

Yampa Sandwich Co. Nutrition Facts

We provide a nutrition analysis of our menu items to help you balance your Yampa Sandwich Co. 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	
Signature Sandwiches																				
Cuban	1	Baguette	820	390	44	12	0	110	2390	58	4	7	43	✓	✓	✓	✓			
Dolomite	1	Baguette	740	370	42	14	0	105	3200	57	3	5	41	✓	✓	✓	✓			
Expedition	1	Sourdough	720	390	44	12	0	90	1570	58	6	6	41	✓	✓	✓	✓			
Fourteener	1	Baguette	700	270	31	9	0	90	1760	56	3	8	57	✓	✓	✓	✓			
The Grand	1	Baguette	1000	580	65	17	0	125	3430	59	3	7	49	✓	✓	✓	✓			
Hot Springs	1	Wheat	450	250	29	7	0	15	480	38	6	6	13	✓	✓					
Italian Beef	1	Baguette	740	320	37	9	0	90	2170	64	2	1	37	✓	✓	✓				
Lost Creek	1	Wheat	610	310	35	9	0	55	1250	57	6	5	35	✓	✓	✓	✓			✓
Meatball Sub	1	Baguette	910	410	46	20	0	185	1980	91	5	9	57	✓	✓	✓	✓			
Pilgrim	1	Wheat	870	380	42	12	0	105	2030	100	5	31	41	✓	✓	✓	✓			
Pastrami Reuben	1	Rye	760	400	40	12	0	140	2700	53	8	6	51	✓	✓		✓			
Ridgeline	1	Baguette	850	410	46	12	0	95	2150	57	5	8	49	✓	✓	✓	✓			
Sherpa	1	Baguette	640	310	34	9	0	35	2000	63	5	10	19	✓	✓	✓	✓			
Summit	1	Baguette	910	370	43	12	0	110	2460	77	4	26	43	✓	✓	✓	✓			
Turkey Trailhead	1	Wheat	570	190	22	7	0	70	1930	73	7	18	45	✓	✓		✓			
Tico Wrap	1	Spinach wrap	880	380	51	13	0	70	2890	73	13	13	35	✓	✓	✓	✓			

Goddess Wrap	1	Spinach wrap	870	400	48	12	0	20	1960	84	23	4	28	✓	✓	✓		✓	
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Salads		*Nutrition information includes 2oz. of dressing																	
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		✓				
Golden Beet Crunch	1	N/A	850	230	26	8	0	40	4610	129	16	52	48		✓				

Breakfast																			
EBLT	1	Brioche	570	330	37	8	0	225	1180	40	2	8	23	✓	✓		✓		
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	✓	✓		✓		
Baja Burrito	1	Wheat	620	320	36	13	0	95	1660	66	12	6	25	✓	✓	✓	✓		

Kids Menu		*Nutrition information does not include potato chips																	
Cup of Meatballs	1	N/A	210	140	16	7	0	60	580	153	13	2	11	✓	✓		✓		
PBJ	1	Sourdough	820	350	30	5	0	0	710	92	7	38	26	✓		✓		✓	
Grilled Cheese	1	Sourdough	460	200	23	15	0	75	730	21	9	<1	22	✓	✓				
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	✓	✓				

Desserts																			
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	✓	✓		✓		
Triple Chocolate Chunk	1	N/A	366	152	17	11	0	47	241	51	2	34	4	✓	✓	✓	✓	✓	

Bread Selection

French Baguette	1 ea	Baguette	300	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	✓	✓		✓		
Spinach Tortilla	1 ea	Spinach Tortilla	232	0	8	4	0	0	640	47	2	0	8	✓					

*Nutritional information can vary based on supply chain factors. The information on this site is not intended as medical advice. You are ultimately responsible for all decisions pertaining your health.