

THE GULL'S NEST

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
COOKIES									
Chocolate Chip Cookie Dough ■	1	200	10 g	45%	5 mg	2 g	25 g	1 g	140 mg
Chocolate Chocolate Chip ■	1	180	7 g	35%	20 mg	3 g	26 g	2 g	110 mg
Chocolate Chunk ■	1	200	10 g	45%	5 mg	2 g	25 g	1 g	150 mg
M&M Chocolate Chip ■	1	190	9 g	43%	5 mg	2 g	26 g	1 g	150 mg
Oatmeal Raisin ■	1	170	6 g	32%	10 mg	2 g	26 g	1 g	140 mg
White Chocolate Macadamia ■	1	200	11 g	50%	5 mg	2 g	24 g	0 g	150 mg
GRAB 'N' GO SALADS									
Chef (w/o dressing & croutons)	1 pkg.	264	15.6 g	53%	173 mg	23 g	8 g	3.5 g	939 mg
Chef-Lg. (w/o dressing & croutons)	1 pkg.	542	32.7 g	54%	347 mg	46 g	16 g	5.2 g	1982 mg
Chicken BLT (w/o dressing & croutons)	1 pkg.	178	7.6 g	38%	36 mg	19 g	8.5 g	4 g	817 mg
Chicken Caesar (w/o dressing & croutons)	1 pkg.	168	8 g	42%	144 mg	16 g	8 g	3.5 g	628 mg
Chicken Caesar-Lg. (w/o dressing & croutons)	1 pkg.	277	13 g	42%	282 mg	27 g	13 g	4.7 g	1114 mg
Croutons ■	1 pkg.	35	1.5 g	39%	0 mg	<1 g	4 g	0 g	90 mg
Garden—Lg. (w/o dressing & croutons) ▲	1 pkg.	130	4 g	28%	0 mg	6 g	17.5 g	6.3 g	380 mg
Greek (w/o dressing) ■	1 pkg.	189	12.6 g	60%	45 mg	10 g	9 g	3 g	924 mg
Greek-Lg. (w/o dressing) ■	1 pkg.	279	19 g	61%	76 mg	15 g	12 g	2.8 g	1495 mg
Greek Dressing ■	2 T.	161	17 g	95%	5 mg	1 g	1 g	0 g	290 mg
Jerk Chicken (w/o dressing & croutons)	1 pkg.	116	4 g	31%	21 mg	12 g	8 g	3.5 g	365 mg
Jerk Chicken-Lg. (w/o dressing & croutons)	1 pkg.	205	7.2 g	32%	42 mg	20 g	15 g	4.7 g	757 mg
Spinach Chicken (w/o dressing & croutons)	1 pkg.	275	14.5 g	47%	267 mg	26.5 g	9.7 g	4 g	1144 mg
Tossed (w/o dressing & croutons) ▲	1 pkg.	55	0.5 g	8%	0 mg	3.3 g	9.3 g	3.2 g	111 mg
GRAB 'N' GO SANDWICHES									
Chicken Salad Sandwich	1 pkg.	333	21 g	57%	41 mg	13 g	23 g	1.2 g	398 mg
Egg Salad Sandwich ■	1 pkg.	313	19 g	55%	288 mg	12.3 g	23.3 g	1 g	759 mg
Ham & Cheese Sandwich	1 pkg.	249	7 g	25%	56 mg	20.6 g	26 g	1 g	1453 mg
Peanut Butter & Jelly Sandwich ▲	1 pkg.	356	16 g	40%	0 mg	11 g	42 g	2.6 g	429 mg
Tuna Salad Sandwich	1 pkg.	321	17 g	48%	34 mg	20 g	22 g	1 g	579 mg
Turkey Sandwich	1 pkg.	202	1.3 g	5%	45 mg	23.6 g	24 g	1 g	951 mg
Vegetarian Provolone Pita ■	1 pkg.	425	24.5 g	52%	58 mg	25 g	26 g	1.5 g	1121 mg
GRAB 'N' GO SIDES									
Broccoli Salad ■	1 pkg.	134	11.5 g	77%	111 mg	4.6 g	3 g	1.3 g	219 mg
Chicken Salad Cup	1 pkg.	237	21 g	80%	43 mg	10 g	2 g	0 g	200 mg
Captain's Wafers ▲	1 pkg.	35	1.25 g	32%	0 mg	0.5 g	4.5 g	0 g	53 mg
Cottage Cheese & Fruit Salad ■	1 pkg.	112	4 g	32%	13 mg	11 g	8 g	0.2 g	347 mg
Fruit Salad—Sm. ▲	1 pkg.	88	0 g	0%	0 mg	0 g	22 g	1.4 g	21 mg
Fruit & Yogurt Cup ■	1 pkg.	375	3 g	7%	8 mg	8 g	79 g	3.5 g	135 mg
Garden Salad—Sm. (w/o dress. & croutons) ▲	1 pkg.	45	0.5 g	10%	0 mg	2.7 g	7.4 g	3.2 g	40 mg
Hard Boiled Eggs ■	2	150	10.6 g	64%	424 mg	12.6 g	1 g	0 g	124 mg
Tuna Salad Cup	1 pkg.	216	16 g	67%	34 mg	16 g	2 g	0 g	N/A
Captain's Wafers ▲	1 pkg.	35	1.25 g	32%	0 mg	0.5 g	4.5 g	0 g	53 mg
GRAB 'N' GO SPECIALTY SANDWICHES									
Bagelwich (Ham & Turkey)	1 pkg.	499	11 g	20%	73 mg	34 g	66 g	2 g	1532 mg
Chicken Salad On A Bagel	1 pkg.	609	29 g	43%	56 mg	23 g	64 g	2.2 g	731 mg
Ham & Cheese On A Kaiser Roll	1 pkg.	292	7.5 g	23%	56 mg	22 g	34 g	1 g	1539 mg

■ These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.

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Ham & Cheese Pita	1 pkg.	416	14 g	30%	68 mg	26.5 g	46 g	1 g	1748 mg
Pretzelwich (Ham & Cheese)	1 pkg.	568	16 g	25%	82 mg	33 g	73 g	1.5 g	1902 mg
Pretzelwich (Turkey)	1 pkg.	574	14 g	22%	82 mg	41 g	71 g	1.5 g	1522 mg
Tuna Salad On A Bagel	1 pkg.	583	27.4 g	42%	37 mg	20 g	64 g	2 g	788 mg
Turkey & Cheese Pita	1 pkg.	422	15.3 g	33%	61 mg	25 g	46 g	1 g	1457 mg
Turkey On A Kaiser Roll	1 pkg.	250	2 g	7%	45 mg	26 g	32 g	1 g	1039 mg
Garden Vegetable Wrap ▲	1 pkg.	419	14.5 g	31%	0 mg	11 g	61 g	9.3 g	851 mg
GRAB 'N' GO SPECIALTY SUBS									
Italian Sub (on wheat)	1 pkg.	442	18 g	37%	76 mg	32 g	38 g	3 g	1995 mg
Italian Sub (on white)	1 pkg.	451	18.5 g	37%	76 mg	30 g	41 g	2 g	2185 mg
Roast Beef Sub	1 pkg.	534	22.4 g	38%	91 mg	44 g	39 g	2 g	2016 mg
Three Cheese Sub ■	1 pkg.	662	38 g	52%	44 mg	32 g	48 g	4.2 g	1625 mg
Turkey & Cheese Sub	1 pkg.	370	10 g	24%	65 mg	31 g	39 g	2 g	1570 mg
GRILL ITEMS									
Boca Burger ▲	1	120	0 g	0%	0 mg	18 g	11 g	6 g	380 mg
French Roll ▲	1	220	3 g	12%	0 mg	8 g	42g	6 g	880 mg
Cheeseburger	1	525	28 g	48%	78 mg	24 g	44 g	0 g	1543 mg
Foot Long Hot Dog (without roll)	1	282	26 g	83%	60 mg	12 g	2 g	0 g	860 mg
Foot Long Hot Dog Roll	1	200	3 g	14%	0 mg	7 g	36 g	1 g	380 mg
Hamburger	1	476	24 g	45%	67 mg	21 g	44 g	0 g	1301 mg
Philly Beef Cheesesteak	1	723	39 g	22%	141 mg	50 g	43 g	2 g	1057 mg
Pub Burger (without roll)	1	300	23 g	69%	60 mg	22 g	0 g	0 g	290 mg
Kaiser Roll ■	1	180	2 g	10%	0 mg	7 g	34 g	2 g	380 mg
LITE BITES									
Whole Quesadilla	1	1350	62 g	41%	214 mg	88.3 g	109.6 g	5 g	2739 mg
Mozzarella Sticks ■	4	564	36 g	57%	N/A	20 g	40 g	4 g	1560 mg
SIDES									
French Fries ▲	Large	391	24.8 g	57%	0 mg	4 g	38 g	4 g	780 mg
French Fries ▲	Jumbo	651	41.3 g	57%	0 mg	6.6 g	63.3 g	6.6 g	1300 mg
Homemade Chips ▲	2 oz.	187	12.2 g	59%	0 mg	1.3 g	18 g	1.3 g	147 mg
Onion Rings ■	6	442	18.8 g	38%	0 mg	6 g	62 g	4 g	580 mg
SOUPS									
Alphabet ▲	12 oz.	68	<1 g	2%	0 mg	2.4 g	14.3 g	2.3 g	512 mg
Alphabet ▲	16 oz.	90	<1 g	2%	0 mg	3.2 g	19 g	3 g	682 mg
Beef Barley	12 oz.	101	2.3 g	20%	26 mg	11 g	9 g	1.5 g	171 mg
Beef Barley	16 oz.	134	3 g	20%	34 mg	14.6 g	12 g	2 g	228 mg
Beef Chili	12 oz.	207	9 g	39%	39 g	15.8 g	15.8 g	2.7 g	542 mg
Beef Chili	16 oz.	276	12 g	39%	52 mg	21 g	21 g	3.6 g	722 mg
Beef Noodle	12 oz.	252	11.1 g	40%	65 mg	22.5 g	15.5 g	1.5 g	162 mg
Beef Noodle	16 oz.	336	14.8 g	40%	86 mg	30 g	20.6 g	2 g	216 mg
Black Bean ▲	12 oz.	156	1.5 g	9%	0 mg	8.7 g	27 g	8.6 g	308 mg
Black Bean ▲	16 oz.	208	2 g	9%	0 mg	11.6 g	36 g	11.4 g	410 mg
Cheddar Broccoli ■	12 oz.	465	33 g	64%	95 mg	27 g	15 g	4 g	681 mg
Cheddar Broccoli ■	16 oz.	620	44 g	64%	126 mg	36 g	20 g	5.4 g	908 mg
Chicken Noodle	12 oz.	149	5.4 g	33%	33 mg	13.8 g	11 g	1.2 g	146 mg

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