



# MENU ITEM NUTRITIONAL SUMMARY

MENU ITEM NUTRITIONAL SUMMARY	WEIGHT (G)	CALORIES (KCAL)	PROTEIN (G)	CARBO-HYDRATES (G)	DIETARY FIBRE (G)	SUGAR (G)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	VITAMIN A (RE)	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)	SODIUM (MG)
<b>ASSORTED MEATS SANDWICH</b>															
6" WHITE BUN	141.8	313.2	17.4	44	1.7	2	7.9	2.8	0.1	37.9	49.2	16.2	74.8	4.7	1018.2
<b>BLACK FOREST HAM SAND.</b>															
6" WHITE BUN	134.7	249.1	17.9	41.6	1.7	1.7	1.4	0.5	0	25.8	34.7	16.8	38.1	4.2	800.9
<b>CHICKEN BACON SANDWICH</b>															
6" WHITE BUN	143.2	328.4	22.4	42.5	1.7	2.4	7.7	2.7	0.1	67.5	44.9	15.6	39.4	9.2	1090
<b>CHICKEN BREAST SANDWICH</b>															
6" WHITE BUN	134.7	287.8	20.6	41.6	1.7	1.7	4.5	1.7	0	39.9	50.6	15.6	55.7	3.9	626.1
<b>CHICKEN GRILL SANDWICH</b>															
6" WHITE BUN	134.7	305.7	20.9	42.3	1.7	2.3	6	2.1	0.1	60.6	44.9	15.6	38.9	9.1	996.5
<b>CLUB SANDWICH</b>															
6" WHITE BUN	137.5	269.2	18.6	42.6	1.7	2.7	2.7	1.1	0	31.4	34.7	16.2	40.9	4.1	993.4
<b>DONAIR SANDWICH</b>															
6" WHITE BUN	160.2	398.2	19.5	53.4	3	9.4	11.2	4.7	0.3	37.4	55.3	16.8	116.9	5.1	842
<b>HERO SANDWICH</b>															
6" WHITE BUN	147.4	371.2	20.5	44.6	2.4	2.4	12.1	4.8	0.3	48.9	54	16.7	62.9	5.1	1125.7
<b>PIZZA SANDWICH</b>															
6" WHITE BUN	120.5	318.9	15.9	43.1	1.9	2.1	9.4	3.7	0.2	36.7	45.2	15.9	56.8	4.4	1033.9
<b>SMOKED MEAT SANDWICH</b>															
6" WHITE BUN	134.7	275.9	16.6	42.7	1.7	1.7	4.3	1.7	1.1	28.4	34.7	15.6	38.1	4.3	983.4
<b>STEAK SANDWICH</b>															
6" WHITE BUN	134.7	292.9	19.4	43.9	1.7	2.9	4.3	1.9	0	34	34.7	15.6	38.1	4.9	1011.8
<b>STEAK N' DONAIR SANDWICH</b>															
6" WHITE BUN	160.2	363.4	20.2	52.4	2.5	9.4	7.8	3.3	0.2	36.3	45	16.2	105.6	5	937.1
<b>TURKEY SANDWICH</b>															
6" WHITE BUN	129	259.2	17.2	43.4	1.7	2.3	1.7	0.8	0	27.7	34.8	15.6	42.9	3.8	1061.1
<b>TURKEY BACON SANDWICH</b>															
6" WHITE BUN	137.5	281.8	18.7	43.6	1.8	2.4	3.5	1.4	0	34.6	34.8	15.6	43.5	3.9	1154.7
<b>ULTIMATE DONAIR SANDWICH</b>															
6" WHITE BUN	181.4	436.5	22.2	54.2	3	9.6	14	5.6	0.3	53.3	59.5	17.1	130.9	5.5	1105.6
<b>VEGGIE SANDWICH</b>															
6" WHITE BUN	181.4	229.8	9.6	46.5	3.1	4.4	1.1	0.6	0	0	80	32.5	52.4	4	458.5
<b>BLT SANDWICH</b>															
6" WHITE BUN	95	253.1	11.7	42	1.8	1.9	4.4	1.8	0.02	13.9	34.7	15.6	39.2	3.8	637.5
<b>CHICKEN CAESAR SALAD</b>															
	293.3	487.4	22.8	17.9	3.5	4.4	36.9	10.2	0.4	105.2	1323.9	6.4	242.2	7.7	1561.7
<b>HAIL CAESAR SALAD</b>															
	236.6	389.6	10.6	17.2	3.5	3.8	31.8	8.6	0.4	44.7	1313.6	6.4	241.5	2.2	1015.6
<b>GARDEN PATCH SALAD</b>															
	282.1	123.5	7	11.7	4.1	6.1	6.1	2.9	0.2	13.7	1297.1	15.8	176	1.7	889.3
<b>PEPPERONI FLATBREAD PIZZA</b>															
	232.5	583.6	29.7	50.8	1.7	6.5	28.1	12.1	0.7	80.6	121.3	0.3	474	4.1	1793.1
<b>WORKS FLATBREAD PIZZA</b>															
	243.8	525.2	26	52.2	1.9	7.4	22.7	10.1	0.5	62.2	118.2	12.8	473.2	3.8	1492.4
<b>BBQ CHICKEN FLATBREAD PIZZA</b>															
	286.3	607.1	34.4	63.3	0.6	20.4	23.4	10.3	0.5	101.5	167.9	5.4	465.8	8.6	1731.7
<b>VEGGIE FLATBREAD PIZZA</b>															
	229.6	454.4	22.1	47.6	0.8	5	19.1	9	0.5	41	113.8	13.6	442.3	2.9	1467.8
<b>DONAIR FLATBREAD PIZZA</b>															
	286.3	649	33.5	62	2	15.4	28.4	12.9	0.8	79.2	151.5	6.2	556.5	4.3	1320.4





# ALLERGEN WARNINGS

**T - ALLERGEN PRESENT**  
**\* - MAY CONTAIN**  
**X - ALLERGEN NOT PRESENT**

ALLERGEN WARNINGS	WHEAT	SOY	EGG	MILK	TREENUTS	PEANUTS	FISH	SHELLFISH	MSG	MUSTARD	SESAME SEEDS	SULPHITES
<b>SANDWICH CARRIERS</b>												
6" WHITE BUN	T	*	X	X	X	X	X	X	X	X	*	*
6" WHITE BUN - ROMANO HERB	T	*	X	T	X	X	X	X	X	T	*	*
6" WHITE BUN - TOMATO PARMESAN HERB	T	*	X	T	X	X	X	X	X	X	*	*
6" WHEAT BUN	T	*	X	X	X	X	X	X	X	X	*	*
10" FLOUR TORTILLA	T	*	X	X	X	X	X	X	X	X	*	*
10" WHOLE WHEAT TORTILLA	T	*	X	X	X	X	X	X	X	X	*	*
6" FLATBREAD	T	*	X	T	X	X	X	X	X	X	*	*
<b>SANDWICH VARIETIES</b>												
ASSORTED MEATS COMPONENT	T	T	X	T	X	X	X	X	X	T	X	*
PIZZA COMPONENT	X	X	X	X	X	X	X	X	X	T	X	X
HAM COMPONENT	X	X	X	X	X	X	X	X	X	X	X	X
VEGGIE COMPONENT	X	X	X	X	X	X	X	X	X	X	X	X
CLUB COMPONENT	X	X	X	X	X	X	X	X	X	X	X	X
DONAIR COMPONENT	X	T	X	T	X	X	X	X	T	X	X	*
CHICKEN GRILL COMPONENT	X	T	X	T	X	X	X	X	X	X	X	X
TURKEY COMPONENT	X	X	X	X	X	X	X	X	X	X	X	X
BLT COMPONENT	X	X	X	X	X	X	X	X	X	X	X	X
HERO COMPONENT	X	X	X	X	X	X	X	X	X	X	X	*
STEAK N' DONAIR COMPONENT	X	T	X	X	X	X	X	X	T	X	X	*
STEAK COMPONENT	X	X	X	X	X	X	X	X	X	X	X	X
SMOKED MEAT COMPONENT	X	X	X	X	X	X	X	X	X	X	X	X
ULTIMATE DONAIR COMPONENT	X	T	X	X	X	X	X	X	T	X	X	*
CHICKEN BREAST COMPONENT	X	X	X	X	X	X	X	X	X	X	X	X
CHICKEN BACON COMPONENT	X	T	X	T	X	X	X	X	X	X	X	X
TURKEY BACON COMPONENT	X	X	X	X	X	X	X	X	X	X	X	X
<b>OPTIONAL SANDWICH TOPPINGS</b>												
SHREDDED ASIAGO CHEESE	X	X	X	T	X	X	X	X	X	X	X	X
MIXED BLEND CHEESE	X	X	X	T	X	X	X	X	X	X	X	X
SLICED CHEDDAR CHEESE	X	X	X	T	X	X	X	X	X	X	X	X
SLICED SWISS CHEESE	X	X	X	T	X	X	X	X	X	X	X	X
LETTUCE	X	X	X	X	X	X	X	X	X	X	X	X
TOMATO	X	X	X	X	X	X	X	X	X	X	X	X
ONION	X	X	X	X	X	X	X	X	X	X	X	X
PICKLE	X	X	X	X	X	X	X	X	X	X	X	X
DONAIR SWEET SAUCE	X	X	X	T	X	X	X	X	X	X	X	X
LIGHT MAYONNAISE	X	X	T	X	X	X	X	X	X	X	X	X
CHICKEN AND RIB BBQ SAUCE	T	T	X	X	X	X	T	X	X	T	X	X
PEPPERCORN RANCH DRESSING	X	X	T	T	X	X	X	X	X	X	X	X
MUSTARD	T	X	X	X	X	X	X	X	X	T	X	X
HONEY MUSTARD	X	X	T	T	X	X	X	X	X	T	X	X
ZESTY ITALIAN DRESSING	X	X	X	X	X	X	X	X	X	X	X	X
CAESAR DRESSING	T	T	T	T	X	X	T	X	X	X	X	X
PIZZA SAUCE	X	X	X	X	X	X	X	X	X	X	X	X
<b>SALADS</b>												
CHICKEN CAESAR	T	T	T	T	X	X	T	X	X	X	X	X
HAIL CAESAR	T	T	T	T	X	X	T	X	X	X	X	X
GARDEN PATCH	X	X	T	T	X	X	X	X	X	X	X	X
<b>FLATBREAD PIZZAS</b>												
PEPPERONI	T	*	X	T	X	X	X	X	X	X	*	X
WORKS	T	*	X	T	X	X	X	X	X	X	*	X
BBQ CHICKEN	T	T	X	T	X	X	T	X	X	T	*	X
VEGGIE	T	*	X	T	X	X	X	X	X	X	*	X
DONAIR	T	*	X	T	X	X	X	X	T	X	*	X