

# ERBERT & GERBERT'S NUTRITION

Not all items listed below are available in all locations.

SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
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## Sandwiches // LTO

Bornk (French Bread)   Allergens: Wheat   Egg   Soy	404	656	209	25	3	0	46	1538	70	4	5	39	12	14	4	27
Bornk (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy	431	676	209	26	4	0	46	1568	70	6	7	38	12	14	10	37
Bornk (Gluten Free Bread)   Allergens: Egg   Soy	425	666	299	34	4	0	46	1388	63	9	7	30	12	14	14	22
Nebula (French Bread)   Allergens: Wheat   Egg   Soy   Milk	377	796		35	10	0	116	1729	68	3	4	52	10	10	18	29
Nebula (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk	405	816		37	10	0	116	1759	68	5	6	51	10	10	24	39
Nebula (Gluten Free Bread)   Allergens: Milk   Egg	398	806		44	11	0	116	1579	61	8	6	43	10	10	28	24

## Sandwiches

Apollo (French Bread)   Allergens: Wheat   Egg   Soy	404	705	0	27	5	0	87	1610	74	5	4	46	10	10	15	32
Apollo (Honey Wheat Bread)   Allergens: Wheat   Egg	432	725	0	29	6	0	87	1640	74	7	6	45	10	10	20	42
Apollo (Gluten Free Bread)   Allergens: Egg	425	715		36	6	0	87	1460	67	10	6	37	10	10	24	27
Beacon (French Bread)   Allergens: Wheat   Soy   Milk	365	851	257	31	15	0	158	3232	86	2	19	69	8	4	22	34
Beacon (Honey Wheat Bread)   Allergens: Wheat   Soy   Milk	393	871	257	33	15	0	158	3262	86	4	21	68	8	4	28	44
Beacon (Gluten Free Bread)   Allergens: Egg   Soy   Milk	386	861	347	40	16	0	158	3082	79	7	21	60	8	4	32	29
Blaze (French Bread)   Allergens: Wheat   Egg   Soy	404	705	0	27	5	0	87	1610	74	5	4	46	10	10	15	32
Blaze (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy	432	725	0	29	6	0	87	1640	74	7	6	45	10	10	20	42
Blaze (Gluten Free Bread)   Allergens: Egg	425	715		36	6	0	87	1460	67	10	6	37	10	10	24	27
Boney Billy (French Bread)   Allergens: Wheat   Egg   Soy	349	644	219	26	3	0	75	1973	69	3	6	35	10	10	4	31
Boney Billy (Honey Wheat Bread)   Allergens: Wheat   Egg	377	664	219	27	4	0	75	2003	69	5	8	34	10	10	10	41
Boney Billy (Gluten Free Bread)   Allergens: Egg	370	654	309	35	4	0	75	1823	62	8	8	26	10	10	14	26
Comet Candy (French Bread)   Allergens: Wheat   Egg   Soy   Milk	380	765	295	35	9	0	90	1950	72	3	5	43	15	13	22	31
Comet Candy (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	408	785	295	37	10	0	90	1980	72	5	7	42	15	13	28	41
Comet Candy (Gluten Free Bread)   Allergens: Egg   Soy   Milk	401	775	385	44	10	0	90	1800	65	8	7	34	15	13	32	26
Flash (French Bread)   Allergens: Wheat   Egg   Soy   Milk	405	1022	558	64	14	0	98	2214	73	4	5	41	17	14	24	34
Flash (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk	433	1042	558	65	15	0	98	2244	73	6	7	40	17	14	30	44
Flash (Gluten Free Bread)   Allergens: Egg   Milk	426	1032	648	73	15	0	98	2064	66	9	7	32	17	14	34	29
Girf (French Bread)   Allergens: Wheat   Egg   Soy   Milk	372	749	294	34	9	0	93	2136	69	3	5	42	15	10	23	29
Girf (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk	399	769	294	36	9	0	93	2166	69	5	7	41	15	10	29	39
Girf (Gluten Free Bread)   Allergens: Egg   Milk	393	759	384	43	10	0	93	1986	62	8	7	33	15	10	33	24

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Giza BLT (French Bread)																
Giza BLT (Honey Wheat Bread)																
Giza BLT (Gluten Free Bread)																
Halleys Comet (French Bread)   Allergens: Wheat   Egg   Soy	282	593	210	26	4	0	45	1200	68	3	3	26	10	10	2	29
Halleys Comet (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy	310	613	210	27	4	0	45	1230	68	5	5	25	10	10	8	39
Halleys Comet (Gluten Free Bread)   Allergens: Egg   Soy	303	603	300	35	5	0	45	1050	61	8	5	17	10	10	12	24
Jacob Bluefinger (French Bread)   Allergens: Wheat   Egg   Soy   Milk	297	763	365	43	14	0	60	1313	68	4	3	30	22	12	42	24
Jacob Bluefinger (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk	325	783	365	45	14	0	60	1343	68	6	5	29	22	12	48	34
Jacob Bluefinger (Gluten Free Bread)   Allergens: Egg   Milk	318	773	455	52	15	0	60	1163	61	9	5	21	22	12	52	19
Mammoth (French Bread)   Allergens: Soy   Wheat   Milk   Egg	537	1186		70	16	0	157	3423	78	4	7	68	10	15	20	41
Mammoth (Honey Wheat)   Allergens: Wheat   Egg   Soy   Milk	565	1206	0	71	16	0	157	3462	78	6	9	67	10	15	26	51
Mammoth (Gluten Free)   Allergens: Egg   Soy   Milk	558	1196	0	79	17	0	157	3283	61	9	9	59	10	15	30	36
Morehouse (French Bread)   Allergens: Wheat   Egg   Soy   Milk	366	753	300	35	9	0	90	2050	69	3	5	42	15	10	22	27
Morehouse (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk	394	773	300	37	10	0	90	2080	69	5	7	41	15	10	28	37
Morehouse (Gluten Free Bread)   Allergens: Egg   Milk	387	763	390	44	10	0	90	1900	62	8	7	33	15	10	32	22
Narmer (French Bread)   Allergens: Wheat   Egg   Soy   Milk	331	719	304	36	9	0	68	1649	69	4	4	33	17	12	23	28
Narmer (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk	358	739	304	37	9	0	68	1679	69	6	6	32	17	12	29	38
Narmer (Gluten Free Bread)   Allergens: Egg   Milk	352	729	394	45	10	0	68	1499	62	9	6	24	17	12	33	23
Poseidon (French Bread)   Allergens: Shellfish   Wheat   Egg   Soy	372	647		90	3	0	0	1980	82	5	21	29	13	10	17	26
Poseidon (Honey Wheat Bread)   Allergens: Shellfish   Wheat   Egg   Soy	400	667		92	4	0	82	2010	82	7	23	28	13	10	22	36
Poseidon (Gluten Free Bread)   Allergens: Shellfish   Egg   Soy	393	657		99	4	0	82	1830	75	10	23	20	13	10	26	21
Quatro (French Bread)   Allergens: Wheat   Egg   Soy   Milk	415	893		38	11	0	126	1840	89	3	22	50	6	2	18	29
Quatro (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	443	913	40	40	11	0	126	1870	89	5	24	49	6	2	24	39
Quatro (Gluten Free Bread)   Allergens: Egg   Soy   Milk	436	903	47	47	12	0	126	1690	82	8	24	41	6	2	28	24
Saturn (French Bread)   Allergens: Wheat   Egg   Soy   Milk	445	968	489	54	18	0	128	2539	69	4	4	44	18	51	43	32
Saturn (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	445	948	459	51	18	0	128	2519	73	6	8	43	18	51	38	30
Saturn (Gluten Free Bread)   Allergens: Egg   Soy   Milk	393	843	494	55	17	0	128	2319	47	6	7	36	18	21	47	58
Spartan (French Bread)   Allergens: Wheat   Egg   Soy   Milk	407	966	0	53	13		136	1839	74	3	8	51	10	10	18	29
Spartan (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	435	986	0	55	14	0	136	1869	74	5	10	50	10	10	24	39
Spartan (Gluten Free Bread)   Allergens: Egg   Soy   Milk	428	976	0	62	14	0	136	1689	67	8	10	42	10	10	28	24
Spicy Italian (French Bread)   Allergens: Wheat   Egg   Soy   Milk	405	1022	558	64	14	0	98	2214	73	4	5	41	17	14	24	34

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Spicy Italian (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk	433	1042	558	65	15	0	98	2244	73	6	7	40	17	14	30	44
Spicy Italian (Gluten Free Bread)   Allergens: Egg   Milk	426	1032	648	73	15	0	98	2064	66	9	7	32	17	14	34	29
Tappy (French Bread)   Allergens: Wheat   Egg   Soy   Milk	319	758	342	40	11	0	53	1544	71	3	4	31	15	13	22	28
Tappy (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk	347	778	342	41	11	0	53	1574	71	5	6	30	15	13	28	38
Tappy (Gluten Free Bread)   Allergens: Egg   Milk	340	768	432	49	12	0	53	1394	64	8	6	22	15	13	32	23
Titan (French Bread)   Allergens: Wheat   Egg   Soy   Milk	375	758	301	33	8	0	55	1614	87	7	3	28	15	12	32	48
Titan (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	377	698	301	33	10	0	55	1409	71	6	7	26	15	42	27	38
Titan (Gluten Free Bread)   Allergens: Egg   Soy   Milk	325	593	336	37	9	0	55	1209	45	6	6	19	15	12	36	66
Tullius (French Bread)   Allergens: Wheat   Egg   Soy   Milk	324	705	280	34	9	0	65	1450	71	3	4	33	15	13	22	29
Tullius (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	352	725	280	35	9	0	65	1480	71	5	6	32	15	13	28	39
Tullius (Gluten Free Bread)   Allergens: Egg   Soy   Milk	345	715	370	43	10	0	65	1300	64	8	6	24	15	13	32	24

## Sandwiches // Hot

Cali Cheesesteak (French Bread)   Allergens: Wheat   Egg   Milk   Soy	305	760		29	7	0	55	1321	67	4	4	35	6	15	2	30
Cali Cheesesteak (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk   Soy	333	780		31	7	0	55	1351	67	6	5	34	6	15	8	40
Cali Cheesesteak (Gluten Free Bread)   Allergens: Egg   Milk   Soy	326	770		38	8	0	55	1171	60	9	5	26	6	15	12	25
Goliath Cheesesteak (French Bread)   Allergens: Wheat   Soy   Egg   Milk	264	900		32	8	0	61	1435	66	3	4	35	1	13	4	28
Goliath Cheesesteak (Honey Wheat Bread)   Allergens: Wheat   Soy   Egg   Milk	292	920		33	9	0	61	1265	66	5	6	34	1	13	10	38
Goliath Cheesesteak (Gluten Free Bread)   Allergens: Soy   Egg   Milk	285	910		41	9	0	61	1285	59	8	6	26	1	13	14	23
Neuron (French Bread)   Allergens: Wheat   Egg   Soy   Milk	335	654	251	23	10	1	70	2034	82	5	22	36	2	4	32	26
Neuron (Honey Wheat Bread)   Allergens: Wheat   Soy   Milk	373	690	180	19	8	0	70	2270	97	5	23	40	2	4	21	41
Neuron (Gluten Free Bread)   Allergens: Egg   Soy   Milk	366	680	270	26	9	0	70	2090	90	8	23	32	2	4	25	26
Northern Cheesesteak (French Bread)   Allergens: Wheat   Egg   Milk   Soy	264	670		32	8	0	61	1435	66	3	4	35	1	13	4	28
Northern Cheesesteak (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk   Soy	292	690		33	9	0	60	1465	66	5	6	34	1	13	10	38
Northern Cheesesteak (Gluten Free Bread)   Allergens: Egg   Milk   Soy	285	680		41	9	0	60	1285	59	8	6	26	1	13	14	23
Orion (French Bread)   Allergens: Wheat   Egg   Soy   Milk	382	800	370	41	12	0	85	1510	72	4	4	34	18	43	34	31
Orion (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	382	780	340	38	12	0	85	1490	76	5	8	33	18	43	29	29
Orion (Gluten Free Bread)   Allergens: Egg   Soy   Milk	330	675	375	42	11	0	85	1290	50	5	7	26	18	13	38	57
Southern Cheesesteak (French Bread)   Allergens: Soy   Wheat   Egg   Milk	266	670		29	7	0	60	1431	68	3	4	35	1	13	4	28
Southern Cheesesteak (Honey Wheat Bread)   Allergens: Soy   Wheat   Egg   Milk	293	690		31	8	0	60	1461	68	5	6	34	1	13	10	38
Southern Cheesesteak (Gluten Free Bread)   Allergens: Soy   Egg   Milk	287	680		38	8	0	60	1281	61	8	6	26	1	13	14	23

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Vesuvius (French Bread)   Allergens: Wheat   Milk	378	772	201	23	11	0	117	1757	85	3	20	51	10	45	43	30
Vesuvius (Honey Wheat Bread)   Allergens: Wheat   Milk	378	752	171	20	11	0	117	1737	89	5	24	50	10	45	38	28
Vesuvius (Gluten Free Bread)   Allergens: Egg   Milk	327	647	206	24	10	0	117	1537	63	5	23	43	10	15	47	56

## Breads

French Bread   Allergens: Wheat   Egg   Soy	114	320		2	0	0	0	620	64	2	2	14	0	0	0	20
Gluten Free Bread   Allergens: Eggs	135	330	90	11	1	0	0	470	57	7	4	5	0	0	10	15
Honey Wheat Bread   Allergens: Wheat	142	340		4	1	0	0	650	64	4	4	13	0	0	6	30

## Addons // Meat

Bacon	18	91	57	6	4	0	38	722	0	0	0	11	0	0	0	0
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## Addons // Veggie

Banana Peppers	28	3	0	0	0	0	0	140	1	1	0	0	0	8	1	0
Giardiniera   Allergens: Soy	23	50		5	1	0	0	340	1	0	0	0	0	0	0	0
Jalapenos	28	3	0	0	0	0	0	140	1	1	0	0	0	8	1	0
Pickle Slice	18	2	0	0	0	0	0	209	0	0	0	0	0	0	1	0

## Addons // Sauce

BBQ Sauce   Allergens: Soy   Wheat	38	80		0	0	0	0	500	19	0	17	0	0	0	0	0
Buffalo Sauce	15	0		0	0	0	0	460	0	0	0	0	4	0	0	0
Dijon Mustard	14	12		0	0	0	0	0	3	0	1	0	0	3	0	0
Hot Honey Sauce   Allergens: Soy   Wheat	36	100		0	0	0	0	270	20	0	16	0	0	0	0	0
Tangy Mustard   Allergens: Gluten	38	54		2	0	0	0	773	8	1	6	2	0	0	2	4

## Kids Meals

Ham & Cheese (French Bread)   Allergens: Wheat   Egg   Soy   Milk	99	235	43	6	3	0	23	685	33	1	2	16	3	0	10	11
Ham & Cheese (Honey Wheat Bread)   Allergens: Wheat   Milk	113	245	43	7	3	0	23	700	33	2	3	15	3	0	13	16
Mighty Mac (Cup)	220	300	140	16	9	1	50	1040	26	1	4	15	0	0	25	6
Mini Pudder (French Bread)   Allergens: Wheat   Peanuts   Egg   Soy	96	320	78	9	4	0	0	493	51	4	8	11	0	0	5	17
Mini Pudder (Honey Wheat Bread)   Allergens: Wheat   Peanuts	97	290	78	10	5	0	0	390	43	3	10	10	0	15	3	12

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Turkey & Cheese (French Bread)   Allergens: Wheat   Egg   Soy   Milk	121	255	43	6	3	0	33	910	34	1	2	19	3	0	11	13
Turkey & Cheese (Honey Wheat Bread)   Allergens: Wheat   Milk	135	265	43	7	3	0	33	925	34	2	3	18	3	0	14	18
<b>Soup &amp; Macs</b>																
Beer Cheese (Cup)   Allergens: Wheat   Soy   Milk	245	210		13	5	0	15	1310	19	0	3	15	0	0	10	0
Beer Cheese (Bowl)   Allergens: Wheat   Soy   Milk	368	315		20	8	0	23	1965	29	0	5	23	0	0	15	0
Broccoli Cheddar (Cup)   Allergens: Soy   Milk	245	200		14	9	0	40	1160	11	1	2	2	0	0	15	6
Broccoli Cheddar (Bowl)   Allergens: Soy   Milk	368	300		21	14	0	60	1740	17	2	3	33	0	0	23	9
Chicken Dumpling (Cup)   Allergens: Wheat   Egg   Soy   Milk	245	170		8	4	0	40	1240	17	1	3	7	0	0	2	6
Chicken Dumpling (Bowl)   Allergens: Wheat   Egg   Soy   Milk	368	255		12	6	0	60	1860	26	2	5	11	34	0	2	6
Chicken Wild Rice (Cup)   Allergens: Wheat   Soy   Milk	245	190		9	4	0	35	990	17	1	3	8	0	0	4	6
Chicken Wild Rice (Bowl)   Allergens: Wheat   Soy   Milk	368	285		14	6	0	53	1485	26	2	5	12	0	0	6	9
Mac & Cheese (Cup)   Allergens: Milk   Wheat   Egg	220	300	140	16	9	1	50	1040	26	1	4	15	0	0	25	6
Mac & Cheese (Bowl)   Allergens: Milk   Wheat   Egg	330	450	210	24	14	1	75	1560	39	2	6	23	0	0	38	9
Southwest Chili (Cup)   Allergens: Soy   Fish	245	250		8	3	0	40	940	25	7	5	17	0	0	8	20
Southwest Chili (Bowl)   Allergens: Soy   Fish	368	375		12	5	0	60	1410	38	11	8	26	0	0	12	30
<b>Sides</b>																
Doritos Nacho Cheese	50	240	120	14	2	0	0	360	28	2	1	3	0	0	2	2
Lays BBQ Chips	43	230	130	14	2	0	0	230	24	2	3	3	0	15	0	4
Lays Original Chips	43	243	137	15	2	0	0	258	23	2	1	3	0	15	0	3
Lays Sour Cream & Onion Chips	43	240	130	15	2	0	0	240	23	2	1	3	0	15	2	4
Miss Vickies Jalapeno Chips	39	210	110	12	2	0	0	180	22	2	2	3	0	15	0	4
Miss Vickies Sea Salt & Vinegar Chips	39	210	110	12	2	0	0	230	23	2	2	2	0	10	0	4
Pickle	177	20	0	0	0	0	0	2090	4	4	1	1	4	2	8	4
<b>Treats</b>																
Chocolate Chunk Cookie   Allergens: Wheat   Egg   Milk	3	320	140	15	8	0	20	190	43	2	26	4	4	0	2	4
Peanut Butter Dessert Bar   Allergens: Peanuts   Soy   Milk	3	570	170	20	5	0	0	310	70	3	40	7	0	0	0	20
Snickerdoodle Cookie   Allergens: Wheat   Egg   Milk	3	310	130	14	8	0	40	240	42	1	21	4	6	0	0	2
White Chocolate Macadamia Cookie   Allergens: Wheat   Tree Nuts   Egg   Soy   Milk	3	330	150	17	9	0	15	210	41	1	28	4	4	4	4	2

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The nutrition information in this document is correct as of the date shown in the bottom of these pages. 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 document may cause the information provided here to be incomplete. You should expect some variation in the nutrition content of the products purchased in our restaurants. All data is rounded to meet current US FDA NLEA guidelines.

All of or non-packaged food products are produced and stored in environments where known allergens are present. 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 sweets. Gluten is present in breads, sweets, dressings and some soups & could come in contact with other non-gluten products. Soy, Egg & Dairy Products are also present in some of our non-packaged foods. Please reach out to support for specific nutrition & allergy inquiries.