

SNARF'S NUTRITIONAL INFORMATION

SNARF'S SANDWICHES

	CALORIES
ITALIAN 5"	510
ITALIAN 7"	910
ITALIAN 12"	1430
ROAST BEEF 5"	440
ROAST BEEF 7"	640
ROAST BEEF 12"	980
TURKEY 5"	400
TURKEY 7"	580
TURKEY 12"	880
HAM 5"	410
HAM 7"	590
HAM 12"	900
TUNA 5"	510
TUNA 7"	790
TUNA 12"	1210
CHICKEN SALAD 5"	470
CHICKEN SALAD 7"	710
CHICKEN SALAD 12"	1090
MEATBALL 5"	650
MEATBALL 7"	900
MEATBALL 12"	1330
HOT DOG + BACON 5"	560
HOT DOG + BACON 7"	860
HOT DOG + BACON 12"	1320
BLT 5"	360
BLT 7"	490
BLT 12"	760
CHEESE + MUSHROOM 5"	460
CHEESE + MUSHROOM 7"	640
CHEESE + MUSHROOM 12"	1060
VEGETARIAN 5"	430
VEGETARIAN 7"	630
VEGETARIAN 12"	960

SPECIALTY SANDWICHES

	CALORIES
PRIME RIB 7"	690
PRIME RIB 12"	1060
CORNEB BEEF 7"	620
CORNEB BEEF 12"	950
PORTOBELLO 7"	600
PORTOBELLO 12"	890
PASTRAMI 7"	740
PASTRAMI 12"	1120
SMOKED BRISKET 7"	990
SMOKED BRISKET 12"	1540
FRENCH DIP 7"	770
FRENCH DIP 12"	1140
EGGPLANT 7"	710
EGGPLANT 12"	1130
ARTICHOKE 7"	660
ARTICHOKE 12"	1030
ROTISSERIE CHICKEN 7"	660
ROTISSERIE CHICKEN 12"	1000
NEW YORK STEAK 7"	660
NEW YORK STEAK 12"	1000

SNARFLETTES

	CALORIES
GRILLED CHEESE	380
PB & J	490
PB, BANANA & HONEY	510
HOT DOG	410

SALADS

	CALORIES
SNARF SALAD	530
ITALIAN SALAD	1480
COBB SALAD	570
CHICKEN SALAD	650
ROTISSERIE CHICKEN SALAD	590
TUNA SALAD	640

BREADS

	CALORIES
WHITE 5"	240
WHITE 7"	310
WHITE 12"	500
WHEAT 5"	240
WHEAT 7"	320
WHEAT 12"	510
GLUTEN-FREE	660

TOPPINGS

	CALORIES
MAYO	130-270
MUSTARD	10-15
HOT PEPPERS	20-60
ONION	0-5
LETTUCE	5-15
TOMATO	5-15
OIL	70-200
FAT FREE MAYO	50-110
SPROUTS	5-10
MUSHROOMS	5-10

DRESSINGS

	CALORIES
BLUE CHEESE	260
CREAMY PARMESAN	290
ITALIAN	340
RANCH	280
RASPBERRY VINAIGRETTE	140
1000 ISLAND	300

SNARF'S NUTRITIONAL INFORMATION

BREAKFAST

	CALORIES
EGG & CHEESE	460
BACON, EGG & CHEESE	530
HAM, EGG & CHEESE	530
SAUSAGE, EGG & CHEESE	690

TREATS

	CALORIES
CHOCOLATE CHIP COOKIE	180
BROWNIE	350

DRINKS

	CALORIES
CAN	0-180
BOTTLE	0-200
FOUNTAIN DRINK	0-310

SOUPS

	CALORIES
CREAM OF JALAPENO	290-580
CLAM CHOWDER	330-660
CHICKEN TORTILLA	190-380
BEEF & BEAN CHILI	250-500
WISCONSIN BEER CHEESE	300-600
RED PEPPER GOUDA	190-380
TOMATO BISQUE	130-260
CHICKEN POBLANO	250-500

SIDES

	CALORIES
CHIPS	140-240
POTATO SALAD	230
MACARONI SALAD	260
COLESLAW	140

Nutritional content may vary because of the variations in portion size or recipes. We may update this chart from time to time.

The average person needs about 2,000 calories per day. The exact number of calories you need depends on your age, gender, body size and activity level.
