



## YAMPA SANDWICH COMPANY™ NUTRITION FACTS

We provide a nutrition analysis of our menu items to help you balance your Backcountry Deli meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Bread Selection	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Gluten	Dairy	Soy	Eggs	Nuts	Fish
<b>Signature Sandwiches</b>																			
Banh Mi	1	Baguette	810	350	39	9	0	275	1820	69	6	15	44	✓	✓	✓	✓		✓
Bushwacker	1	Wheat	540	250	29	8	0	90	690	38	3	8	33	✓	✓		✓	✓	
County Road	1	Baguette	770	350	39	10	0	135	1420	60	4	6	45	✓	✓	✓	✓		
Cuban	1	Baguette	790	390	44	12	0	110	2390	58	4	7	43	✓	✓	✓	✓		
Dolomite	1	Baguette	760	370	42	14	0	105	3200	57	3	5	41	✓	✓	✓	✓		
Expedition	1	Baguette	780	390	44	12	0	90	1570	58	6	6	41	✓	✓	✓	✓		
Fourteener	1	Baguette	670	270	31	9	0	90	1760	56	3	8	57	✓	✓	✓	✓		
Godfather	1	Baguette	730	360	41	13	0	75	2090	56	3	8	37	✓	✓	✓	✓	✓	
The Grand	1	Baguette	1010	580	65	17	0	125	3430	59	3	7	49	✓	✓	✓	✓		
Hidden Valley	1	Baguette	550	200	23	7	0	15	1110	71	13	7	20	✓	✓	✓	✓		
High Plains	1	Baguette	670	310	35	12	0	75	1440	56	33	6	33	✓	✓	✓	✓		
Hot Springs	1	Wheat	450	250	29	7	0	15	480	38	6	6	13	✓	✓				
Lost Creek	1	Wheat	680	310	35	9	0	55	1250	57	6	5	35	✓	✓	✓	✓		✓
Meatball Sub	1	Baguette	1030	430	48	19	2	195	1980	91	5	9	57	✓	✓	✓	✓		
Pilgrim	1	Wheat	960	380	42	12	0	105	2030	100	5	31	47	✓	✓	✓	✓		
Pinnacle	1	Rye	790	370	45	14	0	145	2330	47	9	13	47	✓	✓		✓		
Reuben	1	Rye	710	320	42	14	0	165	2730	39	8	7	44	✓	✓		✓		
Ridgeline	1	Baguette	840	410	46	12	0	95	2150	57	5	8	49	✓	✓	✓	✓		

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Sherpa	1	Baguette	630	310	34	9	0	35	2000	63	5	10	19	✓	✓	✓	✓		
Summit	1	Baguette	870	370	43	12	0	110	2460	77	4	26	43	✓	✓	✓	✓		
Turkey Trailhead	1	Wheat	650	190	22	7	0	70	1930	73	7	18	45	✓	✓		✓		
<b>Salads</b> *Nutrition information includes 2oz. of dressing																			
Chicken Caesar	1	N/A	760	540	61	18	0	155	1260	18	3	5	39	✓	✓		✓		✓
Cobb	1	N/A	680	420	47	15	0	335	1410	12	6	4	64		✓		✓		
Greek	1	N/A	490	400	46	9	0	20	1390	12	3	5	6		✓				
Panzanella	1	N/A	550	400	46	13	0	35	1060	25	8	5	10	✓	✓	✓	✓		
<b>Hot Breakfast Sandwiches</b>																			
EBLT	1	Brioche	570	330	37	8	0	225	1180	40	2	8	23	✓	✓		✓		
Egg Florentine	1	Brioche	470	220	24	7	0	230	1060	41	23	8	24	✓	✓		✓		
Little Italy	1	Brioche	480	220	23	9	0	245	1440	43	13	10	31	✓	✓		✓		
Ranchero	1	Brioche	640	330	38	14	0	440	1210	46	7	8	35	✓	✓		✓		
Egg Ham Cheddar	1	Brioche	430	170	19	10	0	245	940	40	2	9	29	✓	✓		✓		
Egg Bacon Cheddar	1	Brioche	480	210	24	11	0	240	1200	39	2	8	30	✓	✓		✓		
Egg Sausage Cheddar	1	Brioche	500	220	25	11	0	275	1040	42	2	10	31	✓	✓		✓		
Veggie	1	Brioche	480	220	25	10	0	230	670	43	6	8	24	✓	✓		✓		
<b>Sides</b>																			
Cole Slaw	8oz.	N/A	130	70	8	1	0	0	380	16	5	9	3						
Ranch Power Slaw	8oz.	N/A	80	40	4.5	2	0	10	95	7	3	3	3		✓		✓		
Potato Salad	8oz.	N/A	140	70	8	1	0	<5	200	16	2	1	2				✓		
<b>Kids Menu</b> *Nutrition information does not include potato chips																			
Grilled Cheese	1	Sourdough	460	200	23	15	0	75	730	21	9	<1	22	✓	✓				

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Ham & Cheese	1	Brioche	390	140	16	9	0	75	1020	40	2	9	28	✓	✓				
Turkey & Cheese	1	Brioche	380	130	14	8	0	80	990	39	2	7	29	✓	✓				
<b>Desserts</b>																			
Chocolate Chip	1	N/A	360	130	15	9	0	20	125	53	4	30	6	✓	✓		✓		
Oatmeal Raisin	1	N/A	310	80	10	5	0	20	130	53	3	26	6	✓	✓		✓		
Fudge Brownie	1	N/A	160	60	7	3.5	0	15	120	25	1	17	1	✓	✓	✓	✓		
<b>Bread Selection</b>																			
French Baguette	1 ea	Baguette	280	10	1	0	0	0	640	60	2	0	9	✓	✓	✓	✓		
Whole Wheat	2 slices	Wheat	200	10	1	0	0	0	380	36	4	8	12	✓					
Sourdough	2 slices	Sourdough	200	0	0	0	0	0	280	20	2	0	8	✓					
Light Rye	2 slices	Rye	220	30	3	0	0	0	480	40	4	2	10	✓					
Flour Tortilla	1 ea	Flour Tortilla	232	63	7	2	0	0	750	50	4	5	8	✓					
Brioche	1 ea	Brioche	210	35	4	1.5	0	20	350	38	2	7	10	✓	✓		✓		