



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	211	23	8	0	60	1580	66	4	8	33	
#2 Ham	630	239	27	9	0	62	1760	64	5	6	30	
#3 Veggie	610	257	29	9	0	32	1000	66	6	5	20	
#4 Chicken Salad	720	274	30	9	0	70	1300	73	6	13	31	
#5 Turkey Bacon Club	780	319	36	12	0	81	2570	65	4	8	45	
#6 Asiago Chicken	840	360	41	12	0	126	2540	65	4	5	50	
#7 Hodge Podge	870	485	54	17	0	139	3250	67	4	10	55	
#8 Cafe Club	700	359	40	11	0	91	2350	66	4	9	44	
#9 Italian Beef	490	107	13	3	0	91	1890	57	3	3	35	
#10 Cuban	710	244	27	13	0	108	2820	63	3	6	49	
#11 Italian Club	900	455	51	18	0	119	2800	66	4	8	42	
#12 Smokehouse Stack	950	455	50	19	0	105	2585	67	4	8	51	
#13 BLTC	1000	510	57	19	0	91	3590	62	4	5	52	
#14 BBQ Pork	690	216	24	12	0	78	2140	76	3	15	38	
#15 Buffalo Chicken	870	383	43	13	0	123	3020	69	5	5	47	
#16 Grilled Cheese (mixed)	620	225	25	12	0	67	1300	60	3	3	32	
#17 Chipotle Chicken	730	276	31	10	0	110	1710	65	5	5	44	
Pizza Guy	760	371	41	19	0	70	2120	65	4	5	27	

Key Guide

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

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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	211	23	8	0	60	1560	67	5	8	33	
#2 Ham	630	239	27	9	0	62	1770	63	4	6	30	
#3 Veggie	610	257	29	9	0	32	990	67	7	5	20	
#4 Chicken Salad	720	274	30	9	0	70	1290	74	7	13	31	
#5 Turkey Bacon Club	790	322	36	12	0	83	2600	66	5	8	45	
#6 Asiago Chicken	840	360	41	12	0	126	2530	66	5	5	50	
#7 Hodge Podge	870	485	54	17	0	139	3240	68	5	10	55	
#8 Cafe Club	700	359	40	11	0	91	2340	67	5	9	44	
#9 Italian Beef	490	107	13	3	0	91	1880	58	4	3	35	
#10 Cuban	710	244	27	13	0	108	2810	64	4	6	49	
#11 Italian Club	900	455	51	18	0	119	2790	67	5	8	42	
#12 Smokehouse Stack	950	455	50	19	0	105	2585	68	5	8	51	
#13 BLTC	1000	510	57	19	0	91	3580	63	5	5	52	
#14 BBQ Pork	690	216	24	12	0	78	2130	77	4	15	38	
#15 Buffalo Chicken	870	383	43	13	0	123	3010	70	6	5	47	
#16 Grilled Cheese (mixed)	620	225	25	12	0	67	1290	61	4	3	32	
#17 Chipotle Chicken	730	276	31	10	0	110	1710	66	5	5	44	
Pizza Guy	760	371	41	19	0	70	2110	66	5	5	27	

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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	4	0	35	800	33	1	6	16	
#2 Ham	320	126	14	5	0	33	870	32	1	5	15	
#3 Veggie	320	137	16	4	0	19	530	33	2	4	10	
#4 Chicken Salad	430	186	21	7	0	51	800	38	2	8	21	
#5 Turkey Bacon Club	400	168	19	6	0	43	1290	33	1	6	22	
#6 Asiago Chicken	490	233	27	7	0	73	1520	32	1	3	29	
#7 Hodge Podge	440	189	21	7	0	72	1600	34	1	7	26	
#8 Cafe Club	360	126	14	5	0	47	1140	34	1	7	21	
#9 Italian Beef	260	68	7	2	0	48	1540	60	3	4	23	
#10 Cuban N/A												
#11 Italian Club	460	234	27	8	0	62	1380	33	1	5	21	
#12 Smokehouse Stack N/A												
#13 BLTC	530	276	31	10	0	49	2030	31	1	4	28	
#14 BBQ Pork N/A												
#15 Buffalo Chicken	480	230	26	6	0	66	1050	34	1	4	25	
#16 Grilled Cheese (mixed)	300	109	12	6	0	32	640	30	1	2	15	
#17 Chipotle Chicken	390	161	19	5	0	60	930	33	1	4	22	
Pizza Guy	430	215	24	11	0	43	1380	35	2	4	18	

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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	4	0	35	780	34	2	6	16	
#2 Ham	320	126	14	5	0	33	870	33	2	5	15	
#3 Veggie	320	137	16	4	0	19	520	34	3	4	10	
#4 Chicken Salad	430	186	21	7	0	51	800	39	3	8	21	
#5 Turkey Bacon Club	400	168	19	6	0	43	1290	34	2	6	22	
#6 Asiago Chicken	490	233	27	7	0	73	1510	33	2	3	29	
#7 Hodge Podge	440	189	21	7	0	72	1580	35	2	7	26	
#8 Cafe Club	360	126	14	5	0	47	1130	35	2	7	21	
#9 Italian Beef	260	68	7	2	0	48	1540	61	4	4	23	
#10 Cuban N/A												
#11 Italian Club	460	234	27	8	0	62	1380	34	2	5	21	
#12 Smokehouse Stack N/A												
#13 BLTC	530	276	31	10	0	49	2020	32	2	4	28	
#14 BBQ Pork N/A												
#15 Buffalo Chicken	480	230	26	6	0	66	1040	35	2	4	25	
#16 Grilled Cheese (mixed)	300	109	12	6	0	32	640	31	2	2	15	
#17 Chipotle Chicken	390	161	19	5	0	60	920	34	2	4	22	
Pizza Guy	430	215	24	11	0	43	1380	36	3	4	18	

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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
#2 Ham - Lettuce Wrap	320	200	22	9	0	60	1040	9	3	4	21	Contains Dairy, Contains Egg
#3 Veggie - Lettuce Wrap	360	250	28	10	0	40	430	12	5	4	16	Contains Dairy, Contains Egg
#4 Chicken Salad - Lettuce Wrap	480	280	32	11	0	80	1870	11	3	6	36	Contains Dairy, Contains Egg
#5 Turkey Bacon Club - Lettuce Wrap	480	280	32	11	0	80	1870	11	3	6	36	Contains Dairy, Contains Egg, Contains Wheat
#6 Asiago Chicken - Lettuce Wrap	530	330	36	14	0	135	1930	10	2	2	38	Contains Dairy, Contains Egg, Contains Wheat
#7 Hodge Podge - Lettuce Wrap	560	330	36	14	0	135	2480	13	3	8	45	Contains Dairy, Contains Egg
#8 Cafe Club - Lettuce Wrap	390	200	22	9	0	90	1570	13	3	8	34	Contains Dairy, Contains Egg
#9 Italian Beef - Lettuce Wrap	200	70	8	3	0	90	1230	3	2	1	27	Contains Dairy, Contains Egg
#10 Cuban - Lettuce Wrap	390	205	23	13	0	106	2080	6	0	3	39	Contains Dairy, Contains Egg
#11 Italian Club - Lettuce Wrap	600	420	47	16	0	115	2060	12	3	6	34	Contains Dairy, Contains Egg
#12 Smokehouse Stack - Lettuce Wrap	640	419	46	19	0	105	1930	10	1	5	42	Contains Dairy, Contains Egg, Contains Wheat
#13 BLTC - Lettuce Wrap	380	180	20	12	0	78	1470	19	0	12	29	Contains Dairy, Contains Egg
#14 BBQ Pork - Lettuce Wrap	380	180	20	12	0	80	1470	19	0	12	29	Contains Dairy, Contains Egg
#15 Buffalo Chicken - Lettuce Wrap	560	350	39	12	0	105	2570	14	3	3	35	Contains Dairy, Contains Egg
#16 Grilled Cheese - Lettuce Wrap	260	150	16	10	0	60	570	7	2	1	21	Contains Dairy, Contains Egg
#17 Chipotle Chicken - Lettuce Wrap	420	25	0	9	0	95	1280	11	2	3	22	Contains Dairy, Contains Egg
Pizza Guy - Lettuce Wrap	330	200	22	22	0	70	1220	11	3	3	21	Contains Dairy, Contains Egg

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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	14	4	0	20	760	31	3	5	16	Contains Dairy, Contains Wheat
Avo-Cobb (blend)	570	380	43	14	0	230	1110	25	11	4	26	Contains Dairy, Contains Egg, Contains Nuts, Contains Wheat
Buffalo Chicken (blend)	420	180	20	5	0	100	2700	25	5	4	36	Contains Dairy, Contains Wheat
Cafe Chop (blend)	320	117	13	6	0	80	1490	21	4	8	32	Contains Dairy, Contains Wheat
Chicken Caesar (blend)	400	140	16	4.5	0	95	1210	33	3	6	40	Contains Dairy, Contains Wheat
Garden Chop (blend)	230	120	13	5	0	25	730	18	6	3	11	Contains Dairy, Contains Wheat
Italian Chop (blend)	490	287	32	11	0	100	2380	23	5	6	30	Contains Dairy, Contains Wheat
Walnut Cran (blend)	530	310	35	9	0	210	570	40	10	28	20	Contains Dairy, Contains Egg, Contains Nuts, 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	2.5	0	10	480	20	2	3	10	Contains Dairy, Contains Wheat
Avo-Cobb (blend)	450	310	34	10	0	210	730	21	9	3	19	Contains Dairy, Contains Egg, Contains Nuts, Contains Wheat
Buffalo Chicken (blend)	280	100	12	3	0	70	1540	18	3	2	25	Contains Dairy, Contains Wheat
Cafe Chop (blend)	200	70	8	3.5	0	44	840	14	2	3	16	Contains Dairy, Contains Wheat
Chicken Caesar (blend)	300	100	11	3	0	90	920	22	2	3	34	Contains Dairy, Contains Wheat
Garden Chop (blend)	190	100	11	5	0	25	490	13	3	1	9	Contains Dairy, Contains Wheat
Italian Chop (blend)	285	160	17	6	0	50	1330	18	3	4	16	Contains Dairy, Contains Wheat
Walnut Cran (blend)	360	220	24	6	0	200	360	24	6	17	15	Contains Dairy, Contains Egg, Contains Nuts, Contains Wheat

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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 Wheat, Contains Soy
Buffalo Chicken	1380	580	64	23	0	250	3990	109	1	0	93	Contains Dairy, Contains Wheat, Contains Soy
Asiago Chicken	1780	940	104	29	0	280	4200	110	0	3	103	Contains Dairy, Contains Wheat, Contains Soy
Founder's Favorite	1390	605	67	26	0	220	3270	114	2	3	83	Contains Dairy, Contains Wheat, Contains Soy
Pepperoni	1310	650	72	31	0	160	2410	107	2	2	58	Contains Dairy, Contains Wheat, Contains Soy
Sausage	1470	780	86	37	0	180	2940	113	4	2	63	Contains Dairy, Contains Wheat, Contains Soy
Pickled Cuban	1350	607	68	20	0	120	3590	105	0	4	71	Contains Dairy, Contains Wheat, Contains Soy
The Hog	1610	760	85	30	0	270	3910	120	3	5	91	Contains Dairy, Contains Wheat, Contains Soy
Cheese	1100	470	52	22	0	105	1700	107	2	2	50	Contains Dairy, Contains Wheat, Contains Soy
Veggie	1150	520	58	18	0	70	1950	115	6	6	41	Contains Dairy, Contains Wheat, Contains Soy

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 Wheat, Contains Soy
Buffalo Chicken	930	350	38	18	0	195	3630	82	4	3	62	Contains Dairy, Contains Wheat, Contains Soy
Asiago Chicken	1190	580	65	23	0	220	3480	82	3	5	70	Contains Dairy, Contains Wheat, Contains Soy
Founder's Favorite	1000	415	45	23	0	200	3080	87	5	6	59	Contains Dairy, Contains Wheat, Contains Soy
Pepperoni	920	400	45	25	0	155	2450	82	5	5	44	Contains Dairy, Contains Wheat, Contains Soy
Sausage	960	440	49	26	0	155	2600	85	5	5	46	Contains Dairy, Contains Wheat, Contains Soy
Pickled Cuban	1020	410	47	25	0	176	3630	81	3	7	62	Contains Dairy, Contains Wheat, Contains Soy
The Hog	1140	520	57	27	0	218	3490	91	6	7	63	Contains Dairy, Contains Wheat, Contains Soy
Cheese	770	280	32	18	0	120	1970	82	5	5	39	Contains Dairy, Contains Wheat, Contains Soy
Veggie	950	410	45	21	0	120	2520	92	8	9	40	Contains Dairy, Contains Wheat, Contains Soy

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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	230	145	16	9	0	55	800	14	1	4	9	
Tomato Basil	280	220	24	10	0	50	790	14	2	8	3	





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	350	215	24	14	0.5	83	1200	21	2	6	14	
Tomato Basil	420	320	36	15	0	75	1190	21	3	12	5	

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	340	153	17	10	0	60	1140	34	1	5	13	
BBQ Pulled Pork	470	189	21	13	4	81	1460	48	3	17	22	
Spicy Pork	520	297	32	16	5	95	1540	35	4	7	26	
Buffalo Chicken	570	312	36	14	2	102	2470	38	2	5	23	
Chicken Bacon Ranch	570	318	37	15	2	106	1880	35	1	5	27	
Chipotle Chicken	500	263	29	12	2	96	1540	35	1	6	24	

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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
Garlic Cheese Bread	670	290	32	15	0	46		65	4	5	26	Contains Dairy, Contains Wheat
Chocolate Chip Cookie	220	100	11	5	0	15	210	30	1	21	2	Contains Dairy, Contains Egg, Contains Wheat
Pickle	0	0	0	0	0	0	160	0	0	0	0	Contains Soy
Deep River Original	300	180	20	0	0	0	190	28	2	0	4	Contains Dairy, Contains Wheat
Deep River 50% Less Fat	200	70	8	0	0	0	140	29	2	2	3	Contains Dairy, Contains Wheat
Deep River Sea Salt	290	170	19	0	0	0	260	28	2	0	4	Contains Dairy, Contains Wheat
Deep River Jalapeno	290	180	20	0	0	0	300	28	2	0	4	Contains Dairy, Contains Wheat
Deep River BBQ	290	160	18	0	0	0	320	29	2	3	4	Contains Dairy, Contains Wheat
Deep River Rosemary	290	170	19	0	0	0	250	29	2	0	4	Contains Dairy, Contains Wheat
Deep River Spicy Dill Pickle	290	170	19	0	0	0	350	29	2	0	4	Contains Dairy, Contains Wheat
Side Chicken Salad	310	200	22	0	0	45	380	17	2	12	12	Contains Dairy, Contains Egg, Contains Wheat
Grated Parmesan (5gr)	20	15	2	0	0	5	70	0	0	0	1	Contains Dairy, Contains Wheat

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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	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	230	0	0	0	0	0	0	60	0	60	0	
Unsweetened Tea	0	0	0	0	0	0	0	0	0	0	0	
Lemonade	360	0	0	0	0	0	0	87	0	84	0	
Strawberry Lemonade	360	0	0	0	0	0	0	88	0	85	0	

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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	 Contains Sesame

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