



TURKEY APPLEJACK	39	319	12	3	20	30	2	995	48	4
ROLY POLY POUNDER	57	453	21	9	31	35	3	1809	82	6
CAPE CODDER (WHEAT)	165	264	12	2	17	26	4	790	41	4
RANCH ROAST	15	321	15	4	22	28	3	1235	66	5
BLACK & BLEU CLUB	161	309	13	5	22	25	2	958	48	2
KEY WEST CUBAN	23	328	9	4	20	44	6	1177	42	12
THAI HOT TUNA	33	291	11	3	21	30	3	667	49	4
TEXAS TUNA	40	309	12	4	24	30	2	765	64	3
POPEYE'S TUNA (WHEAT)	60	303	10	2	21	31	4	778	49	4
CLASSIC TUNA MELT	117	338	17	6	25	26	2	740	65	3
<b>VEGGIE AND CHEESE</b>										
MONSTER VEGGIE	3	221	9	3	12	27	4	269	22	3
CALIFORNIA HUMMER	6	305	13	3	13	32	4	445	16	4
FRENCH TWIST	7	254	9	4	13	27	3	267	29	4
VEGGIE FAJITA	42	239	8	2	11	27	3	283	23	3
NUT & HONEY	47	341	17	4	10	35	4	256	29	9
NUTTY AVOCADO (WHEAT)	160	267	12	2	8	35	5	136	0	9
SANDWICH	#	CALORIES (KCAL)	FAT (G)	SATURATED FAT (G)	PROTEIN (G)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SODIUM (MG)	CHOLESTEROL (MG)	SUGARS (G)

Unless noted by beige color and “on wheat” all sandwiches are calculated on white tortilla. To convert white to wheat tortilla subtract 10 calories and add 1 gram fiber.