

Capriotti's SANDWICH SHOP



NUTRITIONAL **GUIDE**

2025 VERSION

COLD SUBS

SUBS	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
AMERICAN WAGYU CLUB	Mini 4"	660	100	44	9	0	115	1810	25	2	2	37
	Small 8"	1390	200	92	20	0	245	3980	39	3	5	82
	Medium 10"	2060	360	134	27	0	425	5690	51	4	7	135
	Large 18"	2790	480	212	43	0.5	570	7540	68	6	10	161
AMERICAN WAGYU ROAST BEEF	Mini 4"	480	70	37	7	0	85	1290	11	1	2	23
	Small 8"	1100	140	75	14	0	175	2610	51	3	5	52
	Medium 10"	1530	200	111	20	0	230	2860	65	4	7	65
	Large 18"	2690	320	184	34	0	405	6870	125	8	12	121
AMERICAN WAGYU SLAW BE JO	Mini 4"	720	120	55	9	0	100	1140	28	2	5	26
	Small 8"	1410	230	107	18	0	200	2260	55	3	10	51
	Medium 10"	1790	330	155	27	0	270	2590	32	3	14	57
	Large 18"	3480	570	267	45	0	475	5370	135	7	26	120
BLT	Mini 4"	430	0	34	5	0	30	1160	24	2	2	8
	Small 8"	820	0	66	10	0	60	2190	43	3	3	14
	Medium 10"	1160	15	99	14	0	90	3060	53	3	4	17
	Large 18"	2040	0	164	24	0.5	150	5370	105	5	7	35
BOBBIE	Mini 4"	610	60	37	6	0	55	1240	54	2	20	13
	Small 8"	1230	120	75	12	0	115	2030	109	3	39	29
	Medium 10"	1780	190	112	18	0	170	3630	153	4	58	41
	Large 18"	3080	300	186	30	0	290	6270	271	7	98	75
CLASSIC CLUB	Mini 4"	280	70	11	4	0	45	1270	24	2	3	22
	Small 8"	930	140	80	16	0	150	2430	10	2	5	37
	Medium 10"	1370	200	118	24	0	220	3500	14	3	7	52
	Large 18"	2320	350	199	40	0.5	375	5970	27	8	16	93
CLASSIC ITALIAN	Mini 4"	380	220	25	7	0	40	1330	25	2	3	16
	Small 8"	760	430	50	13	0	80	2640	51	3	7	32
	Medium 10"	1060	630	72	19	0	110	3690	65	4	10	44
	Large 18"	1880	1050	121	32	0	190	6450	125	8	17	80
COLE TURKEY	Mini 4"	600	110	54	10	0	80	620	12	1	5	13
	Small 8"	1340	230	108	19	0	165	1560	52	3	10	34
	Medium 10"	1910	350	159	28	0	240	2190	66	4	15	47
	Large 18"	3335	570	270	48	0	410	3890	128	7	26	86

COLD SUBS

SUBS	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
HOMEMADE TURKEY	Mini 4"	430	60	37	7	0	65	920	9	1	2	13
	Small 8"	1020	130	75	14	0	135	2160	47	3	5	34
	Medium 10"	1290	200	111	22	0	200	2720	23	4	6	41
	Large 18"	2560	330	188	36	0	340	5390	117	8	12	87
PLANT BASED COLE TURKEY	Mini 4"	920	260	71	13	0	60	1680	35	2	10	32
	Small 8"	1820	530	141	25	0	125	3340	68	3	19	63
	Medium 10"	2370	630	190	30	0	150	4140	86	4	25	72
	Large 18"	4180	1070	326	52	0	260	7420	165	7	44	133
PLANT BASED TURKEY	Mini 4"	700	130	57	9	0	50	990	29	2	7	15
	Small 8"	1370	270	112	18	0	105	1970	57	3	13	29
	Medium 10"	1930	390	163	27	0	150	2670	73	4	18	39
	Large 18"	3400	650	278	45	0	260	4770	141	7	32	73
TUNA	Mini 4"	240	35	5	3	0	40	1010	24	2	2	26
	Small 8"	490	70	11	6	0	80	1530	47	3	5	52
	Medium 10"	680	120	17	9	0	120	2890	61	4	7	77
	Large 18"	1140	180	25	13	0	165	4790	117	8	12	114

HOT SUBS

SUBS	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
AMERICAN WAGYU CHEESE STEAK	Mini 4"	440	150	26	8	0	75	1650	26	1	2	28
	Small 8"	690	300	47	13	0	135	2740	22	2	3	47
	Medium 10"	930	440	66	18	0	170	3660	29	3	5	59
	Large 18"	2000	740	115	31	0	305	7200	126	6	9	122
AMERICAN WAGYU FRENCH DIP	Mini 4"	520	140	50	11	0	70	530	4	1	0	15
	Small 8"	1130	300	102	22	0	175	1390	8	0	0	43
	Medium 10"	1670	450	152	32	0	250	1980	10	1	1	62
	Large 18"	2830	750	255	54	0	440	3490	20	3	2	110
CAPASTRAMI	Mini 4"	510	180	38	9	0	55	770	26	2	5	20
	Small 8"	1040	380	75	19	0	125	1730	51	3	10	46
	Medium 10"	1470	580	109	28	0	185	2410	65	4	15	65
	Large 18"	2600	940	187	47	0	310	4240	126	7	26	113
CLASSIC CHEESE STEAK	Mini 4"	490	180	30	10	0	85	1280	26	1	2	30
	Small 8"	920	370	56	17	0	155	2290	51	2	3	57
	Medium 10"	1060	530	77	23	0	195	2770	28	3	5	66
	Large 18"	2220	890	133	41	0	350	5560	126	6	9	134
CHEESE STEAK BLT	Mini 4"	810	180	63	15	0	115	1750	27	2	2	33
	Small 8"	1120	370	78	16	0	150	2180	50	3	5	55
	Medium 10"	2150	540	174	38	0	285	4290	68	4	7	79
	Large 18"	3760	900	295	65	0.5	500	7540	129	7	12	146
CHICKEN CHEESE STEAK	Mini 4"	420	190	24	4.5	0	60	1080	25	1	2	28
	Small 8"	630	190	24	6	0	120	2150	49	2	3	56
	Medium 10"	1030	480	57	12	0	155	1670	64	3	6	73
	Large 18"	1840	770	94	20	0	275	5220	122	6	9	132
CHICKEN CHIPOTLE CRUNCH	Mini 4"	450	10	24	7	0	80	1790	30	1	3	29
	Small 8"	1000	140	54	11	0	145	3290	72	2	6	55
	Medium 10"	1440	220	85	16	0	185	4880	99	3	9	70
	Large 18"	2540	180	30	10	0	85	1280	26	1	2	30
GRILLED ITALIAN	Mini 4"	410	220	25	7	0	50	1560	26	2	4	20
	Small 8"	760	430	50	13	0	80	2640	51	3	7	32
	Medium 10"	1060	630	72	19	0	110	3690	66	4	10	44
	Large 18"	2000	1070	123	32	0	235	7370	130	8	21	98

HOT SUBS

SUBS	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
HOT BOBBIE	Mini 4"	720	180	51	8	0	55	1240	54	2	20	13
	Small 8"	1470	360	102	16	0	115	2510	109	3	39	29
	Medium 10"	2140	550	153	24	0	170	3630	153	4	58	41
	Large 18"	3250	890	253	39	0	290	5380	185	5	96	58
IMPOSSIBLE CHEESE STEAK	Mini 4"	460	200	30	11	0	25	1400	29	2	2	20
	Small 8"	920	400	61	22	0	50	2780	58	5	3	40
	Medium 10"	1290	580	89	32	0	75	3980	77	7	6	54
	Large 18"	2190	920	144	52	0	125	6750	142	11	9	91
MEATBALL	Mini 4"	500	260	29	11	1	120	1350	30	2	4	29
	Small 8"	840	410	46	17	2	185	2320	28	4	8	47
	Medium 10"	1130	580	64	24	2.5	250	3180	75	6	12	65
	Large 18"	1860	870	98	37	3.5	380	5220	139	10	20	106

FRIES

FRIES	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
NAKED FRIES	Regular	710	20	35	9	0	0	2420	93	4	0	8
	Large	940	30	46	11	0	0	3220	124	5	0	11
LOADED FRIES	Capastrami	1240	180	75	22	0	110	2400	103	5	9	40
	Cheesesteak	880	20	44	14	0	45	1970	104	5	5	20
	Impossible	1070	150	56	21	0	25	3360	112	7	5	32
	Wagyu	1090	230	65	18	0	55	2220	105	5	5	25

SALADS

SALADS	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
BALSAMIC CHICKEN	Half	400	130	24	7	0	50	930	32	4	23	16
	Full	760	250	48	13	0	100	1850	60	7	43	32
BBQ CHICKEN	Half	340	70	22	2.5	0	25	620	28	2	14	10
	Full	680	140	44	4.5	0	50	1230	55	3	27	19
BBQ TURKEY	Half	860	240	56	5	0	45	1520	76	5	41	13
	Full	1430	360	99	10	0	75	2490	118	7	64	19
CAP'S CHOPPED	Half	440	190	36	10	0	60	1440	12	3	7	19
	Full	700	290	54	16	0	90	2240	21	6	12	33

SOUPS

ITEM	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Maryland Crab	8 oz	70	15	0.5	0	0	10	830	13	3	5	4
Chicken Noodle Soup	8 oz	100	20	2	0.5	0	30	790	10	1	2	10
New England Clam Chowder	8 oz	350	210	23	13	0	90	1000	24	1	5	11
Tomato Bisque	8 oz	200	120	13	6	0	35	680	17	4	8	5

DRINKS

ITEM	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Pepsi	22 fl oz	270	0	0	0	0	0	55	72	0	72	0
Pepsi	32 fl oz	410	0	0	0	0	0	85	110	0	110	0
Pepsi Bottle	20 fl oz	250	0	0	0	0	0	55	69	0	69	0
Pepsi Zero-Sugar	22 fl oz	0	0	0	0	0	0	0	0	0	0	0
Pepsi Zero-Sugar	32 fl oz	0	0	0	0	0	0	0	0	0	0	0
Pepsi Zero-Sugar Bottle	20 fl oz	0	0	0	0	0	0	0	0	0	0	0
Starry	22 fl oz	260	0	0	0	0	0	60	68	0	68	0
Starry	32 fl oz	390	0	0	0	0	0	90	104	0	104	0
Starry Bottle	20 fl oz	240	0	0	0	0	0	55	65	0	65	0
Dr Pepper	22 fl oz	250	0	0	0	0	0	85	72	0		0
Dr Pepper	32 fl oz	360	0	0	0	0	0	120	104	0		0
Mtn Dew	22 fl oz	290	0	0	0	0	0	90	77	0	77	0
Mtn Dew	32 fl oz	450	0	0	0	0	0	140	117	0	117	0
Mtn Dew Bottle	20 fl oz	290	0	0	0	0	0	105	77	0	77	0
Tropicana Lemonade	22 fl oz	270	0	0	0	0	0	270	70	0	70	0
Tropicana Lemonade	32 fl oz	410	0	0	0	0	0	410	106	0	106	0
Tropicana Lemonade Bottle	20 fl oz	110	0	0	0	0	0	160	28	0	28	0
Pureleaf Unsweetened Black Tea Bottle	16.9 fl oz	0	0	0	0	0	0	0	0	0	0	0
Pureleaf Sweet Tea Bottle	16.9 fl oz	140	0	0	0	0	0	38	38	0	38	0
Gatorade Cool Blue	20 fl oz	140	0	0	0	0	0	270	34	0	34	0
Celsius Peach Vibe	12 fl oz	10	0	0	0	0	0	5	2	0	0	0
Water	20 fl oz	0	0	0	0	0	0	0	0	0	0	0

CHIPS

ITEM	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Doritos Nacho Cheese	1 oz	150	-	8	1	0	0	170	17	1	<1	2
Lays Classic	1 oz	160	-	10	1.5	0	0	140	15	1	<1	2
Miss Vickies Jalapeno	1.375 oz	200	-	11	1.5	0	0	170	23	2	2	3
Miss Vickies Sea Salt & Vinegar	1.375 oz	200	-	11	1.5	0	0	240	23	2	2	3
Miss Vickies Smokehouse BBQ	1.375 oz	200	-	11	1.5	0	0	200	23	2	3	2
Sun Chips Harvest Cheddar	1 oz	140	-	6	0.5	0	0	170	19	2	2	2

DESSERTS

ITEM	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Chocolate Chip Cookie	1 each	360	140	27	7	0	20	400	53	2	30	4
Peanut Butter Cookie	1 each	380	180	20	8	0	15	530	45	2	28	6
Sugar Cookie	1 each	360	140	15	5	0	10	430	51	1	27	4
Brookie	1 each	180	70	8	4	0	30	115	26	1	17	2

DUOS

MINI SUB + HALF SALAD

ITEM	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
BLT	Mini 4 inch	430	0	34	5	0	30	1160	24	2	2	8
Classic Italian	Mini 4 inch	380	220	25	7	0	40	1330	25	2	3	16
Tuna	Mini 4 inch	240	35	5	3	0	40	1010	24	2	2	26
Homemade Turkey	Mini 4 inch	430	60	37	7	0	65	920	9	1	2	13
Balsamic Chicken Salad	Half	400	130	24	7	0	50	930	32	4	23	16
BBQ Chicken Salad	Half	340	70	22	2.5	0	25	620	28	2	14	10
BBQ Turkey Salad	Half	860	240	56	5	0	45	1520	76	5	41	13
Cap's Chopped Salad	Half	440	190	36	10	0	60	1440	12	3	7	19

DUOS

MINI SUB + BOWL OF SOUP

ITEM	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
MINI 4 Inch Sub												
BLT	Mini 4 inch	430	0	34	5	0	30	1160	24	2	2	8
Classic Italian	Mini 4 inch	380	220	25	7	0	40	1330	25	2	3	16
Tuna	Mini 4 inch	240	35	5	3	0	40	1010	24	2	2	26
Homemade Turkey	Mini 4 inch	430	60	37	7	0	65	920	9	1	2	13
BOWL OF SOUP												
Maryland Crab	8 oz	70	15	0.5	0	0	10	830	13	3	5	4
Chicken Noodle Soup	8 oz	100	20	2	0.5	0	30	790	10	1	2	10
New England Clam Chowder	8 oz	350	210	23	13	0	90	1000	24	1	5	11
Tomato Bisque	8 oz	200	120	13	6	0	35	680	17	4	8	5

DUOS

MINI SUB + COOKIE + CHIPS + DRINK

ITEM	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
MINI 4 Inch Sub												
BLT	Mini 4 inch	430	0	34	5	0	30	1160	24	2	2	8
Classic Italian	Mini 4 inch	380	220	25	7	0	40	1330	25	2	3	16
Tuna	Mini 4 inch	240	35	5	3	0	40	1010	24	2	2	26
Homemade Turkey	Mini 4 inch	430	60	37	7	0	65	920	9	1	2	13
COOKIE												
Chocolate Chip Cookie	1 each	360	140	27	7	0	20	400	53	2	30	4
CHIPS												
Chips (low-est calorie)	1 each	140	-	6	0.5	0	0	170	19	2	2	2
Chips (high-est calorie)	1 each	200	-	11	1.5	0	0	240	23	2	2	3
DRINK												
Drink (lowest calorie)	22 fl oz	0	-	0	0	0	0	0	0	0	0	0
Drink (high-est calorie)	22 fl oz	450	-	0	0	0	0	140	117	0	117	0

KIDS MEALS

ITEM	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
BLT, Craisins, Water (Mini 4 inch sub)	Entire Meal	570	0	34	5	0	30	1160	58	5	31	8
The Bobbie, Craisins, Water (Mini 4 inch sub)	Entire Meal	750	200	177	146	140	195	1380	194	142	160	153
Capastrami, Craisins, Water (Mini 4 inch sub)	Entire Meal	650	320	178	149	140	195	910	166	142	145	160
BLT Cheesesteak, Craisins, Water (Mini 4 inch sub)	Entire Meal	950	320	203	155	140	255	1890	167	142	142	173
Wagyu Cheesesteak, Craisins, Water (Mini 4 inch sub)	Entire Meal	580	290	166	148	140	215	1790	166	141	142	168
Chicken Cheesesteak, Craisins, Water (Mini 4 inch sub)	Entire Meal	560	330	164	144.5	140	200	1220	165	141	142	168
Chicken Chipotle Crunch, Craisins, Water (Mini 4 inch sub)	Entire Meal	590	150	164	147	140	220	1930	170	141	143	169
Classic Cheesesteak, Craisins, Water (Mini 4 inch sub)	Entire Meal	630	320	170	150	140	225	1420	166	141	142	170
Classic Club, Craisins, Water (Mini 4 inch sub)	Entire Meal	420	210	151	144	140	185	1410	164	142	143	162
Cole Turkey, Craisins, Water (Mini 4 inch sub)	Entire Meal	740	250	194	150	140	220	760	152	141	145	153
Grilled Italian, Craisins, Water (Mini 4 inch sub)	Entire Meal	550	360	165	147	140	190	1700	166	142	144	160
Hot Bobbie, Craisins, Water (Mini 4 inch sub)	Entire Meal	860	320	191	148	140	195	1380	194	142	160	153
Impossible Cheesesteak, Craisins, Water (Mini 4 inch sub)	Entire Meal	600	340	170	151	140	165	1540	169	142	142	160
Classic Italian, Craisins, Water (Mini 4 inch sub)	Entire Meal	520	360	165	147	140	180	1470	165	142	143	156
Meatball, Craisins, Water (Mini 4 inch sub)	Entire Meal	640	400	169	151	141	260	1490	170	142	144	169

KIDS MEALS

ITEM	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Plant-based Cole Turkey Craisins, Water (Mini 4 inch sub)	Entire Meal	1060	400	211	153	140	200	1820	175	142	150	172
Plant-based Turkey, Craisins, Water (Mini 4 inch sub)	Entire Meal	840	270	197	149	140	190	1130	169	142	147	155
Tuna, Craisins, Water (Mini 4 inch sub)	Entire Meal	380	175	145	143	140	180	1150	164	142	142	166
Homemade Turkey, Craisins, Water (Mini 4 inch sub)	Entire Meal	570	200	177	147	140	205	1060	149	141	142	153
Wagyu Club, Craisins, Water (Mini 4 inch sub)	Entire Meal	800	240	184	149	140	255	1950	165	142	142	177
Wagyu French Dip, Craisins, Water (Mini 4 inch sub)	Entire Meal	660	280	190	151	140	210	670	144	140	140	155
Wagyu Roast Beef, Craisins, Water (Mini 4 inch sub)	Entire Meal	620	210	177	147	140	225	1430	151	141	142	163
Wagyu Slaw Be Jo, Craisins, Water (Mini 4 inch sub)	Entire Meal	860	260	195	149	140	240	1280	168	142	145	166
Grilled Cheese, Craisins, Water	Entire Meal	560	420	172	148	140	185	1040	165	142	144	140
Grilled Cheese	1 serving	420	280	32	8	0	45	900	25	2	4	0
Craisins	1 serving	140	0	0	0	0	0	0	34	3	29	0
Bottled Water	20 fl oz	0	0	0	0	0	0	0	0	0	0	0

BOX LUNCH

CATERING

ITEM	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
American Wagyu Club	Small 8"	1390	200	92	20	0	245	3980	39	3	5	82
American Wagyu Roast Beef	Small 8"	1100	140	75	14	0	175	2610	51	3	5	52
American Wagyu Slaw Be Jo	Small 8"	1410	230	107	18	0	200	2260	55	3	10	51
BLT	Small 8"	820	0	66	10	0	60	2190	43	3	3	14
Bobbie	Small 8"	1230	120	75	12	0	115	2030	109	3	39	29
Classic Club	Small 8"	930	140	80	16	0	150	2430	10	2	5	37
Cole Turkey	Small 8"	1340	230	180	19	0	165	1560	52	3	10	34
Homemade Turkey	Small 8"	1020	130	75	14	0	135	2160	47	3	5	34
Plant-based Cole Turkey	Small 8"	1820	530	141	25	0	125	3340	68	3	19	63
Plant-based Turkey	Small 8"	1370	270	112	18	0	105	1970	57	3	13	29
Tuna	Small 8"	490	70	11	6	0	80	1530	47	3	5	52
Chips (low-est calorie)	1 each	140	-	6	0.5	0	0	170	19	2	2	2
Chips (high-est calorie)	1 each	200	-	11	1.5	0	0	240	28	2	2	3
Cole Slaw	3.5 oz	230	190	21	4	0	20	180	7	0	5	0
Chocolate Chip Cookie	1 each	360	140	27	7	0	20	400	53	2	30	4
Peanut Butter Cookie	1 each	380	180	20	8	0	15	530	45	2	28	6
Sugar Cookie	1 each	360	140	15	5	0	10	430	51	1	27	4
Low End Box Lunch	Low Total	990	210	44	13.5	0	100	2100	119	7	37	58
High End Box Lunch	High Total	2430	900	182	37	0	160	4050	120	5	52	69



FOOD ALLERGIES – WHAT YOU NEED TO KNOW!

Most Common Food Allergens:

Product:	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Milk/Dairy	Wheat	Soy	Sesame
BREADS									
Any Sub or Sandwich Roll							X	X	X
Stuffing						X	X	X	
PROTEINS / VEGETARIAN PROTEINS									
Diced Chicken								X	
Meatballs					X	X	X	X	
Hot Ham (Capicola)								X	
Tuna Fish			X		X				
Impossible Meat							X	X	
Pastrami								X	
Veggie Turkey					X		X	X	
SOUPS									
Chicken Noodle Soup					X		X	X	
Clam Chowder			X			X	X		
Maryland Crab			X		X		X		
Tomato Bisque						X	X		
DESSERTS									
Peanut Butter Cookies	X	trace			X	X	X	X	
Chocolate Chip Cookies	trace	trace			X	X	X	X	
Sugar Cookies	trace	trace			X	X	X	X	
Brookies	trace	trace			X	X	X	X	
CHEESES									
American						X		X	
Provolone						X			
Romano Cheese						X			
Swiss						X			



FOOD ALLERGIES – WHAT YOU NEED TO KNOW!

Most Common Food Allergens:

Gorgonzola Cheese (used in Balsamic Chicken Salad)						X			
TOPPINGS									
Cranberry Walnuts (used in Balsamic Chicken Salad)		X					X	X	
Crispy Onions						X	X		
DRESSINGS									
Mayonnaise					X			X	
Balsamic Vinaigrette (used in Balsamic Chicken Salad)								X	
Chipotle Ranch (Used in BBQ Chicken & BBQ Turkey Salads)					X	X			
Russian Dressing					X				
Red Wine Vinaigrette (Used in Cap's Chopped Salad)					X			X	
MISCELLANEOUS									
Margarine (Butter)								X	
Au Jus						X	X	X	
Marinara Sauce								X	
Cole Slaw					X			X	
Oil used on the grill & Classic Italian Sub								X	

DISCLAIMER: “Some products may have come into contact with various food allergens, such as peanuts, egg, wheat, dairy, fish and soy.”