

# 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	352	774	292	34	8	0	83	2365	88	4	21	39	14	16	4	28
Apollo (Honey Wheat Bread)   Allergens: Wheat   Soy	380	794	292	36	8	0	83	2395	88	6	23	38	14	16	10	38
Apollo (Gluten Free Bread)   Allergens: Wheat   Egg   Soy	373	784	382	43	9	0	83	2215	81	9	23	30	14	16	14	23
Apollo (Wheat Wrap)   Allergens: Wheat   Soy	342	758	363	40	10	0	83	2158	73	7	22	34	14	16	21	23
Beacon (French Bread)   Allergens: Wheat   Soy   Milk	365	851	257	31	15	0	158	3232	86	2	19	69	8	4	22	34
Beacon (Gluten Free Bread)   Allergens: Egg   Soy   Milk	386	861	347	40	16	0	158	3082	79	7	21	60	8	4	32	29
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 (Wheat Wrap)   Allergens: Wheat   Soy   Milk	355	835	328	37	17	0	158	3026	71	5	20	65	8	4	39	29
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
Boney Billy (Wheat Wrap)   Allergens: Wheat   Egg	339	628	289	32	5	0	75	1766	54	6	7	30	10	10	21	26
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
Bornk (Wheat Wrap)   Allergens: Wheat   Egg   Soy	394	640	280	31	5	0	46	1332	55	6	6	34	12	14	21	22
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
Comet Candy (Wheat Wrap)   Allergens: Wheat   Egg   Soy   Milk	370	749	366	41	11	0	90	1744	57	6	6	38	15	13	39	26
Comet Morehouse (French Bread)   Allergens: Wheat   Egg   Soy   Milk	366	753	300	35	9	0	90	2050	69	3	5	42	15	10	22	27
Comet Morehouse (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk	394	773	300	37	10	0	90	2080	69	5	7	41	15	10	28	37
Comet Morehouse (Gluten Free Bread)   Allergens: Egg   Milk	387	763	390	44	10	0	90	1900	62	8	7	33	15	10	32	22
Comet Morehouse (Wheat Wrap)   Allergens: Wheat   Egg   Milk	356	737	371	41	11	0	90	1844	54	6	6	37	15	10	39	22
Erupter (French Bread)   Allergens: Wheat   Egg   Soy   Milk	294	758	390	46	6	0	33	1068	71	3	4	19	10	13	2	26
Erupter (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	322	778	390	47	6	0	33	1098	71	5	6	18	10	13	8	36
Erupter (Gluten Free Bread)   Allergens: Egg   Soy   Milk	315	768	480	55	7	0	33	918	64	8	6	10	10	13	12	21
Erupter (Wheat Wrap)   Allergens: Wheat   Egg   Soy   Milk	284	741	461	52	8	0	33	862	56	6	5	14	10	13	19	21
Flash (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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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
Flash (Wheat Wrap)   Allergens: Wheat   Egg   Milk	395	1006	629	70	16	0	98	2008	58	7	6	37	17	14	41	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
Girf (Wheat Wrap)   Allergens: Wheat   Egg   Milk	362	732	365	40	11	0	93	1930	54	6	7	37	15	10	40	24
Jacob Bluefinger (Gluten Free Bread)   Allergens: Egg   Milk	318	773	455	52	15	0	60	1163	61	9	5	21	22	12	52	19
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 (Wheat Wrap)   Allergens: Wheat   Egg   Milk	287	747	436	49	16	0	60	1106	53	7	4	25	22	12	59	19
Narmer (Gluten Free Bread)   Allergens: Egg   Milk	352	729	394	45	10	0	68	1499	62	9	6	24	17	12	33	23
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 (Wheat Wrap)   Allergens: Wheat   Egg   Milk	321	702	375	42	11	0	68	1442	54	7	6	28	17	12	40	23
Neuron (Gluten Free Bread)   Allergens: Wheat   Egg   Soy   Milk	366	680	270	26	9	0	70	2090	90	8	23	32	2	4	25	26
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 (Wheat Wrap)   Allergens: Wheat   Soy   Milk	335	654	251	23	10	1	70	2034	82	5	22	36	2	4	32	26
Northern Cheesesteak (French Bread)   Allergens: Wheat   Egg   Milk   Soy	395	780	310	37	15	0	85	2160	75	2	7	37	6	6	29	32
Northern Cheesesteak (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk	423	800	310	39	16	0	85	2190	75	4	9	36	6	6	35	42
Northern Cheesesteak (Gluten Free Bread)   Allergens: Egg   Milk	416	790	400	46	16	0	85	2010	68	7	9	28	6	6	39	27
Northern Cheesesteak (Wheat Wrap)   Allergens: Wheat   Egg   Milk	385	764	381	43	17	0	85	1954	59	5	8	32	6	6	46	27
Quatro (Gluten Free Bread)   Allergens: Egg   Milk	377	863	442	50	13	0	113	1973	77	8	20	35	12	4	32	21
Quatro (French Bread)   Allergens: Wheat   Egg   Soy   Milk	356	853	352	41	12	0	113	2123	84	3	18	44	12	4	22	26
Quatro (Honey Wheat Bread)   Allergens: Wheat   Egg   Milk	384	873	352	43	13	0	113	2153	84	5	20	43	12	4	28	36
Quatro (Wheat Wrap)   Allergens: Wheat   Egg   Milk	346	837	423	47	15	0	113	1917	68	6	19	39	12	4	39	21
Spartan (Gluten Free Bread)   Allergens: Egg   Soy   Milk	377	834	447	51	13	0	113	2462	68	9	10	36	16	12	34	22
Spartan (French Bread)   Allergens: Wheat   Egg   Soy   Milk	356	824	357	42	12	0	113	2612	75	4	8	45	16	12	24	27
Spartan (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	384	844	357	43	13	0	113	2642	75	6	10	44	16	12	30	37
Spartan (Wheat Wrap)   Allergens: Wheat   Egg   Soy   Milk	346	808	428	48	15	0	113	2406	60	7	9	41	16	12	41	22

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Tappy (Gluten Free Bread)   Allergens: Egg   Milk	340	768	432	49	12	0	53	1394	64	8	6	22	15	13	32	23
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 (Wheat Wrap)   Allergens: Wheat   Egg   Milk	309	741	413	46	13	0	53	1338	56	6	5	26	15	13	39	23
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 (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 (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	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
Tullius (Wheat Wrap)   Allergens: Wheat   Egg   Soy   Milk	314	689	351	40	11	0	65	1244	56	6	5	28	15	13	39	24

## Sandwiches | Hot

Ham & Cheddar (Gluten Free Bread)   Allergens: Wheat   Egg   Soy   Milk	338	733	330	37	11	0	75	1635	69	5	7	31	16	40	27	25
Ham & Cheddar (French Bread)   Allergens: Wheat   Egg   Soy   Milk	338	753	360	40	11	0	75	1655	65	4	3	32	16	40	32	27
Ham & Cheddar (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	338	733	330	37	11	0	75	1635	69	5	7	31	16	40	27	25
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 (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
Phoenix (Gluten Free Bread)   Allergens: Egg   Soy	313	555	236	26	6	0	63	2086	62	6	22	25	13	15	18	66
Phoenix (French Bread)   Allergens: Wheat   Egg   Soy	364	680	231	25	8	0	63	2306	84	4	19	33	13	45	14	41
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 (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
Saturn (French Bread)   Allergens: Wheat   Egg   Soy   Milk	445	968	489	54	18	0	128	2539	69	4	4	44	18	51	43	32
Turkey & Cheddar (French Bread)   Allergens: Wheat   Egg   Soy   Milk	344	754	311	34	8	0	65	1538	85	6	1	28	16	10	32	46
Turkey & Cheddar (Honey Wheat Bread)   Allergens: Wheat   Egg   Soy   Milk	344	694	311	34	10	0	65	1333	69	5	6	26	16	40	27	36
Turkey & Cheddar (Gluten Free Bread)   Allergens: Egg   Soy   Milk	292	628	365	41	10	0	75	1435	43	5	6	24	16	10	36	53
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

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Vesuvius (Gluten Free Bread)   Allergens: Egg   Milk	327	647	206	24	10	0	117	1537	63	5	23	43	10	15	47	56
<b>Sandwiches   Kids</b>																
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
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>Sandwiches   Breakfast</b>																
Asian Cranberry Wrap (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 (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	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
Wheat Wrap   Allergens: Wheat	104	304	71	8	2	0	0	414	49	5	3	9	39	0	0	0
<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>Salads</b>																
Apollo Salad Bowl   Allergens: Soy	192	375	87	10	5	0	51	917	7	2	4	19	5	9	2	4

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Boney Billy Salad Bowl   Allergens: Soy	193	84	9	1	0	0	28	599	7	1	5	11	3	7	3	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	201	138	48	6	3	0	35	588	7	1	4	15	5	7	12	7
Comet Morehouse Salad Bowl   Allergens: Soy   Milk	201	138	50	6	3	0	35	638	7	1	4	15	5	7	12	4
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	186	146	70	8	4	0	31	534	7	1	4	12	5	7	12	5
Girf Salad Bowl   Allergens: Soy   Milk	204	136	47	5	3	0	36	681	7	1	4	15	5	7	13	6
Halleys Comet Salad Bowl   Allergens: Soy	159	58	5	1	0	0	13	213	6	1	3	7	3	7	2	5
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	121	52	6	3	0	24	437	7	2	4	10	6	8	13	5
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	157	62	7	4	0	52	1034	9	2	5	18	3	9	3	7
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   Allergens: Milk   Eggs   Soy	21	90	98	11	2	0	7	175	1	0	0	0	0	0	1	0
Buffalo Ranch Dressing   Allergens: Milk   Eggs	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
Fat Free French Dressing	43	40		0	0	0	0	270	10	0	8	0	0	0	0	0
Oil & Vinegar Dressing	28	163	163	19	2	0	0	0	0	0	0	0	0	0	0	0
Peppadew Ranch Dressing   Allergens: Milk   Eggs	28	70	50	5	1	0	5	400	5	1	3	1	0	1	1	1
Ranch Dressing   Allergens: Milk   Eggs	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) (8oz)   Allergens: Wheat   Milk	227	280		20	13	1	65	1110	16	1	7	10				
Cheddar Cheese Broccoli (V) (12oz)   Allergens: Wheat   Milk	340	420		30	19	1	98	1665	24	2	11	15				
Cheesy Chicken Enchilada (8oz Cup)   Allergens: Milk   Wheat   Soy	227	230		13	4	0	40	800	16	3	2	13				
Cheesy Chicken Enchilada (12oz Bowl)   Allergens: Milk   Wheat   Soy	340	345		20	6	0	60	1200	24	5	3	20				

# ERBERT & GERBERT'S NUTRITION INFORMATION

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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)
Chicken Dumpling (8oz)   Allergens: Wheat   Soy   Milk	227	160		7	3	0	30	960	18	1	2	7				
Chicken Dumpling (12oz)   Allergens: Wheat   Soy   Milk	340	240		11	5	0	45	1440	27	2	3	11				
Chicken Wild Rice (GF) (8oz)   Allergens: Soy   Milk	227	200		14	9	0	55	1060	13	1	3	6				
Chicken Wild Rice (GF) (12oz)   Allergens: Soy   Milk	340	300		21	14	1	83	1590	20	2	5	9				
Hearty Beef Chili (GF) (8oz Cup)   Allergens: Milk   Soy	227	210		9	4	0	45	770	18	5	5	15				
Hearty Beef Chili (GF) (12oz Bowl)   Allergens: Milk   Soy	340	315		14	6	0	68	1155	27	8	8	23				
Loaded Baked Potato (8oz Cup)   Allergens: Wheat   Soy   Milk	227	120	60	6	4	0	20	1010	18	1	2	4	8	8	6	4
Loaded Baked Potato (12oz Bowl)   Allergens: Wheat   Soy   Milk	341	180	225	9	5	0	30	1515	27	2	3	6	12	12	17	41
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
Old-Fashioned Chicken Noodle (12oz Bowl)   Allergens: Wheat   Egg	563	1031	386	42	7	0	419	2583	117	0	15	41	18	51	45	36
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
Tomato Basil Parmesan (V) (GF) (12oz Bowl)   Allergens: Soy   Milk	341	204	68	8	5	0	17	954	27	3	17	8	51	35	14	8
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
Wisconsin Beer Cheese (12oz Bowl)   Allergens: Wheat   Soy   Milk	341	210	120	14	4	2	15	1785	23	0	3	3	30	0	6	3
<b>Macs</b>																
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 (12oz Bowl)   Allergens: Milk   Wheat   Egg	330	450	210	24	14	1	75	1560	39	2	6	23	0	0	38	9
Mac & Cheese with BBQ Brisket (8oz Cup)   Allergens: Milk   Wheat   Egg	260	379	213	19	9	0	93	1725	23	1	9	35	1	4	13	12
Mac & Cheese with BBQ Brisket (12oz Bowl)   Allergens: Milk   Wheat   Egg	370	529	333	27	14	1	118	2245	36	1	11	42	1	4	25	15
Mighty Mac (8oz Cup)	220	300	140	16	9	1	50	1040	26	1	4	15	0	0	25	6
<b>Sides</b>																
E&G BBQ Chips	43	230		14	2	0	0	330	24	2	4	2	0	0	0	2
E&G Original Chips	43	230		15	2	0	0	240	23	2	2	2	0	0	0	2
E&G Sea Salt & Vinegar Chips   Allergens: Milk	43	200		12	1	0	0	260	23	2	3	2	0	0	0	2
E&G Sour Cream & Onion Chips   Allergens: Milk	43	230		14	2	0	0	240	24	2	2	2	0	0	0	0
Miss Vickies Jalapeno Chips	39	210	110	12	2	0	0	180	22	2	2	3	0	15	0	4
Pickle	177	20	0	0	0	0	0	2090	4	4	1	1	4	2	8	4

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## Treats

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 Bottle)	21	280														
Cherry Coke (21oz Bottle)	21	262														
Coke (21oz Bottle)	21	254														
Coke Zero (21oz Bottle)	21	0														
Diet Coke (21oz Bottle)	21	0														
Diet Coke Caffeine Free (21oz Bottle)	21	0														
Diet Sprite (21oz Bottle)	21	0														
Fanta Orange (21oz Bottle)	21	280														
Hi-C Fruit Punch (21oz Bottle)	21	281														
Mello Yellow (21oz Bottle)	21	297														
Milk (8oz Bottle)		110	20	3	2	0	10	135	13	0	12	8	10	4	30	0
Pibb (21oz Bottle)	21	245														
Powerade (21oz Bottle)	21	140														
Sprite (21oz Bottle)	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.