



GROUCHO'S® DELI NUTRITION

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Menu Item	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibers (g)	Sugars (g)	Protein (g)
GROUCHO'S® SPECIALTIES										
Apollo Dipper®	373	13	6	0	80	1,960	29	1	5	27
<i>All Turkey Apollo</i>	380	11	5	0	75	1,780	28	1	4	27
<i>All Ham Apollo</i>	367	15	7	0	85	2,140	31	1	6	28
Big Dipper®	373	13	6	0	75	1,420	28	1	3	32
<i>All Ham Big Dipper</i>	367	15	7	0	85	2,140	31	1	6	28
<i>All Roast Beef Big Dipper</i>	380	11	5	0	70	1,000	27	1	1	35
International Dip™										
<i>Tukey International</i>	480	12	5	0	75	1,720	43	2	2	32
<i>ified the completeness or accuracy of such informat</i>	467	16	7	0	85	2,080	46	2	4	33
<i>Roast Beef International</i>	480	13	6	0	75	1,240	43	2	0	38
Megasize	1,024	47	19	0	231	2,460	46	2	2	78
STP Dipper®	451	18	8	0	95	1,540	28	1	3	34
<i>All Turkey STP</i>	451	17	7	0	95	1,780	28	1	4	31
<i>All Roast Beef STP</i>	451	18	8	0	95	1,300	28	1	2	37
Cole Special Dipper™	511	20	7	0	95	1,890	37	3	3	34
DSHS Hogie Sub										
<i>Turkey DSHS</i>	515	22	6	0	75	1,807	37	5	8	30
<i>Ham DSHS</i>	502	26	8	0	85	2,167	40	5	10	30
<i>Bernstein/ Davies DSHS</i>	478	24	6	0	75	1,780	28	1	4	27
Baby Sub™	1,222	82	25	0	213	4,292	58	4	14	44
Roast Beef Marinade	420	5	1	0	50	1,196	54	2	23	30
Ham Sub	1,101	75	24	0	205	3,943	43	4	7	44
Turkey Sub	1,135	71	22	0	195	3,587	44	5	8	44
Folded Pita										
<i>Turkey Pita</i>	504	18	4	0	65	1,368	43	6	6	31
<i>Ham Pita</i>	490	22	6	0	75	1,728	47	6	8	32
<i>Roast Beef Pita</i>	504	19	5	0	65	888	43	6	4	37
<i>Pastrami Pita</i>	484	19	6	0	65	1,368	43	6	4	29
The Brown Moose™	413	12	5	0	70	1,114	33	2	2	37
The Pink Moose™	400	15	6	0	80	1,954	37	2	6	32
The White Moose™	413	11	4	0	70	1,594	33	2	4	31
The BLC Chicken Critter™	509	18	7	0	130	1,081	42	2	13	43
Reuben Variation (Rye)	480	13	7	0	75	2,460	47	8	0	30
<i>Turkey Reuben</i>	500	12	5	0	75	2,460	47	8	2	32
<i>Herb Slaw Reuben</i>	519	17	8	0	77	1,830	48	5	2	31
Mid East Special™	1,062	72	24	0	195	3,570	35	1	2	39
GROUCHO'S® SALADS										
Green Combo Salad - Small	62	1	0	0	0	20	11	5	5	3
Green Combo Salad - Large	118	2	0	0	0	42	20	11	8	7
Organic Harvest Salad - Small	27	0	0	0	0	29	5	1	3	1
Organic Harvest Salad - Large	33	0	0	0	0	54	5	1	3	2
Just Cheese	338	20	11	0	60	392	22	11	8	21
Just Bacon	685	50	16	0	162	42	20	11	8	39
Pasta & Green	388	3	0	0	0	962	76	13	38	13
Turkey & Cheese	388	13	6	0	80	1,262	23	11	10	32
Turkey & Bacon	561	28	8	0	131	1,082	22	11	10	41
Bacon & Cheddar	511	35	14	0	111	222	21	11	8	30
Feta Cheese	438	26	16	0	80	762	24	11	8	31
Chicken Power Salad	412	22	10	0	130	841	16	3	5	41



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Arcadian Chicken Salad	343	16	9	0	130	1,144	10	1	3	40
Angel Salad™	278	4	0	0	50	1,082	22	11	10	25
Lapin Variation (w/ Feta)	438	16	8	0	90	1,442	24	11	10	37
Chicken Salad Plate	874	68	10	0	114	548	29	12	8	44
Tuna Salad Plate	415	25	3	0	46	597	28	11	12	22
Turkey, Pasta & Green	413	4	0	0	50	1,542	50	12	25	28
Turkey, Cheddar & Bacon	671	37	14	0	161	1,262	23	11	10	48
Pasta, Green & Feta	413	14	8	0	40	862	50	12	23	22
Marinated Chicken Salad	302	5	1	0	90	570	31	11	19	33
My Wife's Salad Bowl™	775	48	20	0	196	1,612	26	11	11	55
Caprese Salad	373	24	14	0	60	397	16	2	7	22
Baby Bella Salad	294	19	9	0	40	455	19	4	6	17

GROUCHO'S® FAMOUS DRESSINGS

Formula "45" (2 Tbsp)	124	13	2	0	7	202	3	0	1	0
Danish Bleu™ (2 Tbsp)	76	7	2	0	12	119	2	0	1	2
Formula "95"™ (2 Tbsp)	55	0	0	0	0	138	11	0	11	0
Italian (2 Tbsp)	164	19	2	0	0	0	0	0	0	0
Ranch (2 Tbsp)	98	10	2	0	6	222	2	0	0	0
Honey Mustard (2 Tbsp)	133	13	2	0	6	161	5	0	3	0
Raspberry Vinaigrette (2 Tbsp)	35	0	0	0	0	85	9	0	8	0

DELI SANDWICHES - Does not account for added condiments.

Corned Beef (Rye)	460	22	6	0	60	1,340	40	4	0	32
Pastrami (Rye)	360	5	2	0	50	1,560	42	4	0	24
Roast Beef	393	6	1	0	50	1,046	47	3	6	33
Turkey	393	5	0	0	50	1,526	47	3	8	27
Ham	383	9	2	0	60	1,890	50	3	10	28
Salami (Rye)	673	38	12	0	100	2,126	47	5	2	9
The Cheese Sandwich (Wheat)										
Cheddar Cheese Sandwich	343	12	6	0	30	666	46	3	6	16
American Cheese Sandwich	383	17	8	0	38	1,236	48	3	7	16
Provolone Cheese Sandwich	533	24	12	0	60	1,056	48	3	6	30
Muesnter Cheese Sandwich	533	27	15	0	75	1,026	48	3	6	27
Swiss Cheese Sandwich	383	15	8	0	38	1,221	48	3	7	16

GROUCHO'S® OWN ORIGINAL RECIPE SANDWICHES (Based on use of wheat bread. See "BREADS" for substitute.)

Chicken Salad Sandwich	989	70	10	0	114	993	53	4	6	47
Tuna Sandwich	531	27	3	0	46	1,042	53	3	9	24
Tuna Cheese Melt Club	764	37	9	0	76	1,468	77	5	13	35

BLT CLUBS ((Based on use of wheat bread. See "BREADS" for substitute.)

The Deli Club	760	27	7	0	118	2,953	72	5	12	38
The Deli Club for 2	1,038	41	11	0	204	4,673	75	5	15	59
Bacon & Turkey Club	766	25	6	0	113	2,773	70	5	11	37
Groucho's® BLT	726	33	9	0	94	2,231	67	4	8	22

BREADS - ALL NATURAL . ORGANIC . NON GMO. Made in Asheville, NC by Annie's Bakery (with exception of Udi's)

White Roll (.5 Roll)	120	1	0	0	0	250	24	1	1	4
Wheat Roll (.5 Roll)	180	3	0	0	0	350	33	3	0	7
Pita	180	2	0	0	0	230	36	4	2	8
Pumpernickel (Per Slice)	110	1	0	0	0	250	20	1	0	4
Jewish Rye (Per Slice)	110	1	0	0	0	260	20	2	0	4
Country White (Per Slice)	120	2	0	0	0	170	22	1	1	3
Multigram Wheat (Per Slice)	110	2	0	0	0	240	21	1	2	4



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Seeded Roll	150	2	0	0	0	360	30	2	2	6
12" Wheat Wrap	300	8	2	0	0	560	49	4	4	8
Udi's Gluten Free Subroll (1/2 Roll)	240	7	0	0	0	460	40	6	4	6
GROUCHO'S® HEALTHY LIFESTYLE										
Fiesta Power Blend - 4 oz.	89	7	1	0	0	37	9	2	2	2
I.S.M. Chicken Critter™	570	21	3	0	98	1,250	61	5	21	34
I.S.M. White Moose™	500	13	5	0	75	2,043	48	3	14	30
I.S.M. Turkey International™	495	13	5	0	75	2,018	48	3	14	30
Chicken Sandwich	293	5	1	0	90	761	33	3	4	33
Chicken Power Pita	641	33	11	0	130	1,018	47	6	4	48
Arcadian Chicken Pita	586	27	10	0	130	1,167	44	5	5	47
VEGGIES										
Veggie Italian Sub	526	34	15	0	70	1,132	32	1	4	23
Caprese Sandwich (Pumpnickel)	570	26	14	0	60	846	52	3	5	29
Baby Bella Melt (Pita)	598	38	17	0	90	752	40	4	2	30
Baby Bella Salad	294	19	9	0	40	455	19	4	6	17
Vegan Baby Bella Salad	128	7	1	0	0	93	16	3	6	4
JUNIORS										
Junior STP™	285	12	5	0	58	820	18	0	1	20
Junior All Turkey STP	285	12	5	0	58	940	18	0	2	18
Junior All Roast Beef STP	285	12	5	0	58	700	18	0	1	21
Junior Apollo™	211	7	3	0	40	1,030	19	0	2	14
Junior All Turkey Apollo	214	6	3	0	38	940	18	0	2	14
Junior All Ham Apollo	207	8	4	0	43	1,120	20	0	3	15
Junior Dipper™	261	10	5	0	48	855	19	0	1	20
Junior All Ham Dipper	257	11	5	0	50	1,065	20	0	2	19
Junior All Roast Beef Dipper	300	10	5	0	45	720	26	1	1	23
KIDS MENU										
Peanut Butter & Jelly	780	35	7	0	0	660	94	6	28	22
Toasted Cheese (American)	440	21	10	0	50	1,340	48	2	4	16
Hot Dog (all beef)	350	23	8	2	35	950	27	1	1	12
SOUPS - Chicken Chili carried daily. Other soups vary by location.										
Chicken Chili (12oz)	434	10	2	0	52	2,907	59	9	32	22
Red Pepper Gouda Bisque (12oz)	432	32	12	1	56	1,256	25	4	18	10
Cream of Broccoli (12oz)	384	14	7	0	27	2,318	38	8	11	11
Cream of Potato (12oz)	428	28	15	1	81	1,242	33	3	4	12
Tomato Basil Bisque (12oz)	414	31	10	0	52	1,212	28	4	22	6
Chicken Noodle (12oz)	207	5	1	0	44	2,364	30	0	3	12
SIDES & EXTRAS										
Baby Bellas (Cremeni) (4oz sliced)	30	0	0	0	0	7	5	1	2	3
Bacon Bits (2oz)	284	24	8	0	81	0	0	0	0	16
Bacon Strips (2oz)	250	19	6	0	63	1,000	0	0	0	6
Cheese - American (2 slices)	100	9	5	0	25	500	2	0	1	5
Cheese - Cheddar (4oz shredded)	220	18	12	0	60	360	2	0	0	14
Cheese - Colby Jack (4oz cubed)	440	36	20	0	120	680	4	0	0	28
Cheese - Feta (4oz)	320	24	16	0	80	720	4	0	0	24
Cheese - Meunster (2 slices)	200	16	10	0	50	360	2	0	0	12
Cheese - Mozzarella (2 slices)	160	12	7	0	30	170	2	0	0	10
Cheese - Provolone (2 slices)	200	14	8	0	40	380	2	0	0	14
Cheese - Swiss (2 slices)	100	8	5	0	25	490	2	0	1	5



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Chips - Groucho's	150	9	3	0	0	180	15	0	0	2
Chips - Baked Lays	140	4	1	0	0	180	24	2	3	2
Chips - BBQ Baked Lays	140	4	1	0	0	160	24	2	3	2
Chips - SCO Baked Lays	140	4	1	0	0	190	23	1	2	2
Chips - Pretzels	110	1	0	0	0	570	23	1	1	3
Crackers - Captain Wafers (2 pack)	60	2	1	0	0	100	9	0	1	1
Crackers - Saltines (2 pack)	90	2	1	0	0	300	16	0	0	2
Crackers - Goldfish	100	4	1	0	0	170	14	1	0	2
Fiesta Power Blend (4oz)	89	7	1	0	0	37	9	2	2	2
Greek Olives (2oz)	80	4	0	0	0	1,360	12	0	0	0
Herb Slaw (4oz)	235	16	2	0	8	362	20	3	9	2
Lettuce (1 crown)	3	0	0	0	0	4	0	0	0	0
Meat - Bologna (4oz)	380	34	8	0	60	1,400	8	0	2	10
Meat - Chicken Breast (4oz)	130	3	1	0	90	390	0	0	0	26
Meat - Corned Beef (4oz)	240	20	6	0	60	820	0	0	0	24
Meat - Ham (4oz)	147	6	2	0	60	1,400	5	0	4	19
Meat - Pastrami (4oz)	140	3	2	0	50	1,040	2	0	0	16
Meat - Roast Beef (4oz)	160	3	1	0	50	560	2	0	0	24
Meat - Salami (4oz)	440	36	12	0	100	1,600	4	0	0	0
Meat - Turkey (4oz)	160	2	0	0	50	1,040	2	0	2	18
Pasta Salad (4oz)	135	1	0	0	0	460	28	1	15	3
Pickle	0	0	0	0	0	260	0	0	0	0
Grainy Mustard (2oz)	100	7	0	0	0	1,300	2	4	2	4
Potato Salad (4oz)	119	5	1	0	2	364	19	1	8	1
Tomato Slices (2)	10	0	0	0	0	3	2	1	1	1
DESSERTS										
Pretzel-Crusted Salted Caramel Brownie	157	8	3	0	10	157	23	1	18	2
Cookie - Snickerdoodle	169	6	4	0	32	148	26	0	14	2
Cookie - Chocolate Chip	190	9	6	0	24	184	25	1	15	2
Cookie - Oatmeal Raisen	170	7	5	0	25	200	24	1	14	3
Cookie - White Chocolate Macadamia Nut	201	11	6	0	24	191	22	1	14	2
BEVERAGES - Tea & Fountain Drinks available in Regular = 20oz or Jumbo - 32oz (calculated w/ 2/3 cup ice fill)										
Groucho's® Famous Sweet Tea (20oz)	140	0	0	0	0	0	35	0	35	0
Groucho's® Famous Sweet Tea (32oz)	224	0	0	0	0	0	56	0	56	0
Unsweetened Tea (20oz)	0	0	0	0	0	0	0	0	0	0
Unsweetened Tea (32oz)	0	0	0	0	0	0	0	0	0	0
Dr. Browns Cream Soda	170	0	0	0	0	25	42	0	41	0
Dr. Browns Diet Cream Soda	0	0	0	0	0	25	0	0	0	0
Dr. Browns Black Cherry Soda	170	0	0	0	0	30	43	0	42	0
Dr. Browns Diet Black Cherry Soda	0	0	0	0	0	55	0	0	0	0
Dr. Browns Root Beer	160	0	0	0	0	0	40	0	49	0
Fountain Drink - Pepsi (20oz)	190	0	0	0	0	40	52	0	52	0
Fountain Drink - Pepsi (32oz)	300	0	0	0	0	65	83	0	83	0
Fountain Drink - Diet Pepsi (20oz)	0	0	0	0	0	70	0	0	0	0
Fountain Drink - Diet Pepsi (32oz)	0	0	0	0	0	115	0	0	0	0
Fountain Drink - Dr. Pepper (20oz)	170	0	0	0	0	55	47	0	46	0
Fountain Drink - Dr. Pepper (32oz)	280	0	0	0	0	90	75	0	74	0
Fountain Drink - Diet Dr. Pepper (20oz)	0	0	0	0	0	100	0	0	0	0
Fountain Drink - Diet Dr. Pepper (32oz)	0	0	0	0	0	120	0	0	0	0
Fountain Drink - Mountain Dew (20oz)	210	0	0	0	0	65	55	0	55	0



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Fountain Drink - Mountain Dew (32oz)	340	0	0	0	0	105	88	0	88	0
Fountain Drink - Diet Mountain Dew (20oz)	5	0	0	0	0	70	0	0	0	0
Fountain Drink - Diet Mountain Dew (32oz)	10	0	0	0	0	110	0	0	0	0
Fountain Drink - Sierra Mist (20oz)	180	0	0	0	0	40	49	0	49	0
Fountain Drink - Sierra Mist (32oz)	290	0	0	0	0	65	78	0	78	0
Fountain Drink - Lemonade (20oz)	190	0	0	0	0	190	50	0	50	0
Fountain Drink - Lemonade (32oz)	300	0	0	0	0	310	80	0	80	0

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