



fresh ingredients
**Nutritional
Information**

Single-item Ingredients

Trays	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Breads												
White	1 slice	70	5	1	0	0	0	140	14	1	2	2
Wheat	1 slice	80	10	1.5	0.5	0	0	120	14	1	2	3
Kaiser Roll	1 roll	140	10	1.5	0	0	0	300	29	1	1	7
Sub Roll	4.5 inch	150	20	2	0.5	0	0	150	27	1	1	5
Sub Roll	9 inch	290	35	4	1	0	0	300	54	2	2	10
Sub Roll	12 inch	380	45	5	1.5	0	0	390	71	3	3	13
Sub Roll	20 inch	710	90	10	2.5	0	0	710	131	5	5	25
Meats												
Turkey	1 oz	50	20	2.5	0.5	0	15	50	0	0	0	5
Roast Beef	1 oz	50	10	1	0	0	20	370	1	0	0	8
Steak for Philly	1 oz	50	20	2.5	1	0	12	15	0	0	0	6
Chicken for Philly	1 oz	35	10	1	0	0	13	65	0	0	0	5
Imported Ham	1 oz	35	10	1	0.5	0	5	200	2	0	2	5
Hot Ham	1 oz	35	10	1	0.5	0	8	250	1	0	1	5
Peppered Ham	1 oz	30	5	1	0	0	5	245	1	0	1	5
Genoa Salami	1 oz	105	90	10	3.5	0	20	460	1	0	0	6
Pastrami	1 oz	40	10	1.5	0	0	18	220	0	0	0	7
Tuna	1 oz	70	40	4.5	0	0	35	115	0	0	0	6
Cheeses												
Swiss	1 oz	110	80	9	6	0	20	170	0	0	0	7
Provolone	1 oz	100	70	8	4.5	0	20	250	1	0	0	7
American	1 oz	110	80	9	5	0	25	420	2	0	2	5
Blue Cheese Crumbles	1 oz	76.9	57.7	6.4	3.9	0.4	21.3	229.7	.9	.8	0	3.9
Components												
Tomato	1 oz	5	1	0	0	0	0	1	1	0	1	0
Lettuce	1 oz	0	0	0	0	0	0	0	1	0	1	0
Onions	1 oz	10	0	0	0	0	0	0	3	1	1	0
Mayo	1 oz	200	200	22	3	0	20	150	0	0	0	0
Mustard	1 oz	20	10	1	0	0	0	320	2	1	0	1
Spicy Mustard	1 oz	25	0	0	0	0	0	280	0	0	0	0
Oil	1 oz	240	240	28	2	0	0	0	0	0	0	0
Red Wine Vinegar	1 oz	5	0	0	0	0	0	0	0	0	0	0
Ketchup	1 oz	30	0	0	0	0	0	260	8	0.1	6	0
Mushrooms	1 oz	5	1	0	0	0	0	0	1	0	1	1
Pickles	1 oz	0	0	0	0	0	0	320	0	0	0	0
Pepper Relish	1 oz	15	0	0	0	0	0	560	2	0	2	0
Sweet Peppers	1 oz	25	5	1	0	0	0	75	5	0	3	0
Cucumbers	1 oz	0	0	0	0	0	0	1	1	0	1	0
Black Olives	1 oz	45	35	4	1	0	0	210	2	1	0	0
Garbanzo Beans	1 oz	25	5	1	0	0	0	80	4	1	0	1
Hots (hot peppers)	1 oz	25	15	1.5	0	0	0	300	1	0	1	0
Fried Onions	1 oz	35	25	3	0	0	0	0	3	1	1	0
Fried Mushrooms	1 oz	30	25	3	0	0	0	0	1	0	1	1
Fried Sweet Peppers	1 oz	50	30	4	0	0	0	75	5	0	3	0
Fried Hots (hot peppers)	1 oz	35	25	3	0	0	0	560	2	0	2	0
Cranberry Sauce	1 oz	45	0	0	0	0	0	0	10	0	9	0
Marinara Sauce	1 oz	10	0	0.5	0	0	0	90	2	1	1	1
Stuffing	1 oz	50	20	2.5	1	1	0	170	7	0	1	1
BBQ Sauce	1 oz	50	0	0	0	0	0	220	14	0	12	0

Single-item Ingredients(contd.)

Ingredient	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Add-ons												
Apple	1 medium	90	5	0	0	0	0	0	25	4	19	0
Banana	1 medium	110	5	0	0	0	0	0	27	3	14	1
Oil	1 oz	243	243	28	2	0	0	0	0	0	0	0
	0.1	24	24	3	0	0	0	0	0	0	0	0
fried onions	1 oz	11	0	0	0	0	0	1	3	1	1	0
4.5	1	36	25	3	0	0	0	1	3	1	1	0
9	1.5	50	40	4.5	0	0	0	0	5	2	2	0
12	2	70	50	6	0	0	0	0	6	2	2	0
20	3.8	130	100	11	0	0	0	0	11	4	4	0
	1	36	25	3	0	0	0	1	3	1	1	0
fried mushrooms	1 oz	6	1	0	0	0	0	1	1	0	1	1
4.5	0.7	29	25	3	0	0	0	1	1	0	0	1
9	1.4	40	35	4	0	0	0	0	1	0	1	1
12	1.8	80	60	6	0	0	0	0	2	0	2	2
20	3	230	190	9	0	0	0	0	3	0	3	3
	1	31	25	3	0	0	0	1	1	0	1	1
fried sweets	1 oz	26	6	1	0	0	0	74	5	0	3	0
4.5	0.6	40	28	3	0	0	0	44	3	0	2	0
9	1.2	60	35	5	0	0	0	90	6	0	4	0
12	1.6	80	50	7	0	0	0	120	8	0	5	0
20	2.6	130	80	10	0	0	0	190	13	0	8	0
	1	50	31	4	0	0	0	74	5	0	3	0
fried hots	1 oz	13	4	0	0	0	0	559	2	0	2	0
4.5	0.3	28	25	3	0	0	0	168	1	0	1	0
9	0.6	20	15	0	0	0	0	340	1	0	1	0
12	1	35	30	3	0	0	0	560	2	0	2	0
20	1.5	60	40	4.5	0	0	0	840	3	0	3	0

Breakfast Items

Ingredient	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Cap's - The Scrambler	entire meal	790	580	65.0	11.0	0.0	395	760	32.0	2.0	4.0	20.0
Cap's - The General	entire meal	940	670	75.0	15.0	0.0	420	1760	35.0	2.0	6.0	30.0
Cap's - The Strami	entire meal	760	580	65.0	11.0	0.0	410	980	20.0	2.0	3.0	25.0
Cap's - The Steakenator	entire meal	860	610	69.0	13.0	0.0	410	790	32.0	2.0	4.0	29.0
Cap's - Ole Reliable	entire meal	830	660	75.0	15.0	0.0	425	1070	20.0	2.0	3.0	22.0

9", 12", 20" Toppings

Ingredient	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Toppings												
Mayo	0.3	61	60	7	1	0	6	46	0	0	0	0
4.5	0.4	80	80	9	0	0	10	60	0	0	0	0
	0.5	101	100	11	2	0	10	76	0	0	0	0
9	0.75	150	150	17	2.5	0	15	115	0	0	0	0
12	1	203	201	22	3	0	20	152	0	0	0	0
20	1.5oz	300	300	33	1.5	0	30	230	0	0	0	0
	2.5oz	405	400	45	6	0	41	304	0	0	0	0
	0.15	30	30	3	0	0	3	23	0	0	0	0
	0.25	51	50	6	1	0	5	38	0	0	0	0
	0.35	71	70	8	1	0	7	53	0	0	0	0
	0.6	122	120	13	2	0	12	91	0	0	0	0
	0.55	111	110	12	2	0	11	84	0	0	0	0
	0.7	142	140	16	2	0	14	106	0	0	0	0
	1.2	243	241	27	4	0	24	182	0	0	0	0
	0.8	162	160	18	2	0	16	122	0	0	0	0
Mustard												
	.3oz	10	0	0	0	0	0	100	0	0	0	0
	.4oz	10	0	0	0	0	0	130	1	0	0	1
	.6oz	10	5	0	0	0	0	190	1	1	0	1
Spicy Mustard												
	.4oz	11	0	0	0	0	0	113	0	0	0	0
	.6oz	17	0	0	0	0	0	170	0	0	0	0
	.9oz	26	0	0	0	0	0	255	0	0	0	0
Oil												
4.5	.3oz	70	70	0	1	0	0	0	0	0	0	0
	.5oz	122	122	14	1	0	0	0	0	0	0	0
9	.6oz	150	150	17	0	0	0	0	0	0	0	0
12	.75oz	180	180	21	0	0	0	0	0	0	0	0
	1oz	243	243	28	2	0	0	0	0	0	0	0
20	1.3oz	320	320	37	2.5	0	0	0	0	0	0	0
	2.2oz	535	535	62	4	0	0	0	0	0	0	0
Red Wine Vinegar												
	.4oz	0	0	0	0	0	0	0	0	0	0	0
	.6oz	0	0	0	0	0	0	0	0	0	0	0
	1oz	5	0	0	0	0	0	0	0	0	0	0
Ketchup												
	.4oz	10	0	0	0	0	0	105	3	0	2	0
	.6oz	15	0	0	0	0	0	150	5	0	3	0
	1oz	30	0	0	0	0	0	260	8	0	6	0
Mushrooms												
	1.4oz	10	0	0	0	0	0	1	0	0	1	1
	1.8oz	10	0	0	0	0	0	2	0	1	2	2
	2.4oz	15	0	0	0	0	0	2	0	2	2	2
Pickles												
	1.3oz	0	0	0	0	0	0	420	1	0	0	0
	1.7oz	5	0	0	0	0	0	550	1	1	1	0
	2.5oz	10	0	0	0	0	0	810	1	1	1	0

9", 12", 20" Toppings (contd.)

Ingredient	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Pepper Relish												
	1.8oz	25	5	0	0	0	0	1010	3	0	3	0
	2oz	25	5	0	0	0	0	1120	4	0	4	0
	3oz	30	10	0	0	0	0	1680	6	0	6	0
Sweet Peppers												
	1.8oz	45	10	0	0	0	0	135	9	0	5	0
	2.5oz	70	15	0	0	0	0	190	12	0	7	0
	3.5oz	90	20	2.5	0	0	0	260	17	0	10	0
Cucumbers												
	1oz	0	0	0	0	0	0	0	1	0	1	0
	1.3oz	5	0	0	0	0	0	0	1	0	1	0
	2oz	10	1	0	0	0	0	0	2	0	1	0
Black Olives												
	1 oz	45	35	4	0	0	0	210	2	1	0	0
	1.5oz	70	50	6	0	0	0	320	3	1	0	0
	2.5oz	110	90	10	0	0	0	530	5	2	0	1
Garbanzo Beans												
	.9oz	25	5	0	0	0	0	70	3	1	1	1
	1.5oz	40	10	0	0	0	0	115	6	2	2	2
	2oz	50	10	0	0	0	0	160	8	3	2	3
Fried Onions												
		36	25	3	0	0	0	0	3	1	1	0
	1.5	50	40	4.5	0	0	0	0	5	2	2	0
	2	70	50	6	0	0	0	0	6	2	2	0
	3.8	130	100	11	0	0	0	0	11	4	4	0
Fried Mushrooms												
		31	25	3	0	0	0	0	1	0	1	1
	1.4	40	35	4	0	0	0	0	1	0	1	1
	1.8	80	60	6	0	0	0	0	2	0	2	2
	3	230	190	9	0	0	0	0	3	0	3	3
Fried Sweet Peppers												
		50	31	4	0	0	0	74	5	0	3	0
	1.2	60	35	5	0	0	0	90	6	0	4	0
	1.6	80	50	7	0	0	0	120	8	0	5	0
	2.6	130	80	10	0	0	0	190	13	0	8	0
Fried Hots (hot peppers)												
		37	28	3	0	0	0	559	2	0	2	0
	0.6	20	15	0	0	0	0	340	1	0	1	0
	1	35	30	3	0	0	0	560	2	0	2	0
	1.5	60	40	4.5	0	0	0	840	3	0	3	0
Russian Dressing												
	0.7	100	80	9	0	0	5	180	4	0	3	0
	0.9	130	110	12	0	0	10	240	5	0	4	0
	1	140	120	13	0	0	10	260	5	0	4	0
	1.6	220	190	21	3	0	15	420	8	0	6	0
Cap's - Fried Onions (1 serving = 1 oz)		30	20	3	0	0	0	0	2	0	1	0
Cap's - Fried Mushrooms (1 serving = 1 oz)		25	20	2	0	0	0	0	1	0	1	1
Cap's - Fried Hot Peppers (1 serving = 1 oz)		70	60	7	1	0	0	230	1	0	1	0
Cap's - Fried Sweet Peppers (1 serving = 1 oz)		30	15	2	0	0	0	70	5	0	3	0

Cap's Specials

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
The Bobbie	4.5 inch	440	170	19.0	4.0	0.5	43	915	50.0	2.0	12.0	17.0
	6 inch	560	215	24	4.5	1	53	1188	62.5	2.5	15	22
	9 inch	880	350	38.0	7.0	1.5	85	1810	100.0	4.0	22.0	35.0
	12 inch	1120	430	48.0	9.0	2.0	105	2375	125.0	5.0	30.0	44.0
	20 inch	1970	780	87.0	17.0	3.0	190	4075	210.0	9.0	42.0	79.0
Capastrami	4.5 inch	560	310	34.0	11.0	0.0	75	1010	30.0	2.0	4.0	30.0
	6 inch	750	415	46	12.5	0	103	1395	42.5	2.5	6.5	40.5
	9 inch	1120	620	71.0	18.0	0.0	145	1970	65.0	4.0	10.0	57.0
	12 inch	1500	830	92.0	25.0	0.0	205	2790	85.0	5.0	13.0	81.0
	20 inch	2560	1390	155.0	39.0	0.0	335	4690	160.0	10.0	23.0	135.0
Cole Turkey	4.5 inch	440	230	26.0	7.0	0.0	57	545	30.0	2.0	4.0	20.0
	6 inch	640	355	39	10	0.5	84	817.5	45	2.5	6.5	28
	9 inch	980	540	59.0	15.0	0.5	129	1245	60.0	4.0	10.0	43.0
	12 inch	1280	710	78.0	20.0	1.0	168	1635	90.0	5.0	13.0	56.0
	20 inch	2170	1160	130.0	31.0	1.0	273	2650	160.0	10.0	23.0	93.0
Slaw Be Jo	4.5 inch	450	210	24.0	6.0	0.0	62	1175	30.0	2.0	4.0	26.0
	6 inch	655	325	36	9.5	0.5	89	1608	45	3	6.5	36
	9 inch	990	490	54.0	14.0	0.5	139	2515	70.0	5.0	10.0	56.0
	12 inch	1310	650	72.0	19.0	1.0	178	3215	90.0	6.0	13.0	72.0
	20 inch	2170	1050	117.0	29.0	1.0	273	5130	160.0	11.0	23.0	113.0
Cran-Slam Club on White	entire sandwich	670	230	26.0	4.0	0.0	78	1990	70.0	4.0	29.0	36.0
Cran-Slam Club on Wheat	entire sandwich	690	240	27.0	5.0	0.0	78	1940	70.0	4.0	29.0	39.0

Vegetarian

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Veggie Turkey	4.5 inch	370	150	17.0	4.0	0.0	10	570	32.0	3.0	1.0	25.0
	6 inch	445	170	18.5	6	0.5	23	905	44	2.5	5	25
	9 inch	680	260	29.0	9.0	0.5	35	1410	67.0	4.0	8.0	39.0
	12 inch	890	340	37.0	12.0	1.0	45	1810	88.0	5.0	10.0	50.0
	20 inch	1490	540	60.0	19.0	1.0	65	2930	156.0	9.0	16.0	82.0
Veggie Cheese Steak	6 inch	535	220	24.5	6	0.5	23	890	43	4.5	1.5	39
	9 inch	790	330	38.0	9.0	0.5	35	1270	65.0	6.0	2.0	55.0
	12 inch	1070	440	49.0	12.0	1.0	45	1780	86.0	9.0	3.0	78.0
	20 inch	1740	700	79.0	19.0	1.0	65	2650	152.0	13.0	5.0	113.0
Veggie Cole Turkey	4.5 inch	530	300	34.0	7.0	0.0	30	850	35.0	2.0	6.0	17.0
	6 inch	735	440	49	10	0.5	50	1190	47.5	2.5	8.5	25
	9 inch	1150	700	77.0	16.0	0.5	75	1860	72.0	4.0	13.0	39.0
	12 inch	1470	880	98.0	20.0	1.0	100	2380	95.0	5.0	17.0	50.0
	20 inch	2480	1480	164.0	32.0	1.0	150	3840	169.0	10.0	30.0	78.0
Veggie Cheeseburger	6 inch	535	230	26	8	0.25	28	1010	61	4	5	15
	9 inch	690	290	34.0	9.0	0.0	25	1110	80.0	5.0	6.0	19.0
	12 inch	1070	460	52.0	16.0	0.5	55	2020	122.0	8.0	10.0	30.0
	20 inch	1760	750	84.0	25.0	1.0	80	3160	207.0	13.0	16.0	50.0
	Kaiser	530	270	31.0	8.0	0.0	25	1120	55.0	3.0	4.0	16.0

Cap's Salads and Dressings

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Salads												
Chopped Italian Salad (Individual)	entire salad without dressing	300	150	16.0	7.0	0.0	40	950	19.0	7.0	7.0	20.0
The Black & Bleu (Individual)	entire salad without dressing	310	110	13.0	7.0	0.5	75	1330	20.0	7.0	9.0	30.0
Cap's Creation Garden (Individual)	entire salad without dressing	60	10	1.0	0.0	0.0	0	35	12.0	6.0	6.0	4.0
Cap's - Balsamic Chicken Salad	small	280	140	16.0	4.5	0.0	50	660	20.0	3.0	14.0	17.0
Cap's - Balsamic Chicken Salad	regular	510	250	27.0	9.0	0.5	100	1150	37.0	7.0	25.0	31.0
Cap's - BBQ Chicken Salad	small	300	160	18.0	1.5	0.0	35	630	22.0	3.0	7.0	13.0
Cap's - BBQ Chicken Salad	regular	540	290	32.0	3.0	0.0	65	1170	39.0	5.0	14.0	24.0
Cap's - BBQ Turkey Salad	small	320	190	21.0	2.5	0.0	30	460	22.0	3.0	7.0	12.0
Cap's - BBQ Turkey Salad	regular	560	330	37.0	4.5	0.0	50	820	38.0	5.0	14.0	19.0
Salad Dressings												
Cranberry Vinaigrette	2 tbsp	25	0	0.0	0.0	0.0	0	110	6.0	0.0	6.0	0.0
Creamy Ranch	2 tbsp	120	110	12.0	1.0	0.0	10	230	2.0	0.0	1.0	1.0
Zesty Fat Free Italian	2 tbsp	15	0	0.0	0.0	0.0	0	490	4.0	0.0	3.0	0.0
Russian	2 tbsp	140	120	13.0	2.0	0.0	10	260	5.0	0.0	4.0	0.0
Balsamic Vinaigrette	2 tbsp	60	45	5.0	0.5	0.0	0	190	4.0	0.0	4.0	0.0
Chipotle Ranch	2 tbsp	140	130	14.0	2.0	0.0	5	230	4.0	0.0	2.0	0.0
Gorgonzola Vinaigrette	2 tbsp	90	70	8.0	2.0	0.0	5	280	3.0	0.0	2.0	1.0

Drinks

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Pepsi	22 fl oz	260	0	0.0	0.0	0.0	0	50	73.0	0.0	73.0	0.0
Pepsi	32 fl oz	380	0	0.0	0.0	0.0	0	75	106.0	0.0	106.0	0.0
Diet Pepsi	22 fl oz	0	0	0.0	0.0	0.0	0	65	0.0	0.0	0.0	0.0
Diet Pepsi	32 fl oz	0	0	0.0	0.0	0.0	0	95	0.0	0.0	0.0	0.0
Sierra Mist	22 fl oz	210	0	0.0	0.0	0.0	0	50	52.0	0.0	52.0	0.0
Sierra Mist	32 fl oz	300	0	0.0	0.0	0.0	0	75	76.0	0.0	76.0	0.0
Dr. Pepper	22 fl oz	250	0	0.0	0.0	0.0	0	85	72.0	0.0	72.0	0.0
Dr. Pepper	32 fl oz	360	0	0.0	0.0	0.0	0	120	104.0	0.0	104.0	0.0
Lemonade	22 fl oz	280	0	0.0	0.0	0.0	0	290	74.0	0.0	74.0	0.0
Lemonade	32 fl oz	400	0	0.0	0.0	0.0	0	420	108.0	0.0	108.0	0.0
Iced Tea	22 fl oz	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0
Iced Tea	32 fl oz	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0

Desserts

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Brownie	1 each	370	240	22.0	11.0	0.0	105	200	65.0	3.0	40.0	6.0
Chocolate Chip Cookie	1 each	360	140	27.0	7.0	0.0	20	400	53.0	2.0	30.0	4.0
Peanut Butter Cookie	1 each	380	180	20.0	8.0	0.0	15	530	45.0	2.0	28.0	6.0
Sugar Cookie	1 each	360	140	15.0	5.0	0.0	10	430	51.0	1.0	27.0	4.0

Cold Subs

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Homemade Turkey	6 inch	415	145	16	7	0.5	63	1055	39.5	2.5	3	28
	9 inch	640	220	25.0	10.0	0.5	100	1600	60	4.0	4.0	44.0
	12 inch	830	290	32.0	14.0	1.0	125	2110	79	5.0	6.0	56.0
	20 inch	1390	450	50.0	20.0	1.0	205	3390	141	8.0	9.0	93.0
Homemade Roast Beef	6 inch	425	115	13	6.5	0.5	68	1845	40.5	3	3	36
	9 inch	660	180	20.0	10.0	0.5	105	2860	62	4.0	4.0	56.0
	12 inch	850	230	26.0	13.0	1.0	135	3690	81	6.0	6.0	72.0
	20 inch	1380	340	37.0	17.0	1.0	200	5870	145	10.0	9.0	113.0
Italian	6 inch	545	230	26	9	0.5	58	2050	42.5	2.5	6	34
	9 inch	830	350	40.0	14.0	0.5	90	3120	65	4.0	9.0	51.0
	12 inch	1090	460	52.0	18.0	1.0	115	4100	85	5.0	12.0	68.0
	20 inch	1750	700	78.0	28.0	1.0	175	6510	151	8.0	18.0	107.0
Ham & Cheese	6 inch	515	175	19.5	6.5	0.5	45	1840	46	2.5	9.5	35
	9 inch	780	260	29.0	10.0	0.5	65	2760	70	4.0	15.0	53.0
	12 inch	1030	350	39.0	13.0	1.0	90	3680	92	5.0	19.0	70.0
	20 inch	1650	510	57.0	20.0	1.0	135	5790	162	8.0	30.0	110.0
Tuna	6 inch	555	245	27	7.5	0.5	163	1370	39.5	2.5	3	39
	9 inch	800	340	38.0	11.0	0.5	220	1980	60	4.0	4.0	54.0
	12 inch	1110	490	54.0	15.0	1.0	325	2740	79	5.0	6.0	78.0
	20 inch	1660	660	74.0	20.0	1.0	425	4110	141	9.0	9.0	109.0
Cheese	6 inch	570	305	34	17.5	0.75	68	1495	41	2.5	4.5	27
	9 inch	860	460	51.0	26.0	1.0	105	2250	62	4.0	7.0	41.0
	12 inch	1140	610	68.0	35.0	1.5	135	2990	82	5.0	9.0	54.0
	20 inch	1820	900	101.0	53.0	2.0	205	4770	146	8.0	13.0	86.0
Genoa Salami	6 inch	670	390	44	15	0.5	73	2320	42	3	3.5	29
	9 inch	1020	590	66.0	23.0	0.5	115	3240	64	4.0	5.0	45.0
	12 inch	1340	780	88.0	30.0	1.0	145	4640	84	6.0	7.0	58.0
	20 inch	2180	1200	135.0	47.0	1.0	230	8050	153	11.0	12.0	95.0
Hot Ham	6 inch	565	215	24.5	7	0.5	55	2285	45.5	3	8	35.5
	9 inch	840	310	35.0	11.0	0.5	85	3080	68	4.0	12.0	54.0
	12 inch	1130	430	49.0	14.0	1.0	110	4570	91	6.0	16.0	71.0
	20 inch	1810	640	72.0	22.0	1.0	170	7710	162	11.0	26.0	112.0
Peppered Ham	6 inch	540	215	24.5	6	0.5	45	2285	45.5	3	8	38
	9 inch	800	310	35.0	9.0	0.5	65	3080	68	4.0	12.0	57.0
	12 inch	1080	430	49.0	12.0	1.0	90	4570	91	6.0	16.0	76.0
	20 inch	1740	640	72.0	18.0	1.0	135	7710	162	11.0	26.0	119.0

Sandwiches

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Homemade Turkey on White	entire sandwich	390	150	17.0	6.0	0.0	70	1400	32.0	3.0	5.0	28.0
Homemade Turkey on Wheat	entire sandwich	410	160	18.0	7.0	0.0	70	1600	32.0	3.0	5.0	30.0
Homemade Turkey on Kaiser	entire sandwich	390	140	16.0	6.0	0.0	70	1970	33.0	2.0	2.0	31.0
Homemade Roast Beef on White	entire sandwich	400	120	13.0	6.0	0.0	75	2350	34.0	4.0	6.0	38.0
Homemade Roast Beef on Wheat	entire sandwich	420	130	14.0	6.0	0.0	75	2550	34.0	4.0	6.0	40.0
Homemade Roast Beef on Kaiser	entire sandwich	400	110	12.0	6.0	0.0	75	2920	35.0	3.0	3.0	41.0
Tuna on White	entire sandwich	430	190	21.0	6.0	0.0	115	1540	32.0	3.0	5.0	28.0
Tuna on Wheat	entire sandwich	440	200	22.0	6.0	0.0	115	1750	32.0	3.0	5.0	30.0
Tuna on Kaiser	entire sandwich	420	180	20.0	6.0	0.0	115	2110	34.0	2.0	2.0	31.0
Ham and Cheese on White	entire sandwich	370	110	12.0	5.0	0.0	35	1850	37.0	3.0	10.0	26.0
Ham and Cheese on Wheat	entire sandwich	380	120	13.0	6.0	0.0	35	2060	37.0	3.0	10.0	28.0
Ham and Cheese on Kaiser	entire sandwich	360	100	11.0	5.0	0.0	35	2420	38.0	2.0	7.0	29.0

Hot Subs

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Steak	6 inch	530	215	24.5	5.5	0	53	815	44	2.5	6	35.5
	9 inch	780	310	36.0	7.0	0.0	70	1210	67.0	3.0	9.0	49.0
	12 inch	1060	430	49.0	11.0	0.0	105	1630	88.0	5.0	12.0	71.0
	20 inch	1830	730	83.0	18.0	0.0	175	2730	153.0	8.0	17.0	121.0
Cheese Steak	4.5 inch	490	240	27.0	10.0	0.0	60	1360	35.0	2.0	6.0	30.0
	6 inch	640	295	33	11.4	0.25	80	1215	46	2.5	7.5	41
	9 inch	930	430	50.0	16.0	0.0	110	1810	69.0	3.0	11.0	57.0
	12 inch	1280	590	66.0	23.0	0.5	160	2430	92.0	5.0	15.0	82.0
	20 inch	2140	970	109.0	36.0	1.0	255	3920	159.0	8.0	21.0	137.0
Chicken Cheese Steak	4.5 inch	370	160	18.0	0.0	0.0	50	850	29.0	1.0	1.0	25.0
	6 inch	535	235	26	6.5	0.5	58	2295	48	3.5	8	34.5
	9 inch	790	350	40.0	10.0	0.5	115	1760	58.0	2.0	2.0	53.0
	12 inch	1070	470	52.0	13.0	1.0	165	2410	76.0	3.0	3.0	76.0
	20 inch	1830	770	87.0	21.0	1.0	265	3980	138.0	6.0	5.0	126.0
Grilled Italian	4.5 inch	430	200	22.0	7.0	0.0	35	1140	37.0	3.0	6.0	21.0
	6 inch	630	300	33.5	9.5	0.5	58	2295	48	3.5	8	34.5
	9 inch	930	430	49.0	14.0	0.5	90	3130	73.0	5.0	12.0	53.0
	12 inch	1260	600	67.0	19.0	1.0	115	4590	96.0	7.0	16.0	69.0
	20 inch	2110	970	109.0	30.0	1.0	175	7820	173.0	13.0	27.0	110.0
Homemade Meatball	4.5 inch	510	240	26.0	12.0	1.5	145	1220	35.0	2.0	3.0	31.0
	6 inch	595	260	29	14	1.5	158	1450	45	2.5	4	37
	9 inch	900	400	44.0	21.0	2.5	235	2140	68.0	4.0	6.0	56.0
	12 inch	1190	520	58.0	28.0	3.0	315	2900	90.0	5.0	8.0	74.0
	20 inch	1920	800	88.0	43.0	4.5	475	4540	160.0	9.0	14.0	117.0
Italian Sausage	4.5 inch	480	290	32.0	10.0	0.0	60	790	35.0	2.0	4.0	14.0
	6 inch	675	405	46	14.5	0	88	1150	46	2.5	6	20
	9 inch	970	570	65.0	19.0	0.0	120	1570	69.0	4.0	9.0	28.0
	12 inch	1350	810	92.0	29.0	0.0	175	2300	92.0	5.0	12.0	40.0
	20 inch	2330	1380	155.0	48.0	0.0	295	3870	164.0	9.0	20.0	70.0

Cap's Kids

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Turkey and Cheese on White, Craisins, and Juice Box	entire meal	620	220	24.0	9.0	0.0	65	860	79.0	5.0	50.0	20.0
Turkey and Cheese on Wheat, Craisins, and Juice Box	entire meal	640	230	25.0	9.0	0.0	65	820	79.0	5.0	50.0	22.0
Turkey and Cheese on Kaiser, Craisins, and Juice Box	entire meal	620	210	25.0	9.0	0.0	65	880	80.0	4.0	47.0	23.0
Ham and Cheese on White, Craisins, and Juice Box	entire meal	590	190	20.0	9.0	0.0	45	1160	82.0	5.0	53.0	19.0
Ham and Cheese on Wheat, Craisins, and Juice Box	entire meal	620	200	20.0	9.0	0.0	45	1130	82.0	5.0	53.0	21.0
Ham and Cheese on Kaiser, Craisins, and Juice Box	entire meal	590	180	20.0	8.0	0.0	45	1180	83.0	4.0	50.0	22.0
Grilled Cheese on White, Craisins, and Juice Box	entire meal	520	180	20.0	7.0	0.0	35	750	79.0	5.0	49.0	9.0
Grilled Cheese on Wheat, Craisins, and Juice Box	entire meal	550	190	20.0	8.0	0.0	35	710	79.0	5.0	49.0	11.0
Craisins	1 serving	140	0	0.0	0.0	0.0	0	0	34.0	3.0	29.0	0.0
Juice Box	1 juice box	60	0	0.0	0.0	0.0	0	15	15.0	0.0	15.0	0.0

Ingredient	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Soups												
Broccoli Cheddar Soup	8 oz	340	230	26.0	16.0	0.0	75	820	15.0	2.0	1.0	12.0
Broccoli Cheddar Soup	12 oz	510	350	39.0	24.0	0.0	115	1230	23.0	3.0	2.0	18.0
Chicken Noodle Soup	8 oz	100	20	2.0	0.5	0.0	30	790	10.0	1.0	2.0	10.0
Chicken Noodle Soup	12 oz	150	25	3.0	1.0	0.0	45	1190	15.0	2.0	3.0	15.0
Chicken Tortilla Soup	8 oz	120	25	3.0	0.0	0.0	15	760	15.0	2.0	3.0	9.0
Chicken Tortilla Soup	12 oz	180	40	4.5	0.0	0.0	25	1140	23.0	3.0	5.0	14.0
New England Clam Chowder	8 oz	350	210	23.0	13.0	0.0	90	1000	24.0	1.0	5.0	11.0
New England Clam Chowder	12 oz	530	310	35.0	20.0	0.0	135	1500	36.0	2.0	8.0	17.0
Tomato Bisque	8 oz	200	120	13.0	6.0	0.0	35	680	17.0	4.0	8.0	5.0
Tomato Bisque	12 oz	300	180	20.0	9.0	0.0	55	1020	26.0	6.0	12.0	8.0
Turkey Chili with Beans	8 oz	200	35	4.0	1.0	0.0	60	630	22.0	7.0	7.0	19.0
Turkey Chili with Beans	12 oz	300	50	6.0	1.5	0.0	90	950	33.0	11.0	11.0	29.0
Subs												
The Bobbie	4.5 inch	440	170	19.0	4.0	0.5	43	915	50.0	2.0	12.0	17.0
Capastrami	4.5 inch	560	310	34.0	11.0	0.0	75	1010	30.0	2.0	4.0	30.0
Cole Turkey	4.5 inch	440	230	26.0	7.0	0.0	57	545	30.0	2.0	4.0	20.0
Slaw Be Jo	4.5 inch	450	210	24.0	6.0	0.0	62	1175	30.0	2.0	4.0	26.0
Veggie Turkey	4.5 inch	320	110	13.0	3.5	0.0	10	640	34.0	2.0	4.0	18.0
Veggie Cheese Steak	4.5 inch	370	150	17.0	4.0	0.0	10	570	32.0	3.0	1.0	25.0
Veggie Cole Turkey	4.5 inch	530	300	34.0	7.0	0.0	30	850	35.0	2.0	6.0	17.0
Cheese Steak	4.5 inch	490	240	27.0	10.0	0.0	60	1360	35.0	2.0	6.0	30.0
Chicken Cheese Steak	4.5 inch	370	160	18.0	0.0	0.0	50	850	29.0	1.0	1.0	25.0
Grilled Italian	4.5 inch	430	200	22.0	7.0	0.0	35	1140	37.0	3.0	6.0	21.0
Homemade Meatball	4.5 inch	510	240	26.0	12.0	1.5	145	1220	35.0	2.0	3.0	31.0
Italian Sausage	4.5 inch	480	290	32.0	10.0	0.0	60	790	35.0	2.0	4.0	14.0
Homemade Turkey	4.5 inch	290	90	10.0	4.0	0.0	45	760	29.0	2.0	2.0	20.0
Homemade Roast Beef	4.5 inch	300	70	8.0	3.5	0.0	50	1390	31.0	2.0	2.0	26.0
Italian	4.5 inch	370	150	17.0	6.0	0.0	35	1340	32.0	2.0	4.0	20.0
Ham & Cheese	4.5 inch	380	120	13.0	4.0	0.0	30	1420	35.0	2.0	8.0	26.0
Tuna	4.5 inch	430	190	21.0	6.0	0.0	115	1080	31.0	2.0	2.0	29.0
Cheese	4.5 inch	460	250	28.0	15.0	0.0	60	1230	32.0	2.0	4.0	22.0
Salads												
Balsamic Chicken Salad (Small)	entire salad with dressing	280	140	16.0	4.5	0.0	50	660	20.0	3.0	14.0	17.0
Balsamic Chicken Salad (Regular)	entire salad with dressing	510	250	27.0	9.0	0.5	100	1150	37.0	7.0	25.0	31.0
BBQ Chicken Salad (Small)	entire salad with dressing	300	160	18.0	1.5	0.0	35	630	22.0	3.0	7.0	13.0
BBQ Chicken Salad (Regular)	entire salad with dressing	540	290	32.0	3.0	0.0	65	1170	39.0	5.0	14.0	24.0
BBQ Turkey Salad (Small)	entire salad with dressing	320	190	21.0	2.5	0.0	30	460	22.0	3.0	7.0	12.0
BBQ Turkey Salad (Regular)	entire salad with dressing	560	330	37.0	4.5	0.0	50	820	38.0	5.0	14.0	19.0
Black & Bleu (Small)	entire salad with dressing	340	190	21.0	6.0	0.0	50	1150	18.0	3.0	6.0	18.0
Black & Bleu (Regular)	entire salad with dressing	550	300	33.0	9.0	0.5	85	1970	29.0	4.0	10.0	32.0
Cap's Chopped Salad with Chicken (Small)	entire salad with dressing	260	160	17.0	4.0	0.0	40	760	8.0	2.0	5.0	16.0
Cap's Chopped Salad with Chicken (Regular)	entire salad with dressing	480	300	34.0	8.0	0.0	80	1420	14.0	3.0	9.0	29.0
Cap's Chopped Salad with Italian Meats (Small)	entire salad with dressing	310	210	24.0	7.0	0.0	35	1140	9.0	2.0	6.0	15.0
Cap's Chopped Salad with Italian Meats (Regular)	entire salad with dressing	550	390	43.0	12.0	0.0	55	1900	16.0	3.0	11.0	25.0
Cap's Creation Garden (Individual)	entire salad without dressing	60	10	1.0	0.0	0.0	0	35	12.0	6.0	6.0	4.0

Trays	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
SM Delaware's Finest (3 subs)												
The Bobbie	20 inch	1970	780	87.0	17.0	3.0	190	4075	210.0	9.0	42.0	79.0
Cole Turkey	20 inch	2170	1160	130.0	31.0	1.0	273	2650	160.0	10.0	23.0	93.0
Italian	20 inch	1750	700	78.0	28.0	1.0	175	6510	151.0	8.0	18.0	107.0
LG Delaware's Finest (4 subs)												
The Bobbie	20 inch	1970	780	87	17	3	190	4075	210	9.0	42.0	79.0
Cole Turkey	20 inch	2170	1160	130	31	1	273	2650	160	10.0	23.0	93.0
Italian	20 inch	1750	700	78	28	1	175	6510	151	8.0	18.0	107.0
w/Italian as 4th		1750	700	78	28	1	175	6510	151	8.0	18.0	107.0
w/Cole Turkey as 4th	20 inch	2170	1160	130	31	1	273	2650	160	10.0	23.0	93.0
SM Bobbie (3 subs)												
The Bobbie	20 inch	1970	780	87	17	3	190	4075	210	9.0	42.0	79.0
The Bobbie	20 inch	1970	780	87	17	3	190	4075	210	9.0	42.0	79.0
The Bobbie	20 inch	1970	780	87	17	3	190	4075	210	9.0	42.0	79.0
LG Bobbie (4 subs)												
The Bobbie	20 inch	1970	780	87	17	3	190	4075	210	9.0	42.0	79.0
The Bobbie	20 inch	1970	780	87	17	3	190	4075	210	9.0	42.0	79.0
The Bobbie	20 inch	1970	780	87	17	3	190	4075	210	9.0	42.0	79.0
The Bobbie	20 inch	1970	780	87	17	3	190	4075	210	9.0	42.0	79.0
SM Turkey Lover (3 subs)												
Homemade Turkey	20 inch	1390	450	50	20	1	205	3390	141	8.0	9.0	93.0
Homemade Turkey	20 inch	1390	450	50	20	1	205	3390	141	8.0	9.0	93.0
Homemade Turkey	20 inch	1390	450	50	20	1	205	3390	141	8.0	9.0	93.0
LG Turkey Lover (4 subs)												
Homemade Turkey	20 inch	1390	450	50	20	1	205	3390	141	8.0	9.0	93.0
Homemade Turkey	20 inch	1390	450	50	20	1	205	3390	141	8.0	9.0	93.0
Homemade Turkey	20 inch	1390	450	50	20	1	205	3390	141	8.0	9.0	93.0
Homemade Turkey	20 inch	1390	450	50	20	1	205	3390	141	8.0	9.0	93.0
SM Little Italy (3 subs)												
Italian	20 inch	1750	700	78	28	1	175	6510	151	8.0	18.0	107.0
Italian	20 inch	1750	700	78	28	1	175	6510	151	8.0	18.0	107.0
Italian	20 inch	1750	700	78	28	1	175	6510	151	8.0	18.0	107.0
LG Little Italy (4 subs)												
Italian	20 inch	1750	700	78	28	1	175	6510	151	8.0	18.0	107.0
Italian	20 inch	1750	700	78	28	1	175	6510	151	8.0	18.0	107.0
Italian	20 inch	1750	700	78	28	1	175	6510	151	8.0	18.0	107.0
Italian	20 inch	1750	700	78	28	1	175	6510	151	8.0	18.0	107.0
SM Vegetarian												
Veggie Turkey	20 inch	1490	540	60	19	1	65	2930	156	9.0	16.0	82.0
Veggie Cole Turkey	20 inch	2480	1480	164	32	1	150	3840	169	10.0	30.0	78.0
Cheese	20 inch	1820	900	101	53	2	205	4770	146	8.0	13.0	86.0
LG Vegetarian (4 subs)												
Veggie Turkey	20 inch	1490	540	60	19	1	65	2930	156	9.0	16.0	82.0
Veggie Cole Turkey	20 inch	2480	1480	164	32	1	150	3840	169	10.0	30.0	78.0
Cheese	20 inch	1820	900	101	53	2	205	4770	146	8.0	13.0	86.0
w/Veggie Turkey as 4th	20 inch	1490	540	60	19	1	65	2930	156	9.0	16.0	82.0

Catering (Contd.)

Trays	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
SM Sampler (3 subs)												
Homemade Roast Beef	20 inch	1380	340	37	17	1	200	5870	145	10.0	9.0	113.0
Homemade Turkey	20 inch	1390	450	50	20	1	205	3390	141	8.0	9.0	93.0
Veggie Turkey	20 inch	1490	540	60	19	1	65	2930	156	9.0	16.0	82.0
Ham & Cheese	20 inch	1650	510	57	20	1	135	5790	162	8.0	30.0	110.0
Tuna	20 inch	1660	660	74	20	1	425	4110	141	9.0	9.0	109.0
Italian	20 inch	1750	700	78	28	1	175	6510	151	8.0	18.0	107.0
Cheese	20 inch	1820	900	101	53	2	205	4770	146	8.0	13.0	86.0
The Bobbie	20 inch	1970	780	87	17	3	190	4075	210	9.0	42.0	79.0
Cole Turkey	20 inch	2170	1160	130	31	1	273	2650	160	10.0	23.0	93.0
Slaw Be Jo	20 inch	2170	1050	117	29	1	273	5130	160	11.0	23.0	113.0
Veggie Cole Turkey	20 inch	2580	1580	175	34	1	160	3920	169	10.0	30.0	78.0
LG Sampler (4 subs)												
Homemade Roast Beef	20 inch	1380	340	37	17	1	200	5870	145	10.0	9.0	113.0
Homemade Turkey	20 inch	1390	450	50	20	1	205	3390	141	8.0	9.0	93.0
Veggie Turkey	20 inch	1490	540	60	19	1	65	2930	156	9.0	16.0	82.0
Ham & Cheese	20 inch	1650	510	57	20	1	135	5790	162	8.0	30.0	110.0
Tuna	20 inch	1660	660	74	20	1	425	4110	141	9.0	9.0	109.0
Italian	20 inch	1750	700	78	28	1	175	6510	151	8.0	18.0	107.0
Cheese	20 inch	1820	900	101	53	2	205	4770	146	8.0	13.0	86.0
The Bobbie	20 inch	1970	780	87	17	3	190	4075	210	9.0	42.0	79.0
Cole Turkey	20 inch	2170	1160	130	31	1	273	2650	160	10.0	23.0	93.0
Slaw Be Jo	20 inch	2170	1050	117	29	1	273	5130	160	11.0	23.0	113.0
Veggie Cole Turkey	20 inch	2480	1480	164	32	1	150	3840	169	10.0	30.0	78.0
Sub Tray Sides (10 fl oz. cup)												
Pickles - 5.5 oz by weight	a	19	4	0	0	0	0	1782	4	2.0	2.0	1.0
Peps - 7 oz by weight	b	105	30	0	0	0	0	3920	14	0	14	0
Sweets - 6 oz by weight	c	150	30	6	0	0	0	450	30	0.0	18.0	0.0
Mayo - 9.5 oz by weight	d	1900	1900	209	29	0	190	1430	0	0.0	0.0	0.0
Yellow Mustard - 10.5 oz by weight	e	210	105	11	0	0	0	3360	21	<1	0.0	11.0
Meatball Bar (equals 9 x 12 inch subs)												
Homemade Meatball	12 inch	11970	5940	666	261	27	2835	26100	810	45.0	72.0	667.0
Homemade Meatball	12 inch	1330	660	74	29	3	315	2900	90	5.0	8.0	74.0

Catering (Contd.)

Trays	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Big Box Lunch												
Homemade Turkey	9 inch	640	220	25	10	0.5	100	1600	60	4.0	4.0	44.0
Homemade Roast Beef	9 inch	660	180	20	10	0.5	105	2860	62	4.0	4.0	56.0
Veggie Turkey	9 inch	680	260	29	9	0.5	35	1410	67	4.0	8.0	39.0
Ham and Cheese	9 inch	780	260	29	10	0.5	65	2760	70	4.0	15.0	53.0
Cran-Slam Club on White	entire sandwich	670	230	26	4	0	78	1990	70	4.0	29.0	36.0
Tuna	9 inch	800	340	38	11	0.5	220	1980	60	4.0	4.0	54.0
Cran-Slam Club on Wheat	entire sandwich	690	240	27	5	0	78	1940	70	4.0	29.0	39.0
Italian	9 inch	830	350	40	14	0.5	90	3120	65	4.0	9.0	51.0
Cheese	9 inch	860	460	51	26	1	105	2250	62	4.0	7.0	41.0
The Bobbie	9 inch	880	350	38	7	1.5	85	1810	100	4.0	22.0	35.0
Cole Turkey	9 inch	980	540	59	15	0.5	129	1245	60	4.0	10.0	43.0
Slaw Be Jo	9 inch	990	490	54	14	0.5	139	2515	70	5.0	10.0	56.0
Veggie Cole Turkey	9 inch	1150	700	77	16	0.5	75	1860	72	4.0	13.0	39.0
Chips - lowest calorie (Baked Lays)	LSS Bag	140	35	4	0.5	0	0	180	26	2.0	3.0	2.0
Chips - highest calorie (Fritos)	LSS Bag	280	70	8	1	0	0	360	52	4.0	6.0	4.0
Cole Slaw (sm = 3.5 oz)	SM	230	190	21	4	0	20	180	7	0	5	0
Low End Box Lunch	Low total	1140	360	52	17	1	120	2000	113	6	34	48
High End Box Lunch	High total	1870	880	97	24	0.5	90	2390	117	6	41	45
Cookie Tray	total	4380	1800	267	81	0	195	5280	606	21.0	345.0	54.0
Cookie and Brownie Assortment	total	3310	1640	190	73	0	405	3320	493	19.0	290.0	46.0
Brownie	1 each	370	240	22	11	0	105	200	65	3.0	40.0	6.0
Chocolate Chip Cookie	1 each	360	140	27	7	0	20	400	53	2.0	30.0	4.0
Peanut Butter Cookie	1 each	380	180	20	8	0	15	530	45	2.0	28.0	6.0
Sugar Cookie	1 each	360	140	15	5	0	10	430	51	1.0	27.0	4.0
Kid's Box Lunch												
Ham and Cheese on White, Craisins, and Juice Box		590	190	21	8	0	45	1160	82	5.0	53.0	19.0
Turkey and Cheese on White, Craisins, and Juice Box		620	220	24	9	0	65	860	79	5.0	50.0	20.0
Ham and Cheese on Wheat, Craisins, and Juice Box		620	200	22	8	0	45	1130	82	5.0	53.0	21.0
Turkey and Cheese on Wheat, Craisins, and Juice Box		720	310	34	10	0	75	880	79	5.0	50.0	22.0
Sides												
Stuffing (weight ounce per recipe)	SM - 2.5 oz	150	50	6.0	1.5	1.5	0	430	18.0	0.0	<1	3.0
	MD - 5 oz	300	100	13.0	2.5	2.5	0	850	35.0	0.0	<1	5.0
	LG - 17 oz	1020	340	42.0	9.0	9.0	0	2890	119.0	0.0	<1	17.0
Cole Slaw (weight ounce per recipe)	SM - 3.5 oz	230	190	21.0	3.5	0.0	20	180	7.0	0.0	5.0	0.0
	MD - 6 oz	30	330	36.0	6.0	0.0	30	300	12.0	0.0	9.0	0.0
	LG - 23 oz	1500	1270	138.0	23.0	0.0	115	1150	46.0	0.0	35.0	0.0
Cranberry Sauce (weight ounce per recipe)	SM - 5.5 oz	250	0	0.0	0.0	0.0	0	0	55.0	0.0	50.0	0.0
	MD - 9 oz	400	0	0.0	0.0	0.0	0	0	90.0	0.0	81.0	0.0
	LG - 17 oz	760	0	0.0	0.0	0.0	0	0	170.0	0.0	153.0	0.0

Catering (Contd.)

Trays	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Catering Salads												
Balsamic Chicken	total	2200	1090	117	36	2	400	5320	57	28	116	124
BBQ Chicken	Low total	2900	1725	187	20	0	285	6370	9	20	98	96
BBQ Turkey	High total	2980	1930	213	27	0	195	4910	208	20	98	66
Caps Chopped	total	2160	1630	178	44	0	165	6400	70	12	50	70
Black and Bleu	total	2460	1460	162	44	2	320	8260	152	16	48	116
Caps Creation	Low total	720	400	44	4	0	0	1660	80	24	56	16
	High total	2980	1930	213	27	0	195	4910	208	20	98	66
Balsamic Chicken Salad (Regular)	with dressing	510	250	27	9	0.5	100	1150	37	7	25	31
BBQ Chicken Salad (Regular)	with dressing	540	290	32	3	0	65	1170	39	5	14	24
BBQ Turkey Salad (Regular)	with dressing	560	330	37	4.5	0	50	820	38	5	14	19
Black & Bleu (Regular)	with dressing	550	300	33	9	0.5	85	1970	29	4	10	32
Cap's Chopped Salad with Italian Meats (Regular)	with dressing	550	390	43	12	0	55	1900	16	3	11	25
Cap's Creation Garden (Individual)	without dressing	60	10	1	0	0	0	35	12	6	6	4
Peppered Ham	1 oz	30	5	0.8	0	0	5	245	1	0	1	5
Genoa Salami	1 oz	105	85	9	3.5	0	20	455	1	0	0	5.5
Hot Ham	1 oz	35	7.5	0.8	0.3	0	7.5	245	1	0	1	4.5
Chipotle Ranch	2 tbsp	140	130	14	2	0	5	230	4	0	2	0
Gorgonzola Vinaigrette	2 tbsp	90	70	8	2	0	5	280	3	0	2	1
Balsamic Vinaigrette	2 tbsp	60	45	5	0.5	0	0	190	4	0	4	0
Red Wine Vinegar & Oil	2 tbsp	150	140	15	2	0	0	360	3	0	3	0
BBQ Sauce	1 oz	70	0	0	0	0	0	290	18	0	16	0
Diced Italian Meats	1 oz	57										
Diced Chicken	1 oz	40										
Diced Chicken by scoop	2 scoops = 2.1 oz	84										
Turkey	1 oz	45	20	2.5	0.5	0	15	50	0	0	0	5
Roast Beef	1 oz	50	10	1	0	0	20	370	1	0	0	8

Below is a disclaimer you are welcomed to use. You may want to run it by your legal team. Feel free to include our logo and company name along with the posted results. We encourage you to link back to our website to establish the credibility of a third-party analysis firm for your customers.

DISCLAIMER: This chart was compiled with the assistance of our third-party nutrition consultants, On The Menu, LLC. On The Menu uses the most up-to-date nutrition information from our suppliers as well as the ESHA Research database, which includes the USDA's National Nutrient Database for Standard Reference, the foundation of most food and nutrition databases in the US. Some variations may occur due to differences in product assembly or preparation at the restaurant, season of the year, region of the country, local suppliers or use of an alternative supplier or ingredient. This listing is periodically updated to reflect the current status of our products.