




	Quantity	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
"SANDWICHES WITH CHARACTER" - Classics																
Pilgrims Progress	1 sandwich	570	180	15g	1g	0g	80mg	1480mg	57g	9g	7g	37g	8%	20%	6%	25%
Pot Belly	1 sandwich	670	240	20g	10g	0g	135mg	2080mg	57g	3g	3g	46g	10%	130%	35%	25%
REO Speedwagon	1 sandwich	650	230	20g	9g	0g	130mg	1980mg	56g	3g	1g	42g	10%	130%	35%	15%
Rio Grand Club	1 sandwich	790	380	38g	12g	0g	110mg	1800mg	56g	6g	2g	42g	35%	20%	30%	20%
Sweet Liberty	1 sandwich	650	200	22g	8g	0g	110mg	1650mg	63g	6g	15g	46g	20%	110%	35%	25%
Turkey Walnut Pesto	1 sandwich	800	360	42g	11g	0g	130mg	1790mg	58g	9g	8g	46g	15%	20%	30%	30%
"SANDWICHES WITH CHARACTER" - Heated																
Abbott's Habit	1 sandwich	670	220	21g	8g	0g	100mg	1740mg	70g	4g	12g	44g	10%	15%	30%	35%
Chicken Pesto	1 sandwich	740	310	36g	10g	0g	145mg	1560mg	54g	4g	6g	51g	15%	10%	30%	25%
Erik "Berger"	1 sandwich	710	330	32g	12g	0g	130mg	2250mg	52g	3g	5g	39g	10%	10%	30%	25%
Erik's Classic Reuben	1 sandwich	810	330	36g	16g	0g	135mg	2910mg	70g	8g	8g	51g	10%	15%	50%	40%
Raging Bull	1 sandwich	650	250	24g	8g	0g	125mg	1790mg	58g	4g	9g	45g	20%	130%	30%	35%
Sea Dog	1 sandwich	780	370	36g	11g	0g	95mg	1470mg	65g	7g	5g	33g	20%	140%	35%	20%
"SANDWICHES WITH CHARACTER" - Veggie																
Del Monte Special	1 sandwich	630	320	31g	9g	0g	40mg	760mg	62g	13g	8g	17g	15%	30%	35%	25%
Farmer's Market	1 sandwich	590	240	28g	3.5g	0g	10mg	1280mg	75g	14g	17g	14g	130%	140%	10%	30%
Natural High	1 sandwich	880	420	43g	16g	0g	80mg	1020mg	80g	17g	7g	36g	20%	25%	60%	30%
"SANDWICHES WITH CHARACTER" - Wraps																
Peanut Sauce (2oz) - Thai Chicken Wrap (served on side)	2oz	150	80	8g	1.5g	0g	0mg	800mg	13g	0g	10g	3g	0%	0%	0%	0%
Thai Chicken Wrap	1 wrap	580	160	18g	4g	0g	65mg	1150mg	68g	6g	19g	39g	200%	110%	20%	25%
Sauces																
Erik's Guacamole (2oz)	2oz	90	70	8g	1g	0g	0mg	5mg	5g	4g	0g	1g	4%	10%	0%	2%
Erik's Pesto (1oz)	1oz	90	80	9g	1.5g	0g	< 5mg	200mg	< 1g	0g	0g	2g	**	**	**	**
Erik's Secret Goo (1oz)	1oz	110	110	2g	0g	0g	20mg	150mg	2g	0g	0g	0g	0%	0%	0%	0%
Erik's Sweet Hot Mustard (1.5oz)	1.5oz	120	80	9g	2g	0g	15mg	280mg	9g	0g	8g	0g	0%	0%	0%	0%
Walnut Pesto Aioli (2oz)	2oz	210	190	23g	4g	0g	40mg	260mg	2g	0g	0g	0g	4%	0%	0%	8%
Soup's On! - Made From Scratch From Erik's Family Recipes																
Butternut Squash (Bowl) (9oz)	9oz	240	120	15g	9g	0g	45mg	620mg	27g	2g	7g	4g	160%	15%	8%	6%
Butternut Squash (Cup) (7oz)	7oz	180	100	11g	7g	0g	35mg	480mg	21g	2g	5g	3g	120%	15%	6%	6%
Butternut Squash (Pot) (16oz)	16oz	420	220	26g	16g	0g	80mg	1100mg	48g	4g	12g	8g	280%	30%	15%	10%
Butternut Squash, Quart (32oz)	32oz	840	440	52g	32g	0g	160mg	2200mg	96g	8g	24g	16g	560%	60%	30%	25%

	Quantity	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Chicken Vegetable Rice, Bowl (9oz)	9oz	120	40	4.5g	1g	0g	15mg	640mg	18g	1g	2g	6g	60%	15%	2%	4%
Chicken Vegetable Rice, Cup (7oz)	7oz	100	30	3.5g	1g	0g	15mg	500mg	14g	< 1g	2g	4g	45%	15%	2%	4%
Chicken Vegetable Rice, Pot (16oz)	16oz	220	70	8g	2g	0g	30mg	1140mg	32g	2g	4g	10g	100%	30%	4%	8%
Chicken Vegetable Rice, Quart (32oz)	32oz	440	140	16g	4g	0g	60mg	2280mg	64g	4g	8g	20g	200%	60%	8%	15%
New England Clam Chowder, Bowl (9oz)	9oz	280	180	20g	11g	0g	65mg	750mg	19g	2g	1g	8g	35%	10%	4%	15%
New England Clam Chowder, Cup (7oz)	7oz	220	140	16g	9g	0g	50mg	590mg	15g	2g	< 1g	6g	25%	8%	4%	15%
New England Clam Chowder, Pot (16oz)	16oz	500	320	36g	20g	0g	120mg	1340mg	34g	4g	2g	14g	60%	20%	8%	30%
New England Clam Chowder, Quart (32oz)	32oz	1000	640	72g	40g	0g	240mg	2680mg	68g	8g	4g	28g	120%	40%	15%	60%
Sourdough Soup Bowl (Bread Only)	1 breadbowl	570	15	2g	0g	0g	0mg	1190mg	116g	4g	0g	19g	0%	0%	15%	30%
Sourdough Soup Bowl with Butternut Squash	1 breadbowl	810	140	17g	9g	0g	45mg	1810mg	143g	6g	7g	23g	160%	15%	25%	35%
Sourdough Soup Bowl with Chicken Vegetable Rice	1 breadbowl	690	50	6g	1g	0g	15mg	1830mg	134g	5g	2g	25g	60%	15%	15%	35%
Sourdough Soup Bowl with New England Clam Chowder	1 breadbowl	850	190	22g	11g	0g	65mg	1940mg	135g	6g	1g	27g	35%	10%	20%	45%
Sourdough Soup Bowl with Texas Jailhouse Chili	1 breadbowl	840	80	10g	2g	0g	30mg	1760mg	147g	15g	7g	38g	70%	50%	25%	60%
Sourdough Soup Bowl with Tomato Basil Bisque	1 breadbowl	770	140	17g	8g	0g	50mg	2070mg	132g	5g	13g	25g	45%	60%	20%	40%
Sourdough Soup Bowl with Vegetarian Vegetable	1 breadbowl	640	15	2g	0g	0g	0mg	1730mg	131g	7g	6g	22g	90%	80%	20%	35%
Texas Jailhouse Chili, Bowl (9oz)	9oz	270	70	8g	2g	0g	30mg	570mg	31g	11g	7g	19g	70%	50%	8%	30%
Texas Jailhouse Chili, Cup (7oz)	7oz	210	50	6g	1.5g	0g	20mg	450mg	24g	9g	5g	15g	50%	40%	6%	20%

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Texas Jailhouse Chili, Pot (16oz)	16oz	480	120	14g	4g	0g	50mg	1020mg	56g	20g	12g	34g	120%	90%	15%	50%
Texas Jailhouse Chili, Quart (32oz)	32oz	960	240	28g	8g	0g	100mg	2040mg	112g	40g	24g	68g	240%	180%	30%	100%
Tomato Basil Bisque, Bowl (9oz)	9oz	200	120	15g	8g	0g	50mg	880mg	16g	1g	13g	6g	45%	60%	6%	10%
Tomato Basil Bisque, Cup (7oz)	7oz	160	100	11g	6g	0g	40mg	680mg	12g	< 1g	10g	4g	35%	45%	6%	8%
Tomato Basil Bisque, Pot (16oz)	16oz	360	220	26g	14g	0g	90mg	1560mg	28g	2g	24g	10g	80%	100%	10%	20%
Tomato Basil Bisque, Quart (32oz)	32oz	720	440	52g	28g	0g	180mg	3120mg	56g	4g	48g	20g	160%	200%	25%	40%
Vegetarian Vegetable, Bowl	9oz	70	0	0g	0g	0g	0mg	540mg	15g	3g	6g	3g	90%	80%	4%	4%
Vegetarian Vegetable, Cup (7oz)	7oz	50	0	0g	0g	0g	0mg	420mg	11g	3g	4g	3g	70%	60%	4%	4%
Vegetarian Vegetable, Pot (16oz)	16oz	120	0	0g	0g	0g	0mg	960mg	26g	6g	10g	6g	160%	140%	8%	8%
Vegetarian Vegetable, Quart (32oz)	32oz	240	0	0g	0g	0g	0mg	1920mg	52g	12g	20g	12g	320%	280%	15%	15%
SALADS: Made With Only the Freshest Greens and Served with Rosemary Focaccia																
Chicken Caesar Salad-tossed w/2oz of Erik's Caesar dressing	1 entrée salad	600	340	36g	15g	0g	160mg	1740mg	20g	3g	1g	46g	200%	8%	8%	15%
Chicken Gorgonzola Salad-Fat-Free Raspberry Walnut Vinaigrette served on the side	1 entrée salad	470	180	20g	8g	0g	105mg	1100mg	35g	7g	23g	37g	6%	25%	25%	20%
Chicken Gorgonzola Salad Dressing - Fat-Free Raspberry Walnut Vinaigrette (2oz)	2oz	70	0	0g	0g	0g	0mg	820mg	15g	0g	14g	0g	0%	0%	0%	0%
Chinese Chicken Salad-Erik's Special Sesame Dressing served on the side	1 entrée salad	430	160	19g	2g	0g	95mg	560mg	30g	8g	10g	38g	300%	35%	15%	20%

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Chinese Chicken Salad Dressing - Erik's Special Sesame Dressing (2oz)	2oz	170	150	15g	4g	0g	30mg	420mg	4g	0g	0g	0g	0%	0%	4%	0%
Salsa Ranch Salad-Erik's Salsa Ranch Dressing served on the side	1 entrée salad	400	120	14g	4.5g	0g	95mg	690mg	31g	9g	4g	39g	210%	30%	20%	20%
Salsa Ranch Salad Dressing - Salsa Ranch Dressing (2oz)	2oz	230	210	23g	4g	0g	10mg	430mg	4g	0g	2g	0g	0%	0%	0%	0%
Side Caesar Salad-tossed w/1oz of Erik's Caesar dressing	1 side salad	250	160	17g	7g	0g	40mg	660mg	15g	2g	< 1g	9g	100%	4%	4%	6%
Side House Salad - choice of dressing served on side	1 side salad	120	45	5g	0.5g	0g	0mg	270mg	15g	3g	2g	3g	10%	25%	6%	10%
Dressings - Unless noted all Erik's Salads served with two (2), 2oz dressing portions																
Bleu Cheese Dressing (2oz)	2oz	150	130	15g	4g	0g	20mg	320mg	0g	0g	0g	4g	0%	0%	8%	0%
Erik's Famous Caesar (2oz)	2oz	170	150	15g	4g	0g	30mg	420mg	4g	0g	0g	0g	0%	0%	4%	0%
Erik's Natural House Dressing (2oz)	2oz	190	170	19g	4g	0g	0mg	260mg	2g	0g	0g	0g	0%	0%	0%	0%
Erik's Special Sesame Dressing (2oz)	2oz	180	120	14g	2g	0g	0mg	600mg	11g	0g	9g	2g	0%	0%	0%	0%
Erik's Thousand Island (2oz)	2oz	110	80	9g	1g	0g	10mg	320mg	9g	0g	8g	0g	0%	0%	0%	8%
Fat-Free Italian Dressing (2oz)	2oz	25	0	0g	0g	**	0mg	640mg	5g	0g	5g	< 1g	0%	0%	2%	2%
Fat-Free Raspberry Walnut Vinaigrette (2oz)	2oz	70	0	0g	0g	0g	0mg	820mg	15g	0g	14g	0g	0%	0%	0%	0%
House Salad - choice of dressing served on side	1 house salad	200	50	6g	1g	0g	0mg	430mg	30g	5g	3g	6g	15%	45%	10%	20%
Ranch Dressing (2oz)	2oz	130	110	13g	2g	0g	20mg	360mg	4g	0g	2g	0g	0%	0%	4%	4%
Dei Salads																
Macaroni Salad - Large (12oz)	12oz	1330	540	60g	10g	0g	30mg	1330mg	162g	9g	14g	26g	30%	10%	0%	0%
Macaroni Salad - Regular (6oz)	6oz	670	270	30g	5g	0g	15mg	670mg	81g	4g	7g	13g	15%	6%	0%	0%

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Pasta Salad - Large (12oz)	12oz	1020	340	40g	7g	0g	30mg	1840mg	136g	3g	9g	34g	60%	45%	30%	45%
Pasta Salad - Regular (6oz)	6oz	510	170	20g	3.5g	0g	15mg	920mg	68g	1g	4g	17g	30%	20%	15%	20%
Potato Salad - Large (12oz)	12oz	570	370	40g	7g	0g	15mg	1450mg	40g	6g	9g	6g	25%	110%	0%	6%
Potato Salad - Regular (6oz)	6oz	280	180	20g	3.5g	0g	5mg	720mg	20g	3g	4g	3g	10%	60%	0%	2%
KID'S MEALS																
Annie Ankle Biter	1 sandwich	360	130	15g	3g	0g	0mg	240mg	48g	4g	23g	10g	0%	0%	4%	10%
Charlie Cheesepocket - Wheat Pocket Bread	1 sandwich	310	110	13g	7g	0g	35mg	470mg	33g	5g	2g	15g	6%	0%	25%	10%
Tommy Turkey	1 sandwich	190	50	2.5g	0g	0g	25mg	540mg	25g	2g	3g	11g	20%	2%	2%	10%
SEASONAL SOUP SELECTIONS - alphabetical and subject to change																
Beef Stew, Bowl (9oz)	9oz	220	100	11g	3.5g	0g	45mg	690mg	16g	2g	3g	15g	70%	35%	2%	10%
Beef Stew, Cup (7oz)	7oz	170	80	9g	2.5g	0g	35mg	530mg	12g	2g	3g	11g	50%	25%	2%	8%
Beef Stew, Pot (16oz)	16oz	400	180	20g	6g	0g	80mg	1220mg	28g	4g	6g	26g	120%	60%	4%	20%
Beef Stew, Quart (32oz)	32oz	800	360	40g	12g	0g	160mg	2440mg	56g	8g	12g	52g	240%	120%	8%	40%
Broccoli Cheddar Soup (Cup)	9oz	210	120	13g	8g	0g	40mg	820mg	17g	2g	4g	6g	8%	30%	15%	6%
Broccoli Cheddar Soup (Bowl)	7oz	270	160	17g	10g	0g	50mg	1060mg	21g	2g	6g	8g	10%	40%	15%	6%
Broccoli Cheddar Soup (Pot)	16oz	480	280	30g	18g	0g	90mg	1880mg	38g	4g	10g	14g	20%	70%	30%	10%
Broccoli Cheddar Soup (Quart)	32oz	960	560	60g	36g	0g	180mg	3760mg	76g	8g	20g	28g	40%	140%	60%	25%
Chicken Tortilla, Bowl (9oz)	9oz	90	45	5g	1g	0g	15mg	850mg	9g	1g	2g	4g	45%	20%	8%	4%
Chicken Tortilla, Cup (7oz)	7oz	70	35	4g	1g	0g	15mg	660mg	7g	< 1g	2g	3g	35%	15%	6%	4%
Chicken Tortilla, Pot (16oz)	16oz	160	80	9g	2g	0g	30mg	1520mg	16g	2g	4g	8g	80%	40%	15%	8%
Chicken Tortilla, Quart (32oz)	32oz	320	160	18g	4g	0g	60mg	3040mg	32g	4g	8g	16g	160%	80%	30%	15%
Jambalaya, Bowl (9oz)	9oz	220	110	20g	3.5g	0g	55mg	1030mg	19g	2g	3g	15g	15%	80%	4%	8%
Jambalaya, Cup (7oz)	7oz	170	90	16g	2.5g	0g	45mg	800mg	15g	2g	3g	11g	15%	60%	4%	6%
Jambalaya, Pot (16oz)	16oz	400	200	36g	6g	0g	100mg	1840mg	34g	4g	6g	26g	30%	140%	8%	15%
Jambalaya, Quart (32oz)	32oz	800	400	72g	12g	0g	200mg	3680mg	68g	8g	12g	52g	60%	280%	15%	30%

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Thai Curry Coconut Chicken Soup, Bowl (9oz)	9oz	260	150	18g	10g	0g	15mg	790mg	15g	3g	5g	8g	10%	60%	6%	10%
Thai Curry Coconut Chicken Soup, Cup (7oz)	7oz	200	120	14g	8g	0g	10mg	620mg	12g	2g	4g	6g	8%	50%	4%	8%
Thai Curry Coconut Chicken Soup, Pot (16oz)	16oz	450	270	32g	18g	0g	25mg	1410mg	27g	5g	9g	14g	20%	110%	10%	20%
Thai Curry Coconut Chicken Soup, Quart (32oz)	32oz	910	540	64g	36g	0g	45mg	2810mg	54g	9g	18g	27g	35%	230%	20%	35%
Turkey Chili, Bowl (9oz)	9oz	220	100	11g	3g	0g	35mg	880mg	16g	3g	4g	13g	40%	150%	6%	8%
Turkey Chili, Cup (7oz)	7oz	170	80	9g	2g	0g	25mg	680mg	12g	3g	3g	10g	30%	110%	6%	6%
Turkey Chili, Pot (16oz)	16oz	400	180	20g	5g	0g	60mg	1560mg	28g	6g	8g	24g	70%	260%	10%	15%
Turkey Chili, Quart (32oz)	32oz	800	360	40g	10g	0g	120mg	3120mg	56g	12g	16g	48g	140%	520%	25%	30%

This nutritional information has been compiled using MenuCalc®, a FoodCalc® analysis product, and the USDA National Nutrient Database for Standard Reference. Nutritional information is calculated with information by the suppliers who manufacture and distribute food for Erik's DeliCafé. The nutritional information listed here is based on Erik's® standard recipes and product formulations, however, slight variations may occur due to the seasons of the year, use of an alternate supplier and/or small differences in product assembly.