

Capriotti's[®]

SANDWICH SHOP



NUTRITIONAL GUIDE

2026 VERSION

COLD SUBS

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

COLD SUBS

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

HOT SUBS

SUBS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
AMERICAN WAGYU CHEESE STEAK	Mini 4"	440	26	8	0	75	1650	26	1	2	28
	Small 8"	690	47	13	0	135	2740	22	2	3	47
	Medium 10"	930	66	18	0	170	3660	29	3	5	59
	Large 18"	2000	115	31	0	305	7200	126	6	9	122
AMERICAN WAGYU FRENCH DIP	Mini 4"	520	50	11	0	70	530	4	1	0	15
	Small 8"	1130	102	22	0	175	1390	8	0	0	43
	Medium 10"	1670	152	32	0	250	1980	10	1	1	62
	Large 18"	2830	255	54	0	440	3490	20	3	2	110
CAPASTRAMI	Mini 4"	570	39	8	0	80	1230	27	2	7	27
	Small 8"	1110	76	15	0	155	2420	54	3	12	53
	Medium 10"	1560	111	22	0	215	3320	69	4	17	74
	Large 18"	2780	190	38	0	375	5950	133	7	31	133
CLASSIC CHEESE STEAK	Mini 4"	430	27	8	0	75	1510	26	1	2	25
	Small 8"	800	49	14	0	140	2760	52	2	4	48
	Medium 10"	1090	70	19	0	175	3730	67	3	6	62
	Large 18"	1950	118	32	0	315	6610	128	6	9	115
CHEESE STEAK BLT	Mini 4"	810	63	15	0	115	1750	27	2	2	33
	Small 8"	1120	78	16	0	150	2180	50	3	5	55
	Medium 10"	2150	174	38	0	285	4290	68	4	7	79
	Large 18"	3760	295	65	0.5	500	7540	129	7	12	146
CHICKEN CHEESE STEAK	Mini 4"	420	24	4.5	0	60	1080	25	1	2	28
	Small 8"	630	24	6	0	120	2150	49	2	3	56
	Medium 10"	1030	57	12	0	155	1670	64	3	6	73
	Large 18"	1840	94	20	0	275	5220	122	6	9	132
CHICKEN CHIPOTLE CRUNCH	Mini 4"	550	36	9	0	80	1680	30	1	3	29
	Small 8"	1230	79	15	0	145	3320	78	2	6	55
	Medium 10"	1720	117	21	0	185	4590	104	3	9	70
	Large 18"	3010	195	36	0	335	8020	191	5	15	130
GRILLED ITALIAN	Mini 4"	410	25	7	0	50	1560	26	2	4	20
	Small 8"	760	50	13	0	80	2640	51	3	7	32
	Medium 10"	1060	72	19	0	110	3690	66	4	10	44
	Large 18"	2000	123	32	0	235	7370	130	8	21	98

HOT SUBS

SUBS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
HOT BOBBIE	Mini 4"	720	51	8	0	55	1240	54	2	20	13
	Small 8"	1470	102	16	0	115	2510	109	3	39	29
	Medium 10"	2140	153	24	0	170	3630	153	4	58	41
	Large 18"	3250	253	39	0	290	5380	185	5	96	58
IMPOSSIBLE CHEESE STEAK	Mini 4"	450	29	10	0	25	1390	29	4	2	20
	Small 8"	860	54	18	0	40	2510	58	8	4	37
	Medium 10"	1160	77	24	0	50	3430	75	11	6	49
	Large 18"	2070	131	41	0	90	6060	141	20	9	90
MEATBALL	Mini 4"	500	29	11	1	120	1350	30	2	4	29
	Small 8"	840	46	17	2	185	2320	28	4	8	47
	Medium 10"	1130	64	24	2.5	250	3180	75	6	12	65
	Large 18"	1860	98	37	3.5	380	5220	139	10	20	106
CHICKEN BACON RANCH	Mini 4"	450	29	8	0	80	1640	25	2	2	31
	Small 8"	850	53	13	0	145	3110	51	3	3	58
	Medium 10"	1140	75	18	0	190	4220	64	4	4	75
	Large 18"	2010	126	31	0	335	7290	119	7	7	135

FRIES

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

SALADS

SALADS	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
BALSAMIC CHICKEN	Half	400	24	7	0	50	930	32	4	23	16
	Full	760	48	13	0	100	1850	60	7	43	32
BBQ CHICKEN	Half	340	22	2.5	0	25	620	28	2	14	10
	Full	680	44	4.5	0	50	1230	55	3	27	19
BBQ TURKEY	Half	860	56	5	0	45	1520	76	5	41	13
	Full	1430	99	10	0	75	2490	118	7	64	19
CAP'S CHOPPED	Half	440	36	10	0	60	1440	12	3	7	19
	Full	700	54	16	0	90	2240	21	6	12	33
SALAD DRESSINGS											
Balsamic	2 tbsp	60	5.0	0.5	0	0	190	4	0.0	4.0	0
Chipotle Ranch	2 tbsp	140	14	2	0	5	230	4	0	2	0
Italian	2 tbsp	15	0	0	0	0	490	4	0	3	0
Red Wine	2 tbsp	25	0	0	0	0	110	6	0	6	0
Russian	2 tbsp	140	13	2	0	10	260	5	0	4	0

SOUPS

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

DRINKS

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

CHIPS

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

DUOS

MINI SUB + HALF SALAD

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

DUOS

MINI SUB + BOWL OF SOUP

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

DUOS

MINI SUB + COOKIE + CHIPS + DRINK

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

KIDS MEALS

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

KIDS MEALS

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

BOX LUNCH

CATERING

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

PARTY TRAYS

CATERING

ITEM	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
DELAWARE'S FINEST Small Tray includes 3 Large 18" subs Large Tray is choice of 4 Large 18" subs											
The Bobbie	per sub	3080	186	30	0	290	6270	271	7	98	75
Classic Italian	per sub	1880	121	32	0	190	6450	125	8	17	80
Wagyu Slaw Be Jo	per sub	3480	267	45	0	475	5370	135	7	26	120
THE BOBBIE Small Tray (3 Large 18" subs) Large Tray (4 Large 18" subs)											
The Bobbie	per sub	3080	186	30	0	290	6270	271	7	98	75
TURKEY LOVER Small Tray (choice of 3 Large 18" subs) Large Tray (choice of 3 Large 18" subs)											
The Bobbie	per sub	3080	186	30	0	290	6270	271	7	98	75
Cole Turkey	per sub	3335	270	48	0	410	3890	128	7	26	86
Homemade Turkey	per sub	2560	188	36	0	340	5390	117	8	12	87
Classic Club	per sub	2320	199	40	0.5	375	5970	27	8	16	93
LITTLE ITALY Small Tray (3 Large 18" subs) Large Tray (4 Large 18" subs)											
Classic Italian	per sub	1880	121	32	0	190	6450	125	8	17	80
THE CLUB Small Tray (choice of 3 Large 18" subs) Large Tray (choice of 3 Large 18" subs)											
Classic Club	per sub	2320	199	40	0.5	375	5970	27	8	16	93
Wagyu Club	per sub	2790	212	43	0.5	570	7540	68	6	10	161
THE AMERICAN WAGYU Small Tray (choice of 3 Large 18" subs) Large Tray (choice of 3 Large 18" subs)											
Wagyu Club	per sub	2790	212	43	0.5	570	7540	68	6	10	161
Wagyu Slaw Be Jo	per sub	3480	267	45	0	475	5370	135	7	26	120
Wagyu Roast Beef	per sub	2690	184	34	0	405	6870	125	8	12	121

PARTY TRAYS

CATERING

ITEM	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
THE VEGETARIAN											
Small Tray includes 3 Large 18" subs Large Tray is choice of 4 Large 18" subs											
Plant-based Cole Turkey	per sub	4180	326	52	0	260	7420	165	7	44	133
Plant-based Turkey	per sub	3400	278	45	0	260	4770	141	7	32	73
THE SAMPLER											
Small Tray (choice of 3 Large 18" subs) Large Tray (choice of 3 Large 18" subs)											
Wagyu Club	per sub	2790	212	43	0.5	570	7540	68	6	10	161
Wagyu Slaw Be Jo	per sub	3480	267	45	0	475	5370	135	7	26	120
Wagyu Roast Beef	per sub	2690	184	34	0	405	6870	125	8	12	121
BLT	per sub	2040	164	24	0.5	150	5370	105	5	7	35
The Bobbie	per sub	3080	186	30	0	290	6270	271	7	98	75
Cole Turkey	per sub	3335	270	48	0	410	3890	128	7	26	86
Classic Club	per sub	2320	199	40	0.5	375	5970	27	8	16	93
Classic Italian	per sub	1880	121	32	0	190	6450	125	8	17	80
Homemade Turkey	per sub	2560	188	36	0	340	5390	117	8	12	87
Plant-based Cole Turkey	per sub	4180	326	52	0	260	7420	165	7	44	133
Plant-based Turkey	per sub	3400	278	45	0	260	4770	141	7	32	73
Tuna	per sub	1140	25	13	0	165	4790	117	8	12	114

SIDES

CATERING

ITEM	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Coleslaw	Small 3.5oz	230	21	4	0	20	180	7	0	5	0
	Medium 6oz	530	36	6	0	30	300	12	0	9	0
	Large	1500	138	23	0	115	1150	46	0	35	0
Stuffing	Small	150	6	1.5	1.5	0	430	18	0	<1	3
	Medium	300	13	2.5	2.5	0	850	35	0	<1	5
	Large	1020	42	9	9	0	2890	119	0	<1	17
Cranberry	Small	250	0	0	0	0	0	55	0	50	0
	Medium	400	0	0	0	0	0	90	0	81	0
	Large	760	0	0	0	0	0	170	0	153	0
Cookie Tray	1 tray	4320	324	84	0	240	4800	636	24	360	48
Cookie/ Brookie Tray	1 tray	3240	210	66	0	300	3090	474	18	282	36

SALADS

CATERING

ITEM	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
BBQ Chicken	total	2900	187	20	0	285	6370	9	20	98	96
BBQ Turkey	total	2980	213	27	0	195	4910	208	20	98	66
Cap's Chopped	total	2160	178	44	0	165	6400	70	12	50	70
Balsamic Chicken	total	2200	117	36	2	400	5320	57	28	116	124