

Erik's DeliCafé Nutritional Information

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin C	Iron	Gluten Free?	Egg	Milk	Wheat	Soy	Nuts
Sandwiches																				
Abbott's Habit	1 whole sandwich	670	220	21	8	0	100	1740	70	4	12	44	15%	35%	N	N	Y	N	N	N
Chicken Durango	1 whole sandwich	760	320	37	12	0	150	1920	53	2	4	49	10%	25%	N	Y	Y	Y	Y	N
Chicken Pesto	1 whole sandwich	740	310	36	10	0	100	1740	70	4	12	44	125%	35%	N	Y	Y	Y	N	N
Del Monte Special	1 whole sandwich	630	320	31	9	0	40	760	62	13	8	17	30%	25%	N	N	Y	Y	Y	N
Dub Club	1 whole sandwich	830	640	72	40	0	240	2680	68	8	4	47	40%	60%	N	Y	Y	N	N	N
Erik "Berger"	1 whole sandwich	710	330	32	12	0	130	2250	52	3	5	39	10%	25%	N	Y	Y	Y	N	N
Erik's Classic Reuben	1 whole sandwich	810	330	36	16	0	135	2910	70	8	8	51	15%	40%	N	Y	Y	Y	Y	N
Farmer's Market	1 whole sandwich	590	240	28	3.5	0	10	1280	75	14	17	14	140%	30%	N	N	N	Y	Y	Y
Natural High	1 whole sandwich	880	420	43	16	0	80	1020	80	17	7	36	25%	30%	N	Y	Y	Y	Y	N
Pilgrims Progress	1 whole sandwich	570	180	15	1	0	80	1480	57	9	7	37	20%	25%	N	N	N	Y	Y	N
Pot Belly	1 whole sandwich	570	180	15	1	0	80	1480	57	9	7	37	20%	25%	N	N	Y	Y	N	N
Raging Bull	1 whole sandwich	650	250	24	8	0	125	1790	58	4	9	45	130%	35%	N	Y	Y	Y	N	N
REO Speedwagon	1 whole sandwich	650	230	20	9	135	130	1980	56	3	1	42	130%	15%	N	N	Y	Y	N	N
Rio Grande Club	1 whole sandwich	790	380	38	12	0	110	1800	56	6	2	42	20%	20%	N	N	Y	Y	N	N
Sea Dog	1 whole sandwich	780	370	36	11	0	95	1470	65	7	5	33	140%	20%	N	N	N	Y	N	N
Sweet Liberty	1 whole sandwich	650	200	22	8	0	110	1650	63	6	15	46	110%	25%	N	N	Y	Y	Y	N
Turkey With Pesto	1 whole sandwich	800	360	42	11	0	130	1790	58	9	8	46	20%	30%	N	N	Y	Y	Y	Y
Soups																				
Butternut Squash (Cup)	7oz	180	100	11	7	0	35	480	21	2	5	3	15%	6%	Y	N	N	N	N	N
Chicken Vegetable Rice (Cup)	7oz	100	30	3.5	1	0	15	500	14	1	2	4	15%	4%	N	N	N	N	N	N
New England Clam Chowder (Cup)	7oz	220	140	16	9	0	50	590	15	2	1	6	8%	15%	N	Y	Y	N	N	N
Texas Jailhouse Chili (Cup)	7oz	210	50	6	1.5	0	20	450	24	9	5	15	40%	20%	Y	N	N	N	N	N
Tomato Basil Bisque (Cup)	7oz	160	100	11	6	0	40	680	12	1	10	4	45%	8%	Y	N	N	N	N	N
Vegetarian Vegetable (Cup)	7oz	50	0	0	0	0	0	420	11	3	4	3	60%	4%	Y	N	N	N	N	N
Salads																				
House Salad	1 regular salad	210	60	6	0	0	0	320	29	5	5	7	110%	15%	N	N	N	N	N	N
Caesar Salad	1 regular salad	600	340	36	15	0	160	1740	20	3	1	46	8%	15%	N	Y	Y	Y	Y	N
Mandarin Tree Salad	1 entrée salad	430	160	19	2	0	95	560	30	8	10	38	35%	20%	N	N	N	N	N	Y
Baja Fiesta Salad	1 entrée salad	710	360	40	11	0	120	1390	38	7	7	42	80%	20%	N	Y	Y	Y	Y	Y
Chicken Gorgonzola Salad	1 entrée salad	470	180	20	8	0	105	1100	35	7	23	37	25%	20%	N	N	Y	N	N	Y
Kids																				
Annie Ankle Biter	1 sandwich	360	130	15	3	0	0	240	48	4	23	10	0%	10%	N	N	N	Y	Y	Y
Charlie Cheesepocket	1 sandwich	310	110	13	7	0	35	470	33	5	2	15	0%	10%	N	N	Y	Y	Y	N
Tommy Turkey	1 sandwich	190	50	2.5	0	0	25	540	25	2	3	11	2%	10%	N	N	N	Y	Y	N
Sweets																				
Erik's Carrot Cake	1 slice	350	160	18	3	0	45	470	43	2	39	6	4%	8%	N	Y	Y	Y	N	Y
Sandy's Amazing Chocolate Chunk Manifesto Cookie	1 cookie	390	180	20	12	0	45	370	48	2	29	5	0%	20%	N	Y	Y	Y	Y	N
Peruvian Chocolate Manifesto Brownie	1 brownie	310	160	17	9	0	60	120	36	3	24	4	0%	20%	N	Y	Y	Y	Y	N
Salted Caramel Manifesto Cookie	1 cookie	350	140	16	11	0	50	560	49	0	30	3	0%	4%	N	Y	Y	Y	N	Y
Chevy Marshmallow Manifesto Bar	1 bar	250	45	5	3	0	15	250	43	0	29	2	0%	0%	Y	Y	Y	N	N	N

Disclaimer

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Any sandwich can be made with gluten-free bread. In consuming Erik's gluten-free products, please be aware that there may be a chance of cross contamination.

Because our suppliers are not required to disclose the origin of all contents in their products we are unable to safely state the contents of every product. Should you or any member of your party have any allergies, please notify a team member. Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, eggs, fish and shellfish.