

SNARF'S NUTRITIONAL INFORMATION

SNARF'S SANDWICHES

	CALORIES
ITALIAN 5"	510
ITALIAN 7"	910
ITALIAN 12"	1430
ROAST BEEF 5"	440
ROAST BEEF 7"	640
ROAST BEEF 12"	980
TURKEY 5"	400
TURKEY 7"	580
TURKEY 12"	880
HAM 5"	410
HAM 7"	590
HAM 12"	900
TUNA 5"	510
TUNA 7"	790
TUNA 12"	1210
CHICKEN SALAD 5"	470
CHICKEN SALAD 7"	710
CHICKEN SALAD 12"	1090
MEATBALL 5"	650
MEATBALL 7"	900
MEATBALL 12"	1330
HOT DOG + BACON 5"	560
HOT DOG + BACON 7"	860
HOT DOG + BACON 12"	1320
BLT 5"	360
BLT 7"	490
BLT 12"	760
CHEESE + MUSHROOM 5"	460
CHEESE + MUSHROOM 7"	640
CHEESE + MUSHROOM 12"	1060
VEGETARIAN 5"	430
VEGETARIAN 7"	630
VEGETARIAN 12"	960

SPECIALTY SANDWICHES

	CALORIES
PRIME RIB 7"	690
PRIME RIB 12"	1060
CORNE D BEEF 7"	620
CORNE D BEEF 12"	950
PORTABELLA 7"	600
PORTABELLA 12"	890
PASTRAMI 7"	740
PASTRAMI 12"	1120
SMOKED BRISKET 7"	990
SMOKED BRISKET 12"	1540
FRENCH DIP 7"	770
FRENCH DIP 12"	1140
EGGPLANT 7"	710
EGGPLANT 12"	1130
ARTICHOKE 7"	660
ARTICHOKE 12"	1030
ROTISSERIE CHICKEN 7"	660
ROTISSERIE CHICKEN 12"	1000
NEW YORK STEAK 7"	660
NEW YORK STEAK 12"	1000

SNARFLETTES

	CALORIES
GRILLED CHEESE	380
PB & J	490
PB, BANANA & HONEY	510
HOT DOG	410

SALADS

	CALORIES
SNARF SALAD	530
ITALIAN SALAD	1480
COBB SALAD	570
CHICKEN SALAD	650
ROTISSERIE CHICKEN SALAD	590
TUNA SALAD	640
TOSSED SALAD	110

BREADS

	CALORIES
WHITE 5"	240
WHITE 7"	310
WHITE 12"	500
WHEAT 5"	240
WHEAT 7"	320
WHEAT 12"	510
GLUTEN-FREE	660

TOPPINGS

	CALORIES
MAYO	130-270
MUSTARD	10-15
HOT PEPPERS	20-60
ONION	0-5
LETTUCE	5-15
TOMATO	5-15
PICKLE	0
SEASONING	0
OIL	70-200
FAT FREE MAYO	50-110
SPROUTS	5-10
MUSHROOMS	5-10

DRESSINGS

	CALORIES
BLUE CHEESE	260
CREAMY PARMESAN	290
ITALIAN	340
RANCH	280
RASPBERRY VINAIGRETTE	140
SESAME SHIITAKE	280
1000 ISLAND	300

SNARF'S NUTRITIONAL INFORMATION

BREAKFAST

	CALORIES
EGG & CHEESE	460
BACON, EGG & CHEESE	530
CORNERD BEEF, EGG & CHEESE	540
HAM, EGG & CHEESE	530
SAUSAGE, EGG & CHEESE	690
STEAK, EGG & CHEESE	550
THREE LITTLE PIGS	830
VEGGIE SAUSAGE, EGG & CHEESE	600
SPINACH, EGG & CHEESE	440
LOX & CREAM CHEESE	430
OATMEAL	190
GRANOLA	520
PARFAIT	820
FRUIT CUP	150
HARD BOILED EGGS (2)	160

TREATS

	CALORIES
CHOCOLATE CHIP COOKIE	180
M&M COOKIE	180
WHITE CHOCOLATE MACADAMIA COOKIE	200
PEANUT BUTTER COOKIE	210
BROWNIE	350
ICE CREAM (1 SCOOP)	60-170
ICE CREAM (2 SCOOPS)	170-340
MILKSHAKE	420-820
MALT	380-860

DRINKS

	CALORIES
CAN	0-180
BOTTLE	0-200
FOUNTAIN DRINK	0-310

SOUPS

	CALORIES
CREAM OF JALAPENO	290-580
CLAM CHOWDER	330-660
CHICKEN TORTILLA	190-380
CHICKEN MAMBO	---
BEEF & BEAN CHILI	250-500
WISCONSIN BEER CHEESE	300-600
BROCCOLI & CHEESE	---
CHICKEN NOODLE	---
RED PEPPER GOUDA	190-380
TOMATO BISQUE	130-260
CHICKEN POBLANO	250-500

SIDES

	CALORIES
CHIPS	140-240
POTATO SALAD	230
MACARONI SALAD	260
COLESLAW	140
BIG PICKLE	0

Nutritional content may vary because of the variations in portion size or recipes. We may update this chart from time to time.

The average person needs about 2,000 calories per day. The exact number of calories you need depends on your age, gender, body size and activity level.

SNARF'S ALLERGY INFORMATION

BREAD

WHITE BREAD Unbleached unbromated enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, salt, yeast, malt powder, lecithin (SOY), ascorbic acid, dextrose, soybean oil, fungal enzyme

VEGAN: *This bread is baked in a production facility that uses extensive quantities of milk, eggs, tree nuts, peanuts and wheat. All of our products may contain trace amounts of any.

WHEAT BREAD Unbleached unbromated enriched white flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, crushed wheat, salt, yeast, malt powder, lecithin (SOY), ascorbic acid, dextrose, soybean oil, fungal enzyme

VEGAN: *This bread is baked in a production facility that uses extensive quantities of milk, eggs, tree nuts, peanuts and wheat. All of our products may contain trace amounts of any.

GLUTEN-FREE BREAD Rice flour, potato starch, tapioca flour, sugar, egg white, rice bran oil, modified potato starch, modified tapioca starch, sorghum flour, golden flax seed flour, yeast, molasses, white distilled vinegar (corn), salt, gelatin, xanthan, guar gum

GLUTEN FREE

SIDES

COLESLAW Green cabbage, apple cider vinegar, mayonnaise, salt, pepper & sugar

GLUTEN FREE

MACARONI SALAD Macaroni, Mayonnaise, Sugar, Red & Green Peppers, Celery Carrots, Vinegar, Salt, Onions, Sour Cream, Soybean Oil, Onion powder & Spices

POTATO SALAD Potatoes, Mayonnaise, Carrots, Onions, Sugar, Vinegar, Soybean Oil, Salt, Sour Cream, Mustard, Onion powder, Garlic powder, Spices

GLUTEN FREE

ZAPPS CHIPS CONTAINS PEANUT OIL

SNARF'S ALLERGY INFORMATION

MEAT & SANDWICHES

MEATBALLS (AREZZIO)

Beef, Pork, Water, Seasoning, Bread crumbs, Salt, Dried Garlic, Spice, Dried Parsley, Brown Sugar, Cottonseed Oil, Romano Cheese, Textured Soy Flour, Ricotta Cheese

CONTAINS: MILK, SOY, WHEAT

CHICKEN SALAD

Fire seared Chicken Thigh Meat (Water, Spices, Salt, Flavoring, Paprika, Olive Oil) White Chicken Breast & Mayonnaise

GLUTEN FREE

TUNA SALAD

"Chicken of the Sea" Albacore White & Light Tuna (Water, Vegetable Broth, Salt), Mayonnaise

GLUTEN FREE/ CONTAINS SOY

MORTADELLA

Pork, pork fat, water, beef, nonfat dry milk, salt, contains less than 2% of the following: dextrose, pistachio nuts, sodium phosphate, ascorbic acid, sodium nitrate, sodium ascorbate, sodium citrate

CONTAINS MILK & PISTACHIO NUTS

HOT DOG

"All Beef Dog"

CONTAINS SOY

PASTRAMI

CONTAINS MILK

AU JUS

CONTAINS SOY & FISH

EGGPLANT

CONTAINS WHEAT & MILK

PEANUT BUTTER & JELLY

CONTAINS PEANUTS

PEANUT BUTTER, BANANA & HONEY

CONTAINS PEANUTS & BANANAS

SNARF'S ALLERGY INFORMATION

SOUPS

BEEF & BEAN CHILI

Beef, Tomatoes (Tomatoes, Tomato Puree, Salt, Citric Acid), Kidney Beans (Dark Red Kidney Beans, Water, Salt, Calcium Chloride), Black Beans, Water, Green Bell Peppers, Red Bell Peppers, Yellow Bell Pepper, Onions, Contains 2% or less of: Beef Base, Spices, Garlic, Modified Food Starch, Olive Oil, Lime Juice, Chipotle Pepper Paste (Red Chili Peppers, Chipotle, Red Bell Peppers, Salt, Sugar), Chili Powder, Cilantro and Hot Pepper Sauce

GLUTEN FREE/ CONTAINS MILK

CHICKEN MAMBO

Chicken, Water, Tomato sauce (tomatoes, salt, spices, onion powder, garlic powder, citric acid & natural flavors), Onions, Diced Tomatoes, Green onions, Unsalted butter, Garlic, Chicken base, Rendered chicken fat, Modified corn starch, Onion powder, Flavorings, Tabasco, Sugar, Salt, Spices

CONTAINS SOY/ GLUTEN FREE ONLY WHEN SERVED WITHOUT NOODLES

CHICKEN POBLANO PEPPER SOUP

Chicken Stock (Water, Chicken Base, Rendered Chicken Fat, Light Cream, Water, Chicken (Chicken, Chicken Broth, Rice Starch, Salt), Roasted Corn, Black Beans, Onions, Poblano Peppers, Red Bell Peppers, Butter, Wheat Flour, Modified Food Starch, Chipotle Base (Red Chili Peppers, Chipotle, Red Bell Peppers, Salt, Sugar), Chicken Flavor, Lime Juice, Soybean Oil, Garlic, Cilantro, Salt and Parsley

CONTAINS MILK, WHEAT & SOY

CHICKEN TORTILLA SOUP

Water, Tomatoes (Tomatoes, Tomato Puree, Salt, Citric Acid), Chicken (Chicken, Water, Rice Starch, Salt, Vinegar, Onion Powder, Garlic Powder), Monterey Jack Cheese, Corn, Onions, Tortilla, Roasted Corn, Contains 2% or less of: Carrots, Chicken Base, Chicken Broth, Turmeric, Soybean Oil, Green Onions, Lime Juice, Jalapeno Pepper, Garlic, Cilantro, Beef Base, Chili Powder, Hot Pepper Sauce, Spice and Salt

CONTAINS MILK

NEW ENGLAND CLAM CHOWDER

Light Cream, Potatoes, Clam Meat, Onions, Clam Broth From Concentrate, Modified Food Starch, Butter, Clam Base, Salt, Clam Broth, Sugar, Potato Flour, Natural Flavoring, Onion Powder, Codfish Powder, Contains 2% or less of: Wheat Flour, Garlic, Fish Stock, Salt and Spice

CONTAINS MILK & SHELLFISH

SNARF'S ALLERGY INFORMATION

SOUPS

CREAM OF JALAPENO

Cream, Chicken Stock (Water, Chicken Base, Onions, Tomatoes, Red Bell Peppers, Green Bell Peppers, Contains 2% or less of: Jalapeno Pepper, Cilantro, Butter, Garlic, Chipotle Seasoning (Red Chili Peppers, Chipotle, Red Bell Peppers, Salt, Sugar), Modified Food Starch, Salt and Spice

GLUTEN FREE/ CONTAINS MILK

WISCONSIN BEER CHEESE

Chicken Broth, Cheddar Cheese ([Pasteurized Milk, Cheese Culture, Salt, Enzymes], Water, Sodium Phosphate, Milkfat, Salt, Apocarotenal [Color]), Beer (Water, Malted Barley, Hops, Yeast), Light Cream, Onions, Modified Food Starch, Contains 2% or less of: Natural Mirepoix Base (Sauteed Vegetables [Carrots, Onions, Celery], Salt, Sugar, Corn Oil, Potato Flour, Carrot Powder), Hot Pepper Sauce (Distilled Vinegar, Red Pepper, Salt) and Spice.

CONTAINS MILK

RED PEPPER GOUDA BISQUE

Tomatoes (Tomatoes, Tomato Puree, Salt, Citric Acid), Water, Roasted Red Peppers, Light Cream, Smoked Gouda Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color, Natural Smoked Flavor), Tomato Paste, Contains 2% or less of: Sugar, Modified Food Starch, Olive Oil, Dehydrated Onion, Salt, Garlic Powder, Smoked Paprika, Natural Smoke Flavor (Water, Natural Hickory Smoke Concentrate) and Spice.

VEGETARIAN & GLUTEN FREE/ CONTAINS MILK

TOMATO BISQUE

Tomatoes (Tomatoes, Tomato Puree, Salt, Citric Acid), Water, Light Cream, Carrots, Onions, Heavy Cream, Contains 2% or less of: Sugar, Vegetable Stock (Water, Onion, Carrot, Celery, Salt), Soybean Oil, Sherry Wine, Sea Salt, Corn Starch, Butter (Cream, Salt), Garlic and Spice.

VEGETARIAN & GLUTEN FREE/ CONTAINS MILK

CHICKEN NOODLE

TBD
TBD

BROCCOLI & CHEESE

TBD
TBD

SNARF'S ALLERGY INFORMATION

SALAD DRESSINGS

(ALL HOUSE MADE EXCEPT FOR 1000 ISLAND DRESSING)

SESAME SHIITAKE

Italian Dressing (Apple Cider Vinegar, Water, Lemon Juice, House Recipe Italian dressing mix, Canola Oil), Soy Sauce, Sesame Seeds, Shiitake Mushrooms

DAIRY FREE

1000 ISLAND

Mayonnaise, Sweet Pickle Relish, Tomato, Paprika & Bell Pepper particles, Tomato & Tart-tangy-sweet flavors

GLUTEN FREE/ CONTAINS EGGS

RASPBERRY VINAIGRETTE

Italian Dressing (Apple Cider Vinegar, Water, Lemon Juice, House Recipe Italian dressing mix, Canola Oil), Sugar, Poppy Seeds, Raspberries

GLUTEN FREE/ DAIRY FREE

BLEU CHEESE

Buttermilk, Mayonnaise, Black Pepper, Roasted Garlic, Blue Cheese Crumbles

GLUTEN FREE

CREAMY PARMESAN

Pasteurized Eggs, Roasted Garlic, Dijon Mustard, Red Wine Vinegar, Lemon Juice, Oregano, Salt, pepper, Canola Oil, Parmesan Cheese

GLUTEN FREE

ITALIAN

Apple Cider Vinegar, Water, Lemon Juice, House Recipe Italian dressing mix, Canola Oil

GLUTEN FREE/ DAIRY FREE

RANCH

Buttermilk, House Recipe Buttermilk Ranch dressing mix, Roasted Garlic, Mayonnaise, Black Pepper

GLUTEN FREE

SNARF'S ALLERGY INFORMATION

DESSERTS

CHOCOLATE CHIP COOKIE	CONTAINS EGGS, MILK, SOY, WHEAT
M&M COOKIE	CONTAINS EGGS, MILK, SOY, WHEAT
PEANUT BUTTER COOKIE	CONTAINS EGGS, MILK, PEANUTS, SOY, TREE NUTS, WHEAT
MACADAMIA NUT COOKIE	CONTAINS EGGS, MILK, SOY, MACADAMIA NUTS, TREE NUTS, WHEAT
WALNUT BROWNIE	CONTAINS EGGS, WALNUTS, WHEAT, MILK
RASPBERRY BROWNIE	CONTAINS WHEAT, MILK
ROCKY ROAD ICE CREAM	CONTAINS MILK, SOY, TREE NUTS
PEANUT BUTTER FUDGE ICE CREAM	CONTAINS MILK, SOY, TREE NUTS
BLACK CHERRY VANILLA ICE CREAM	CONTAINS EGGS, MILK
MINT CHIP ICE CREAM	CONTAINS EGGS, MILK, SOY
VANILLA ICE CREAM	CONTAINS EGGS, MILK