.0	0.0	0	0	0	0.0	0.0	0	0.0	0	0	0	0
Au Jus Sauce - side of	140	25	0	0.0	0.0	0	0	925	5.0	0.0	3	0.0	0	0	0	0
Mayonnaise Packet	12	90	90	10.0	1.5	0	<5	65.0	0.0	0.0	0	0.0	0	0	0	0
Yellow Mustard Packet	5	5	0	0.0	0.0	0	0	55	0.0	0.0	0	0.0	0	0	0	0
Lemon Packet	4	0	0	0.0	0.0	0	0	0	0.0	0.0	0	0.0	0	2	0	0
Cholula Hot Sauce	7	30	0	0.0	0.0	0	0	85	0.0	0.0	0	0.0	0	0	0	3

NET CARBOHYDRATES GRAMS = TOTAL CARBOHYDRATE GRAMS MINUS DIETARY FIBER GRAMS

% DV (DAILY VALUE) FOR VITAMIN A, VITAMIN C, CALCIUM, AND IRON ARE BASED N A 2,000 CALORIE DIET

The nutritional information listed above is based on Silver Mine Subs' recipes and product formulations. Slight variations may exist due to small differences in product assembly, location and/or region, possible supplier changes, and time of the year. This was compiled from analysis of Silver Mine approved products from various manufacturers as well as reference information from nutritiondata.com., caloriecounter.com., thedailyplate.com and other related websites. If manufacturer supplied nutritional information lists nutrients in the "not a significant source" category, then these nutrients have been averaged between zero and the highest level they can still be listed as "not a significant source".

PRODUCTS MAY VARY BY MARKET OR GEOGRAPHICAL REGION