

The image shows a large, three-dimensional logo for 'brisco's' mounted on a light-colored, textured wall. The logo consists of a dark brown, horizontally-oriented oval with a bright orange border. Inside the oval, the word 'brisco's' is written in a white, lowercase, sans-serif font. A small orange star is positioned above the letter 'o'. To the right of the logo, a portion of a glass window is visible, showing an interior view of a dining area with tables and chairs.

brisco's

Nutritional Guide



Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Hotline																	
Tortilla	100	1.5	293	53	18.3	05.9	01.43	0	709	51.2	2.5	3.3	07.9	127	3.27	0	0
Croissants	107	3.8	352	160	40.5	17.1	09.59	40	426	47.8	5.3	6.4	08.6	0	0.01	3	0
Eggs	112	4.0	221	158	72.6	17.3	04.73	442	147	01.1	0.0	1.1	13.7	5	1.16	623	0
Bacon	8	0.3	43	34	75.9	03.3	01.10	9	137	00.1	0.0	0.0	03.0	0	0.00	0	0
Sausage	43	1.5	131	108.0	84	12.00	4	26	352.0	0.1	0.0	00.4	5	5.00	0.25	0	0
Cheese	28	1.0	111	81	71.7	09.1	05.06	30	182	01.0	0.0	0.0	07.1	200	0.00	300	0
Tater Tots	28	1.0	50	18	36.0	02.0	00.50	0	10	07.3	0.7	0.0	00.7	0	0.24	0	1
Coldline																	
Flat Bread, Herb	47	1.7	140	45	32.0	04.5	01.00	0	230	22.0	1.0	1.0	04.0	60	0.64	0	0
Regular Mayo	28	1.0	202	202	96.1	22.3	03.04	20	152	02.0	0.0	0.0	00.0	0	0.00	0	0
Chipotle Mayo	28	1.0	197	197	96.0	21.6	20.00	151	2	00.0	0.0	0.0	00.0	0	0.00	0	0
Garlic Mayo	25	1.0	197	196	95.8	21.6	02.95	20	147	02.1	0.0	0.0	00.0	1	0.01	0	0
Eggs	112	4.0	221	158	72.6	17.3	04.73	442	147	01.1	0.0	1.1	13.7	5	1.16	623	0
Bacon	8	0.3	43	34	75.9	03.3	01.10	9	137	00.1	0.0	0.0	03.0	0	0.00	0	0
Sausage	43	1.5	131	108.0	84	12.00	4	26	352.0	0.1	0.0	00.4	5	5.00	0.25	0	0
Cheese	28	1.0	111	81	71.7	09.1	05.06	30	182	01.0	0.0	0.0	07.1	200	0.00	300	0

Nutritional information has been calculated using standard product formulations, serving sizes and information provided by our suppliers. Actual nutritional values may vary because of seasonal and regional variances, differences in suppliers, ingredients, recipes, preparation techniques and rounding of fractional values.
 Nutritional information is correct as of February 1st, 2016.


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brisco's

SUSHI



Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
California Roll	140	4.9	130	36	55.2	04.0	0.50	10	400	19.0	2.0	04.0	05.0	20	0.72	1000	9
Cucumber & Avocado Roll	98	3.5	90	54	55.9	06.0	1.00	5	280	04.0	1.0	03.0	04.0	20	0.36	100	0
Philly Roll	200	7.0	190	50	57.2	05.5	2.50	18	540	29.5	2.5	05.5	05.5	10	0.36	500	1
Spicy Tuna Roll	100	3.5	160	12	13.3	01.0	00.00	8	460	31.0	5.0	7.5	06.5	10	0.36	650	1
Shrimp Nigiri Sushi	35	1.2	33	1	00.3	00.0	00.00	25	155	04.5	0.3	1.3	03.0	10	0.54	0	0
Tempura Roll	140	4.9	270	54	05.0	06.0	2.50	10	560	41.0	2.0	0.0	13.0	0	0.00	0	0
Tuna Nigiri Sushi	35	1.2	35	1	00.4	00.0	0.00	6	130	04.5	0.3	1.3	03.3	0	0.18	0	0
Vegetable Roll	112	4.0	96	22	04.4	02.4	0.00	0	416	17.6	1.6	4.0	02.4	20	0.54	4000	10
Wasabi	100	3.5	109	0	00.0	0.00	0	0	17.0	24.0	8.0	00.0	5	120.00	0.9	0	41.4
Pickled Ginger	28	1.0	5	0	00.0	00.0	00.00	0	240	01.0	0.0	0.0	00.0	0	0.00	0	0
Eel Sauce	14	0.5	30	0	00.0	00.0	00.00	0	280	07.0	0.0	5.0	01.0	0	0.30	0	0
Ponzu Sauce	14	0.5	10	0	00.0	00.0	00.00	0	400	02.0	0.0	2.0	00.0	0	0.00	0	0

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WOK ON

WOK ON

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Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Asian Greens	165	5.8	53	1	01.6	00.1	00.01	0	215	06.1	4.6	0.7	07.7	438	2.03	9280	11
Asian Meatballs	28	1.0	25	13	54.5	01.5	00.55	6	104	00.8	0.1	0.4	02.0	3	0.16	9	0
Asian Rib	84	3.0	312	204	65.3	22.7	08.82	44	872	15.0	0.3	13.4	12.1	28	1.66	8	1
Broccoli Beef	97	3.4	107	15	33.9	04.1	00.71	10	721	13.2	0.9	9.2	04.9	27	0.77	315	10
Brown Jasmine Rice	104	3.7	181	14	07.5	01.5	00.29	0	66	37.7	1.7	0.6	03.9	13	0.73	31	0
Chap Chae	79	2.8	191	19	23.0	04.9	00.48	0	364	35.5	0.6	2.1	01.3	19	3.95	1946	12
Charred Bell Peppers	28	1.0	12	7	52.2	00.7	00.12	0	1	01.3	0.5	0.7	00.2	3	0.09	102	22
Charred Cauliflower	28	1.0	11	1	38.1	00.5	00.07	0	79	01.4	0.6	0.5	00.5	6	0.12	0	13
Charred Corn	28	1.0	44	17	37.5	01.9	00.25	0	24	06.2	0.3	1.5	00.9	0	0.00	0	0
Cilantro	28	1.0	7	1	16.8	00.1	0.00	0	13	01.0	0.8	0.2	00.6	19	0.50	1913	8
Crispy Noodles	28	1.0	132	51	33.8	05.1	1.52	0	233	19.2	1.0	0.0	03.0	0	0.67	0	0
Crispy Tofu	94	3.3	142	71	46.3	07.9	1.14	0	13	06.4	2.1	0.0	14.3	620	2.41	151	0
Edamame	100	3.5	122	60	40.0	05.0	0.60	0	6	10.0	5.0	2.2	11.0	60	3.60	0	6
Fire Cracker Chicken	84	3.0	126	73	58.5	8.10	2	37	237.0	4.0	1.2	02.1	9	11.00	0.8	347	31
Fire Dust	28	1.0	159	92	57.7	10.20	2	2	267.0	15.2	0.4	00.9	2	16.00	0.72	0	0
Fried Rice	70	2.5	112	7	18.6	2.30	0	28	334.0	20.0	0.1	00.4	3	9.00	0.18	65	1

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Kim Chee	59	2.0	14	1	16.2	0.30	0	0	2400.0	2.7	0.9	01.1	1	34.00	0.18	134	12
Lo Mein	89	3.1	122	12	19.1	3.00	0	0	297.0	24.3	1.0	00.5	5	7.00	0.05	0	1
Mandarin Oranges	113	4.0	80	0	00.0	0.00	0	0	10.0	19.0	1.0	18.0	1	40.00	0	400	27
Mongolian Beef	83	2.9	86	15	45.1	04.4	00.76	11	348	07.5	0.6	4.6	04.4	15	0.47	95	2
Orange Chicken	76	2.7	116	4	20.0	02.5	00.20	0	305	22.0	0.1	7.0	00.7	5	0.18	89	8
Orange Sesame Dressing	32	1.1	110	80	88.0	08.0	01.50	0	340	07.0	0.0	6.0	00.0	0	0.00	0	0
Pad Thai	76	2.7	92	15	35.5	03.6	00.46	24	119	12.2	0.9	2.4	03.2	71	0.50	130	0
Peanuts, Crushed	28	1.0	161	127	71.0	14.0	01.90	0	5	04.6	2.4	1.1	07.0	20	1.26	0	0
Pickled Veggies	28	1.0	15	0	01.3	00.0	00.00	0	141	03.7	0.1	3.6	00.1	2	0.03	10	0
Ramon Bowl	202	7.1	129	28	21.1	03.1	00.66	38	1065	16.1	0.9	0.5	10.0	26	0.48	758	10
Scallions	15	0.5	5	0	00.0	00.0	00.00	0	2	01.1	0.4	0.3	00.3	10	1.80	150	2
Spicy Green Beans	89	3.1	61	28	18.2	03.2	00.45	0	1516	05.5	2.2	2.2	26.3	44	0.25	108	4
Szechuan Chicken	85	3.0	82	13	28.9	02.6	00.37	27	301	04.9	0.6	2.4	09.6	11	0.36	276	29
Teriyaki Sauce	36	1.3	45	0	00.0	00.0	00.00	0	930	10.0	0.0	9.0	01.0	0	0.00	0	0
Thai BBQ Chicken	93	3.3	142	62	44.5	06.8	03.28	68	615	05.6	0.9	2.9	13.5	11	1.31	14	2
Thai BBQ Sauce	27	1.0	52	1	04.1	00.2	00.02	0	561	11.7	0.2	10.4	01.1	6	0.20	8	0
Wok'd Beef	83	2.9	73	15	42.5	03.5	00.74	12	240	05.9	0.6	3.2	04.7	14	0.43	54	2
Wonton Crisps	29	1.0	87	9	10.1	01.0	00.24	3	162	16.4	0.5	1.8	02.8	13	0.95	0	0

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Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
BBQ Flat Bread	327	11.5	742	361	47.0	40.0	17.00	173	1533	65.0	4.0	07.0	37.0	216	2.00	785	8
Classic Flat Bread	208	7.3	546	235	41.0	26.0	11.00	85	1402	62.0	3.0	5.0	22.0	253	1.18	0	0
Club Flat Bread	306	10.8	763	341	46.0	39.0	17.00	122	2265	65.0	3.0	6.0	39.0	214	2.19	335	5
Flatbread Pizza Bonanza Toastie	333	11.7	721	369	47.0	39.0	15.00	100	2191	69.0	5.0	9.0	29.0	227	11.16	655	22
Hawaiian Flat Bread	237	8.4	592	240	41.0	28.0	10.00	74	1650	67.0	3.5	11.0	22.0	216	18+	37	6

Build Your Own Flat Breads

Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Crust																	
12" Crust	156	5.5	380	60	15.5	06.0	01.00	0	810	68.0	3.0	3.0	12.0	80	4.50	100	0
Herb Crust	47	1.7	140	45	32.0	04.5	01.00	0	230	22.0	1.0	1.0	04.0	60	0.64	0	0
Gluten Free Crust	72	2.5	170	35	21.0	04.0	02.00	0	330	27.0	5.0	4.0	05.0	40	0.36	0	0
Sauces																	
BBQ Sauce	36	1.3	60	0	00.0	00.0	00.00	0	240	15.0	0.0	12.0	00.0	0	0.00	0	0
Marinara Sauce	121	4.3	50	6	12.0	01.0	00.00	0	620	09.0	1.0	6.0	02.0	20	2.70	750	15
Ranch Sauce	30	1.0	150	140	93.5	16.0	02.50	5	300	02.0	0.0	1.0	01.0	0	0.00	0	0
Cheese																	
6 Cheese Blend	28	1.0	90	60	67.0	07.0	04.00	20	220	02.0	0.0	0.0	07.0	150	0.00	200	0
Jack/ Cheddar Blend	28	1.0	110	80	73.0	09.0	05.00	30	170	01.0	0.0	0.0	07.0	200	0.00	300	0
Parmesan/Romano Blend	5	0.2	20	15	75.0	02.0	01.00	5	80	00.0	0.0	0.0	01.0	50	0.00	100	0
Protein																	
Bacon Bits	14	0.5	60	40	67.0	04.5	02.00	25	320	00.0	0.0	0.0	05.0	0	0.00	0	0
Carnitas	84	3.0	110	40	36.5	04.5	01.50	50	450	00.0	0.0	0.0	16.0	0	0.72	0	0
Chicken	86	3.0	141	28	20.0	03.0	00.00	74	99	00.0	0.0	0.0	28.0	10	1.08	0	0
Ham	56	2.0	120	70	58.5	08.0	03.00	35	820	02.0	0.0	0.0	10.0	0	0.72	200	0
Pepperoni	28	1.0	140	120	86.0	13.0	06.00	35	470	00.0	0.0	0.0	05.0	0	0.36	0	0
Sausage	28	1.0	95	72	76.0	08.0	03.00	24	210	00.0	0.0	0.0	05.0	0	0.36	0	0
Vegetables & More																	
Banana Peppers	28	1.0	8	1	08.0	00.0	00.00	0	4	01.0	1.0	1.0	00.0	0	0.18	100	23
Bell Peppers	119	4.2	24	0	00.0	00.0	00.00	0	4	06.0	2.0	3.0	01.0	10	0.36	400	95
Black Olives	8	0.3	10	1	10.0	01.0	00.00	0	62	00.5	0.3	0.0	00.1	0	0.18	0	0
Cilantro	4	0.1	1	0	00.0	00.0	00.00	0	2	00.2	0.1	0.0	00.1	0	0.00	250	1
Green Onion	15	0.5	5	0	00.0	00.0	00.00	0	2	01.0	0.4	0.4	00.3	10	1.80	150	2
Mushrooms	54	2.0	21	0	00.0	00.0	00.00	0	5	04.0	2.0	0.6	00.8	0	1.80	0	0
Onions, Red	178	6.0	48	1	00.0	00.0	00.00	0	3	11.6	1.6	5.0	01.1	20	0.18	0	7
Pineapple	100	3.5	50	0	00.0	00.0	00.00	0	1	13.0	1.4	10.0	00.5	10	0.18	50	47
Spinach	30	1.0	7	0	00.0	00.0	00.00	0	24	01.0	0.7	0.0	01.0	30	0.72	2800	8
Tomatoes, Diced	62	2.2	11	0	00.0	00.0	00.00	0	3	02.4	0.7	1.6	00.6	0	0.18	500	8

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brisco's

LATE NIGHT



Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Asian Shortribs and Szechuan Fries	198	7.0	489	253	52.1	28.3	10.23	45	1783	43.4	2.4	17.8	15.1	45	2.49	18	11
BBQ Wings	170	6.0	357	189	52.9	21.0	05.95	96	548	18.1	0.4	14.8	24.1	163	0.28	100	0
Breakfast Burritos	254	9.0	488	205	42.6	22.8	07.84	262	846	47.6	3.3	3.3	21.5	187	2.82	302	1
CBU Bowl	367	12.9	771	143	18.2	15.9	06.12	70	1007	127.5	9.4	8.7	33.0	32	1.44	12	92
Chicken Strips	128	4.5	227	64	28.7	07.1	0.71	57	794	19.8	1.6	0.1	22.0	20	0.72	0	0
Corn Dogs	85	3.0	220	120	48.0	13.0	3.50	30	450	20.0	1.0	6.0	06.0	20	0.72	0	0
Dirty Mac & Cheese	137	4.8	151	80	53.8	09.2	3.52	56	470	05.8	0.2	1.3	12.0	68	0.54	85	0
Egg Rolls	85	3.0	180	80	44.4	09.0	2.00	15	450	18.0	2.0	2.0	07.0	40	1.08	500	1
Fries	142	5.0	208	59	27.9	06.6	1.42	0	471	35.2	2.7	0.3	03.2	13	0.88	6	25
Hawaiian Dawg	170	6.0	366	159	43%	18.0	03.70	32	666	38.0	3.0	3.0	14.0	35	1.50	99	10
Loaded Tots	351	12.4	730	436	59.9	48.6	16.78	51	1014	57.7	6.2	2.2	15.4	92	2.70	411	9
Pad Thai	76	2.7	92	15	35.5	03.6	00.46	24	119	12.2	0.9	2.4	03.2	71	0.50	130	0
Pot Stickers	141	5.0	250	35	14.0	04.0	01.50	20	690	37.0	2.0	1.0	11.0	40	0.72	0	1
Pu-Pu-Platter	368	13.0	710	175	24.6	20.0	12.00	80	1830	94.0	6.0	7.0	33.0	100	4.50	500	11
Ramen Bowl	202	7.1	129	28	21.1	03.1	00.66	38	1065	16.1	0.9	0.5	10.0	26	0.48	758	10
Roast Beef Sandwich	248	8.7	483	112	23.2	12.3	05.57	71	1695	50.3	4.4	7.8	41.4	134	3.50	329	5
Sriracha Honey Fire Wings	142	5.0	305	135	44.5	14.9	04.05	74	919	24.0	0.1	19.6	17.7	3	0.12	0	0
Street Tacos on Tots	252	8.9	395	168	52.7	22.7	07.25	116	801	24.7	4.1	3.8	21.3	45	1.51	382	9
Wontons	142	5.0	280	60	21.4	07.0	01.50	45	690	39.0	2.0	4.0	15.0	20	2.70	0	9

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SHAKES & SLUSHIES

Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Banana Cream Pie Shake	939	33.0	615	178	29.0	20.0	11.00	66	271	100.0	2.0	82.0	09.0	241	0.97	659	125
Berry Island Blast Slushie	585	20.0	285	2	00.1	00.0	00.00	0	23	71.0	1.0	60.0	01.0	22	0.82	37	29
Choco Nanner Shake	947	33.0	583	160	27.0	18.0	11.00	66	149	100.0	4.0	92.0	08.0	235	0.00	659	125
Mango Mania Slushie	806	28.0	258	2	01.0	00.0	0.00	0	21	64.0	1.0	62.0	00.7	19	0.00	31	87
Nutella Shake	824	29.0	418	161	37.0	18.00	11	66	149.0	59.0	3.0	52.0	8	235.00	0	659	0
Oreo-licious Shake	344	12.0	570	222	38.0	25.0	12.00	66	302	82.0	4.0	64.0	09.0	228	1.56	660	0
Peanut Butter Chocolate Perfection	829	29.0	447	183	39.0	20.0	11.00	66	172	61.0	3.0	53.0	09.0	237	0.09	659	0
Raspberry Lemonade Slushie	791	28.0	529	1	00.0	00.0	00.00	0	35	141.0	1.0	42.0	01.0	537	0.85	8500+	7000+
Razzmatazz Shake	910	32.0	502	154	31.0	18.0	11.00	66	147	80.0	1.0	75.0	07.0	235	0.75	661	5
Strawberry Lemonade Slushie	791	28.0	530	1	00.0	00.0	00.00	0	35	141.0	1.0	35.0	01.0	539	0.72	8500+	7000+

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BUILD TO ORDER SANDWICHES



Build your sandwich the way you like it.

Choose your bread, dressing, cheese, protein and extras. Add your selections up for nutrition of your custom creation (use half the values for half sandwich).

Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
BREAD																	
Ciabatta	74	2.6	164	8	13	2.3	0.00	0	380	30.0	1	0	5	7	1.83	1	0
Foccacia	55	2	131	7	20	3	0.00	0	274	22.0	1	0	4	5	1.34	52	0
Gluten-Free Wheat	49	1.7	130	35	3.7	4	0.00	0	260	22.0	2	3	4	20	0.36	0	0
Gluten-Free White	49	1.7	140	35	4	3.5	0.00	0	250	22.0	1	3	3	20	0.36	0	0
Sourdough	72	2.5	180	10	5.1	1.0	0.00	0	280	34.0	2.0	0.0	8.0	40	2.16	0	0
Squaw	74	2.6	184	18	9.0	1.8	0.00	0	313	0.0	1.8	9.2	12.9	0	0.00	0	0
Wheat	96	3.4	256	32	12.3	3.5	0.77	0	502	45.8	3.5	5.5	10.5	137	3.34	0	0
White	74	2.6	196	22	11.3	2.4	0.53	0	502	37.3	1.8	3.2	5.6	111	2.76	0	0
DRESSING																	
Chipotle Mayonnaise	14	0.5	98	98	99.9	10.8	1.47	5	85	0.0	0.0	0.0	0.0	0	0.01	4	0
Dijon Mustard	15	0.5	30	15	100.0	1.5	0.00	0	345	0.0	0.0	0.0	0.0	0	0.00	0	0
Mayonnaise	14	0.5	99	98	97.8	10.9	1.63	5	78	0.4	0.0	0.1	0.1	1	0.03	39	0
Mustard	16	0.6	10	6	48.2	0.6	0.04	0	177	0.8	0.5	0.1	0.7	9	0.24	11	0
Oil & Vinegar	14	0.5	79	8	99.8	9.1	0.65	0	0	0.0	0.0	0.0	0.0	0	0.01	0	0
Pesto Mayonnaise	14	0.5	90	84	89.6	9.2	1.42	3	125	1.4	0.4	0.1	1.0	56	0.93	189	1
CHEESE																	
Cheddar	28	1.0	160	70	69.2	8.0	5.00	30	170	1.0	0.0	0.0	7.0	200	0.00	0	0
Hot Pepper Jack	28	1.0	109	79	74.3	8.9	5.93	25	188	1.0	0.0	0.0	5.9	0	0.00	0	0
Povolone	28	1.0	100	70	69.2	8.0	5.00	20	250	1.0	0.0	0.0	7.0	0	0.00	0	0
Swiss	28	1.0	106	70	65.9	7.8	4.98	26	54	1.5	0.0	0.4	7.5	221	0.06	232	0
Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
PROTEIN																	
Ham	113	4.0	121	40	29.0	4.0	2.02	51	1417	6.1	0.0	6.1	16.2	40	72.90	0	0
Hummus	113	4.0	280	140	45.0	16.0	2.00	0	640	32.0	8.0	4.0	12.0	0	0.00	0	0
Roast Beef	113	4.0	189	40	20.6	4.0	1.35	74	1350	1.3	0.0	1.3	33.7	0	0.00	0	0
Smoked Turkey	113	4.0	121	20	15.8	2.0	0.00	61	1012	2.0	0.0	2.0	22.3	0	1.46	0	0
Tuna Salad	113	4.0	217	114	53.4	12.5	1.81	32	520	1.7	0.2	0.7	22.9	12	1.44	108	0
EXTRAS																	
Alfalfa Sprouts	7	0.2	2	0	20.3	0.0	0.00	0	0	0.1	0.1	0.0	0.3	2	0.07	11	1
Avocado	50	1.8	80	66	75.8	7.4	1.07	0	4	4.3	3.4	0.3	1.0	6	0.28	73	5
Cucumber	28	1.0	3	0	11.6	0.0	0.00	0	1	0.6	0.2	0.4	0.2	4	0.06	20	1
Lettuce	57	2.0	8	1	7.5	0.1	0.01	0	6	1.7	0.7	1.1	0.5	10	0.23	285	2
Pepperoncini	7	0.2	6	0	0.0	0.0	0.00	0	78	0.5	0.2	0.0	0.0	0	0.00	0	1
Pickle Spear	31	1.1	6	0	0.0	0.0	0.00	0	247	1.1	0	1.1	0.0	0	0.00	0	0
Red Onion	7	0.2	3	0	2.1	0.0	0.00	0	0	0.7	0.1	0.3	0.1	2	0.01	0	1
Tomato	31	1.1	6	1	8.6	0.1	0.01	0	2	1.2	0.4	0.8	0.3	3	0.08	256	4

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