



Soups in a Bread Bowl

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Boston Clam Chowder, Large (1 bowl)	630	215	24	3.6	1.1	19	1534	96	2.9	7.3	16	130	20	89	5
Boston Clam Chowder, Small (1 bowl)	442	167	19	2.7	0.6	16	1157	65	1.8	4.4	11	106	13	60	3.3
Chicken Noodle Soup, Large (1 bowl)	462	65	7.2	1.7	1.1	32	1496	80	4.2	8.5	20	2221	20	89	4.5
Chicken Noodle Soup, Small (1 bowl)	414	66	7.3	1.8	0.6	56	2106	65	4	6.7	22	3940	14	82	3.8
Corn and Green Chili Bisque, Large (1 bowl)	637	178	20	6.6	1.1	41	1910	93	5.7	10	22	2066	35	115	5.1
Corn and Green Chili Bisque, Small (1 bowl)	448	137	15	5.2	0.6	34	1465	62	4	6.7	16	1690	25	82	3.4
Cream of Broccoli Soup, Large (1 bowl)	541	175	19	2.3	1.1	6.4	1597	87	4.2	9.8	13	637	22	89	4.1
Cream of Broccoli Soup, Small (1 bowl)	370	135	15	1.7	0.6	5.2	1209	58	2.8	6.5	8.7	521	14	60	2.6
Dilly's Chili, Large (1 bowl)	561	98	11	3.3	1.4	27	2007	93	11	15	23	1437	27	153	7.3
Dilly's Chili, Small (1 bowl)	385	71	7.9	2.5	1	22	1544	62	8.2	11	16	1175	18	113	5.2
Lobster Bisque, Large (1 bowl)	621	246	27	5.7	1.1	32	1294	88	2.9	9.1	16	462	21	119	4
Lobster Bisque, Small (1 bowl)	435	192	21	4.4	0.6	26	961	58	1.8	5.9	10	377	13	85	2.5
Potato with Bacon Soup, Large (1 bowl)	630	215	24	3.6	1.1	13	1572	99	4.2	9.8	15	954	22	89	4.1
Potato with Bacon Soup, Small (1 bowl)	442	167	19	2.7	0.6	10	1188	67	2.8	6.5	9.8	780	14	60	2.6
Wisconsin Cheese Soup, Large (1 bowl)	731	318	35	7.4	1.1	19	1927	98	2.9	17	16	257	22	191	4.1
Wisconsin Cheese Soup, Small (1 bowl)	525	251	28	5.8	0.6	16	1478	66	1.8	13	11	210	14	143	2.6
Large Soup Bowl (5.1 ounces)	348	42	4.6	1.1	1.1	0.1	466	66	2.9	7.3	11	3.7	19	60	3.6
Small Soup Bowl (3.1 ounces)	212	25	2.8	0.7	0.6	0.1	283	40	1.8	4.4	6.7	2.3	11	37	2.2

Salads

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Large Caesar Salad (1 salad)	499	390	43	7.9	0.2	45	910	20	3.7	3.6	9.1	8451	37	242	2.1
Large Chef Salad (1 salad)	421	198	22	12	0	120	1059	15	4.5	6	41	9402	63	531	2.8
Large Chicken Caesar Salad (1 salad)	623	402	45	8.3	0.2	110	984	20	3.7	3.6	35	8475	39	254	2.9
Large Greek Salad (1 salad)	410	289	32	6.6	0	20	2027	23	4.9	11	9.1	9179	69	159	2.1
Large Sedona Salad (1 salad)	479	251	28	10	0	50	587	38	8	5.7	22	9731	43	468	2.8
Large Sweet Leaf Salad (1 salad)	406	206	23	5.6	0	20	472	38	5	27	13	13596	40	222	4.6
Large Tossed Salad (1 salad)	143	30	3.3	0.6	0.2	0	277	23	5.1	6.3	5.1	8694	67	77	2.5
Large Tuna Salad (1 salad)	330	87	9.7	1.5	0.2	64	1036	32	5.7	14	30	8753	74	86	3.3
Small Caesar Salad (1 salad)	249	195	22	3.9	0.1	22	455	10	1.8	1.8	4.6	4226	19	121	1.1
Small Chef Salad (1 salad)	252	111	12	6.1	0.1	60	660	14	2.6	3.8	22	4747	33	272	1.8
Small Chicken Salad (1 salad)	256	133	15	2.3	0.1	48	346	13	2.8	3.5	17	4404	35	51	1.8
Small Greek Salad (1 salad)	205	144	16	3.3	0	10	1014	11	2.4	5.6	4.5	4590	34	80	1.1
Small Sedona Salad (1 salad)	240	126	14	5	0	25	294	19	4	2.8	11	4865	22	234	1.4
Small Sweet Leaf Salad (1 salad)	203	103	11	2.8	0	10	236	19	2.5	13	6.5	6798	20	111	2.3
Small Tossed Salad (1 salad)	73	15	1.7	0.3	0.1	0	139	12	2.6	3.3	2.8	4347	33	39	1.3
Small Tuna Salad (1 salad)	167	44	4.9	0.8	0.1	32	518	16	2.9	7.2	15	4377	37	43	1.7



Salad Dressings

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Blue Cheese Dressing (2 fluid ounces)	320	288	32	7	0	40	640	4	0	2	2	0	0	40	0
Catalina Dressing (2 fluid ounces)	200	108	12	2	0	0	840	20	0	18	0	0	0	0	0
Fat Free Ranch Dressing (2 fluid ounces)	60	0	0	0	0	0	620	16	2	10	0	0	0	0	0
Fat Free Raspberry Vinaigrette (2 fluid ounces)	100	0	0	0	0	0	260	24	0	10	0	0	0	0	0
Greek Dressing (2 fluid ounces)	143	126	14	2	0	0	1003	6.5	0.3	4	0.2	106	2.8	9.1	0.3
Honey Mustard Dressing (2 fluid ounces)	100	0	0	0	0	0	620	20	0	12	2	0	0	40	0
Thousand Island Dressing (2 fluid ounces)	240	198	22	3	0	10	600	10	0	8	0	200	2.4	0	0

Sandwiches

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Chicken Sandwich (0.5 sandwiches)	287	174	19	5.9	0	61	856	10	0.2	7.2	18	136	0.9	115	0.2
BLT Sandwich (0.5 sandwiches)	334	251	28	9	0	41	840	3.2	0.4	1.1	19	1305	4.4	144	0.7
Beauty and Beef Sandwich (0.5 sandwiches)	179	72	8	3.2	0	50	907	1.8	0.3	0.4	24	136	0	103	1.9
Beef Bullet Sandwich (0.5 sandwiches)	138	34	3.8	1.3	0	50	913	0	0	0	25	0	0	0	2.3
Buena Bella Sandwich (0.5 sandwiches)	83	47	5.2	0.8	0	1.1	208	6.3	1.6	2.6	2.8	1604	12	47	0.9
Buffalo Chicken Sandwich (0.5 sandwiches)	175	99	11	4.1	0	53	956	3.4	0.4	2	15	1639	4.7	118	0.2
Chicken Salad Sandwich (0.5 sandwiches)	187	118	13	2	0	48	211	2.2	0.5	0.4	15	1111	4.1	19	0.7
Club West Sandwich (0.5 sandwiches)	308	187	21	6.2	0	70	1134	2.5	0.2	0.4	27	285	0.5	102	2
Dilly Bird Sandwich (0.5 sandwiches)	152	98	11	2.6	0	33	324	2.3	1	0.3	12	76	1.7	7.9	0.5
Dilly Club Sandwich (0.5 sandwiches)	269	183	20	5.9	0	58	690	3.3	0.4	1.1	19	1302	4.4	141	0.8
Dilly's Dilly Sandwich (0.5 sandwiches)	171	75	8.3	2.4	0	34	773	7.3	0.8	5.7	15	33	1.9	6.3	0.3
Doozy Sandwich (0.5 sandwiches)	160	46	5.1	2.5	0	40	515	13	0.4	10	15	1303	4.4	109	0.2
Gobbler Sandwich (0.5 sandwiches)	149	80	8.8	2.3	0	33	333	6.7	0.5	3.8	12	1098	2.7	11	0.5
Hawaii 5-0 (0.5 sandwiches)	210	63	7	3	0	50	869	20	0.5	18	15	160	6.6	116	0.8
Honey Do Sandwich (0.5 sandwiches)	151	60	6.7	2.8	0	37	474	7.7	0.6	4.8	15	393	2.2	108	0.6
Humdinger Sandwich (0.5 sandwiches)	249	141	16	5.9	0	63	751	3.7	0.9	1.5	22	784	10	118	1.7
Italian Sandwich (0.5 sandwiches)	417	342	38	13	0	74	1407	4.7	0.5	1.5	15	1379	5.1	111	0.9
Red Bird Sandwich (0.5 sandwiches)	97	39	4.3	0.5	0	21	355	3	0.7	1.4	12	1528	13	38	0.9
Reuben Sandwich (0.5 sandwiches)	246	143	16	5.3	0	46	1075	5.7	0	2.5	21	196	5.2	133	1.2
Smokehouse Sandwich (0.5 sandwiches)	175	62	6.9	2.5	0	40	703	7.4	0.8	5.6	20	1303	4.5	123	1.3
Smokey Mountain Sandwich (0.5 sandwiches)	225	81	9	4.2	0	44	973	12	0.7	9.6	23	151	0.9	100	0.8
Southwestern Club Sandwich (0.5 sandwiches)	225	88	9.8	4.2	0	46	731	14	1.2	11	19	157	2.3	107	0.6
Veggie Supreme Sandwich (0.5 sandwiches)	120	84	9.3	4.6	0	24	118	3.7	0.7	1.4	5.5	1388	5.5	155	0.3
Yahoo Sandwich (0.5 sandwiches)	270	163	18	5.2	0	63	840	2.6	0.2	0.4	24	133	0.6	135	1.9



Bread for 0.5 Sandwich

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Dilly's Focaccia Bread (2.7 ounces)	204	45	5	0.9	0.6	0.1	234.5	33.5	2.3	3.6	6.5	74.5	11	58.5	2.45
Dilly's Multigrain Bread (2.5 ounces)	179	27	3	0.6	0.3	0	289	32	1.9	4.6	6.2	0.8	3	28	1.8
Dilly's Rye Bread (2.5 ounces)	160	11	1.2	0.2	0.2	0	460	32	1.8	1.7	5.4	0.5	2.7	16	1.8
Dilly's Sourdough Roll (.5 ounces)	227	19.5	2.1	0.3	0.2	0	414.5	44	2.1	2	7.5	0.8	6	19.5	2.6
Dilly's Wheat Bread (2.5 ounces)	172	21	2.4	0.6	0.5	0.1	266	32	1.5	3.6	5.5	1.7	8.2	30	1.8
Dilly's White Bread (2.5 ounces)	171	20	2.3	0.5	0.5	0	228	32	1.4	3.6	5.4	1.8	9.3	30	1.8
Large Soup Bowl (5.1 ounces)	348	42	4.6	1.1	1.1	0.1	466	66	2.9	7.3	11	3.7	19	60	3.6
Small Soup Bowl (3.1 ounces)	212	25	2.8	0.7	0.6	0.1	283	40	1.8	4.4	6.7	2.3	11	37	2.2

Wraps

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Caesar Wrap Whole Wheat Wrap	754	358	40	9.9	0	102	1366	57	8.4	1.9	42	6730	29	475	4.7
Chicken Salad Wrap on Whole Wheat Wrap	677	300	33	7.4	0	96	1172	55	7.2	0.7	39	2232	8.8	291	4.1
Greek Wrap on Spinach Wrap	507	208	23	6.3	0	10	1754	63	4.5	5.8	14	4651	35	330	4.7
Mexi Wrap on Jalapeno Wrap	654	240	27	12	0	118	1605	58	4.2	3.6	43	1372	14	465	3.9
Southwest Wrap on Tomato Wrap	577	193	21	5.2	0	75	1110	60	4.4	2.7	36	2840	12	298	4
Sweet Leaf Wrap on Spinach Wrap	689	251	28	6.5	0	50	1770	75	4.2	18	37	5468	16	347	6.2

Side Items

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chipotle Coleslaw (1 serving)	113	89	9.9	1.3	0	8.7	143	5.7	1.7	2.9	1	1297	21	33	0.4
Cottage Cheese (1 serving)	150	34	3.8	2.3	0	15	570	7.5	0	6	21	300	1.8	150	0
Dilly's Fruit Salad (1 serving)	61	2.1	0.2	0.1	0	0	8.5	14	1.1	12	0.9	1630	33	12	0.3
Dilly's Macaroni Salad (1 serving)	228	117	13	2.5	0	19	595	23	1	10	3.5	362	14	34	0.7
Dilly's Pasta Salad (1 serving)	175	63	7	0.9	0	0	460	25	1.5	4	3.9	437	20	7.7	1
Dilly's Potato Salad (1 serving)	337	210	23	3.2	0	21	266	32	2.4	5.4	2.4	3.3	16	9.3	0.5

Desserts

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Brownie (1 serving)	433	180	20	4.2	0	25	266	58	1.7	43	3.3	167	0	0	1.2
Carnival Cookie (1 cookie)	270	108	12	6.8	0	23	203	38	1.5	21	3	0	0	0	1.1
Chocolate Chip Cookie (1 cookie)	308	151	17	6.1	3.2	23	221	36	1.2	24	3	33	0	31	1.8
Double Chocolate Chip Cookie (1 cookie)	170	72	8	4.5	0	10	135	23	1	15	2	300	0	20	0.7
Oatmeal Raisin Cookie (1 cookie)	170	72	8	4	0	15	140	22	1	12	2	0	0	20	0.7
Peanut Butter Cookie (1 cookie)	190	99	11	4.5	0	15	150	20	1	13	3	0	0	20	0.7
Sugar Cookie (1 cookie)	180	72	8	4	0	15	180	25	0	13	2	0	0	0	1.1
Sugar Cookie (1 cookie) with Strawberry Frosting	263	106	12	5.1	1.1	15	199	36	0	23	2	0	0	0	1.1



	255	106	12	5.1	1.1	15	195	36	0	24	2	0	0	0	1.1
Sugar Cookie (1 cookie) with Vanilla Frosting															
Beverages	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Barqs Root Beer, Large (1 serving)	266	0	0	0	0	0	58	72	0	72	0	0	0	0	0
Barqs Root Beer, Small (1 serving)	183	0	0	0	0	0	40	50	0	50	0	0	0	0	0
Cherry Coke, Large (1 serving)	250	0	0	0	0	0	9.6	67	0	67	0	0	0	0	0
Cherry Coke, Small (1 serving)	172	0	0	0	0	0	6.6	46	0	46	0	0	0	0	0
Coke Zero, Large (1 serving)	1.7	0	0	0	0	0	67	0.2	0	0	0	0	0	0	0
Coke Zero, Small (1 serving)	1.2	0	0	0	0	0	46	0.2	0	0	0	0	0	0	0
Coke, Large (1 serving)	238	0	0	0	0	0	14	65	0	65	0	0	0	0	0
Coke, Small (1 serving)	163	0	0	0	0	0	9.9	45	0	45	0	0	0	0	0
Diet Coke, Large (1 serving)	0	0	0	0	0	0	24	0	0	0	0	0	0	0	0
Diet Coke, Small (1 serving)	0	0	0	0	0	0	17	0	0	0	0	0	0	0	0
Fanta Orange Soda, Large (1 serving)	282	0	0	0	0	0	88	70	0	70	0	0	0	0	0
Fanta Orange Soda, Small (1 serving)	194	0	0	0	0	0	60	48	0	48	0	0	0	0	0
Hi-C Flashin Fruit Punch, Large (1 serving)	250	0	0	0	0	0	22	67	0	67	0	0	0	0	0
Hi-C Flashin Fruit Punch, Small (1 serving)	172	0	0	0	0	0	15	46	0	46	0	0	0	0	0
Minute Maid Lemonade, Large (1 serving)	233	0	0	0	0	0	98	62	0	62	0	0	0	0	0
Minute Maid Lemonade, Small (1 serving)	160	0	0	0	0	0	68	43	0	43	0	0	0	0	0
Pibb Xtra, Large (1 serving)	233	0	0	0	0	0	34	62	0	62	0	0	0	0	0
Pibb Xtra, Small (1 serving)	160	0	0	0	0	0	23	43	0	43	0	0	0	0	0
Powerade Mountain Blast, Large (1 serving)	128	0	0	0	0	0	240	34	0	32	0	0	0	0	0
Powerade Mountain Blast, Small (1 serving)	88	0	0	0	0	0	165	23	0	22	0	0	0	0	0
Sprite, Large (1 serving)	233	0	0	0	0	0	53	62	0	62	0	0	0	0	0
Sprite, Small (1 serving)	160	0	0	0	0	0	36	43	0	43	0	0	0	0	0