


Nutritional Statement

	Weight (g)	Calories	Cals From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %)	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)
Chilled Wraps																
Buffalo Chicken Chill - 8"	234	400	160	18	11	0	75	1750	28	2	2	31	30	35	45	15
Buffalo Chicken Chill - 12"	360	640	240	26	12	0	95	2430	57	5	4	44	40	50	45	15
California Turkey Bacon - 8"	283	540	300	33	10	0	70	1560	31	3	3	30	15	20	30	10
California Turkey Bacon - 12"	417	820	430	48	12	0	90	2140	60	6	5	41	20	25	30	15
Chicken Caesar - 8"	229	420	200	22	6	0	55	1220	27	3	2	24	100	35	30	15
Chicken Caesar - 12"	371	630	250	28	7	0	70	1680	56	6	3	36	170	60	25	25
Chicken Salad - 8"	218	330	120	13	3	0	35	730	34	3	8	18	35	20	15	15
Chicken Salad - 12"	340	570	200	22	4	0	50	1150	65	6	12	27	45	30	10	15
Thai Cashew Chicken - 8"	221	340	110	12	3	0	35	900	34	4	5	20	10	15	10	15
Thai Cashew Chicken - 12"	375	620	220	24	4	0	50	1570	69	7	10	33	15	20	8	25
Ultimate Veggie - 8"	181	250	110	12	3	0	5	460	28	3	4	6	45	40	15	10
Ultimate Veggie - 12"	304	520	250	28	4.5	0	5	840	58	5	7	11	70	60	8	15
Grilled Wraps																
BBQ Chicken Sizzle - 8"	209	340	90	10	6	0	55	1220	34	2	7	24	8	10	15	15
BBQ Chicken Sizzle - 12"	318	570	170	19	9	0	80	1720	62	5	8	37	10	15	8	15
BBQ Steak Sizzle - 8"	209	360	120	14	7	0	55	1430	34	2	7	24	15	15	30	15
BBQ Steak Sizzle - 12"	318	610	210	24	9	0	80	2040	62	4	8	36	20	15	30	20
Buffalo Chicken Grill - 8"	211	320	100	11	5	0	55	1440	29	2	3	24	30	40	25	15
Buffalo Chicken Grill - 12"	325	550	180	19	7	0	80	2150	56	5	4	36	40	50	20	15
Chicken Ranchero - 8"	213	460	240	27	7	0	70	940	28	3	2	23	15	15	25	15
Chicken Ranchero - 12"	360	760	370	41	10	0	100	1530	59	6	5	37	20	30	25	20
Steak Ranchero - 8"	213	490	270	30	9	0	70	1150	28	3	2	23	15	15	25	15
Steak Ranchero - 12"	360	800	410	45	12	0	100	1850	59	6	5	36	25	30	25	25
Santa Fe Chicken - 8"	218	420	200	23	7	0	60	970	29	2	3	24	15	15	25	10
Santa Fe Chicken - 12"	318	660	280	31	9	0	85	1470	56	5	4	36	20	15	25	15
Santa Fe Steak - 8"	218	450	230	25	8	0	60	1190	29	2	3	23	15	15	25	15
Santa Fe Steak - 12"	318	690	320	35	11	0	85	1790	56	4	4	35	20	15	25	20
Smoked Turkey Reuben - 8"	198	380	180	19	7	0	45	1070	30	1	6	18	10	20	30	15
Smoked Turkey Reuben - 12"	318	640	280	31	9	0	65	1680	60	4	9	29	15	25	30	15
Hamburger	253	590	380	42	14	1	100	920	25	2	5	26	20	15	8	25
Cheeseburger	267	650	420	47	17	1	100	1170	26	2	5	29	25	15	15	25
Bacon Cheeseburger	281	720	470	52	19	1	110	1490	26	2	5	34	25	15	15	25
Breakfast Wraps																
Cheddar Egg Melt - 8"	187	310	130	15	7	0	235	530	27	2	2	17	10	40	30	15
Cheddar Egg Melt - 12"	337	590	250	28	10	0	455	930	56	5	4	30	20	60	30	20
Denver Style - 8"	187	330	140	15	7	0	240	670	28	2	3	19	10	40	30	15
Denver Style - 12"	344	630	260	29	10	0	470	1200	58	4	6	34	20	60	30	20
Santa Fe Sunrise - 8"	170	300	130	14	7	0	230	580	26	2	2	15	15	15	25	15
Santa Fe Sunrise - 12"	312	570	240	27	10	0	450	990	55	4	5	27	25	20	30	20
Steak and Egg Melt - 8"	187	390	160	18	8	0	270	1090	24	1	1	29	10	15	30	20
Steak and Egg Melt - 12"	344	710	300	33	12	0	505	1760	53	3	3	48	20	25	30	35
Sunnyside - 8"	159	390	190	21	9	0	255	990	25	1	2	23	10	2	30	15
Sunnyside - 12"	301	720	340	37	13	0	485	1680	55	3	6	40	15	4	30	25
Breakfast Sandwiches																
Bacon, Egg and Cheese Bagel	198	530	170	19	8	0	230	1500	59	3	13	25	10	0	10	30
Bacon, Egg and Cheese Croissant	142	480	290	32	13	0	240	1000	25	0	5	21	10	0	10	15
Ham, Egg and Cheese Bagel	206	450	100	11	5	0	225	1300	60	3	14	25	10	0	10	30
Ham, Egg and Cheese Croissant	149	400	220	24	11	0	235	800	26	0	6	18	10	0	10	15
Sausage, Egg and Cheese Bagel	220	560	220	24	9	0	240	1330	59	3	12	26	10	0	15	30
Sausage, Egg and Cheese Croissant	163	510	330	37	15	0	250	830	25	0	4	19	10	0	10	15
Additional Breakfast Items																
Homestyle Breakfast - Bacon	326	470	240	27	8	0	440	850	36	5	1	22	10	40	6	15
Homestyle Breakfast - Ham	333	390	170	19	5	0	440	650	37	5	2	19	10	40	6	15
Homestyle Breakfast - Sausage	347	500	290	32	10	0	455	680	35	5	1	20	10	40	8	15
Bagel with Cream Cheese	156	440	140	16	9	0	45	830	59	3	12	14	10	0	4	30
Salads and Soup																
BBQ Chicken	497	560	350	39	5	0	65	1470	29	8	14	28	220	90	15	20
Chicken Caesar	333	490	320	35	8	0	85	1520	10	4	3	32	200	70	30	15
Mandarin Cashew Chicken	447	360	130	14	2	0	50	1050	34	6	20	27	220	100	10	20
Chicken Tortilla Soup, cup	280	100	30	3.5	1	0	10	910	14	1	4	4	0	0	0	0
Chicken Tortilla Soup, bowl	420	150	45	5	1.5	0	15	1370	21	2	6	6	0	0	0	0

The Nutritional Information Rollerz has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.

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