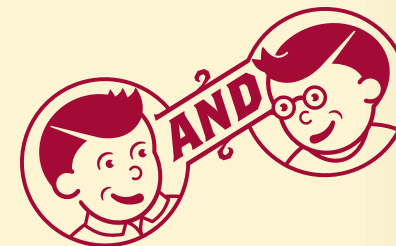






# NUTRITION INFORMATION

E&G Franchise Systems  
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Our fantastically delicious sandwiches, soups, sides and desserts are waiting to be eaten by you. Explore the nutritional information that we have provided for you within this brochure

[info@egsubs.com](mailto:info@egsubs.com)  



The nutrition information in this brochure is correct as of March 2011. Nutrition information is calculated with information provided by suppliers who manufacture food for Erbert and Gerbert's and third party accredited laboratories. Erbert and Gerbert's attempts to provide product information that is as complete as possible. Variations may exist due to periodic changes in formulations. Serving sizes may vary from those used to calculate nutrition information. New product introduction or product changes during the life of this publication may cause the information to be incomplete. You should expect some variation in the nutrition content of the products purchased in our restaurants. All of our non-packaged food products are produced and stored in environments where known allergens are present. All data is rounded to meet current U.S. FDA NLEA guidelines.

Please note that we serve peanut butter in our stores and there is a potential for residual contact with peanut butter in our foods. Additionally, peanuts and peanut oils may be contained in our desserts. Gluten is present in breads, desserts, and some soups. Soy is present in mayo and other foods. Milk or milk products are contained in cream soups and cheeses. Please alert our staff if you have any of these major food allergies and consult the complete food ingredient list available upon request if you have any additional concerns.





Major food allergens are listed below in BLUE. NOTE: Information for sandwiches based on standard build  
 \*Nutrition information to be updated at a later date  
 \*\*Menu item may not be available at all Erbert and Gerbert's Sandwich Shop restaurants.

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	
<b>Sides</b>																	
Mild Banana Peppers (8-10 pieces as a add-on)	28 (about 13 pieces)	5	0	0	0	0	0	480	1	0	0	0	0	0	0	0	
Deli Pickle	28 (about 1/4 pickle)	0	0	0	0	0	0	350	<1	0	0	0	0	0	0	0	
**Hummus		*	*	*	*	0	*	*	*	*	*	*	*	*	*	*	
Avocado	14 (1 portion)	23	0	1.25	0.2	0	0	61	3	0.4	0.5	0.25	*	*	*	*	
Hellmann's Mayo	19 (1 portion)	134	*	*	11	0	105	*	*	*	*	*	*	*	*	*	
Day Old Bread (F) <small>Contains: Wheat</small>	283.5 (1 loaf)	694	48	5	5	0	20	1481	135	5	3.5	26	0	0	14	48	
Day Old Bread (HW) <small>Contains: Wheat</small>	283.5 (1 loaf)	660	50	6	1.5	0	0	1280	128	11	12	27	0	40	10	45	
<b>Cookies &amp; Desserts</b>																	
*Chocolate Chip Cookie <small>Contains: Egg, Milk, Wheat</small>		57	250	110	12	4	2	15	198	34	1	14	13	3	0	15	15
*Chocolate Chip with M&M's Cookie <small>Contains: Egg, Milk, Wheat</small>		57	250	100	11	3.5	2	15	202	35	1	14	14	3	0	15	15
*Oatmeal Raisin Cookie <small>Contains: Egg, Milk, Wheat</small>		57	230	80	9	2	2	15	185	33	2	16	12	3	0	4	15
*Peanut Butter Cookie <small>Contains: Peanut, Egg, Milk, Wheat</small>		57	270	140	15	3.5	2.5	20	261	28	1	10	25	5	30	6	30
*Snickerdoodle Cookie <small>Contains Egg, Milk, Wheat</small>		57	250	100	11	6	1	30	887	33	<1	18	29	3	30	30	30
*Frosted Brownie <small>Contains: Egg, Milk, Soy, Wheat</small>		68	280	120	13	3.5	3	30	190	40	2	27	24	2	30	6	25
*Peanut Butter Crispy Bar <small>Contains: Peanut, Milk, Soy</small>		142	760	150	34	10	0	0	500	110	6	64	30	10	30	8	25
*Marshmallow Crispy Bar <small>Contains: Milk</small>		114	430	90	9	6	0	25	430	85	0	44	40	15	30	30	35
<b>Fountain Beverages</b>																	
† All products are not a significant source of calories from fat, saturated fat, dietary fiber, vitamin A and iron.																	
‡ Values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed.																	
*Diet Coke	(8oz)	227	0.6	†	0	†	0	0	10	0.1	†	0.1	0	†	‡	‡	†
*Coca-Cola Classic		227	99	†	0	†	0	0	2	27	†	27	0	†	‡	‡	†
*Cherry Coca-Cola		227	104	†	0	†	0	0	4	28	†	28	0	†	‡	‡	†
*Sprite		227	97	†	0	†	0	0	22	26	†	26	0	†	‡	‡	†
*Barq's Root Beer		227	111	†	0	†	0	0	24	30	†	30	0	†	‡	‡	†
*Nestea Raspberry Iced Tea		227	59	†	0	†	0	0	8	16	†	16	0	†	‡	‡	†
*Pibb Xtra		227	97	†	0	†	0	0	14	26	†	26	0	†	‡	‡	†
*Minute Maid Lemonade		227	97	†	0	†	0	0	41	26	†	26	0	†	‡	‡	†
*Hi-C Flashn' Fruit Punch		227	104	†	0	†	0	0	9	28	†	28	0	†	100	‡	†
*Mello Yello		227	106	†	0	†	0	0	8	29	†	29	0	†	‡	‡	†
*Vault		227	107	†	0	†	0	0	9	28	†	28	0	†	‡	‡	†
*POWERade Mountain Blast		227	56	†	0	†	0	0	52	15	†	15	0	†	‡	‡	†
*Fanta Orange		227	111	†	0	†	0	0	14	30	†	30	0	†	‡	‡	†
*Coca-Cola Zero		227	0.7	†	0	†	0	0	4	0.1	†	0.1	0	†	‡	‡	†
*Caffeine-free Diet Coke		227	0.6	†	0	†	0	0	10	0.1	†	0.1	0	†	‡	‡	†
*Gold Peak Green Tea		227	80	†	0	†	0	0	7	22	†	21	0	†	‡	‡	†
*Gold Peak Premium Unsweetened Tea		227	0.6	†	0	†	0	0	8	0.2	†	0	0	†	‡	‡	†
*Gold Peak Southern Style Tea		227	97	†	0	†	0	0	8	27	†	26	0	†	‡	‡	†
*Gold Peak Sweetened Black Tea		227	77	†	0	†	0	0	8	21	†	21	0	†	‡	‡	†
*Gold Peak Unsweetened Black Tea		227	0.4	†	0	†	0	0	8	0.1	†	0	0	†	‡	‡	†
*Diet Sprite Zero		227	2.3	†	0	†	0	0	6	0	†	0	0	†	‡	‡	†

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
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<b>Sandwiches (on French bread)</b>																
Halleys Comet (F) Contains: Egg, Soy, Wheat	289	520	170	19	3	0	30	1140	66	6	8	25	10	30	6	30
Comet Morehouse (F) Contains: Egg, Milk, Soy, Wheat	306	610	240	27	8	0	50	1490	66	3	4	27	15	8	30	30
Boney Billy (F) Contains: Egg, Soy, Wheat	298	520	170	19	3	0	30	1340	67	3	4	23	10	10	8	25
Bornk (F) Contains: Egg, Fish, Soy, Wheat	313	540	160	18	3	0	45	1360	67	3	4	29	10	10	10	25
Comet Candy (F) Contains: Egg, Milk, Soy, Wheat	377	690	260	29	8	0	75	2260	70	3	4	38	15	8	30	35
Flash (F) Contains: Egg, Milk, Soy, Wheat	398	900	480	53	13	0	90	2260	68	3	5	38	15	10	30	35
Geeter (F) Contains: Egg, Fish, Shellfish, Soy, Wheat	318	620	230	25	4.5	0	25	1540	74	3	8	24	10	10	8	25
Girf (F) Contains: Egg, Milk, Soy, Wheat	362	670	250	28	8	0	70	2040	67	3	4	37	15	8	30	30
Jacob Bluefingert (F) Contains: Egg, Milk, Soy, Wheat	310	690	310	35	12	0	45	1260	69	4	4	28	25	15	50	25
Narmer (F) Contains: Egg, Milk, Soy, Wheat	339	640	250	28	8	0	50	1610	70	4	5	30	20	15	30	30
Pudder (F) Contains: Peanut, Soy, Wheat	214	710	270	30	6	0	0	930	91	6	25	24	40	0	8	30
Shortcake (F) Contains: Egg, Milk, Soy, Wheat	350	660	260	29	8	0	70	1990	66	3	4	35	15	8	30	35
Tappy (F) Contains: Egg, Milk, Soy, Wheat	353	850	460	52	13	0	65	1760	68	3	5	31	15	10	30	30
Tullius (F) Contains: Egg, Milk, Soy, Wheat	389	690	260	29	8	0	80	1810	69	3	4	42	15	10	30	35
Titan (F) Contains: Egg, Milk, Soy, Wheat	355	640	230	25	7	0	50	1750	74	5	8	31	20	20	30	35
Pompeii (F) Contains: Egg, Milk, Soy, Wheat	393	760	300	33	7	0	90	2080	76	4	10	45	10	10	10	30
*BLT (F) Contains: Egg, Soy, Wheat	275	690	320	35	10	0	55	1780	66	3	4	28	10	8	8	25
*Solar (F) Contains: Milk, Soy, Wheat	330	520	110	12	9	0	40	1580	76	4	11	27	20	35	30	30
*Quatro (F) Contains: Egg, Milk, Soy, Wheat	328	650	250	28	6	0	60	1310	70	3	6	31	15	8	30	25
*Spartan (F) Contains: Egg, Milk, Soy, Wheat	328	640	250	28	9	0	60	1430	68	3	4	31	15	8	30	25
*Erupter (F) Contains: Egg, Milk, Soy, Wheat	465	830	370	41	9	0	105	2680	71	4	5	50	25	15	30	30
*Cally (F) Contains: Milk, Soy, Wheat	327	500	110	12	11	0	20	1150	79	5	13	21	25	45	30	30
*Roast Beef with Cheddar (F) Contains: Egg, Milk, Soy, Wheat	404	750	300	33	5	0	85	1900	72	3	4	42	15	10	30	35

<b>Sandwiches (on Honey Wheat bread)</b>																
Halleys Comet (HW) Contains: Egg, Soy, Wheat	285	530	170	19	3.5	0	30	1140	66	6	8	25	10	30	6	30
Comet Morehouse (HW) Contains Egg, Milk, Soy, Wheat	301	610	250	28	8	0	50	1400	66	6	8	29	15	30	30	30
Boney Billy (HW) Contains: Egg, Soy, Wheat	294	520	170	19	3	0	30	1290	67	6	8	24	10	30	6	25
Bornk (HW) Contains: Egg, Fish, Soy, Wheat	309	550	170	18	3	0	45	1310	67	7	8	30	10	30	8	25
Comet Candy (HW) Contains: Egg, Milk, Soy, Wheat	373	690	260	29	9	0	75	2200	70	6	8	40	15	30	30	35
Flash (HW) Contains: Egg, Milk, Soy, Wheat	394	900	480	54	14	0	90	2210	68	7	9	39	15	30	30	35
Geeter (HW) Contains: Egg, Fish, Shellfish, Soy, Wheat	313	620	230	26	5	0	25	1490	75	6	12	25	10	30	6	25
Girf (HW) Contains: Egg, Milk, Soy, Wheat	358	670	260	29	8	0	70	1990	68	6	8	38	15	30	30	35
Jacob Bluefingert (HW) Contains: Egg, Milk, Soy, Wheat	306	690	320	35	12	0	45	1200	69	7	9	29	25	35	50	25
Narmer (HW) Contains: Egg, Milk, Soy, Wheat	334	650	260	28	8	0	50	1550	71	7	9	32	20	35	30	30
Pudder (HW) Contains: Peanut, Soy, Wheat	210	720	270	30	6	0	0	870	92	9	30	25	40	20	8	30
Shortcake (HW) Contains Egg, Milk, Soy, Wheat	346	660	260	29	9	0	70	1940	66	6	8	36	15	30	30	35
Tappy (HW) Contains: Egg, Milk, Soy, Wheat	349	860	470	52	13	0	65	1710	68	7	9	32	15	30	30	30
Tullius (HW) Contains: Egg, Milk, Soy, Wheat	384	690	260	29	9	0	80	1750	69	7	9	44	15	30	30	35
Titan (HW) Contains: Egg, Milk, Soy, Wheat	350	640	230	26	8	0	50	1700	75	8	13	33	20	35	30	35
Pompeii (HW) Contains: Egg, Milk, Soy, Wheat	388	770	300	34	7	0	90	2030	76	7	14	46	10	30	8	30
*BLT (HW) Contains: Egg, Soy, Wheat	271	700	320	36	9	0	55	1720	66	6	8	30	10	30	6	25
*Solar (HW) Contains: Milk, Soy, Wheat	326	520	110	13	6	0	40	1530	76	7	16	29	20	60	30	30
*Quatro (HW) Contains: Egg, Milk, Soy, Wheat	323	650	250	28	9	0	60	1260	71	6	10	32	15	30	25	25
*Spartan (HW) Contains: Egg, Milk, Soy, Wheat	324	640	250	28	9	0	60	1380	69	6	8	32	15	30	25	25
*Erupter (HW) Contains: Egg, Milk, Soy, Wheat	461	840	370	42	11	0	105	2620	72	7	9	51	25	35	30	30
*Cally (HW) Contains: Milk, Soy, Wheat	322	510	110	12	5	0	20	1090	80	8	17	22	25	70	30	30
*Roast Beef with Cheddar (HW) Contains: Egg, Milk, Soy, Wheat	399	750	300	33	10	0	85	1850	72	7	9	43	15	30	25	35

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
<b>Kid's Sandwiches (on French bread)</b>																
Half Pint Ham & Cheese (F) <small>Contains: Milk, Soy, Wheat</small>	101	230	50	6	3	0	20	690	31	1	1	13	2	0	15	15
Li'l Tykes Turkey & Cheese (F) <small>Contains: Milk, Soy, Wheat</small>	107	240	50	6	2.5	0	20	710	32	1	1	14	2	0	15	15
Mini Pudder (F) <small>Contains: Peanut, Soy, Wheat</small>	123	400	130	15	3	0	0	460	56	3	22	12	20	0	4	15
<b>Kid's Sandwiches (on Honey Wheat bread)</b>																
Half Pint Ham & Cheese (HW) <small>Contains: Milk, Soy, Wheat</small>	99	230	60	6	3	0	20	660	31	3	3	14	2	10	15	15
Li'l Tykes Turkey & Cheese (HW) <small>Contains: Milk, Soy, Wheat</small>	105	240	50	6	3	0	20	680	32	3	3	15	2	10	15	15
Mini Pudder (HW) <small>Contains: Peanut, Soy, Wheat</small>	120	400	140	15	3	0	0	440	56	4	24	12	20	10	4	15
<b>Soup Cup</b>																
*Old Fashioned Chicken Noodle <small>Contains: Egg, Wheat</small>	227	110	50	6	2	0	25	1320	10	<1	4	4	35	2	2	2
*Chicken Dumpling <small>Contains: Egg, Milk, Wheat</small>	227	140	70	8	4	0	25	1330	15	<1	3	6	20	0	2	0
*Blanco Chicken Chili <small>Contains: Milk, Soy, Wheat</small>	227	270	120	14	4	0	35	1400	23	4	3	13	6	15	8	10
*Home-style Beef Chili	227	230	100	11	4.5	0	35	870	19	5	3	13	15	20	6	20
*Minnesota Wild Rice & Chicken <small>Contains: Milk, Wheat</small>	227	230	100	11	4.5	0	35	870	19	5	3	13	15	20	6	20
*Southwest Chicken Tortilla <small>Contains: Milk, Soy</small>	227	100	45	5	2.5	0	15	1080	11	1	3	6	20	10	10	4
*Classic Chicken Chili <small>Contains: Milk, Wheat</small>	227	150	45	5	1	0	25	1630	19	4	5	10	20	15	6	20
*Loaded Baked Potato <small>Contains Milk, Soy, Wheat</small>	227	130	70	7	4	0	25	920	17	<1	2	4	8	20	8	4
*Wisconsin Beer Cheese <small>Contains: Milk, Soy, Wheat</small>	227	140	80	9	2.5	1.5	10	1190	15	0	2	2	20	0	4	2
*Cheddar Cheese & Broccoli <small>Contains: Milk, Soy, Wheat</small>	227	120	70	8	2	1.5	5	1250	13	<1	1	2	6	20	4	2
*Hearty Vegetable Beef <small>Contains: Soy, Wheat</small>	227	70	30	3.5	1.5	0	10	970	7	1	2	4	35	10	2	6
*Cheesy Asparagus <small>Contains: Milk, Soy, Wheat</small>	227	230	100	11	4.5	0	35	870	19	5	3	13	15	20	6	20
*Tomato Mushroom <small>Contains: Milk, Soy</small>	227	170	110	13	5	1.5	20	1000	12	<1	3	4	8	8	15	4
*Cheesy Enchilada <small>Contains: Milk, Wheat</small>	227	100	50	6	1.5	1	10	1250	13	<1	3	5	8	8	4	4
*Spicy Black Bean with Rice <small>Contains: Wheat</small>	227	100	5	1	0	0	0	910	23	3	4	4	30	30	4	10
<b>Soup Bowl</b>																
*Old Fashioned Chicken Noodle <small>Contains: Egg, Wheat</small>	340	160	80	9	3	0	35	1970	14	1	5	5	50	4	4	4
*Chicken Dumpling <small>Contains: Egg, Milk, Wheat</small>	340	210	100	11	6	0	40	2000	23	<1	4	8	35	0	4	2
*Blanco Chicken Chili <small>Contains: Milk, Soy, Wheat</small>	340	410	190	21	6	0	50	2090	34	6	4	19	8	20	15	15
*Home-style Beef Chili	340	340	150	17	7	0	50	1300	29	7	4	19	25	30	8	25
*Minnesota Wild Rice & Chicken <small>Contains: Milk, Wheat</small>	340	290	170	19	10	0	65	1700	21	2	5	10	30	4	8	6
*Southwest Chicken Tortilla <small>Contains: Milk, Soy</small>	340	150	70	7	3.5	0	20	1620	17	2	4	9	30	15	15	6
*Classic Chicken Chili <small>Contains: Milk, Wheat</small>	340	250	50	6	1	0	40	1570	33	7	7	21	25	30	10	30
*Loaded Baked Potato <small>Contains: Milk, Soy, Wheat</small>	340	200	100	11	6	0	35	1370	26	1	3	6	15	30	10	6
*Wisconsin Beer Cheese <small>Contains: Milk, Soy, Wheat</small>	340	210	120	13	4	2	10	1790	22	<1	3	2	30	0	4	4
*Cheddar Cheese & Broccoli <small>Contains: Milk, Soy, Wheat</small>	340	180	100	11	3.5	2	10	1870	19	1	2	3	8	30	6	4
*Hearty Vegetable Beef <small>Contains: Soy, Wheat</small>	340	100	50	5	2	0	15	1450	11	2	3	6	50	15	4	8
*Cheesy Asparagus <small>Contains: Milk, Soy, Wheat</small>	340	250	170	19	9	1.5	40	2400	21	1	8	8	20	4	25	6
*Tomato Mushroom <small>Contains: Milk, Soy</small>	340	250	170	19	7	2.5	30	1500	18	1	4	6	10	10	20	6
*Cheesy Enchilada <small>Contains: Milk, Wheat</small>	340	150	80	9	2.5	1.5	20	1870	20	1	4	7	15	10	6	4
*Spicy Black Bean with Rice <small>Contains: Wheat</small>	340	150	10	1	0	0	0	1360	34	5	5	6	50	45	8	15