

Yard Bird		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Bread Honey Multigrain	5.9oz	360	3	0	0	640	73	9	6	12
Honey Mustard	1oz	45	0.5	0	0	200	9	<1	9	<1
Chicken Strips	3.5oz	117	2.5	1	58	548	0	0	0	25
Blue Cheese	1oz	100	8	5	25	380	<1	<1	0	6
Apple Granny Smith	1oz	18	0	0	0	0	5	1	4	0
Spinach	1/2 oz	3	0	0	0	13	<1	0	0	<1
Salt, Pepper & Oregano		2	0	0	0	295	0	0	0	0
Bacon	2 slices	35	3	1.5	10	125	0	0	0	3
Total amount		680	17	7.5	93	2201	87	10	19	46

Santa Cruz		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Bread Ciabatta	4.4oz	270	2.5	0	0	500	52	2	0	7
EVOO Chipotle Mayo	1oz	90	8	0	0	197	4	0	0	0
Turkey	3.5oz	88	2	0	44	928	0	0	0	21
Cheddar	1oz	110	9	5	30	180	0	0	0	7
Avocado	1oz	90	9	1.5	0	5	3	2	0	1
Salt, Pepper & Oregano		2	0	0	0	295	0	0	0	0
Corn Relish	2oz	35	0	0	0	350	7	<1	2	<1
Lettuce Shredded	1.5oz	8	0	0	0	5	1.5	<1	1	<1
Tomato	2 slices/2 oz	12	0	0	0	3	2	<1	2	<1
Total amount		705	30.5	6.5	74	2463	69.5	4	5	36

Med		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Bread Honey Multigrain	5.9oz	360	3	0	0	640	73	9	6	12
Greek Dressing	1oz	175	20	2.5	0	80	<1	0	0	0
Chicken Strips	3.5oz	117	2.5	1	58	548	0	0	0	25
Feta	1 oz	80	6	4	20	320	1	0	0	5
Pepperoncini Peppers	1/2 oz	5	0	0	0	165	1	0	0	0
Salt, Pepper & Oregano		2	0	0	0	295	0	0	0	0
Kalamata Olives	1oz	80	7	0	0	460	2	0	0	0
Cucumber Fresh	1 oz	3	0	0	0	0	<1	0	0	<1
Red onion	1/4 oz	2	0	0	0	0	0	0	0	0
Lettuce Shredded	1.5oz	8	0	0	0	5	1.5	<1	1	<1
Tomato	2 slices/2 oz	12	0	0	0	3	2	<1	2	<1
Total amount		844	38.5	7.5	78	2516	80.5	9	9	42

Wise Guy		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Bread Ciabatta	4.4oz	270	2.5	0	0	500	52	2	0	7
EVOO Basil Mayo	1oz	90	8	0	<10	190	4	0	<1	0
Mortadella	1.5oz	128	11.5	4.5	27	360	0	0	0	6
Capicola	1oz	45	3	1.8	20	345	0	0	0	5
Salami	1oz	120	11	5	35	500	0	0	0	5
Provolone	1oz	100	8	5	25	250	1	0	1	7
Salt, Pepper & Oregano		2	0	0	0	295	0	0	0	0
Red onion	1/4 oz	2	0	0	0	0	0	0	0	0
Lettuce Shredded	1.5oz	8	0	0	0	5	1.5	<1	1	<1
Tomato	2 slices/2 oz	12	0	0	0	3	2	<1	2	<1
Pepperoncini Peppers	1/2 oz	5	0	0	0	165	1	0	0	0
Roasted Red Peppers	1.5oz	10	0	0	0	103	2	0	1	0
Total amount		792	44	16.3	107	2716	63.5	2	5	30