

SANDWICH DRESSINGS

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mayo	Mini	127	14	2	11	121	<1	0	<1	<1
	Regular	148	16	2	13	141	<1	0	<1	<1
	Large	275	30	5	23	262	1	0	1	<1
Mustard	Mini	2	<1	0	0	40	<1	<1	<1	<1
	Regular	5	<1	0	0	79	<1	<1	<1	<1
	Large	6	<1	0	0	105	<1	<1	<1	<1
BBQ Chipotle Mayo	Mini	150	15	2	15	140	2	0	2	0
	Regular	290	30	4	25	280	4	0	4	0
	Large	580	60	8	55	560	8	0	9	0
Italian Vinaigrette	Mini	60	7	1	0	95	<1	0	<1	0
	Regular	120	13	2	0	189	1	0	1	0
	Large	180	20	3	0	280	1	0	1	0
Hot Sauce	1 Pack	0	0	0	0	230	0	0	0	0
Boom Boom Sauce	Mini	80	8	1	7	128	1	0	1	0
	Regular	161	16	2	14	255	3	0	2	0
	Large	241	24	4	21	383	4	0	3	0
Sweet Baby Ray's BBQ Sauce	Mini	17	0	0	0	73	5	0	4	0
	Regular	35	0	0	0	145	9	0	8	0
	Large	51	0	0	0	218	14	0	12	0

SALAD DRESSINGS

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asian	2.5 oz.	350	31	3	0	760	19	0	17	0
Lite Balsamic Vinaigrette	2.5 oz.	170	14	2.5	0	610	7	0	5	0
Buttermilk Ranch	2.5 oz.	330	35	6	40	600	3	0	3	3
Caesar	2.5 oz.	150	12	2.5	30	800	8	0	3	2
Italian Vinaigrette	2.5 oz.	310	33	4.5	0	470	2	0	2	0
Zesty Pepitas	2.5 oz.	340	35	6	15	450	3	0	1	3
Thousand Island	2.5 oz.	310	28	4.5	10	570	12	0	7	0

Flavors vary by restaurant. Salad dressing calories based on 2.5 oz. serving.

DESSERTS

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chunk Brownie	3 oz.	430	22	6	35	260	57	3	38	6
Cookie: Dark Chocolate Chunk	3 oz.	410	21	10	10	400	53	1	29	4
Cookie: Peanut Butter Chip	3 oz.	410	23	10	10	280	48	1	26	6
Cookie: Oatmeal Raisin	3 oz.	360	13	6	15	230	57	3	32	6

2,000 calories a day is used for general nutritional advice, but calorie needs vary. Due to the handcrafted nature of these products, serving size and nutritional values may vary from those published here. All sandwich calories include their recipe specific spread (i.e. mayo, Thousand Island). For additional information visit www.togos.com or call 866-70-TOGOS. © 2017 Togo's Eateries, LLC. Revised 5/5/17.



NUTRITION INFORMATION GUIDE

TOGO'S STYLE

Includes: Lettuce, Tomato, Red Onions, Pickles, Pepperoncinis
All sandwiches calculated on Classic White Bread.

DELI CLASSICS

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
2 Ham & Swiss	Mini	370	16	6	55	1270	36	2	4	22
	Regular	690	28	9	95	2410	70	3	9	40
	Large	1020	41	13	135	3540	105	5	13	59
6 Hot Meatball	Mini	460	22	9	75	1390	40	2	4	24
	Regular	890	40	17	145	2700	81	5	11	67
	Large	1310	59	24	210	4010	121	7	11	67
16 The Italian	Mini	480	26	10	60	1680	35	2	5	24
	Regular	880	47	16	100	2970	70	3	10	41
	Large	1280	68	23	135	4270	104	5	15	58
20 Albacore Tuna (Dolphin Safe)	Mini	340	13	2.5	25	910	36	2	6	17
	Regular	670	27	4.5	55	1770	72	3	12	34
	Large	1010	40	7	80	2630	107	5	18	51
23 Salami and Provolone	Mini	470	27	11	60	1490	35	2	3	21
	Regular	910	52	19	110	2800	68	3	7	38
	Large	1340	77	28	160	4100	101	5	10	56
29 Chicken Salad	Mini	310	11	1.5	40	960	35	2	4	17
	Regular	620	22	3.5	80	1870	70	4	8	35
	Large	920	32	5	120	2770	105	5	12	52
1 Chicken	Mini	310	10	1.5	45	980	35	2	4	19
	Regular	610	20	3	85	1880	70	3	8	36
	Large	900	30	4.5	125	2770	105	5	12	53

CHICKEN

ROAST BEEF

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
7 Roast Beef	Mini	360	11	2	65	1060	34	2	3	29
	Regular	710	21	4	130	2070	67	3	7	58
	Large	1070	32	6	195	3080	101	5	10	87
8 Roast Beef, Turkey & Cheddar	Regular	880	40	15	160	2240	69	3	7	62
	Large	1370	58	20	265	3650	103	5	10	107
33 Triple Dip	Regular	1030	47	16	195	3500	66	2	7	82
	Large	1820	87	36	365	5510	98	3	10	150

OVEN ROASTED TURKEY

3 Turkey & Cheddar	Mini	440	23	9	70	1100	34	2	3	27
	Regular	800	39	14	120	2010	68	3	7	50
	Large	1170	55	19	165	2930	103	5	10	72
5 Turkey & Cranberry	Mini	320	9	1	25	840	43	2	12	17
	Regular	650	18	2.5	50	1630	86	4	24	34
	Large	970	28	3.5	75	2430	129	6	35	51
24 Turkey & Avocado	Mini	350	16	2	25	890	37	5	4	18
	Regular	700	32	4.5	50	1730	74	9	7	36
	Large	1050	47	7	75	2570	110	14	11	54
26 Turkey, Ham & Cheddar	Regular	810	39	14	125	2310	69	3	8	48
	Large	1230	56	20	195	3790	104	5	12	80
31 Clubhouse Melt	Mini	620	33	11	85	1540	49	2	1	33
	Regular	960	50	17	135	2510	75	4	3	56
	Large	1300	61	22	185	3550	112	6	4	80
36 California Club	Regular	740	34	7	70	2340	71	6	8	39
	Large	1190	55	11	125	3870	109	11	13	69

WEST COAST PASTRAMI

9 Pastrami	Mini	380	18	6	50	1250	37	2	5	20
	Regular	740	34	12	95	2340	73	3	10	39
	Large	1090	50	18	140	3410	108	5	14	57
10 Pastrami Reuben	Mini	510	29	11	75	1320	37	2	6	26
	Regular	970	54	20	135	2560	73	4	12	47
	Large	1410	79	28	190	3770	109	5	17	68
32 Pepper Jack Pastrami Melt	Mini	540	32	12	80	1340	37	1	5	27
	Regular	1010	59	22	145	2810	73	3	10	49
	Large	1470	85	31	205	4120	110	4	15	70

VEGGIE SANDWICHES & SOUPS

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
14 Hummus	Mini	330	13	1.5	0	950	46	5	3	9
	Regular	670	26	3.5	0	1860	93	9	6	18
	Large	1000	39	5	0	2770	139	14	10	26
15 Viva Veggie	Mini	410	19	4	5	1320	50	5	5	12
	Regular	820	37	8	15	2600	99	9	10	24
	Large	1220	56	12	20	3870	148	14	15	36
21 Avocado & Provolone	Mini	380	20	6	20	780	37	5	4	12
	Regular	720	38	10	35	1430	74	9	7	22
	Large	1060	56	15	45	2080	110	14	11	31
22 Cheese	Mini	390	19	9	35	870	33	2	3	17
	Regular	780	39	18	75	1690	66	3	7	34
	Large	1160	58	28	110	2510	99	5	10	51
Chili	10 fl. oz.	320	6	2	15	1270	40	9	4	15
Broccoli Cheese Soup	10 fl. oz.	380	24	14	34	1758	31	3	7	11
Garden Vegetable Soup	10 fl. oz.	90	.5	0	0	582	18	3	4	4
Chicken Tortilla Soup	10 fl. oz.	154	6	1	12	1531	21	4	4	9
Chicken Noodle Soup	10 fl. oz.	126	3	1	33	1125	23	1	1	7
Clam Chowder Soup	10 fl. oz.	370	22	14	43	1394	32	<1	6	11

FARM FRESH GREENS (SALADS & WRAPS)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Santa Fe Chicken	Half	580	49	10	50	1120	21	7	4	17
	Full	880	68	14	85	1820	46	14	6	31
	Wrap	660	31	6	50	1240	70	7	4	26
Asian Chicken	Half	470	36	3.5	20	1020	29	2	19	9
	Full	570	40	4	40	1260	37	3	21	18
	Wrap	590	24	3.5	40	1090	70	4	10	22
Chicken Caesar	Half	300	21	6	55	1180	12	2	4	14
	Full	390	24	6	70	1490	21	3	5	22
	Wrap	540	20	4.5	55	1230	65	4	3	25
Farmer's Market*	Half	80	3.5	1.5	5	220	11	2	3	4
	Full	160	6	2.5	10	550	20	5	5	7
	Wrap	470	17	3.5	5	900	68	5	5	11
Bacon Ranch Chicken Wrap		770	43	16	125	1520	59	7	5	42
Viva Veggie Wrap		610	25	6	15	1360	77	6	6	18

CUSTOM CHOICE BREADS AND WRAPS

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic White	1"	50	1	0	0	90	9	0	<1	2
Whole Wheat	1"	60	0.5	0	0	85	10	1	2	2
Parmesan	1"	50	1	0	0	100	9	0	<1	2
Sourdough	1"	60	0	0	0	115	11	0	0	2
Bread Bowl	1 each	560	2	0	0	1210	113	4	2	20
Spinach Wrap	Tortillas, 12" (all 109 g)	320	8	1.5g	0	330	53	2	0	7
Gluten Free Wrap	Tortillas, 12" (all 95 g)	220	9	2	0	500	45	4	6	6
Wheat Wrap	Tortillas, 12" (all 109 g)	300	8	1.5g	0	330	51	6	2	8

Bread Sizes: Mini 3", Regular 6", Large 9"

All sandwich calories include their recipe specific spread (i.e. mayo, Thousand Island).
All salads & wraps include dressing. *Farmer's Market does not include dressing.