

# NUTRITIONAL INFORMATION

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	310	14	4.5	0	40	1070	30	1	4	16
		Regular	620	28	9	0	80	2080	59	1	7	32
		Large	940	42	14	0	120	3080	89	2	11	48
10	Pastrami Reuben	Mini	500	31	10	0	65	1200	33	1	7	21
		Regular	910	54	18	0	115	2270	63	2	12	39
		Large	1310	77	25	0	170	3340	94	2	17	57
32	Pepper Jack Melt	Mini	500	31	11	0	65	1350	32	0	6	21
		Regular	910	54	19	0	115	2510	61	0	11	40
		Large	1310	77	26	0	170	3680	91	0	15	59

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	310	10	1	0	55	1000	28	1	2	24
		Regular	630	20	2.5	0	110	1960	57	1	5	48
		Large	940	30	3.5	0	165	2920	85	2	7	73
8	Roast Beef, Turkey & Cheddar	Regular	700	30	8	0	115	1950	57	1	5	48
		Large	1110	45	11	0	200	3200	86	2	7	85
33	Triple Dip	Regular	890	41	12	0	165	3560	56	0	5	70
		Large	1440	67	20	0.5	290	5160	84	0	7	119

CHEESE STEAKS		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)
35	Cheese Steak	Mini	470	25	5	0	75	1160	30	1	2	28
		Regular	910	47	9	0	140	2190	59	3	5	55
		Large	1350	69	13	0	210	3260	90	5	8	81
45	Chicken Cheese Steak	Mini	450	25	5	0	70	1110	30	1	3	23
		Regular	860	47	9	0	130	2110	61	3	5	43
		Large	1280	68	12	0	190	3140	92	5	8	64
55	Pastrami Cheese Steak	Mini	530	35	9	0	65	1210	31	1	4	20
		Regular	1020	67	17	0	120	2300	62	3	7	39
		Large	1510	99	25	0	180	3410	94	5	11	57

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	430	23	6	0	75	1140	30	1	3	24
		Regular	820	43	9	0	145	2170	59	1	5	45
		Large	1200	62	13	0	210	3210	89	2	8	66
37	Brewpub Chicken	Mini	460	24	8	0	85	1380	33	2	4	28
		Regular	880	45	13	0	155	2700	65	4	8	54
		Large	1330	69	19	0	230	4040	99	8	12	80
38	Buffalo Chicken	Mini	350	14	5	0	65	1500	30	1	3	24
		Regular	650	24	8	0	125	2930	61	2	6	46
		Large	960	34	11	0	180	4360	91	3	9	68
39	BBQ Chipotle Chicken	Mini	390	16	5	0	70	1170	37	1	9	24
		Regular	740	29	8	0	130	2270	73	1	19	45
		Large	1090	41	11	0	190	3380	110	2	28	66

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	350	16	4.5	0	45	950	28	1	2	21
		Regular	650	29	7	0	85	1800	56	1	5	39
		Large	950	42	10	0	120	2640	84	2	7	58
4	Turkey, Salami & Cheddar	Regular	820	46	14	0	115	2440	56	1	5	40
		Large	1230	68	21	0	175	3740	84	2	7	65
5	Turkey & Cranberry	Mini	300	9	1	0	25	840	38	0	11	16
		Regular	610	18	1.5	0	50	1650	76	1	22	31
		Large	910	27	2.5	0	75	2450	114	1	32	47
24	Turkey & Avocado	Mini	330	16	2	0	25	890	32	0	3	17
		Regular	660	31	3.5	0	50	1740	63	1	5	33
		Large	990	47	5	0	75	2590	95	1	8	50
26	Turkey, Ham & Cheddar	Regular	650	30	8	0	90	2100	57	1	6	38
		Large	1010	44	11	0	150	3510	87	2	9	66
31	Clubhouse Melt	Mini	450	26	7	0	65	1190	29	1	3	24
		Regular	860	49	11	0	120	2260	57	1	6	46
36	California Club	Large	1260	72	16	0	175	3340	86	2	9	68
		Regular	690	33	6	0	80	2370	62	1	7	38
		Large	1130	54	10	0	145	3990	95	1	11	67

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	350	16	5	0	55	1230	29	0	3	20
		Regular	650	28	8	0	95	2380	58	1	7	37
		Large	960	41	12	0	140	3530	87	1	10	55
6	Hot Meatball	Mini	450	21	9	0	75	1400	37	2	4	23
		Regular	840	39	16	0	145	2670	73	3	7	43
		Large	1240	58	23	0.5	210	3930	109	5	10	63
16	The Italian	Mini	480	27	9	0	70	1930	31	0	5	27
		Regular	840	47	15	0	105	3100	60	1	9	41
		Large	1260	67	21	0.5	160	4840	91	1	14	64
20	Albacore Tuna	Mini	350	19	1.5	0	15	830	31	1	6	14
		Regular	700	37	3	0	35	1620	62	1	11	28
		Large	1050	56	4.5	0	50	2400	93	2	17	42
23	Salami & Provolone	Mini	510	32	12	0	70	1690	28	0	2	22
		Regular	980	62	22	0	135	3240	56	1	5	42
		Large	1440	91	31	0.5	200	4790	84	1	7	61
30	Tuna Melt	Mini	500	32	6	0	45	1010	32	1	6	19
		Regular	950	60	10	0	75	1910	63	1	12	35
		Large	1400	89	15	0	110	2810	95	2	17	52

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)
15	Greek Veggie	Mini	380	21	3	0	10	1120	40	2	4	11
		Regular	770	42	6	0	15	2200	80	4	9	23
		Large	1150	62	8	0	25	3280	121	6	13	34
21	Cali Veggie	Mini	440	27	9	0.5	35	950	33	0	3	17
		Regular	800	47	15	1	55	1690	66	1	6	28
		Large	1150	68	20	1	75	2440	98	1	9	39
22	Ultimate Cheese	Mini	360	20	8	0.5	35	850	29	0	3	16
		Regular	720	40	17	1	70	1690	57	1	5	32
		Large	1090	60	25	1.5	105	2540	86	1	8	47

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	570	45	9	0	75	1070	20	6	3	22
		Full	790	55	12	0	115	1690	37	11	6	39
		Wrap	720	33	10	0	85	1700	66	8	3	39
	Mediterranean Chicken	Half	370	25	4.5	0	35	1260	19	5	9	17
		Full	580	36	6	0	75	1890	31	10	12	34
		Wrap	590	23	7	0	70	1650	62	8	5	37
	Asian Chicken	Half	510	37	5	0	30	1120	30	2	21	15
		Full	670	43	6	0	60	1480	42	4	23	29
		Wrap	650	28	6	0	60	1480	70	4	10	34
	Chicken Caesar	Half	350	23	5	0	60	1280	17	2	3	18
		Full	470	27	7	0	95	1670	24	3	4	33
		Wrap	580	22	8	0	80	1680	60	4	2	36
	Farmer's Market*	Half	390	35	6	0	5	850	15	2	5	6
		Full	460	38	7	0	15	1180	25	5	8	11
		Wrap	500	24	7	0	5	1200	61	4	4	14
	Bacon Ranch Chicken Wrap		740	39	15	0	125	1980	54	3	4	45
	Greek Veggie Wrap		770	45	9	0	15	2280	77	16	7	23
	Cali Veggie Wrap		800	51	18	1	55	1710	62	9	4	29

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

SOUP		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 with Beans	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

Flavors vary by restaurant.

BREAD & TORTILLA		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)
	White	Mini	140	2	0	0	0	260	25	0	1	4
		Regular	280	4	0	0	0	520	50	0	2	8
		Large	420	6	0	0	0	780	75	0	3	12
	Whole Wheat	Mini	160	2	0	0	0	280	30	4	5	7
		Regular	320	4	0	0	0	560	60	8	10	14
		Large	480	6	0	0	0	840	90	12	15	21
	Parmesan	Mini	110	3	1	0	5	260	17	0	1	5
		Regular	220	6	2	0	10	520	34	0	2	10
		Large	330	9	3	0	15	780	51	0	3	15
	Sourdough	Mini	210	1	0	0	0	410	42	0	1	7
		Regular	420	2	0	0	0	820	84	0	2	14
		Large	630	3	0	0	0	1230	126	0	3	21
	Spinach Tortilla	12"	290	8	4	0	0	640	47	2	0	8
	Gluten Free Tortilla	12"	220	9	2	0	0	500	45	0	6	6

Gluten Free Wrap not available at all locations.

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	110	12	2	0	10	75	0	0	0	0
		Large	160	18	3	0	15	115	0	0	0	0
	Mustard	Mini	0	0	0	0	0	95	0	0	0	0
		Regular	0	0	0	0	0	125	0	0	0	0
		Large	0	0	0	0	0	156	0	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	30	0	0	0	0	115	7	0	7	0
		Regular	60	0	0	0	0	230	14	0	13	0
		Large	80	0	0	0	0	340	21	0	20	0
	Chipotle Mayo	Mini	90	10	1	0	10	65	0	0	0	0
		Regular	180	20	2	0	20	125	0	0	0	0
		Large	270	30	3	0	25	190	0	0	0	0

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	4.5	0	0	750	18	0	18	0
	Lite Balsamic Vinaigrette	2.5 oz	170	14	2.5	0	0	640	7	0	5	0
	Ranch	2.5 oz	270	29	5	0	25	660	2	0	2	2
	Caesar	2.5 oz	210	18	3.5	0	20	820	7	0	2	2
	Italian Vinaigrette	2.5 oz	290	32	5	0	0	490	2	0	2	0
	Zesty Pepitas	2.5 oz	340	34	6	0	35	440	2	0	0	5

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	3 oz	440	23	6	0	35	270	58	3	38	5
	Chocolate Chunk Cookie	3 oz	410	21	11	0	10	410	54	2	29	4
	Peanut Butter Cookie	3 oz	440	25	11	0	10	280	49	2	26	6

# ALLERGEN INFORMATION



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, pepperoncinis	x		x		soybean oil			x	x
<b>#6 Hot Meatball</b> Bread, provolone cheese, meatballs, marinara	x		x		soybean oil			x	
<b>#16 The Italian</b> Bread, Italian dressing, capicola, salami, mortadella, ham, provolone cheese, lettuce, tomatoes, onions, pickles, pepperoncinis			x		soybean oil			x	x
<b>#20 Albacore Tuna</b> Bread, mayo, tuna, relish, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper	x	x			x			x	x
<b>#23 Salami &amp; Provolone</b> Bread, mayo, mustard, salami, provolone cheese, lettuce, tomatoes, onions, pickles, pepperoncinis	x		x		soybean oil			x	x
<b>#30 Tuna Melt</b> Bread, mayo, tuna, relish, cheddar cheese, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper	x	x	x		x			x	x
PASTRAMI	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
<b>#9 Hot Pastrami</b> Bread, mustard, pastrami, lettuce, tomatoes, onions, pickles, pepperoncinis					x			x	x
<b>#10 Pastrami Reuben</b> Bread, 1000 Island dressing, pastrami, sauerkraut, swiss cheese	x		x		x			x	x
<b>#32 Pepper Jack Melt</b> Bread, 1000 Island dressing, pastrami, pepper jack cheese, pepperoncinis	x		x		x			x	x
ROAST BEEF	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
<b>#7 Roast Beef</b> Bread, mayo, roast beef, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper	x				x			x	x
<b>#8 Roast Beef, Turkey &amp; Cheddar</b> Bread, mayo, roast beef, turkey, cheddar cheese, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper	x		x		x			x	x
<b>#33 Triple Dip</b> Bread, mayo, roast beef, turkey, pastrami, provolone cheese, au jus	x		x		x			x	x
TURKEY	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
<b>#3 Turkey &amp; Cheddar</b> Bread, mayo, turkey, cheddar cheese, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper	x		x		soybean oil			x	x
<b>#4 Turkey, Salami &amp; Cheddar</b> Bread, mayo, turkey, salami, cheddar cheese, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper	x		x		soybean oil			x	x
<b>#5 Turkey &amp; Cranberry</b> Bread, mayo, turkey, cranberry, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper	x				soybean oil			x	x
<b>#24 Turkey &amp; Avocado</b> Bread, mayo, turkey, avocado, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper	x				soybean oil			x	x
<b>#26 Ham, Turkey &amp; Cheddar</b> Bread, mayo, turkey, ham, cheddar cheese, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper	x		x		soybean oil			x	x
<b>#31 Clubhouse Melt</b> Bread, mayo, turkey, bacon, cheddar cheese, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper	x		x		x			x	x
<b>#36 California Club</b> Bread, mayo, turkey, ham, bacon, avocado, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper	x				soybean oil			x	x

2,000 calories a day is used for general nutrition advice, but calorie needs vary. All sandwiches calculated on 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](http://www.togos.com).

<b>HOT CHICKEN</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>Peanuts</b>	<b>Soy</b>	<b>Shellfish</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sulfites</b>
<b>#1 Chicken &amp; Cheddar</b> Bread, mayo, chicken, cheddar cheese, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper	x		x		x			x	x
<b>#37 Brewpub Chicken</b> Bread, Ranch dressing, chicken, bacon, avocado, cheddar cheese, lettuce, tomatoes, onions, pickles, pepperoncinis	x		x		x			x	x
<b>#38 Buffalo Chicken</b> Bread, Buffalo sauce, Ranch dressing, chicken, pepper jack cheese, lettuce, tomatoes, onions, pickles, pepperoncinis	x		x		x			x	x
<b>#39 BBQ Chipotle Chicken</b> Bread, BBQ sauce, chipotle mayo, chicken, cheddar cheese, lettuce, tomatoes, onions, pickles, pepperoncinis	x		x		x			x	x
<b>CHEESE STEAKS</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>Peanuts</b>	<b>Soy</b>	<b>Shellfish</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sulfites</b>
<b>#35 Cheese Steak</b> Bread, chipotle mayo, roast beef, mushrooms, roasted red peppers, red onions, American cheese	x		x		x			x	x
<b>#45 Chicken Cheese Steak</b> Bread, chipotle mayo, chicken, mushrooms, roasted red peppers, red onions, American cheese	x		x		x			x	
<b>#55 Pastrami Cheese Steak</b> Bread, chipotle mayo, pastrami, mushrooms, roasted red peppers, red onions, American cheese	x		x		x			x	x
<b>VEGGIE</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>Peanuts</b>	<b>Soy</b>	<b>Shellfish</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sulfites</b>
<b>#15 Greek Veggie</b> Bread, balsamic dressing, hummus, roasted red peppers, feta, cucumbers, lettuce, tomatoes, onions, pickles, pepperoncinis, salt, pepper			x		soybean oil			x	x
<b>#21 Cali Veggie</b> Bread, mayo, avocado, cucumber, provolone cheese, lettuce, tomatoes, onions, pickles, pepperoncinis	x		x		soybean oil			x	x
<b>#22 Ultimate Cheese</b> Bread, mayo, provolone cheese, lettuce, tomatoes, onions, pickles, pepperoncinis	x		x		soybean oil			x	x
<b>SALADS &amp; WRAPS</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>Peanuts</b>	<b>Soy</b>	<b>Shellfish</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sulfites</b>
<b>Santa Fe Chicken Salad</b> Mixed greens, chicken, avocado, tomatoes, black bean & corn salsa, cheddar cheese, tortilla strips, zesty pepitas dressing	x		x		x				
<b>Santa Fe Chicken Wrap</b> Spinach wrap, chicken, mixed greens, avocado, tomatoes, black bean & corn salsa, cheddar cheese, tortilla strips, zesty pepitas dressing	x		x		x			x	x
<b>Mediterranean Chicken Salad</b> Mixed greens, chicken, hummus, cucumbers, roasted red peppers, feta, tomatoes, red onions, balsamic dressing			x		soybean oil				
<b>Mediterranean Chicken Wrap</b> Spinach wrap, chicken, mixed greens, hummus, cucumbers, roasted red peppers, feta, tomatoes, red onions, balsamic dressing			x		x			x	x
<b>Asian Chicken Salad</b> Mixed greens, chicken, carrots, red cabbage, green onions & cilantro, wonton strips, sesame seeds, Asian dressing					x			x	
<b>Asian Chicken Wrap</b> Spinach wrap, mixed greens, chicken, carrots, red cabbage, green onions & cilantro, wonton strips, sesame seeds, Asian dressing					x			x	x
<b>Chicken Caesar Salad</b> Romaine lettuce, chicken, parmesan, croutons, Caesar dressing	x	x	x		x			x	
<b>Chicken Caesar Wrap</b> Spinach wrap, romaine lettuce with chicken, parmesan, croutons, Caesar dressing	x	x	x		x			x	x

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
<b>Farmer's Market Salad</b> Mixed greens, cucumbers, carrots, feta, tomatoes, red onions, pepperoncinis, croutons, Italian dressing			x		x			x	x
<b>Farmer's Market Wrap</b> Spinach wrap, mixed greens, cucumbers, carrots, feta, tomatoes, red onions, pepperoncinis, croutons, Italian dressing			x		x			x	x
<b>Bacon Ranch Chicken Wrap</b> Spinach wrap, chicken, bacon, cheddar cheese, lettuce, tomatoes, Ranch dressing	x		x		x			x	x
<b>Greek Veggie Wrap</b> Spinach wrap, hummus, cucumbers, roasted red peppers, lettuce, tomatoes, onions, pickles, pepperoncinis, feta, balsamic dressing, salt, pepper			x		x			x	x
<b>Cali Veggie Wrap</b> Spinach wrap, mayo, avocado, cucumber, provolone cheese, lettuce, tomatoes, onions, pickles, pepperoncinis, feta, balsamic dressing, salt, pepper	x		x		x			x	x
<b>SOUP</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>Peanuts</b>	<b>Soy</b>	<b>Shellfish</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sulfites</b>
<b>Broccoli Cheddar</b>			x						
<b>Chili with Beans</b>					x				
<b>Chicken Noodle</b>	x		x		x			x	
<b>BREADS &amp; WRAPS</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>Peanuts</b>	<b>Soy</b>	<b>Shellfish</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sulfites</b>
<i>Togo's breads are manufactured in a facility that also handles milk, eggs, and soy.</i>									
<b>White</b>								x	
<b>Whole Wheat</b>								x	
<b>Parmesan</b>			x					x	
<b>Sourdough</b>								x	
<b>Spinach Wrap</b>								x	x
<b>Gluten Free Wrap</b>					x				
<b>SANDWICH DRESSINGS</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>Peanuts</b>	<b>Soy</b>	<b>Shellfish</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sulfites</b>
<b>Mayonnaise</b>	x				soybean oil				
<b>Mustard</b>									
<b>BBQ Sauce</b>									
<b>Chipotle Mayo</b>	x				x				

**SALAD DRESSINGS**

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
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 also handles peanuts and tree nuts.*

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sulfites
Brownie	x		x	<i>*may contain</i>	x		<i>*may contain</i>	x	
Chocolate Chunk Cookie	x		x	<i>*may contain</i>	x		<i>*may contain</i>	x	
Peanut Butter Cookie	x		x	x	x		<i>*may contain</i>	x	

**TOGO'S GLUTEN FREE MENU ITEMS****SALADS**

Santa Fe Chicken Salad

Mediterranean Chicken 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