

Roly Poly Sandwich Nutritional Information

Recipe Name	#	Calories	Saturated Fat		Protein (g)	Carbohydrate s (g)	Dietary Fiber (g)	Sodium (mg)	Cholesterol (mg)	Sugars (g)
		(kcal)	Fat (g)	(g)						
Chicken										
COBB SALAD	26	256	12	3	11	27	3	466	18	3
CHICKEN CAESAR	27	309	11	3	27	30	3	595	60	4
SANTA FE CHICKEN	28	304	11	4	26	28	2	551	64	3
CATALINA CHICKEN	29	315	11	3	30	28	3	703	72	2
BASIL CASHEW CHICKEN	30	298	10	2	23	30	3	580	46	3
DELHI CHICKEN	31	326	12	3	30	33	3	668	73	6
CHICKEN FAJITA	36	316	9	4	25	28	2	526	60	3
CHICKEN CORDON BLEU	37	308	11	4	23	26	2	653	52	3
ORIENTAL CHICKEN	48	269	4	1	22	29	3	537	44	3
HICKORY CHICKEN	52	348	10	3	28	25	1	716	71	1
CHICKEN POPPER	53	284	8	4	22	29	2	574	59	4
PESTO CHICKEN	55	322	9	4	26	28	2	598	57	3
BUFFALO SLIM ON WHEAT	65	271	5	2	25	28	3	587	59	2
BUFFALO CHICKEN	72	335	9	4	25	28	2	734	59	3
Turkey										
THANKSGIVING	9	285	7	1	14	36	3	850	21	3
CALIFORNIA TURKEY	10	328	12	3	21	30	3	1003	47	3
WILD TURKEY	11	278	11	2	16	31	2	825	48	5
SMOKEHOUSE TURKEY	12	323	10	2	24	27	3	901	52	4
HOT HONEY	13	299	8	3	24	25	1	961	55	2
HICKORY CRISTO	38	291	9	3	24	25	2	765	54	3
TURKEY APPLEJACK	39	319	12	3	20	30	2	995	48	4
ITALIAN TURKEY	49	329	11	3	17	36	5	879	49	6
TUSCAN TURKEY	51	219	2	1	18	31	5	764	25	4
CIDER HOUSE MELT ON WHEAT	61	243	5	1	20	26	3	741	41	3
GREEK TURKEY ON WHEAT	77	268	8	2	15	33	4	1254	33	3
PESTO TURKEY CLUB	140	376	19	6	22	28	3	1049	45	3
CAPE CODDER (wheat)	165	321	12	2	17	26	4	790	41	4
Roast Beef and Steak										
PEPPER STEAK	14	268	10	3	19	28	3	813	41	4
RANCH ROAST	15	321	15	4	22	28	3	1235	66	5
RUSSIAN BEEF	16	259	9	4	19	26	3	963	40	3
PHILLY MELT	18	278	11	5	20	25	2	715	45	2
STEAK FAJITA	19	316	12	4	23	27	2	739	56	3
SANTA FE STEAK	20	327	13	5	23	27	2	763	59	3
CHIPOTLE CHEESESTEAK	96	345	15	6	24	27	2	793	63	2
BLACK & BLEU CLUB	161	309	13	5	22	25	2	958	48	2
Ham and Smoked Pork										
ITALIAN CLASSIC	21	334	12	4	20	32	5	910	44	5
KEY WEST CUBAN	23	328	9	4	20	44	6	1177	42	12
PORKY'S NIGHTMARE	24	319	12	4	25	28	3	1068	61	5
PEACHTREE MELT	25	309	11	4	21	27	1	900	56	4
PORK MELT	41	310	11	4	26	26	2	1176	64	2
SOUTHSIDE CLUB	116	367	17	6	22	30	2	1127	53	4
Tuna Salad										
TUNA LUAU	32	324	14	4	25	34	3	779	61	7
THAI HOT TUNA	33	338	11	3	21	30	3	667	49	4
TEXAS TUNA	40	309	12	4	24	30	2	765	64	3
POPEYE'S TUNA ON WHEAT	60	303	4	2	21	31	4	778	49	4
CLASSIC TUNA MELT	117	338	17	6	25	26	2	740	65	3
Veggie and Cheese										
MONSTER VEGGIE	3	285	9	3	12	27	4	269	22	3
CALIFORNIA HUMMER	6	305	13	3	13	32	4	445	16	4
FRENCH TWIST	7	254	9	4	13	27	3	267	29	4
ITALIAN VEGGIE	8	255	8	4	14	33	5	386	16	5
VEGGIE FAJITA	42	239	8	2	11	27	3	283	23	3
SPINACH STUFFER	43	232	8	2	12	32	4	335	20	3
ULTIMATE VEGGIE	46	180	1	1	8	33	6	223	0	4
NUT & HONEY	47	341	17	4	10	35	4	256	29	9

SPINACH POPPER (wheat)	157	192	7	4	7	27	3	249	14	4
NUTTY AVOCADO (wheat)	160	267	12	2	8	35	5	136	0	9

Unless noted by beige color and "on wheat" all sandwiches are calculated on white tortilla. To convert white to wheat tortilla subtract 10 calories and add 1 gram fiber.