

## 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
<b>Signature Sandwiches</b>																			
Bushwacker Wrap	1	Flour Tortilla	700	350	39	10	0	105	1170	64	6	12	40	✓			✓	✓	
Cuban	1	Baguette	820	390	44	12	0	110	2390	58	4	7	43	✓	✓	✓	✓		
Dolomite	1	Baguette	830	380	47	16	0	120	3200	63	4	2	45	✓	✓	✓	✓		
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	1030	580	70	19	0	130	2690	62	4	2	45	✓	✓	✓	✓		
Hot Springs Wrap	1	Flour Tortilla	610	350	41	10	0	15	950	64	10	10	16	✓	✓				
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	✓	✓	✓	✓		✓
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	✓	✓		✓		
Florentine Fresco	1	Baguette	710	290	37	10	0	75	1820	64	4	4	45	✓	✓				

Chicken Caprese	1	Baguette	960	360	42	9	0	105	2750	96	25	5		✓					
Philly Roast Pork	1	Baguette	620	160	23	8	0	105	1590	65	4	6	42	✓	✓				
Carnitas Torta	1	Baguette	770	210	36	9	0	115	1110	62	5	11	34	✓					

<b>Salads</b>																			
*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		✓				

<b>Breakfast</b>																			
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	Flour Tortilla	750	360	41	17	0	240	2090	77	10	9	36	✓	✓	✓	✓		

<b>Kids Menu</b>																			
*Nutrition information does not include potato chips																			
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	✓	✓				
Chicken Tenders & Ranch	1	N/A	450	35	31	13	0	70	860	19	1	2	23	✓	✓				

<b>Desserts</b>																			
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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	✓	✓	✓		

\*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.





