

# 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
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
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
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 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
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
Flash (French Bread)   Allergens: Wheat   Egg   Soy   Milk	429	1108	592	65	14	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
Girf (French Bread)   Allergens: Wheat   Egg   Soy   Milk	398	814	326	36	9	0	80	2238	85	6	2	38	15	10	32	48
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
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
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

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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
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
Neptune (French Bread)   Allergens: Shellfish   Wheat   Egg   Soy	375	747	257	28	3	0	279	1927	94	8	5	29	12	4	35	34
Neptune (Gluten Free Bread)   Allergens: Shellfish   Egg   Soy	322	586	292	32	4	0	279	1519	53	5	9	21	12	5	40	53
Neptune (Honey Wheat Bread)   Allergens: Shellfish   Wheat   Egg   Soy	375	687	257	28	5	0	279	1722	78	7	10	27	12	34	30	24
Pompeii (French Bread)   Allergens: Wheat   Egg   Soy	396	823	262	29	7	0	118	1956	90	6	5	53	10	19	12	37
Pompeii (Gluten Free Bread)   Allergens: Egg   Soy	346	658	297	33	7	0	118	1551	48	5	9	44	10	19	16	55
Pompeii (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy	397	763	262	29	9	0	118	1751	74	5	10	51	10	49	7	27
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	142	475	190	23	8	0	0	580	59	6	19	13	0	0	14	52
Pudder (Honey Wheat Bread)   Allergens: Wheat   Peanuts	194	580	155	19	9	0	0	780	85	6	20	20	0	30	5	24
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
Shortcake (French Bread)   Allergens: Wheat   Egg   Soy   Milk	392	853	345	39	10	0	90	2540	85	6	3	43	15	10	32	37
Shortcake (Gluten Free Bread)   Allergens: Egg   Soy   Milk	342	688	380	43	11	0	90	2135	43	5	7	34	15	10	36	55
Shortcake (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	394	793	345	39	12	0	90	2335	69	5	8	41	15	40	27	27
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
Tappy (French Bread)   Allergens: Wheat   Egg   Soy   Milk	345	838	367	40	10	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
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
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

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Roast Beef Wrap   Allergens: Wheat   Milk	326	546	200	23	8	1	55	1254	58	9	4	30	56	18	239	14
Turkey Wrap   Allergens: Wheat   Milk	347	538	211	23	8	1	35	1125	58	9	5	25	57	12	238	22

## Sandwiches | Hot

Orion (French)   Allergens: Wheat   Egg   Soy   Milk	382	800	370	41	12	0	85	1510	72	4	4	34	18	43	34	31
Orion (Gluten Free)   Allergens: Egg   Soy   Milk	330	675	375	42	11	0	85	1290	50	5	7	26	18	13	38	57
Orion (Honey Wheat)   Allergens: Wheat   Egg   Soy   Milk	382	780	340	38	12	0	85	1490	76	5	8	33	18	43	29	29
Phoenix (French)   Allergens: Wheat   Egg   Soy	364	680	231	25	8	0	63	2306	84	4	19	33	13	45	14	41
Phoenix (Gluten Free)   Allergens: Egg   Soy	313	555	236	26	6	0	63	2086	62	6	22	25	13	15	18	66
Phoenix (Honey Wheat)   Allergens: Wheat   Egg   Soy	364	660	201	22	7	0	63	2286	88	6	23	32	13	45	9	38
Saturn (French)   Allergens: Wheat   Egg   Soy   Milk	445	968	489	54	18	0	128	2539	69	4	4	44	18	51	43	32
Saturn (Gluten Free)   Allergens: Egg   Soy   Milk	393	843	494	55	17	0	128	2319	47	6	7	36	18	21	47	58
Saturn (Honey Wheat)   Allergens: Wheat   Egg   Soy   Milk	445	948	459	51	18	0	128	2519	73	6	8	43	18	51	38	30
Vesuvius (French)   Allergens: Wheat   Milk	378	772	201	23	11	0	117	1757	85	3	20	51	10	45	43	30
Vesuvius (Gluten Free)   Allergens: Egg   Milk	327	647	206	24	10	0	117	1537	63	5	23	43	10	15	47	56
Vesuvius (Honey Wheat)   Allergens: Wheat   Milk	378	752	171	20	11	0	117	1737	89	5	24	50	10	45	38	28

## Sandwiches | Kids

Ham & Cheese (French)   Allergens: Wheat   Egg   Soy   Milk	112	285	60	7	3	0	23	865	41	3	1	16	3	0	15	16
Ham & Cheese (Honey Wheat)   Allergens: Wheat   Milk	113	255	60	7	4	0	23	763	33	2	3	15	3	15	13	11
Mini Pudder (French)   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)   Allergens: Wheat   Peanuts	97	290	78	10	5	0	0	390	43	3	10	10	0	15	3	12
Turkey & Cheese (French)   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)   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

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Sweet Denver (Wrap)   Allergens: Wheat   Egg   Milk	204	409	181	21	9	0	182	1701	37	2	10	23	15	44	22	15
<b>Breads</b>																
Croissant   Allergens: Wheat   Milk	78	260	110	12	7	0	30	340	32	1	5	5	8	4	4	10
French Bread   Allergens: Wheat   Egg   Soy	140	400	25	3	0	0	0	850	80	5	0	15	0	0	10	30
Gluten Free Bread	90	235	60	7	1	0	0	445	38	4	4	6	0	0	14	48
Honey Wheat Bread   Allergens: Wheat	142	340	25	3	2	0	0	645	64	4	5	13	0	30	5	20
Wrap   Allergens: Wheat	45	130	30	3	2	0	0	320	22	1	0	4	0	0	10	10
<b>AddOns</b>																
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
<b>Soups All Locations</b>																
Beer Cheese (12oz Bowl)   Allergens: Wheat   Soy   Milk	340	306	170	20	7	0	34	1632	20	0	3	10	51	0	27	0
Beer Cheese (8oz Cup)   Allergens: Wheat   Soy   Milk	227	204	114	14	5	0	23	1090	14	0	2	7	34	0	18	0
Broccoli Cheddar (V) (12oz Bowl)   Allergens: Wheat   Milk	340	446	274	31	21	0	103	1681	24	3	10	14	51	51	34	6
Broccoli Cheddar (V) (8oz Cup)   Allergens: Wheat   Milk	227	295	182	20	14	0	68	1112	16	2	7	9	34	34	23	5
Chicken Dumpling (12oz Bowl)   Allergens: Wheat   Egg   Milk   Soy	340	238	102	10	5	0	68	1870	24	0	3	10	34	0	7	7
Chicken Dumpling (8oz Cup)   Allergens: Wheat   Egg   Milk   Soy	227	159	68	7	3	0	45	1249	16	0	2	7	23	0	5	5
Chicken Enchilada (12oz Bowl)   Allergens: Wheat   Soy   Milk	340	309	154	17	5	0	51	1098	17	3	3	21	14	0	14	7
Chicken Enchilada (8oz Cup)   Allergens: Wheat   Soy   Milk	227	204	102	11	3	0	34	726	11	2	2	14	9	0	9	5
Chicken Noodle (12oz Bowl)   Allergens: Wheat   Egg   Milk   Soy	340	170	68	7	3	0	34	1224	17	0	3	10	68	0	7	7
Chicken Noodle (8oz Cup)   Allergens: Wheat   Egg   Milk   Soy	227	114	45	5	2	0	23	817	11	0	2	7	45	0	5	5
Chicken Wild Rice (GF) (12oz Bowl)   Allergens: Soy   Milk	340	309	206	24	12	0	86	1372	21	0	3	7	34	0	7	0
Chicken Wild Rice (GF) (8oz Cup)   Allergens: Soy   Milk	227	204	136	16	8	0	57	908	14	0	2	5	23	0	5	0
Hearty Beef Chili (12oz Bowl)   Allergens: Soy	340	360	150	18	8	0	53	1095	30	8	9	20	30	23	12	23
Hearty Beef Chili (8oz Cup)   Allergens: Soy	227	240	100	12	5	0	35	730	20	5	6	13	20	15	8	15
Loaded Baked Potato (GF) (12oz Bowl)   Allergens: Milk	340	412	240	27	15	0	69	1441	34	3	3	14	14	21	27	7

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Loaded Baked Potato (GF) (8oz Cup)   Allergens: Milk	227	272	159	18	10	0	45	953	23	2	2	9	9	14	18	5
Minnesota Wild Rice & Chicken (12oz Bowl)   Allergens: Wheat   Milk	341	285	165	20	11	0	68	1710	21	2	5	9	30	3	9	6
Minnesota Wild Rice & Chicken (8oz Cup)   Allergens: Wheat   Milk	227	190	110	13	7	0	45	1140	14	1	3	6	20	2	6	4
Tomato Basil Parmesan (V) (GF) (12oz Bowl)   Allergens: Soy   Milk	340	206	69	9	8	0	17	960	27	3	17	7	51	34	14	6
Tomato Basil Parmesan (V) (GF) (8oz Cup)   Allergens: Soy   Milk	227	136	45	6	3	0	11	636	18	2	11	5	34	23	9	5

## Sides

Cheetos	57	310	180	21	4	0	0	500	26	1	2	3	0	0	2	6
Doritos Nacho Cheese	50	240	120	14	2	0	0	360	28	2	1	3	0	0	2	2
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 & Vinager 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
Lays BBQ Chips	43	230	130	14	2	0	0	230	24	2	3	3	0	15	0	4
Lays Original Baked Chips	32	130	20	2	0	0	0	150	26	2	2	2	0	4	0	2
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 & Vinager 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

## 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

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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)
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## Drinks

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