

City Bites Nutrition Info

	Serving Size(g)	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
<u>COLD SUBS 6"</u>												
California Club	329	690	380	43g	10g	0	65mg	1630mg	52g	5g	4g	26g
Chicken Cordon Lite	242	400	40	4.5g	1g	0	60mg	1960mg	56g	3g	12g	34g
Chicken Salad	235	370	120	13g	3g	0	40mg	920mg	42g	3g	2g	22g
Ham Club	325	600	300	34g	8g	0	60mg	2000mg	52g	3g	5g	25g
Ham & Provolone	325	600	300	34g	8g	0	60mg	2060mg	52g	3g	6g	24g
Italian	332	660	360	40g	10g	0	75mg	2310mg	51g	3g	5g	26g
Razmatazz	341	340	25	3g	0g	0	35mg	1560mg	57g	3g	15g	24g
Roast Beef Club	325	600	300	33g	7g	0	60mg	2000mg	52g	3g	4g	25g
Roast Beef & Provolone	325	600	300	34g	8g	0	60mg	1940mg	53g	3g	4g	25g
Tuna Salad	235	430	190	21g	3g	0	20mg	880mg	45g	3g	5g	17g
Turkey Club	325	600	300	34g	7g	0	60mg	2060mg	52g	3g	5g	24g
Turkey & Provolone	325	590	290	33g	7g	0	60mg	2050mg	53g	3g	4g	24g
Veggie	346	510	360	41g	6g	0	15mg	1340mg	52g	8g	4g	10g
<u>HOT SUBS 6"</u>												
BBQ Brisket	241	500	190	21g	9g	0	50mg	1420mg	64g	2g	23g	22g
Beefeater	237	580	210	24g	12g	0	120mg	1040mg	51g	2g	2g	61g
3 Cheese Grill	184	210	140	15g	10g	0	45mg	300mg	2g	0g	1g	15g
City Burger	284	490	190	22g	10g	0.5g	85mg	4490mg	42g	3g	3g	32g
Fleetwood	220	530	230	27g	10g	0	55mg	1740mg	45g	3g	3g	30g
Garden Turkey Melt	247	310	40	4.5g	0.5g	0	40mg	1580mg	46g	2g	6g	25g
Meatball	195	520	200	22g	9g	0	60mg	1320mg	51g	4g	5g	32g
Mesquite Chicken	292	610	280	32g	7g	0	75mg	1600mg	50g	3g	5g	33g
Philadelphia Cheese Steak	356	740	320	37g	11g	0	135mg	1290mg	50g	3g	4g	54g
Turkey Melt	307	550	230	26g	6g	0	65mg	5140mg	55g	5g	5g	29g
Veggie Melt	261	420	260	29g	7g	0	35mg	980mg	46g	3g	4g	17g
<u>SALADS</u>												
Chef Salad	409	470	300	34g	12g	2.5g	80mg	1400mg	22g	3g	4g	29g
Classic Garden Salad	317	180	90	10g	2g	2.5g	0	240mg	20g	3g	3g	5g
Mesquite Chicken Salad	387	280	100	11g	2g	2.5g	45mg	910mg	23g	3g	4g	21g
Misty Salad	402	300	140	16g	4g	2.5g	50mg	580mg	22g	4g	3g	21g
Smoked Turkey Salad	387	250	100	12g	2g	2.5g	30mg	940mg	22g	3g	4g	17g
Taco Salad	605	690	460	52g	27g	0.5g	135mg	1240mg	35g	6g	6g	34g
<u>SPUDS</u>												
Bacon,SC,Ched,Chives	713	1010	480	55g	23g	5g	95mg	2200mg	113g	11g	6g	32g
Fiesta	867	1150	540	61g	25g	6g	135mg	2640mg	124g	15g	9g	44g
Mesquite Chicken	780	1170	880	100g	22g	5g	130mg	2930mg	113g	11g	9g	31g
Pot Roast	879	930	310	35g	10g	5g	65mg	2870mg	123g	12g	7g	35g
Smoked Turkey & Bacon	801	1190	930	105g	22g	5g	140mg	3450mg	112g	11g	9g	42g

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SIDES

	Serving Size(g)	Calories	Cal. From Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
Cottage Cheese	142	150	50	6g	0	0	25mg	530mg	5g	0	5g	16g
Fruit Cocktail	142	80	0	0	0	0	0	10mg	21g	1g	20g	1g
Potato Salad	142	160	80	9g	1.5g	0	85mg	460mg	19g	0	0	2g

BAKERY

Chocolate Chip Cookie	113	500	240	27g	14g	0	40mg	330mg	62g	3g	23g	6g
Chocolate Chip No Nut	113	430	210	24g	14g	0	40mg	140mg	55g	3g	13g	5g
City Snicker Brownie	109	440	190	22g	13g	0	45mg	250mg	59g	1g	30g	7g
CB Cream Cheese Frosting	57	220	80	9g	5g	0	25mg	55mg	35g	0	35g	1g
Lemon Swirl Cookie	94	430	210	24g	11g	0	45mg	150mg	49g	1g	21g	5g
Lemon Square	123	430	140	16g	10g	0	40mg	290mg	69g	1g	50g	4g
M&M Cookie	113	500	230	26g	10g	0	45mg	0	63g	2g	23g	6g
Oatmeal Cookie	89	350	130	15g	6g	0	25mg	210mg	52g	1g	30g	6g
Old Fashioned Brownie	113	460	200	23g	5g	0	0	170mg	61g	2g	39g	5g
Peanut Butter Cookie	94	350	180	20g	9g	0	35mg	140mg	37g	2g	17g	6g
Peanut Butter Swirl Cookie	99	440	190	22g	11g	0	30mg	310mg	39g	3g	36g	7g
Rocky Road Brownie	1179	490	240	27g	13g	0	35mg	170mg	64g	2g	28g	5g
Russian Tea Cookie	38	190	110	13g	6g	0	25mg	35mg	18g	1g	5g	2g
Snickerdoodle Cookie	94	390	150	17g	11g	0	45mg	260mg	55g	1g	28g	5g
Sugar Cookie	94	440	200	23g	8g	0	30mg	70mg	52g	1g	21g	5g
Pumpkin Cookie W/CCF	184	640	190	22g	10g	0	65mg	410mg	108g	1g	82g	6g
White Chocolate Macadamia	113	450	190	22g	16g	0	40mg	0	59g	1g	37g	6g

DRESSINGS

Cesar	28	140	130	15g	0	0	10mg	280mg	1g	0	0	1g
Cannonball BBQ Sauce	28	45	0	0	0	0	0	310mg	11g	0	10g	0
Cherry Peppers	28	10	0	0	0	0	0	490mg	2g	0g	0g	0g
Chipotle	28	180	180	20g	3g	0	15mg	22mg	2g	0g	1g	0g
City Bites Blended Oils	28	250	250	8g	4g	0g	0mg	0g	0g	0g	0g	0g
Ken's 1000 Island	28	120	110	12g	2g	0g	15mg	280mg	4g	0g	3g	0g
Ken's Balsamic Vinaigrette	28	60	40	4.5g	0	0	0	180mg	4g	0	3g	0
Ken's Bleu Cheese	28	170	160	18g	0	0	15mg	230mg	1g	0	1g	1g
Ken's Honey Dijon Fat Free	28	40	0	0	0	0	0	240mg	9g	1g	6g	1g
Ken's Honey Mustard	28	150	130	15g	2.5g	0	10mg	130mg	5g	0	5g	0
Ken's Italian Fat Free	28	15	0	0	0	0	0	0	3g	0	2g	0
Ken's Raspberry Vinaigrette	28	35	0	0	0	0	0	75mg	8g	0	7g	0
Miracle Whip Fat Free	28	25	0	0	0	0	0	220mg	0	0	4g	0
Ott's Salad Dressing(MAYO)	28	140	120	13g	2g	0	15mg	200mg	6g	0	2g	0
Red Vinegar	28	0	0	0	0	0	0	0	0	0	0	0
Salsa	28	10	0	0	0	0	0	130mg	3g	1g	1g	1g
CB Spicy Ranch	57	160	310	35g	6g	0	30mg	320mg	1g	0	1g	1g