



Nutrition Information Guide

Togo's Style includes: Lettuce, Tomatoes, Red Onions, Pickles, Pepperoncinis
(Salt & Pepper optional; not included in nutritional)

SANDWICH DRESSINGS	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Mayonnaise	Mini	50	6	1	0	5	40	0	0	0	0
	Regular	100	11	1.5	0	10	75	0	0	0	0
	Large	150	17	2.5	0	15	115	0	0	0	0
Mustard	Mini	0	0	0	0	0	95	2	0	0	0
	Regular	0	0	0	0	0	125	2	0	0	0
	Large	0	0	0	0	0	160	3	0	0	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
BBQ Sauce, Sweet Baby Ray's	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
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
Chipotle Mayo	Mini	90	9	1.5	0	10	65	0	0	0	0
	Regular	170	19	2.5	0	15	130	0	0	0	0
	Large	260	28	4	0	25	190	0	0	0	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	110	10	2	0	10	310	4	1	3	0
Hot Sauce	1 Pack	0	0	0	0	0	230	0	0	0	0

Flavors vary by restaurant.

SALAD DRESSINGS	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary 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 nutritional based on 2.5 oz. serving.

DESSERTS	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Brownie: Chocolate Chunk	3 oz	440	23	6	0	35	270	56	2	37	5
Cookie: Chocolate Chunk	3 oz	410	21	11	0	10	410	54	2	29	4
Cookie: Peanut Butter	3 oz	430	24	11	0	10	280	49	2	26	7
Cookie: Oatmeal Raisin	3 oz	370	13	6	0	15	230	58	3	32	5

CLASSICS	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary 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	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
30 Tuna Melt	Mini	550	33	11	0	60	1130	37	0	6	27
	Regular	1010	59	17	0	100	2090	74	1	12	48
	Large	1470	85	24	0	140	3040	111	1	19	69

PASTRAMI	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
9 Hot 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 Pepperjack 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

ROAST BEEF	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary 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	Regular	880	40	15	0	160	2240	69	3	7	62
	Large	1370	58	20	0	265	3650	103	5	10	107
	Regular	1020	47	16	0	195	2720	64	2	6	82
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

2,000 calories a day is used for general nutrition advice, but calorie needs vary. All sandwiches calculated on Classic White Bread. Ingredients are based on standardized recipes and include recipe-specific dressings and spreads. All salads & wraps include dressing. Our products are handcrafted and can be customized. Cross-contact of allergens may occur during food preparation. Products may vary by location. For additional information, visit www.togos.com.

TURKEY	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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
4 Turkey, Salami & Cheddar	Regular	980	56	21	0	150	2680	68	3	6	51
	Large	1450	81	29	0	220	4090	102	5	10	79
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	540	32	11	0	90	1320	35	2	4	31
	Regular	1010	58	18	0	155	2500	69	3	7	57
	Large	1470	83	25	0	220	3680	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

HOT CHICKEN	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
1 Chicken & Cheddar	Mini	510	29	10	0	85	1190	36	2	4	27
	Regular	930	51	16	0	150	2250	71	3	8	48
	Large	1350	73	22	0	215	3310	107	5	11	69
37 Brewpub Chicken	Mini	550	31	11	0	95	1460	39	3	5	31
	Regular	1020	56	19	0	170	2780	77	6	10	57
	Large	1530	84	27	0	240	4130	117	11	15	83
38 Buffalo Chicken	Mini	390	17	6	0	65	1480	37	2	4	23
	Regular	720	29	10	0	115	2880	73	4	8	43
	Large	1050	41	14	0	165	4280	109	6	12	63
39 BBQ Chipotle Chicken	Mini	490	24	9	0	80	1280	43	2	11	27
	Regular	900	40	14	0	140	2430	86	3	22	48
	Large	1310	57	20	0	200	3580	129	5	32	69

HOT PRETZELS	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
71 Pretzelrami	1	840	50	21	0	140	2150	55	4	8	47
72 Turkey Bistro	1	810	45	15	0	120	1970	56	6	8	50
73 Chicken Dijon	1	690	34	12	0.5	110	2040	56	5	8	39

VEGGIE	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary 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

GREENS (SALADS & WRAPS)	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary 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	Half	370	25	4.5	0	35	1220	19	6	9	17
	Full	580	36	7	0	75	1810	31	11	12	35
Asian Chicken	Wrap	600	23	7	0	70	1600	64	8	5	37
	Half	510	37	3.5	0	30	1060	31	2	19	15
	Full	670	43	4.5	0	60	1360	44	4	22	29
BBQ Chicken Ranch	Wrap	650	28	6	0	60	1480	70	4	10	34
	Half	400	31	5	0	55	1250	20	3	11	14
	Full	540	33	6	0	85	1850	37	6	20	28
Chicken Caesar	Wrap	540	17	6	0	65	1620	68	5	9	33
	Half	330	22	5	0	60	1220	14	2	3	18
	Full	450	26	7	0	100	1590	22	3	4	33
Farmer's Market*	Wrap	570	21	8	0	80	1630	62	4	2	30
	Half	400	36	6	0	5	850	16	3	5	5
	Full	480	39	7	0	10	1200	26	5	8	10
Bacon Ranch Chicken Wrap	Wrap	510	24	7	0	5	1210	63	5	4	13
	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	760	45	9	0	10	2190	78	16	7	22	
21 Cali Veggie Wrap	810	49	19	0	60	1730	63	10	4	28	

All Salad and Wrap nutritionals include dressing. *Farmer's Market calculated with Italian dressing. All Wraps calculated on Spinach Tortilla with recommended dressing.

SOUPS	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Broccoli Cheddar	10 oz	220	14	8	0	45	1490	16	1	7	9
Chili	10 oz	240	8	3	0	40	1190	23	7	7	18
Chicken Noodle	10 oz	120	3.5	1.5	0	30	1230	15	1	2	7
Chicken Tortilla	10 oz	160	5	1	0	20	1140	20	3	4	9
Garden Vegetable	10 oz	120	4.5	0.5	0	0	1230	18	3	4	3
Ciam Chowder	10 oz	200	9	5	0	30	1150	23	1	6	8

Flavors vary by restaurant.

CUSTOM CHOICE BREAD & WRAPS	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary 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
Pretzel Roll	1 Roll	270	6	0.5	0	0	290	49	4	4	8
Spinach Wrap	12" Tortilla	292	8	4	0	0	640	47	2	0	8
Gluten Free Wrap	12" Tortilla	220	9	2	0	0	500	45	0	6	6

Bread sizes: Mini 3", Regular 6", Large 9". Gluten Free Wrap not available at all locations.



CHEESE STEAK MELT

Nutritional Information

MINI	REGULAR	LARGE
MINI	REGULAR	LARGE
Nutrition Facts	Nutrition Facts	Nutrition Facts
Serving Size (243g) Servings Per Container	Serving Size (468g) Servings Per Container	Serving Size (706g) Servings Per Container
Amount Per Serving		
Calories 580 Calories from Fat 280	Calories 1100 Calories from Fat 510	Calories 1620 Calories from Fat 740
% Daily Value*		
Total Fat 32g 49%	Total Fat 57g 88%	Total Fat 83g 128%
Saturated Fat 11g 55%	Saturated Fat 18g 90%	Saturated Fat 25g 125%
Trans Fat 0g	Trans Fat 0g	Trans Fat 0g
Cholesterol 100mg 33%	Cholesterol 185mg 62%	Cholesterol 270mg 90%
Sodium 1280mg 53%	Sodium 2430mg 101%	Sodium 3620mg 151%
Total Carbohydrate 36g 12%	Total Carbohydrate 72g 24%	Total Carbohydrate 108g 36%
Dietary Fiber 2g 8%	Dietary Fiber 5g 20%	Dietary Fiber 8g 32%
Sugars 5g	Sugars 9g	Sugars 13g
Protein 38g		
Vitamin A 15% • Vitamin C 15%	Vitamin A 25% • Vitamin C 30%	Vitamin A 45% • Vitamin C 60%
Calcium 35% • Iron 25%	Calcium 60% • Iron 50%	Calcium 80% • Iron 80%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories: 2,000 2,500		
Total Fat Less than 65g 80g	Total Fat Less than 65g 80g	Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g	Saturated Fat Less than 20g 25g	Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg	Cholesterol Less than 300mg 300mg	Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg	Sodium Less than 2,400mg 2,400mg	Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g	Total Carbohydrate 300g 375g	Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g	Dietary Fiber 25g 30g	Dietary Fiber 25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

INGREDIENTS: Roast Beef (Beef, Water, Salt, Sodium Phosphate and Natural Flavorings. Coated with: Dextrose, Salt, Spices, Natural Flavorings and Caramel Powder), White Bread (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, And Folic Acid], Water, Soybean Oil, Sugar, Yeast, Wheat Gluten, Salt, Monoglycerides, Preservatives [Propionic Acid, Phosphoric Acid, Calcium Propionate], Calcium Sulfate, Enzymes, Diacetyl Tartaric Acid Esters Of Mono-Diglycerides [Datem], Ascorbic Acid), Sautéed Mushrooms (Mushrooms, Sunflower Seed Oil and/or Canola Oil, Salt, Granulated Garlic, Black Pepper), American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (preservative), Lactic Acid, Artificial Color (if colored), Acetic Acid, Lecithin (Soy), Fire Roasted Red Pepper (Roasted Peppers, Water, Salt, Citric Acid), Mayonnaise (Vegetable Oil [Soybean, Canola], Egg yolk, Water, Corn Syrup, Vinegar. Contains less than 2% of Salt, Spices, Calcium Disodium EDTA to protect flavor.), Red Onion, Water, Chipotle Powder, Lemon Juice (Lemon Juice, Potassium Sorbate [as a preservative]), Au Jus (Salt, Yeast Extract, Sugar, Dextrose, Caramel Color, Maltodextrin, Soy Sauce Powder (Naturally Brewed Soy Sauce (Wheat, Soybeans, Sea salt), Maltodextrin and Salt), Citric Acid, Xanthan Gum, Garlic Powder, Soybean Oil (as a processing aid), Onion Powder, Beef Fat, Disodium Inosinate, Disodium Guanylate, Spice Extractives(including extractives of celery seed), not more than 2% Calcium Silicate added to prevent caking. Contains Sulfites (up to 58 ppm)).

CONTAINS WHEAT, MILK, EGG, SOY



CHICKEN CHEESE STEAK

Nutritional Information

MINI	REGULAR	LARGE																																																																																				
<p>Nutrition Facts</p> <p>Serving Size (227g) Servings Per Container</p> <hr/> <p>Amount Per Serving</p> <p>Calories 540 Calories from Fat 280</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 31g 48%</p> <p> Saturated Fat 10g 50%</p> <p> Trans Fat 0g</p> <p>Cholesterol 85mg 28%</p> <p>Sodium 1390mg 58%</p> <p>Total Carbohydrate 36g 12%</p> <p> Dietary Fiber 2g 8%</p> <p> Sugars 4g</p> <p>Protein 28g</p> <hr/> <p>Vitamin A 8% • Vitamin C 15%</p> <p>Calcium 35% • Iron 15%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small></p> <table border="1"> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table> <p>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</p>		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Saturated Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g	<p>Nutrition Facts</p> <p>Serving Size (434g) Servings Per Container</p> <hr/> <p>Amount Per Serving</p> <p>Calories 1010 Calories from Fat 510</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 57g 88%</p> <p> Saturated Fat 16g 80%</p> <p> Trans Fat 0g</p> <p>Cholesterol 155mg 52%</p> <p>Sodium 2540mg 106%</p> <p>Total Carbohydrate 71g 24%</p> <p> Dietary Fiber 5g 20%</p> <p> Sugars 7g</p> <p>Protein 52g</p> <hr/> <p>Vitamin A 15% • Vitamin C 35%</p> <p>Calcium 50% • Iron 25%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small></p> <table border="1"> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table> <p>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</p>		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Saturated Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g	<p>Nutrition Facts</p> <p>Serving Size (656g) Servings Per Container</p> <hr/> <p>Amount Per Serving</p> <p>Calories 1490 Calories from Fat 740</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 82g 126%</p> <p> Saturated Fat 22g 110%</p> <p> Trans Fat 0g</p> <p>Cholesterol 220mg 73%</p> <p>Sodium 3730mg 155%</p> <p>Total Carbohydrate 108g 36%</p> <p> Dietary Fiber 8g 32%</p> <p> Sugars 11g</p> <p>Protein 76g</p> <hr/> <p>Vitamin A 30% • Vitamin C 60%</p> <p>Calcium 80% • Iron 40%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small></p> <table border="1"> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table> <p>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</p>		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Saturated Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g
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INGREDIENTS: White Bread (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, And Folic Acid], Water, Soybean Oil, Sugar, Yeast, Wheat Gluten, Salt, Monoglycerides, Preservatives [Propionic Acid, Phosphoric Acid, Calcium Propionate], Calcium Sulfate, Enzymes, Diacetyl Tartaric Acid Esters Of Mono-Diglycerides [Datem], Ascorbic Acid), Chicken (Chicken Breast with Rib Meat, Water, Seasoning [Evaporated Cane Syrup, Sea Salt, Garlic Powder, Onion Powder, Rice Starch, Natural Chicken Flavor, Spices, Natural Flavor], Rice Starch), Sauteed Mushrooms (Mushrooms, Sunflower Seed Oil and/or Canola Oil, Salt, Granulated Garlic, Black Pepper), American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Dry Cream, Milkfat, Sodium Citrate, Salt, Sorbic Acid (preservative), Annatto (Color) and Oleoresin Paprika (Color) and Soy Lecithin (release Agent), Fire Roasted Red Pepper (Roasted Peppers, Water, Salt, Citric Acid), Mayonnaise (Soybean Oil, Distilled Vinegar, Egg Yolk, High Fructose Corn Syrup, Contains less than 2% of Salt, water, Mustard Seed, Calcium Disodium EDTA (to protect flavor)), Red Onion, Water, Chipotle Powder, Lemon Juice (Lemon Juice, Potassium Sorbate [as a preservative]).

CONTAINS WHEAT, MILK, EGG, SOY

ALLERGENS

Togo's Style includes: Lettuce, Tomatoes, Red Onions, Pickles, Pepperoncinis (Salt & Pepper optional; not included in allergens)
 2,000 calories a day is used for general nutrition advice, but calorie needs vary. All sandwiches calculated on Classic White Bread.
 Ingredients are based on standardized recipes and include recipe-specific dressings and spreads. All salads & wraps include dressing.
 Our products are handcrafted and can be customized. Cross-contact of allergens may occur during food preparation.
 Products may vary by location. For additional information, visit www.togos.com.



	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
CLASSICS									
#2 Ham & Swiss bread, mayo, mustard, ham, swiss cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X
#6 Hot Meatball bread, provolone cheese, meatballs and marinara	X		X		soybean oil			X	
#16 The Italian bread, Italian dressing, capicola, salami, mortadella, ham, provolone cheese, lettuce, tomatoes, onions, pickles and pepperoncinis			X		X			X	X
#20 Albacore Tuna bread, tuna, relish, mayo, lettuce, tomatoes, onions, pickles and pepperoncinis	X	X			X			X	X
#23 Salami & Provolone bread, mayo, mustard, salami, provolone cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X
#30 Tuna Melt bread, tuna, relish, mayo, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X	X	X		X			X	X
PASTRAMI									
#9 Hot Pastrami bread, mustard, pastrami, lettuce, tomatoes, onions, pickles and pepperoncinis					X			X	X
#10 Pastrami Reuben bread, 1000 Island dressing, swiss cheese, hot pastrami and sauerkraut	X		X		X			X	X
#32 Pepper Jack Melt bread, 1000 Island dressing, pepper jack cheese, hot pastrami and pepperoncinis	X		X		X			X	X
ROAST BEEF									
#7 Roast Beef bread, mayo, roast beef, lettuce, tomatoes, onions, pickles and pepperoncinis	X				X			X	X
#8 Roast Beef & Turkey bread, mayo, roast beef, turkey, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X
#33 Triple Dip bread, au jus, mayo, roast beef, turkey, pastrami and provolone cheese	X		X		X			X	X
TURKEY									
#3 Turkey & Cheddar bread, mayo, turkey, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X
#4, Turkey, Salami & Cheddar bread, mayo, turkey, salami, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X
#5 Turkey & Cranberry bread, mayo, turkey, cranberry, lettuce, tomatoes, onions, pickles and pepperoncinis	X				X			X	X

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
#24 Turkey & Avocado bread, mayo, turkey, avocado, lettuce, tomatoes, onions, pickles and pepperoncinis	X				X			X	X
#26 Turkey, Ham & Cheddar bread, mayo, turkey, ham, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X
#31 Clubhouse Melt bread, mayo, turkey, bacon, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X
#36 California Club bread, mayo, turkey, ham, bacon, avocado, lettuce, tomatoes, onions, pickles and pepperoncinis	X				soybean oil			X	X
HOT CHICKEN									
#1 Chicken & Cheddar bread, mayo, chicken, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X
#37 Brewpub Chicken bread, ranch dressing, chicken, bacon, avocado, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X
#38 Buffalo Chicken bread, buffalo sauce, ranch dressing, chicken, pepper jack cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X
#39 BBQ Chipotle Chicken bread, BBQ sauce, chipotle mayo, chicken, cheddar cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X
HOT PRETZELS									
#71 Pretzelrami pretzel roll, mustard, pastrami, provolone cheese and pickles			X		X			X	
#72 Turkey Bistro pretzel roll, bistro sauce, turkey, bacon, provolone cheese, tomatoes, onions and pickles	X		X		soybean oil			X	
#73 Chicken Dijon pretzel roll, dijon mayo, chicken, ham, provolone cheese, tomatoes, onions and pickles	X		X		X			X	
VEGGIE									
#14 Hummus bread, hummus, lettuce, tomatoes, onions, pickles and pepperoncinis					X			X	X
#15 Greek Veggie bread, hummus, cucumbers, roasted red peppers, feta, balsamic dressing, lettuce, tomatoes, onions, pickles and pepperoncinis			X		soybean oil			X	X
#21 Cali Veggie bread, mayo, avocado, cucumber, provolone cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		soybean oil			X	X
#22 Cheese bread, mayo, provolone cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X
GREENS (SALADS & WRAPS)									
Santa Fe Chicken Salad mixed greens with chicken, avocado, tomatoes, black bean & corn salsa, cheddar cheese, tortilla strips and zesty pepitas dressing	X		X		X				
Santa Fe Chicken Wrap spinach wrap, chicken, mixed greens with avocado, tomatoes, black bean & corn salsa, cheddar cheese, tortilla strips and zesty pepitas dressing	X		X		X			X	X
Mediterranean Salad mixed greens with chicken, hummus, cucumbers, roasted red peppers, feta, tomatoes, red onions and balsamic dressing			X		soybean oil				
Mediterranean Wrap spinach wrap, chicken, mixed greens, hummus, cucumbers, roasted red peppers, feta, tomatoes, red onions and balsamic dressing			X		X			X	X

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
Asian Chicken Salad mixed greens with chicken, carrots, red cabbage, green onions & cilantro, wonton strips, sesame seeds and asian dressing					X		X	X	
Asian Chicken Wrap spinach wrap, mixed greens with chicken, carrots, red cabbage, green onions & cilantro, wonton strips, sesame seeds and asian dressing					X		X	X	X
BBQ Chicken Ranch Salad mixed greens with chicken, diced tomatoes, black bean & corn salsa with BBQ sauce and ranch dressing	X		X		soybean oil				
BBQ Chicken Ranch Wrap spinach wrap, mixed greens with chicken, diced tomatoes, black bean & corn salsa with BBQ sauce and ranch dressing	X		X		X			X	X
Chicken Caesar Salad romaine lettuce with chicken, parmesan, croutons and caesar dressing	X	X	X		X			X	
Chicken Caesar Wrap spinach wrap, romaine lettuce with chicken, parmesan, croutons and caesar dressing	X	X	X		X			X	X
Farmer's Market Salad mixed greens with cucumbers, carrots, feta, tomatoes, red onion, pepperoncinis, croutons and italian dressing			X		X			X	X
Farmer's Market Wrap spinach wrap, mixed greens with cucumbers, carrots, feta, tomatoes, red onion, pepperoncinis, croutons and italian dressing			X		X			X	X
Bacon Ranch Chicken Wrap spinach wrap, chicken, bacon, cheddar cheese, lettuce, tomatoes and ranch dressing	X		X		X			X	X
Ultimate Veggie Wrap spinach wrap, avocado, hummus, cucumbers, feta, roasted red peppers, lettuce, tomatoes, red onions and ranch dressing	X		X		X			X	X
#15 Greek Veggie Wrap spinach wrap, hummus, cucumbers, roasted red peppers, lettuce, tomatoes, onions, pickles, pepperoncinis, feta and balsamic dressing			X		X			X	X
#21 Cali Veggie Wrap spinach wrap, mayo, avocado, cucumber, provolone cheese, lettuce, tomatoes, onions, pickles and pepperoncinis	X		X		X			X	X

SOUPS

Broccoli Cheddar			X						
Chili					X				
Chicken Noodle	X		X		X			X	
Chicken Tortilla								X	
Garden Vegetable			X		X			X	
Clam Chowder		X	X		soybean oil				

CUSTOM CHOICE BREADS & 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	
Pretzel Roll								X	
Spinach Wrap								X	X
Gluten Free Wrap					X				

SANDWICH DRESSINGS

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
Mayonnaise	x				x				
Mustard									
Italian Vinaigrette					x				
BBQ Sauce									
Sriracha (Boom Boom) Sauce	x				x				x
Chipotle Mayo	x				x				
Horseradish Mayo	x				x				
Hot Sauce									
Bistro Sauce	x				soybean oil				

SALAD DRESSINGS

Asian					x			x	
Lite Balsamic Vinaigrette					soybean oil				
Ranch	x		x		soybean oil				
Caesar	x	x	x		soybean oil				
Italian Vinaigrette					x				
Zesty Pepitas	x		x		soybean oil				
Thousand Island	x				soybean oil				

DESSERTS

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

Brownie, Chocolate Chunk	x		x	x	x		x	x	
Cookie, Chocolate Chunk	x		x	x	x		x	x	
Cookie, Peanut Butter	x		x	x	x		x	x	
Cookie, Oatmeal Raisin	x		x	x	x		x	x	

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