



	Calories	Cal from Fat	Fat G	Sat Fat G	Trans Fat G	Cholesterol	Sodium mg	Carb G	Dietary Fiber	Sugar G	Protein G	Vit A%	Vit C%	Calcium%	Iron %
--	----------	--------------	-------	-----------	-------------	-------------	-----------	--------	---------------	---------	-----------	--------	--------	----------	--------

Breads

6 " White	235	30	3	0.75	0.75	0	470	42	2.5	3.5	9.5	0	0	2	15
6" Wheat	235	30	3	0.75	0.75	0	470	42	2.5	3.5	9.5	0	0	2	15
White Wrap	310	70	8	2.5	0	0	670	52	5	1	9	0	0	20	20
Wheat Wrap	300	70	8	2.5	0	0	740	50	6	0	9	0	0	25	15
Bread Soup Bowl	470	60	6	1.5	1.5	0	960	86	3	7	18	0	0	4	30

6" Sandwiches with 6 grams fat or less Values include wheat bread, lettuce, tomatoes, onions and green peppers.

Ham*	310	45	5	1.5	0	25	1004	47	3.5	7	20	8	27	3	20
Roast Beef*	310	45	5	1.5	0	20	1104	46	3.5	6	22	8	27	3	20
Turkey*	300	36	4	1	0	10	1024	47	3.5	7	19	8	27	3	18
Ultimate Vegetable*	250	27	3	1	0	0	474	46	3.5	7	11	58	49	5	20

6" Signature Sandwiches Values include wheat bread, cheese, lettuce, tomatoes, onions and green peppers. Sandwiches with * do NOT include cheese.

Archer	380	90	10	5	0	35	1154	48	3.5	7	24	13	27	17	18
Barbecue Pork*	536	153	17	6	0	75	1283	62	4.5	11.5	34	17	23	4	26
Barbecue Chicken*	390	45	5	1.5	0	50	901	61	3.5	16	27	8	27	3	19
Cold Cut Trio	390	99	11	4.5	0	75	1479	47	3.5	6	25	10	27	10	20
Friar Tuck	420	126	14	6.5	0	55	1134	48	3.5	7	28	12	27	33	20
Grilled Chicken Pizza	548	207	23	8.5	0	111	1459	52	5	8.5	34	23	16	18	27
Italian Sub	446	167	18.5	8	0	47	1181	47	3.5	6	23	12	30	17	19
Meatball (No vegetables)	484	198	22	4.5	0	45	1043	48	4.5	7	25	11	5	20	22
Robin Hood	385	95	10.5	5	0	43	1144	47	3.5	7	25	13	27	17	19
Sherwood Forest	420	126	14	6.5	0	50	1234	46	3.5	6	30	12	27	33	20
Tuna*	454	153	17	3	0	67	853	52	4	7	25	11	29	5	22

Wraps Values include wheat wrap, cheese, lettuce, tomatoes, onion and green peppers.

Archer Wrap	446	135	15	7	0	35	1426	56	7	3	24	13	27	40	18
Cold Cut Trio Wrap	456	144	17	6	0	75	1751	56	7	2	24	10	27	33	20
Friar Tuck Wrap	486	171	19	8	0	55	1405	56	7	3.5	28	12	27	56	20
Robin Hood Wrap	451	135	15	7	0	42.5	1415	55	7	3.5	24	13	27	40	19
Sherwood Forest Wrap	486	171	19	8	0	50	1505	55	7	2.5	30	12	27	56	20
Tuna Wrap (no cheese)	520	198	22	5	0	67	1125	60	7.5	3.5	24	11	29	27	23
Ham Wrap	376	90	9	3	0	25	1276	55	7	3.5	20	8	27	26	20
Italian Sub Wrap	512	216	24	10	0	47	1453	55	7	3	22	12	30	40	19
Roast Beef Wrap	376	90	10	3	0	20	1375	54	7	2.5	22	8	27	26	20
Turkey Wrap	366	81	9	2.5	0	10	1296	56	7	3.5	19	8	27	26	18
Ultimate Vegetable Wrap	316	72	8	2.5	0	0	745	54	7	3.5	10	58	49	28	20
BLT Wrap	566	270	30	8	0	38	1535	60	7	3.5	18	10	8	29	17

Cheese (1 slice)

American	50	40	4.5	2.5	0	12.5	255	<0.5	0	0	2.5	3	0	7.5	0
Monterey Jack	80	50	6	4	0	25	130	0	0	0	5	4	0	15	0
Pepper Jack	80	50	6	4	0	25	130	0	0	0	5	4	0	15	0
Provolone	80	50	6	3	0	15	180	1	0	0	5	4	0	15	0
Swiss	110	80	9	5	0	30	130	1	0	0	8	4	0	30	0
Shredded Cheese Blend	90	60	7	4.5	0	20	220	1	0	0	7	4	0	20	0



	Calories	Cal from Fat	Fat G	Sat Fat G	Trans Fat G	Cholesterol	Sodium mg	Carb G	Dietary Fiber	Sugar G	Protein G	Vit A%	Vit C%	Calcium%	Iron %
--	----------	--------------	-------	-----------	-------------	-------------	-----------	--------	---------------	---------	-----------	--------	--------	----------	--------

Sides 4 oz serving Calculations for side salad without cheese or dressing.

Cole Slaw	175	144	16	2.5	0	12	131	7	2	4.5	1.5	73	43	4	4
Side Salad	20	5	0.5	0	0	0	30	3	1.5	2	1	20	18	2	4
Potato Salad	179	90	10	2	0	85	661	14	1.5	5	3	4	21	2	5

Signature Salads Nutrient analysis on salads does not include dressing.

Caesar	122	45	5	2	0	6	308	14	4	2.5	6	273	62	15	11
Chicken Caesar	214	72	8	3	0	48	308	16	4	3.5	21	273	62	15	11
Turkey Caesar	174	50	5.5	2	0	16	858	17	4	4	15	273	63	15	13
Chicken Club Salad	348	198	22	10	0	107	978	10	3	3.5	30	57	45	23	13
Crispy Chicken	450	225	25	10	0	70	1263	25	3	4.5	31	57	45	23	8
Grilled Chicken Mandarin	279	144	16	3	0	80	475	17.5	5.5	8	21	58	72	9	20

Vegetables

Banana Peppers 6 rings	0	0	0	0	0	0	20	0	0	0	0	0	6	0	0
Black Olives 3 rings	5	5	0.5	0	0	0	35	0	0	0	0	0	0	0	0
Cucumbers 3 slices	<5	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
Green Olive, 1 Large	10	10	1	0	0	0	80	0	0	0	0	0	0	0	0
Green Peppers 6 strips	5	0	0	0	0	0	0	1	0.5	0	0	0	10	0	0
Jalapeno Pepper 3 rings	<5	0	0	0	0	0	70	1	0	0	0	0	4	0	0
Lettuce	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pickles 3 chips	<5	0	0	0	0	0	125	0	0	0	0	0	0	0	0
Tomatoes 3 half wheels	4	0	0	0	0	0	0	1	0.25	0	0	1.5	6.5	0	0

Condiments Per Tbsp

Bacon (2 strips)	60	45	5	2	0	15	190	0	0	0	3	0	0	0	0
Creamy Caesar	50	40	5	0.75	0	2.5	120	1.5	0	1	0	0	0	0	0
Creamy Italian Dressing	50	45	5	0.75	0	0	120	0.5	0	1	0	0	0	0	0
Fat Free Ranch Dressing	25	0	0	0	0	0	165	5.5	0	1.5	0	0	0	0	0
Mayonnaise	100	100	11	1.5	0	5	215	0	0	0	0	0	0	0	0
Mayonnaise, Light	50	45	5	0.75	0	0	120	1	0	0	0	0	0	0	0
Mustard (2 tsp)	7	0	0	0	0	0	110	1	0	0	0	0	0	0	0
Ranch Dressing	75	70	8	1.25	0	5	140	0.5	0	0.5	0	0	0	0	0
Olive Oil (1 tsp)	40	40	4.5	0.5	0	0	0	0	0	0	0	0	0	0	0
Vinegar (2 tsp)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Desserts

Chocolate Chip Cookie, 2 oz	250	100	11	6	0	15	180	35	1	22	2	8	0	0	6
Oatmeal Raisin 2 oz	230	90	10	6	0	15	200	34	3	19	3	8	0	2	6
White Chocolate Macadamia 2 oz	260	120	13	6	0	20	180	34	<1	22	2	8	0	2	4





	Calories	Cal from Fat	Fat G	Sat Fat G	Trans Fat G	Cholesterol	Sodium mg	Carb G	Dietary Fiber	Sugar G	Protein G	Vit A%	Vit C%	Calcium%	Iron %
--	----------	--------------	-------	-----------	-------------	-------------	-----------	--------	---------------	---------	-----------	--------	--------	----------	--------

Soups 8 oz serving

Beef Vegetable	180	18	2	1	0	10	1780	30	6	4	10	120	0	4	8
Boston Clam Chowder	300	100	12	1	0	0	1860	30	2	2	6	0	0	4	12
Broccoli and Cheese	220	100	12	4	0	10	1500	20	4	4	6	16	30	12	4
Chicken and Sausage Gumbo	260	54	6	2	0	20	960	36	4	8	14	20	12	8	8
Chicken and Wild Rice	240	26	3	1	0	10	1640	24	2	2	6	30	16	0	0
Chicken Noodle	220	26	5	2	0	40	1780	30	4	4	16	100	0	4	4
Hearty Vegetable	200	8	1	1	0	10	1780	40	6	14	8	120	8	4	8
Homestyle Chicken Noodle	140	36	4	2	0	20	1400	18	4	2	8	20	0	0	4
Italian Wedding Soup	180	40	4	2	0	20	1500	26	2	4	12	12	0	4	8
Minestrone	180	18	2	1	0	10	1920	34	6	6	8	80	4	4	12
New England Clam Chowder	180	26	5	1	0	10	1760	26	2	2	8	0	0	4	8
Tomato Florentine	160	0	0	0	0	10	2060	34	2	14	8	30	8	8	4
Wisconsin Cheddar Cheese	200	90	10	4	0	10	1780	22	2	4	4	20	0	8	0

Kids Sandwiches

Kids Ham Sandwich	202	63	7	3	0	25	757	22	2	3	13	11	5	11	18
Kids Turkey Sandwich	197	59	6.5	3	0	17.5	767	23	1.5	3	12	11	5	11	16
Kids Roast Beef Sandwich	202	63	7	3	0	23	807	22	1.5	3	14	11	5	11	18

Beverages

Coca Cola 16 oz	140	0	0	0	0	0	0	39	0	39	0	0	0	0	0
Coca Cola 22 oz	210	0	0	0	0	0	5	56	0	56	0	0	0	0	0
Coca Cola 32 oz	290	0	0	0	0	0	5	79	0	79	0	0	0	0	0
Diet Coke 16 oz	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Diet Coke 22 oz	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0
Diet Coke 32 oz	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Sprite 16 oz	140	0	0	0	0	0	30	39	0	39	0	0	0	0	0
Sprite 22 oz	210	0	0	0	0	0	45	56	0	56	0	0	0	0	0
Sprite 32 oz	290	0	0	0	0	0	65	79	0	79	0	0	0	0	0
Dr Pepper 16 oz	140	0	0	0	0	0	35	39	0	39	0	0	0	0	0
Dr Pepper 22 oz	200	0	0	0	0	0	50	56	0	56	0	0	0	0	0
Dr Pepper 32 oz	280	0	0	0	0	0	70	78	0	78	0	0	0	0	0

Substitution of ingredients/standard toppings combinations may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in products assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication. Slight variations may occur due to use of alternate suppliers and region availability. Nutritional data is based on standard portion product guidelines and formulations as of date of printing. Nutrition analysis based on manufacturer's food labels and the USDA National Nutrient Database for Standard Reference.
March 2009

|

|