



GROUCHO'S® DELI NUTRITION

*Nutritional data is calculated based on Groucho's® Deli standardized recipes. All menu items are made to order and may be tailor-made to the customer's tastes. A number of factors may affect the actual nutrition values for each product. Modifications in serving sizes, preparation techniques, ingredient substitutions, addition/deletions of ingredients or condiments, and sources of supply, as well as regional and seasonal differences may modify the nutrition values for each product. Nutritional values are calculated based on a 2000 calorie diet.

Groucho's® Deli has relied solely on information provided by third parties to compile this nutritional information. We have not verified the completeness or accuracy of such information. Such information may incorrect or incomplete. Groucho's Deli makes no representations or warranties with respect thereto.

Nutrition Information based on sandwich or salad menu item only and does not include pickle or chips or sauce. Side items should be accounted for separately.

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®	469	18	8	0	92	1,466	41	1	4	36
<i>All Turkey Apollo</i>	478	17	8	0	99	866	40	1	3	40
<i>All Ham Apollo</i>	460	18	8	0	85	2,067	43	1	6	32
Big Dipper®	470	16	8	0	80	1,563	43	1	5	37
<i>All Ham Big Dipper</i>	460	18	8	0	85	2,067	43	1	6	32
<i>All Roast Beef Big Dipper</i>	470	13	8	0	75	1,210	43	1	4	40
International Dip™										
<i>Tukey International</i>	528	17	8	0	104	766	54	4	6	44
<i>Ham International</i>	510	18	9	0	90	1,967	57	4	9	36
<i>Roast Beef International</i>	510	12	8	0	80	1,260	56	4	6	43
Megasize	1,038	47	24	0	284	2,786	56	4	6	95
STP Dipper®	529	19	10	0	112	1,433	41	1	3	44
<i>All Turkey STP</i>	538	21	10	0	124	1,186	40	1	3	45
<i>All Roast Beef STP</i>	520	17	10	0	100	1,680	42	1	3	44
Cole Special Dipper™	598	23	10	0	123	1,336	52	3	4	46
DSHS Hogie Sub										
<i>Turkey DSHS</i>	605	28	10	0	98	967	48	3	6	40
<i>Ham DSHS</i>	587	29	10	0	85	2,168	51	3	8	32
<i>Bernstein/ Davies DSHS</i>	567	26	9	0	99	877	40	1	3	40
Baby Sub™	1,105	64	26	0	192	4,423	71	3	24	59
Roast Beef Marinade	463	6	3	0	65	1,065	59	1	24	32
Ham Sub	1,040	65	25	0	185	3,797	55	2	12	59
Turkey Sub	1,080	64	25	0	199	2,600	57	3	11	67
Folded Pita										
<i>Turkey Pita</i>	468	26	10	0	104	392	18	1	1	35
<i>Ham Pita</i>	450	28	10	0	90	1,593	21	1	3	28
<i>Roast Beef Pita</i>	450	22	9	0	80	886	20	1	1	35
<i>Pastrami Pita</i>	450	21	8	0	82	1,106	20	1	1	35
The Brown Moose™	455	14	8	0	90	1,052	39	1	5	39
The Pink Moose™	455	20	9	0	100	1,759	40	1	7	33
The White Moose™	473	19	8	0	114	558	37	1	5	40
The BLC Chicken Critter™	542	19	9	0	155	1,340	48	1	15	46
Reuben Variation (Rye)	570	14	7	0	82	2,140	62	8	2	47
<i>Turkey Reuben</i>	588	20	8	0	104	1,426	60	8	2	48
<i>Herb Slaw Reuben</i>	590	16	7	0	84	1,701	63	4	5	47
Mid East Special™	1,029	58	24	0	177	3,304	53	1	9	65
GROUCHO'S® SALADS										
Green Combo Salad - Small	36	0	0	0	0	11	7	2	2	1
Green Combo Salad - Large	56	0	0	0	0	22	10	3	3	2
Organic Harvest Salad - Small	29	0	0	0	0	29	5	1	1	1
Organic Harvest Salad - Large	35	0	0	0	0	54	6	1	2	1
Just Cheese	386	27	17	0	90	552	11	3	3	23
Just Bacon	536	36	16	0	200	2,582	10	3	3	42
Pasta & Green	336	0	0	0	0	622	74	5	37	8
Turkey & Cheese	453	26	14	0	134	448	10	3	3	41
Turkey & Bacon	473	26	10	0	174	1,368	10	3	3	47
Bacon & Cheddar	516	36	20	0	160	1,662	10	3	3	36
Feta Cheese	296	16	10	0	60	1,502	14	3	3	22
Chicken Power Salad	382	18	7	0	120	1,365	16	3	4	39



GROUCHO'S® DELI NUTRITION

*Nutritional data is calculated based on Groucho's® Deli standardized recipes. All menu items are made to order and may be tailor-made to the customer's tastes. A number of factors may affect the actual nutrition values for each product. Modifications in serving sizes, preparation techniques, ingredient substitutions, addition/deletions of ingredients or condiments, and sources of supply, as well as regional and seasonal differences may modify the nutrition values for each product. Nutritional values are calculated based on a 2000 calorie diet.

Groucho's® Deli has relied solely on information provided by third parties to compile this nutritional information. We have not verified the completeness or accuracy of such information. Such information may incorrect or incomplete. Groucho's Deli makes no representations or warranties with respect thereto.

Nutrition Information based on sandwich or salad menu item only and does not include pickle or chips or sauce. Side items should be accounted for separately.

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)
Arcadian Chicken Salad	320	15	7	0	120	1,444	8	1	2	37
Angel Salad™	233	8	2	0	74	88	10	3	3	27
<i>Lapin Variation (w/ Feta)</i>	353	16	7	0	104	828	12	3	3	37
Chicken Salad Plate	601	37	8	0	122	1,840	25	4	10	29
Tuna Salad Plate	281	13	2	0	39	866	19	3	10	21
Turkey, Pasta & Green	373	8	2	0	74	388	42	4	20	30
Turkey, Cheddar & Bacon	693	44	22	0	234	1,728	10	3	3	61
Pasta, Green & Feta	316	8	5	0	30	1,062	44	4	20	15
Marinated Chicken Salad	242	3	1	0	90	549	21	3	13	28
My Wife's Salad Bowl™	795	54	27	0	257	2,498	13	3	4	64
Caprese Salad	391	21	14	0	60	397	23	2	14	21
Baby Bella Salad	267	16	6	0	30	975	18	4	4	15
GROUCHO'S® FAMOUS DRESSINGS										
Formula "45" (2 Tbsp)	133	13	2	0	7	190	5	0	5	0
Danish Bleu™ (2 Tbsp)	91	8	3	0	14	216	2	0	2	3
Formula "95"™ (2 Tbsp)	57	0	0	0	0	138	11	0	11	0
Italian (2 Tbsp)	168	19	3	0	0	23	0	0	0	0
Ranch (2 Tbsp)	101	11	2	0	7	271	3	0	2	1
Honey Mustard (2 Tbsp)	133	13	2	0	6	161	5	0	5	0
Raspberry Vinaigrette (2 Tbsp)	30	0	0	0	0	250	8	0	7	0
DELI SANDWICHES - Does not account for added condiments.										
Corned Beef (Rye)	460	9	2	0	60	1,240	58	4	2	44
Pastrami (Rye)	440	5	1	0	52	1,360	58	4	2	40
Roast Beef	521	6	2	0	50	1,236	72	7	3	40
Turkey	539	11	2	0	74	742	70	7	3	41
Ham	526	13	3	0	60	1,954	74	8	6	34
Salami (Rye)	561	21	6	0	60	1,816	66	5	7	32
The Cheese Sandwich (Wheat)										
<i>Cheddar Cheese Sandwich</i>	581	21	12	0	60	1,036	70	7	3	30
<i>American Cheese Sandwich</i>	511	15	8	0	37	1,396	73	7	4	24
<i>Provolone Cheese Sandwich</i>	661	27	15	0	75	1,426	73	7	6	37
<i>Muesnter Cheese Sandwich</i>	691	30	18	0	90	1,216	70	7	3	37
<i>Swiss Cheese Sandwich</i>	496	14	7	0	38	1,276	70	7	3	25
GROUCHO'S® OWN ORIGINAL RECIPE SANDWICHES (Based on use of wheat bread. See "BREADS" for substitute.)										
Chicken Salad Sandwich	907	40	8	0	122	2,494	84	7	9	43
Tuna Sandwich	587	16	2	0	39	1,520	79	7	10	35
Tuna Cheese Melt Club	998	36	14	0	99	2,225	116	12	11	57
BLT CLUBS ((Based on use of wheat bread. See "BREADS" for substitute.)										
The Deli Club	981	31	9	0	139	2,930	108	12	6	70
The Deli Club for 2	1,280	49	14	0	241	4,217	109	12	7	103
Bacon & Turkey Club	990	31	8	0	146	2,329	107	12	4	74
Groucho's® BLT	934	31	9	0	108	2,882	105	11	4	61
BREADS - ALL NATURAL . ORGANIC . NON GMO. Made in Asheville, NC by Annie's Bakery (with exception of Udi's)										
White Roll (.5 Roll)	210	2	1	0	0	400	40	1	3	9
Wheat Roll (.5 Roll)	260	3	1	0	0	470	50	3	3	11
Pita	80	0	0	0	0	130	15	0	0	3
Pumpernickel (Per Slice)	120	0	0	0	0	260	27	2	3	6
Jewish Rye (Per Slice)	140	2	0	0	0	290	28	2	1	8
Country White (Per Slice)	110	1	1	0	0	220	21	1	1	5
Multigram Wheat (Per Slice)	170	2	0	0	0	330	33	3	1	8



GROUCHO'S® DELI NUTRITION

*Nutritional data is calculated based on Groucho's® Deli standardized recipes. All menu items are made to order and may be tailor-made to the customer's tastes. A number of factors may affect the actual nutrition values for each product. Modifications in serving sizes, preparation techniques, ingredient substitutions, addition/deletions of ingredients or condiments, and sources of supply, as well as regional and seasonal differences may modify the nutrition values for each product. Nutritional values are calculated based on a 2000 calorie diet.

Groucho's® Deli has relied solely on information provided by third parties to compile this nutritional information. We have not verified the completeness or accuracy of such information. Such information may incorrect or incomplete. Groucho's Deli makes no representations or warranties with respect thereto.

Nutrition Information based on sandwich or salad menu item only and does not include pickle or chips or sauce. Side items should be accounted for separately.

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)
Seeded Roll	190	3	1	0	15	230	35	1	3	8
12" Wheat Wrap	300	8	2	0	0	560	49	4	4	8
Udi's Gluten Free Subroll (1/2 Roll)	235	7	1	0	0	445	38	4	4	6
GROUCHO'S® HEALTHY LIFESTYLE										
Fiesta Power Blend - 4 oz.	97	7	1	0	0	181	8	2	3	2
I.S.M. Chicken Critter™	537	14	4	0	112	1,401	64	3	25	35
I.S.M. White Moose™	591	17	8	0	99	1,099	62	3	14	42
I.S.M. Turkey International™	584	17	8	0	99	1,074	61	3	14	42
Chicken Sandwich	340	6	2	0	105	636	39	2	3	34
Chicken Power Pita	511	27	8	0	120	1,452	25	2	3	41
Arcadian Chicken Pita	457	23	8	0	120	1,418	22	2	1	40
VEGGIES										
Veggie Italian Sub	624	36	18	0	80	1,298	47	3	6	29
Caprese Sandwich (Pumpnickel)	612	21	14	0	60	867	74	6	18	32
Baby Bella Melt (Pita)	611	46	23	0	120	841	18	1	0	32
Baby Bella Salad	267	16	6	0	30	975	18	4	4	15
Vegan Baby Bella Salad	140	8	1	0	0	235	15	4	4	4
JUNIORS										
Junior STP™	336	12	6	0	68	957	29	1	2	27
<i>Junior All Turkey STP</i>	341	13	6	0	74	833	28	1	2	27
<i>Junior All Roast Beef STP</i>	332	11	6	0	63	1,080	29	1	2	26
Junior Apollo™	276	9	4	0	46	813	29	1	3	20
<i>Junior All Turkey Apollo</i>	281	9	4	0	49	513	28	1	2	22
<i>Junior All Ham Apollo</i>	272	10	4	0	43	1,113	29	1	3	18
Junior Dipper™	327	12	7	0	53	987	30	1	4	24
<i>Junior All Ham Dipper</i>	327	14	7	0	55	1,163	30	1	4	22
<i>Junior All Roast Beef Dipper</i>	390	12	7	0	50	930	42	1	4	28
KIDS MENU										
Peanut Butter & Jelly	820	34	9	0	0	780	108	6	56	26
Toasted Cheese (American)	420	18	12	0	49	1,400	46	2	4	20
Hot Dog (all beef)	440	24	10	1	40	1,120	42	1	3	18
SOUPS - Chicken Chili carried daily. Other soups vary by location.										
Chicken Chili (12oz)	416	8	3	0	53	2,692	66	7	59	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)	492	31	14	1	70	1,212	36	3	3	18
Tomato Basil Bisque (12oz)	391	28	8	0	42	1,186	28	4	22	6
Chicken Noodle (12oz)	192	6	1	0	43	2,256	29	0	3	12
SIDES & EXTRAS										
Baby Bellas (Cremini) (4oz sliced)	30	2	0	0	0	0	5	1	0	3
Bacon Bits (2oz)	240	18	8	0	100	1,280	0	0	0	20
Bacon Strips (2oz)	260	17	6	0	72	1,242	0	0	0	24
Cheese - American (2 slices)	100	8	5	0	25	480	2	0	1	5
Cheese - Cheddar (4oz shredded)	440	36	24	0	120	720	0	0	0	28
Cheese - Colby Jack (4oz cubed)	440	36	20	0	120	680	4	0	0	28
Cheese - Feta (4oz)	240	16	10	0	60	1,480	4	0	0	20
Cheese - Meunster (2 slices)	220	18	12	0	60	360	0	0	0	14
Cheese - Mozzarella (2 slices)	140	10	7	0	30	170	0	0	0	10
Cheese - Provolone (2 slices)	200	16	10	0	50	500	2	0	2	14
Cheese - Swiss (2 slices)	90	7	5	0	25	400	0	0	0	6



GROUCHO'S® DELI NUTRITION

*Nutritional data is calculated based on Groucho's® Deli standardized recipes. All menu items are made to order and may be tailor-made to the customer's tastes. A number of factors may affect the actual nutrition values for each product. Modifications in serving sizes, preparation techniques, ingredient substitutions, addition/deletions of ingredients or condiments, and sources of supply, as well as regional and seasonal differences may modify the nutrition values for each product. Nutritional values are calculated based on a 2000 calorie diet.

Groucho's® Deli has relied solely on information provided by third parties to compile this nutritional information. We have not verified the completeness or accuracy of such information. Such information may incorrect or incomplete. Groucho's Deli makes no representations or warranties with respect thereto.

Nutrition Information based on sandwich or salad menu item only and does not include pickle or chips or sauce. Side items should be accounted for separately.

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)
Chips - Groucho's	160	11	3	0	0	160	15	0	0	2
Chips - Baked Lays	100	2	0	0	0	160	20	2	2	2
Chips - BBQ Baked Lays	110	3	0	0	0	140	19	1	3	2
Chips - SCO Baked Lays	110	3	0	0	0	190	19	2	3	2
Chips - Pretzels	160	0	0	0	0	470	32	1	2	4
Crackers - Captain Wafers (2 pack)	60	3	1	0	0	105	9	0	1	1
Crackers - Saltines (2 pack)	45	2	0	0	0	105	8	0	0	1
Crackers - Goldfish	100	4	1	0	0	170	14	1	0	2
Fiesta Power Blend (4oz)	97	7	1	0	0	181	8	2	3	2
Greek Olives (2oz)	140	16	2	0	0	1,040	0	0	0	0
Herb Slaw (4oz)	160	8	2	0	7	644	18	2	12	1
Lettuce (1 crown)	5	0	0	0	0	12	1	0	1	0
Meat - Bologna (4oz)	360	30	12	0	60	1,395	8	0	2	12
Meat - Chicken Breast (4oz)	130	3	1	0	90	390	0	0	0	26
Meat - Corned Beef (4oz)	180	6	2	0	60	660	2	0	0	28
Meat - Ham (4oz)	160	9	3	0	60	1,267	3	0	3	17
Meat - Pastrami (4oz)	160	2	1	0	52	780	2	0	0	24
Meat - Roast Beef (4oz)	160	3	2	0	50	560	2	0	0	24
Meat - Salami (4oz)	260	18	6	0	60	1,220	6	0	4	16
Meat - Turkey (4oz)	178	8	2	0	74	66	0	0	0	25
Pasta Salad (4oz)	140	0	0	0	0	300	32	1	17	3
Pickle	5	0	0	0	0	330	1	1	1	0
Grainy Mustard (2oz)	90	6	0	0	0	840	0	0	0	0
Potato Salad (4oz)	114	2	0	0	2	348	21	1	8	1
Tomato Slices (2)	16	0	0	0	0	4	3	1	0	0
DESSERTS										
Pretzel-Crusted Salted Caramel Brownie	540	24	11	0	45	480	75	3	57	6
Cookie - Snickerdoodle	170	7	4	0	30	190	25	0	13	3
Cookie - Chocolate Chip	190	10	6	0	25	190	24	1	16	2
Cookie - Oatmeal Raisen	170	7	5	0	25	200	24	1	14	3
Cookie - White Chocolate Macadamia Nut	200	12	6	0	20	190	25	0	17	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	180	0	0	0	0	30	45	0	45	0
Dr. Browns Diet Cream Soda	0	0	0	0	0	25	0	0	0	0
Dr. Browns Black Cherry Soda	180	0	0	0	0	25	45	0	45	0
Dr. Browns Diet Black Cherry Soda	0	0	0	0	0	55	0	0	0	0
Dr. Browns Root Beer	170	0	0	0	0	0	42	0	42	0
Fountain Drink - Pepsi (20oz)	160	0	0	0	0	35	43	0	43	0
Fountain Drink - Pepsi (32oz)	250	0	0	0	0	55	69	0	70	0
Fountain Drink - Diet Pepsi (20oz)	0	0	0	0	0	60	0	0	0	0
Fountain Drink - Diet Pepsi (32oz)	0	0	0	0	0	95	0	0	0	0
Fountain Drink - Dr. Pepper (20oz)	150	0	0	0	0	45	41	0	41	0
Fountain Drink - Dr. Pepper (32oz)	240	0	0	0	0	75	65	1	64	0
Fountain Drink - Diet Dr. Pepper (20oz)	0	0	0	0	0	75	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)	170	0	0	0	0	55	46	0	50	0



GROUCHO'S® DELI NUTRITION

*Nutritional data is calculated based on Groucho's® Deli standardized recipes. All menu items are made to order and may be tailor-made to the customer's tastes. A number of factors may affect the actual nutrition values for each product. Modifications in serving sizes, preparation techniques, ingredient substitutions, addition/deletions of ingredients or condiments, and sources of supply, as well as regional and seasonal differences may modify the nutrition values for each product. Nutritional values are calculated based on a 2000 calorie diet.

Groucho's® Deli has relied solely on information provided by third parties to compile this nutritional information. We have not verified the completeness or accuracy of such information. Such information may incorrect or incomplete. Groucho's Deli makes no representations or warranties with respect thereto.

Nutrition Information based on sandwich or salad menu item only and does not include pickle or chips or sauce. Side items should be accounted for seperately.

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)
Fountain Drink - Mountain Dew (32oz)	270	0	0	0	0	85	73	0	70	0
Fountain Drink - Diet Mountain Dew (20oz)	5	0	0	0	0	60	0	0	0	0
Fountain Drink - Diet Mountain Dew (32oz)	10	0	0	0	0	90	0	0	0	0
Fountain Drink - Sierra Mist (20oz)	160	0	0	0	0	35	42	0	40	0
Fountain Drink - Sierra Mist (32oz)	260	0	0	0	0	55	68	0	70	0
Fountain Drink - Lemonade (20oz)	160	0	0	0	0	160	42	0	40	0
Fountain Drink - Lemonade (32oz)	260	0	0	0	0	260	67	0	70	0

Groucho's® Deli has relied solely on information provided by third parties to compile this nutritional information. We have not verified the completeness or accuracy of such information. Such information may incorrect or incomplete, and we make no representations or warranties with respect thereto.