



Pickleman's Gourmet Cafe

NUTRITION GUIDE



Full Sandwiches White Bread

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
#1 Turkey	620	210	23	10	0	60	1540	66	4	8	32	
#2 Ham	620	240	27	10	0	60	1690	64	5	6	29	
#3 Veggie	610	260	29	10	0	30	1000	66	6	5	20	
#4 Chicken Salad	720	270	30	10	0	70	1300	73	6	13	31	
#5 Turkey Bacon Club	780	320	36	10	0	80	2540	65	4	8	44	
#6 Asiago Chicken	840	360	41	10	0	130	2540	65	4	5	50	
#7 Hodge Podge	860	480	54	15	0	140	3140	67	4	10	53	
#8 Cafe Club	690	360	40	10	0	90	2240	66	4	9	42	
#9 Italian Beef	490	110	13	0	0	90	1890	57	3	3	35	
#10 Meatball	960	490	54	20	0	90	2580	73	7	5	44	
#11 Italian Club	900	450	51	20	0	120	2730	66	4	8	41	
#12 Chicken Giardiniera	810	330	38	15	0	100	2180	69	5	7	45	
#13 BLTC	1000	510	57	20	0	90	3590	62	4	5	52	
#14 BBQ Chicken	640	380	17	5	0	100	1570	74	4	13	43	
#15 Buffalo Chicken	870	380	43	15	0	120	3020	69	5	5	47	
#16 Grilled Cheese (mixed)	620	230	25	10	0	70	1300	60	3	3	32	
#17 Chipotle Chicken	730	280	31	10	0	110	1710	65	5	5	44	
#18 Big Tuna	680	270	30	10	0	60	1390	65	5	6	33	
Pizza Guy	760	370	41	20	0	70	2120	65	4	5	27	

Key Guide

- Vegetarian
- Contains Nuts
- Contains Egg
- Gluten Friendly
- Contains Dairy
- Contains Wheat
- Contains Fish
- Contains Soy

!WARNING!

Please use this nutritional allergen guide to help you make informed decisions based on your dietary needs. Individual foods may come into contact with one another during preparation, which is not reflected on this chart. While our staff is here to help, they are not trained dietitians and not required to be experts on this matter. If you have any questions on our menu please feel free to reach out directly at contact@picklemans.com and we will assist you.



Full Sandwiches Wheat Bread

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
#1 Turkey	620	210	23	10	0	60	1530	67	5	8	32	
#2 Ham	620	240	27	10	0	60	1700	63	4	6	29	
#3 Veggie	610	260	29	10	0	30	990	67	7	5	20	
#4 Chicken Salad	720	270	30	10	0	70	1290	74	7	13	31	
#5 Turkey Bacon Club	780	320	36	10	0	80	2530	66	5	8	44	
#6 Asiago Chicken	840	360	41	10	0	130	2530	66	5	5	50	
#7 Hodge Podge	860	480	54	15	0	140	3130	68	5	10	53	
#8 Cafe Club	690	360	40	10	0	90	2230	67	5	9	42	
#9 Italian Beef	490	110	13	0	0	90	1880	58	4	3	35	
#10 Meatball	960	490	54	20	0	90	2570	74	8	5	44	
#11 Italian Club	900	450	51	20	0	120	2720	67	5	8	41	
#12 Chicken Giardiniera	810	330	38	15	0	100	2170	70	6	7	45	
#13 BLTC	1000	510	57	20	0	90	3580	63	5	5	52	
#14 BBQ Chicken	640	150	17	5	0	100	1560	75	5	13	43	
#15 Buffalo Chicken	870	380	43	15	0	120	3010	70	6	5	47	
#16 Grilled Cheese (mixed)	620	230	25	10	0	70	1290	61	4	3	32	
#17 Chipotle Chicken	730	280	31	10	0	110	1710	66	5	5	44	
#18 Big Tuna	680	270	30	10	0	60	1380	66	6	6	33	
Pizza Guy	760	370	41	20	0	70	2110	66	5	5	27	

Key Guide

- Vegetarian
- Contains Nuts
- Contains Egg
- Gluten Friendly
- Contains Dairy
- Contains Wheat
- Contains Fish
- Contains Soy

!WARNING!

Please use this nutritional allergen guide to help you make informed decisions based on your dietary needs. Individual foods may come into contact with one another during preparation, which is not reflected on this chart. While our staff is here to help, they are not trained dietitians and not required to be experts on this matter. If you have any questions on our menu please feel free to reach out directly at contact@picklemans.com and we will assist you.



Half Sandwiches White Bread

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
#1 Turkey	320	110	13	0	0	35	800	33	1	6	16	
#2 Ham	320	130	14	5	0	35	870	32	1	5	15	
#3 Veggie	320	140	16	0	0	20	530	32	2	4	10	
#4 Chicken Salad	430	190	21	5	0	50	800	38	2	8	21	
#5 Turkey Bacon Club	400	170	19	5	0	45	1290	33	1	6	22	
#6 Asiago Chicken	490	230	27	5	0	70	1520	32	1	3	29	
#7 Hodge Podge	440	190	21	5	0	70	1590	34	1	7	26	
#8 Cafe Club	360	130	14	5	0	45	1140	34	1	7	21	
#9 Italian Beef	260	70	7	0	0	50	1540	60	3	4	23	
#10 Meatball	500	260	29	10	0	45	1540	39	3	4	23	
#11 Italian Club	460	230	27	10	0	60	1380	33	1	5	21	
#12 Chicken Giardiniera	420	180	20	5	0	60	1330	36	2	4	24	
#13 BLTC	530	280	31	10	0	50	2030	31	1	4	28	
#14 BBQ Chicken	330	80	10	0	0	60	810	37	1	8	22	
#15 Buffalo Chicken	480	230	26	5	0	70	1050	34	1	4	25	
#16 Grilled Cheese (mixed)	300	110	12	5	0	30	640	30	1	2	15	
#17 Chipotle Chicken	390	160	19	5	0	60	930	33	1	4	22	
#18 Big Tuna	350	140	16	0	0	30	720	33	1	5	17	
Pizza Guy	430	220	24	10	0	45	1380	35	2	4	18	

Key Guide

- Vegetarian
- Contains Nuts
- Contains Egg
- Gluten Friendly
- Contains Dairy
- Contains Wheat
- Contains Fish
- Contains Soy

!WARNING!

Please use this nutritional allergen guide to help you make informed decisions based on your dietary needs. Individual foods may come into contact with one another during preparation, which is not reflected on this chart. While our staff is here to help, they are not trained dietitians and not required to be experts on this matter. If you have any questions on our menu please feel free to reach out directly at contact@picklemans.com and we will assist you.



Half Sandwiches Wheat Bread

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
#1 Turkey	320	110	13	0	0	35	780	34	2	6	16	
#2 Ham	320	130	14	5	0	35	870	33	2	5	15	
#3 Veggie	320	140	16	0	0	20	520	34	3	4	10	
#4 Chicken Salad	430	190	21	5	0	50	790	39	3	8	21	
#5 Turkey Bacon Club	400	170	19	5	0	45	1290	34	2	6	22	
#6 Asiago Chicken	490	230	27	5	0	70	1510	33	2	3	29	
#7 Hodge Podge	440	190	21	5	0	70	1590	35	2	7	26	
#8 Cafe Club	360	130	14	5	0	45	1130	35	2	7	21	
#9 Italian Beef	260	70	7	0	0	50	1540	61	4	4	23	
#10 Meatball	500	260	29	10	0	45	1530	40	4	4	23	
#11 Italian Club	460	230	27	10	0	60	1380	34	2	4	21	
#12 Chicken Giardiniera	420	180	20	5	0	60	1330	37	3	5	24	
#13 BLTC	530	280	31	10	0	50	2020	32	2	4	28	
#14 BBQ Chicken	330	80	10	0	0	60	810	38	2	8	22	
#15 Buffalo Chicken	480	230	26	5	0	70	1040	35	2	4	25	
#16 Grilled Cheese (mixed)	300	110	12	5	0	30	640	31	2	5	15	
#17 Chipotle Chicken	390	160	19	5	0	60	920	34	2	4	22	
#18 Big Tuna	350	140	16	0	0	30	720	34	2	2	17	
Pizza Guy	430	220	24	10	0	45	1380	36	3	4	18	

Key Guide

- Vegetarian
- Contains Nuts
- Contains Egg
- Gluten Friendly
- Contains Dairy
- Contains Wheat
- Contains Fish
- Contains Soy

!WARNING!

Please use this nutritional allergen guide to help you make informed decisions based on your dietary needs. Individual foods may come into contact with one another during preparation, which is not reflected on this chart. While our staff is here to help, they are not trained dietitians and not required to be experts on this matter. If you have any questions on our menu please feel free to reach out directly at contact@picklemans.com and we will assist you.



Romaine Lettuce Wraps

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
#1 Turkey - Lettuce Wrap	320	180	20	7	0	60	870	11	3	6	24	Contains Dairy, Contains Egg, Contains Soy
#2 Ham - Lettuce Wrap	320	200	22	9	0	60	1040	9	3	4	21	Contains Dairy, Contains Egg, Contains Soy
#3 Veggie - Lettuce Wrap	360	250	28	10	0	40	430	12	5	4	16	Contains Dairy, Contains Egg, Contains Soy
#4 Chicken Salad - Lettuce Wrap	480	280	32	11	0	80	1870	11	3	6	36	Contains Dairy, Contains Egg, Contains Soy
#5 Turkey Bacon Club - Lettuce Wrap	480	280	32	11	0	80	1870	11	3	6	36	Contains Dairy, Contains Egg, Contains Soy
#6 Asiago Chicken - Lettuce Wrap	530	330	36	14	0	135	1930	10	2	2	38	Contains Dairy, Contains Egg, Contains Soy
#7 Hodge Podge - Lettuce Wrap	560	330	36	14	0	135	2480	13	3	8	45	Contains Dairy, Contains Egg, Contains Soy
#8 Cafe Club - Lettuce Wrap	390	200	22	9	0	90	1570	13	3	8	34	Contains Dairy, Contains Egg, Contains Soy
#9 Italian Beef - Lettuce Wrap	200	70	8	3	0	90	1230	3	2	1	27	Contains Dairy, Contains Egg, Contains Soy
#10 Meatball - Lettuce Wrap	520	320	35	14	0	90	1670	20	6	3	37	Contains Dairy, Contains Egg, Contains Soy
#11 Italian Club - Lettuce Wrap	600	420	47	16	0	115	2060	12	3	6	34	Contains Dairy, Contains Egg, Contains Soy
#12 Chicken Giardiniera - Lettuce Wrap	360	160	18	7	0	90	1490	90	3	4	32	Contains Dairy, Contains Egg, Contains Soy
#13 BLTC - Lettuce Wrap	700	480	53	19	0	90	2920	9	3	3	45	Contains Dairy, Contains Egg, Contains Soy
#14 BBQ Chicken - Lettuce Wrap	330	120	13	7	0	90	1120	20	2	11	31	Contains Dairy, Contains Egg, Contains Soy
#15 Buffalo Chicken - Lettuce Wrap	560	350	39	12	0	105	2570	14	3	3	35	Contains Dairy, Contains Egg, Contains Soy
#16 Grilled Cheese - Lettuce Wrap	260	150	16	10	0	60	570	7	2	1	21	Contains Dairy, Contains Egg, Contains Soy
#17 Chipotle Chicken - Lettuce Wrap	420	25	0	9	0	95	1280	11	2	3	22	Contains Dairy, Contains Egg, Contains Soy
#18 Big Tuna - Lettuce Wrap	430	260	29	10	0	70	810	11	4	4	29	Contains Dairy, Contains Egg, Contains Soy
Pizza Guy - Lettuce Wrap	330	200	22	22	0	70	1220	11	3	3	21	Contains Dairy, Contains Egg, Contains Soy

Key Guide

- Vegetarian
- Contains Nuts
- Contains Egg
- Gluten Friendly
- Contains Dairy
- Contains Wheat
- Contains Fish
- Contains Soy

!WARNING!

Please use this nutritional allergen guide to help you make informed decisions based on your dietary needs. Individual foods may come into contact with one another during preparation, which is not reflected on this chart. While our staff is here to help, they are not trained dietitians and not required to be experts on this matter. If you have any questions on our menu please feel free to reach out directly at contact@picklemans.com and we will assist you.



Nutritional Information

*All salad nutritional information is listed without dressings.

*Croutons included on all salads excluding Walnut Cran.

Full Salads

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Asiago Caesar (blend)	260	120	13	0	0	20	760	31	3	5	16	Contains Dairy, Contains Soy
Avo-Cobb (blend)	570	380	43	15	0	25	1110	25	11	4	26	Contains Nuts, Contains Egg, Contains Dairy, Contains Soy
Buffalo Chicken (blend)	410	180	20	5	0	80	2920	25	4	3	32	Contains Dairy, Contains Soy
Cafe Chop (blend)	330	120	13	5	0	80	1600	21	4	8	34	Contains Dairy, Contains Soy
Chicken Caesar (blend)	380	150	17	5	0	80	1420	34	3	5	36	Contains Dairy, Contains Soy
Garden Chop (blend)	230	120	13	5	0	25	730	18	6	3	11	Vegetarian, Contains Dairy, Contains Soy
Italian Chop (blend)	500	290	32	10	0	100	2450	23	5	6	31	Contains Dairy, Contains Soy
Southwest (blend)	390	230	25	5	0	25	450	32	13	5	15	Vegetarian, Contains Dairy, Contains Soy
Walnut Cran (blend)	530	310	35	10	0	210	570	40	10	28	20	Contains Nuts, Contains Dairy, Contains Soy

Half Salads

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Asiago Caesar (blend)	170	80	8	0	0	10	480	20	2	3	10	Contains Dairy, Contains Soy
Avo-Cobb (blend)	450	310	34	10	0	210	730	21	9	3	19	Contains Nuts, Contains Egg, Contains Dairy, Contains Soy
Buffalo Chicken (blend)	270	110	12	0	0	60	1710	19	3	2	22	Contains Dairy, Contains Soy
Cafe Chop (blend)	200	70	8	0	0	45	890	15	2	4	18	Contains Dairy, Contains Soy
Chicken Caesar (blend)	290	100	11	0	0	70	1140	23	2	3	30	Contains Dairy, Contains Soy
Garden Chop (blend)	190	100	11	5	0	25	490	25	3	1	9	Vegetarian, Contains Dairy, Contains Soy
Italian Chop (blend)	290	160	17	5	0	50	1360	18	3	4	17	Contains Dairy, Contains Soy
Southwest (blend)	320	200	22	5	0	15	330	26	10	3	10	Vegetarian, Contains Dairy, Contains Soy
Walnut Cran (blend)	360	220	24	5	0	200	560	24	6	17	15	Contains Nuts, Contains Dairy, Contains Soy

Key Guide

 Vegetarian	 Contains Nuts	 Contains Egg
 Gluten Friendly	 Contains Dairy	 Contains Wheat
 Contains Fish	 Contains Soy	

!WARNING!

Please use this nutritional allergen guide to help you make informed decisions based on your dietary needs. Individual foods may come into contact with one another during preparation, which is not reflected on this chart. While our staff is here to help, they are not trained dietitians and not required to be experts on this matter. If you have any questions on our menu please feel free to reach out directly at contact@picklemans.com and we will assist you.



12" Thin Crust Pizza

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
BBQ Chicken	1330	440	49	20	0	190	2880	144	0	31	78	
Buffalo Chicken	1380	590	66	25	0	220	4430	110	1	0	85	
Asiago Chicken	1780	950	105	30	0	250	4640	111	0	3	95	
Chicken Giardiniera	1270	500	56	20	0	190	2850	114	2	3	79	
Pepperoni	1310	650	72	30	0	160	2410	107	2	2	58	
Sausage	1470	780	86	35	0	180	2940	113	4	2	63	
Southwest	1210	550	61	20	0	70	1880	121	5	8	42	
The Hog	1610	760	85	30	0	270	3910	120	3	5	91	
Cheese	1100	470	52	20	0	110	1700	107	2	2	50	
Veggie	1150	520	58	20	0	70	1950	115	6	6	41	

10" Cauliflower Crust Pizza

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
BBQ Chicken	920	250	28	15	0	170	2660	91	3	29	54	
Buffalo Chicken	930	350	39	15	0	180	3890	83	4	3	57	
Asiago Chicken	1190	590	65	25	0	200	3740	83	3	5	65	
Chicken Giardiniera	880	310	34	15	0	170	2660	87	5	6	55	
Pepperoni	920	400	45	25	0	160	2450	82	5	5	46	
Sausage	960	440	49	25	0	160	2600	85	5	5	46	
Southwest	880	340	38	20	0	120	2200	93	7	8	42	
The Hog	1150	520	58	25	0	220	3520	91	6	7	64	
Cheese	770	280	32	20	0	120	1970	82	5	5	39	
Veggie	950	410	45	20	0	120	2520	92	8	9	40	

Key Guide

- Vegetarian
- Contains Nuts
- Contains Egg
- Gluten Friendly
- Contains Dairy
- Contains Wheat
- Contains Fish
- Contains Soy

!WARNING!

Please use this nutritional allergen guide to help you make informed decisions based on your dietary needs. Individual foods may come into contact with one another during preparation, which is not reflected on this chart. While our staff is here to help, they are not trained dietitians and not required to be experts on this matter. If you have any questions on our menu please feel free to reach out directly at contact@picklemans.com and we will assist you.



Beverages

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Coke 8oz	100	0	0	0	0	0	0	27	0	27	0	
Diet Coke 8oz	0	0	0	0	0	0	10	0.1	0	0	0	
Coke Zero	0	0	0	0	0	0	80	77	0	77	0	
Dr. Pepper 12oz	140	0	0	0	0	0	45	39	0	38	0	
Orange Fanta	280	0	0	0	0	0	80	74	0	73	0	
Blue Powerade	160	0	0	0	0	0	210	40	0	40	0	
Sprite 8oz	100	0	0	0	0	0	20	26	0	26	0	
Sweet Tea	90	0	0	0	0	0	0	24	0	0	0	
Unsweetened Tea 6oz	0	0	0	0	0	0	5	0	.5	0	0	
Lemonade 8oz	120	0	0	0	0	0	15	32	0	31	0	

Sides

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chocolate Chip Cookie	220	100	11	5	0	15	210	30	1	21	2	
Pickle	0	0	0	0	0	0	160	0	0	0	0	
Deep River Original	300	180	20	0	0	0	190	28	2	0	4	
Deep River 50% Less Fat	200	70	8	0	0	0	140	29	2	2	3	
Deep River Sea Salt & Vinegar	290	170	19	0	0	0	260	28	2	0	4	
Deep River Jalapeno	290	180	20	0	0	0	300	28	2	0	4	
Deep River BBQ	290	160	18	0	0	0	320	29	2	3	4	
Deep River Rosemary	290	170	19	0	0	0	250	29	2	0	4	
Deep River Spicy Dill Pickle	290	170	19	0	0	0	350	29	2	0	4	
Side Tuna Salad	220	140	16	0	0	30	440	4	1	1	14	
Side Chicken Salad	313	198	22	0	0	45	380	17	2	12	12	

Key Guide

- Vegetarian
- Contains Nuts
- Contains Egg
- Gluten Friendly
- Contains Dairy
- Contains Wheat
- Contains Fish
- Contains Soy



8 OZ Soups & Mac

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Broccoli Cheese	230	145	16	10	0	55	800	14	1	4	9	Contains Dairy, Contains Wheat
Lentil Chili	200	45	5	0	0	0	1090	30	9	4	11	Contains Soy, Contains Wheat
Tomato Basil	280	220	24	10	0	50	790	14	2	8	3	Contains Dairy, Contains Wheat
Baja Chicken	150	20	4	0	0	40	780	16	2	6	14	Contains Dairy, Contains Wheat
Mac & Cheese	360	170	19	10	0	60	1200	34	1	5	14	Contains Dairy, Contains Wheat

12 oz Soups & Mac

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Broccoli Cheese	345	220	24	15	0	85	1200	21	2	6	14	Contains Dairy, Contains Wheat
Lentil Chili	300	70	10	0	0	0	1640	45	14	6	17	Contains Soy, Contains Wheat
Tomato Basil	420	320	35	15	0	80	1190	21	3	12	5	Contains Dairy, Contains Wheat
Baja Chicken	230	50	5	0	0	60	1170	24	2	9	22	Contains Dairy, Contains Wheat
Mac & Cheese	530	250	28	15	0	90	1770	51	2	8	21	Contains Dairy, Contains Wheat

Garlic Breads

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Regular Garlic Cheese Bread	670	290	32	15	0	45	1790	65	4	5	26	Contains Dairy, Contains Wheat
Large Garlic Cheese Bread	1300	570	63	30	0	90	3130	125	7	8	50	Contains Dairy, Contains Wheat
Garlic Butter (2 fl. oz)	380	270	41	20	0	0	640	1	0	0	0	Contains Dairy, Contains Wheat
Marinara Sauce (3 fl. oz)	30	5	.5	0	0	0	460	5	1	2	1	Contains Dairy, Contains Wheat
Parmesan Grated (5gr)	20	15	2	0	0	5	70	0	0	0	1	Contains Dairy, Contains Wheat

Key Guide

- Vegetarian
- Contains Nuts
- Contains Egg
- Gluten Friendly
- Contains Dairy
- Contains Wheat
- Contains Fish
- Contains Soy



3 oz Dressings

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Italian Vinaigrette	400	350	40	0	0	0	440	12	0	8	0	
Twisted Citrus	430	410	48	0	0	0	530	0	0	0	0	
Balsamic Vinaigrette	570	540	63	0	0	0	100	7	0	7	0	
Chipotle Ranch	340	310	34	5	0	20	820	8	0	2	2	
Classic Ranch	320	300	33	5	5	20	670	5	0	2	2	
Asiago Caesar	420	380	42	10	0	30	1200	6	0	3	3	
Vinegar & Oil	360	360	39	10	0	0	0	0	0	0	0	
Honey Dijon	50	0	0	0	0	0	240	12	0	8	0	

2 tbsp Sauces

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
BBQ Sauce	60	0	0	0	0	0	240	15	0	12	0	
Buffalo Sauce	50	20	2	0	0	0	880	1	0	0	0	
Honey Mustard	50	0	0	0	0	0	240	12	0	8	0	
Mayo	100	100	11	0	0	5	70	1	0	0	0	
Mustard	0	0	0	0	0	0	160	0	0	0	0	
Spicy Mustard	10	0	0	0	0	0	160	0	0	0	0	
Pepper Oil	240	240	26	5	0	0	0	0	0	0	0	

Key Guide

- Vegetarian
- Contains Nuts
- Contains Egg
- Gluten Friendly
- Contains Dairy
- Contains Wheat
- Contains Fish
- Contains Soy