



EARL OF SANDWICH NUTRITIONAL GUIDE

The following nutrition information is calculated utilizing a combination of independent laboratory analysis and Genesis R&D Software version 11.4.0 ESHA Research, Inc. Earl of Sandwich has made 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. From time to time we may have to obtain product from different or substitute suppliers which may alter information contained herein. While menu item ingredients are based upon standard product recipes and portions, variations may and do occur based upon ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. A 2,000 calorie daily diet is used for general nutrition advice but calorie needs vary.

Item Name	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Breakfast Sandwiches											
Bacon, Egg 'N' Cheddar	540	260	29	9	0	205	1800	43	2	1	26
Breakfast BLT	550	300	33	7	0	35	1610	44	2	3	18
Egg 'N' Cheddar	470	210	24	8	0	205	1230	44	2	1	21
Ham 'N' Swiss Breakfast Sandwich	460	190	21	9	0	65	1470	47	1	5	25
Ham, Egg 'N' Cheddar	440	190	21	6	0	200	1520	44	2	2	22
Big Breakfast Sandwich	950	520	58	18	0	405	3220	60	2	2	47
Breakfast Omelets											
Veggie Omelet	400	160	18	5	0	495	1720	38	4	4	21
Cheddar Omelet	610	330	37	15	0	555	2000	37	3	2	34
Ham 'N' Cheddar Omelet	560	270	30	11	0	550	2570	38	3	4	35
Breakfast Sides											
Apple Streusel Muffin	420	90	10	2	0	120	470	75	1	40	8
Banana Nut Muffin	440	120	13	2.5	0	125	420	76	1	43	9
Blueberry Crumb Muffin	420	90	10	1.5	0	120	460	75	1	41	8
Chocolate Chip Muffin	470	130	14	4.5	0	--	420	81	--	48	8
Oatmeal Loaded	330	35	4	0	0	0	170	72	8	32	8
Oatmeal Plain	100	20	2	0	0	0	80	19	3	0	4
Strawberry Yogurt Parfait	200	15	1.5	0	0	5	135	41	2	24	7
Cinnamon Raisin Bagel w/Cream Cheese	360	80	9	4.5	0	20	430	59	2	7	12
Plain Bagel w/Cream Cheese	360	80	9	4.5	0	20	630	57	2	1	12
Fruit Cup	60	5	0	0	0	0	25	14	2	12	1
Breakfast Burrito	760	420	46	14	0	405	2730	55	6	3	35
Bacon Breakfast Burrito	1010	610	68	23	0	420	3400	54	6	1	48
Breakfast Bowl	510	300	34	13	0	375	1930	24	3	4	28
Biscuits 'N' Gravy	430	180	20	6	5	0	1370	56	0	2	6
Belgium Waffle	590	290	33	19	0	100	860	66	1	25	6
Grape Cup	100	0	0	0	0	0	0	26	1	22	1
Cinnamon Roll	340	45	5	1	0	0	350	67	2	24	8
Homestyle Potatoes	100	10	1.5	0	0	0	1740	21	3	2	3
Soup											
Broccoli 'N' Cheddar Bowl	380	230	26	14	0.5	45	1590	26	2	5	14
Broccoli 'N' Cheddar Cup	240	150	16	9	0	30	1010	17	1	3	9
Chicken Noodle Bowl	130	15	1.5	0	0	40	1840	21	1	2	9
Chicken Noodle Cup	80	10	1	0	0	25	1170	13	1	1	6
Chicken Tortilla Bowl	290	50	6	1.5	0	30	1950	46	9	11	14
Chicken Tortilla Cup	180	35	3.5	1	0	20	1240	29	5	7	9
Tomato Bowl	270	130	14	10	0	55	730	32	1	18	3
Tomato Cup	170	80	9	6	0	35	460	21	1	11	2

Item Name	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Sandwiches											
All American Half	340	100	11	2.5	0	30	2720	43	2	8	16
All American	670	200	23	5	0	55	2090	87	4	15	32
Best BLT	840	420	47	11	0	50	2600	72	4	5	33
Best BLT Half	420	210	24	6	0	25	2970	36	2	2	16
Cannonballs	680	210	24	10	0	50	2400	81	11	6	46
Cannonballs Half	320	90	10	4	0	15	910	41	3	4	16
Caprese	620	210	23	10	0.5	60	1480	76	4	8	31
Caprese Half	380	150	17	8	0	50	1180	39	2	4	20
Caribbean Jerk Chicken	670	240	27	4	0	70	1650	73	3	3	34
Caribbean Jerk Chicken Half	330	120	14	2	0	35	660	36	2	2	16
Chicken Salad Sandwich	350	220	25	5	0	65	260	15	3	10	18
Chipotle Chicken Avocado	910	400	44	10	0	85	1710	89	12	9	43
Chipotle Chicken Avocado Half	480	220	24	6	0	45	900	45	6	4	23
French Dip	620	130	15	7	0	70	3510	81	3	3	41
French Dip Half	310	70	7	3.5	0	35	1760	41	2	2	20
Grilled Cheese	830	390	43	25	0	120	1480	70	3	2	45
Grilled Cheese Half	410	190	22	13	0	60	740	35	1	1	22
Ham 'N' Swiss	870	390	44	19	0	120	2340	78	3	8	51
Ham 'N' Swiss Half	430	200	22	10	0	60	1170	39	1	4	25
Hawaiian BBQ	740	110	13	4.5	0	75	2310	120	4	48	39
Hawaiian BBQ Half	390	80	8	3.5	0	45	1170	60	2	24	21
Holiday Turkey	740	290	33	6	0	60	2200	85	3	11	27
Holiday Turkey Half	370	150	16	3	0	30	1100	42	2	5	14
Italian	800	390	43	14	0	85	2820	75	4	6	36
Italian Half	400	190	22	7	0	40	1410	37	2	3	18
Pastrami Reuben	570	210	24	6	0	55	1510	65	4	5	26
Pastrami Reuben Half	320	100	11	2.5	0	35	1100	38	2	3	18
Philly Cheesesteak	570	180	20	8	0	80	1940	62	4	3	38
Philly Cheesesteak Half	280	80	9	3.5	0	40	970	31	2	2	19
The Earl's Club	710	250	28	7	0	65	2400	78	4	9	36
The Earl's Club Half	350	130	14	3.5	0	35	1200	39	2	4	18
The Full Montagu	720	250	28	8	0	85	2110	77	4	8	43
The Full Montagu Half	360	120	14	4	0	45	1050	38	2	4	21
The Original 1762	780	300	33	10	0	100	1970	75	3	6	46
The Original 1762 Half	390	150	16	5	0	50	990	38	1	3	23
Tuna Melt	890	480	54	11	0	75	1490	70	3	2	35
Tuna Melt Half	440	240	27	6	0	35	750	35	1	1	18
Tuna Salad Sandwich	230	170	19	2.5	0	25	1930	2	1	1	13
Veggie	810	430	49	9	0	25	1820	78	4	7	22
Veggie Sandwich Half	400	210	24	4.5	0	10	900	39	2	3	11

Wraps											
Chicken Bacon Avocado Wrap	580	190	21	5	0	60	1390	65	6	6	30
Chicken Caesar Wrap	660	250	28	8	0	75	2020	66	3	2	34
Spicy Tuna Wrap	670	330	36	6	0	25	1350	63	5	7	22
Thai Chicken Wrap	580	120	13	3.5	0	55	1770	85	5	24	28
Turkey 'N' Cheddar Wrap	530	220	24	7	0	55	1570	54	7	3	25
Buffalo Chicken Wrap	620	240	26	10	0	95	1480	59	4	2	34



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Salads											
Berry Chicken Almond	290	120	13	1.5	0	55	610	20	4	11	22
Berry Chicken Almond Half	140	60	7	0.5	0	30	300	10	2	5	11
Chicken Caesar	470	260	29	7	0	85	1790	22	3	3	29
Chicken Caesar Half	230	130	15	3.5	0	40	900	11	1	2	15
Earl's Cobb	460	250	27	8	0	100	880	24	4	14	30
Earl's Cobb Half	230	120	14	4	0	50	440	12	2	7	15
Greek	440	280	31	6	0	70	1810	14	4	4	25
Greek Half	220	140	16	3	0	35	910	7	2	2	13
House Salad	310	210	23	3.5	0	15	1610	22	4	5	6
House Salad Half	170	110	12	1.5	0	5	350	16	2	2	4
Quinoa Chicken	310	120	13	2	0	65	780	25	4	11	24
Quinoa Chicken Half	160	60	6	1.5	0	35	440	13	2	5	14
Thai Chicken	320	50	6	0	0	55	1140	43	4	25	23
Thai Chicken Half	160	25	3	0	0	30	570	22	2	12	11
Kids											
Grilled Cheese	400	160	18	11	0	50	750	43	1	1	20
Pizza Bread	280	80	9	4	0	15	750	37	2	2	15
Turkey 'N' Swiss	410	160	17	4	0	45	1240	43	1	2	21
Baked Potatoes											
Broccoli 'N' Cheddar	590	230	26	11	0	60	890	71	10	4	23
Fully Loaded	900	530	59	31	0	150	1210	68	8	4	27
Pizza Bread											
Cheese Pizza Bread	580	180	20	8	0	35	1500	73	4	5	31
Pepperoni Pizza Bread	670	250	28	13	0	55	1830	73	4	5	34
Sides											
Mediterranean Pasta Salad	320	160	18	3	0	5	850	30	2	3	8
Kettle Potato Chips	200	100	11	1	0	0	190	23	2	0	3
Mesquite BBQ Chips	200	90	10	1	0	0	300	24	2	2	2
Salt & Vinegar Chips	190	90	10	1	0	0	400	23	2	2	2
Coleslaw	180	110	12	3	0	10	400	15	3	8	2
Bacon Mac 'N' Cheese	490	260	29	12	0	30	1780	33	1	5	24
Mac 'N' Cheese	360	170	18	9	0	15	1120	32	1	5	16
Jell-O	160	0	0	0	0	0	170	38	1	37	4
Hummus, Celery & Carrots	160	70	8	0	0	0	390	20	6	5	7
Potato Salad 7 oz.	380	240	27	6	0	20	600	33	4	1	4



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Wings & Wedges											
BBQ Wings w/Bleu Cheese	600	420	47	10	0	165	1450	17	1	15	24
BBQ Wings w/Ranch	540	360	40	8	0	155	1380	21	1	15	24
Buffalo Wings w/Bleu Cheese	550	420	47	10	0	165	2140	4	1	2	24
Buffalo Wings w/Ranch	490	360	40	8	0	155	2060	8	1	2	24
Wings w/Bleu Cheese	550	420	47	10	0	165	1230	4	1	2	24
Wings w/Ranch	490	360	40	8	0	155	1150	8	1	2	24
Thai Chili Wings w/Bleu Cheese	790	500	55	12	0	165	2090	45	4	16	27
Thai Chili Wings w/Ranch	560	360	40	8	0	155	1530	24	1	16	24
BBQ Wings & Wedges w/Bleu Cheese	610	420	46	10	0	120	1470	29	2	15	18
BBQ Wings & Wedges w/Ranch	550	350	39	7	0	110	1390	33	2	15	18
Buffalo Wings & Wedges w/Bleu Cheese	550	420	46	10	0	120	2150	16	2	3	18
Buffalo Wings & Wedges w/Ranch	500	350	39	7	0	110	2070	20	2	3	18
Wings & Wedges w/Bleu Cheese	550	420	46	10	0	120	1240	16	2	3	18
Wings & Wedges w/Ranch	500	350	39	7	0	110	1170	20	2	3	18
Thai Chili Wings & Wedges w/Bleu Cheese	620	420	46	10	0	120	1620	32	3	16	18
Thai Chili Wings & Wedges w/Ranch	560	350	39	7	0	110	1550	36	3	16	18
Wedges	260	110	12	3	0	0	730	36	4	1	4

Desserts											
Brownie	450	190	21	4.5	0	30	300	65	2	48	3
Chocolate Chip Cookie	420	210	23	6	--	40	200	71	1	43	6
Chocolate Chip Cookie Bites Small	420	210	23	6	--	40	200	71	1	43	6
Oatmeal Raisin Cookie	470	180	20	8	--	45	280	69	3	37	6
Oatmeal Raisin Cookie Bites Small	470	180	20	8	--	45	280	69	3	37	6
Sugar Cookie	510	240	27	11	--	55	610	62	1	30	6
Sugar Cookie Bites Small	510	240	27	11	--	55	610	62	1	30	6
Brownie Creme Sandwich Vanilla	500	190	22	5	1	25	300	76	2	61	3
Bread Pudding	330	50	6	3.5	0	15	260	64	2	43	6
Brownie Bites Large	1030	420	47	11	0.5	70	690	150	6	111	8
Brownie Bites Small	520	210	24	5	0	35	350	75	3	55	4
Brownie Creme Sandwich Chocolate	500	200	22	5	0	25	330	76	2	60	3
Cheesecake Cup	640	360	40	24	0	80	310	67	1	51	4
Ice Cream Sandwich	310	140	16	8	0	35	170	40	1	27	3
Bread Pudding	330	50	6	3.5	0	15	260	64	2	43	6
Chocolate Pudding	340	120	13	9	0	50	250	47	2	37	7
Croissant	340	160	18	11	0	60	550	38	1	29	7
Chocolate Croissant	520	250	28	19	0	65	560	59	3	46	8



EARL OF SANDWICH ALLERGENS

Please inform the restaurant manager if you have a food allergy. The allergen information below is based on standard ingredients -- ingredient and ingredient suppliers can change from time to time. Due to shared food preparation and cooking areas, it is possible for menu items to inadvertently come into contact with a food allergen from another menu item or food preparation materials.

MENU ITEM	EGG	MILK	FISH	SHELL-FISH	PEA-NUTS	TREE NUTS	SOY	WHEAT	CARAMEL COLOR	CITRIC ACID	CORN	GLUTEN	HIGH FRUCTOSE CORN SYRUP	MSG	NITRITES	WHEY	YEAST
BACON EGG 'N' CHEDDAR	X	X					X	X		X			X				X
BIG BREAKFAST SANDWICH	X	X					X	X		X			X				X
BREAKFAST BLT	X						X	X					X				X
EGG 'N' CHEDDAR	X	X					X	X		X			X				X
HAM 'N' SWISS BREAKFAST SANDWICH	X	X					X	X			X				X		X
HAM, EGG 'N' CHEDDAR	X	X					X	X		X	X		X		X		X
CHEDDAR OMELET	X	X					X	X		X							X
HAM 'N' CHEDDAR OMELET	X	X					X	X		X	X				X		X
VEGGIE OMELET	X						X	X		X							X
BREAKFAST BURRITO	X	X					X	X		X	X		X		X		
BACON BREAKFAST BURRITO	X	X					X	X		X	X		X				
BREAKFAST BOWL	X	X								X							
BELGIUM WAFFLE	X	X					X	X	X		X						
BISCUITS 'N' GRAVY		X						X			X						
APPLE STREUSEL MUFFIN	X	X					X	X				X				X	
BANANA NUT MUFFIN	X	X				X	X	X				X					
BLUEBERRY CRUMB MUFFIN	X	X					X	X				X					
CHOCOLATE CHIP MUFFIN	X	X					X	X								X	
BAGEL W/CREAM CHEESE		X					X	X									
CINNAMON ROLL	X							X		X	X		X				
OATMEAL									X								
STRAWBERRY YOGURT PARFAIT		X				X		X		X	X						
ALL AMERICAN!	X	X					X	X				X					X
CANNONBALLS!	X	X					X	X		X		X					X
CAPRESE		X					X	X	X			X					X
CARIBBEAN JERK CHICKEN	X	X					X	X		X		X					X
CHIPOTLE CHICKEN AVOCADO	X	X					X	X		X		X					X
FRENCH DIP	X	X					X	X	X	X	X	X				X	X

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HAM 'N' SWISS	X	X					X	X			X	X			X		X
HAWAIIAN BBQ		X						X	X		X	X	X		X		X
HOLIDAY TURKEY	X	X					X	X			X	X	X				X
ITALIAN		X					X	X		X	X	X			X		X
PHILLY CHEESESTEAK		X					X	X	X		X						X
THE EARL'S CLUB	X	X					X	X		X		X					X
THE FULL MONTAGU	X	X					X	X	X			X					X
THE ORIGINAL 1762	X	X					X	X	X			X					X
TUNA MELT	X	X	X				X	X				X	X				X
VEGGIE	X	X	X				X	X	X	X		X	X				X
BUFFALO CHICKEN WRAP	X	X					X	X		X	X	X	X				X
CHICKEN BACON AVOCADO WRAP							X	X	X	X	X	X					X
CHICKEN CAESAR WRAP	X	X	X				X	X	X	X	X	X	X				X
SPICY TUNA WRAP	X	X	X				X	X	X	X	X	X	X				X
THAI CHICKEN WRAP							X	X		X	X	X					X
TURKEY 'N' CHEDDAR WRAP	X	X						X		X	X		X				
BERRY CHICKEN ALMOND SALAD		X				X	X		X								X
CHICKEN CAESAR SALAD	X	X	X					X	X	X		X	X				X
EARL'S COBB SALAD	X	X					X										X
GREEK SALAD		X					X										X
HOUSE SALAD	X	X					X	X									X
QUINOA CHICKEN SALAD		X					X		X								X
THAI CHICKEN SALAD							X	X			X						X
KID GRILLED CHEESE		X						X									X
KID PIZZA BREAD		X						X		X		X					X
KID TURKEY 'N' SWISS	X	X						X					X				X
BROCCOLI 'N' CHEDDAR SOUP		X					X			X						X	
CHICKEN NOODLE SOUP	X	X					X	X			X						X

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MENU ITEM	EGG	MILK	FISH	SHELL-FISH	PEA-NUTS	TREE NUTS	SOY	WHEAT	CARAMEL COLOR	CITRIC ACID	CORN	GLUTEN	HIGH FRUCTOSE CORN SYRUP	MSG	NITRITES	WHEY	YEAST
CHICKEN TORTILLA SOUP											X					X	X
TOMATO SOUP		X						X		X			X				
CHEESE PIZZA BREAD		X						X		X		X					X
PEPPERONI PIZZA BREAD		X						X		X		X			X		X
MAC 'N' CHEESE	X	X					X	X		X	X						
BACON MAC 'N' CHEESE	X	X					X	X		X	X						
COLESLAW	X	X					X				X						
POTATO SALAD	X						X				X						
MEDITERRANEAN PASTA SALAD		X					X	X		X	X						
HUMMUS, CELERY & CARROTS							X			X			X				
BBQ WINGS W/BLEU CHEESE	X	X					X		X		X		X	X			
BBQ WINGS W/RANCH	X	X					X		X		X		X				
BUFFALO WINGS W/BLEU CHEESE	X	X					X				X						
BUFFALO WINGS W/RANCH	X	X					X				X						
PLAIN WINGS W/BLEU CHEESE	X	X					X				X		X	X			
PLAIN WINGS W/RANCH	X	X					X				X						
THAI CHILI WINGS W/BLEU CHEESE	X	X					X	X			X		X	X			
THAI CHILI WINGS W/RANCH	X	X					X				X						
WEDGES								X			X						
BREAD PUDDING	X	X					X	X	X								X
BROWNIE	X	X					X	X									
BROWNIE CRÈME SANDWICH CHOCOLATE	X	X					X	X					X				
BROWNIE CRÈME SANDWICH VANILLA	X	X					X	X			X						
CHEESECAKE CUP		X							X	X			X				
CHOCOLATE CHIP COOKIE	X	X					X	X									
OATMEAL RAISIN COOKIE	X	X					X	X									
SUGAR COOKIE	X	X					X	X									
CHOCOLATE PUDDING		X							X								
ICE CREAM SANDWICH	X	X			X	X	X	X			X					X	

