

Menu Item	Serv	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sod	Sug
Add Chicken	3 oz	2	2	100	2	1	0	19	0	580	n/a
Asian Sesame Dressing	1 oz	5	6	250	17	2	1	11	1.5	765	n/a
Bagel w/ Cream Cheese	n/a	13	11	500	20	10	2	12	64	781	n/a
Balsamic Vinaigrette Dressing	1 oz	4	4	130	14	2	0	0	3	270	n/a
Bambino Sandwich, large (wheat)	1 ea	24	20	930	21	10	8	63	121	2787	n/a
Bambino Sandwich, large (white)	1 ea	21	17	790	20	10	4	57	97	2547	n/a
Bambino Sandwich, small	1 ea	10	9	394	16	7	1	36	24	1417	n/a
Bayou Chicken Sandwich, large (wheat)	1 ea	26	22	1025	27	n/a	7	67	126	3620	n/a
Bayou Chicken Sandwich, large (white)	1 ea	23	19	885	26	n/a	3	61	102	3380	n/a
Bayou Chicken Sandwich, small	1 ea	11	10	410	19	6	1	32	26	1640	n/a
Black Bean with Chipotle Pepper Soup	8 oz	6	5	260	3	1	12	16	42	1380	n/a
Blue Cheese Dressing	1 oz	4	4	130	14	3	0	5	1	280	n/a
Caesar Dressing	1 oz	4	4	130	13	3	0	2	2	330	n/a
Capicola Stack Sandwich, large (wheat)	1 ea	41	37	1555	81	26	10	75	128	4772	n/a
Capicola Stack Sandwich, large (white)	1 ea	38	34	1415	80	26	6	69	105	4532	n/a
Capicola Stack Sandwich, small	1 ea	20	19	760	53	17	2	41	29	2710	n/a
Chicken and Wild Rice Soup	8 oz	5	4	190	10	5	2	8	18	990	n/a
Chicken Caesar Sandwich	1 ea	17	15	670	32	6	6	38	57	2118	n/a
Chicken Chicken Salad	1 ea	5	4	200	10	1	2	19	8	n/a	n/a
Chicken Oriental Salad	1 ea	5	4	205	5	1	2	21	16	790	n/a
Classic Chicken Salad Sandwich, large (wheat)	1 ea	24	20	958	23	3	10	57	128	2504	n/a
Classic Chicken Salad Sandwich, large (white)	1 ea	21	17	818	22	3	6	51	104	2264	n/a
Classic Chicken Salad Sandwich, small	1 ea	9	8	355	15	2	1	26	25	947	n/a
Double Bogey Sandwich	1 ea	14	12	515	27	3	3	28	40	1924	n/a
Free Willy Sandwich, large (wheat)	1 ea	21	17	825	10	1	7	62	123	1032	n/a
Free Willy Sandwich, large (white)	1 ea	18	14	685	9	1	3	56	96	792	n/a
Free Willy Sandwich, small	1 ea	8	6	300	7	0	1	34	25	751	n/a
Gore Wranger Wrap	n/a	16	14	591	27	9	2	34	53	1129	n/a
Grand Banks	n/a	16	14	630	25	11	3.5	30	69	1575	n/a
Green Thumb Sandwich, large (wheat)	1 ea	26	23	1026	37	7	17	36	136	1942	n/a
Green Thumb Sandwich, large (white)	1 ea	23	20	886	35	7	13	30	112	1702	n/a
Green Thumb Sandwich, small	1 ea	9	8	372	20	4	6	15	30	615	n/a
Hail Caesar Salad	1 ea	4	3	140	5	1	2	8	16	322	n/a
Harvest Wrap	1 ea	21	19	822	36	4	10	38	87	1480	n/a
Hearty Chicken Noodle Soup	8 oz	3	2	140	4	2	4	8	18	1400	n/a
Hippie Chick Sandwich, large (wheat)	1 ea	26	22	990	35	8	12	33	138	907	n/a
Hippie Chick Sandwich, large (white)	1 ea	23	19	850	34	8	8	27	114	667	n/a
Hippie Chick Sandwich, small	1 ea	9	8	360	20	5	4	13	31	485	n/a
Hot Turkey Club Sandwich, large (wheat)	1 ea	26	22	1005	35	8	7	42	122	n/a	n/a
Hot Turkey Club Sandwich, large (white)	1 ea	24	20	865	34	8	3	56	98	2764	n/a
Hot Turkey Club Sandwich, small	1 ea	11	11	475	21	6	1	36	26	1716	n/a
House Harvest Salad	1 ea	10	9	410	19	2	6	25	34	585	n/a
Hungry Morning	n/a	12	11	445	25	9	0	30	23	1225	n/a
Italian Chop Salad	1 ea	12	11	450	35	9	4	26	8	1840	n/a
Jo's Morning	n/a	17	15	640	29	15	3	24	70	1470	n/a
Liz's Rueben Sandwich	1 ea	17	15	664	36	12	4	43	42	1886	n/a
Lodo Veggie Sandwich	1 ea	13	11	507	23	6	8	19	56	915	n/a
Macaroni and Cheese Soup	8 oz	9	8	340	16	7	2	15	34	1013	n/a
Meata-Balla Sandwich, large (wheat)	1 ea	32	30	1330	50	27	7	59	134	n/a	n/a
Meata-Balla Sandwich, large (white)	1 ea	29	27	1190	49	27	3	53	110	3035	n/a
Meata-Balla Sandwich, small	1 ea	14	13	535	33	15	1	25	32	1340	n/a
Mile-Hi Thai Sandwich	1 ea	13	11	530	15	3	7	35	64	1839	n/a

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Minturn Mile Sandwich, large (wheat)	1 ea	29	25	1122	39	13	7	60	125	3235	n/a
Minturn Mile Sandwich, large (white)	1 ea	25	22	982	38	13	3	54	101	2995	n/a
Minturn Mile Sandwich, small	1 ea	15	14	565	33	11	1	44	26	1662	n/a
Morning Moose	n/a	14	12	540	19	6.5	3	26	64	1035	n/a
Morning Moose w/ Bacon	n/a	18	16	680	31	8.5	3	37	64	1535	n/a
Morning Moose w/ Ham	n/a	16	14	620	23	8	3	36	66	1655	n/a
Morning Moose w/ Sausage	n/a	17	15	650	29	10	3	31	64	1215	n/a
Mo's Picnic Sandwich, large (wheat)	1 ea	31	26	1165	42	12	10	58	140	3245	n/a
Mo's Picnic Sandwich, large (white)	1 ea	27	23	1025	41	12	6	52	116	3005	n/a
Mo's Picnic Sandwich, small	1 ea	13	11	500	25	2	3	33	35	1400	n/a
Mountain Sunrise Wrap	n/a	18	16	670	37	14	7	32	52	1387	n/a
Mt. Benedict	n/a	14	15	690	16	6.5	3	22	76	1800	n/a
NYC Roast Beef Sandwich w/ blue cheese, large (w	1 ea	29	26	1170	39	11	10	70	122	2310	n/a
NYC Roast Beef Sandwich w/ blue cheese, large (w	1 ea	26	23	1030	38	11	6	64	98	2070	n/a
NYC Roast Beef Sandwich w/ blue cheese, small	1 ea	13	13	578	28	9	3	40	25	1025	n/a
NYC Roast Beef Sandwich w/ horseradish, large (w	1 ea	28	25	1140	37	10	10	68	122	2110	n/a
NYC Roast Beef Sandwich w/ horseradish, large (w	1 ea	25	22	1000	36	10	6	62	98	1870	n/a
NYC Roast Beef Sandwich w/ horseradish, small	1 ea	13	13	548	26	8	3	38	25	925	n/a
Orange Balsamic Dressing	1 oz	2	2	60	5	0	0	0	4	150	n/a
Pallavicini Sandwich	1 ea	19	17	696	44	21	2	41	34	1387	n/a
Parisian Sandwich, large (wheat)	1 ea	27	23	1068	28	8	7	65	131	n/a	n/a
Parisian Sandwich, large (white)	1 ea	24	20	928	27	8	3	59	107	2519	n/a
Parisian Sandwich, small	1 ea	10	9	416	16	5	1	31	28	1206	n/a
Phil E. Turkey Sandwich, large (wheat)	1 ea	25	21	1000	27	9	7	55	125	2965	n/a
Phil E. Turkey Sandwich, large (white)	1 ea	22	19	860	26	9	3	49	101	2725	n/a
Phil E. Turkey Sandwich, small	1 ea	10	10	450	17	6	2	30	32	1862	n/a
Quirky Turkey Sandwich	1 ea	19	16	720	33	9	7	36	70	2220	n/a
Rock Pile Sandwich	1 ea	17	15	645	30	9	7	41	53	2227	n/a
Side Salad	1 ea	2	1	60	1	0	2	3	14	115	n/a
Sidecar Sandwich, large (wheat)	1 ea	23	19	905	20	5	7	57	121	2713	n/a
Sidecar Sandwich, large (white)	1 ea	20	16	765	19	5	3	51	97	2473	n/a
Sidecar Sandwich, small	1 ea	9	8	350	13	4	1	31	25	476	n/a
Spicy Chicken Enchilada Soup	8 oz	6	5	215	13	5	3	9	16	1200	n/a
The Dinner Roll Sandwich, large (wheat)	1 ea	28	24	1105	38	11	7	54	125	3380	n/a
The Dinner Roll Sandwich, large (white)	1 ea	25	22	965	37	11	3	48	101	3140	n/a
The Dinner Roll Sandwich, small	1 ea	12	12	496	24	7	1	33	25	1995	n/a
The Mighty Mo Sandwich, large (wheat)	1 ea	38	34	1431	74	31	8	65	123	2989	n/a
The Mighty Mo Sandwich, large (white)	1 ea	35	31	1291	73	31	4	59	99	2758	n/a
The Mighty Mo Sandwich, small	1 ea	17	15	617	42	13	2	32	28	1115	n/a
Thousand Island Dressing	1 oz	4	4	140	12	2	0	0	8	280	n/a
Tuna Salad	1 ea	5	5	200	13	0	2	15	6	400	n/a
Turkey Ironman Salad	1 ea	6	5	241	9	3	3	26	14	895	n/a
Ty Cobb Salad	1 ea	13	12	500	34	13	4	33	15	1371	n/a
Vegan Vegetable Soup	8 oz	2	3	180	3	0	2	2	16	770	n/a
Veggie Bennie	n/a	17	14	635	26	5	3	26	74	1440	n/a
Yabba Dabba Do Sandwich, large (wheat)	1 ea	23	18	840	22	9	6	53	121	3182	n/a
Yabba Dabba Do Sandwich, large (white)	1 ea	20	15	700	21	9	2	47	97	2942	n/a
Yabba Dabba Do Sandwich, small	1 ea	9	9	400	17	6	1	28	24	1730	n/a