



NUTRITIONAL INFORMATION

CHOOSE BREAD + WICH + TOPPING (page 2) = YOUR WICH

FOOD PRODUCT	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (mg)	Dietary Fiber	Sugar (g)	Protein (g)
BREAD										
White Bread	240	18	2	0	0	500	48	2	2	8
Wheat Bread	250	13.5	1.5	0	0	600	51	3	3	9
THE WICKED®										
The WICKED®	2874 + (105-167)*	162.9 + (54-123)*	18.1 + (6-14)*	8.1 + (4-10)*	103.9 + (15-46)*	1842.4 + (90-570)*	1.1 + (0.5)*	0 + (0)*	1.1 + (0.4)*	27.3 + (9-14)*
TURKEY										
Turkey	83.5	7.2	0.8	0	33.4	801.9	0	0	0	18.4
Turkey Reuben	239.1	106.2	11.8	2.1	47.1	1279	11.9	0	6.4	18.4
Thank You Turkey™	241.6	17.1	1.9	0	33.4	1465.6	32.8	0.4	10.8	21.8
Turkey Wich	280	137.7	15.3	2.6	50.2	1188.9	14.6	0.4	8.1	18.6
Turkey Pastrami	116.9	37.8	4.2	1.7	66.8	1,453.4	3.3	0	1.7	16.7
HAM & PORK										
Ham	100.1	37.8	4.2	1.9	42.1	1234.9	3.7	0	3.7	13.1
The Hula	141.6	37.8	4.2	1.9	42.1	1239.5	14.8	0.5	13.8	13.6
The Cuban	142.2	73.8	8.2	3.1	46.1	1249.2	2.9	0	1.9	15.4
Bac-Hammon™	171.6	100.8	11.2	4.9	71.6	1265.4	1.9	0	1.9	16.6
Pork Tenderloin	178.2	110.7	12.3	4.5	50.1	757.3	0	0	0	17.8
BEEF										
Roast Beef	100.2	22.5	2.5	1.7	41.8	1085.9	0	0	0	16.7
Corned Beef	116.9	52.2	5.8	2.5	50.1	1035.8	0	0	0	16.7
Pastrami	116.9	52.2	5.8	2.5	41.8	801.9	1.7	0	0	13.4
Beef Cheesesteak	100.2 + 1 cheese + 1 onion	22.5 + 1 cheese + 1 onion	2.5 + 1 cheese + 1 onion	1.7 + 1 cheese + 1 onion	41.8 + 1 cheese + 1 onion	1085.9 + 1 cheese + 1 onion	0 + 1 cheese + 1 onion	0 + 1 cheese + 1 onion	0 + 1 cheese + 1 onion	16.7 + 1 cheese + 1 onion
Reuben	272.5	151.2	16.8	4.6	63.8	1512.9	11.9	0	6.4	16.7
CHICKEN										
Chicken	83.5	22.5	2.5	0.8	50.1	751.8	0	0	0	16.7
Buffalo Chicken	97.7	22.5	2.5	0.8	50.1	1829.1	2.8	0	0	16.7
Chicken Parma	131	44.1	4.9	1.8	55.1	1057.8	4.5	0.9	3.1	19.6
Chicken Cheesesteak	83.5 + 1 cheese + 1 onion	22.5 + 1 cheese + 1 onion	2.5 + 1 cheese + 1 onion	0.8 + 1 cheese + 1 onion	50.1 + 1 cheese + 1 onion	751.8 + 1 cheese + 1 onion	0 + 1 cheese + 1 onion	0 + 1 cheese + 1 onion	0 + 1 cheese + 1 onion	16.7 + 1 cheese + 1 onion
Chicken Cordon Bleu	91.9	30.6	3.4	1.3	46.1	993.3	1.9	0	1.9	14.9
SEAFOOD										
Tuna Salad	275.3	197.1	21.9	3	50.4	414.2	0	0	0	19.9
Crab Salad	289	212.4	23.6	3.1	30.9	749.8	13.8	0	2	4.9
Surf & Turf™	194.6	117.9	13.1	2.4	36.3	917.8	6.9	0	1	10.9
Shrimp Po' Boy	222.7	108.9	12.1	2	40.5	678.4	18.2	2	0	10.1
Buffalo Shrimp	236.9	108.9	12.1	2	40.5	1755.7	21	2	0	10.1
VEGETARIAN										
Caprese	173	133.2	14.8	4.5	24	268	4	1.2	2.3	7.1
Tomato & Avocado	100.9	75.6	8.4	1.2	0	6.8	7	4.5	1.9	1.6
Hummus	198.4	101.7	11.3	1.4	0	453.6	22.7	5.7	2.8	8.5
Elvis Wich	484.7	243	27	5.4	0	267.6	52.9	6.6	31.3	13.7
Black Bean Patty	130	36	4	0.5	0	470	15	3	2	12
ITALIAN										
Grinder	293.6	227.7	25.3	10.9	80.9	1321.3	0	0	0	16.3
Meatball	260.1	167.4	18.6	7.1	60.7	680.6	8.5	1.9	4.1	16.1
Muffuletta	227.1	153.9	17.1	5.5	50.8	1751.8	4.9	1.2	2.3	14.3
Pizza	399.3	306	34	16.1	94.9	1389.3	5.3	0.9	3.9	17.6
Chicken Pesto	130.7	64.8	7.2	1.5	52.6	838.8	0.5	0.2	0	17.7
COMFORTS										
Meatloaf	140	54	6	2.5	30	470	8	2	3	12
Egg Salad	431.7	380.7	42.3	6.9	318.9	307.6	1.4	0	1.4	8.2
Chicken Salad	316.9	262.8	29.2	4.4	66.9	806.4	0	0	0	14.1
SPAM® Classic	263.6	208.8	23.2	8.4	59.5	1164.3	2.6	0	0	11.3
Triple Cheese Please™	3 cheeses	3 cheeses	3 cheeses	3 cheeses	3 cheeses	3 cheeses	3 cheeses	3 cheeses	3 cheeses	3 cheeses
CLASSICS										
BLT	252.1	164.7	18.3	8.1	101.2	1300.2	1.9	0.6	1.2	20.7
Club	207.5	108	12	5.1	86.2	1639.4	2.3	0	2.3	23.6
Gyro	342.6	245.7	27.3	13.1	57.4	729.9	8.5	0	0	14
Montecristo	165.2	22.5	2.5	0.9	37.7	1025.4	20.9	0	16.7	15.7
French Dip	111.4	22.5	2.5	1.7	41.8	1807	2.2	0	0	16.7
BREAKFAST										
Ham & Egg	150.1	81.9	9.1	2.9	301	727.4	3.9	0	3.9	16.5
Bacon & Egg	221.5	144.9	16.1	6	330.6	758	2	0	2	20.1
Sausage & Egg	330	243	27	9	330	510	2	0	2	20
SPAM® & Egg	231.8	167.4	18.6	6.2	309.8	692.1	3.3	0	2	15.6
Veggies & Egg	100 + veggies	63 + veggies	7 + veggies	2 + veggies	280 + veggies	110 + veggies	2 + veggies	0 + veggies	2 + veggies	10 + veggies
KIDSWICH®										
Peanut Butter & Jelly	239.2	119.7	13.3	2.7	0	140	25.5	1.8	16.9	6.2
Grilled Cheese	70.9	36	4	2.5	10.1	384.7	3	0	2	6.1
Cheese PizzaWich	127.3	83.7	9.3	5	30.3	319.5	3.2	0.4	2.6	8.5
Turkey	41.8	3.6	0.4	0	16.7	400.9	0	0	0	9.2
Ham	50.1	18.9	2.1	0.9	21	617.4	1.9	0	1.9	6.5
Roast Beef	50.1	11.7	1.3	0.8	20.9	542.9	0	0	0	8.4

* Range = Available cheese choices with the exception of Cheez Whiz®.

Although the nutrition information is based on standard product formulations, minor acceptable variations in sources of supply, seasonal influences, serving sizes, preparation technique, and sampling differences may affect the nutrition value for each product. Please be advised that we may update the nutrition chart from time to time.



NUTRITIONAL INFORMATION

This analysis of our menu is provided to help you make informed choices about what you eat.

FOOD PRODUCT	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (mg)	Dietary Fiber	Sugar (g)	Protein (g)
CHEESE										
American	52.5	27	3	1.9	7.5	285	2.25	0	1.7	4.5
Swiss	82.5	54	6	3.8	22.5	45	0.75	0	0	6.75
Cheddar	83.5	61.2	6.8	3.8	22.8	136.7	0	0	0	5.3
Provolone	75.9	54.9	6.1	3.8	19	189.8	0.8	0	0.8	5.3
Pepper Jack	83.5	61.2	6.8	4.6	19	129.1	0	0	0	4.6
Mozzarella	68.3	47.7	5.3	3	19	91.1	0.8	0	0.8	4.6
Cheez Whiz®	276.5	189	21	5.4	33.5	1539	11.4	0.4	8.1	9.6
MUSTARDS										
Yellow	9	5.4	0.6	0	0	161	0.8	0	0	0.6
Dijon	9	5.4	0.6	0	0	161	0.8	0	0	0.6
Honey	28	0	0	0	0	71	5.7	0	2.8	0
Deli	0	0	0	0	0	170	0	0	0	0
MAVOS										
Regular	100	99	11	1.5	10	70	0	0	0	0
Fat Free	15	0	0	0	0	105	3	0	0	0
Horseradish	75	72	8	1	7.5	80	0.5	0	0	0
Spicy	75	72	8	1	7.5	150	0.5	0	0	0
SPREADS & SAUCES										
A-1®	15	0	0	0	0	280	3	0	2	0
BBQ	34	0	0	0	0	300	8.3	0	6	0
Buffalo	14.2	0	0	0	0	1077.3	2.8	0	0	0
Marinara	22.5	3.6	0.4	0	0	4.5	216	0.9	3.1	0.9
Pesto	47.25	42.3	4.7	0.75	2.5	87.05	0.5	0.25	0	1
Ketchup	75	0	0	0	0	80	2	0	2	1
Salsa	5	0	0	0	0	105	1	0	1	0
1000 Island	50.3	33.03	3.67	0.7	4.57	96.03	3.67	0	1.83	0
Ranch	55	42.3	4.7	0.7	4	101	3.4	0.9	0	0.1
Fat Free Italian	9	0	0	0	0	185	1.6	0	0.9	0
ONIONS										
Caramelized	5	1.8	0.2	0	0	0	0.8	0	0	0.1
Red	3	0	0	0	0	0	0.8	0	0	0.1
Crispy Strings	7	4.5	0.5	0.2	0	9	0.5	0	0	0
VEGGIES										
Lettuce	4	0	0	0	0	2.8	0.8	0.3	0.5	0.3
Tomato	5.1	0.9	0.1	0	0	1.4	1.1	0.3	0.7	0.2
Pickles	1.5	0	0	0	0	125	0	0	0	0
Pepperoncini	2.5	0	0	0	0	165	0.5	0	0	0
Cucumbers	4	0	0	0	0	1	1	0	0	0
Coleslaw	45.6	31.5	3.5	0.5	3.1	98.9	3.6	0.4	2.6	0.2
Jalapeños	4	0.9	0.1	0	0	75	0	0	0	0
Bell Peppers	4	0	0	0	0	1	0.9	0	0.6	0.1
Black Olives	16	13.5	1.5	0	0	124	0.9	0	0	0.1
Olive Salad	60.1	48.6	5.4	0.9	0	527.5	2.6	1.2	0	0.3
Mushrooms	2	0	0	0	0	0	0	0	0	0
Sauerkraut	4.7	0	0	0	0	189	0.9	0	0.9	0
Hot Pepper Mix	129.6	124.2	13.8	2.08	0.11	337	1.3	0.6	0.07	0.07
Avocado	45.35	37.35	4.15	0.6	0	2	2.8	1.9	0.2	0.55
Half Pickle	6.35	0.45	0.05	0	0	419	1.15	0.35	0.65	0.3
OILS & SPICES										
Oil	130	126	14	2	0	0	0	0	0	0
Vinegar	0	0	0	0	0	0	0	0	0	0
Oregano	14	4.5	0.5	0.1	0	1	2.9	1.9	0.2	0.5
Parmesan	25	18	2	1	5	90	0	0	0	0
Salt	0	0	0	0	0	6976	0	0	0	0
Pepper	16	0	0	0	0	0	4	2	0	0
Garlic	28	0.9	0.1	0	0	2	6.1	0.8	2	1.4
Crushed Red Pepper	3	0	0	0	0	0	0.6	0	0	0.1
BEVERAGES										
Barq's Root Beer®	278	0	0	0	0	60	75	0	75	0
Diet Coke®	0	0	0	0	0	15	0	0	0	0
Coca Cola, Classic®	248	0	0	0	0	15	68	0	68	0
Sprite®	243	0	0	0	0	55	65	0	65	0
Hi-C Flashin' Fruit Punch®	260	0	0	0	0	23	70	0	70	0
Mello Yellow®	265	0	0	0	0	20	73	0	73	0
Minute Maid® Lemonade	243	0	0	0	0	103	65	0	65	0
Minute Maid® Light Lemonade	13	0	0	0	0	13	3	0	2.5	0
Pibb Xtra®	243	0	0	0	0	35	65	0	65	0
Dr. Pepper®	225	0	0	0	0	75	65	0	65	0
TEA										
Liquid Sweetener	100	0	0	0	0	10	24	0	24	0
Tea, Liquid Extract	0	0	0	0	0	0	0	0	0	0
Nestle® Raspberry Iced Tea	195	0	0	0	0	23	53	0	0	0
Gold Peak® Green Tea	203	0	0	0	0	55	55	0	53	0
Gold Peak® Sweetened Iced Tea	205	0	0	0	0	58	55	0	55	0
Gold Peak® Unsweetened Iced Tea	1	0	0	0	0	63	0	0	0	0
SHAKES										
Vanilla, Small	450.5	207	23	13.3	84	211	78.2	0	63	8
Vanilla, Large	686	342	38	21.8	138	347	140	0	115	13
Strawberry, Small	390	207	23	13.3	84	221	62	0	46	8
Strawberry, Large	566	342	38	21.8	138	357	108	0	81	13
Hershey's® Chocolate, Small	480.5	207	23	13.2	84	234	84	0	63	8
Hershey's® Chocolate, Large	630.5	342	38	21.8	138	258	120.3	0	93	13
Banana, Small	419.5	209	23.2	13.3	83	210	100.7	1.5	48.4	8.4
Banana, Large	568	344	38	21.8	138	347	111	1.5	78.2	13.5
Pineapple, Small	375.5	209	23.4	13.3	84	211	60.7	0	33	8
Pineapple, Large	542	346	38.8	21.8	138	347	104.8	0	54.5	13
Oreo® Shake, Small	457.5	251.1	28	14.8	84	342	67.2	0	44	9
Oreo® Shake, Large	641	409.5	45.5	24	138	542	108.3	0	71	15
KIDS SNACKS										
Mini Rice Krispies Treats®	180	36	4	1.5	0	210	34	0	15	2
Fruit Roll-Ups®	50	9	1	0	0	55	11	0	7	0
CHIPS										
House Chips	210	117	13	1.5	0	252	23	3	0	3
COOKIES										
Chocolate Chip Cookie	230	45	5	3	20	125	28	1	13	5
Peanut Butter Cookie	220	90	10	3.5	0	260	30	1	17	4
Oatmeal Raisin Cookie	230	72	8	2	15	360	36	1	21	3
SNACKS										
Wich Krispies	180	36	4	1.5	0	210	34	0	15	2
Brownies	420	210	21	3	75	375	69	0	45	6
CONDIMENTS										
Lemon Juice Packet	5	0	0	0	0	0	1	0	0	0
Pepper Packet	0	0	0	0	0	0	0	0	0	0
Salt Packet	0	0	0	0	0	240	0	0	0	0
Sugar Packet	16	0	0	0	0	0	4	0	4	0
Mayonnaise Packet	80	81	9	1.5	5	80	0	0	0	0
Mustard Packet	4	0	0	0	0	50	0	0	0	0

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WICH CATEGORY	Allergens Present	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
THE WICKED®									
(Turkey, Ham, Roast Beef, Pepperoni, Bacon, Cheddar, Pepper Jack & Mozzarella Cheeses)	CONTAINS: Milk, Soy, Wheat			X			X		X
TURKEY									
TURKEY	CONTAINS: Soy, Wheat						X		X
TURKEY REUBEN (Sauerkraut & 1000 Island)	CONTAINS: Egg, Soy, Wheat	X					X		X
THANK YOU TURKEY™ (Stuffing & Cranberry)	CONTAINS: Soy, Wheat						X		X
TURKEY WICH (Coleslaw & 1000 Island)	CONTAINS: Egg, Soy, Wheat	X					X		X
TURKEY PASTRAMI	CONTAINS: Soy, Wheat						X		X
HAM & PORK									
HAM	CONTAINS: Soy, Wheat						X		X
THE HULA (Ham & Pineapple)	CONTAINS: Soy, Wheat						X		X
THE CUBAN (Ham, Pork & Pickle Slices)	CONTAINS: Soy, Wheat						X		X
BACHAMMON™ (Bacon & Ham)	CONTAINS: Soy, Wheat						X		X
PORK TENDERLOIN	CONTAINS: Soy, Wheat						X		X
BEEF									
ROAST BEEF	CONTAINS: Soy, Wheat						X		X
CORNED BEEF	CONTAINS: Soy, Wheat						X		X
PASTRAMI	CONTAINS: Soy, Wheat						X		X
BEEF CHEESESTEAK (choose your Cheese & Onions)	CONTAINS: Milk, Soy, Wheat			X			X		X
REUBEN (Corned Beef, Sauerkraut & 1000 Island)	CONTAINS: Egg, Soy, Wheat	X					X		X
CHICKEN									
CHICKEN	CONTAINS: Soy, Wheat						X		X
BUFFALO CHICKEN	CONTAINS: Soy, Wheat						X		X
CHICKEN PARMA (with Marinara & Parmesan)	CONTAINS: Milk, Soy, Wheat			X			X		X
CHICKEN CHEESESTEAK (choose your Cheese & Onions)	CONTAINS: Milk, Soy, Wheat			X			X		X
CHICKEN CORDON BLEU (Chicken & Ham)	CONTAINS: Soy, Wheat						X		X
SEAFOOD									
TUNA SALAD	CONTAINS: Egg, Fish (Tuna), Soy, Wheat	X	X				X		X
CRAB SALAD	CONTAINS: Egg, Fish (Pollack and/or Whiting), Soy, Wheat	X	X				X		X
SURF & TURF™ (Crab & Roast Beef)	CONTAINS: Egg, Fish (Pollack and/or Whiting), Soy, Wheat	X	X				X		X
SHRIMP PO' BOY	CONTAINS: Egg, Milk Shellfish (Shrimp), Soy, Wheat	X		X		X	X		X
BUFFALO SHRIMP	CONTAINS: Egg, Milk, Shellfish (Shrimp), Soy, Wheat	X		X		X	X		X
VEGETARIAN									
CAPRESE (Mozzarella, Pesto & Tomato)	CONTAINS: Milk, Soy, Wheat			X			X		X
TOMATO & AVOCADO	CONTAINS: Soy, Wheat						X		X
HUMMUS	CONTAINS: Soy, Wheat						X		X
ELVIS WICH (PB, Honey & Banana)	CONTAINS: Peanuts, Soy, Wheat				X		X		X
BLACK BEAN PATTY	CONTAINS: Egg, Milk, Soy, Wheat	X		X			X		X
ITALIAN									
GRINDER (Salami, Pepperoni & Capicola)	CONTAINS: Milk, Soy, Wheat			X			X		X
MEATBALL (with Marinara & Parmesan)	CONTAINS: Milk, Soy, Wheat			X			X		X
MUFFULETTA (Salami, Ham & Olive Salad)	CONTAINS: Milk, Soy, Wheat			X			X		X
PIZZA (Pepperoni, Mozzarella, Marinara & Parmesan)	CONTAINS: Milk, Soy, Wheat			X			X		X
CHICKEN PESTO	CONTAINS: Milk, Soy, Wheat			X			X		X
COMFORTS									
MEATLOAF	CONTAINS: Egg, Milk, Soy, Wheat	X		X			X		X
EGG SALAD	CONTAINS: Egg, Soy, Wheat	X					X		X
CHICKEN SALAD	CONTAINS: Egg, Soy, Wheat	X					X		X
SPAM® Classic	CONTAINS: Soy, Wheat						X		X
TRIPLE CHEESE PLEASE™	CONTAINS: Milk, Soy, Wheat			X			X		X
CLASSICS									
BLT (Bacon, Lettuce & Tomato)	CONTAINS: Soy, Wheat						X		X
CLUB (Turkey, Ham & Bacon)	CONTAINS: Soy, Wheat						X		X
GYRO (Gyro Meat & Tzatziki Sauce)	CONTAINS: Milk, Soy, Wheat			X			X		X
MONTECRISTO (Ham, Turkey, Grape Jelly & Powdered Sugar)	CONTAINS: Soy, Wheat						X		X
FRENCH DIP (Roast Beef with a side of Au Jus)	CONTAINS: Milk, Soy, Wheat			X			X		X
BREAKFAST									
HAM & EGG	CONTAINS: Egg, Milk, Soy, Wheat	X		X			X		X
BACON & EGG	CONTAINS: Egg, Milk, Soy, Wheat	X		X			X		X
SAUSAGE & EGG	CONTAINS: Egg, Milk, Soy, Wheat	X		X			X		X
SPAM® & EGG	CONTAINS: Egg, Milk, Soy, Wheat	X		X			X		X
VEGGIES & EGG (choose your veggies)	CONTAINS: Egg, Milk, Soy, Wheat	X		X			X		X
KIDSWICH®									
PEANUT BUTTER & JELLY	CONTAINS: Peanuts, Soy, Wheat				X		X		X
GRILLED CHEESE	CONTAINS: Milk, Soy, Wheat			X			X		X
TURKEY	CONTAINS: Soy, Wheat						X		X
CHEESE PIZZAWICH	CONTAINS: Milk, Soy, Wheat			X			X		X
HAM	CONTAINS: Soy, Wheat						X		X
ROAST BEEF	CONTAINS: Soy, Wheat						X		X

This allergen information was provided by Healthy Dining's review of Which Wich product and recipe information. This review does not account for cross-contamination that may occur (1) during preparation of the menu item or (2) as a result of substituting alternative products to those listed above. Some of our products are processed in a facility that also processes eggs, milk, peanuts, soy, tree nuts and wheat. Please check back here from time to time for updates as our suppliers may change ingredients that may change the information provided.

FOOD PRODUCT	Allergens Present	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
BREAD									
Wheat	CONTAINS: Soy, Wheat						X		X
White	CONTAINS: Soy, Wheat						X		X
Kids Wheat	CONTAINS: Soy, Wheat						X		X
Kids White	CONTAINS: Soy, Wheat						X		X
CHEESE									
American	CONTAINS: Milk, Soy			X			X		
Swiss	CONTAINS: Milk			X					
Cheddar	CONTAINS: Milk			X					
Provolone	CONTAINS: Milk			X					
Pepper Jack	CONTAINS: Milk			X					
Mozzarella	CONTAINS: Milk			X					
Cheez Whiz®	CONTAINS: Milk			X					
MUSTARDS									
Yellow									
Dijon									
Honey									
Deli									
MAYOS									
Regular	CONTAINS: Egg, Soy	X					X		
Fat Free	CONTAINS: Egg, Soy	X					X		
Horseradish	CONTAINS: Egg, Soy	X					X		
Spicy	CONTAINS: Egg, Soy	X					X		
SPREADS & SAUCES									
A.1.®									
BBQ									
Buffalo	CONTAINS: Soy						X		
Marinara									
Pesto	CONTAINS: Milk			X					
Ketchup									
Salsa									
1000 Island	CONTAINS: Egg, Soy	X					X		
Ranch	CONTAINS: Milk, Soy			X			X		
Fat Free Italian									
ONIONS									
Caramelized									
Red									
Crispy Strings	CONTAINS: Soy, Wheat						X		X
VEGGIES									
Lettuce									
Tomato									
Pickles									
Pepperoncini									
Cucumbers									
Coleslaw	CONTAINS: Egg, Soy	X					X		
Jalapeños									
Bell Peppers									
Black Olives									
Olive Salad	CONTAINS: Soy						X		
Mushrooms									
Sauerkraut									
Hot Pepper Mix	CONTAINS: Soy						X		
Avocado									
Half Pickle									
OILS & SPICES									
Oil	CONTAINS: Soy						X		
Vinegar									
Oregano									
Parmesan	CONTAINS: Milk			X					
Salt									
Pepper									
Garlic									
Crushed Red Pepper									

This allergen information was provided by Healthy Dining's review of Which Wich product and recipe information. This review does not account for cross-contamination that may occur (1) during preparation of the menu item or (2) as a result of substituting alternative products to those listed above. Some of our products are processed in a facility that also processes eggs, milk, peanuts, soy, tree nuts and wheat. Please check back here from time to time for updates as our suppliers may change ingredients that may change the information provided.