Capriotti's SANDWICH SHOP

NUTRITION & ALLERGEN GUIDE

COLD SUBS

SUB	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
AMERICAN WAGYU CLUB	MINI 4"	470	29	7	0	70	1600	23	1	2	27
	SMALL 8"	970	61	15	0	145	3290	45	3	3	55
	MEDIUM 10"	1390	93	22	0	205	4750	57	3	4	76
	LARGE 18"	2420	157	36	0	355	7730	112	6	8	129
AMERICAN WAGYU ROAST BEEF	MINI 4"	390	23	5	0	60	710	25	2	2	20
	SMALL 8"	790	47	10	0	125	1510	46	3	3	42
	MEDIUM 10"	1110	73	15	0	170	1950	58	3	4	53
	LARGE 18"	2060	130	26	0	305	3660	114	6	8	101
AMERICAN WAGYU SLAW BE JO	MINI 4"	480	32	6	0	65	850	27	2	5	20
	SMALL 8"	970	63	12	0	140	1760	54	3	10	42
	MEDIUM 10"	1330	92	18	0	180	2310	69	4	13	53
	LARGE 18"	2440	163	31	0	330	4270	133	7	24	101
BLT	MINI 4"	530	35	8	0	80	2510	23	1	2	35
	SMALL 8"	1010	65	14	0	155	4160	46	2	3	64
	MEDIUM 10"	1370	94	19	0	205	5500	58	3	4	81
	LARGE 18"	2520	168	34	0	370	9850	113	5	7	149
BOBBIE	MINI 4"	480	25	4.5	0	55	1180	45	1	12	18
	SMALL 8"	920	49	8	0	95	2350	88	2	23	30
	MEDIUM 10"	1360	76	13	0	135	3390	129	3	40	40
	LARGE 18"	2410	134	23	0	240	5930	219	5	58	75
CLASSIC CLUB	MINI 4"	450	29	7	0	55	1630	23	1	3	24
	SMALL 8"	920	60	14	0	115	3370	46	3	5	49
	MEDIUM 10"	1320	91	21	0	160	4800	58	3	7	66
	LARGE 18"	2320	154	34	0	275	7870	113	6	12	113
CLASSIC ITALIAN	MINI 4"	410	25	6	0	40	1540	25	1	4	21
	SMALL 8"	810	51	13	0	85	3150	49	3	7	42
	MEDIUM 10"	1100	73	18	0	110	4210	61	3	9	54
	LARGE 18"	1970	123	31	0	190	7470	119	6	17	100
HOMEMADE TURKEY	MINI 4"	400	25	6	0	65	980	22	1	2	20
	SMALL 8"	770	50	11	0	115	1990	44	3	3	34
	MEDIUM 10"	1120	77	17	0	165	2860	55	3	4	47
	LARGE 18"	2050	136	29	0	290	5050	109	6	8	86
PEPPERED HAM	MINI 4"	490	36	6	0	35	1330	25	2	4	18
	SMALL 8"	1080	80	17	0	90	2940	50	3	8	42
	MEDIUM 10"	1420	112	19	0	105	3780	61	3	10	46
	LARGE 18"	2560	194	33	0	185	6720	121	7	18	86
GENOA SALAMI	MINI 4"	610	50	12	0	60	1640	24	2	2	17
	SMALL 8"	1230	102	25	0	120	3360	47	3	4	34
	MEDIUM 10"	1710	147	34	0	165	4470	59	3	5	44
	LARGE 18"	3090	257	60	0	295	8020	116	7	9	83
COLE TURKEY	MINI 4"	500	34	7	0	75	680	26	2	5	20
	SMALL 8"	940	65	13	0	125	1300	51	3	10	34
	MEDIUM 10"	1330	96	19	0	180	1790	66	4	13	47
	LARGE 18"	2420	169	34	0	320	3270	128	7	24	86
PLANT-BASED COLE TURKEY	MINI 4"	520	37	7	0	30	910	30	2	5	16
	SMALL 8"	1030	72	13	0	65	1800	59	3	10	33
	MEDIUM 10"	1420	104	19	0	95	2400	76	4	13	43
	LARGE 18"	2590	184	34	0	165	4370	145	7	24	80
PLANT-BASED TURKEY	MINI 4"	420	28	5	0	25	770	26	1	2	16
	SMALL 8"	860	57	11	0	50	1550	52	3	3	33
	MEDIUM 10"	1210	85	16	0	80	2040	65	3	4	43
	LARGE 18"	2210	151	29	0	140	3760	127	6	8	79
TURKEY & PEPPERED HAM	MINI 4"	500	37	7	0	45	1550	24	2	3	18
	SMALL 8"	1020	76	14	0	100	2060	47	3	6	37
	MEDIUM 10"	1460	116	21	0	140	2400	59	3	7	48
	LARGE 18"	2630	201	37	0	250	5630	116	7	14	89
THREE CHEESE	MINI 4"	600	47	14	0	65	1380	28	2	1	16
	SMALL 8"	1150	91	25	0	115	2590	52	4	3	30
	MEDIUM 10"	1670	138	37	0	170	3670	67	5	3	42
	LARGE 18"	2980	238	64	0	290	6450	131	10	6	77
TUNA	MINI 4"	240	5	3	0	40	960	22	1	2	26
	SMALL 8"	480	11	6	0	80	2000	44	3	3	51
	MEDIUM 10"	670	17	9	0	120	2880	55	3	4	76
	LARGE 18"	1190	26	15	0	195	4980	109	6	8	130

HOT SUBS

SUB	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
AMERICAN WAGYU CHEESESTEAK	MINI 4"	430	26	8	0	70	1130	26	1	2	26
	SMALL 8"	830	48	13	0	135	2080	51	2	4	53
	MEDIUM 10"	1110	68	18	0	170	2610	66	3	6	66
	LARGE 18"	2000	115	31	0	305	4800	126	6	9	122
AMERICAN WAGYU FRENCH DIP	MINI 4"	520	38	7	0	75	770	21	0	0	24
	SMALL 8"	1080	79	15	0	155	1610	43	1	1	51
	MEDIUM 10"	1530	119	23	0	205	2040	53	1	1	65
	LARGE 18"	2760	207	39	0	370	3810	105	3	2	120
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 CHEESESTEAK	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
CHEESESTEAK BLT	MINI 4"	650	48	12	0	95	2100	27	2	2	31
	SMALL 8"	1100	80	14	0	140	3180	50	3	5	52
	MEDIUM 10"	1890	150	33	0	250	5600	69	4	7	79
	LARGE 18"	3160	240	53	0	430	9200	131	7	11	137
CHICKEN CHEESESTEAK	MINI 4"	380	19	4	0	60	1030	25	1	2	28
	SMALL 8"	750	38	8	0	120	2150	49	2	4	56
	MEDIUM 10"	1030	57	12	0	155	2960	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	6	0	40	1580	26	2	4	21
	SMALL 8"	820	51	13	0	85	3150	52	3	9	42
	MEDIUM 10"	1120	73	18	0	110	4210	67	4	12	55
	LARGE 18"	2000	123	31	0	190	7480	127	7	20	101
HOT BOBBIE	MINI 4"	480	25	4.5	0	55	1180	45	1	12	18
	SMALL 8"	920	49	8	0	95	2350	88	2	23	30
	MEDIUM 10"	1360	76	13	0	135	3390	129	3	40	40
	LARGE 18"	2410	134	23	0	240	5930	219	5	58	75
IMPOSSIBLE CHEESESTEAK	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"	450	25	10	1	105	1450	28	2	4	25
	SMALL 8"	750	40	16	1.5	165	2560	54	4	8	41
	MEDIUM 10"	1010	55	22	2	225	3560	70	5	12	56
	LARGE 18"	1820	94	38	3.5	390	6230	133	9	20	101
CHICKEN BACON RANCH	MINI 4"	470	29	8	0	80	1650	26	2	2	31
	SMALL 8"	900	53	13	0	150	3120	51	3	3	59
	MEDIUM 10"	1200	76	19	0	190	4230	64	4	4	75
	LARGE 18"	2120	126	32	0	335	7310	120	7	7	135
COOPER® SHARP CHEESESTEAK	SMALL 8"	1020	75	21	0	175	3100	45	2	14	53
	MEDIUM 10"	1340	91	29	0	245	4640	74	4	26	72
	LARGE 18"	2140	143	43	0	390	7300	116	6	39	119

FRIES

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
FRIES	REGULAR	910	58	13	0	0	1700	93	4	0	8
	LARGE	1360	94	20	0	0	2110	124	5	0	11
CAPASTRAMI FRIES	REGULAR	1260	83	18	0	80	2730	101	5	6	32
CHEESESTEAK FRIES	REGULAR	1120	70	19	0	75	2520	98	5	1	30
IMPOSSIBLE FRIES	REGULAR	1140	72	20	0	25	2380	103	8	1	24
WAGYU CHEESESTEAK FRIES	REGULAR	1090	68	18	0	55	2480	99	5	1	25

SALADS

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
BALSAMIC CHICKEN	HALF	350	23	6	0	55	800	20	2	15	19
	REGULAR	800	53	13	0	105	1900	48	3	36	38
BBQ CHICKEN	HALF	460	29	3.5	0	40	930	40	0	23	12
	REGULAR	1060	78	10	0	80	1870	66	0	31	24
BBQ TURKEY	HALF	430	29	3.5	0	20	810	39	0	23	5
	REGULAR	1000	78	10	0	45	1650	66	0	31	10
CAP'S CREATION	HALF	420	34	6	0	45	1050	14	0	3	14
	REGULAR	1040	91	16	0	90	2570	29	0	9	27
CAP'S CHOPPED ITALIAN	HALF	370	33	7	0	20	1060	11	2	7	10
	REGULAR	950	88	17	0	45	2600	24	5	17	20

SALAD DRESSINGS

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
BALSAMIC	2 tbsp	60	5	0.5	0	0	190	4	0	4	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

DRINKS

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
PEPSI FOUNTAIN	22 FL OZ	270	0	0	0	0	55	72	0	72	0
	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 FOUNTAIN	22 FL OZ	0	0	0	0	0	0	0	0	0	0
	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 FOUNTAIN	22 FL OZ	260	0	0	0	0	60	68	0	68	0
	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 FOUNTAIN	22 FL OZ	250	0	0	0	0	85	72	0	70	0
	32 FL OZ	360	0	0	0	0	120	104	0	102	0
MTN DEW FOUNTAIN	22 FL OZ	290	0	0	0	0	90	77	0	77	0
	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 FOUNTAIN	22 FL OZ	270	0	0	0	0	270	70	0	70	0
	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	CARBS	DIETARY FIBER	SUGARS	PROTEIN
DORITOS NACHO CHEESE	1.75 OZ BAG	260	13	2	0	0	290	30	2	1	4
LAYS CLASSIC	1.5 OZ BAG	240	15	2	0	0	210	23	2	1	3
MISS VICKIES JALAPENO	1.375 OZ BAG	200	11	1.5	0	0	190	23	2	2	3
MISS VICKIES SEA SALT & VINEGAR	1.375 OZ BAG	200	11	1.5	0	0	240	17	2	2	3
MISS VICKIES SMOKEHOUSE BBQ	1.375 OZ BAG	200	11	1.5	0	0	190	23	2	3	3
SUN CHIPS HARVEST CHEDDAR	1 OZ	140	6	0.5	0	0	170	19	2	2	2

SOUPS

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
CHICKEN NOODLE SOUP	8oz	90	1.5	0.5	0	25	930	13	1	0	6
TOMATO BISQUE	8oz	300	21	6	0	30	820	25	5	0	3

DESSERTS

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
CHOCOLATE CHIP COOKIE	1 EACH	370	17	8	0	15	430	52	1	32	4
PEANUT BUTTER COOKIE	1EACH	380	20	8	0	5	400	45	1	29	6
SUGAR COOKIE	1EACH	360	15	5	0	10	420	51	1	27	4
BROOKIE	1EACH	460	21	10	0	75	290	67	3	44	5

DUOS

MINI SUB + HALF SALAD

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
MINI 4" BLT	MINI 4"	530	35	8	0	80	2510	23	1	2	35
MINI 4" CLASSIC ITALIAN	MINI 4"	410	25	6	0	40	1540	25	1	4	21
MINI 4" TUNA	MINI 4"	240	5	3	0	40	960	22	1	2	26
MINI 4" HOMEMADE TURKEY	MINI 4"	400	25	6	0	65	980	22	1	2	20
HALF BALSAMIC CHICKEN SALAD	HALF	350	23	6	0	55	800	20	2	15	19
HALF BBQ CHICKEN SALAD	HALF	460	29	3.5	0	40	930	40	0	23	12
HALF BBQ TURKEY SALAD	HALF	430	29	3.5	0	20	810	39	0	23	5
HALF CAP'S CHOPPED SALAD	HALF	370	33	7	0	20	1060	11	2	7	10

MINI SUB + BOWL OF SOUP

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
MINI 4" BLT	MINI 4"	530	35	8	0	80	2510	23	1	2	35
MINI 4" CLASSIC ITALIAN	MINI 4"	410	25	6	0	40	1540	25	1	4	21
MINI 4" TUNA	MINI 4"	240	5	3	0	40	960	22	1	2	26
MINI 4" HOMEMADE TURKEY	MINI 4"	400	25	6	0	65	980	22	1	2	20
CHICKEN NOODLE SOUP	8oz	90	1.5	0.5	0	25	930	13	1	0	6
TOMATO BISQUE	8oz	300	21	6	0	30	820	25	5	0	3

MINI SUB + CHIPS + COOKIE + DRINK

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
MINI 4" BLT	MINI 4"	530	35	8	0	80	2510	23	1	2	35
MINI 4" CLASSIC ITALIAN	MINI 4"	410	25	6	0	40	1540	25	1	4	21
MINI 4" TUNA	MINI 4"	240	5	3	0	40	960	22	1	2	26
MINI 4" HOMEMADE TURKEY	MINI 4"	400	25	6	0	65	980	22	1	2	20
COOKIE	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
CHOCOLATE CHIP COOKIE	1 EACH	370	17	8	0	15	430	52	1	32	4
PEANUTBUTTER COOKIE	1EACH	380	20	8	0	5	400	45	1	29	6
SUGAR COOKIE	1EACH	360	15	5	0	10	420	51	1	27	4
CHIPS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
DORITOS NACHO CHEESE	1.75 OZ BAG	260	13	2	0	0	290	30	2	1	4
LAYS CLASSIC	1.5 OZ BAG	240	15	2	0	0	210	23	2	1	3
MISS VICKIES JALAPENO	1.375 OZ BAG	200	11	1.5	0	0	190	23	2	2	3
MISS VICKIES SEA SALT & VINEGAR	1.375 OZ BAG	200	11	1.5	0	0	240	17	2	2	3
MISS VICKIES SMOKEHOUSE BBQ	1.375 OZ BAG	200	11	1.5	0	0	190	23	2	3	3
SUN CHIPS HARVEST CHEDDAR	1 OZ	140	6	0.5	0	0	170	19	2	2	2
DRINKS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
PEPSI FOUNTAIN	22 FL OZ	270	0	0	0	0	55	72	0	72	0
	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 FOUNTAIN	22 FL OZ	0	0	0	0	0	0	0	0	0	0
	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 FOUNTAIN	22 FL OZ	260	0	0	0	0	60	68	0	68	0
	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 FOUNTAIN	22 FL OZ	250	0	0	0	0	85	72	0	70	0
	32 FL OZ	360	0	0	0	0	120	104	0	102	0
MTN DEW FOUNTAIN	22 FL OZ	290	0	0	0	0	90	77	0	77	0
	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 FOUNTAIN	22 FL OZ	270	0	0	0	0	270	70	0	70	0
	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

KIDS MEAL

MINI 4" SUB + CRAISINS + WATER

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
AMERICAN WAGYU CLUB	MINI 4"	470	29	7	0	70	1600	23	1	2	27
AMERICAN WAGYU ROAST BEEF	MINI 4"	390	23	5	0	60	710	25	2	2	20
AMERICAN WAGYU SLAW BE JO	MINI 4"	480	32	6	0	65	850	27	2	5	20
BLT	MINI 4"	530	35	8	0	80	2510	23	1	2	35
BOBBIE	MINI 4"	480	25	4.5	0	55	1180	45	1	12	18
CLASSIC CLUB	MINI 4"	450	29	7	0	55	1630	23	1	3	24
CLASSIC ITALIAN	MINI 4"	410	25	6	0	40	1540	25	1	4	21
COLE TURKEY	MINI 4"	500	34	7	0	75	680	26	2	5	20
HOMEMADE TURKEY	MINI 4"	400	25	6	0	65	980	22	1	2	20
PLANT-BASED COLE TURKEY	MINI 4"	520	37	7	0	30	910	30	2	5	16
PLANT-BASED TURKEY	MINI 4"	420	28	5	0	25	770	26	1	2	16
TUNA	MINI 4"	240	5	3	0	40	960	22	1	2	26
AMERICAN WAGYU CHEESESTEAK	MINI 4"	430	26	8	0	70	1130	26	1	2	26
AMERICAN WAGYU FRENCH DIP	MINI 4"	520	38	7	0	75	770	21	0	0	24
CAPASTRAMI	MINI 4"	570	39	8	0	80	1230	27	2	7	27
CLASSIC CHEESESTEAK	MINI 4"	430	27	8	0	75	1510	26	1	2	25
CHEESESTEAK BLT	MINI 4"	650	48	12	0	95	2100	27	2	2	31
CHICKEN CHEESESTEAK	MINI 4"	380	19	4	0	60	1030	25	1	2	28
CHICKEN CHIPOTLE CRUNCH	MINI 4"	550	36	9	0	80	1680	30	1	3	29
GRILLED ITALIAN	MINI 4"	410	25	6	0	40	1580	26	2	4	21
HOT BOBBIE	MINI 4"	480	25	4.5	0	55	1180	45	1	12	18
IMPOSSIBLE CHEESESTEAK	MINI 4"	450	29	10	0	25	1390	29	4	2	20
MEATBALL	MINI 4"	450	25	10	1	105	1450	28	2	4	25
CHICKEN BACON RANCH	MINI 4"	470	29	8	0	80	1650	26	2	2	31
GRILLED CHEESE	1 SANDWICH	410	29	8	0	45	890	28	2	4	9
CRAISINS	1 PACKAGE	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

PARTY TRAYS

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
COOKIE PARTY TRAY	TOTAL	4440	204	96	0	180	5160	624	12	384	48
COOKIE & BROOKIE PARTY TRAY	TOTAL	4990	229	108	0	540	4330	716	24	457	54
DELAWARE'S FINEST PARTY TRAY	SMALL	6400	378	79	0	730	17300	463	17	92	276
	LARGE	8470	528	109	0	875	25710	567	22	99	353
LITTLE ITALY PARTY TRAY	SMALL	5900	369	93	0	575	22420	358	18	50	300
	LARGE	7870	492	124	0	765	29900	477	24	67	400
MEATBALL BAR	1 TRAY	8920	499	225	0	1660	25230	475	49	70	567
THE AMERICAN WAGYU PARTY TRAY	SMALL	6910	426	80	0	880	13860	466	18	89	277
	LARGE	8170	500	103	0	1200	15110	478	24	52	403
THE BOBBIE PARTY TRAY	SMALL	7220	403	68	0	725	17800	656	16	173	225
	LARGE	9620	537	90	0	970	23740	875	21	230	300
THE CLUB PARTY TRAY	SMALL	6810	461	100	0	775	24010	330	17	27	318
	LARGE	9480	622	139	0	1260	31200	451	24	40	483
THE SAMPLER PARTY TRAY	SMALL	6790	438	86	0	660	22210	436	16	77	265
	LARGE	8950	569	105	0	770	28680	646	21	128	304
THE TURKEY LOVER PARTY TRAY	SMALL	6880	439	85	0	850	14250	455	18	89	247
	LARGE	8940	569	112	0	1155	17910	569	24	97	347
THE VEGETARIAN PARTY TRAY	SMALL	6800	474	113	0	505	13910	388	19	39	237
	LARGE	8870	625	143	0	650	22320	492	24	46	314

CATERING SALADS

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
BALSAMIC CHICKEN	TOTAL	2460	159	45	0	380	5300	139	12	102	133
BBQ CHICKEN	TOTAL	2610	170	19	0	220	4460	189	3	69	77
BBQ TURKEY	TOTAL	2400	170	20	0	105	3730	186	3	69	31
CAP'S CREATION	TOTAL	2830	223	50	0	340	7560	102	0	16	98
CHOPPED ITALIAN	TOTAL	2570	212	55	0	190	7130	76	15	45	80

BOX LUNCH

SMALL 8" SUB + CHIPS OR COLESLAW + DESSERT

SUB	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
AMERICAN WAGYU CLUB	SMALL 8"	970	61	15	0	145	3290	45	3	3	55
AMERICAN WAGYU ROAST BEEF	SMALL 8"	790	47	10	0	125	1510	46	3	3	42
AMERICAN WAGYU SLAW BE JO	SMALL 8"	970	63	12	0	140	1760	54	3	10	42
BLT	SMALL 8"	1010	65	14	0	155	4160	46	2	3	64
BOBBIE	SMALL 8"	920	49	8	0	95	2350	88	2	23	30
CLASSIC CLUB	SMALL 8"	920	60	14	0	115	3370	46	3	5	49
CLASSIC ITALIAN	SMALL 8"	810	51	13	0	85	3150	49	3	7	42
COLE TURKEY	SMALL 8"	940	65	13	0	125	1300	51	3	10	34
HOMEMADE TURKEY	SMALL 8"	770	50	11	0	115	1990	44	3	3	34
PLANT-BASED COLE TURKEY	SMALL 8"	1030	72	13	0	65	1800	59	3	10	33
PLANT-BASED TURKEY	SMALL 8"	860	57	11	0	50	1550	52	3	3	33
TUNA	SMALL 8"	480	11	6	0	80	2000	44	3	3	51
SIDE	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
COLESLAW	MEDIUM	390	37	5	0	35	270	12	3	9	2
	LARGE	770	74	10	0	65	550	24	6	18	3
CHIPS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
DORITOS NACHO CHEESE	1.75 OZ BAG	260	13	2	0	0	290	30	2	1	4
LAYS CLASSIC	1.5 OZ BAG	240	15	2	0	0	210	23	2	1	3
MISS VICKIES JALAPENO	1.375 OZ BAG	200	11	1.5	0	0	190	23	2	2	3
MISS VICKIES SEA SALT & VINEGAR	1.375 OZ BAG	200	11	1.5	0	0	240	17	2	2	3
MISS VICKIES SMOKEHOUSE BBQ	1.375 OZ BAG	200	11	1.5	0	0	190	23	2	3	3
SUN CHIPS HARVEST CHEDDAR	1 OZ	140	6	0.5	0	0	170	19	2	2	2
DESSERT	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
CHOCOLATE CHIP COOKIE	1 EACH	370	17	8	0	15	430	52	1	32	4
PEANUT BUTTER COOKIE	1EACH	380	20	8	0	5	400	45	1	29	6
SUGAR COOKIE	1EACH	360	15	5	0	10	420	51	1	27	4
BROOKIE	1EACH	460	21	10	0	75	290	67	3	44	5

SIDES

ITEM	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	SUGARS	PROTEIN
COLESLAW	MEDIUM	390	37	5	0	35	270	12	3	9	2
	LARGE	770	74	10	0	65	550	24	6	18	3
STUFFING	MEDIUM	260	12	3	0	0	820	32	1	3	5
	LARGE	890	42	9	0	5	2780	107	4	9	18
CRANBERRY	MEDIUM	360	0	0	0	0	0	95	4	73	0
	LARGE	690	0	0	0	0	0	179	7	138	0

Capriotti's SANDWICH SHOP

NUTRITION & ALLERGEN GUIDE

COLD SUBS

SUB	ALLERGENS
AMERICAN WAGYU CLUB	Wheat, Soy, Milk/Dairy, Eggs, Sesame
AMERICAN WAGYU ROAST BEEF	Wheat, Soy, Milk/Dairy, Eggs, Sesame
AMERICAN WAGYU SLAW BE JO	Wheat, Soy, Milk/Dairy, Eggs, Sesame
BLT	Wheat, Soy, Eggs, Sesame
BOBBIE	Wheat, Soy, Milk/Dairy, Eggs, Sesame
CLASSIC CLUB	Wheat, Soy, Milk/Dairy, Eggs, Sesame
CLASSIC ITALIAN	Wheat, Soy, Milk/Dairy, Sesame
COLE TURKEY	Wheat, Soy, Milk/Dairy, Eggs, Sesame
HOMEMADE TURKEY	Wheat, Soy, Milk/Dairy, Eggs, Sesame
PLANT-BASED COLE TURKEY	Wheat, Soy, Milk/Dairy, Eggs, Sesame
PLANT-BASED TURKEY	Wheat, Soy, Milk/Dairy, Eggs, Sesame
TUNA	Wheat, Soy, Fish, Milk/Dairy, Eggs, Sesame

HOT SUBS

SUB	ALLERGENS
AMERICAN WAGYU CHEESESTEAK	Wheat, Soy, Milk/Dairy, Sesame
AMERICAN WAGYU FRENCH DIP	Wheat, Soy, Milk/Dairy, Eggs, Sesame
CAPASTRAMI	Wheat, Soy, Milk/Dairy, Eggs, Sesame
CLASSIC CHEESESTEAK	Wheat, Soy, Milk/Dairy, Sesame
CHEESESTEAK BLT	Wheat, Soy, Milk/Dairy, Eggs, Sesame
CHICKEN CHEESESTEAK	Wheat, Soy, Milk/Dairy, Sesame
CHICKEN CHIPOTLE CRUNCH	Wheat, Soy, Milk/Dairy, Sesame
GRILLED ITALIAN	Wheat, Soy, Milk/Dairy, Sesame
HOT BOBBIE	Wheat, Soy, Milk/Dairy, Eggs, Sesame
IMPOSSIBLE CHEESESTEAK	Wheat, Soy, Milk/Dairy, Sesame
MEATBALL	Wheat, Soy, Milk/Dairy, Eggs, Sesame
CHICKEN BACON RANCH	Wheat, Soy, Milk/Dairy, Eggs, Sesame
COOPER® SHARP CHEESESTEAK	Wheat, Soy, Milk/Dairy, Sesame

FRIES

ITEM	ALLERGENS
FRIES	Wheat, Soy
CAPASTRAMI FRIES	Wheat, Soy, Milk/Dairy, Eggs
CHEESESTEAK FRIES	Wheat, Soy, Milk/Dairy
IMPOSSIBLE FRIES	Wheat, Soy, Milk/Dairy
WAGYU CHEESESTEAK FRIES	Wheat, Soy, Milk/Dairy

SALADS

ITEM	ALLERGENS
BALSAMIC CHICKEN	Tree Nuts, Wheat, Soy, Milk/Dairy
BBQ CHICKEN	Wheat, Soy, Milk/Dairy, Eggs
BBQ TURKEY	Wheat, Soy, Milk/Dairy, Eggs
CAP'S CHOPPED ITALIAN	Soy, Milk/Dairy, Eggs

SOUPS

ITEM	ALLERGENS
CHICKEN NOODLE SOUP	Wheat, Soy, Eggs
TOMATO BISQUE	Wheat, Milk/Dairy

DESSERTS

ITEM	ALLERGENS
CHOCOLATE CHIP COOKIE	Trace of Peanuts, Trace of Tree Nuts, Eggs, Milk/Dairy, Soy
PEANUT BUTTER COOKIE	Peanuts, Trace of Tree Nuts, Eggs, Milk/Dairy, Wheat, Soy
SUGAR COOKIE	Trace of Peanuts, Trace of Tree Nuts, Eggs, Milk/Dairy, Soy
BROOKIE	Trace of Peanuts, Trace of Tree Nuts, Eggs, Milk/Dairy, Soy

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