

	Serving Size	Calories	Saturated Fat (g)	Total Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (Mg)	Protein (g)	Fiber (g)
<b>“Sandwiches with Character”</b>									
<b>Abbott’s Habit</b>	1 (sandwich)	880	14	45	125	1380	75	40	5
<b>Chicken Pesto</b>	1 (sandwich)	680	9	21	120	1080	68	53	5
<b>Del Monte Special</b>	1 (sandwich)	860	16	69	55	670	49	20	15
<b>Erik “Berger”</b>	1 (sandwich)	880	14	45	125	2900	71	45	4
<b>Erik’s Reuben</b>	1 (sandwich)	750	12	40	100	1720	59	38	7
<b>Marrakech Express</b>	1 (sandwich)	640	12	39	100	1650	36	33	2
<b>Natural High</b>	1 (sandwich)	900	28	76	125	890	27	33	8
<b>Pilgrim’s Progress</b>	1 (sandwich)	650	7	45	60	940	41	25	10
<b>Pot Belly</b>	1 (sandwich)	840	13	45	135	2430	57	52	4
<b>R.E.O. Speedwagon</b>	1 (sandwich)	810	13	44	125	2310	56	46	4
<b>Raging Bull</b>	1 (sandwich)	850	14	45	125	1530	69	37	5
<b>Sea Dog</b>	1 (sandwich)	950	15	54	100	1550	76	36	5
<b>Sweet Liberty</b>	1 (sandwich)	520	8	22	75	1140	49	34	6
<b>Turkey Walnut Pesto</b>	1 (sandwich)	860	14	62	95	1220	41	34	10

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<b>Breads</b>									
<b>Tomato Sour Pillow</b>	2 slices	240	0	1.5	0	500	47	8	2
<b>Sour Dough Bread Bowl</b>	2 slices	210	0	1	0	490	46	8	2
<b>9-Grain Wheat 5" Onion/Pepper Roll</b>	1 each	455	0	2	0	960	90	15	4
<b>6" Sweet French Roll</b>	2 slices	216	1	3	0	480	47	7	3
<b>Corn Rye Bread</b>	1 roll	350	1.5	4	0	680	66	10	3
<b>White Pita Bread</b>	1 roll	320	0	2	0	670	66	10	3
<b>Wheat Pita Bread</b>	2 slices	250	.5	2.5	0	0	50	8	4
<b>White Pita Bread</b>	1 pocket	100	0	0	0	170	20	4	2
<b>Wheat Pita Bread</b>	1 pocket	90	0	0	0	150	19	4	2

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<b>Cheeses</b>									
<b>Cheddar</b>	1 portion	140	7	12	35	220	0	9	0
<b>Monterey Jack</b>	1 portion	130	7	11	30	190	0	9	0
<b>Pepper Jack</b>	1 portion	130	7	11	30	190	0	9	0
<b>Swiss</b>	1 portion	130	6	10	30	90	1	10	0

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<b>Soups On! Soups, Stews and Chili</b>									
<b>Chicken Vegetable Rice</b>	1 cup	130	1	4.5	15	540	17	7	2
<b>New England Clam Chowder</b>	1 cup	270	8	18	40	640	21	7	2
<b>Tomato Basil Bisque</b>	1 cup	170	8	12	50	480	14	4	2
<b>Texas Jailhouse Chili</b>	1 cup	230	2	6	25	670	30	17	9
<b>Vegetarian Vegetable</b>	1 cup	70	0	0	0	500	12	2	3

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<b>Salads: Erik's Premium Salads and Classic Salads</b>									
Caesar Salad	1 ¼ cups	630	18	55	65	1110	14	21	2
Chicken Caesar Salad	1 ¾ cups	750	20	56	150	1130	14	48	2
Chicken Salad	½ cup	300	4	23	75	420	2	20	less than one
Chinese Chicken Salad	1 ¾ cups	780	19	58	140	1170	14	49	2
House Salad (w/o dressing)	1 salad	160	0	7	less than five	210	21	5	3
Leaf Erikson (w/o dressing)	1 salad	520	20	30	80	1150	33	32	7
<b>Deli Salads</b>									
Macaroni Salad	¾ cup	290	2	13	10	450	38	6	2
Pasta Salad	¾ cup	300	2.5	17	less than five	490	29	7	2
Potato Salad	¾ cup	230	2	12	115	480	26	6	2
Tuna Salad	½ cup	230	2.5	16	45	430	3	17	0

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<b>Dressings</b>									
<b>Fat Free Dressing</b>	2 tbsp	20	0	0	0	230	5	0	0
<b>Blue Cheese Caesar Salad Dressing</b>	2 tbsp	100	3	9	15	200	2	2	0
<b>Erik's Secret Goo® House Dressing</b>	2 tbsp	150	3	15	15	230	1	1	0
<b>Ranch Dressing</b>	2 tbsp	220	4	24	25	130	0	0	0
<b>Chinese Chicken Salad Dressing</b>	¼ cup	330	5	36	0	220	2	less than one	0
<b>Sweet Hot Mustard</b>	2 tbsp	110	1.5	12	15	230	1	1	0
	2 tbsp	100	1	8	0	320	6	1	0
	2 tbsp	150	2	13	15	260	7	1	0

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	<b>From Our Bakery</b>								
<b>Banana Bread</b>	1 slice	540	2.5	27	55	430	69	7	3
<b>Carrot Cake</b>	1 slice	830	11	53	90	470	79	10	3
<b>Chocolate Chip Cookie</b>	1 cookie	280	3	14	15	150	36	4	2
<b>Double Fudge Brownie</b>	1 brownie	550	12	31	100	180	68	6	3
<b>Pumpkin Bread</b>	1 slice	490	2	19	65	550	74	7	3

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<b>Kid's Meals</b>									
<b>Annie Ankle Biter</b>	½ (sandwich)	370	4.5	23	0	375	34	13	5
<b>Charlie Cheesepocket</b>	½ (sandwich)	170	7	11	35	280	8	11	0
<b>Tommy Turkey</b>	½ (sandwich)	240	2.5	15	30	470	16	11	2

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