



Pickleman's Gourmet Cafe

NUTRITION GUIDE



Regular Sandwiches White Bread

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
#1 Turkey	640	225	25	8	0	60	1550	69	4	8	31	
#2 Ham	640	252	28	9	0	60	1750	67	4	6	29	
#3 Veggie	640	252	28	9	0	60	1750	67	4	6	29	
#4 Chicken Salad	740	279	31	9	0	70	1340	77	6	13	31	
#5 Turkey Bacon Club	800	283	37	12	0	80	2550	69	4	8	43	
#6 Asiago Chicken	860	360	42	12	0	126	2580	69	4	5	50	
#7 Hodge Podge	870	319	41	15	0	134	3140	71	4	10	52	
#8 Cafe Club	710	200	28	9	0	88	2260	70	4	9	41	
#9 Italian Beef	480	40	10	2	0	90	1360	61	3	3	34	
#10 Cuban	720	205	28	13	0	106	2450	66	3	6	48	
#11 Italian Club	910	409	50.5	18	0	115	2752	70	4	8	41	
#12 Smokehouse Stack	970	455	51	19	0	105	2640	71	4	8	51	
#13 BLTC	1020	510	58	19	0	91	3630	66	4	5	52	
#14 BBQ Pork	710	216	25	12	0	78	2180	80	3	15	38	
#15 Buffalo Chicken	890	383	44	13	0	123	3060	73	5	5	47	
#16 Grilled Cheese	640	225	26	12	0	67	1340	64	3	3	32	
#17 Chipotle Chicken	750	276	32	10	0	110	1750	70	5	5	44	
#18 The Big Tuna LTO	700	267	31	9	0	59	1430	69	5	6	33	
Pizza Guy	780	371	42	19	0	70	2160	69	4	5	27	

Key Guide

- Vegetarian
- Contains Nuts
- Contains Egg
- Gluten Friendly
- Contains Dairy
- Contains Wheat
- Contains Fish
- Contains Soy
- Contains Sesame

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Regular Sandwiches Wheat Bread

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
#1 Turkey	670	225	25	8	0	60	1600	74	5	9	32	
#2 Ham	670	252	28	9	0	60	1820	72	5	7	30	
#3 Veggie	660	270	30	9	0	32	1110	75	7	6	21	
#4 Chicken Salad	770	279	31	9	0	70	1410	82	7	14	32	
#5 Turkey Bacon Club	830	108	37	12	0	80	2620	74	5	9	44	
#6 Asiago Chicken	890	360	42	12	0	126	2650	74	5	6	51	
#7 Hodge Podge	902	319	41	15	0	134	3210	76	5	11	53	
#8 Cafe Club	740	200	28	9	0	88	2330	75	5	10	42	
#9 Italian Beef	510	40	10	2	0	90	1430	66	4	4	35	
#10 Cuban	750	205	28	13	0	106	2520	71	4	7	49	
#11 Italian Club	940	409	51	18	0	115	2820	75	5	9	42	
#12 Smokehouse Stack	1000	455	51	19	0	105	2710	76	5	9	52	
#13 BLTC	1050	510	58	19	0	91	3700	71	5	6	53	
#14 BBQ Pork	740	216	25	12	0	78	2250	85	4	16	39	
#15 Buffalo Chicken	920	383	44	13	0	123	3130	78	6	6	48	
#16 Grilled Cheese	670	225	26	12	0	67	1410	69	4	4	33	
#17 Chipotle Chicken	780	276	32	10	0	110	1830	74	5	6	45	
#18 The Big Tuna LTO	730	267	31	9	0	59	1500	74	6	7	34	
Pizza Guy	810	371	42	19	0	70	2230	74	5	6	28	

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Mini Sandwiches White Bread

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
#1 Turkey	320	114	13	4	0	33	770	32	1	5	16	
#2 Ham	320	126	15	4	0	33	880	31	1	4	15	
#3 Veggie	290	135	16	4	0	19	490	28	1	4	9	
#4 Chicken Salad	410	184	21	7	0	51	760	33	1	8	20	
#5 Turkey Bacon Club	400	168	19	6	0	43	1270	32	1	5	22	
#6 Asiago Chicken	460	231	27	7	0	73	1480	27	0	3	28	
#7 Hodge Podge	440	193	22	7	0	72	1600	32	1	5	28	
#8 Cafe Club	360	126	15	4	0	47	1130	32	1	5	21	
#9 Italian Beef	230	38	5	1	0	45	660	28	1	2	17	
#10 Cuban	350	198	21	6	0	63	1320	37	2	4	24	
#11 Italian Club	460	238	27	8	0	62	1410	32	1	4	23	
#12 Smokehouse Stack	470	237	25	10	0	53	1300	33	2	5	25	
#13 BLTC	500	274	31	10	0	49	1990	26	0	4	27	
#14 BBQ Pork	340	117	12	6	0	39	1070	38	1	8	19	
#15 Buffalo Chicken	450	228	26	6	0	66	1010	29	0	4	24	
#16 Grilled Cheese	270	107	12	6	0	32	600	25	0	2	14	
#17 Chipotle Chicken	360	159	19	5	0	60	890	28	0	4	21	
#18 The Big Tuna LTO	350	143	16	4	0	32	720	33	1	5	17	
Pizza Guy	410	213	24	11	0	43	1340	30	1	4	17	

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Mini Sandwiches Wheat Bread

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
#1 Turkey	330	114	13	4	0	33	790	34	2	5	17	
#2 Ham	330	126	15	4	0	33	900	33	2	4	16	
#3 Veggie	300	135	16	4	0	19	510	30	2	4	10	
#4 Chicken Salad	420	184	21	7	0	51	780	35	2	8	21	
#5 Turkey Bacon Club	410	168	19	6	0	43	1290	34	2	5	23	
#6 Asiago Chicken	470	231	27	7	0	73	1500	29	1	3	29	
#7 Hodge Podge	450	193	22	7	0	72	1620	34	2	5	29	
#8 Cafe Club	370	126	15	4	0	47	1150	34	2	5	22	
#9 Italian Beef	240	38	5	1	0	45	680	30	2	2	18	
#10 Cuban	360	198	21	6	0	63	1340	39	3	4	25	
#11 Italian Club	470	238	27	8	0	62	1430	34	2	4	24	
#12 Smokehouse Stack	480	237	25	10	0	53	1320	35	3	5	26	
#13 BLTC	510	274	31	10	0	49	2010	28	1	4	28	
#14 BBQ Pork	350	117	12	6	0	39	1090	40	2	8	20	
#15 Buffalo Chicken	460	228	26	6	0	66	1030	31	1	4	25	
#16 Grilled Cheese	280	107	12	6	0	32	620	27	1	2	15	
#17 Chipotle Chicken	370	159	19	5	0	60	910	30	1	4	21	
#18 The Big Tuna LTO	360	143	16	4	0	32	740	35	2	5	22	
Pizza Guy	420	213	24	11	0	43	1360	32	2	4	17	

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Romaine Lettuce Wraps

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
#1 Turkey - Lettuce Wrap	325	227	21	8	0	60	850	11	3	6	29	Contains Dairy, Contains Egg, Contains Soy
#2 Ham - Lettuce Wrap	325	254	24	9	0	60	1050	9	3	4	27	Contains Dairy, Contains Egg, Contains Soy
#3 Veggie - Lettuce Wrap	360	250	28	10	0	40	430	12	5	4	16	Contains Dairy, Contains Egg, Contains Soy
#4 Chicken Salad - Lettuce Wrap	480	280	32	11	0	80	1870	11	3	6	36	Contains Dairy, Contains Egg, Contains Soy
#5 Turkey Bacon Club - Lettuce Wrap	485	285	33	12	0	80	1850	11	3	6	41	Contains Dairy, Contains Egg, Contains Soy, Contains Wheat
#6 Asiago Chicken - Lettuce Wrap	530	330	36	14	0	135	1930	10	2	2	38	Contains Dairy, Contains Egg, Contains Soy, Contains Wheat
#7 Hodge Podge - Lettuce Wrap	555	321	37	15	0	134	2440	13	3	8	50	Contains Dairy, Contains Egg, Contains Soy
#8 Cafe Club - Lettuce Wrap	395	202	24	9	0	88	1560	12	3	7	39	Contains Dairy, Contains Egg, Contains Soy
#9 Italian Beef - Lettuce Wrap	345	151	18	10	0	136	1090	6	2	1	47	Contains Dairy, Contains Egg, Contains Soy
#10 Cuban - Lettuce Wrap	405	207	24	13	0	106	1750	8	2	4	46	Contains Dairy, Contains Egg, Contains Soy
#11 Italian Club - Lettuce Wrap	590	411	46	18	0	115	2050	12	3	6	39	Contains Dairy, Contains Egg, Contains Soy
#12 Smokehouse Stack - Lettuce Wrap	640	419	46	19	0	105	1930	10	1	5	42	Contains Dairy, Contains Egg, Contains Soy, Contains Wheat
#13 BLTC - Lettuce Wrap	380	180	20	12	0	78	1470	19	0	12	29	Contains Dairy, Contains Egg, Contains Soy
#14 BBQ Pork - Lettuce Wrap	380	180	20	12	0	80	1470	19	0	12	29	Contains Dairy, Contains Egg, Contains Soy
#15 Buffalo Chicken - Lettuce Wrap	560	350	39	12	0	105	2570	14	3	3	35	Contains Dairy, Contains Egg, Contains Soy
#16 Grilled Cheese - Lettuce Wrap	260	150	16	10	0	60	570	7	2	1	21	Contains Dairy, Contains Egg, Contains Soy
#17 Chipotle Chicken - Lettuce Wrap	420	250	27	9	0	95	1280	11	2	3	22	Contains Dairy, Contains Egg, Contains Soy
#18 The Big Tuna - Lettuce Wrap LTO	430	260	29	10	0	70	810	11	4	4	29	Contains Dairy, Contains Egg, Contains Soy, Contains Wheat
Pizza Guy - Lettuce Wrap	330	200	22	22	0	70	1220	11	3	3	21	Contains Dairy, Contains Egg, Contains Soy, Contains Wheat

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Nutritional Information

*All salad nutritional information is listed without dressings.

*Croutons included on all salads excluding Walnut Cran.










Full Salads

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Asiago Caesar (Romaine)	260	120	14	4	0	20	730	31	3	6	15	
Avo-Cobb (Romaine)	570	380	43	14	0	230	1110	25	11	4	26	
Buffalo Chicken (Romaine)	410	180	20	6	0	80	2880	26	5	4	31	
Cafe Chop (Romaine)	270	66	7	4	0	84	1410	21	4	8	33	
Chicken Caesar (Romaine)	380	150	17	5	0	80	1390	34	3	6	35	
Garden Chop (Romaine)	230	120	13	5	0	25	700	18	6	4	10	
Italian Chop (Romaine)	510	243	27	9	0	104	2250	23	5	6	32	
Walnut Cran (Spinach)	520	310	34	9	0	210	590	38	8	27	20	

Half Salads

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Asiago Caesar (Romaine)	170	80	8	2.5	0	10	470	20	2	3	9	
Avo-Cobb (Romaine)	450	310	34	10	0	210	720	22	9	3	19	
Buffalo Chicken (Romaine)	270	110	12	3	0	55	1690	19	3	2	22	
Cafe Chop (Romaine)	210	72	9	4.5	0	47	890	17	2	6	16	
Chicken Caesar (Romaine)	290	100	11	3.5	0	90	1130	23	2	3	29	
Garden Chop (Romaine)	190	100	11	5	0	25	480	14	3	1	9	
Italian Chop (Romaine)	300	158	18	6	0	51	1340	19	3	5	17	
Walnut Cran (Spinach)	350	220	24	6	0	200	370	23	5	16	15	

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12" Thin Crust Pizza

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cheese	1100	470	52	22	0	105	1700	107	2	2	50	
Pepperoni	1310	650	72	31	0	160	2410	107	2	2	58	
Sausage	1470	780	86	37	0	180	2940	113	4	2	63	
Veggie	1150	520	58	18	0	70	1950	115	6	6	41	
BBQ Chicken	1330	440	49	20	0	190	2880	144	0	31	78	
Asiago Chicken	1780	940	104	29	0	280	4200	110	0	3	103	
Buffalo Chicken	1380	580	64	23	0	250	3990	109	1	0	93	
The Hog	1610	760	85	30	0	270	3910	120	3	5	91	
Chipotle Beef	1510	805	89	32	0	202	2710	104	0	3	65	

10" Cauliflower Crust Pizza

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cheese	770	280	32	18	0	120	1970	82	5	5	39	
Pepperoni	920	400	45	25	0	155	2450	82	5	5	44	
Sausage	960	440	49	26	0	155	2600	85	5	5	46	
Veggie	950	410	45	21	0	120	2520	92	8	9	40	
BBQ Chicken	920	250	28	15	0	170	2660	165	3	29	54	
Asiago Chicken	1190	580	65	23	0	220	3480	82	3	5	70	
Buffalo Chicken	930	350	38	18	0	195	3630	82	4	3	62	
The Hog	1140	520	57	27	0	218	3490	91	6	7	63	
Chipotle Beef	1150	580	64	27	0	215	2920	81	3	6	57	

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8 oz Soups

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Broccoli Cheese	230	145	16	9	0	55	800	14	1	4	9	
Tomato Basil	280	220	24	10	0	50	790	14	2	8	3	





12 oz Soups

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Broccoli Cheese	350	215	24	14	0.5	83	1200	21	2	6	14	
Tomato Basil	420	320	36	15	0	75	1190	21	3	12	5	

Mac & Cheese

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
White Cheddar	340	155	17	10	0	60	1140	34	1	5	13	
BBQ Pulled Pork	470	190	21	13	4	81	1460	48	3	17	22	
Spicy Pork	520	295	32	16	5	95	1540	35	4	7	26	
Buffalo Chicken	570	310	36	14	2	102	2470	38	2	5	23	
Chicken Bacon Ranch	570	320	37	15	2	106	1880	35	1	5	27	
Chipotle Chicken	500	265	29	12	2	96	1540	35	1	6	24	

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Sides

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Garlic Cheese Bread	670	290	32	15	0	46	1794	65	4	5	26	Wheat, Dairy, Soy
Chocolate Chip Cookie	220	100	11	5	0	15	210	30	1	21	2	Wheat, Dairy, Soy
Pickle	0	0	0	0	0	0	160	0	0	0	0	
Boulder Canyon Avo Oil Classic Sea Salt	190	100	11	1.5	0	0	150	20	2	0	4	
Boulder Canyon Hickory Barbeque	220	110	12	1	0	0	290	25	2	2	3	
Boulder Canyon Jalapeno Cheddar	230	115	13	1.5	0	0	330	25	2	1	4	Dairy
Boulder Canyon Avo Oil Spicy Green Chili	180	90	10	1.5	0	0	260	20	2	1	3	
Boulder Canyon Sea Salt & Cracked Pepper	220	110	12	1	0	0	270	25	2	1	3	
Boulder Canyon Malt Vinegar & Sea Salt	220	110	12	1	0	0	340	25	2	1	3	
Boulder Canyon Olive Oil Sea Salt	230	115	13	2	0	0	180	24	2	0	4	
Deep River Original	300	180	20	0	0	0	190	28	2	0	4	
Deep River Sea Salt	290	170	19	0	0	0	260	28	2	0	4	
Deep River Jalapeno	290	180	20	0	0	0	300	28	2	0	4	
Deep River BBQ	290	160	18	0	0	0	320	29	2	3	4	
Deep River Rosemary	290	170	19	0	0	0	250	29	2	0	4	
Deep River Spicy Dill Pickle	290	170	19	0	0	0	350	29	2	0	4	
Side Chicken Salad	310	200	22	0	0	45	380	17	2	12	12	Wheat, Dairy, Egg, Soy
Side Tuna Salad	290	190	21	4	0	41	590	6	1	2	19	Fish, Dairy, Wheat, Soy
Grated Parmesan (5gr)	20	15	2	0	0	5	70	0	0	0	1	Dairy

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Beverages

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Coke 8oz	100	0	0	0	0	0	0	27	0	27	0	
Diet Coke 8oz	0	0	0	0	0	0	10	0	0	0	0	
Coke Zero	0	0	0	0	0	0	80	77	0	77	0	
Dr. Pepper 12oz	140	0	0	0	0	0	45	39	0	38	0	
Orange Fanta	280	0	0	0	0	0	80	74	0	73	0	
Blue Powerade	160	0	0	0	0	0	210	40	0	40	0	
Sprite 8oz	100	0	0	0	0	0	20	26	0	26	0	
Sweet Tea	230	0	0	0	0	0	0	60	0	60	0	
Unsweetened Tea	0	0	0	0	0	0	0	0	0	0	0	
Lemonade	360	0	0	0	0	0	0	87	0	84	0	
Strawberry Lemonade	360	0	0	0	0	0	0	88	0	85	0	

Key Guide

 Vegetarian	 Contains Nuts	 Contains Egg
 Gluten Friendly	 Contains Dairy	 Contains Wheat
 Contains Fish	 Contains Soy	 Contains Sesame

!WARNING!

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3 oz Dressings

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Italian Vinaigrette	400	350	40	0	0	0	440	12	0	8	0	
Twisted Citrus	430	410	48	0	0	0	530	0	0	0	0	
Balsamic Vinaigrette	570	540	63	0	0	0	100	7	0	7	0	
Chipotle Ranch	340	310	34	5	0	20	820	8	0	2	2	
Classic Ranch	320	300	33	5	5	20	670	5	0	2	2	
Asiago Caesar	420	390	42	7.5	0	30	1200	6	0	3	3	
Vinegar & Oil	360	360	39	10	0	0	0	0	0	0	0	
Honey Dijon	50	0	0	0	0	0	240	12	0	8	0	
Marinara	30	5	.5	41	0	0	460	5	1	2	1	

2 tbsp Sauces

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
BBQ Sauce	60	0	0	0	0	0	240	15	0	12	0	
Buffalo Sauce	50	20	2	0	0	0	880	1	0	0	0	
Honey Mustard	50	0	0	0	0	0	240	12	0	8	0	
Mayo	100	100	11	0	0	5	70	1	0	0	0	
Mustard	0	0	0	0	0	0	160	0	0	0	0	
Spicy Mustard	10	0	0	0	0	0	160	0	0	0	0	
Pepper Oil	240	240	26	5	0	0	0	0	0	0	0	
Garlic Butter	380	270	41	20	0	0	640	1	0	0	0	

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