



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 Cuban	700	240	27	13	0	110	2750	63	3	6	48	
#11 Italian Club	900	450	51	20	0	120	2730	66	4	8	41	
#12 Smokehouse Stack	1090	585	64	22	0	110	2935	70	4	9	52	
#13 BLTC	1000	510	57	20	0	90	3590	62	4	5	52	
#14 BBQ Pork	690	220	24	12	0	80	2140	76	3	15	38	
#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	
Garlic Cheese Bread	670	290	32	15	0	45	1790	65	4	5	26	
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

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## 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 Cuban	700	240	27	13	0	110	2740	64	4	6	48	
#11 Italian Club	900	450	51	20	0	120	2720	67	5	8	41	
#12 Smokehouse Stack	1090	585	64	22	0	110	2925	71	5	9	52	
#13 BLTC	1000	510	57	20	0	90	3580	63	5	5	52	
#14 BBQ Pork	690	216	24	12	0	80	2130	77	4	15	38	
#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	
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

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# 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 Cuban <b>N/A</b>												
#11 Italian Club	460	230	27	10	0	60	1380	33	1	5	21	
#12 Smokehouse Stack <b>N/A</b>												
#13 BLTC	530	280	31	10	0	50	2030	31	1	4	28	
#14 BBQ Pork <b>N/A</b>												
#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	

### Key Guide

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

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# 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 Cuban <b>N/A</b>												
#11 Italian Club	460	230	27	10	0	60	1380	34	2	4	21	
#12 Smokehouse Stack <b>N/A</b>												
#13 BLTC	530	280	31	10	0	50	2020	32	2	4	28	
#14 BBQ Pork <b>N/A</b>												
#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	
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

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# 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	420	240	26	9	0	70	630	19	5	11	23	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, Contains Wheat
#6 Asiago Chicken - Lettuce Wrap	530	330	36	14	0	135	1930	10	2	2	38	Contains Dairy, Contains Egg, Contains Soy, Contains Wheat
#7 Hodge Podge - Lettuce Wrap	560	330	36	14	0	135	2480	13	3	8	45	Contains Dairy, Contains Egg, Contains Soy, Contains Wheat
#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 Cuban - Lettuce Wrap	390	210	23	13	0	110	2080	6	0	3	39	Contains Dairy, Contains Egg, Contains Soy, Contains Wheat
#11 Italian Club - Lettuce Wrap	600	420	47	16	0	115	2060	12	3	6	34	Contains Dairy, Contains Egg, Contains Soy, Contains Wheat
#12 Smokehouse Stack - Lettuce Wrap	640	420	46	19	0	110	1930	10	1	5	42	Contains Dairy, Contains Egg, Contains Soy, Contains Wheat
#13 BLTC - Lettuce Wrap	700	480	53	19	0	90	2920	9	3	3	45	Contains Dairy, Contains Egg, Contains Soy, Contains Wheat
#14 BBQ Pork - Lettuce Wrap	380	180	20	12	0	80	1470	19	0	12	29	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
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

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## 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	120	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
Walnut Cran (blend)	530	310	35	10	0	210	570	40	10	28	20	Contains Nuts, Contains Dairy, Contains Soy, Contains Wheat

### 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
Walnut Cran (blend)	360	220	24	5	0	200	360	24	6	17	15	Contains Nuts, Contains Dairy, Contains Soy, Contains Wheat

#### Key Guide

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

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## 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	Contains Dairy, Contains Soy, Contains Wheat
Buffalo Chicken	1380	590	66	25	0	220	4430	110	1	0	85	Contains Dairy, Contains Soy, Contains Wheat
Asiago Chicken	1780	950	105	30	0	250	4640	111	0	3	95	Contains Dairy, Contains Soy, Contains Wheat
Founder's Favorite	1390	610	67	26	0	220	3270	114	2	3	83	Contains Dairy, Contains Soy, Contains Wheat
Pepperoni	1310	650	72	30	0	160	2410	107	2	2	58	Contains Dairy, Contains Soy, Contains Wheat
Sausage	1470	780	86	35	0	180	2940	113	4	2	63	Contains Dairy, Contains Soy, Contains Wheat
Pickled Cuban	1340	600	68	20	0	120	3520	105	0	4	70	Contains Dairy, Contains Soy, Contains Wheat
The Hog	1610	760	85	30	0	270	3910	120	3	5	91	Contains Dairy, Contains Soy, Contains Wheat
Cheese	1100	470	52	20	0	110	1700	107	2	2	50	Contains Dairy, Contains Soy, Contains Wheat
Veggie	1150	520	58	20	0	70	1950	115	6	6	41	Contains Soy, Contains Wheat

## 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	165	3	29	54	Contains Dairy, Contains Soy, Contains Wheat
Buffalo Chicken	930	350	39	15	0	180	3890	83	4	3	57	Contains Dairy, Contains Soy, Contains Wheat
Asiago Chicken	1190	590	65	25	0	200	3740	83	3	5	65	Contains Dairy, Contains Soy, Contains Wheat
Founder's Favorite	1000	420	45	23	0	200	3080	87	5	6	59	Contains Dairy, Contains Soy, Contains Wheat
Pepperoni	920	400	45	25	0	160	2450	82	5	5	46	Contains Dairy, Contains Soy, Contains Wheat
Sausage	960	440	49	25	0	160	2600	85	5	5	46	Contains Dairy, Contains Soy, Contains Wheat
Pickled Cuban	1020	410	47	25	0	160	3630	81	3	7	61	Contains Dairy, Contains Soy, Contains Wheat
The Hog	1140	520	57	27	0	220	3490	91	6	7	63	Contains Dairy, Contains Soy, Contains Wheat
Cheese	770	280	32	20	0	120	1970	82	5	5	39	Contains Dairy, Contains Soy, Contains Wheat
Veggie	950	410	45	20	0	120	2520	92	8	9	40	Contains Soy, Contains Wheat

### Key Guide

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- Contains Nuts
- Contains Egg
- Gluten Friendly
- Contains Dairy
- Contains Wheat
- Contains Fish
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## 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 24oz	360	0	0	0	0	0	0	87	0	84	0	
Strawberry Lemonade	360	0	0	0	0	0	0	88	0	85	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	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 Chicken Salad	310	200	22	0	0	45	380	17	2	12	12	
Grated Parmesan (5gr)	20	15	2	0	0	5	70	0	0	0	1	

### Key Guide

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



## 8 oz Soups

	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	250	150	17	10	0	60	1010	15	2	7	11	Contains Dairy, Contains Wheat
Lentil Chili	200	45	5	0	0	0	1090	30	9	4	11	Contains Soy
Tomato Basil	280	220	24	10	0	50	790	14	2	8	3	Contains Dairy, Contains Wheat

## 12 oz Soups

	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	380	230	25	15	0	80	1520	23	3	11	17	Contains Dairy, Contains Wheat
Lentil Chili	300	70	10	0	0	0	1640	45	14	6	17	Contains Soy
Tomato Basil	420	320	35	15	0	80	1190	21	3	12	5	Contains Dairy, Contains Wheat

## Mac & Cheese

	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
White Cheddar	360	170	19	11	0	65	1200	34	1	5	14	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	140	380	14	0	0	10	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	
Marinara	30	5	.5	41	0	0	460	5	1	2	1	

## 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	
Garlic Butter	380	270	41	20	0	0	640	1	0	0	0	

### Key Guide

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