



All of our Sandwiches, Pizzas, and Salads have 0 Grams of Trans Fats.

	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)
Toasted Sandwiches on White																
1. Turkey	1 Sandwich	505.50	160.30	18.02	6.56	0.00	52.20	1379.00	57.53	2.60	5.14	30.40	11%	114%	33%	18%
2. Ham	1 Sandwich	512.00	190.30	21.02	7.56	0.00	60.80	1410.50	55.39	2.60	3.00	27.63	11%	114%	33%	18%
3. Veggie	1 Sandwich	694.40	301.77	33.93	13.07	0.00	56.40	1323.93	71.05	4.91	11.21	29.14	25%	238%	60%	18%
4. The Pizza Guy	1 Sandwich	699.30	305.50	34.40	17.10	0.00	72.50	1700.20	54.55	3.42	3.13	47.91	16%	3%	97%	18%
5. Turkey Bacon Club	1 Sandwich	582.74	210.51	23.60	10.04	0.00	70.70	1612.64	57.90	2.60	5.51	36.49	11%	114%	35%	19%
6. Asiago Chicken Club	1 Sandwich	948.04	508.96	57.89	15.02	0.00	142.55	2575.84	58.39	4.28	3.65	46.29	5%	104%	38%	16%
7. Hodge Podge	1 Sandwich	732.10	220.40	24.46	12.85	0.00	124.75	2821.60	58.39	2.60	5.14	48.70	12%	114%	33%	22%
8. Pickleman's Café Club	1 Sandwich	565.50	190.30	21.02	7.56	0.00	82.20	1999.00	57.53	2.60	5.14	39.40	11%	114%	33%	20%
9. Italian Beef	1 Sandwich	497.16	75.10	15.79	2.00	0.00	60.00	2243.00	51.51	2.00	2.51	33.59	0%	0%	6%	15%
Italian Beef w/ Cheese	1 Sandwich	677.16	195.10	29.29	9.50	0.00	90.00	2633.00	51.51	2.00	2.51	51.59	6%	0%	51%	15%
10. Meatball W/ Marinara	1 Sandwich	773.80	371.00	41.35	18.40	0.00	91.25	1870.20	57.25	4.77	3.13	45.46	13%	6%	62%	27%
11. Pickleman's Italian Club	1 Sandwich	713.84	242.43	27.06	13.85	0.00	109.35	2353.81	58.04	2.68	4.30	37.98	12%	114%	33%	21%
12. Chicken Giardinara	1 Sandwich	604.26	139.55	23.11	6.98	0.00	78.45	2439.00	57.01	3.42	3.13	40.71	9%	106%	32%	17%
13. BLTC	1 Sandwich	689.55	315.23	35.40	17.17	0.00	85.44	1458.94	57.22	2.67	4.34	36.86	14%	151%	47%	17%
14. BBQ Chicken	1 Sandwich	559.40	139.55	15.83	6.98	0.00	78.45	1760.60	66.51	2.40	11.28	38.32	7%	106%	33%	16%
15. Buffalo Chicken	1 Sandwich	877.25	434.60	49.25	18.99	0.00	138.53	3398.20	64.65	10.50	3.69	50.47	19%	106%	65%	16%
16. Grilled Cheese																
Mozzarella	1 Sandwich	381.80	101.20	11.14	5.08	0.00	20.30	753.90	51.00	2.00	1.00	21.18	4%	0%	36%	15%
Provolone	1 Sandwich	530.00	209.00	23.60	12.15	0.00	54.00	1030.00	53.70	2.00	1.00	27.90	11%	216%	60%	15%
17. Chipotle Chicken	1 Sandwich	729.10	320.42	36.47	12.46	0.00	105.32	2072.32	57.44	2.47	4.27	43.82	7%	106%	37%	16%
Toasted Sandwiches on Wheat																
1. Turkey	1 Sandwich	475.50	150.30	17.02	6.56	0.00	52.20	1379.00	54.53	2.60	5.14	30.40	11%	114%	33%	18%
2. Ham	1 Sandwich	482.00	180.30	20.02	7.56	0.00	60.80	1410.50	52.39	2.60	3.00	27.63	11%	114%	33%	18%
3. Veggie	1 Sandwich	664.40	291.77	32.93	13.07	0.00	56.40	1323.93	68.05	4.91	11.21	29.14	25%	238%	60%	18%
4. The Pizza Guy	1 Sandwich	669.30	295.50	33.40	17.10	0.00	72.50	1700.20	51.55	3.42	3.13	47.91	16%	3%	97%	18%
5. Turkey Bacon Club	1 Sandwich	552.74	200.51	22.60	10.04	0.00	70.70	1612.64	54.90	2.60	5.51	36.49	11%	114%	35%	19%
6. Asiago Chicken Club	1 Sandwich	918.04	498.96	56.89	15.02	0.00	142.55	2575.84	55.39	4.28	3.65	46.29	5%	104%	38%	16%
7. Hodge Podge	1 Sandwich	702.10	210.40	23.46	12.85	0.00	124.75	2821.60	55.39	2.60	5.14	48.70	12%	114%	33%	22%
8. Pickleman's Café Club	1 Sandwich	535.50	180.30	20.02	7.56	0.00	82.20	1999.00	54.53	2.60	5.14	39.40	11%	114%	33%	20%
9. Italian Beef (w/ peppers)	1 Sandwich	467.16	65.10	14.79	2.00	0.00	60.00	2243.00	48.51	2.00	2.51	33.59	0%	0%	6%	15%
Italian Beef w/ Cheese (w/ peppers)	1 Sandwich	647.16	185.10	28.29	9.50	0.00	90.00	2633.00	48.51	2.00	2.51	51.59	6%	0%	51%	15%
10. Meatball W/ Marinara	1 Sandwich	743.80	361.00	40.35	18.40	0.00	91.25	1870.20	54.25	4.77	3.13	45.46	13%	6%	62%	27%
11. Pickleman's Italian Club	1 Sandwich	683.84	232.43	26.06	13.85	0.00	109.35	2353.81	55.04	2.68	4.30	37.98	12%	114%	33%	21%
12. Chicken Giardinara	1 Sandwich	574.26	129.55	22.11	6.98	0.00	78.45	2439.00	54.01	3.42	3.13	40.71	9%	106%	32%	17%
13. BLTC	1 Sandwich	669.55	305.23	34.40	17.17	0.00	85.44	1458.94	54.22	2.67	4.34	36.86	14%	151%	47%	17%
14. BBQ Chicken	1 Sandwich	529.40	129.55	14.83	6.98	0.00	78.45	1760.60	63.51	2.40	11.28	38.32	7%	106%	33%	16%
15. Buffalo Chicken	1 Sandwich	847.25	424.60	48.25	18.99	0.00	138.53	3398.20	61.65	10.50	3.69	50.47	19%	106%	65%	16%
16. Grilled Cheese																
Mozzarella	1 Sandwich	351.80	91.20	10.14	5.08	0.00	20.30	753.90	48.00	2.00	1.00	21.18	4%	0%	36%	15%
Provolone	1 Sandwich	500.00	199.00	22.60	12.15	0.00	54.00	1030.00	50.70	2.00	1.00	27.90	11%	216%	60%	15%
17. Chipotle Chicken	1 Sandwich	699.10	310.42	35.47	12.46	0.00	105.32	2072.32	54.44	2.47	4.27	43.82	7%	106%	37%	16%
Pizza																
Cheese Pizza	1/2 Pizza	312.12	150.50	16.21	9.31	0.00	39.90	742.96	19.71	1.12	0.93	21.43	13%	1%	53%	1%
Pepperoni Pizza	1/2 Pizza	514.12	256.00	26.86	13.31	0.00	63.90	1219.96	35.21	1.62	0.93	27.93	13%	1%	53%	4%
Italian Sausage Pizza	1/2 Pizza	454.32	202.80	19.94	10.62	0.00	55.13	1093.31	36.52	2.06	0.93	27.85	13%	2%	55%	3%
Veggie Pizza	1/2 Pizza	627.51	206.81	36.10	9.31	0.00	39.90	2337.31	44.92	2.12	3.93	28.79	23%	21%	54%	2%
Asiago Chicken Pizza	1/2 Pizza	806.59	544.30	61.08	24.10	0.00	184.19	2779.76	23.82	2.00	2.48	63.85	12%	1%	68%	1%
Chicken Giardinara Pizza	1/2 Pizza	635.97	200.85	37.51	11.83	0.00	105.03	3120.40	21.71	1.25	1.13	50.91	14%	2%	60%	1%
BBQ Chicken Pizza	1/2 Pizza	553.40	200.85	22.25	11.83	0.00	105.03	2008.80	42.33	0.50	18.00	46.18	12%	0%	60%	1%
Buffalo Chicken Pizza	1/2 Pizza	595.35	302.22	33.41	16.93	0.00	130.52	2836.21	23.91	4.58	0.00	52.30	18%	0%	75%	1%
Soup																
Tomato Basil Bisque (Little)	8 oz	320.00	180.00	20.00	11.00	0.50	50.00	870.00	29.00	3.00	15.00	5.00	20%	8%	8%	4%
Tomato Basil Bisque (Big)	12 oz	480.00	270.00	30.00	16.50	0.75	75.00	1305.00	43.50	4.50	22.50	7.50	30%	12%	12%	6%
Broccoli Cheese (Little)	8 oz	210.00	130.00	14.00	9.00	0.50	50.00	1230.00	11.00	1.00	3.00	5.00	30%	30%	20%	2%
Broccoli Cheese (Big)	12 oz	315.00	195.00	21.00	13.50	0.75	75.00	1845.00	16.50	1.50	4.50	7.50	45%	45%	30%	3%
Baja Chicken (Little)	8 oz	240.00	130.00	15.00	6.00	0.00	45.00	1350.00	19.00	4.00	6.00	10.00	25%	15%	16%	6%
Baja Chicken (Big)	12 oz	360.00	195.00	22.50	9.00	0.00	67.50	2025.00	28.50	6.00	9.00	15.00	38%	23%	24%	9%
Chili (Little)	8 oz	270.00	120.00	14.00	5.00	0.00	45.00	1130.00	20.00	4.00	1.00	15.00	10%	15%	2%	8%
Chili (Big)	12 oz	405.00	180.00	21.00	7.50	0.00	67.50	1695.00	30.00	6.00	1.50	22.50	15%	23%	3%	12%
Fresh Chopped Salads (Dressing not included)																
Italian Chop	1 Salad	519.37	189.85	28.67	13.29	0.00	102.55	2902.03	11.90	1.16	2.79	35.46	22%	9%	42%	6%
Café Chop	1 Salad	411.24	52.57	22.20	10.30	0.00	107.20	1707.94	19.20	2.25	7.71	36.04	0.75	0.42	0.05	0.11
Garden Chop	1 Salad	335.99	52.07	22.15	9.30	0.00	55.80	885.34	22.35	2.25	6.14	15.27	0.75	0.42	0.05	0.07
Asiago Caesar	1 Salad	291.26	111.82	12.65	5.17	0.00	72.65	1411.08	13.21	2.93	3.69	30.82	71%	27%	34%	5%
Side Salad	1 Salad	280.88	111.24	12.65	5.17	0.00	72.65	1404.94	10.90	1.97	2.35	29.86	38%	13%	32%	3%
Extras/Sides																
Fresh Baked Cookies																
Chocolate Chip	1	0	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Kosher Dill Pickle (Whole)	1 Pickle	0	0	0	-	-	-	1980	6	-	-	0	-	-	-	-

The nutritional information listed above is based on Pickleman's Gourmet Cafe recipes and product formulations. Variations may exist due to small differences in product assembly, location and/or region, possible supplier changes, and time of the year.



Kosher Dill Pickle (Half)	1/2 Pickle	0	0	0	-	-	-	990	3	-	-	0	-	-	-	-
Extra Deli Meat																
Turkey	60 g	53.5	0	0	0	0	21.4	588.5	2.14	0	2.14	11.77	0%	0%	0%	2%
Ham	56 g	60.00	30.00	3.00	1.00	0.00	30.00	620.00	0.00	0.00	0.00	9.00	0%	0%	0%	2%
Chicken	3.5 oz	117.00	29.25	3.51	1.17	0.00	52.65	819.00	1.17	0.00	0.00	19.89	0%	0%	0%	0%
Salami	28 g	115.00	0.00	0.00	4.00	0.00	27.50	470.00	0.00	0.00	0.00	5.00	0%	0%	0%	0%
Capicola	24 g	51.60	30.10	3.44	1.29	0.00	15.05	352.60	0.86	0.00	0.00	4.30	2%	0%	0%	2%
Italian Beef	112 g	150.00	50.00	6.00	2.00	0.00	60.00	690.00	0.00	0.00	1.00	22.00	0%	0%	0%	0%
Bacon (1Slice)	8 g	38.62	25.11	2.79	1.74	0.00	9.25	116.82	0.18	0.00	0.18	3.04	0%	0%	1%	0%
Cheese																
Provolone	36 g	129.00	90.30	10.32	5.81	0.00	25.80	258.00	1.29	0.00	0.00	9.03	5%	103%	26%	0%
Mozzarella	1 Slice	120.00	80.00	9.00	5.00	0.00	20.00	260.00	0.00	0.00	0.00	12.00	4%	0%	30%	0%
Crumbled Blue Cheese	14 g	50.00	35.00	4.00	2.50	0.00	12.50	190.00	2.00	2.00	0.00	3.00	3%	0%	8%	0%
Shredded Cheddar	2 oz	223.30	0.00	18.27	10.15	0.00	60.90	365.40	2.03	0.00	0.00	14.21	0%	0%	0%	0%
Giardinara Peppers	27g	76.96	0.00	7.28	0.00	0.00	0.00	644.80	0.00	0.00	0.00	2.08	0%	0%	0%	0%
Veggies																
Tomato	29 g	5.60	0.00	0.16	0.00	0.00	0.00	0.80	1.12	0.16	0.96	0.16	3%	6%	0%	0%
Cucumbers	34 g	5.20	0.00	0.00	0.00	0.00	0.00	0.65	1.30	0.00	0.65	0.00	1%	1%	1%	1%
Alfalfa Sprouts	14 g	3.36	0.84	0.00	0.00	0.00	0.00	0.84	0.42	0.42	0.00	0.42	0%	2%	0%	1%
Avocado	2 oz	105.84	51.03	5.67	0.76	0.00	0.00	275.94	12.66	1.89	7.56	1.13	8%	19%	0%	0%
Banana Peppers	16 g	2.85	0.00	0.00	0.00	0.00	0.00	267.90	0.57	0.00	0.57	0.00	0%	0%	0%	0%
Black Olives	19 g	35.70	29.75	2.98	0.00	0.00	0.00	119.00	4.76	0.00	0.00	0.00	0%	0%	0%	0%
Onion	12 g	1.60	0.03	0.00	0.00	0.00	0.00	0.15	0.38	0.08	0.18	0.05	0%	1%	0%	0%
Sauces/Seasoning																
Au Jus	0	10.00	5.00	0.50	0.00	0.00	0.00	410.00	0.50	0.00	0.50	0.50	0%	0%	0%	0%
Asiago Caesar	3 oz	480	420	48	6	0	60	1020	6	3	3	3	4%	0%	6%	0%
Ranch	3 oz	420.00	390.00	45.00	6.00	0.00	30.00	780.00	6.00	0.00	6.00	0.00	0%	0%	6%	0%
Chipotle Ranch	3 oz	431.05	395.28	45.59	6.11	0.00	30.04	880.00	7.35	0.20	6.31	0.09	0%	0%	6%	0%
Honey Mustard	3 oz	270.00	135.00	15.00	3.00	0.00	30.00	840.00	30.00	0.00	30.00	0.00	6%	0%	0%	0%
Mustard Vinaigrette	3 oz	182.23	0.00	19.20	2.74	0.00	0.00	73.74	0.00	0.27	0.00	0.00	0%	0%	0%	0%
Italian Vinaigrette	3 oz	182.7974	17.028	18.16	2.702	0	3.7839	105.95	3.784	0.229	3.784	0	1%	0%	0%	0%
Beverages																
Pepsi	24 oz	300.00	-	0.00	-	-	-	75.00	84.00	-	81.00	0.00	-	-	-	-
Diet Pepsi	24 oz	0.00	-	0.00	-	-	-	75.00	0.00	-	0.00	0.00	-	-	-	-
Pepsi - Wild Cherry	24 oz	300.00	-	0.00	-	-	-	60.00	84.00	-	84.00	0.00	0%	0%	0%	0%
Mountain Dew	24 oz	330.00	-	0.00	-	-	-	105.00	87.00	-	87.00	0.00	-	-	-	-
Sierra Mist	24 oz	300.00	-	0.00	-	-	-	60.00	81.00	-	81.00	-	-	-	-	-
Tropicana Lemonade	24 oz	360.00	-	-	-	-	-	60.00	87.00	-	84.00	-	-	-	-	-
Dr. Pepper	24 oz	300.00	-	0.00	-	-	-	105.00	81.00	-	81.00	-	-	-	-	-
Diet Dr. Pepper	24 oz	0.00	-	0.00	-	-	-	105.00	0.00	-	-	0.00	-	-	-	-
Boylan - Crème	12 oz	160.00	0.00	0.00	0.00	0.00	0.00	35.00	40.00	0.00	40.00	0.00	0%	0%	0%	0%
Boylan - Grape	12 oz	180.00	-	0.00	0.00	0.00	0.00	35.00	44.00	0.00	44.00	0.00	0%	0%	0%	0%
Boylan - Root Beer	12 oz	170.00	-	0.00	0.00	0.00	0.00	35.00	42.00	0.00	42.00	0.00	0%	0%	0%	0%
Boylan - Diet Root Beer	12 oz	0.00	-	0.00	0.00	0.00	0.00	35.00	0.00	0.00	0.00	0.00	-	-	-	-
Boylan - Black Cherry	12 oz	170.00	-	0.00	0.00	0.00	0.00	35.00	42.00	0.00	42.00	0.00	-	-	-	-
Boylan - Orange	12 oz	170.00	-	0.00	0.00	0.00	0.00	35.00	42.00	0.00	42.00	0.00	-	-	-	-
Nantucket Nectars - Pineapple Orange Banana	35 oz	310.00	-	0.00	-	0.00	-	65.00	73.00	-	72.00	2.00	2%	220%	6%	8%
Nantucket Nectars - Grapeade	35 oz	290.00	-	0.00	-	-	-	55.00	73.00	-	73.00	0.00	-	220%	-	-
Nantucket Nectars - Apple	35 oz	260.00	-	0.00	-	-	-	15.00	64.00	-	61.00	0.00	-	-	4%	10%
Nantucket Nectars - Pomegranate Pear	35 oz	250.00	-	0.00	-	-	-	60.00	62.00	-	61.00	0.00	-	-	-	-
Nantucket Nectars - Kiwi Berry	35 oz	120.00	-	0.00	0.00	0.00	0.00	25.00	29.00	0.00	28.00	0.00	0%	100%	0%	2%
Calypso - Kiwi Lemonade	8 oz	120.00	-	0.00	-	-	-	2.00	29.00	-	28.00	0.00	0%	100%	0%	0%
Calypso - Natural Lemonade	8 oz	120.00	-	0.00	-	-	-	2.00	28.00	-	29.00	0.00	0%	100%	0%	0%
Calypso - Black Cherry Lemonade	8 oz	120.00	-	0.00	-	-	-	2.00	28.00	-	26.00	0.00	0%	100%	0%	0%
Calypso - Pink Lemonade	8 oz	112.00	-	0.00	-	-	-	2.00	28.00	-	29.00	0.00	0%	100%	0%	0%
Calypso - Tropical Mango	8 oz	112.00	-	0.00	-	-	-	2.00	28.00	-	26.00	0.00	0%	100%	0%	0%
Spring Reflections Bottled Water	16 oz	0.00	-	0.00	-	-	-	0.00	0.00	-	-	0.00	-	-	-	-
Chips																
Baked Lay's Original	1 Bag	130.00	15.00	2.00	0.00	0.00	0.00	220.00	26.00	2.00	2.00	2.00	0%	4%	2%	2%
Baked Lay's Barbecue	1 Bag	140.00	35.00	3.50	0.50	0.00	0.00	240.00	24.00	2.00	3.00	2.00	0%	4%	2%	0%
Miss Vickie's - Sea Salt & Vinegar	1 Bag	200.00	100.00	1.00	3.00	0.00	0.00	340.00	22.00	3.00	2.00	3.00	0%	15%	2%	4%
Miss Vickie's - Jalapeno	1 Bag	200.00	100.00	11.00	3.00	0.00	0.00	270.00	22.00	2.00	1.00	3.00	0%	15%	2%	6%
Miss Vickie's - Smokehouse BBQ	1 Bag	210.00	100.00	11.00	3.00	0.00	0.00	300.00	23.00	2.00	1.00	3.00	2%	15%	2%	6%
Sun Chips - Harvest Cheddar	1 Bag	210.00	80.00	9.00	0.00	0.00	240.00	105.00	29.00	3.00	3.00	4.00	0%	0%	2%	2%
Doritos - Nacho Cheese	1 Bag	250.00	120.00	13.00	2.50	0.00	5.00	310.00	30.00	2.00	2.00	4.00	0%	0%	8%	2%
Lay's Classic	1 Bag	230.00	140.00	15.00	2.00	0.00	0.00	270.00	23.00	2.00	0.00	3.00	0%	15%	0%	2%