

# The Sandwich Shop Nutrition Facts

Ingredient	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Signature #1	1	395	31.9	10.5	0	4.2	0	3.2	2	25.4	84.4	1969.2
Signature #2	1	357.5	23	6	0	7.3	0	0	0	33.5	86.3	1850
Signature #3	1	245	8.8	5	0	1.8	0	0.7	0	33.3	102.5	1569.2
Signature #4	1	272.5	4.6	3	0	32.3	1	25	21	23.5	71.3	1315
Signature #5	1	425	26.6	7.9	0	6.4	0	0	0	43.9	120	1239.9
Signature #6	1	257	14.2	5.9	0	3.5	0	2.5	0	25.8	98.3	1305
Signature #7	1	227.5	9.6	3.5	0	2.3	0	2.3	0	34.3	60	1080
Signature #8	1	309.5	16.6	7.4	0	2.9	0	1.5	0	37.9	114.5	1064.9
Signature #9	1	357.5	9.6	5.4	0	28	0	24	22	29.8	98.8	1765
Signature #10	1	342.5	31	12	0	5	0	0	0	15	60	410
Signature #11	1	309.5	14.1	5.4	0	2.9	0	1.5	0	37.9	110	874.9
Signature #12	1	347.5	20.6	8.2	0	1.1	0	1.1	0	39	111.9	1650
Signature #13	1	685	55	15	0	5	0	0	0	45	75	3750
Signature #14	1	380	9.6	5.4	0	29.4	0	24	22	37.9	110	1284.9
Signature #15	1	514.5	48	18.3	0	1.5	0	1.5	0	26	129.5	2445
Signature #16	1	377	26.6	6.5	0	10.8	0	2.5	0	29.5	85.8	1940
Signature #17	1	327.5	17.6	6.4	0	8	0	6	5	29.8	108.8	1445
Signature #18	1	345.2	9.6	5.4	0	26.8	0	15.4	3.6	39.7	110	1135.3
Signature #19	1	330	20.2	5.4	0	7.3	0	0	0	34.6	89.4	1675
Signature #20	1	437.5	16.6	7.4	0	28	0	24	22	35.8	108.8	2275
Signature #21	1	470	32.6	10.4	0	3.4	0	2	2	38.9	130	1389.9
Signature #22	1	336.3	17.6	5	0	12	1.8	8.3	5	35.3	75	1485
Signature #23	1	598.2	49	21.8	0	14.8	2	5	0	26.8	96.8	1526.8
Signature #24	1	419.5	16.6	7.4	0	30.9	1	25.5	21	37.9	114.5	884.9
Turkey	4.5 oz	112.5	0	0	0	2.25	0	0	0	22.5	56.25	1215
Pastrami	4.5 oz	157.5	3.6	0	0	2.25	0	2.25	0	29.25	45	900

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Roast Beef	4.5 oz	157.5	3.6	1.35	0	0	0	0	0	24.75	78.75	1080
Ham	4.5 oz	135	4.5	1.35	0	3.15	0	3.15	0	21.15	67.5	1335.15
Salami	1 oz	110	10	3.5	0	0	0	0	0	6	30	620
Prosciutto	1.75 oz	52.5	3.15	1.4	0	0	0	0	0	6.125	13.125	420
Chicken	4.5 oz	180	3.6	1.35	0	1.35	0	0	0	32.85	90	599.85
Bacon	2 slice	80	6	2	0	0	0	0	0	6	10	500
Meatball	4 piece	413.2	36	14.8	0	6.8	0	0	0	14.8	66.8	586.8
Tuna	0.5 cup	110	3	0.5	0	0	0	0	0	20	30	250
Dutch Crunch Roll	1 roll	490	8	1	0	90	3	9	8	13	0	800
Sourdough Roll	1 roll	430	1.5	0	0	87	3	2	0	15	0	940
Wheat	1 roll	450	6	0.5	0	85	6	13	12	13	0	860
White	1 roll	420	4	0.5	0	81	3	5	4	13	0	930
Sliced Sourdough	2 slice	280	0	0	0	54	2	0	0	10	0	580
Sliced Wheat	2 slice	320	4	1	0	60	4	10	10	10	0	540
Marble Rye	2 slice	280	3	0	0	56	4	2	0	8	0	700
Gluten Free	2 slice	300	10	0	0	48	2	6	4	4	0	540
Cheddar	1 slice	80	7	4	0	0	0	0	0	5	20	135
Jack	1 slice	80	6	4	0	0	0	0	0	5	20	125
Pepper Jack	1 slice	80	7	4.5	0	0	0	0	0	5	20	140
Swiss	1 slice	80	7	4	0	0	0	0	0	6	20	40
Provolone	1 slice	70	6	3.5	0	0	0	0	0	5	15	180
Cream Cheese	2 tbsp	50	4.6	3	0	2	0	1	0	1	15	90
Italian Dressing	2 tbsp	110	11	1.6	0	3	0	2	2	0	0	230
Teriyaki	18 g	25.2	0	0	0	5.4	0	5.4	3.6	1.8	0	410.4
Hot Sauce	1 tbsp	0	0	0	0	0	0	0	0	0	0	190
BBQ Sauce	2 tbsp	120	0	0	0	28	0	24	22	0	0	560
Sauerkraut	1.75 oz	8.75	0	0	0	1.75	1.75	0	0	0	0	315
Cranberry	2 oz	110	0	0	0	28	1	24	21	0	0	10
Pineapple	100 g	60	0	0	0	20	0	10	0	0	0	0

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Secret	15 g	100.5	10.5	0	0	1.5	0	0	0	0	0	0
Bomb	15 g	49.5	6	1.5	0	1.5	0	1.5	0	0	4.5	135
Psycho	15 g	49.5	4.5	0	0	1.5	0	1.5	0	0	0	150
Mayo	1 tbsp	100	11	2	0	3	0	0	0	0	5	75
Mustard	1 tsp	5	0	0	0	0	0	0	0	0	0	60
Avocado	50 g	85	10	0	0	5	0	0	0	0	0	0
Lettuce	1 oz	5	0	0	0	1	0.3	0.7	0	0.3	0	3.3
Tomato	1 oz	5	0	0	0	1	0.3	0.7	0	0.3	0	0
Onion	1 oz	11.34	0	0	0	2.83	0	0	0	0	0	0
Pickles	1 oz	0	0	0	0	1	0	0	0	0	0	350
Peppers	28 g	5.6	0	0	0	0	0	0	0	0	0	268.8
Cucumber	75 g	7.5	0	0	0	0	0	0	0	0	0	0
Sprouts	50 g	10	0	0	0	0	0	0	0	0	0	5
Spring Mix	4 oz	26.8	0	0	0	4	1.2	0	0	2.8	0	66.8
Thousand Island	1 packet	90	7	1	0	8	0	6	5	0	10	230
Blue Cheese	1 packet	210	22	4.5	0	2	0	2	2	1	20	460
Caesar	1 packet	210	23	4	0	1	0	1	1	1	5	400
Ranch	1 packet	210	22	3.5	0	3	0	2	1	0	20	350
Italian	1 tbsp	80	8.5	1.3	0	1.5	0	1.5	1.5	0	0	195
Honey Mustard	1 tbsp	65	6	1	0	3.5	0	3	3	0	7.5	85
Macaroni Salad	8 oz	413.3	28	4.7	0	33.3	2.7	8	0	6.7	20	1053.3
Potato Salad	8 oz	580	44	7	0	42	4	12	0	4	30	1020
Chocolate Chip Cookie	2 dough	500	22	12	0	70	2	44	42	6	30	380
Marinara	0.5 cup	45	1	0	0	8	2	5	0	2	0	580
Parmesan	1 oz	110	8	5	0	1	0	0	0	9	25	360
Crouton	2 tbsp	30	1	0	0	5	0	0	0	1	0	80
Diet Pepsi	12 oz	0	0	0	0	0	55	0	0	0	0	0
Starry	12 oz	150	0	0	0	0	35	39	0	39	39	0
Pepsi	12 oz	150	0	0	0	0	30	41	0	41	41	0

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Pink Lemonade	12 oz	150	0	0	0	0	150	40	0	40	40	0
Cherry Pepsi	12 oz	160	0	0	0	0	30	42	0	42	42	0
Dr. Pepper	12 oz	100	0	0	0	0	35	27	0	27	0	0
Unsweetened Ice Tea	12 oz	0	0	0	0	0	50	0	0	0	0	0
Fruit Punch	12 oz	110	0	0	0	0	25	30	0	30	30	0
Root Beer	12 oz	160	0	0	0	0	65	43	0	43	43	0
Lay's Classic Chip	1 bag	240	15	2	0	0	210	23	2	1	0	3
Lay's BBQ Chip	1 bag	230	14	2	0	0	290	24	2	3	2	3
Nacho Doritos	1 bag	260	13	2	0	0	290	30	2	1	0	4
Cool Ranch Doritos	1 bag	260	13	1.5	0	0	330	31	2	2	0	3
Miss Vickie's Jalapeno	1 bag	200	11	1.5	0	0	170	23	2	2	0	3
Miss Vickie's Salt & Vinegar	1 bag	200	11	1.5	0	0	240	23	2	2	0	3
Sun Chips	1 bag	210	9	1	0	0	170	28	4	3	3	3

\*Signature Sandwich Totals exclude bread and toppings

\*Nutritional content may vary due to variations in portion size or recipes, growing seasonality, or differences in ingredient sourcing. This chart may be updated from time to time.

\*2,000 calories a day is used for general nutrition, but calorie needs may vary.

