

# ERBERT & GERBERT'S NUTRITION INFORMATION

Not all items listed below are available in all locations.  
All information for Sandwiches is based on 'standard build'.

## Sandwiches

	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)
Apollo (French Bread)   Allergens: Wheat   Egg   Soy	357	739	205	22	6	0	73	2503	104	7	19	40	13	15	14	37
Apollo (Gluten Free Bread)   Allergens: Egg   Soy	307	574	240	27	7	0	73	2098	62	6	23	31	13	15	18	55
Apollo (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy	358	679	205	23	8	0	73	2298	88	6	24	38	13	45	9	27
Apollo (Wheat Wrap)   Allergens: Wheat   Egg   Soy	321	639	250	28	8	1	73	2053	74	7	22	34	53	15	220	10
Boney Billy (French Bread)   Allergens: Wheat   Egg   Soy	310	644	231	25	3	0	35	1358	84	6	1	21	10	10	12	46
Boney Billy (Gluten Free Bread)   Allergens: Egg   Soy	264	479	266	29	4	0	35	953	42	5	5	12	10	10	16	64
Boney Billy (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy	316	584	231	25	5	0	35	1153	68	5	6	19	10	40	7	36
Boney Billy (Wheat Wrap)   Allergens: Wheat   Egg   Soy	175	314	141	14	2	0	35	888	27	-1	-3	16	10	10	2	31
Bornk (French Bread)   Allergens: Wheat   Egg   Soy	402	732	234	25	3	0	46	1765	85	6	2	40	9	13	13	36
Bornk (Gluten Free Bread)   Allergens: Egg   Soy	352	567	269	30	4	0	46	1360	43	5	6	31	9	13	17	54
Bornk (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy	403	672	234	26	5	0	46	1560	69	5	7	38	9	43	8	26
Bornk (Wheat Wrap)   Allergens: Wheat   Egg   Soy	366	632	279	31	5	1	46	1315	55	6	5	34	49	13	219	9
Comet Candy (French Bread)   Allergens: Wheat   Egg   Soy   Milk	420	871	330	37	10	0	90	2970	85	6	2	44	15	10	32	41
Comet Candy (Gluten Free Bread)   Allergens: Egg   Soy   Milk	370	706	365	42	10	0	90	2565	43	5	6	35	15	10	36	59
Comet Candy (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	421	811	330	38	11	0	90	2765	69	5	7	42	15	40	27	31
Comet Candy (Wheat Wrap)   Allergens: Wheat   Egg   Soy	384	771	375	43	12	1	90	2520	55	6	5	38	55	10	238	14
Comet Morehouse (French Bread)   Allergens: Wheat   Egg   Soy   Milk	336	783	320	36	9	0	65	1910	84	6	2	33	15	10	32	35
Comet Morehouse (Gluten Free Bread)   Allergens: Egg   Soy   Milk	286	618	355	40	10	0	65	1505	42	5	6	24	15	10	36	53
Comet Morehouse (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	338	723	320	36	11	0	65	1705	68	5	7	31	15	40	27	25
Comet Morehouse (Wheat Wrap)   Allergens: Wheat   Egg   Soy	300	683	365	41	11	1	65	1460	54	6	5	27	55	10	238	8
Erupter (French Bread)   Allergens: Wheat   Egg   Soy   Milk	391	879	369	41	6	0	94	1963	87	6	2	41	13	13	13	37
Erupter (Gluten Free Bread)   Allergens: Egg   Soy   Milk	341	714	404	46	7	0	94	1558	45	5	6	32	13	13	17	55
Erupter (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	392	819	369	42	8	0	94	1758	71	5	7	39	13	43	8	27
Erupter (Wheat Wrap)   Allergens: Wheat   Egg   Soy	355	779	414	47	8	1	94	1513	57	6	5	35	53	13	219	10
Flash (French Bread)   Allergens: Wheat   Egg   Soy   Milk	429	1108	592	65	15	0	98	2574	88	6	3	42	15	13	32	40
Flash (Gluten Free Bread)   Allergens: Egg   Soy   Milk	379	943	627	70	15	0	98	2169	46	5	7	33	15	13	36	58
Flash (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	431	1048	592	66	16	0	98	2369	72	5	8	40	15	43	27	30
Flash (Wheat Wrap)   Allergens: Wheat   Egg   Soy	393	1008	637	71	17	1	98	2124	58	6	6	36	55	13	238	13
Girf (French Bread)   Allergens: Wheat   Egg   Soy   Milk	398	814	326	36	9	0	80	2238	85	6	2	38	15	10	32	48

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Girf (Gluten Free Bread)   Allergens: Egg   Soy   Milk	348	649	361	40	10	0	80	1833	43	5	6	29	15	10	36	66
Girf (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	400	754	326	36	11	0	80	2033	69	5	7	36	15	40	27	38
Girf (Wheat Wrap)   Allergens: Wheat   Egg   Soy	362	714	371	41	11	1	80	1788	55	6	5	32	55	10	238	21
Halleys Comet (French Bread)   Allergens: Wheat   Egg   Soy	308	673	235	26	4	0	45	1430	84	6	1	27	10	10	12	39
Halleys Comet (Gluten Free Bread)   Allergens: Egg   Soy	258	508	270	31	4	0	45	1025	42	5	5	18	10	10	16	57
Halleys Comet (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy	310	613	235	27	5	0	45	1225	68	5	6	25	10	40	7	29
Halleys Comet (Wheat Wrap)   Allergens: Wheat   Egg   Soy	272	573	280	32	6	1	45	980	54	6	4	21	50	10	218	12
Jacob Bluefinger (French Bread)   Allergens: Wheat   Egg   Soy   Milk	323	843	390	44	14	0	60	1543	84	7	1	31	22	12	52	34
Jacob Bluefinger (Gluten Free Bread)   Allergens: Egg   Soy   Milk	273	678	425	48	14	0	60	1138	42	6	5	22	22	12	56	52
Jacob Bluefinger (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	325	783	390	44	15	0	60	1338	68	6	6	29	22	42	47	24
Jacob Bluefinger (Wheat Wrap)   Allergens: Wheat   Egg   Soy	287	743	435	49	16	1	60	1093	54	7	4	25	62	12	258	7
Narmer (French Bread)   Allergens: Wheat   Egg   Soy   Milk	357	774	326	36	9	0	55	1621	85	7	1	29	17	12	32	47
Narmer (Gluten Free Bread)   Allergens: Egg   Soy   Milk	307	609	361	40	9	0	55	1216	43	6	5	20	17	12	36	65
Narmer (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	359	714	326	36	10	0	55	1416	69	6	6	27	17	42	27	37
Narmer (Wheat Wrap)   Allergens: Wheat   Egg   Soy	321	674	371	41	11	1	55	1171	55	7	4	23	57	12	238	20
Pudder (French Bread)   Allergens: Wheat   Peanuts   Egg   Soy	192	640	155	19	8	0	0	985	101	7	15	22	0	0	10	34
Pudder (Gluten Free Bread)   Allergens: Egg   Peanuts	187	570	220	27	9	0	0	605	78	9	19	12	0	0	10	19
Pudder (Honey Wheat Bread)   Allergens: Wheat   Peanuts	194	580	155	19	9	0	0	780	85	6	20	20	0	30	5	24
Pudder (Wheat Wrap)   Allergens: Wheat   Egg   Soy	156	540	200	24	10	1	0	535	71	7	18	16	40	0	216	7
Quatro (French Bread)   Allergens: Wheat   Egg   Soy   Milk	382	933	377	42	12	0	113	2353	100	6	16	45	12	4	32	36
Quatro (Gluten Free Bread)   Allergens: Egg   Soy   Milk	332	768	412	46	13	0	113	1948	58	5	19	36	12	4	36	54
Quatro (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	384	873	377	42	14	0	113	2148	84	5	20	43	12	34	27	26
Quatro (Wheat Wrap)   Allergens: Wheat   Egg   Soy	346	833	422	47	14	1	113	1903	70	6	19	39	52	4	238	9
Spartan (French Bread)   Allergens: Wheat   Egg   Soy   Milk	382	904	382	42	12	0	113	2842	91	7	6	46	16	12	34	37
Spartan (Gluten Free Bread)   Allergens: Egg   Soy   Milk	332	739	417	47	13	0	113	2437	49	6	10	37	16	12	38	55
Spartan (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	384	844	382	43	14	0	113	2637	75	6	11	44	16	42	29	27
Spartan (Wheat Wrap)   Allergens: Wheat   Egg   Soy	346	804	427	48	14	1	113	2392	61	7	9	40	56	12	240	10
Tappy (French Bread)   Allergens: Wheat   Egg   Soy   Milk	345	838	367	40	11	0	53	1774	87	6	2	32	15	13	32	38
Tappy (Gluten Free Bread)   Allergens: Egg   Milk	295	673	402	45	11	0	53	1369	45	5	6	23	15	13	36	56
Tappy (Honey Wheat Bread)   Allergens: Wheat   Milk	347	778	367	41	12	0	53	1569	71	5	7	30	15	43	27	28
Tappy (Wheat Wrap)   Allergens: Wheat   Egg   Soy	309	738	412	46	13	1	53	1324	57	6	5	26	55	13	238	11

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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 (Gluten Free Bread)   Allergens: Egg   Soy   Milk	325	593	336	37	9	0	55	1209	45	6	6	19	15	12	36	66
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 (Wheat Wrap)   Allergens: Wheat   Egg   Soy	339	658	346	38	10	1	55	1164	57	7	6	22	55	12	238	21
Tullius (French Bread)   Allergens: Wheat   Egg   Soy   Milk	406	845	315	36	9	0	90	2080	88	6	2	45	15	13	32	45
Tullius (Gluten Free Bread)   Allergens: Egg   Soy   Milk	356	680	350	40	10	0	90	1675	46	5	6	36	15	13	36	63
Tullius (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	408	785	315	36	11	0	90	1875	72	5	7	43	15	43	27	35
Tullius (Wheat Wrap)   Allergens: Wheat   Egg   Soy	370	745	360	41	11	1	90	1630	58	6	5	39	55	13	238	18

## Sandwiches | Hot

Ham & Cheddar (French Bread)   Allergens: Wheat   Egg   Milk   Soy	338	753	360	40	11	0	75	1655	65	4	3	32	16	40	32	27
Ham & Cheddar (Gluten Free Bread)   Allergens: Wheat   Egg   Milk   Soy	338	733	330	37	11	0	75	1635	69	5	7	31	16	40	27	25
Ham & Cheddar (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk   Soy	338	733	330	37	11	0	75	1635	69	5	7	31	16	40	27	25
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 (Gluten Free Bread)   Allergens: Egg   Soy   Milk	330	675	375	42	11	0	85	1290	50	5	7	26	18	13	38	57
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
Phoenix (French Bread)   Allergens: Wheat   Egg   Soy	364	680	231	25	8	0	63	2306	84	4	19	33	13	45	14	41
Phoenix (Gluten Free Bread)   Allergens: Egg   Soy	313	555	236	26	6	0	63	2086	62	6	22	25	13	15	18	66
Phoenix (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy	364	660	201	22	7	0	63	2286	88	6	23	32	13	45	9	38
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 (Gluten Free Bread)   Allergens: Egg   Soy   Milk	393	843	494	55	17	0	128	2319	47	6	7	36	18	21	47	58
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
Turkey & Cheddar (French Bread)   Allergens: Wheat   Egg   Milk   Soy	344	754	311	34	8	0	65	1538	85	6	1	28	16	10	32	46
Turkey & Cheddar (Gluten Free Bread)   Allergens: Wheat   Egg   Milk   Soy	292	628	365	41	10	0	75	1435	43	5	6	24	16	10	36	53
Turkey & Cheddar (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk   Soy	344	694	311	34	10	0	65	1333	69	5	6	26	16	40	27	36
Vesuvius (French Bread)   Allergens: Wheat   Milk	378	772	201	23	11	0	117	1757	85	3	20	51	10	45	43	30
Vesuvius (Gluten Free Bread)   Allergens: Egg   Milk	327	647	206	24	10	0	117	1537	63	5	23	43	10	15	47	56
Vesuvius (Honey Wheat Bread)   Allergens: Wheat   Milk	378	752	171	20	11	0	117	1737	89	5	24	50	10	45	38	28

## Sandwiches | Kids

Ham & Cheese (French Bread)   Allergens: Wheat   Egg   Soy   Milk	112	285	60	7	3	0	23	865	41	3	1	16	3	0	15	16
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Ham & Cheese (Honey Wheat Bread)   Allergens: Wheat   Milk	113	255	60	7	4	0	23	763	33	2	3	15	3	15	13	11
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
Turkey & Cheese (French Bread)   Allergens: Wheat   Egg   Soy   Milk	115	266	51	5	3	0	18	714	41	3	0	14	3	0	15	22
Turkey & Cheese (Honey Wheat Bread)   Allergens: Wheat   Milk	116	236	51	6	3	0	18	612	33	2	2	13	3	15	13	17

## Sandwiches | Breakfast

Asian Cranberry (Wrap)   Allergens: Wheat   Egg   Milk	176	409	174	20	9	0	169	1241	42	2	16	18	11	31	22	16
Bacon, Egg & Cheese (Croissant)   Allergens: Wheat   Egg   Milk	149	456	249	28	14	0	199	1176	34	1	6	19	18	4	16	14
Buffalo (Wrap)   Allergens: Wheat   Egg   Milk	144	331	169	19	9	0	169	1606	24	1	1	18	14	0	22	14
Egg & Cheese (Croissant)   Allergens: Wheat   Egg   Milk	140	410	220	25	13	0	180	815	34	1	6	13	18	4	16	14
Ham, Egg & Cheese (Croissant)   Allergens: Wheat   Egg   Milk	168	445	233	27	13	0	193	1130	34	1	7	18	18	4	16	15
Sweet Denver (Wrap)   Allergens: Wheat   Egg   Milk	204	409	181	21	9	0	182	1701	37	2	10	23	15	44	22	15

## Breads

Croissant   Allergens: Wheat   Milk	78	260	110	12	7	0	30	340	32	1	5	5	8	4	4	10
Honey Wheat Bread   Allergens: Wheat	142	340	25	3	2	0	0	645	64	4	5	13	0	30	5	20
Wheat Wrap   Allergens: Wheat	104	300	70	8	2	1	0	400	50	5	3	9	40	0	216	3

## AddOns

Bacon	18	91	57	6	4	0	38	722	0	0	0	11	0	0	0	0
Banana Peppers	28	3	0	0	0	0	0	140	1	1	0	0	0	8	1	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

## Salads

Apollo Salad Bowl   Allergens: Soy	192	375	87	10	5	0	51	917	7	2	4	19	5	9	2	4
Boney Billy Salad Bowl   Allergens: Soy	162	44	3	0	0	0	8	177	6	1	3	4	3	7	2	10
Bornk Salad Bowl   Allergens: Soy	234	190	105	12	2	0	23	467	8	2	4	13	4	9	3	5
Comet Candy Salad Bowl   Allergens: Soy   Milk	229	176	61	8	4	0	48	910	8	1	4	21	5	7	12	8
Comet Morehouse Salad Bowl   Allergens: Soy   Milk	187	131	54	6	3	0	29	610	7	1	4	12	5	7	12	4

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Erupter Salad Bowl   Allergens: Soy   Milk	156	124	18	2	1	0	25	2800	8	2	4	11	35	7	17	5
Flash Salad Bowl   Allergens: Soy   Milk	200	168	81	9	4	0	37	776	7	1	4	15	5	7	12	5
Girf Salad Bowl   Allergens: Soy   Milk	218	146	57	6	3	0	36	774	7	1	4	15	5	7	12	11
Halleys Comet Salad Bowl   Allergens: Soy	159	58	5	1	0	0	13	213	6	1	3	7	3	7	2	6
Jacob Bluefinger Salad Bowl   Allergens: Soy   Milk	167	143	83	10	5	0	20	269	7	2	3	9	9	8	22	3
Narmer Salad Bowl   Allergens: Soy   Milk	183	109	51	6	3	0	18	308	7	2	3	8	6	8	12	10
Quatro Salad Bowl   Allergens: Soy   Milk	191	400	102	11	7	0	66	995	7	1	4	22	6	7	12	3
Spartan Salad Bowl   Allergens: Soy   Milk	191	400	102	11	7	0	66	995	7	1	4	22	6	7	12	3
Tappy Salad Bowl   Allergens: Soy   Milk	158	116	62	7	4	0	18	304	6	1	3	7	5	7	12	4
Titan Salad Bowl   Allergens: Soy   Milk	185	145	60	6	4	0	46	905	9	2	4	15	3	9	2	12
Tullius Salad Bowl   Allergens: Soy   Milk	201	138	45	6	3	0	35	538	7	1	3	16	5	7	12	8

## Dressings

Blue Cheese Dressing	21	90	98	11	2	0	7	175	1	0	0	0	0	0	1	0
Buffalo Ranch Dressing	28	53	45	5	1	0	5	415	2	0	1	0	3	0	0	0
Cranberry Wasabi Dressing	28	70	5	1	0	0	0	85	15	0	14	0	0	2	0	2
Oil & Vinegar Dressing	28	163	163	19	2	0	0	0	0	0	0	0	0	0	0	0
Peppadew Ranch Dressing	28	70	50	5	1	0	5	400	5	1	3	1	0	1	1	1
Ranch Dressing	28	100	90	9	2	0	10	230	3	0	1	0	0	0	0	0
Sriracha Ranch Dressing	28	76	60	6	1	0	7	488	2	0	3	0	0	0	0	0

## Soups All Locations

Cheddar Cheese & Broccoli (V) (GF) (12oz Bowl)   Allergens: Soy   Milk	341	443	273	30	21	0	102	1668	24	3	11	14	51	51	35	8
Cheddar Cheese & Broccoli (V) (GF) (8oz Cup)   Allergens: Soy   Milk	227	70	30	4	2	0	5	1240	13	1	2	2	6	20	4	0
Loaded Baked Potato (12oz Bowl)   Allergens: Wheat   Soy   Milk	341	360	150	18	8	0	53	1095	30	0	9	20	30	23	12	23
Loaded Baked Potato (8oz Cup)   Allergens: Wheat   Soy   Milk	227	130	70	7	4	0	25	920	17	0	2	4	8	20	8	4
Minnesota Chicken Wild Rice (12oz Bowl)   Allergens: Wheat   Milk	341	408	239	27	15	0	68	1430	35	3	3	14	14	21	27	8
Minnesota Chicken Wild Rice (8oz Cup)   Allergens: Wheat   Milk	227	190	110	13	7	0	45	1140	14	1	3	6	20	2	6	4
Old-Fashioned Chicken Noodle (12oz Bowl)   Allergens: Wheat   Egg	341	285	165	20	11	0	68	1710	21	0	5	9	30	3	9	6
Old-Fashioned Chicken Noodle (8oz Cup)   Allergens: Wheat   Egg	227	160	80	9	3	0	35	1970	14	0	5	5	50	4	4	4
Tomato Basil Parmesan (V) (GF) (8oz Cup)   Allergens: Soy   Milk	227	120	35	4	3	0	15	970	20	1	14	2	25	30	6	6

# ERBERT & GERBERT'S NUTRITION INFORMATION

Not all items listed below are available in all locations.  
All information for Sandwiches is based on 'standard build'.

	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)
Tomato Basil Parmesan (V) (GF) (8oz Cup)   Allergens: Soy   Milk	227	120	35	4	3	0	15	970	20	1	14	2	25	30	6	6
Wisconsin Beer Cheese (12oz Bowl)   Allergens: Wheat   Soy   Milk	341	180	53	6	4	0	23	1455	30	2	21	3	38	45	9	9
Wisconsin Beer Cheese (8oz Cup)   Allergens: Wheat   Soy   Milk	227	140	80	9	3	2	10	1190	15	0	2	2	20	0	4	2

## Macs

Mac & Cheese (12oz Bowl)   Allergens: Milk   Wheat   Egg	330	450	210	24	14	1	75	1560	39	2	6	23	0	0	38	9
Mac & Cheese (8oz Cup)   Allergens: Milk   Wheat   Egg	220	300	140	16	9	1	50	1040	26	1	4	15	0	0	25	6
Mac & Cheese Sriracha (12oz Bowl)   Allergens: Milk   Wheat   Egg	360	480	210	24	14	1	75	2565	51	2	12	23	0	0	38	9
Mac & Cheese Sriracha (8oz Cup)   Allergens: Milk   Wheat   Egg	250	330	140	16	9	1	50	2045	38	1	10	15	0	0	25	6

## Sides

E&G BBQ Chips	43	220	120	13	1	0	0	330	25	1	4	3	0	10	2	6
E&G Original Baked Chips	43	130	20	3	0	0	0	250	25	2	1	2	0	0	4	2
E&G Original Chips	43	230	130	15	2	0	0	270	24	2	0	3	0	15	0	6
E&G Sea Salt & Vinegar Chips	43	190	90	10	1	0	0	400	23	2	2	2	0	15	0	4
E&G Sour Cream & Onion Chips	43	220	120	13	2	0	0	300	24	1	2	3	0	10	2	4
E&G Spicy Jalapeno Chips	43	200	90	10	1	0	0	230	24	2	1	3	2	15	2	4
Pickle	177	20	0	0	0	0	0	2090	4	4	1	1	4	2	8	4

## Sweets

Chocolate Chunk Cookie   Allergens: Wheat   Egg   Milk	3	320	140	15	8	0	20	190	43	2	26	4	4	0	2	4
Marshmallow Crispy Bar   Allergens: Milk	4	430	90	9	6	0	25	430	85	0	44	3	0	0	0	30
Peanut Butter Crispy 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

## Drinks

Barqs (21oz)	21	280														
Cherry Coke (21oz)	21	262														
Coke (21oz)	21	254														
Coke Zero (21oz)	21	0														

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	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)
Diet Coke (21oz)	21	0														
Diet Coke Caffeine Free (21oz)	21	0														
Diet Sprite (21oz)	21	0														
Fanta Orange (21oz)	21	280														
Hi-C Fruit Punch (21oz)	21	281														
Mello Yellow (21oz)	21	297														
Milk (8oz)		110	20	3	2	0	10	135	13	0	12	8	10	4	30	0
Pibb (21oz)	21	245														
Powerade (21oz)	21	140														
Sprite (21oz)	21	245														

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 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, which is available upon request, if you have any additional concerns.

For our gluten-friendly sandwich and soup options, we have taken precautions to avoid cross-contamination but we cannot guarantee or totally eliminate the possibility of accidental gluten contact. Those with gluten sensitivities should consider this information when ordering any gluten-friendly items and please alert our staff if you have a gluten allergy.