



Allergen & Nutritional Information



Erik's DeliCafé Allergen Information

Our menu contains the following major allergens: EGG, FISH, SHELLFISH, MILK, WHEAT, PEANUTS, SOY, TREE NUTS, and SESAME.

Y = contains allergen

N = does not contain allergen*

Allergen Information: Because our suppliers are not required to disclose all ingredient information, we cannot confirm every ingredient. If you or a member of your party has a food allergy, please notify a team member before ordering.

*Our kitchen handles all major allergens. Cross-contact is possible, and we cannot guarantee any item is allergen-free. Guests with severe allergies should speak with a team member before ordering.

SWC - WHOLE	Gluten Free?	Egg	Fish	Shellfish	Milk	Wheat	Peanuts	Tree Nuts	Sesame	Soy
Abbott's Habit	N	Y	N	N	Y	Y	N	N	N	Y
California Crunch	N	Y	N	N	Y	Y	N	N	N	Y
Chicken Durango	N	Y	N	N	Y	Y	N	N	N	N
Chicken Pesto	N	N	N	N	Y	Y	N	N	N	N
Ciao Down	N	N	N	N	Y	Y	N	N	N	N
Del Monte Special	N	Y	N	N	Y	Y	N	N	N	Y
Dub Club	N	Y	N	N	Y	Y	N	N	N	Y
Erik's Reuben	N	Y	N	N	Y	Y	N	N	N	N
Farmer's Market	N	Y	N	N	N	Y	N	N	N	N
Gaucha Grinder	N	Y	N	N	Y	Y	N	N	N	Y
Italian Job	N	Y	N	N	Y	Y	N	N	N	Y
Natural High	N	Y	N	N	Y	Y	N	N	Y	Y
Ocean Avenue	N	Y	Y	N	N	Y	N	N	N	N
Pilgrim's Progress	N	Y	N	N	N	Y	N	N	N	Y
Pot Belly	N	Y	N	N	Y	Y	N	N	N	Y
Raging Bull	N	Y	N	N	Y	Y	N	N	N	Y
R.E.O. Speedwagon	N	Y	N	N	Y	Y	N	N	N	Y
Rio Grande Club	N	Y	N	N	Y	Y	N	N	N	Y
Turkey with Pesto	N	Y	N	N	Y	Y	N	N	N	Y

BUILD YOUR OWN SANDWICH - WHOLE (Includes Secret Goo)	Gluten Free?	Egg	Fish	Shellfish	Milk	Wheat	Peanuts	Tree Nuts	Sesame	Soy
Avocado Whole	N	Y	N	N	N	Y	N	N	N	Y
Cheddar Whole	N	Y	N	N	Y	Y	N	N	N	Y
Chicken Breast Whole	N	Y	N	N	N	Y	N	N	N	Y
Ham Whole	N	Y	N	N	N	Y	N	N	N	Y
Monterey Jack Whole	N	Y	N	N	Y	Y	N	N	N	Y
Pastrami Whole	N	Y	N	N	N	Y	N	N	N	Y
Pepper Jack Whole	N	Y	N	N	Y	Y	N	N	N	Y
Roast Beef Whole	N	Y	N	N	N	Y	N	N	N	Y
Salami Whole	N	Y	N	N	N	Y	N	N	N	Y
Swiss Whole	N	Y	N	N	Y	Y	N	N	N	Y
Tuna Salad Whole	N	Y	Y	N	N	Y	N	N	N	Y
Turkey Breast Whole	N	Y	N	N	N	Y	N	N	N	Y

WRAPS	Gluten Free?	Egg	Fish	Shellfish	Milk	Wheat	Peanuts	Tree Nuts	Sesame	Soy
Chicken Wrangler Wrap	N	Y	N	N	Y	Y	N	N	Y	Y
Cleopatra Wrap	N	Y	Y	N	Y	Y	N	N	N	Y
Farmer's Medley Wrap	N	Y	N	N	N	Y	N	N	N	N
Hail Caesar Wrap	N	Y	Y	N	Y	Y	N	N	N	Y

GROOVY GREENS	Gluten Free?	Egg	Fish	Shellfish	Milk	Wheat	Peanuts	Tree Nuts	Sesame	Soy
Baja Fiesta Salad	Y	Y	N	N	Y	N	N	N	N	N
Caesar Salad	Y	Y	Y	N	Y	Y	N	N	N	Y
Chicken Gorgonzola Salad	Y	N	N	N	Y	N	N	Y	N	Y
House Salad	N	N	N	N	Y	Y	N	N	N	N
Mandarin Tree Salad	N	N	N	N	N	Y	N	N	N	N

LIMITED TIME OFFER ("LTO") AKA SPECIALS WITH CHARACTER	Gluten Free?	Egg	Fish	Shellfish	Milk	Wheat	Peanuts	Tree Nuts	Sesame	Soy
Big "E"	N	Y	N	N	Y	Y	N	N	N	Y
Baja Kickin Chicken Club Whole	N	Y	N	N	Y	Y	N	N	N	N
Barnbuster Whole	N	N	N	N	Y	Y	N	N	N	Y
Cali Clasico Whole	N	Y	N	N	Y	Y	N	N	N	N
Castroville Queen Salad	N	N	N	N	N	Y	N	N	N	Y
Fin n Fork Salad	N	N	Y	N	Y	Y	N	N	N	N
Isle of Capri Whole	N	N	N	N	Y	Y	N	N	N	N
Plymouth Rock Whole	N	N	N	N	Y	Y	N	N	N	Y
Strawberry Fields Salad	Y	N	N	N	Y	N	N	N	N	N
Sweet Beet Salad	Y	N	N	N	Y	N	Y	Y	N	Y
Thai Chicken Wrap	N	N	N	Y	N	Y	Y	N	Y	Y
Total Turkey Feast Whole	N	Y	N	N	N	Y	N	N	N	Y

LIMITED TIME OFFER ("LTO") AKA SPECIALS WITH CHARACTER	Gluten Free?	Egg	Fish	Shellfish	Milk	Wheat	Peanuts	Tree Nuts	Sesame	Soy
Big "E"	N	Y	N	N	Y	Y	N	N	N	Y
Baja Kickin Chicken Club Whole	N	Y	N	N	Y	Y	N	N	N	N
Barnbuster Whole	N	N	N	N	Y	Y	N	N	N	Y
Cali Clasico Whole	N	Y	N	N	Y	Y	N	N	N	N
Castroville Queen Salad	N	N	N	N	N	Y	N	N	N	Y
Fin n Fork Salad	N	N	Y	N	Y	Y	N	N	N	N
Isle of Capri Whole	N	N	N	N	Y	Y	N	N	N	N
Plymouth Rock Whole	N	N	N	N	Y	Y	N	N	N	Y
Strawberry Fields Salad	Y	N	N	N	Y	N	N	N	N	N
Sweet Beet Salad	Y	N	N	N	Y	N	Y	Y	N	Y
Thai Chicken Wrap	N	N	N	Y	N	Y	Y	N	Y	Y
Total Turkey Feast Whole	N	Y	N	N	N	Y	N	N	N	Y
SALAD DRESSINGS/CONDIMENTS	Gluten Free?	Egg	Fish	Shellfish	Milk	Wheat	Peanuts	Tree Nuts	Sesame	Soy
Artichoke Pesto	N	N	N	N	Y	N	N	N	N	N
Balsamic Vinaigrette	Y	N	N	N	N	N	N	N	N	N
Basil Pesto	N	N	N	N	Y	N	N	N	N	N
Blueberry Pomegranate Vinaigrette	Y	N	N	N	N	N	N	N	N	N
Caesar dressing	Y	Y	Y	Y	Y	N	N	N	N	N
Chimichurri Sauce	Y	N	N	N	N	N	N	N	N	N
Dijon Mustard	Y	N	N	N	N	N	N	N	N	N
Erik's Pesto Dressing	N	Y	N	N	Y	N	N	N	N	Y
Erik's Secret Goo®	N	Y	N	N	N	N	N	N	N	Y
Jalapeno Ranch	Y	Y	N	N	Y	N	N	N	N	N
Mayonnaise	N	Y	N	N	N	N	N	N	N	N
Peanut Butter	N	N	N	N	N	N	Y	N	N	N
Red Wine Vinaigrette	Y	Y	N	N	N	N	N	N	N	N
Ranch	N	Y	N	N	Y	N	N	N	N	N
Sesame dressing	N	N	N	N	N	Y	N	N	Y	Y
Strawberry Jam	Y	N	N	N	N	N	N	N	N	N
Sweet Hot Mustard	Y	Y	N	N	N	N	N	N	N	N
Thousand Island dressing	Y	Y	N	N	N	N	N	N	N	N
Yellow Mustard	Y	N	N	N	N	N	N	N	N	N
HALF SANDWICH COMBO	Gluten Free?	Egg	Fish	Shellfish	Milk	Wheat	Peanuts	Tree Nuts	Sesame	Soy
Add Butternut Squash - Bowl	Y	N	N	N	Y	N	N	N	N	N
Add Chicken Vegetable Rice - Bowl	N	N	N	N	N	Y	N	N	N	Y
Add New England Clam Chowder - Bowl	N	Y	Y	Y	Y	N	N	N	N	N
Add "Texas Jailhouse" Chili - Bowl	Y	N	N	N	N	N	N	N	N	N
Add Tomato Basil Bisque - Bowl.	Y	N	N	N	Y	N	N	N	N	N
Add Vegetarian Vegetable - Bowl	Y	N	N	N	N	N	N	N	N	N
Add Beef Stew - Bowl	N	N	Y	N	Y	Y	N	N	N	N
Add Jambalaya - Bowl	N	N	Y	N	Y	Y	N	N	N	N
Add Thai Chicken Coconut Curry - Bowl	N	N	Y	N	N	N	N	Y	N	Y
Add Macaroni Salad - Bowl	N	Y	N	N	N	Y	N	N	N	Y
Add Macaroni Salad - Cup	N	Y	N	N	N	Y	N	N	N	Y
Add Pasta Salad - Bowl	N	Y	N	N	Y	Y	N	N	N	Y
Add Pasta Salad - Cup	N	Y	N	N	Y	Y	N	N	N	Y
Add Caesar Salad - Large	N	Y	Y	N	Y	Y	N	N	N	Y
Add Caesar Salad - Regular	N	Y	Y	N	Y	Y	N	N	N	Y
Add House Salad - Large	N	Y	Y	N	Y	Y	N	N	N	N
Add House Salad - Regular	N	Y	Y	N	Y	Y	N	N	N	N
LIGHT & TASTY	Gluten Free?	Egg	Fish	Shellfish	Milk	Wheat	Peanuts	Tree Nuts	Sesame	Soy
All	N	Y	Y	Y	Y	Y	Y	Y	Y	Y
SQUARE MEAL	Gluten Free?	Egg	Fish	Shellfish	Milk	Wheat	Peanuts	Tree Nuts	Sesame	Soy
Add Butternut Squash - Cup.	Y	N	N	N	Y	N	N	N	N	N
Add Chicken Vegetable Rice - Cup.	N	N	N	N	N	Y	N	N	N	Y
Add New England Clam Chowder - Cup.	N	Y	Y	Y	Y	N	N	N	N	N
Add "Texas Jailhouse" Chili - Cup.	Y	N	N	N	N	N	N	N	N	N
Add Tomato Basil Bisque - Cup.	Y	N	N	N	Y	N	N	N	N	N
Add Vegetarian Vegetable - Cup	Y	N	N	N	N	N	N	N	N	N
Add Beef Stew - Cup.	N	N	Y	N	Y	Y	N	N	N	N
Add Jambalaya - Cup	N	N	Y	N	Y	Y	N	N	N	N
Add Thai Chicken Coconut Curry - Cup.	N	N	Y	N	N	N	N	Y	N	Y
Add Macaroni Salad -Cup	N	Y	N	N	N	Y	N	N	N	Y
Add Pasta Salad - Cup	N	Y	N	N	Y	Y	N	N	N	Y
Add Caesar Salad - Regular	N	Y	Y	N	Y	Y	N	N	N	Y
Add House - Regular	N	Y	Y	N	Y	Y	N	N	N	N

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Erik's DeliCafé Nutritional Information

Sandwiches with Character®

Nutritional & Dietary Info : 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Please see our nutritional brochure, available at any Erik's locations, or visit www.EriksDeliCafe.com for complete nutritional information

SANDWICHES WITH CHARACTER	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Abbott's Habit Whole	1 whole sandwich	600	150	28	10	0	135	1610	38	3	6	44
Abbott's Habit-Half	1 half sandwich	300	80	14	5	0	65	810	19	1	3	22
California Crunch Whole	1 whole sandwich	860	200	35	10	0	130	2380	86	8	6	50
California Crunch-Half	1 half sandwich	430	100	17	5	0	65	1190	43	4	3	25
Chicken Durango Whole	1 whole sandwich	920	220	38	13	0	155	2200	78	3	3	61
Chicken Durango-Half	1 half sandwich	460	110	19	6	0	80	1100	39	2	2	30
Chicken Pesto Whole	1 whole sandwich	550	200	23	9	0	120	1250	36	3	5	45
Chicken Pesto-Half	1 half sandwich	270	100	12	5	0	60	630	60	1	3	22
Ciao Down Whole	1 whole sandwich	990	290	47	17	0	125	2880	83	6	5	51
Ciao Down-Half	1 half sandwich	490	150	24	8	0	65	1440	41	3	3	26
Del Monte Special Whole	1 whole sandwich	660	240	38	10	0	70	1060	58	10	6	19
Del Monte Special-Half	1 half sandwich	330	120	19	5	0	35	530	29	5	3	10
Dub Club Whole	1 whole sandwich	890	290	47	14	0	160	2550	62	5	2	53
Dub Club-Half	1 half sandwich	440	140	23	7	0	80	1270	31	2	< 1	27
Erik's Reuben Whole	1 whole sandwich	610	250	22	9	0	115	2410	53	4	7	49
Erik's Reuben-Half	1 half sandwich	310	130	11	5	0	55	1200	26	2	4	24
Farmer's Market Whole	1 whole sandwich	620	100	34	5	0	15	1000	67	10	15	14
Farmer's Market-Half	1 half sandwich	310	50	17	3	0	5	7	33	5	7	7
Gaucha Grinder Whole	1 whole sandwich	1230	180	71	15	0	150	2420	104	5	4	40
Gaucha Grinder-Half	1 half sandwich	610	90	35	8	0	75	1210	52	3	2	20
Italian Job Whole	1 whole sandwich	1090	450	76	30	0	205	3690	40	3	7	53
Italian Job-Half	1 half sandwich	540	230	38	15	0	100	1840	20	2	3	27
Natural High Whole	1 whole sandwich	1050	480	63	23	0	145	1500	81	17	7	44
Natural High-Half	1 half sandwich	520	240	32	11	0	70	750	41	8	4	22
Ocean Avenue Whole	1 whole sandwich	640	140	35	6	0	60	1180	55	4	10	24
Ocean Avenue-Half	1 half sandwich	320	70	18	3	0	30	590	27	2	5	12
Pilgrim's Progress Whole	1 whole sandwich	550	70	21	3	0	85	1730	54	7	6	34
Pilgrim's Progress-Half	1 half sandwich	280	35	11	2	0	45	870	27	3	3	17
Pot Belly Whole	1 whole sandwich	670	130	28	9	0	130	1990	57	1	2	46
Pot Belly-Half	1 half sandwich	340	70	14	5	0	65	1000	28	<1	1	23
Raging Bull Whole	1 whole sandwich	580	150	28	11	0	135	1860	37	3	5	39
Raging Bull-Half	1 half sandwich	290	70	14	5	0	65	930	18	1	3	19
R.E.O. Speedwagon	1 whole sandwich	660	130	28	9	0	130	2010	55	1	1	43
R.E.O. Speedwagon-Half	1 half sandwich	330	70	14	5	0	65	1000	28	< 1	< 1	22
Rio Grande Club Whole	1 whole sandwich	960	260	44	13	0	150	2560	82	7	3	57
Rio Grande Club-Half	1 half sandwich	480	130	22	7	0	75	1280	41	3	1	28
Turkey with Pesto Whole	1 whole sandwich	780	260	42	11	0	130	2120	55	7	6	45
Turkey with Pesto-Half	1 half sandwich	390	130	21	5	0	65	1060	27	4	3	23

BUILD YOUR OWN SANDWICH	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Avocado Whole	1 whole sandwich	260	200	19	3	0	10	90	14	9	2	3
Avocado-Half	1 half sandwich	130	100	9	1	0	5	45	7	4	< 1	1
Cheddar Whole	1 whole sandwich	500	110	23	8	0	65	1080	49	4	5	18
Cheddar Half	1 half sandwich	250	55	12	4	0	33	540	25	2	3	9
Chicken Breast Whole	1 whole sandwich	520	160	7	1	0	100	1160	53	5	7	34
Chicken Breast Half	1 half sandwich	260	80	4	0	0	50	580	27	3	4	17
Smoked Ham Whole	1 whole sandwich	280	180	15	5	0	80	1530	4	1	1	20
Smoked Ham Half	1 half sandwich	140	90	7	3	0	40	770	2	< 1	< 1	10
Monterey Jack Whole	1 whole sandwich	488	110	23	7	0	54	1060	44	3	4	18
Monterey Jack Half	1 half sandwich	305	45	18	4	0	38	605	26	2	1	10
Pastrami Whole	1 whole sandwich	320	190	15	6	0	90	1720	6	1	3	27
Pastrami Half	1 half sandwich	160	100	7	3	0	45	860	3	< 1	2	14
Pepper Jack Whole	1 whole sandwich	476	160	7	5	0	80	1061	5	1	3	18
Pepper Jack Half	1 half sandwich	145	35	7	3	0	33	465	9	1	2	10
Roast Beef Whole	1 whole sandwich	240	50	12	3	0	80	1080	4	1	1	25
Roast Beef Half	1 half sandwich	120	25	6	2	0	40	540	2	< 1	< 1	13
Salami Whole	1 whole sandwich	584	190	10	3	0	90	1550	4	1	1	22
Salami Half	1 half sandwich	130	100	10	1	0	5	45	7	5	1	2
Swiss Whole	1 whole sandwich	420	180	11	3	0	80		5	1	1	18
Swiss Half	1 half sandwich	125	28	6	2	0	16	270	12	1	1	5
Tuna Salad Whole	1 whole sandwich	320	210	18	3	0	45	820	9	2	4	17
Tuna Salad Half	1 half sandwich	160	110	9	1	0	20	410	4	1	2	9
Turkey Breast Whole	1 whole sandwich	190	5	8	1	0	70	1020	4	1	1	25
Turkey Breast Half	1 half sandwich	100	2	4	1	0	35	510	2	< 1	< 1	13

WRAPS	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Wrangler Wrap	1 wrap	950	400	46	15	0	164	2120	74	11	7	60
Cleopatra Wrap	1 wrap	1240	310	69	27	0	155	2590	78	7	4	67
Farmer's Medley Wrap	1 wrap	750	150	40	6	0	15	940	91	19	15	18
Hail Caesar Wrap	1 wrap	1160	250	62	26	0	155	2580	73	4	3	66



Erik's DeliCafé Nutritional Information

Groovy Greens

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GROOVY GREENS- Large/ Regular	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Baja Fiesta Salad- Large	Large	540	220	25	11	0	140	1130	23	7	6	48
Baja Fiesta Salad- Regular	Regular	270	110	13	6	0	70	565	12	4	3	24
Caesar Salad- Large	Large	480	270	29	13	0	55	990	28	4	1	16
Caesar Salad- Regular	Regular	240	135	15	7	0	28	495	14	2	1	8
Chicken Gorgonzola Salad- Large	Large	550	240	27	8	0	105	1170	38	5	24	39
Chicken Gorgonzola Salad- Regular	Regular	275	120	14	4	0	53	585	19	3	12	20
House Salad- Large	Large	190	60	6	0	0	0	310	25	2	2	6
House Salad- Regular	Regular	100	30	3	0	0	0	150	13	< 1	1	3
Mandarin Tree Salad- Large	Large	280	60	7	1	0	80	610	23	4	3	32
Mandarin Tree Salad- Regular	Regular	140	30	4	0	0	40	305	12	2	2	16

Limited Time Offer

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LIMITED TIME OFFER ("LTO") AKA SPECIALS WITH CHARACTER	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Baja Kickin Chicken Club Whole	1 whole sandwich	980	230	56	15	0	160	2210	54	6	6	55
Baja Kickin Chicken Club Half	1 half sandwich	490	110	28	8	0	80	1110	27	3	3	27
Barnbuster Whole	1 whole sandwich	510	90	11	3	0	75	1670	67	3	12	35
Barnbuster Half	1 half sandwich	250	45	5	2	0	35	830	34	1	6	17
Cali Clasico Whole	1 whole sandwich	1080	510	60	15	0	105	2230	87	7	4	45
Cali Clasico Half	1 half sandwich	540	260	30	7	0	55	1120	44	4	2	23
Castroville Queen Salad	Large	740	430	55	17	0	75	1580	33	10	13	28
Fin n Fork- Large	Large	300	140	15	2	0	45	580	18	12	5	20
Fin n Fork - Regular	Regular	150	60	8	0	0	21	320	15	8	8	4
Isle of Capri Whole	1 whole sandwich	740	340	40	15	0	75	1170	61	3	3	34
Isle of Capri Half	1 half sandwich	370	170	20	7	0	40	580	30	1	1	17
Plymouth Rock Whole	1 whole sandwich	1050	359	43	17	0	185	2790	85	6	4	83
Plymouth Rock Half	1 half sandwich	530	170	22	9	0	95	1400	42	3	2	42
Strawberry Fields Salad - Large	Large	920	370	42	7	0	95	810	81	17	14	59
Strawberry Fields Salad - Regular	Regular	460	185	21	4	0	48	405	41	9	7	30
Sweet Beet Salad - Large	Large	670	290	54	17	0	50	1270	30	6	15	19
Sweet Beet Salad - Regular	Regular	335	145	27	9	0	25	635	15	3	8	10
Thai Chicken Wrap	1 wrap	620	110	20	6	0	80	1740	67	3	16	41
Total Turkey Feast Whole	1 whole sandwich	790	30	16	2	0	85	2630	119	4	21	40
Total Turkey Feast Half	1 half sandwich	400	15	8	1	0	45	1310	60	2	10	20

Deli Salads

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DELI SALADS	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Macaroni Salad - Regular	6 oz	670	270	30	5	0	15	670	81	4	7	13
Macaroni Salad - Large	12 oz	1330	540	60	10	0	30	1330	162	9	14	26
Pasta Salad - Regular	6 oz	510	170	20	4	0	15	920	68	1	4	17
Pasta Salad - Large	12 oz	1020	340	40	7	0	30	1840	136	3	9	34



Erik's DeliCafé Nutritional Information

Soup

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SOUP - CUP	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Butternut Squash	7 oz	190	34	11	6	0	30	430	22	2	8	2
Chicken Vegetable Rice	7 oz	80	2	2	0	0	10	520	13	< 1	2	6
New England Clam Chowder	7 oz	200	44	14	8	0	50	670	17	< 1	< 1	4
"Texas Jailhouse" Chili	7 oz	220	70	6	2	0	20	560	26	5	4	15
Tomato Basil Bisque	7 oz	140	23.8	11	6	0	35	660	11	2	8	2
Vegetarian Vegetable	7 oz	40	0	0	0	0	0	410	9	2	4	2
SOUP - SPECIAL KETTLE - CUP	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beef Stew	7 oz	150	70	7	2	0	30	720	11	2	2	10
Jambalaya	7 oz	180	90	16	3	0	45	810	15	2	3	11
Thai Chicken Coconut Curry	7 oz	200	120	14	8	0	10	620	12	2	4	6
SOUP - BOWL	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Butternut Squash	9 oz	240	43	15	8	0	40	550	28	2	10	3
Chicken Vegetable Rice	9 oz	100	4	2	0	0	15	670	17	1	2	7
New England Clam Chowder	9 oz	260	49	18	10	0	65	860	21	1	1	6
"Texas Jailhouse" Chili	9 oz	280	73	8	2	0	30	720	34	7	6	19
Tomato Basil Bisque	9 oz	180	30.6	14	8	0	45	850	14	2	10	3
Vegetarian Vegetable	9 oz	50	0	0	0	0	0	530	11	2	5	2
SOUP - SPECIAL KETTLE - BOWL	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beef Stew	9 oz	190	80	9	3	0	35	930	15	2	3	13
Jambalaya	9 oz	230	110	20	4	0	55	1040	19	2	3	15
Thai Chicken Coconut Curry	9 oz	260	150	18	10	0	15	790	15	3	5	8
SOUP - POT	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Butternut Squash	16 oz	430	56	26	15	0	75	980	50	4	19	6
Chicken Vegetable Rice	16 oz	190	7	4	0	0	30	1180	30	2	4	13
New England Clam Chowder	16 oz	460	87	32	18	0	120	1530	38	2	2	10
"Texas Jailhouse" Chili	16 oz	500	130	14	4	0	50	1270	60	12	10	34
Tomato Basil Bisque	16 oz	310	220	24	15	0	85	1520	24	4	19	6
Vegetarian Vegetable	16 oz	90	0	0	0	0	0	940	20	4	9	4
SOUP - SPECIAL KETTLE - POT	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beef Stew	16 oz	330	150	17	5	0	65	1650	26	4	6	22
Jambalaya	16 oz	400	200	36	6	0	100	1840	34	4	6	26
Thai Chicken Coconut Curry	16 oz	450	270	32	18	0	25	1410	27	5	9	14
SOUP - QUART	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Butternut Squash	32 oz	860	110	52	30	0	150	1960	100	7	37	11
Chicken Vegetable Rice	32 oz	370	14	7	0	0	55	2370	59	4	7	26
New England Clam Chowder	32 oz	920	172	62	36	0	240	3060	76	4	4	20
"Texas Jailhouse" Chili	32 oz	990	250	28	8	0	100	2550	119	24	20	68
Tomato Basil Bisque	32 oz	630	430	48	30	0	165	3040	48	7	37	11
Vegetarian Vegetable	32 oz	190	0	0	0	0	0	1890	41	7	19	7
SOUP - SPECIAL KETTLE - QUART	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beef Stew	32 oz	670	300	33	9	0	130	3300	52	7	11	44
Jambalaya	32 oz	800	400	72	12	0	200	3680	68	8	12	52
Thai Chicken Coconut Curry	32 oz	910	540	64	36	0	45	2810	54	9	18	27
SOUP - BREADBOWL	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Butternut Squash	9 oz	900	166	17	8	0	40	1860	160	6	12	28
Chicken Vegetable Rice	9 oz	760	6	5	0	0	15	1980	149	5	4	32
New England Clam Chowder	9 oz	920	52	20	10	0	65	2170	153	5	3	31
"Texas Jailhouse" Chili	9 oz	940	79	10	2	0	30	2030	166	11	8	44
Tomato Basil Bisque	9 oz	840	148	16	8	0	45	2160	146	4	12	28
Vegetarian Vegetable	9 oz	710	4	3	0	0	0	0	1840	6	7	27
SOUP - SPECIAL KETTLE - BREADBOWL	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beef Stew	9 oz	850	80	12	3	0	35	2240	147	6	5	38
Jambalaya	9 oz	890	110	23	4	0	55	2350	151	6	5	40
Thai Chicken Coconut Curry	9 oz	920	150	20	10	0	15	2100	147	7	7	33



Erik's DeliCafé Nutritional Information

Combos with Character®

Nutritional & Dietary Info : 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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CHIPS & DRINK DEAL	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
All		130 - 590	0 - 150	0 - 17	0 - 3			55 - 550	15 - 92	0 - 3	0 - 77	0 - 8

HALF SANDWICH COMBO	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Add Butternut Squash - Bowl	9 oz	240	20	15	8	0	40	550	28	2	10	3
Add Chicken Vegetable Rice - Bowl	9 oz	100	0	2	0	0	15	670	17	1	2	7
Add New England Clam Chowder - Bowl	9 oz	60	0	18	10	0	65	860	21	1	1	6
Add "Texas Jailhouse" Chili - Bowl	9 oz	280	70	8	2	0	30	720	34	7	6	19
Add Tomato Basil Bisque - Bowl	9 oz	180	120	14	8	0	45	850	14	2	10	3
Add Vegetarian Vegetable - Bowl	9 oz	50	0	0	0	0	0	530	11	2	5	2
Add Beef Stew - Bowl	9 oz	190	80	9	2.5	0	35	930	15	2	3	13
Add Jambalaya - Bowl	9 oz	230	110	20	3.5	0	55	1040	19	2	3	15
Add Thai Chicken Coconut Curry - Bowl	9 oz	260	150	18	10	0	15	790	15	3	5	8
Add Macaroni Salad - Bowl	12 oz	1330	540	60	10	0	30	1330	162	9	14	26
Add Macaroni Salad - Cup	6 oz	670	270	30	5	0	15	670	81	4	7	13
Add Pasta Salad - Bowl	12 oz	1020	340	40	7	0	30	1840	136	3	9	34
Add Pasta Salad - Cup	6 oz	510	170	20	3.5	0	15	920	68	1	4	17
Add Caesar Salad - Large	Large	480	270	29	13	0	55	990	28	4	1	16
Add Caesar Salad - Regular	Regular	410	60	32	9	0	35	990	16	2	3	10
Add House Salad - Large	Large	190	60	6	0	0	0	310	25	2	2	6
Add House Salad - Regular	Regular	100	30	3	0	0	0	150	13	<1	1	3

SQUARE MEAL	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Add Butternut Squash - Cup	7 oz	190	10	11	6	0	30	430	22	2	8	2
Add Chicken Vegetable Rice - Cup	7 oz	80	0	2	0	0	10	520	13	<1	2	6
Add New England Clam Chowder - Cup	7 oz	200	0	14	8	9	50	670	17	<1	<1	4
Add "Texas Jailhouse" Chili - Cup	7 oz	220	50	6	1.5	0	20	560	26	5	4	15
Add Tomato Basil Bisque - Cup	7 oz	140	90	11	6	0	35	660	11	2	8	2
Add Vegetarian Vegetable - Cup	7 oz	40	0	0	0	0	0	410	9	2	4	2
Add Beef Stew - Cup	7 oz	150	70	7	2	0	30	720	11	2	2	10
Add Jambalaya - Cup	7 oz	180	90	16	3	0	45	810	15	2	3	11
Add Thai Chicken Coconut Curry - Cup	7 oz	200	120	14	8	0	10	620	12	2	4	6
Add Macaroni Salad - Cup	6 oz	670	270	30	5	0	15	670	81	4	7	13
Add Pasta Salad - Cup	6 oz	510	170	20	4	0	15	920	68	1	4	17
Add Caesar Salad - Regular	Regular	410	60	32	9	0	35	990	16	2	3	10
Add House - Regular	Regular	100	30	3	0	0	0	150	13	<1	1	3

Sweets

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SWEETS	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chewy Marshmallow Manifesto Bar	1 bar	250	20	5	3	0	15	250	43	0	29	2
Erik's Carrot Cake	1 slice	630	160	20	5	0	50	370	45	3	40	9
Peruvian Chocolate Chip Manifesto Brownie	1 bar	420	200	22	13	0	120	200	54	0	42	4
Salted Caramel Manifesto Cookie	1 cookie	350	11	0	11	0	50	560	49	0	30	3
Sandy's Amazing Chocolate Chunk Manifesto Cookie	1 cookie	200	110	12	3	0	20	110	43	1	20	3

Chips

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CHIPS	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Lays	*see package	160	90	10	2	0	0	170	15	1	0	2
Dirty chips	*see package	150	80	9	1	0	0	150	16	1	1	2
Frito Lay	*see package	160	90	10	2	0	0	170	15	1	0	2

Kid's Meals

Nutritional & Dietary Info : 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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KID'S MEAL	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Annie Ankle Biter - Whole ("Ankle Biter")	1 whole sandwich	350	120	15	3	0	0	290	47	2	22	10
Annie Ankle Biter - Half	1 half sandwich	180	60	7	2	0	0	150	23	1	11	5
Charlie Cheesepocket - Whole	1 whole sandwich	300	110	13	7	0	35	480	33	5	2	15
Charlie Cheesepocket - Half	1 half sandwich	150	60	6	4	0	15	240	17	3	1	7
Tommy Turkey - Whole	1 whole sandwich	170	58	4	0	0	25	600	23	1	2	11
Tommy Turkey - Half	1 half sandwich	90	21	2	0	0	10	300	11	<1	1	6



Erik's DeliCafé Nutritional Information

Beverages

Nutritional & Dietary Info : 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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FOUNTAIN DRINKS	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
22 oz	22 oz	0 - 290	0	0	0	0	0	0 - 100	0 - 77	0	0 - 77	0
BEVERAGES	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Arizona Arnold Palmer Iced Tea	23 fl oz	180	0	0	0	0	0	10	45	0	44	0
Bottled Water	16.9 oz	0	0	0	0	0	0	0	0	0	0	0
Canned Coke	12 fl oz	140	0	0	0	0	0	45	39	0	0	0
Canned Diet Coke	12 fl oz	0	0	0	0	0	0	40	0	0	0	0
Canned Sprite	12 fl oz	140	0	0	0	0	0	65	38	0	38	0
Martinelli's Sparkling Apple Juice	8.4 fl oz	150	0	0	0	0	0	10	39	0	37	0
Martinelli's Apple Juice	10 fl oz	150	0	0	0	0	0	20	36	0	31	0
San Pellegrino - Arcanciata	11.15 fl oz	120	0	0	0	0	0	0	31	0	27	0
San Pellegrino - Limonata	11.15 fl oz	120	0	0	0	0	0	0	31	0	26	0
Sioux City Cream Soda	12 fl oz	170	0	0	0	0	0	45	42	0	42	0
Sioux City Sarsaparilla	12 fl oz	170	0	0	0	0	0	45	42	0	42	0
Sparkling Water	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
Yerba Madre - Enlighten Mint	12 fl oz	20	0	0	0	0	0	5	5	0	5	0

Vintage

Nutritional & Dietary Info : 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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VINTAGE MENU	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Erik's B.L.A.S.T. Whole	1 whole sandwich	1090	450	67	18	0	145	2790	69	5	2	50
Erik's B.L.A.S.T. Half	1 half sandwich	545	225	34	9	0	73	1395	35	3	1	25
Erik "Berger" Whole	1 whole sandwich	560	150	27	9	0	135	2180	35	2	5	37
Erik "Berger"-Half	1 half sandwich	280	70	14	5	0	70	1090	18	1	3	19
Farmer's Bounty Salad	Large	740	120	60	9	0	30	900	40	11	19	9
Leaf Erikson	Large	690	111	60	12	0	20	1180	60	8	12	15
Marrakech Express Whole	1 whole sandwich	770	180	30	9	0	135	2340	75	3	7	55
Marrakech Express - Half	1 half sandwich	385	90	15	5	0	68	1170	38	2	4	28
Sea Dog Whole	1 whole sandwich	800	290	45	11	0	110	1270	62	4	4	36
Sea Dog Half	1 half sandwich	400	140	22	6	0	55	640	31	2	2	18
Sweet Liberty Whole	1 whole sandwich	730	90	35	10	0	110	1700	57	4	13	45
Sweet Liberty Half	1 half sandwich	370	45	17	5	0	55	850	29	2	6	22