



fresh ingredients
**NUTRITIONAL
INFORMATION**



Single-item Ingredients

Trays	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Breads												
White	1 slice	70	5	1.0	0.0	0.0	0	140	14	0	2	2
Sub Roll	5 inch	120	5	1.0	0.0	0.0	0	240	24	0	0	5
Sub Roll	8 inch	190	10	1.0	0.0	0.0	0	400	39	<1	<1	7
Sub Roll	10 inch	230	15	2.0	0.0	0.0	0	490	45	<1	<1	9
Sub Roll	18 inch	470	30	2.0	0.0	0.0	0	990	96	2	2	18
Meats												
Turkey	1 oz	45	20	2.5	0.5	0	15	50	0	0	0	5
Roast Beef	1 oz	60	15	2.0	0.5	0	25	115	1	0	0	10
Steak for Philly	1 oz	45	20	2.5	1	0	20	15	0	0	0	6
Chicken for Philly	1 oz	35	15	1.5	0	0	15	60	0	0	0	5
Imported Ham	1 oz	30	5	1	0	0	10	190	2	0	2	5
Hot Ham	1 oz	30	5	0.5	0	0	15	240	1	0	1	5
Peppered Ham	1 oz	30	5	1	0	0	10	220	2	0	1	5
Genoa Salami	1 oz	111	90	10	4.0	0	30	450	1	0	0	6
Pastrami	1 oz	40	10	1.5	0.5	0	20	220	0	0	0	7
Tuna	1 oz	35	0	0	0	0	40	75	0	0	0	8
Cheeses												
Swiss	1 oz	100	80	8	8	0	25	60	0	0	0	8
Provolone	1 oz	100	70	8	5	0	20	210	<1	0	0	7
American	1 oz	100	80	9	5	0	25	520	0	0	0	5
Blue Cheese Crumbles	1 oz	110	80	9	5	0	30	260	1	0	0	6
Components												
Tomato	1 oz	5	0	0	0	0	0	0	1	0	<1	0
Lettuce	1 oz	0	0	0	0	0	0	0	1	0	<1	0
Onions	1 oz	10	0	0	0	0	0	0	3	0	1	0
Mayo	1 oz	230	230	26	3.5	0	25	180	0	0	0	0
Mustard	1 oz	15	10	1	0	0	0	310	2	1	0	1
Spicy Mustard	1 oz	35	20	2.5	0	0	0	690	3	0	0	2
Oil	1 oz	250	250	28	4	0	0	0	0	0	0	0
Red Wine Vinegar	1 oz	5	0	0	0	0	0	0	0	0	0	0
Ketchup	1 oz	30	0	0	0	0	0	260	8	0	6	0
Mushrooms	1 oz	5	0	0	0	0	0	0	<1	1	<1	<1
Pickles	1 oz	0	0	0	0	0	0	230	0	0	0	0
Pepper Relish	1 oz	10	0	0	0	0	0	590	2	0	2	0
Sweet Peppers	1 oz	20	5	<1	0	0	0	75	5	0	3	0
Black Olives	1 oz	45	35	4	1	0	0	210	2	1	0	0
Hots (hot peppers)	1 oz	10	10	1	0	0	0	310	1	0	1	0
Fried Onions	1 oz	35	25	3	0	0	0	0	3	1	1	0
Fried Mushrooms	1 oz	30	25	3	0	0	0	0	1	0	1	1
Fried Sweet Peppers	1 oz	50	30	4	0	0	0	75	5	0	3	0
Fried Hots (hot peppers)	1 oz	35	25	3	0	0	0	560	2	0	2	0
Cranberry Sauce	1 oz	45	0	0	0	0	0	0	11	0	9	0
Marinara Sauce	1 oz	10	0	0	0	0	0	90	2	0	1	0
Stuffing	1 oz	50	20	2	0	0	0	170	7	0	<1	1
BBQ Sauce	1 oz	50	0	0	0	0	0	220	14	0	12	0

Breakfast Items

Ingredient	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Cap's - The Scrambler	entire meal	790	580	65.0	11.0	0.0	395	760	32.0	2.0	4.0	20.0
Cap's - The General	entire meal	940	670	75.0	15.0	0.0	420	1760	35.0	2.0	6.0	30.0
Cap's - The Strami	entire meal	760	580	65.0	11.0	0.0	410	980	20.0	2.0	3.0	25.0
Cap's - The Steakenator	entire meal	860	610	69.0	13.0	0.0	410	790	32.0	2.0	4.0	29.0
Cap's - Ole Reliable	entire meal	830	660	75.0	15.0	0.0	425	1070	20.0	2.0	3.0	22.0

Single-item Ingredients(contd.)

Ingredient	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Add-ons												
Oil	1 oz	250	250	28	4	0	0	0	0	0	0	0
fried onions	1 oz	11	0	0	0	0	0	1	3	1	1	0
fried mushrooms	1 oz	6	1	0	0	0	0	1	1	0	1	1
fried sweets	1 oz	26	6	1	0	0	0	74	5	0	3	0
fried hots	1 oz	13	4	0	0	0	0	559	2	0	2	0

5", 8", 10" 18" Toppings

Ingredient	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Toppings												
Mayo	0.35oz	80	80	9	1	0	10	60	0	0	0	0
	.55oz	130	130	14	2	0	15	95	0	0	0	0
	.7oz	160	160	18	2.5	0	15	125	0	0	0	0
	.75oz	180	180	19	2.5	0	20	130	0	0	0	0
	.8oz	190	190	21	3.0	0	20	140	0	0	0	0
	.9oz	210	210	23	3	0	20	160	0	0	0	0
	1.1oz	260	260	27	4	0	25	190	0	0	0	0
	1.2oz	280	280	31	4	0	30	210	0	0	0	0
	1.25oz	290	290	32	4.5	0	30	220	0	0	0	0
	1.5oz	350	350	39	5	0	35	260	0	0	0	0
	1.8oz	420	420	47	6	0	40	320	0	0	0	0
	2.4oz	560	560	62	8	0	55	420	0	0	0	0
	2.5oz	590	590	65	9	0	60	440	0	0	0	0
	4.5oz	1060	1060	116	16	0	105	790	0	0	0	0
Mustard												
	.3oz	5	0	0	0	0	0	95	0	0	0	0
	.4oz	5	0	0	0	0	0	125	1	0	0	0
	.6oz	10	0	0.5	0	0	0	190	1	1	0	1
Spicy Mustard												
	.5oz	5	0	0	0	0	0	50	0	0	0	0
Oil												
	.2oz	50	50	6	1	0	0	0	0	0	0	0
	.3oz	80	80	9	1	0	0	0	0	0	0	0
	.4oz	100	100	11	1.5	0	0	0	0	0	0	0
	.5oz	130	130	14	2	0	0	0	0	0	0	0
	.6oz	150	150	17	2.5	0	0	0	0	0	0	0
	1oz	250	250	28	4	0	0	0	0	0	0	0
	1.3oz	330	330	37	5	0	0	0	0	0	0	0
	2.2oz	550	550	62	9	0	0	0	0	0	0	0
Red Wine Vinegar												
	.33oz	0	0	0	0	0	0	0	0	0	0	0
	.5oz	0	0	0	0	0	0	0	0	0	0	0
	.66oz	0	0	0	0	0	0	0	0	0	0	0
	1oz	5	0	0	0	0	0	0	0	0	0	0
	1.32oz	5	0	0	0	0	0	0	0	0	0	0
	2oz	10	0	0	0	0	0	0	0	0	0	0
Ketchup												
	.4oz	10	0	0	0	0	0	105	3	0	2	0
	.6oz	15	0	0	0	0	0	150	5	0	3	0
	1oz	30	0	0	0	0	0	260	8	0	6	0
Mushrooms												
	.75oz	0	0	0	0	0	0	0	1	0	0	1
	1oz	5	0	0	0	0	0	0	1	0	1	1
	1.5oz	10	0	0	0	0	0	0	1	0	1	1
	2.5oz	15	0	0	0	0	0	0	2	1	1	2
Pickles												
	1.3oz	0	0	0	0	0	0	300	1	0	0	0

5", 8", 10", 18" Toppings (contd.)

Ingredient	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
	1.7oz	5	0	0	0	0	0	390	1	0	1	0
	2.5oz	10	0	0	0	0	0	570	2	1	1	0
Pepper Relish												
	.25oz	0	0	0	0	0	0	140	0	0	0	0
	.5oz	0	0	0	0	0	0	280	1	0	1	0
	.75oz	0	0	0	0	0	0	430	1	0	1	0
	1oz	0	0	0	0	0	0	570	2	0	2	0
Sweet Peppers												
	.75oz	15	0	0	0	0	0	55	4	0	2	0
	1oz	20	0	0	0	0	0	75	5	0	3	0
	1.5oz	30	0	0	0	0	0	115	8	0	5	0
	2.5oz	50	0	0	0	0	0	190	13	0	8	0
Black Olives												
	1 oz	45	35	4	0	0	0	210	2	1	0	0
	1.5oz	70	50	6	0	0	0	320	3	1	0	0
	2.5oz	110	90	10	0	0	0	530	5	2	0	1
Russian Dressing	.41	50	45	5	1	0	5	100	2	0	2	0
	.45	60	50	6	1	0	5	110	2	0	2	0
	.63	80	70	8	1	0	5	150	3	0	2	0
	.81	110	90	10	1.5	0	10	200	4	0	3	0
	.9	120	100	11	1.	0	10	220	4	0	3	0
	1.35	180	150	17	2.5	0	15	330	6	0	5	0
	1.44	190	160	18	2.5	0	15	350	7	0	5	0

Cheese Steaks

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugars (g)	Protein (g)
Cheese Steak	5 inch	510	260	30	10	0	100	1110	27	1	2	35
	8 inch	810	460	49	15	0	150	1760	43	2	3	52
	10 inch	1060	270	67	21	0	205	2280	54	2	4	69
	18 inch	1910	1000	115	34	0.0	340	4110	106	4	6	121
Chicken Cheese Steak	5 inch	460	240	28	6	0.0	75	1060	29	1	2	28
	8 inch	730	380	43	10	0.0	115	1590	45	2	3	44
	10 inch	1000	540	62	15	0.0	155	2210	57	2	4	60
	18 inch	1790	920	104	26	0.5	270	3900	112	4	7	106
BBQ Chicken Cheese Steak	5 inch	650	360	41	7	0.0	80	1350	44	1	10	28
	8 inch	1160	690	77	14	0.0	135	2170	72	3	17	44
	10 inch	1550	930	105	19	0.0	180	2940	95	3	24	59
	18 inch	2720	1530	172	30	0.5	305	5210	184	5	44	105
Chicken Chipotle Crunch	5 inch	720	450	51	10	0.0	95	1750	38	1	4	29
	8 inch	1130	710	79	16	0.0	140	2660	60	2	6	44
	10 inch	1490	940	107	21	0.0	185	3510	78	3	7	58
	18 inch	2670	1360	183	34	0.0	310	6000	151	4	11	101
Grilled Chicken Parmesan Cheese Steak	5 inch	460	190	22	5	0.0	75	1380	37	2	7	30
	8 inch	720	300	34	9	0.0	115	2170	60	4	12	47
	10 inch	940	400	45	13	0.0	160	2850	76	5	15	64
	18 inch	1770	760	84	23	0.5	275	5000	143	9	26	113

American Wagyu

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
American Wagyu Cheese Steak	5 inch	450	250	29	8	0	55	1650	28	1	2	22
	8 inch	730	410	47	13	0	90	2170	46	2	3	35
	10 inch	940	540	62	17	0	120	3390	56	2	4	46
	18 inch	1750	920	103	27	0	245	6360	112	4	6	98
American Wagyu Slaw Be Jo	5 inch	510	310	34	7	0.0	65	1020	32	2.0	5.0	20
	8 inch	840	510	55	12	0.0	110	1730	51	3.0	8.0	35
	10 inch	1090	660	73	16.0	0.0	145	2240	64	3.0	10.0	46
	18 inch	1980	1150	124	28.0	0.5	270	4250	124	6.0	18.0	89
American Wagyu Roast Beef	5 inch	540	360	39	7	0.0	70	1460	29	2.0	2.0	20
	8 inch	860	540	59	12	0.0	115	2350	47	3.0	4.0	35
	10 inch	1160	750	83	16.0	0.0	155	3120	59	3.0	5.0	46
	18 inch	2150	1360	147	28.0	0.5	290	5720	133	6.0	9.0	89

Turkey Subs

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
The Bobbie	5 inch	650	340	38	6.0	0.0	60	1260	60	2.0	21.0	17.0
	8 inch	1010	510	56	9.0	0.0	95	1930	97	3.0	36.0	28.0
	10 inch	1320	690	77.0	12.0	0.0	125	2540	121	3.0	43.0	37.0
	18 inch	2330	1230	135	22.0	0.0	220	4450	211	8.0	61.0	66.0
Cole Turkey	5 inch	520	330	36	7.0	0.0	65	720	31	2.0	5.0	19.0
	8 inch	850	520	57	13.0	0.0	115	1180	49	3.0	8.0	34.0
	10 inch	1120	700	78	18.0	0.0	150	1570	63	4.0	11.0	45.0
	18 inch	1980	1180	128	30.0	0.5	250	2770	127	9.0	18.0	80.0
Homemade Turkey	5 inch	260	80	9.0	3.5	0.0	45	890	27	1	2	19
	8 inch	460	150	17.0	7.0	0.0	75	1430	44	2	4	34
	10 inch	580	200	23.0	10.0	0.0	95	1870	55	3	4	43
	18 inch	1110	360	39.0	17	0.5	170	3330	114	8	7	79

Cap's Classics

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Capastrami	5 inch	800	480	58	19	0	145	1340	33	2	5	51
	8 inch	1150	680	81	27	0	200	1910	53	3	8	69
	10 inch	1580	940	113	38	0	295	2690	67	3	10	102
	18 inch	2810	1660	197	65	0	490	4690	128	6	18	173
Classic Italian	5 inch	350	160	18.0	6	0.0	45	1450	30	2	4	19
	8 inch	580	260	29.0	10	0.0	80	2430	49	3	7	35
	10 inch	790	360	41.0	14	0.0	115	3350	63	4	9	49
	18 inch	1360	540	60.0	22	0.5	190	5650	125	8	15	85
Grilled Italian	5 inch	340	150	17	6	0.0	45	1450	29	1	4	19
	8 inch	570	250	28	10	0.0	80	2430	48	2	7	34
	10 inch	780	350	39	14	0.0	115	3350	62	3	9	49
	18 inch	1350	530	58	22	0.5	190	5650	124	8	14	85
Tuna	5 inch	290	45	5.0	2.5	0.0	150	1040	27	1	2	36
	8 inch	460	80	9.0	5	0.0	205	1590	44	2	4	52
	10 inch	640	120	14.0	7	0.0	310	2170	55	3	4	76
	18 inch	1090	210	22.0	12	0.5	425	3620	114	8	7	112
Homemade Meatball	5 inch	540	280	31	12	1.5	128	1440	35	2	4	31
	8 inch	850	440	48	19	2	195	2280	56	4	7	49
	10 inch	1130	590	66	26	3	260	2990	70	4	9	66
	18 inch	1860	920	101	41	4.5	400	4910	131	8	14	106
Italian Sausage	5 inch	670	460	52	18	0.0	90	1420	31	2	4	23
	8 inch	980	660	74	25	0.0	125	2080	50	3	6	34
	10 inch	1390	960	108	37	0.5	190	2940	62	3	8	50
	18 inch	2300	1520	171	57	1	295	4830	118	6	13	79

Vegetarian

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
IMPOSSIBLE Cheese Steak	5 inch	540	330	37.0	13.0	0.0	25	1490	33	3.0	2.0	23
	8 inch	840	520	57.0	19.0	0.0	40	2260	52	4.0	3.0	34
	10 inch	1100	690	76.0	25.0	0.0	50	2980	66	5.0	4.0	46
	18 inch	1930	1150	125.0	42.0	0.0	75	5000	126	9.0	6.0	80
Veggie Turkey	5 inch	640	430	48.0	8.0	0.0	40	1080	34	2.0	7.0	18
	8 inch	1010	680	75.0	14.0	0.0	70	1750	55	3.0	11.0	30
	10 inch	1330	900	100.0	19.0	0.0	95	2260	70	4.0	14.0	40
	18 inch	2310	1500	164.0	32.0	0.5	155	3910	139	9.0	24.0	70
Veggie Cheese Steak	5 inch	490	250	29.0	7.0	0	20	860	30	3.0	0.5	34
	8 inch	740	370	42.0	11.0	0	30	1250	48	4.0	1.0	48
	10 inch	990	500	57.0	14.0	0.5	40	1710	62	6.0	1.0	69
	18 inch	1650	800	90.0	23.0	1.0	60	2700	122	12.0	3.0	102
Veggie Cole Turkey	5 inch	640	440	49.0	8.0	0.0	45	1050	34	2.0	7.0	17
	8 inch	1060	720	79.0	14.0	0.0	70	1840	56	3.0	12.0	32
	10 inch	1390	950	105.0	20.0	0.0	95	2380	70	3.0	15.0	42
	18 inch	2380	1570	172.0	33.0	0.5	160	4090	132	6.0	25.0	71

Cap's Salads and Dressings

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Salads Full												
Chopped Italian Salad (Individual)	entire salad without dressing	300	150	16.0	7.0	0.0	40	950	19	7.0	7.0	20.0
Wagyu & Bleu (Individual)	entire salad without dressing	310	110	13.0	7.0	0.5	75	1330	20	7.0	9.0	30.0
Cap's Creation Garden (Individual)	entire salad without dressing	60	10	1.0	0.0	0.0	0	35	12	6.0	6.0	4.0
Cap's - Balsamic Chicken Salad	small	280	140	16.0	4.5	0.0	50	660	20	3.0	14.0	17.0
Cap's - Balsamic Chicken Salad	regular	510	250	27.0	9.0	0.5	100	1150	37	7.0	25.0	31.0
Cap's - BBQ Chicken Salad	small	300	160	18.0	1.5	0.0	35	630	22	3.0	7.0	13.0
Cap's - BBQ Chicken Salad	regular	540	290	32.0	3.0	0.0	65	1170	39	5.0	14.0	24.0
Cap's - BBQ Turkey Salad	small	320	190	21.0	2.5	0.0	30	460	22	3.0	7.0	12.0
Cap's - BBQ Turkey Salad	regular	560	330	37.0	4.5	0.0	50	820	38	5.0	14.0	19.0
Salad Dressings												
Cranberry Vinaigrette	2 tbsp	25	0	0.0	0.0	0.0	0	110	6	0.0	6.0	0.0
Creamy Ranch	2 tbsp	120	110	12.0	1.0	0.0	10	230	2	0.0	1.0	1.0
Zesty Fat Free Italian	2 tbsp	15	0	0.0	0.0	0.0	0	490	4	0.0	3.0	0.0
Russian	2 tbsp	140	120	13.0	2.0	0.0	10	260	5	0.0	4.0	0.0
Balsamic Vinaigrette	2 tbsp	60	45	5.0	0.5	0.0	0	190	4	0.0	4.0	0.0
Chipotle Ranch	2 tbsp	140	130	14.0	2.0	0.0	5	230	4	0.0	2.0	0.0
Gorgonzola Vinaigrette	2 tbsp	90	70	8.0	2.0	0.0	5	280	3	0.0	2.0	1.0

Drinks

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Pepsi	22 fl oz	260	0	0.0	0.0	0.0	0	50	73	0.0	73.0	0.0
Pepsi	32 fl oz	380	0	0.0	0.0	0.0	0	75	106	0.0	106.0	0.0
Diet Pepsi	22 fl oz	0	0	0.0	0.0	0.0	0	65	0	0.0	0.0	0.0
Diet Pepsi	32 fl oz	0	0	0.0	0.0	0.0	0	95	0	0.0	0.0	0.0
Sierra Mist	22 fl oz	210	0	0.0	0.0	0.0	0	50	52	0.0	52.0	0.0
Sierra Mist	32 fl oz	300	0	0.0	0.0	0.0	0	75	76	0.0	76.0	0.0
Dr. Pepper	22 fl oz	250	0	0.0	0.0	0.0	0	85	72	0.0	72.0	0.0
Dr. Pepper	32 fl oz	360	0	0.0	0.0	0.0	0	120	104	0.0	104.0	0.0
Lemonade	22 fl oz	280	0	0.0	0.0	0.0	0	290	74	0.0	74.0	0.0
Lemonade	32 fl oz	400	0	0.0	0.0	0.0	0	420	108	0.0	108.0	0.0
Iced Tea	22 fl oz	0	0	0.0	0.0	0.0	0	0	0	0.0	0.0	0.0
Iced Tea	32 fl oz	0	0	0.0	0.0	0.0	0	0	0	0.0	0.0	0.0

Desserts

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Brownie	1 each	370	240	22.0	11.0	0.0	105	200	65	3.0	40.0	6.0
Chocolate Chip Cookie	1 each	360	140	27.0	7.0	0.0	20	400	53	2.0	30.0	4.0
Peanut Butter Cookie	1 each	380	180	20.0	8.0	0.0	15	530	45	2.0	28.0	6.0
Sugar Cookie	1 each	360	140	15.0	5.0	0.0	10	430	51	1.0	27.0	4.0

Cap's Kids

Trays	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
The Bobbie, Craisins, and Juice Box (5 inch sub)	entire meal	724	340	38	6.0	0.0	60	1275	109	5.0	65.0	17.0
Capastrami, Craisins, and Juice Box (5 inch sub)	entire meal	924	540	65	20.0	0.0	145	1355	82	5.0	49.0	51.0
Cole Turkey, Craisins, and Juice Box (5 inch sub)	entire meal	594	330	36	7.0	0.0	65	735	80	5.0	49.0	19.0
Wagyu Slaw Be Jo, Craisins, and Juice Box (5 inch sub)	entire meal	750	320	35	7.0	0.0	80	1235	81	5.0	49	25
Veggie Turkey, Craisins, and Juice Box (5 inch sub)	entire meal	714	430	48.0	8.0	0.0	40	1095	83	5.0	51.0	18.0
Veggie Cheese Steak, Craisins, and Juice Box (5 inch sub)	entire meal	564	250	29.0	7.0	0.0	20	275	79	6.0	44.5	34.0
Veggie Cole Turkey, Craisins, and Juice Box (5 inch sub)	entire meal	860	440	49.0	8.0	0.0	45	1065	83	5.0	52.0	17.0
Cheese Steak, Craisins, and Juice Box (5 inch sub)	entire meal	584	260	30.0	10	0.0	100	1125	76	4.0	46.0	35.0
Chicken Cheese Steak, Craisins, and Juice Box (5 inch sub)	entire meal	534	240	28	6	0.0	75	1075	78	4.0	46.0	28.0
BBQ Chicken, Craisins, and Juice Box (5 inch sub)	entire meal	724	360	41	7	0.0	80	1365	93	4.0	54.0	28.0
Chipotle Chicken, Craisins, and Juice Box (5 inch sub)	entire meal	794	450	51	10	0.0	95	1765	87	4.0	48.0	29.0
Chicken Parm Melt, Craisins, and Juice Box (5 inch sub)	entire meal	594	260	29	6	0.0	75	1395	86	5.0	51.0	30.0
Grilled Italian, Craisins, and Juice Box (5 inch sub)	entire meal	414	150	17	6	0.0	45	1465	78	4.0	48.0	19.0
Homemade Meatball, Craisins, and Juice Box (5 inch sub)	entire meal	614	280	31	12	1.5	128	1455	84	5.0	48.0	31.0
Italian Sausage, Craisins, and Juice Box (5 inch sub)	entire meal	744	460	52	18	0.0	90	1450	80	5.0	48.0	23.0
Homemade Turkey Craisins, and Juice Box (5 inch sub)	entire meal	334	80	9.0	3.5	0.0	45	905	76	4.0	46.0	19.0
American Wagyu Roast Beef Craisins, and Juice Box (5 inch sub)	entire meal	780	370	40.0	8.0	0.0	85	1675	78	5.0	46.0	26.0
Italian Craisins, and Juice Box (5 inch sub)	entire meal	424	160	18.0	6.0	0.0	45	1465	79	5.0	48.0	19.0
Tuna, Craisins, and Juice Box (5 inch sub)	entire meal	364	45	5.0	2.5	0.0	150	1055	76	4.0	46.0	36.0
Grilled Cheese on White, Craisins, and Juice Box	entire meal	520	180	20.0	7.0	0.0	35	750	79	5.0	93.0	9.0
Craisins	1 serving	140	0	0.0	0.0	0.0	0	0	34	3.0	29.0	0.0
Juice Box	1 juice box	60	0	0.0	0.0	0.0	0	15	15	0.0	15.0	0.0

Capture 2

Ingredient	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Soups												
Chicken Noodle Soup	8 oz	100	20	2.0	0.5	0.0	30	790	10.0	1.0	2.0	10.0
New England Clam Chowder	8 oz	350	210	23.0	13.0	0.0	90	1000	24.0	1.0	5.0	11.0
Tomato Bisque	8 oz	200	120	13.0	6.0	0.0	35	680	17.0	4.0	8.0	5.0
Subs												
The Bobbie	5 inch	650	340	38	6.0	0.0	60	1260	60.0	2.0	21.0	17.0
Capastrami	5 inch	850	540	65	20.0	0.0	145	1340	33.0	2.0	5.0	51.0
Cole Turkey	5 inch	520	330	36	7.0	0.0	65	720	31.0	2.0	5.0	19.0
Wagyu Slaw Be Jo	5 inch	550	320	35	7	0.0	80	1220	32.0	2.0	5.0	25.0
Veggie Turkey	5 inch	640	430	48.0	8.0	0.0	40	1080	34.0	2.0	70	18.0
Veggie Cheese Steak	5 inch	490	250	29.0	7.0	0.0	20	260	30.0	3.0	0.5	34.0
Veggie Cole Turkey	5 inch	640	440	49.0	8.0	0.0	45	1050	34.0	2.0	7.0	17.0
Cheese Steak	5 inch	510	260	30.0	10	0.0	100	1110	27.0	1.0	2.0	35.0
Chicken Cheese Steak	5 inch	460	240	28	6	0.0	75	1060	29.0	1.0	2.0	28.0
BBQ Chicken	5 inch	650	360	41	7	0.0	80	1350	44.0	1.0	10.0	28.0
Chipotle Chicken	5 inch	720	450	51	10	0.0	95	1750	38.0	1.0	4.0	29.0
Chicken Parm Melt	5 inch	520	260	29	6	0.0	75	1380	37.0	2.0	7.0	30.0
Grilled Italian	5 inch	340	150	17	6	0.0	45	29	1450	1	4.0	19.0
Homemade Meatball	5 inch	540	280	31	12	1.5	128	1440	35.0	2.0	4.0	31.0
Italian Sausage	5 inch	670	460	52	18	0.0	90	1420	31.0	2.0	4.0	23.0
Homemade Turkey	5 inch	260	80	9.0	3.5	0.0	45	890	27	1.0	2.0	19.0
Wagyu Roast Beef	5 inch	580	370	40	8	0.0	85	1660	29	2.0	2.0	26.0
Italian	5 inch	350	160	18.0	6.0	0.0	45	1450	30	2.0	4.0	19.0
Tuna	5 inch	290	45	5.0	2.5	0.0	150	1040	27	1.0	2.0	36.0
Salads												
Balsamic Chicken Salad (Small)	entire salad with dressing	280	140	16.0	4.5	0.0	50	660	20.0	3.0	14.0	17.0
Balsamic Chicken Salad (Regular)	entire salad with dressing	510	250	27.0	9.0	0.5	100	1150	37.0	7.0	25.0	31.0
BBQ Chicken Salad (Small)	entire salad with dressing	300	160	18.0	1.5	0.0	35	630	22.0	3.0	7.0	13.0
BBQ Chicken Salad (Regular)	entire salad with dressing	540	290	32.0	3.0	0.0	65	1170	39.0	5.0	14.0	24.0
BBQ Turkey Salad (Small)	entire salad with dressing	320	190	21.0	2.5	0.0	30	460	22.0	3.0	7.0	12.0
BBQ Turkey Salad (Regular)	entire salad with dressing	560	330	37.0	4.5	0.0	50	820	38.0	5.0	14.0	19.0
Wagyu & Bleu (Small)	entire salad with dressing	420	270	31.0	9.0	0.0	65	1300	17.0	2.0	5.0	18.0
Wagyu & Bleu (Regular)	entire salad with dressing	840	540	62.0	19.0	0.0	125	2590	34.0	3.0	10.0	35.0
Cap's Chopped Salad with Chicken (Small)	entire salad with dressing	260	160	17.0	4.0	0.0	40	760	8.0	2.0	5.0	16.0
Cap's Chopped Salad with Chicken (Regular)	entire salad with dressing	480	300	34.0	8.0	0.0	80	1420	14.0	3.0	9.0	29.0
Cap's Chopped Salad with Italian Meats (Small)	entire salad with dressing	310	210	24.0	7.0	0.0	35	1140	9.0	2.0	6.0	15.0
Cap's Chopped Salad with Italian Meats (Regular)	entire salad with dressing	550	390	43.0	12.0	0.0	55	1900	16.0	3.0	11.0	25.0
Cap's Creation Garden (Individual)	entire salad without dressing	60	10	1.0	0.0	0.0	0	35	12.0	6.0	6.0	4.0
Side Salad	entire salad without dressing	170	120	13.0	3.5	0	10	470	10.0	1.0	8.0	4.0

Catering

Trays	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
SM Delaware's Finest (3 subs)												
The Bobbie	18 inch	2330	1230	135	22.0	0.0	220	4450	211.0	8.0	61.0	66.0
Cole Turkey	18 inch	1980	1180	128	30.0	0.5	250	2770	127.0	9.0	18.0	80.0
Italian	18 inch	1360	540	60.0	22.0	0.5	190	5650	125	8.0	15.0	85.0
LG Delaware's Finest (4 subs)												
The Bobbie	18 inch	2330	1230	135	22.0	0.0	220	4450	211.0	8.0	61.0	66.0
Cole Turkey	18 inch	1980	1180	128	30.0	0.5	250	2770	127.0	9.0	18.0	80.0
Italian	18 inch	1360	540	60.0	22.0	0.5	190	5650	125.0	8.0	15.0	85.0
w/Italian as 4th	18 inch	1360	540	60.0	22.0	0.5	190	5650	125.0	8.0	15.0	85.0
w/Cole Turkey as 4th	18 inch	1980	1180	128	30.0	0.5	250	2770	127.0	9.0	18.0	80.0
SM Bobbie (3 subs)												
The Bobbie	18 inch	2330	1230	135	22.0	0.0	220	4450	211.0	8.0	61.0	66.0
The Bobbie	18 inch	2330	1230	135	22.0	0.0	220	4450	211.0	8.0	61.0	66.0
The Bobbie	18 inch	2330	1230	135	22.0	0.0	220	4450	211.0	8.0	61.0	66.0
LG Bobbie (4 subs)												
The Bobbie	18 inch	2330	1230	135	22.0	0.0	220	4450	211.0	8.0	61.0	66.0
The Bobbie	18 inch	2330	1230	135	22.0	0.0	220	4450	211.0	8.0	61.0	66.0
The Bobbie	18 inch	2330	1230	135	22.0	0.0	220	4450	211.0	8.0	61.0	66.0
The Bobbie	18 inch	2330	1230	135	22.0	0.0	220	4450	211.0	8.0	61.0	66.0
SM Turkey Lover (3 subs)												
Homemade Turkey	18 inch	1110	360	39.0	17	0.5	170	3330	114	8.0	7.0	79.0
Homemade Turkey	18 inch	1110	360	39.0	17	0.5	170	3330	114	8.0	7.0	79.0
Homemade Turkey	18 inch	1110	360	39.0	17	0.5	170	3330	114	8.0	7.0	79.0
LG Turkey Lover (4 subs)												
Homemade Turkey	18 inch	1110	360	39	17	0.5	170	3330	114	8.0	7.0	79.0
Homemade Turkey	18 inch	1110	360	39	17	0.5	170	3330	114	8.0	7.0	79.0
Homemade Turkey	18 inch	1110	360	39	17	0.5	170	3330	114	8.0	7.0	79.0
Homemade Turkey	18 inch	1110	360	39	17	0.5	170	3330	114	8.0	7.0	79.0
SM Little Italy (3 subs)												
Italian	18 inch	1360	540	60.0	22.0	0.5	190	5650	125	8.0	15.0	85.0
Italian	18 inch	1360	540	60.0	22.0	0.5	190	5650	125	8.0	15.0	85.0
Italian	18 inch	1360	540	60.0	22.0	0.5	190	5650	125	8.0	15.0	85.0
LG Little Italy (4 subs)												
Italian	18 inch	1360	540	60.0	22.0	0.5	190	5650	125	8.0	15.0	85.0
Italian	18 inch	1360	540	60.0	22.0	0.5	190	5650	125	8.0	15.0	85.0
Italian	18 inch	1360	540	60.0	22.0	0.5	190	5650	125	8.0	15.0	85.0
Italian	18 inch	1360	540	60.0	22.0	0.5	190	5650	125	8.0	15.0	85.0
SM Vegetarian												
Veggie Turkey	18 inch	2310	1500	164.0	32.0	0.5	155	3910	139.0	9.0	24.0	70.0
Veggie Cole Turkey	18 inch	2380	1570	172.0	33.0	0.5	160	4090	132.0	6.0	25.0	71.0
Veggie Cole Turkey	18 inch	2380	1570	172.0	33.0	0.5	160	4090	132.0	6.0	25.0	71.0
LG Vegetarian (4 subs)												
Veggie Turkey	18 inch	2310	1500	164.0	32.0	0.5	155	3910	139.0	9.0	24.0	70.0
Veggie Turkey	18 inch	2310	1500	164.0	32.0	0.5	155	3910	139.0	9.0	24.0	70.0
Veggie Cole Turkey	18 inch	2380	1570	172.0	33.0	0.5	160	4090	132.0	6.0	25.0	71.0
Veggie Cole Turkey	18 inch	2380	1570	172.0	33.0	0.5	160	4090	132.0	6.0	25.0	71.0

Catering (Contd.)

Trays	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
SM American Wagyu (3 subs)												
American Wagyu Roast Beef	18 inch	2150	1360	147	30	0.5	290	5720	113	6	9	89
American Slaw Be Jo	18 inch	1980	1150	124	28	0.5	270	4250	124	6	18	89
w/ Roast Beef as 3rd	18 inch	2150	1360	147	30	0.5	290	5720	113	6	9	89
w/ Slaw Be Jo as 3rd	18 inch	1980	1150	124	28	0.5	270	4250	124	6	18	89
LG American Wagyu (4 subs)												
American Wagyu Roast Beef	18 inch	2150	1360	147	30	0.5	290	5720	113	6	9	89
American Wagyu Roast Beef	18 inch	2150	1360	147	30	0.5	290	5720	113	6	9	89
American Wagyu Slaw Be Jo	18 inch	1980	1150	124	28	0.5	270	4250	124	6	18	89
American Wagyu Slaw Be Jo	18 inch	1980	1150	124	28	0.5	270	4250	124	6	18	89
SM Sampler (3 subs)												
Homemade Roast Beef	18 inch	1200	320	34.0	17	0.5	225	3760	115	8.0	7.0	109.0
Homemade Turkey	18 inch	1110	360	39.0	17	0.5	170	3330	114	8.0	7.0	79.0
Veggie Turkey	18 inch	2310	1500	164.0	32.0	0.5	155	3910	139	9.0	24.0	70
Tuna	18 inch	1090	210	22.0	12	0.5	425	3620	114	8.0	7.0	112.0
Italian	18 inch	1360	540	60.0	22	0.5	190	5650	125	8.0	15.0	85.0
The Bobbie	18 inch	2330	1230	135	22.0	0.0	220	4450	211	8.0	61.0	66.0
Cole Turkey	18 inch	1980	1180	128	30.0	0.5	250	2770	127	9.0	18.0	80.0
Slaw Be Jo	18 inch	2080	1150	125	29.0	0.5	305	3220	129	9.0	18.0	109.0
Veggie Cole Turkey	18 inch	2380	1570	172	33.0	0.5	160	4090	132	6.0	25.0	71.0
LG Sampler (4 subs)												
Homemade Roast Beef	18 inch	1200	320	34.0	17	0.5	225	3760	115	8.0	7.0	109.0
Homemade Turkey	18 inch	1110	360	39.0	17	0.5	170	3330	114	8.0	7.0	79.0
Veggie Turkey	18 inch	2310	1500	164.0	32.0	0.5	155	3910	139	9.0	24.0	70.0
Tuna	18 inch	1090	210	22.0	12	0.5	425	3620	144	8.0	7.0	112.0
Italian	18 inch	1360	540	60	22	0.5	190	5650	125	8.0	15.0	85.0
The Bobbie	18 inch	2330	1230	135	22.0	0.0	220	4450	211	8.0	61.0	66.0
Cole Turkey	18 inch	1980	1180	128	30.0	0.5	250	2770	127	9.0	18.0	80.0
Slaw Be Jo	18 inch	2080	1150	125	29.0	0.5	305	3220	129	9.0	18.0	109.0
Veggie Cole Turkey	18 inch	2380	1570	172	33.0	0.5	160	4090	132	6.0	25.0	71.0
Sub Tray Sides (10 fl oz. cup)												
Pickles - 5.5 oz by weight		19	4	0	0	0	0	1782	4	2.0	2.0	1.0

Catering (Contd.)

Trays	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Big Box Lunch												
Homemade Turkey	8 inch	460	150	17	7.0	0.0	75	1430	44	2.0	4.0	34.0
American Wagyu Roast Beef	8 inch	860	540	59	12	0.0	115	2350	47	3	4	35
Veggie Turkey	8 inch	740	370	42	11.0	0.0	30	1250	48	4.0	1.0	48.0
Tuna	8 inch	460	80	9	5.0	0.0	205	1590	44	2.0	4.0	52.0
Italian	8 inch	580	260	29	10.0	0.0	80	2430	49	3.0	7.0	35.0
The Bobbie	8 inch	1010	510	56	9.0	0.0	95	1930	97	3.0	36.0	28.0
Cole Turkey	8 inch	850	520	57	13.0	0.0	115	1180	49	3.0	8.0	34.0
Amercian Wagyu Slaw Be Jo	8 inch	840	510	55	12.0	0.0	110	1730	51	3	8	35
Veggie Cole Turkey	8 inch	1060	720	79	14.0	0.0	70	1840	56	3.0	12.0	32.0
Chips - lowest calorie (Baked Lays)	LSS Bag	140	35	4	0.5	0	0	180	26	2.0	3.0	2.0
Chips - highest calorie (Fritos)	LSS Bag	280	70	8	1	0	0	360	52	4.0	6.0	4.0
Cole Slaw (sm = 3.5 oz)	SM	230	190	21	4	0	20	180	7	0	5	0
Low End Box Lunch	Low total	960	253	22	10.5	0	40	1380	89	3.0	28.0	32.0
High End Box Lunch	High total	1670	770	92	25.0	0	310	2960	162	7.0	76.0	58.0
Cookie Tray	total	4380	1800	267	81	0	195	5280	606	21.0	345.0	54.0
Cookie and Brownie Assortment	total	3310	1640	190	73	0	405	3320	493	19.0	290.0	46.0
Brownie	1 each	370	240	22	11	0	105	200	65	3.0	40.0	6.0
Chocolate Chip Cookie	1 each	360	140	27	7	0	20	400	53	2.0	30.0	4.0
Peanut Butter Cookie	1 each	380	180	20	8	0	15	530	45	2.0	28.0	6.0
Sugar Cookie	1 each	360	140	15	5	0	10	430	51	1.0	27.0	4.0
Sides												
Stuffing (weight ounce per recipe)	SM - 2.5 oz	150	50	6.0	1.5	1.5	0	430	18.0	0.0	<1	3.0
	MD - 5 oz	300	100	13.0	2.5	2.5	0	850	35.0	0.0	<1	5.0
	LG - 17 oz	1020	340	42.0	9.0	9.0	0	2890	119.0	0.0	<1	17.0
Cole Slaw (weight ounce per recipe)	SM - 3.5 oz	230	190	21.0	3.5	0.0	20	180	7.0	0.0	5.0	0.0
	MD - 6 oz	30	330	36.0	6.0	0.0	30	300	12.0	0.0	9.0	0.0
	LG - 23 oz	1500	1270	138.0	23.0	0.0	115	1150	46.0	0.0	35.0	0.0
Cranberry Sauce (weight ounce per recipe)	SM - 5.5 oz	250	0	0.0	0.0	0.0	0	0	55.0	0.0	50.0	0.0
	MD - 9 oz	400	0	0.0	0.0	0.0	0	0	90.0	0.0	81.0	0.0
	LG - 17 oz	760	0	0.0	0.0	0.0	0	0	170.0	0.0	153.0	0.0

Catering Salads												
Balsamic Chicken	total	2200	1090	117	36	2	400	5320	57	28	116	124
BBQ Chicken	Low total	2900	1725	187	20	0	285	6370	9	20	98	96
BBQ Turkey	High total	2980	1930	213	27	0	195	4910	208	20	98	66
Caps Chopped	total	2160	1630	178	44	0	165	6400	70	12	50	70
Wagyu and Bleu	total	1920	1200	138	37	0	265	5580	86	10	23	78
Caps Creation	Low total	720	400	44	4	0	0	1660	80	24	56	16
	High total	2980	1930	213	27	0	195	4910	208	20	98	66



FOOD ALLERGIES – WHAT YOU NEED TO KNOW!

Most Common Food Allergens:

Product:	Peanuts	Tree Nuts	Fish	Shellfish	Eggs	Milk/Dairy	Wheat	Soy
BREADS								
Any Sub or Sandwich Roll							X	X
Stuffing						X	X	X
PROTEINS / VEGETARIAN PROTEINS								
Diced Chicken								X
Meatballs					X	X	X	
Hot Ham (Capicola)								X
Tuna Fish			X		X			
Impossible Meat							X	X
Veggie Turkey					X		X	X
SOUPS								
Chicken Noodle Soup					X		X	
Clam Chowder			X			X	X	
Maryland Crab			X		X		X	
Tomato Bisque						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		X
Russian Dressing					X			
Red Wine Vinaigrette (Used in Cap's Chopped Salad)					X			X
MISCELLANEOUS								
Margarine (Butter)								X
Cole Slaw					X			
Oil used on the grill & Classic Italian Sub								X
French Fries							X	

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



Below is a disclaimer you are welcomed to use. You may want to run it by your legal team. Feel free to include our logo and company name along with the posted results. We encourage you to link back to our website to establish the credibility of a third-party analysis firm for your cutomers.

DISCLAIMER: This chart was compiled with the assistance of our third-party nutrition consultants, On The Menu, LLC. On The Menu uses the most up-to-date nutrition information from our suppliers as well as the ESHA Research database, which includes the USDA's National Nutrient Database for Standard Reference, the foundation of most food and nutrition databases in the US. Some variations may occur due to differences in product assembly or preparation at the restaurant, season of the year, region of the country, local suppliers or use of an alternative supplier or ingredient. This listing is periodically updated to reflect the current status of our products.