

# Roly Poly Specials

Recipe Name	#	Calories	Fat (g)	Saturated Fat (g)		Carbohydrates (g)		Dietary Fiber (g)	Sugars (g)	Sodium (mg)	Cholesterol (mg)
ALPINE CHICKEN MELT ON WHEAT	121	415	16	6	36	30	5	2	718	83	
BBQ STEAK	50	302	11	4	22	27	2	3	674	55	
BBQ VEGGIE RANCHERO ON WHEAT	75	230	4	1	10	38	6	6	746	0	
BLACK AND BLEU CLUB	161	309	13	5	22	25	2	2	958	48	
CAJUN CHICKEN MELT	91	385	14	6	29	33	3	4	931	74	
CAJUN CLUB	90	341	15	6	21	35	3	5	1228	50	
CARIBBEAN MIX	70	399	18	9	28	28	2	4	840	71	
CARNITA CHICKEN	92	401	14	7	29	37	4	4	900	68	
CARNITA STEAK	92	362	14	5	26	37	4	4	1012	64	
CAROLINA SHRIMP MELT	80	262	10	5	16	30	2	3	736	87	
CHERRY PECAN CHICKEN CLUB	84	591	31	8	31	47	5	13	1042	69	
CHICKEN BRUSCHETTA	93	342	9	4	27	35	4	4	1088	56	
CHICKEN PIZZA	59	397	15	8	30	34	2	4	905	67	
CHIPOTLE CHICKEN	71	391	16	7	30	27	2	3	737	77	
CHRISTO MELT		340	16	7	20	30	2	4	760	158	
CONEY ISLAND MELT	114	441	28	12	20	31	3	4	1356	73	
CRANBERRY HUMMER	45	324	17	7	10	34	5	5	341	31	
CREOLE CHICKEN ON WHEAT	78	231	5	1	19	30	4	4	748	35	
EXTREME VEGGIE ON WHEAT	118	251	9	2	8	35	6	6	393	0	
GINGER SHRIMP ON WHEAT	79	222	3	0	13	37	6	7	585	63	
GRAND CENTRAL	88	408	20	7	20	38	3	6	1346	56	
GUILT FREE GOBBLER ON WHEAT	67	292	5	1	20	38	5	6	1197	25	
HARVEST MELT ON WHEAT	76	190	4	1	8	31	5	5	404	1	
HAWAIIAN CHICKEN ON WHEAT	66	280	6	2	20	35	4	8	910	37	
HOLIDAY MELTDOWN	112	390	18	7	24	36	2	3	1353	57	
INDIAN CHICKEN MELT ON WHEAT	63	292	6	2	24	32	4	4	642	46	
JALAPENO BBQ	17	313	12	6	20	29	4	4	875	44	
LONGHORN MELT	86	420	20	7	28	32	2	3	1108	77	
MANDARIN TUNA ON WHEAT	68	260	5	1	22	34	4	6	845	0	
MONSTER FAJITA	95	371	15	7	25	34	3	4	945	66	
MONTEREY CHICKEN	83	417	18	6	30	37	4	4	995	74	
MOROCCAN TOFU ON WHEAT	98	246	9	2	10	31	5	3	388	0	
NANTUCKET LOBSTER	115	309	15	2	12	36	3	6	911	25	
NEW ORLEANS MELT	94	283	10	5	17	32	2	4	606	41	
NEW YORKER	57	299	12	5	20	33	3	5	1186	45	
NUTTY AVOCADO	160	276	12	2	8	35	5	9	136	0	
ORANGE COUNTY SMOKED TURKEY	113	492	27	7	27	37	5	7	1148	56	
ORIGINAL JACK	1	242	10	4	10	28	4	3	210	15	
PALM BEACH TUNA ON WHEAT	97	305	11	1	23	32	4	3	1265	0	
PEKING CHICKEN ON WHEAT	64	229	5	2	22	31	4	4	721	44	
PESTO CLUB	73	352	15	5	22	35	3	5	1307	47	
PIG ROAST	22	302	10	4	20	34	3	10	878	43	
PINEAPPLE JACK	2	291	13	5	11	34	4	8	255	20	
RANCHERO CHICKEN	54	362	11	5	27	38	4	5	1030	63	
RANCHERO STEAK	54	357	13	5	24	37	4	5	1143	58	
ROLY POLY POUNDER	58	424	19	8	31	35	3	6	1715	82	

ROLY POLYNESIAN	82	371	15	7	27	34	2	6	1075	69
ROLY REUBEN	56	349	18	6	19	29	2	3	1190	71
ROMA CHICKEN ON WHEAT	69	333	9	4	28	33	6	3	789	56
SALMON CLUB	35	282	11	3	18	28	4	3	1182	23
SALMON ROLL	34	298	14	7	16	29	3	6	1124	39
SESAME MIX	44	245	10	4	11	29	3	4	187	15
SHRIMP CLUB	81	311	15	3	16	31	3	4	799	76
SPINACH POPPER	157	192	7	4	7	27	3	4	249	14
SPINACH SALAD	4	255	11	4	11	28	4	3	242	16
STEAK & BEARNAISE	85	351	15	5	23	31	2	3	908	65
TERIYAKI TUNA	89	391	18	6	27	34	3	5	937	24
THAI PEANUT CHICKEN ON WHEAT	100	395	16	7	30	30	4	3	940	74
THAI PEANUT TOFU ON WHEAT	100	236	9	1	10	31	5	3	363	0
TOFU TAHINI ON WHEAT	99	238	9	1	10	30	5	3	342	0
TUNA CLUB	74	377	18	6	27	31	3	4	931	25
TURKEY SAGA	87	331	15	4	19	35	3	4	1219	38
WESTPORT CLUB ON WHEAT	124	363	17	4	24	32	5	7	1102	51
WILD SCALLION	5	291	16	7	9	30	4	4	179	32

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.