

## SANDWICH DRESSINGS

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mayo	Mini	130	14	2	0	11	121	<1	0	<1	<1
	Regular	150	16	2	0	13	141	<1	0	<1	<1
	Large	280	30	5	0	23	262	1	0	1	<1
Mustard	Mini	2	<1	0	0	0	40	<1	<1	<1	<1
	Regular	5	<1	0	0	0	79	<1	<1	<1	<1
	Large	6	<1	0	0	0	105	<1	<1	<1	<1
BBQ Chipotle Mayo	Mini	150	15	2	0	15	140	2	0	2	0
	Regular	290	30	4	0	25	280	4	0	4	0
	Large	580	60	8	0	55	560	9	0	8	0
Italian Vinaigrette	Mini	60	7	1	0	0	95	<1	0	<1	0
	Regular	120	13	2	0	0	189	1	0	1	0
	Large	180	20	3	0	0	280	1	0	1	0
Hot Sauce	1 Pack	0	0	0	0	0	230	0	0	0	0
Sriracha (Boom Boom) Sauce	Mini	120	12	2	0	10	190	2	0	1	0
	Regular	240	24	3.5	0	20	380	4	0	3	0
	Large	360	36	5	0	30	570	6	0	4	0
Sweet Baby Ray's BBQ Sauce	Mini	25	0	0	0	0	110	7	0	6	0
	Regular	50	0	0	0	0	220	13	0	12	0
	Large	80	0	0	0	0	330	20	0	18	0
Horseradish Mayo	Mini	40	3.5	0.5	0	5	100	1	0	1	0
	Regular	80	7	1.5	0	5	200	3	0	2	0
	Large	11	10	2	0	10	310	4	1	3	0

## SALAD DRESSINGS

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asian	2.5 oz.	350	31	3	0	0	760	19	0	17	0
Lite Balsamic Vinaigrette	2.5 oz.	170	14	2.5	0	0	610	7	0	5	0
Ranch	2.5 oz.	270	29	5	0	25	640	2	0	2	0
Caesar	2.5 oz.	150	12	2.5	0	30	800	8	0	3	2
Italian Vinaigrette	2.5 oz.	310	33	4.5	0	0	470	2	0	2	0
Zesty Pepitas	2.5 oz.	340	34	6	0	35	440	2	0	0	5
Thousand Island	2.5 oz.	310	28	4.5	0	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)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chunk Brownie	3 oz.	430	22	6	0	35	250	58	3	37	5
Cookie: Dark Chocolate Chunk	3 oz.	410	21	10	0	10	400	53	1	29	4
Cookie: Peanut Butter Chip	3 oz.	430	24	11	0	10	280	49	2	26	7
Cookie: Oatmeal Raisin	3 oz.	360	13	6	0	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](http://www.togos.com) or call 866-70-TOGOS. © 2018 Togo's Eateries, LLC. Revised September 2018.



# 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)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
2 Ham & Swiss	Mini	370	16	6	0	55	1270	36	2	4	22
	Regular	690	28	9	0	95	2450	70	3	9	40
	Large	1020	41	13	0	135	3640	105	5	13	59
6 Hot Meatball	Mini	460	22	9	0	75	1390	40	2	4	24
	Regular	890	40	17	0	145	2700	81	5	8	45
	Large	1310	59	24	0	210	4010	121	7	11	67
16 The Italian	Mini	480	26	10	0	60	1680	35	2	5	24
	Regular	880	47	16	0	100	2970	70	3	10	41
	Large	1280	68	23	0	135	4270	104	5	15	58
20 Albacore Tuna (Dolphin Safe)	Mini	340	13	2.5	0	25	910	36	2	6	17
	Regular	670	27	4.5	0	55	1770	72	3	12	34
	Large	1010	40	7	0	80	2630	107	5	18	51
23 Salami & Provolone	Mini	530	32	12	0	70	1720	35	2	3	24
	Regular	1020	61	23	0	135	3300	68	3	7	44
	Large	1510	91	33	0	200	4880	102	5	10	65
29 Chicken Salad	Mini	310	11	1.5	0	40	960	35	2	4	17
	Regular	620	22	3.5	0	80	1870	70	4	8	35
	Large	920	32	5	0	120	2770	105	5	12	52

## CHICKEN

1 Chicken	Mini	310	10	1.5	0	45	980	35	2	4	19
	Regular	610	20	3	0	85	1880	70	3	8	36
	Large	900	30	4.5	0	125	2770	105	5	12	53

ROAST BEEF

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
7 Roast Beef	Mini	360	11	2	0	65	1060	34	2	3	29
	Regular	710	21	4	0	130	2070	67	3	7	58
	Large	1070	32	6	0	195	3080	101	5	10	87
8 Roast Beef, Turkey & Cheddar	Regular	880	40	15	0	160	2240	69	3	7	62
	Large	1370	58	20	0	265	3650	103	5	10	107
33 Triple Dip	Regular	1020	47	16	0	195	2720	64	2	6	82
	Large	1810	87	36	0	365	4770	97	3	9	149

OVEN ROASTED TURKEY

3 Turkey & Cheddar	Mini	440	23	9	0	70	1100	34	2	3	27
	Regular	800	39	14	0	120	2010	68	3	7	50
	Large	1170	55	19	0	165	2930	103	5	10	72
5 Turkey & Cranberry	Mini	320	9	1	0	25	840	43	2	12	17
	Regular	650	18	2.5	0	50	1680	86	4	24	34
	Large	970	28	3.5	0	75	2520	129	6	35	51
24 Turkey & Avocado	Mini	350	16	2	0	25	890	37	5	4	18
	Regular	700	32	4.5	0	50	1730	74	9	7	36
	Large	1050	47	7	0	75	2570	110	14	11	54
26 Turkey, Ham & Cheddar	Regular	810	39	14	0	125	2310	69	3	8	48
	Large	1230	56	20	0	195	3790	104	5	12	80
31 Clubhouse Melt	Mini	490	27	10	0	85	1280	35	2	4	31
	Regular	910	47	17	0	145	2420	69	3	7	57
	Large	1320	67	23	0	205	3570	103	5	11	83
36 California Club	Regular	740	33	7	0	80	2380	72	6	9	40
	Large	1190	55	11	0	145	4020	110	11	14	71

WEST COAST PASTRAMI

9 Pastrami	Mini	380	18	6	0	50	1250	37	2	5	20
	Regular	740	34	12	0	95	2340	73	3	10	39
	Large	1090	50	18	0	140	3410	108	5	14	57
10 Pastrami Reuben	Mini	510	29	11	0	75	1320	37	2	6	26
	Regular	970	54	20	0	135	2560	73	4	12	47
	Large	1410	79	28	0	190	3770	109	5	17	68
32 Pepper Jack Pastrami Melt	Mini	540	32	12	0	80	1340	37	1	5	27
	Regular	1010	59	22	0	145	2810	73	3	10	49
	Large	1470	85	31	0	205	4120	110	4	15	70
71 Pretzelrami		820	48	20	0	140	2120	51	2	8	45

VEGGIE SANDWICHES & SOUPS

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
14 Hummus	Mini	330	13	1.5	0	0	950	46	5	3	9
	Regular	670	26	3.5	0	0	1860	93	9	6	18
	Large	1000	39	5	0	0	2770	139	14	10	26
15 Greek Veggie	Mini	400	21	3	0	5	1070	45	8	6	12
	Regular	800	42	6	0	10	2140	90	16	11	24
	Large	1210	62	10	0	20	3290	135	23	17	38
21 Cali Veggie	Mini	460	26	10	0	35	920	37	5	4	18
	Regular	840	46	16	0	60	1680	74	10	8	31
	Large	1230	67	23	0	80	2440	111	15	11	43
22 Cheese	Mini	390	19	9	0	35	870	33	2	3	17
	Regular	780	39	18	0	75	1690	66	3	7	34
	Large	1160	58	28	0	110	2510	99	5	10	51
Chili	10 fl. oz.	350	25	9	1.5	60	970	18	6	7	17
Broccoli Cheddar Soup	10 fl. oz.	540	55	34	2	190	1370	12	0	6	8
Garden Vegetable Soup	10 fl. oz.	100	2.5	0	0	0	1010	19	4	7	3
Chicken Tortilla Soup	10 fl. oz.	120	3	1	0	25	550	15	2	2	9
Chicken Noodle Soup	10 fl. oz.	110	3.5	1	0	30	1120	14	1	5	6
Clam Chowder Soup	10 fl. oz.	420	32	15	1	100	1060	21	5	4	14

FARM FRESH GREENS (SALADS & WRAPS)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Santa Fe Chicken	Half	560	45	9	0	75	1080	20	5	3	22
	Full	780	55	12	0	115	1710	37	10	6	39
	Wrap	710	34	10	0	85	1690	69	7	3	38
Mediterranean Chicken	Half	370	25	4.5	0	35	1220	19	6	9	17
	Full	580	36	7	0	75	1810	31	11	12	35
	Wrap	600	23	7	0	70	1600	64	8	5	37
Asian Chicken	Half	510	37	3.5	0	30	1060	31	2	19	15
	Full	670	43	4.5	0	60	1360	44	4	22	29
	Wrap	650	28	6	0	60	1480	70	4	10	34
BBQ Ranch Chicken	Half	400	31	5	0	55	1250	20	3	11	14
	Full	540	33	6	0	85	1850	37	6	20	28
	Wrap	540	17	6	0	65	1620	68	5	9	33
Farmer's Market*	Half	400	36	6	0	5	850	16	3	5	5
	Full	480	39	7	0	10	1200	26	5	8	10
	Wrap	510	24	7	0	5	1210	63	5	4	13
Chicken Caesar	Half	330	22	5	0	60	1220	14	2	3	18
	Full	450	26	7	0	100	1590	22	3	4	33
	Wrap	570	21	8	0	80	1630	62	4	2	30
Bacon Ranch Chicken Wrap		680	33	14	0	120	1800	55	3	3	44
Ultimate Veggie Wrap		670	39	10	0	15	1410	69	12	5	18
15 Greek Veggie Wrap		590	30	9	0	15	1470	66	9	5	19
21 Cali Veggie Wrap		810	49	19	0	60	1730	63	10	4	28

CUSTOM CHOICE BREADS AND WRAPS

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic White	1"	50	1	0	0	0	90	9	0	<1	2
Whole Wheat	1"	60	0.5	0	0	0	85	10	1	2	2
Parmesan	1"	60	2	1.5	0	5	120	6	0	0	3
Sourdough	1"	60	0	0	0	0	115	11	0	0	2
Spinach Wrap	Tortillas, 12" (all 109 g)	292	8	4	0	0	640	47	2	0	8
Gluten Free Wrap	Tortillas, 12" (all 95 g)	220	9	2	0	0	500	45	4	6	6

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 calculated with Italian dressing.

## TOGO'S STYLE

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

Due to the handcrafted nature of these products, allergens may include the type of sandwich plus an added dressing or condiment.

# TOGO'S ALLERGENS

## TRUE TO THE SANDWICH

### DELI CLASSICS

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
<b>#2 Ham &amp; Swiss</b> bread, mayo, mustard, ham, swiss cheese, lettuce, tomatoes, onions, pickles and pepperoncinis			X		X			X	X
<b>#6 Meatball</b> bread, provolone cheese, meatballs and marinara	X		X		Soybean Oil			X	
<b>#16 The Italian</b> bread, Italian dressing, capicola, salami, mortadella, ham, provolone cheese, lettuce, tomatoes, onions, pickles and pepperoncinis			X		X			X	X
<b>#20 Albacore Tuna</b> bread, tuna, relish, mayo, lettuce, tomatoes, onions, pickles and pepperoncinis	X	X	X		X			X	X
<b>#23 Salami &amp; Provolone</b> bread, mayo, mustard, salami, provolone cheese, lettuce, tomatoes, onions, pickles and pepperoncinis			X		X			X	X
<b>#29 Chunky Chicken Salad (contains almonds)</b> bread, chicken, almonds, celery, mayo, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X		X	X	X

### ROAST BEEF

<b>#7 Roast Beef</b> bread, mayo, roast beef, lettuce, tomatoes, onions, pickles and pepperoncinis			X		X			X	X
<b>#8 Roast Beef, Turkey &amp; Cheddar</b> bread, mayo, roast beef, turkey, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis			X		X			X	X
<b>#33 The Triple Dip</b> bread, au jus, mayo, roast beef, turkey, pastrami and provolone cheese	X		X		X			X	X

### CHICKEN

<b>#1 Chicken</b> bread, mayo, chicken, lettuce, tomatoes, onions, pickles and pepperoncinis			X		X			X	X
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### OVEN ROASTED TURKEY

<b>#3 Turkey &amp; Cheddar</b> bread, mayo, turkey, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis			X		X			X	
<b>#5 Turkey &amp; Cranberry</b> bread, mayo, turkey, cranberry, lettuce, tomatoes, onions, pickles and pepperoncinis			X		X			X	X
<b>#24 Turkey &amp; Avocado</b> bread, mayo, turkey, avocado, lettuce, tomatoes, onions, pickles and pepperoncinis			X		X			X	X

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
<b>#26 Ham, Turkey &amp; Cheddar</b> bread, mayo, turkey, ham, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis			x		x			x	x
<b>#31 The Clubhouse Melt</b> bread, mayo, turkey, bacon, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	x		x		Soybean Oil			x	x
<b>#36 California Club</b> bread, mayo, turkey, ham, bacon, avocado, lettuce, tomatoes, onions, pickles and pepperoncinis	x		x		Soybean Oil			x	x

## WEST COAST PASTRAMI

<b>#9 Pastrami</b> bread, mustard, pastrami, lettuce, tomatoes, onions, pickles and pepperoncinis			x		x			x	x
<b>#10 Pastrami Reuben</b> bread, 1000 Island dressing, Swiss cheese, hot pastrami and sauerkraut	x		x		x			x	x
<b>#32 Pepper Jack Pastrami Melt</b> bread, 1000 island dressing, pepper jack cheese, hot pastrami and pepperoncinis	x		x		x			x	
<b>#71 Pretzelrami</b> soft pretzel roll, new aged white cheddar cheese, hot pastrami, yellow mustard and pickles			x		x			x	

## VEGGIE SANDWICHES & SOUPS

<b>#14 Hummus</b> bread, hummus, lettuce, tomatoes, onions, pickles and pepperoncinis			x		x			x	x
<b>#15 Greek Veggie Sandwich</b> hummus, cucumbers, roasted red peppers, feta, Balsamic dressing, lettuce, tomatoes, onions, pickles and pepperoncinis			x		Soybean Oil			x	x
<b>#21 Cali Veggie</b> bread, mayo, avocado, cucumber, provolone cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	x		x		Soybean Oil			x	x
<b>#22 Cheese</b> bread, mayo, provolone cheese, lettuce, tomatoes, onions, pickles and pepperoncinis			x		x			x	x
<b>Chili</b>									
<b>Broccoli Cheddar Soup</b>			x		x			x	
<b>Garden Vegetable Soup</b>					x				
<b>Chicken Tortilla Soup</b>									
<b>Chicken Noodle Soup</b>	x		x		x			x	
<b>Clam Chowder Soup</b>		x	x		Soybean Oil	x		x	

## FARM FRESH GREENS (SALADS & WRAPS)

<b>Santa Fe Chicken</b> mixed greens with avocado, tomatoes, black bean & corn salsa, cheddar cheese, tortilla strips and zesty pepitas dressing (Wraps Only: Spinach Tortilla and Pepitas dressing)	Half Full Wrap	x x x		x x x		x x x			
<b>Asian Chicken</b> carrots, red cabbage, green onions & cilantro with mixed greens, wonton strips, sesame seeds & Asian dressing (Wraps Only: Spinach Tortilla and Asian dressing)	Half Full Wrap					x x x	x x x	x x x	
<b>Chicken Caesar</b> chicken, parmesan & croutons on romaine with Caesar dressing (Wrap Only: Spinach Tortilla and Caesar dressing)	Half Full Wrap	x x x	x x x	x x x		x x x		x x x	
<b>Mediterranean Salad</b> mixed greens, hummus, cucumbers, roasted red peppers, feta, tomatoes, red onions & Balsamic dressing	Half Full Wrap			x x x		Soybean Oil Soybean Oil x			x

Dressings and spreads are included in all ingredients.

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		Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
<b>BBQ Ranch Chicken Salad</b> mixed greens, diced tomatoes, black bean & corn salsa with BBQ Sauce and Ranch dressing	Half	x		x		Soybean Oil				
	Full	x		x		Soybean Oil				
	Wrap	x		x		x			x	x
<b>Farmer's Market</b> mixed greens with cucumbers, carrots, feta, tomatoes, red onion, pepperoncinis & croutons with Italian dressing (Wrap Only: Spinach Tortilla and Lite Balsamic dressing)	Half			x		x			x	x
	Full			x		x			x	x
	Wrap			x		x			x	x
<b>Ultimate Veggie Wrap</b> spinach wrap, avocado, hummus, cucumbers, feta, roasted red peppers, lettuce, tomatoes & red onions with Ranch dressing		x		x		x			x	x
<b>Bacon Ranch Chicken Wrap</b> spinach wrap, chicken, bacon, cheddar cheese, lettuce, tomatoes and Ranch dressing		x		x		x			x	x
<b>#15 Greek Veggie Wrap</b> spinach wrap, hummus, cucumbers, roasted red peppers, lettuce, tomatoes, onions, pickles, pepperoncinis, feta with Balsamic dressing				x		x			x	x
<b>#21 Cali Veggie Wrap</b> spinach wrap, mayo, avocado, cucumber, provolone cheese, lettuce, tomatoes, onions, pickles and pepperoncinis		x		x		x			x	x

## CUSTOM CHOICE BREADS AND WRAPS

Togo's breads are manufactured in a facility that uses wheat, dairy, eggs, soy and tree nuts.

Classic White						x			x	
Whole Wheat				x		x			x	
Parmesan				x		x			x	
Sourdough									x	
Spinach Wrap						x			x	x
Gluten Free Wrap						x				

## SANDWICH DRESSINGS

Mayo	x					x				
Mustard										
BBQ Chipotle Mayo	x					x				x
Hot Sauce										
BBQ Sauce										
Au jus	x					x			x	
Sriracha (Boom, Boom) Sauce	x					x				

## SALAD DRESSINGS

Asian						x			x	
Lite Balsamic Vinaigrette						x				
Caesar	x	x		x		x				
Italian						x				
Zesty Pepitas	x			x		Soybean Oil				
Ranch	x			x		Soybean Oil				
Thousand Island	x					x				

## DESSERTS Togo's desserts are processed in a facility with wheat, dairy, soy, nuts, and peanuts.

Brownie, Chocolate Chunk	x			x	x	x		x	x	
Cookie, Dark Chocloate Chunk	x			x	x	x		x	x	
Cookie, Peanut Butter Chip	x			x	x	x		x	x	
Cookie, Oatmeal Raisin	x			x	x	x		x	x	

Dressings are included in the ingredients.

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# TOGO'S GLUTEN FREE MENU ITEMS

Here is a listing of Togo's menu items that do not contain Gluten. However, due to cross contact when preparing menu items, it is not possible for Togo's to guarantee any meal completely free of gluten.

## SALADS

Santa Fe Chicken Salad

Mediterranean Salad

Chicken Caesar Salad (hold the croutons)

Farmer's Market Salad (hold the croutons)

All Salad dressings and spreads are Gluten Free with the exception of Asian dressing and Au Jus

## OTHER ITEMS

Hummus

Avocado

Sandwiches in a Bowl with the exception of Togo's Meatballs

All Meats and Cheeses are Gluten Free with the exception of Togo's Meatballs

Gluten Free Wrap