



NUTRITIONAL VALUES

Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
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ALLERGENS

Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat
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Hot Sandwiches

The Earl's Club	730	29	7	0	75	2620	78	4	9	40
The Original 1762	780	33	10	0	100	1970	75	3	6	46
Chipotle Chicken Avocado	950	45	10	0	105	1800	90	12	9	49
Tuna Melt	960	60	12	0	80	1550	70	3	2	40
The Full Montagu®	730	28	8	0	85	2100	77	4	8	43
Caprese	620	23	10	0.5	60	1480	76	4	8	31
Holiday Turkey	780	34	7	0	75	2450	86	3	11	31
Italian	910	52	19	0	115	3190	76	5	5	41
Veggie	700	37	7	0	15	2110	77	4	6	20
Ham & Swiss	750	33	12	0	110	2380	73	3	5	45
Cannonballs!	770	32	16	0	60	2250	81	12	3	52
Vegan Cannonballs!	800	31	17	0	0	2130	100	8	5	33
Cuban	720	30	10	0	105	2750	71	3	2	42
Cheese Pizza	600	22	11	0	30	1500	75	7	5	30
Pepperoni Pizza	700	32	15	0	55	1750	78	6	5	33
Add More Meat & Cheese	25-160									

X		X				X		X
X		X				X		X
X		X						X
X	X	X				X		X
X		X				X		X
		X						X
X		X				X		X
		X				X		X
X		X				X		X
X		X				X		X
						X		X
X		X						X
		X						X

Hand-Crafted Wraps

Buffalo Chicken Wrap	620	27	10	0	90	2040	60	4	2	34
Chicken Bacon Avocado Wrap	580	21	5	0	60	1390	65	6	6	30
Chicken Caesar Wrap	660	28	8	0	75	1960	66	3	2	34
Earl's Cobb Wrap	760	34	11	0	100	1610	74	4	13	37
Spicy Tuna Wrap	670	36	6	0	25	1350	63	5	7	22

X		X				X		X
		X				X		X
X	X	X				X		X
X		X				X		X
X	X	X				X		X

Fresh Greens Salads

Earl's Cobb	460	27	8	0	100	880	24	4	14	30
Chicken Caesar Salad	460	29	7	0	85	1660	21	3	3	29
Greek	440	31	6	0	70	1810	14	4	4	25
Caprese	430	30	13	0.5	80	830	21	4	14	23
House Salad	300	23	3.5	0	15	960	22	4	5	6

X		X				X		
X	X	X						X
		X				X		
		X						
X		X				X		X

Soup

Tomato Cup	180	9	6	0	35	530	22	1	11	2
Tomato Bowl	290	14	10	0	55	860	35	2	18	4
Chicken Noodle Cup	80	1	0	0	25	1170	13	1	1	6
Chicken Noodle Bowl	130	1.5	0	0	40	1840	21	1	2	9
Broccoli & Cheddar Cup	230	17	11	0	55	650	11	2	3	9
Broccoli & Cheddar Bowl	360	27	17	1	85	1030	17	3	5	14
Chicken Tortilla Cup	180	3.5	1	0	20	1240	29	5	7	9
Chicken Tortilla Bowl	290	6	1.5	0	30	1950	46	9	11	14

		X								X
		X								X
X		X						X		X
X		X						X		X
		X								X
		X								X

Make It A Combo

Make It A Combo!	380-1810
Premium Combo	460-2390

Breakfast Hot Sandwiches

Egg & Cheddar	470	24	8	0	205	1230	44	2	1	21
Ham, Egg & Cheddar	440	21	6	0	205	1460	43	2	1	22
Ham & Swiss	460	20	9	0	70	1350	45	1	3	26
Bacon, Egg & Cheddar	540	29	9	0	205	1800	43	2	1	26
Sausage, Egg & Cheddar	750	54	15	0	235	1700	240	2	1	26
Breakfast BLT	550	33	7	0	35	1610	44	2	3	18

X		X				X		X
X		X				X		X
X		X				X		X
X		X				X		X
X		X				X		X
X						X		X

Made-To-Order Omelets

Veggie Omelet	450	21	5	0	495	2250	44	3	2	23
Ham & Cheddar Omelet	610	33	11	0	555	2980	42	2	0	38
Cheddar Omelet	650	39	15	0	555	2540	43	2	0	36

X						X		X
X		X				X		X
X		X				X		X



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ALLERGENS

Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat
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& More Breakfast

Ham Breakfast Bowl	570	37	15	0	420	2820	29	2	3	33
Ham Breakfast Burrito	880	44	18	0	420	3560	81	4	3	41
Bacon Breakfast Bowl	640	45	18	0	405	2850	29	2	3	33
Bacon Breakfast Burrito	1010	68	23	0	420	3400	54	6	1	48
Sausage Breakfast Bowl	740	56	22	0	430	2660	227	2	3	32
Sausage Breakfast Burrito	1050	63	25	0	430	3400	279	4	3	40
Oatmeal Loaded	330	4	0	0	0	170	72	8	32	8
Oatmeal Plain	100	2	0	0	0	80	19	3	0	4

X		X								
X		X				X				X
X		X								
X		X				X				X
X		X								
X		X				X				X

& More

Mac & Cheese	360	18	9	0	15	1120	32	1	5	16
Bacon Mac & Cheese	430	24	10	0	20	1450	33	1	5	20
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
Loaded Tots	570	36	13	0	45	2170	47	3	3	14
Wings w/Bleu Cheese	760	59	13	0	290	1880	6	1	2	47
Wings w/Ranch	730	55	11	0	290	1850	10	1	2	47
BBQ Wings w/Bleu Cheese	810	59	13	0	285	2950	19	1	15	47
BBQ Wings w/Ranch	780	54	11	0	285	2920	23	1	15	47
Buffalo Wings w/Bleu Cheese	780	61	13	0	290	2710	8	1	2	47
Buffalo Wings w/Ranch	750	57	11	0	290	2680	12	1	2	47
Chipotle Wings w/Bleu Cheese	850	66	14	0	290	2110	12	1	9	47
Chipotle Wings w/Ranch	820	62	12	0	290	2080	16	1	8	47
Earl's Mustard Wings w/Bleu Cheese	870	70	15	0	300	2140	9	1	6	47
Earl's Mustard Wings w/Ranch	840	66	13	0	300	2110	13	1	6	47
Wings & Tots w/Bleu Cheese	1100	78	16	0	290	3180	49	3	2	50
Wings & Tots w/Ranch	1080	73	14	0	290	3150	52	3	2	50
BBQ Wings & Tots w/Bleu Cheese	1160	78	16	0	290	3400	62	3	15	50
BBQ Wings & Tots w/Ranch	1130	73	14	0	290	3370	65	3	15	50
Buffalo Wings & Tots w/Bleu Cheese	1120	80	16	0	290	4010	51	3	2	50
Buffalo Wings & Wedges w/Ranch	1100	75	14	0	290	3980	54	3	2	50
Chipotle Wings & Tots w/Bleu Cheese	1030	67	13	0	280	3210	56	3	10	48
Chipotle Wings & Wedges w/Ranch	1170	80	15	0	290	3380	58	3	8	50
Earl's Mustard Wings & Tots Bleu Cheese	1220	89	18	0	300	3440	52	3	6	50
Earl's Mustard Wings & Tots w/Ranch	1190	84	16	0	300	3410	56	3	6	50
Salt & Vinegar Chips	190	10	1	0	0	400	23	2	2	2
Mesquite BBQ Chips	200	10	1	0	0	300	24	2	2	2
Kettle Potato Chips	200	11	1	0	0	190	23	2	0	3
Side Salad	170	14	2	0	10	390	9	2	3	3
Coleslaw	200	13	3.5	0	10	450	16	3	9	2
Potato Salad	380	27	6	0	20	600	33	4	1	4
Pasta Salad	320	18	3	0	5	850	30	2	3	8
Hummus, Celery & Carrots	160	8	0	0	0	390	20	6	5	7
Grape Cup	80	0	0	0	0	0	21	1	18	1

X		X				X				X
X		X				X				X
		X								
		X								
X		X				X				
X		X				X				
X		X				X				
X		X				X				
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		X								
		X								
X		X				X				X
X		X				X				
		X				X				X
						X				

Just 4 Kids

Pizza Bread	290	10	5	0	15	710	42	3	2	15
Grilled Cheese	360	13	8	0	35	740	43	2	1	19
Turkey 'N' Swiss	410	17	4	0	45	1240	43	1	2	21

		X								X
		X								X
X		X								X



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ALLERGENS

Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat
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Bake Shop

Chocolate Chip Cookie	420	23	6	--	40	200	71	1	43	6
Sugar Cookie	510	27	11	--	55	610	62	1	30	6
Oatmeal Raisin Cookie	470	20	8	--	45	280	69	3	37	6
Brownie	450	21	4.5	0	30	300	65	2	48	3
Brownie Bites	910	41	9	0	60	610	131	5	97	7
Chocolate Ice Cream Cone	250	8	5	0	25	170	38	1	29	6
Chocolate Ice Cream Cup	230	8	5	0	25	150	34	1	29	5
Swirl Ice Cream Cone	240	8	5	0	30	170	37	1	29	6
Swirl Ice Cream Cup	220	8	5	0	30	150	33	1	29	5
Vanilla Ice Cream Cone	230	8	5	0	30	170	37	0	29	6
Vanilla Ice Cream Cup	210	8	5	0	30	150	33	0	29	5
Brownie Creme Sandwich Chocolate	500	22	5	0	25	330	76	2	60	3
Ice Cream Sandwich	310	16	8	0	35	170	40	1	27	3
Chocolate Pudding	240	11	8	0	45	150	29	1	23	4

X		X				X		X
X		X				X		X
X		X				X		X
X		X				X		X
X		X				X		X
		X				X		X
		X				X		X
		X				X		X
		X				X		X
X		X				X		X
X		X	X			X	X	X
		X						

The 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.