Nutrition information is calculated utilizing a combination of internal nutritional analysis and independent laboratory analysis. An effort to provide complete and current nutrition information, however, the handcrafted nature of our menu items and changes in recipe, ingredients and kitchen procedures may cause variations from these values to occur. Therefore, the values shown here should be considered approximations. A 2,000 calorie daily diet is used for general nutrition advice but calorie needs vary.

	NUTRITIONAL VALUES										ALLERGENS								
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Sandwiches																			
The Earl's Club	710	27	7	0	65	2580	78	4	10	40	X		X						X
The Original 1762	760	32	10	0	105	2330	75	3	6	44	X		X						X
Chipotle Chicken Avocado	930	45	10	0	110	2410	89	12	10	48	X		X				X		X
Tuna Melt	990	63	13	0	85	1540	70	3	2	40	X	X	X						X
The Full Montagu	710	27	8	0	85	2250	77	4	8	42	X		X						X
French Dip	620	14	7	0	85	3880	81	3	3	45			X				X		X
Caprese	620	23	10	0.5	60	1490	77	4	8	31			X						X
Holiday Turkey	860	37	8	0	75	2760	99	4	12	33	X		X				X		X
Hawaiian BBQ	720	13	4.5	0	80	2320	117	4	47	39			X						X
Italian	910	52	19	0	115	3040	76	5	5	41			X						X
Veggie	700	37	7	0	15	1960	77	4	6	20			X						X
Ham & Swiss Sandwich	760	33	12	0	110	2380	73	3	5	45	X		X						X
Cannonballs!	890	44	18	0	90	2190	83	7	5	45	X		X				X		X
Vegan Cannonballs!	800	31	17	0	0	2180	100	8	5	33							X		X
Cuban Sandwich	730	30	10	0	105	2760	71	3	2	42	X		X						X
Best BLT	920	54	13	0	55	2940	72	4	5	37	X								X
All American!	710	26	6	0	60	2380	86	4	16	35	X		X						X
Pastrami Reuben	550	22	6	0	45	1470	65	4	6	26	X		X						X
Grilled Cheese	740	37	22	0	100	1190	71	4	2	36			X						X
Caribbean Jerk Chicken	620	23	3.5	0	70	1920	73	3	6	33	X								X
Philly Cheesesteak	850	43	13	0	90	2040	76	4	7	44			X						X
Carved Pastrami	1150	80	37	0	185	3960	49	0	10	52	X		X		X		X		X
Wraps																			
Buffalo Chicken Wrap	600	27	9	0	90	2300	58	4	3	34	X		X				X		X
Chicken Bacon Avocado Wrap	550	21	5	0	60	1650	64	6	7	29									X
Chicken Caesar Wrap	630	28	8	0	75	2190	64	3	3	32	X	X	X						X
Earl's Cobb Wrap	740	36	11	0	95	1920	71	4	14	36	X		X						X
Spicy Tuna Wrap	690	37	6	0	30	1240	64	5	7	23	X	X	X				X		X
Salads																			
Earl's Cobb	440	29	9	0	95	1130	21	4	15	28	X		X						
Chicken Caesar Salad	430	29	7	0	85	2020	20	3	4	28	X	X	X						X
Greek	410	31	6	0	70	1770	12	4	5	24			X						
Caprese Salad	430	30	13	0.5	80	850	22	4	14	23			X						
House Salad	320	26	4	0	5	1050	21	4	5	5	X		X				X		X
Berry Chicken Almond Salad	260	13	1.5	0	55	810	20	4	12	21							X	X	
Kids																			
Grilled Cheese	360	13	8	0	35	740	43	2	1	19			X						X
Pizza Bread	290	10	5	0	15	750	38	3	2	15			X						X
Turkey & Swiss	420	18	4.5	0	45	1250	43	1	2	21	X		X						X

	NUTRITIONAL VALUES										ALLERGENS								
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Wings & Tots																			
BBQ Wings w/Bleu Cheese	810	59	13	0	285	2950	19	1	15	47	X		X				X		
BBQ Wings w/Ranch	810	59	12	0	280	3050	21	1	15	45	X		X						
Buffalo Wings w/Bleu Cheese	780	61	13	0	290	2710	8	1	2	47	X		X				X		
Buffalo Wings w/Ranch	780	61	12	0	280	2810	10	1	2	45	X		X				X		
Wings w/Bleu Cheese	760	59	13	0	290	1880	6	1	2	47	X		X				X		
Wings w/Ranch	760	59	12	0	280	1980	8	1	2	45	X		X						
Earl's Mustard Wings w/Bleu Cheese	880	70	15	0	300	2140	9	1	6	47	X		X				X		
Earl's Mustard Wings w/Ranch	880	70	14	0	290	2240	11	1	6	45	X		X						
Chipotle Wings w/Bleu Cheese	870	67	15	0	295	2120	13	1	9	47	X		X				X		
Chipotle Wings w/Ranch	870	67	14	0	285	2220	15	1	9	45	X		X				X		
BBQ Wings & Tots w/Bleu Cheese	990	69	15	0	290	2750	40	2	15	48	X		X				X		
BBQ Wings & Tots w/Ranch	990	69	14	0	280	2850	42	2	15	46	X		X						
Buffalo Wings & Tots w/Bleu Cheese	950	71	15	0	290	3360	29	2	2	48	X		X				X		
Buffalo Wings & Tots w/Ranch	950	71	14	0	280	3460	31	2	2	46	X		X				X		
Chipotle Wings & Tots w/Bleu Cheese	890	58	12	0	285	2570	36	2	10	46	X		X				X		
Chipotle Wings & Wedges w/Ranch	1040	77	15	0	285	2870	36	2	9	46	X		X				X		
Earl's Mustard Wings & Tots w/Bleu Cheese	1050	80	16	0	300	2790	31	2	6	48	X		X				X		
Earl's Mustard Wings & Tots w/Ranch	1050	80	15	0	290	2890	33	2	6	46	X		X						
Wings & Tots w/Bleu Cheese	930	69	15	0	290	2530	27	2	2	48	X		X				X		
Wings & Tots w/Ranch	930	69	14	0	280	2630	29	2	2	46	X		X						
Soup																			
Broccoli & Cheddar Bowl	360	25	15	0.5	80	1160	21	3	6	12			X						X
Broccoli & Cheddar Cup	230	16	9	0	50	740	13	2	4	8			X						X
Chicken Noodle Bowl	140	3.5	0.5	0	35	1170	14	1	1	14	X						X		X
Chicken Noodle Cup	90	2	0	0	20	740	9	1	1	9	X						X		X
Chicken Tortilla Bowl	290	6	1.5	0	30	1950	46	9	11	14									
Chicken Tortilla Cup	180	3.5	1	0	20	1240	29	5	7	9									
Tomato Bowl	290	14	10	0	55	860	35	2	18	4			X						X
Tomato Cup	180	9	6	0	35	530	22	1	11	2			X						X
Baked Potatoes																			
Broccoli & Cheddar	590	26	11	0	60	890	71	10	4	23			X						
Fully Loaded	900	59	31	0	150	1210	68	8	4	27			X						
Pizza Bread																			
Cheese Pizza Bread	600	22	11	0	30	1500	75	7	5	30			X						X
Pepperoni Pizza Bread	700	31	15	0	55	1830	75	7	5	33			X						X
Breakfast Sandwiches																			
Egg & Cheddar	470	24	8	0	205	1230	44	2	1	21	X		X				X		X
Ham, Egg & Cheddar	450	21	6	0	205	1460	43	2	1	22	X		X				X		X
Ham & Swiss	460	20	9	0	70	1350	45	1	3	26	X		X				X		X
Bacon, Egg & Cheddar	550	30	9	0	205	1810	44	2	1	26	X		X				X		X
Breakfast BLT	550	33	7	0	35	1600	44	2	3	18	X						X		X
Sausage, Egg & Cheddar	770	55	15	0	240	1700	240	2	2	26	X		X				X		X
Breakfast Omelets																			
Veggie Omelet	440	21	5	0	495	2180	43	3	1	22	X						X		X
Cheddar Omelet	650	39	15	0	555	2540	43	2	0	36	X		X				X		X
Ham & Cheddar Omelet	610	33	11	0	555	2980	42	2	0	38	X		X				X		X

	NUTRITIONAL VALUES										ALLERGENS								
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Breakfast Sides																			
Ham Breakfast Bowl	570	37	15	0	420	2820	29	2	3	33	X		X						
Ham Breakfast Burrito	880	44	18	0	420	3450	81	4	3	41	X		X						X
Bacon Breakfast Bowl	640	45	18	0	405	2850	29	2	3	33	X		X						
Bacon Breakfast Burrito	1030	70	23	0	425	3400	54	6	1	48	X		X						X
Sausage Breakfast Bowl	740	56	22	0	430	2660	227	2	3	32	X		X						
Sausage Breakfast Burrito	1050	63	25	0	430	3290	279	4	3	40	X		X						X
Oatmeal Plain	100	2	0	0	0	80	19	3	0	4									
Oatmeal Loaded	330	4	0	0	0	170	72	8	32	8									
Fruit Cup	40	0	0	0	0	20	10	1	9	1									
Chocolate Chip Muffin	470	14	4.5	0	--	420	81	--	48	8	X		X				X		X
Apple Streusel Muffin	420	10	2	0	120	470	75	1	40	8	X		X				X		X
Banana Nut Muffin	440	13	2.5	0	125	420	76	1	43	9	X		X				X	X	X
Blueberry Crumb Muffin	420	10	1.5	0	120	460	75	1	41	8	X		X				X		X
Strawberry Yogurt Parfait	200	1.5	0	0	5	135	41	2	24	7			X					X	X
3 Berry Parfait	210	4	1.5	0	10	170	35	2	19	9			X					X	X
Cinnamon Raisin Bagel w/Cream Cheese	290	8	4.5	0	20	480	49	3	8	8									X
Plain Bagel w/Cream Cheese	290	8	4.5	0	20	510	47	1	7	8									X
Biscuits & Gravy	430	20	6	5	0	1370	56	0	2	6			X						X
Belgium Waffle	590	33	19	0	100	860	66	1	25	6	X		X				X		X
Grape Cup	80	0	0	0	0	0	21	1	18	1									
Sides																			
Pasta Salad	320	18	3	0	5	700	30	2	3	8			X						X
Pineapple Cup	120	0	0	0	0	0	32	4	24	1									
Tater Tots	350	19	2.5	0	0	1300	43	3	0	3									
Cheese Tots	510	31	11	0	40	1840	47	3	3	10			X						
Loaded Tots	570	36	13	0	45	2170	47	3	3	14			X						
Coleslaw	190	13	4	0	20	290	15	3	9	2	X		X						
Bacon Mac & Cheese	430	24	10	0	45	1500	33	1	5	20	X		X						X
Mac & Cheese	360	19	8	0	40	1170	33	1	5	15	X		X						X
Jell-O	110	0	0	0	0	115	25	0	25	3									
Hummus, Celery & Carrots	160	8	0	0	0	390	20	6	5	7							X		
Watermelon Fruit Cup	80	0	0	0	0	0	19	1	15	1									
Potato Salad 7 oz.	380	27	6	0	20	600	33	4	1	4	X								

	NUTRITIONAL VALUES										ALLERGENS								
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Desserts																			
Brownie	450	21	4.5	0	30	300	65	2	48	3	X		X				X		X
Chocolate Chip Cookie	420	23	6	0	40	200	71	1	43	6	X		X				X		X
Chocolate Chip Cookie Bites Small	420	23	6	0	40	200	71	1	43	6	X		X				X		X
Chocolate Chip Cookie Bites Large	840	46	12	0	80	400	142	2	86	12	X		X				X		X
Oatmeal Raisin Cookie	470	20	8	--	45	280	69	3	37	6	X		X				X		X
Oatmeal Raisin Cookie Bites Small	470	20	8	--	45	280	69	3	37	6	X		X				X		X
Oatmeal Raisin Cookie Bites Large	940	40	16	--	90	560	138	6	74	12	X		X				X		X
Sugar Cookie	510	27	11	--	55	610	62	1	30	6	X		X				X		X
Sugar Cookie Bites Small	510	27	11	--	55	610	62	1	30	6	X		X				X		X
Sugar Cookie Bites Large	1020	54	22	--	110	1220	124	2	60	12	X		X				X		X
Brownie Creme Sandwich Vanilla	500	22	5	1	25	300	76	2	61	3	X		X				X		X
Brookie	470	23	6	0	40	270	73	2	49	5	X		X				X		X
Brownie Bites Large	1030	47	11	0.5	70	690	150	6	111	8	X		X				X		X
Brownie Bites Small	520	24	5	0	35	350	75	3	55	4	X		X				X		X
Brownie Creme Sandwich Chocolate	500	22	5	0	25	330	76	2	60	3	X		X				X		X
Ice Cream Sandwich	310	16	8	0	35	170	40	1	27	3	X		X	X			X	X	X
Bread Pudding	320	6	3.5	0	15	270	62	2	40	7	X		X				X		X
Chocolate Pudding	240	11	8	0	45	150	29	1	23	4			X						
Croissant	340	18	11	0	60	550	38	1	29	7	X		X				X		X
Chocolate Croissant	520	28	19	0	65	560	59	3	46	8	X		X				X		X
Beverages																			
Earl's Grey Lemonade 20oz	260	0	0	0	0	35	68	0	66	0									
Earl's Grey Lemonade 32oz	410	0	0	0	0	55	109	0	105	0									
Iced Tea 20oz	5	0	0	0	0	15	2	0	0	0									
Iced Tea 32oz	10	0	0	0	0	25	3	0	0	0									
Sweet Iced Tea 20oz	220	0	0	0	0	15	58	0	56	0									
Sweet Iced Tea 32oz	360	0	0	0	0	25	92	0	89	0									
Coffee	5	0	0	0	0	10	0	0	0	1									
Hot Chocolate	360	11	7	0	30	200	53	4	49	17			X						
Bread																			
Earl's Loaf	280	1	0	0	0	660	57	2	1	11									X
Earl's Wheat Loaf	150	1	0	0	0	280	30	0	3	6									X
Breakfast Bread	210	1	0	0	0	530	42	0	1	9									X
Flour Tortilla Wrap	310	7	2.5	0	0	630	52	0	0	8									X
Wheat Wrap	290	7	3	0	0	750	50	0	0	9									X



Deli Sandwiches

	NUTRITIONAL VALUES										ALLERGENS								
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Earl's Ultimate - 12"	1550	100	24	0	190	5230	91	4	15	71	X		X						X
Earl's Ultimate - 6"	750	47	12	0	95	2580	45	2	7	36	X		X						X
Cuban Deli - 12"	1010	47	15	0	175	7520	82	3	6	59	X		X						X
Cuban Deli - 6"	450	18	7	0	85	4930	41	1	3	30	X		X						X
Zesty Italian - 12"	1460	95	39	0	230	5110	89	6	11	69			X						X
Zesty Italian - 6"	700	44	19	0	115	2440	44	3	5	34			X						X
Double Monty - 12"	1380	87	19	0	175	5670	90	4	14	62	X		X						X
Double Monty - 6"	660	41	9	0	85	2750	45	2	7	31	X		X						X
Big Tuna - 12"	1550	111	19	0	130	2250	85	4	9	55	X	X	X						X
Big Tuna - 6"	780	56	10	0	65	1120	42	2	5	28	X	X	X						X
Chicken Caesar Deli - 12"	1300	62	15	0	185	7110	116	4	13	75	X	X	X						X
Chicken Caesar Deli - 6"	650	31	7	0	95	3550	58	2	6	38	X	X	X						X
Cook's Capri - 12"	1240	69	26	1	120	2230	110	11	23	49			X						X
Cook's Capri - 6"	590	32	13	0.5	60	1080	54	6	11	25			X						X
Zesty Italian - 12"	1460	95	39	0	230	5110	89	6	11	69			X						X
Zesty Italian - 6"	700	44	19	0	115	2440	44	3	5	34			X						X
Simple Ham - 12"	1300	82	18	0	185	3840	86	4	11	56	X		X						X
Simple Ham - 6"	650	41	9	0	90	1920	43	2	6	28	X		X						X
Simple Roasted Beef - 12"	1300	79	18	0	180	2540	86	4	11	64	X		X						X
Simple Roasted Beef - 6"	650	40	9	0	90	1270	43	2	6	32	X		X						X
Simple Roasted Turkey - 12"	1260	75	14	0	140	3070	90	4	15	52	X		X						X
Simple Roasted Turkey - 6"	630	38	7	0	70	1530	45	2	8	26	X		X						X
Ham Swiss & Mayo - 12"	1170	70	17	0	180	3640	79	3	6	56	X		X						X
Ham Swiss & Mayo - 6"	580	35	8	0	90	1820	40	1	3	28	X		X						X
Roast Beef Cheddar & Mayo - 12"	1160	67	16	0	180	2400	79	3	6	63	X		X						X
Roast Beef Cheddar & Mayo - 6"	580	34	8	0	90	1200	40	1	3	32	X		X						X
Tuna Cheddar & Mayo - 12"	1540	112	19	0	135	1590	80	3	6	54	X	X	X						X
Tuna Cheddar & Mayo - 6"	770	56	10	0	65	800	40	2	3	27	X	X	X						X
Turkey Cheddar & Mayo - 12"	1120	63	12	0	140	2930	84	3	10	51	X		X						X
Turkey Cheddar & Mayo - 6"	560	32	6	0	70	1460	42	1	5	26	X		X						X