



**Dagwoods' serves a variety of quality foods that can fit into a balanced diet. Our goal is to provide the nutritional facts needed to help you make informed decisions about balance, variety and moderation in your diet.**

**In the following document you will be able to find nutritional facts about the following foods we offer:**

<b>Sandwiches with cheese .....</b>	<b>Page 2</b>
<b>Sandwiches without cheese.....</b>	<b>Page 5</b>
<b>Wraps with Cheese .....</b>	<b>Page 8</b>
<b>Wraps without Cheese.....</b>	<b>Page 10</b>
<b>Our Dagwoods Sauce.....</b>	<b>Page 12</b>
<b>Garden fresh toppings .....</b>	<b>Page 12</b>
<b>Salads with cheese .....</b>	<b>Page 13</b>
<b>Salads without cheese .....</b>	<b>Page 13</b>
<b>Dagwood's soups .....</b>	<b>Page 14</b>
<b>Dagwood's chili .....</b>	<b>Page 14</b>
<b>Cookies .....</b>	<b>Page 15</b>

## SANDWICHES WITH CHEESE

	<b>Sandwich</b>	<b>Serving Size (g)</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>
	Large White Ham	220	525	30	20	53	3	92.8	2550.28
	Small White Ham	110	261	15	10	27	1.8	46.4	1275.14
●	Large Wheat Ham	220	494	31	19	52	9	92.8	2550.28
	Small Wheat Ham	110	247	15	10	26	4	46.4	1275.14
	Large White Dagwood	255	636	37	33	55	4	112.37	2738.64
	Small White Dagwood	135	349	20	18	28	2	61.04	1460
●	Large Wheat Dagwood	255	628	37	33	33	10	112.37	2738.64
●	Small Wheat Dagwood	135	335	20	16	27	5	61.04	1460
	Large White Club	275	534	41	17	53	3	115.30	2467
	Small White Club	130	254	25	10	26	1	54.76	1132.2
●	Large Wheat Club	275	507	41	16	52	9	115.30	2467
	Small Wheat Club	130	240	25	10	26	4	54.76	1132.2
	Large White Gino	240	677	37	34	55	4	97.2	2444.4
	Small White Gino	120	338	18	17	27	2	48.6	1222.2
●	Large Wheat Gino	240	649	37	33	54	10	97.2	2444.4
●	Small Wheat Gino	120	324	19	17	27	5	48.6	1222.2

		<b>Serving Size (g)</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>
	Large White Turkey	245	458	33	13	51	3	67.47	1710
	Small White Turkey	115	223	15	6	26	1	30.83	753.5
●	Large Wheat Turkey	245	430	33	12	50	9	67.47	1710
	Small Wheat Turkey	115	209	15	6	25	4	30.83	753.5
	Large White Beef	240	477	37	13	52	3	129.8	1196
	Small White Beef	120	239	19	6	26	1	64.9	598
●	Large Wheat Beef	240	449	38	12	51	9	129.8	1196
	Small Wheat Beef	120	225	19.8	6	25	4	64.9	598
	Large White Cheese	185	537	27	24	51	3	67	1375
	Small White Cheese	92	267	14	12	26	1	33.05	682.67
●	Large Wheat Cheese	185	509	28	23	50	9	67	1375
	Small Wheat Cheese	92	253	14	12	25	4	33.05	682.67
	Large White Bab	250	605	35	26	55	3	116.8	2371.81
	Small White Bab	128	311	18	14	28	2	60.4	1467.14
●	Large Wheat Bab	250	577	36	26	54	9	116.8	2871.28
●	Small Wheat Bab	128	297	18	14	27	5	60.4	1467.14
	Large White Tuna	305	670.06	57.53	13.34	63.78	3.19	83.35	1664.38

		<b>Serving Size (g)</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>
	Small White Tuna	150	331.54	30.12	8.55	31.84	1.59	40.82	821.21
	Large Wheat Tuna	305	670.06	57.53	13.34	63.78	4.69	83.35	1664.38
	Small Wheat Tuna	150	331.54	30.12	8.55	31.84	2.34	40.82	821.21
	Large White Chicken	290	579.50	518	12.5	60.42	3	116.8	1675
	Small White Chicken	145	290.25	27.5	6.25	30.21	1.5	71.8	837.5
	Large Wheat Chicken	290	579.50	518	12.5	60.42	4.5	116.8	1675
	Small Wheat Chicken	145	290.25	27.5	6.25	30.21	2.25	71.8	837.5
●	Large White Veggie	214	469.92	21.94	12.32	74.22	7	26.8	1725.2
✓	Small White Veggie	144	235.46	11.22	6.16	37.11	3.5	13.4	862.6
●	Large Wheat Veggie	214	469.92	21.94	12.32	74.22	8.5	26.8	1725.2
✓	Small Wheat Veggie	144	235.46	11.22	6.16	37.11	3.5	13.4	862.6

## SANDWICHES WITHOUT CHEESE

	Sandwich	Serving Size (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
	Large White Ham	190	415	23	12	53	3	66	2260.28
	Small White Ham	95	207	11	6	27	1	33	1130.14
●	Large Wheat Ham	190	387	23	11	52	9	66	2260.28
	Small Wheat Ham	95	193	12	6	26	4	33	1130.14
	Large White Dagwood	225	529	29.5	25	54.58	4	85.57	2448.64
	Small White Dagwood	120	295	16	14	27.79	2	47.64	1323.07
●	Large Wheat Dagwood	225	521	29.50	25	32.58	10	85.57	2448.64
●	Small Wheat Dagwood	120	281	16	12	26.79	5	47.64	1323.07
	Large White Club	245	427	33.50	9	52.58	3	88.5	2177
	Small White Club	115	200	21	6	25.79	1	41.36	987.2
●	Large Wheat Club	245	400	33.55	8	51.58	9	88.5	2177
	Small Wheat Club	115	186	21	6	25.79	4	41.36	987.2
	Large White Gino	210	570	29.5	26	54.58	4	70.40	2154.4

		Serving Size (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
	Small White Gino	105	284	14	13	26.79	2	35.2	1077.20
●	Large Wheat Gino	210	542	29.5	25	53.58	10	70.4	2154.4
●	Small Wheat Gino	105	270	15	13	26.79	5	35.2	1077.20
	Large White Turkey	215	351	25	5	51	3	40.67	1420
✓ ✓✓	Small White Turkey	100	170	12	2	25	1	17.43	608.5
●	Large Wheat Turkey	215	323	26	4	50	9	40.67	1420
✓ ✓✓	Small Wheat Turkey	100	156	12	2	25	4	17.43	608.5
	Large White Beef	210	370	30	4	52	3	103	906
✓✓	Small White Beef	105	185	15	2	26	1	51.5	453
●	Large Wheat Beef	210	342	30	4	51	9	103	906
✓✓	Small Wheat Beef	105	171	15	2	25	4	51.5	453
● ✓	Large White Veggie	140	362.92	14.44	4.32	73.8	7	0	1435.20
✓ ✓✓	Small White Veggie	70	181.46	7.22	2.16	36.9	3.5	0	717.60
● ✓	Large Wheat Veggie	140	362.92	14.44	4.32	73.8	8.5	0	1435.20

		Serving Size (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
✓ ✓✓	Small Wheat Veggie	70	181.46	7.22	2.16	36.9	4.25	0	717.60
	Large White Bab	220	498	27.50	18	54.58	3	90	2581.28
	Small White Bab	113	257	14	10	27.79	2	47	1322.14
●	Large Wheat Bab	220	498	27.50	18	54.58	9	90	2581.28
●	Small Wheat Bab	113	257	14	10	27.79	5	47	1322.14
	Large White Tuna	275	563	50	5.34	63.36	3.19	56.55	1343.8
	Small White Tuna	135	277.54	26.13	4.55	37.63	1.59	27.42	676.21
	Large Wheat Tuna	275	563	50	5.34	63.36	4.69	56.55	1343.8
	Small Wheat Tuna	135	277.54	26.13	4.55	37.63	2.34	27.42	676.21
	Large White Chicken	260	472.5	43.5	5	60	3	90	1385
✓✓	Small White Chicken	130	236.5	23.5	2.25	30	1.5	58.4	692.5
	Large Wheat Chicken	260	472.5	43.5	5	60	4.5	90	1385
✓✓	Small Wheat Chicken	130	236.5	23.5	2.25	30	2.25	58.4	692.5

✓ Low Cholesterol

✓✓ Low Fat

● High source of Fiber

Nutritional values for all sandwiches do not include Dagwood's sauce or choice of garden fresh toppings. Please see separate charts for information.

## WRAPS WITH CHEESE

	Wrap	Serving (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
	Turkey White	125	297.66	20.05	8.85	30.91	0.71	30.84	1165.89
	Turkey Wheat	166	397.66	23.65	10.95	46.41	4.01	30.84	1191.89
	BAB White	138	402.94	24.98	17.46	33.35	2.61	60.4	1554.5
	BAB Wheat	179	502.94	28.58	19.56	48.85	4.01	60.4	1580.5
	Gino White	130	401.59	20.82	22.24	32.96	2.76	48.6	1309.56
	Gino Wheat	171	501.59	24.42	24.34	48.46	4.16	48.6	1335.56
	Ham White	120	352.94	21.98	13.46	31.05	2.61	46.4	1362.50
	Ham Wheat	161	425.94	25.58	14.64	47.85	4.01	46.4	1388.50
	Dagwood White	145	425.77	24.4	23.43	33	3.18	61.04	1424.93
	Dagwood Wheat	186	525.77	28	25.53	48.5	4.58	61.04	1450.93
	Beef White	130	348.80	24.48	12.29	30.91	2.61	51.5	540.44
	Beef Wheat	171	448.80	28.08	14.39	46.41	4.01	51.5	566.44
	Club White	140	366.51	26.42	13.15	31.63	2.62	54.76	1089.06
	Club Wheat	181	466.51	30.02	15.25	47.13	4.01	54.76	1115.06
	Tuna White	224	378.42	31.1	11.98	32.54	2.70	40.82	908.57
	Tuna Wheat	265	478.42	34.70	14.08	48.04	4.1	40.82	934.57
	Chicken White	219	337.13	28.48	9.68	30.91	2.61	58.4	924.86

		Serving (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
	Chicken Wheat	260	437.13	32.08	11.78	46.41	4.01	58.4	950.86
	Cheese White	166	329.88	16.35	14.05	31.22	2.61	33.05	770.03
	Cheese Wheat	207	429.88	19.95	16.15	46.72	4.01	33.05	796.03
	Veggie White	176.1	355.66	17.39	15.38	37.12	3.9	33.05	1159.27
●	Veggie Wheat	106	455.66	21	17.48	52.62	5.3	33.05	1185.20

- High source of Fiber

Nutritional values for all sandwiches do not include Dagwood's sauce or choice of garden fresh toppings. Please see separate charts for information.

## WRAPS WITHOUT CHEESE

	Wrap	Serving (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
✓	Turkey White	110	243.66	16.05	4.85	30.70	2.61	17.44	1017.53
✓	Turkey Wheat	151	343.66	19.65	6.95	46.20	4.01	17.44	1043.53
	BAB White	123	348.94	20.98	13.46	32.14	2.61	47	1409.5
	BAB Wheat	164	448.94	24.58	15.56	47.64	4.01	47	1435.50
	Gino White	115	347.48	16.82	18.24	32.75	2.76	35.2	1164.56
	Gino Wheat	156	447.48	20.42	20.34	48.25	4.16	35.2	1190.56
	Ham White	105	298.94	17.98	9.46	31.14	2.61	33	1217.50
	Ham Wheat	146	398.94	21.58	11.56	46.64	4.01	33	1243.50
	Dagwood White	130	371.77	20.44	19.41	32.79	3.18	47.64	1410.43
	Dagwood Wheat	171	471.77	24.04	21.51	48.29	4.58	47.64	1436.43
	Beef White	115	294.80	20.48	8.29	29.7	1.9	38.1	522.58
	Beef Wheat	156	394.80	24.08	10.39	45.20	3.3	38.1	548.58
	Club White	125	312.51	22.42	9.15	31.42	2.61	41.36	1074.56
	Club Wheat	166	412.51	26.02	11.25	46.92	4.01	41.36	1100.56
	Tuna White	209	324.42	27.10	7.98	32.33	2.70	27.42	736.57
	Tuna Wheat	250	424.42	30.7	10.08	47.83	4.1	27.42	789.57
	Chicken White	204	283.13	24.48	5.68	30.7	2.61	45	779.86

		Serving (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
	Chicken Wheat	245	383.13	28.08	7.78	46.2	4.01	45	805.86
✓	Veggie White	139.1	222.46	7.52	5.51	36.6	3.9	0	801.6
✓	Veggie Wheat	180.1	322.46	11.12	7.61	52.1	5.3	0	827.6

- ✓ Low Cholesterol
- High source of Fiber

Nutritional values for all wraps do not include Dagwood's sauce or choice of garden fresh toppings. Please see separate charts for information.

## DAGWOOD'S SAUCE

Serving (oz)	Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
0.75	129.78	14	0.10	0.95	0.17	0	69	8
1	173.05	19	0.14	1.26	0.22	0	92	11
1.5	259.57	28	0.20	1.89	0.34	0	128	17

## GARDEN FRESH TOPPINGS

Kind	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Lettuce	6 oz	5.88	0.68	0.08	1	0.71	0	3.36	121.8
Tomatoes	2 slices	6.3	0.255	0.99	1.39	0.33	0	2.7	66.6
Onions	1 slice	3.42	0.101	0.14	0.77	0.162	0	0.27	14.13
Green Pepper	2 strips	1.46	0.048	0.10	0.348	0.098	0	0.108	9.56
Dill Pickle	1 spear	5.4	0.186	0.057	1.24	0.36	0	384.6	34.8
Hot Pepper	½ small	9	0.45	0.045	2.13	0.337	0	1.57	76.5

## SALADS WITH CHEESE

	Kind	Serving Size (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
	Ham	225.1	171.74	17.31	9.50	4.38	1.9	46.4	959.1	540.11
	Turkey	230.1	116.46	15.38	4.89	2.86	1.9	30.84	762.49	471.22
	Italian	205.1	136.28	11.15	12.28	2.90	2.05	24.6	585.16	443.18
✓	Garden	185.1	69.68	5.81	4.224	2.86	1.5	13.4	153.96	353
	Tuna	265.1	197.22	26.43	8.02	4.49	2.0	40.82	505.17	566.27
	Chicken	260.1	155.93	23.81	5.72	2.86	1.9	58.4	521.46	

## SALADS WITHOUT CHEESE

	Kind	Serving Size (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
*	Ham	210.1	113.74	13.31	5.50	4.09	1.9	33	814.10	511.91
✓* ✓✓	Turkey	215.1	62.46	11.38	0.89	2.65	1.9	17.44	617.49	443.02
✓*	Italian	190.1	82.28	7.15	8.28	2.70	2.05	11.2	440.16	414.98
✓* ✓✓	Garden	170.1	15.68	1.81	0.22 4	2.65	1.9	0	8.96	324.8
*	Tuna	250.1	130.22	22.43	4.02	4.28	2.0	27.42	360.17	538.07
* ✓✓	Chicken	245.1	101.93	19.81	1.72	2.65	1.9	45	376.46	

- ✓ Low cholesterol
- ✓✓ Low fat
- \* Lighter option

\*Lighter option” meets standard government regulation. Dagwoods salads without cheese are 1/3 fewer calories than the same salads with cheese.

Nutritional information for individually packaged salad dressings is available in restaurants.

## SOUPS

	Kind	Serving Size (oz)	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
	Cauliflower & Cheese	8	197	13.1	13.1	6.6	1.6	29.9	1155.7
✓ ✓✓	Chicken Noodle	8	70	0.5	12	5	2	10	940
✓	Creamy Garden Broccoli	8	120	4.5	15	5	4	10	810
✓	Creole Chicken Gumbo	8	70	5	11	4	1	5	1170
	Italian Style Wedding	8	140	5	15	8	1	15	960
✓ ✓✓	Vegetarian Vegetable	8	80	0	18	2	3	0	1150

✓ Low cholesterol

✓✓ Low fat

## DAGWOOD'S CHILI

	Kind	Serving size (oz)	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
● ✓ ✓✓	Chipotle Vegetable Chili	10	160	0.5	31	8	12	0	1220
✓✓	Klondike	10	240	2	32	19	10	30	1130

✓ Low Cholesterol

✓✓ Low Fat

● High source of Fiber

## COOKIES

	Kind	Serving Size (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
✓	Oatmeal Raisin	35	140	28	5	22	1.8	10	85
✓	Key Lime + White Chocolate	35	160	2	8	21	0	10	115
✓	Triple Crown	35	160	2	7	21	1	10	100
✓	Double Chocolate Chunk	35	150	2	7	21	1	10	80

✓	Brownies	60	260	3	12	37	1	10	120
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✓ Low cholesterol

Values for low cholesterol, low fat and high fiber foods meet with government regulated standards.

Low cholesterol = 20 mg or less

Low fat = 3 grams or less

High fiber = 5 grams or more

All nutrient values should be used as approximate guides.

The information contained on this site is based on standard product formulation.

Variations may occur due to differences in recipe revision or product assembly at the restaurant level.

Nutrient composition of foods may also differ due to changes in product formulation, suppliers, processing or package sizing.

Because of nutrient variation and the fact that data is collected from different sources, (food companies, USDA) inconsistencies may occur.