

Roly Poly Sandwiches Nutritional Information

Calculations are based on our small size and include all ingredients listed on the sandwich. To significantly reduce the calories or fat content of your sandwich please substitute any of our reduced fat dressings or cheeses. Because our meats and cheeses are freshly sliced in the store and our sandwiches are hand rolled, the nutritional information is approximate.

White	Wheat
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	Sandwich	Calories (kcal)		Fat (g)		Saturated Fat (g)		Protein		Carbo-hydrates (g)		Dietary Fiber (g)		Sodium (mg)		Cholesterol (mg)		
Sliced Chicken	26. Cobb Salad	331	318	13.7	13.5	3.9	3.9	10.5	10.7	29.4	28.1	2.6	4.5	707	691	17.9	17.9	
	27. Chicken Caesar	325	312	12.2	12	4.4	4.4	14.3	14.5	29.6	28.3	3.8	5.7	859	843	60.3	60.3	
	28. Santa Fe Chicken	315	305	12.7	12.3	4.8	4.7	21	21.2	28.4	27.1	1.6	3.5	901	885	69.2	69.2	
	29. Catalina Chicken Salad	318	305	12.5	12.3	4	4	16.8	17	27.9	26.6	2.6	4.5	1054	1038	76.3	76.3	
	30. Basil Cashew Chicken	301	288	11.1	10.9	2.1	2.1	14.3	14.5	27.9	26.6	2.9	2.8	890	874	47.3	47.3	
	31. Delhi Chicken	332	319	12.5	12.3	3.8	3.8	17.3	17.5	33	31.7	2.7	4.6	1018	1002	76.1	76.1	
	36. Chicken Fajita	320	310	13.0	12.6	4.8	4.7	21.5	21.7	28.1	26.8	1.9	3.8	891	875	69.0	69.0	
	37. Chicken CordonBleu	319	303	11.4	11.2	3.7	3.7	22.5	22.7	28.2	26.9	2.4	4.3	951	935	51.3	51.3	
	48. Oriental Chicken	275	262	5.9	5.7	1.6	1.6	18.7	18.9	31.9	30.6	2.7	4.6	758	742	44.4	44.4	
	52. Hickory Chicken	349	336	10.7	10.5	4.1	4.1	23	23.2	28.5	27.2	1.6	3.5	1146	1130	85.3	85.3	
	53. Chicken Popper	289	279	9.2	8.8	4.9	4.8	19.2	19.4	30.4	29.1	1.6	3.5	876	860	59.9	59.9	
	55. Pesto Chicken	420	410	18.4	18.0	5.9	5.8	26.8	27.0	33.7	31.0	1.9	3.6	1020	1004	58.6	58.6	
	65. Buffalo Slim		279		5.7		1.6		13.7		26.4		3.9		981		45.0	
72. Buffalo Chicken Melt	365	355	11.8	11.4	5.4	5.3	25.4	25.6	35.2	32.5	2.2	3.9	1001	985	62.2	62.2		
Turkey Breast	9. Thanksgiving	289	276	8.2	8	1.4	1.4	16.5	16.7	31.7	30.4	0.8	2.7	1168	1152	20.7	20.7	
	10. California Turkey	332	319	14.1	13.9	4.2	4.2	20.3	20.5	34.8	33.5	2.6	4.5	1333	1317	50.1	50.1	
	11. Wild Turkey	288	275	11.9	11.7	3.1	3.1	17.8	18	30.4	29.1	3.7	5.6	1095	1079	35.6	35.6	
	12. Smokehouse Turkey	332	319	11.4	11.2	3	3	18.5	19	29.3	28	2.6	4.5	1239	1223	55.2	55.2	
	13. Hot Honey	304	291	8.9	8.7	3.3	3.3	20.3	20.5	29.5	28.2	3.8	5.7	1392	1376	66.1	66.1	
	38. Hickory Christo	315	302	10.4	10.2	4.3	4.3	18.8	19	29.1	27.8	3.4	5.3	1079	1063	54.8	54.8	
	39. Turkey Applejack	324	311	12.7	12.5	3.7	3.7	18.5	18.7	27.8	26.5	1.6	3.5	1322	1306	50.1	50.1	
	49. Italian Turkey	333	320	11.9	11.7	3.5	3.5	19.8	20	31.9	30.6	3.6	5.5	1160	1144	36.3	36.3	
	51. Tuscan Turkey	241	228	4.4	4.2	0.8	0.8	16.3	16.5	31.9	30.6	3.1	5.0	999	983	25.0	25.0	
	61. Cider House Melt		252		5.2		1.3		19.2		28.4		4.5		996		27.8	
77. Greek Turkey		283		8.5		2.9		16.6		30		4.6		1494		26.3		
140. Pesto Turkey Club	392	382	20.3	19.9	6.9	6.8	21.5	21.7	33.7	31.0	3.0	4.6	1364	1348	44.0	44.0		
Roast Beef & Steak	14. Pepper Steak	275	265	11.4	11.0	3.6	3.5	16.8	17	27.6	26.3	1.9	3.8	1047	1031	43.0	43.0	
	15. Ranch Roast	329	316	14.4	14.2	4.4	4.4	19	19.2	28.9	27.6	3.2	5.1	1507	1491	52.8	52.8	
	16. Russian Beef	295	282	10.7	10.5	3.5	3.5	17	17.2	27.7	26.4	1.6	3.5	1292	1276	39.6	39.6	
	17. Jalapeno Beef	336	319	13.8	13.1	5.9	5.7	20.8	19.7	33.6	30.9	3.7	5.3	1241	1162	43.7	43.7	
	18. Philly Melt	290	280	11.7	11.4	4.8	4.7	18	18.2	27.1	25.8	1.4	3.3	1050	1034	48.9	48.9	
	19. Steak Fajita	339	329	15.0	14.6	5.0	4.9	21.5	21.7	28.5	27.2	1.9	3.8	1003	987	64.3	64.3	
	20. Santa Fe Steak	329	319	14.7	14.3	5.0	4.9	21.2	21.4	28	26.7	1.6	3.5	1013	997	64.5	64.5	
	96. Chipotle Cheesesteak	373	363	16.9	16.5	6.0	5.9	23.7	23.9	31.6	28.9	1.9	3.6	1007	991	64.4	64.4	
Black Forest Ham/Pork	21. Italian Classic	341	328	12.4	12.2	5.2	5.2	17.5	17.7	29.4	28.1	2.1	4	1675	1553	57.0	57.0	
	23. Key West Cuban Mix	330	320	12.5	12.1	4.2	4.1	27	27.2	28	26.7	1.6	3.5	1595	1579	44.7	44.7	
	24. Porky's Nightmare	325	312	12.1	11.9	4.8	4.8	20.5	20.7	27.7	26.4	1.6	3.5	1384	1368	62.9	62.9	
	25. Peachtree Melt	340	327	11.4	11.2	5.3	5.3	16	16.2	29.1	27.8	0.8	2.7	1224	1208	61.6	61.6	
	41. BarBQ Pork Melt	315	302	10.4	10.2	4.3	4.3	21.5	21.7	27.2	25.9	0.8	2.7	1414	1398	77.0	77.0	
	116. Southside Club	374	364	18.6	18.2	7.1	7.0	22.2	22.4	32.1	29.4	2.5	4.2	1393	1377	54.3	54.3	
Tuna Salad	32. Tuna Luau	336	323	15.2	15	4.3	4.3	16.8	17	29.9	28.6	1.9	3.8	932	916	30.4	30.4	
	33. Thai Hot Tuna	340	327	12.7	12.5	3.3	3.3	15.3	15.5	28.3	27	2.6	4.5	810	794	20.4	20.4	
	40. Texas Tuna Melt	322	309	13.5	13.3	4.4	4.4	16.8	17	27.2	25.9	1.8	3.7	1009	993	31.9	31.9	
	60. Popeye's Tuna		309		4.5		1.3		18.2		29.6		4.2		993		3.0	
	117. Classic Tuna Melt	344	334	18.1	17.7	7.3	7.2	19.2	19.4	28.7	26.0	1.7	3.3	829	813	36.2	36.2	
Vegetarian	3. Monster Veggie	288	275	9.9	9.7	3.4	3.4	9.1	9.3	30.7	29.4	5	6.9	552	536	23.3	23.3	
	6. California Hummer	318	305	14.1	13.9	3.4	3.4	8.6	8.8	30.7	29.4	4.4	6.3	679	663	16.1	16.1	
	7. French Twist	277	264	11.2	11	4.3	4.3	8.8	9	29.1	27.8	3.4	5.3	577	561	35.0	35.0	
	8. Italian Veggie	259	246	8.8	8.6	3.1	3.1	8.5	8.7	29.8	28.5	4.1	6.0	677	661	15.7	15.7	
	42. Veggie Fajita	242	229	8.5	8.3	2.9	2.9	8.3	8.5	29.6	28.3	3.7	5.6	593	577	24.7	24.7	
	43. Spinach Stuffer	242	229	8.5	8.3	2.3	2.3	9.3	9.5	32.4	31.1	3.4	5.3	651	635	22.3	22.3	
	46. Ultimate Veggie	209	196	3.7	3.7	0.8	0.8	5.6	5.8	32.3	31	5.0	6.9	460	444	0.0	0.0	
	47. Nut & Honey	373	360	18.5	18.3	4.8	4.8	10.8	11	36.5	35.2	5.8	7.7	529	513	16.4	16.4	