



NUTRITIONAL INFO 2017

	Quantity	Measure	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Breakfast</b>												
<b>Breakfast Tacos</b>												
Potato & Egg			331	16	4	1	250	758	34	2	2	13
Egg & Bacon			366	20	6	1	267	866	26	1	2	18
Egg & Ham			310	15	4	1	260	841	28	1	4	16
Egg & Sausage			464	29	9	1	299	958	26	1	3	23
<b>Croissant Sandwich</b>												
Plain Croissant	1.0	Each	272	14	8	--	45	313	31	2	8	5
Croissant w/ Egg & Cheese			478	31	14	1	313	775	32	2	8	17
Croissant w/ Egg, Cheese & Bacon			564	38	16	1	331	1144	32	2	8	23
Croissant w/ Egg, Cheese & Ham			508	32	14	1	324	1119	34	2	10	21
Croissant w/ Egg, Cheese & Sausage			662	46	19	1	362	1236	33	2	9	28
<b>Bagel Sandwich</b>												
Plain Bagel	1.0	Whole	270	2	1	0	0	460	52	2	7	10
Bagel with Egg and Cheese			477	19	7	1	269	927	53	2	8	22
Bagel with Egg, Cheese, Bacon			562	25	9	1	286	1291	53	2	8	28
Bagel w/ Egg, Cheese & Ham			506	20	7	1	279	1266	55	2	10	26
Bagel w/ Egg, Cheese & Sausage			660	34	12	1	317	1383	54	2	8	32
<b>English Muffin Sandwich</b>												
Plain English Muffin	1.0	Each	132	1	0	0	--	197	26	--	--	5
English Muffin Sandwich w/ Egg & Cheese			338	18	7	1	269	658	27	0	1	16
English Muffin Sandwich Egg, Cheese, Meat (bacon)			425	25	9	1	286	1028	28	0	1	22
English Muffin w/ Egg, Cheese & Ham			368	19	7	1	279	1003	29	0	3	20
English Muffin w/ Egg, Cheese & Sausage			522	33	12	1	317	1120	28	0	1	27
<b>Honey Wheat Berry Sandwich</b>												
Plain Honey Wheatberry Bread	2.0	Slice	200	3	0	0	0	360	38	4	4	10
Honey Wheat Berry w/ Egg, Cheese			406	20	6	1	269	822	39	4	5	22
Honey Wheat Berry w/ Egg, Cheese, Bacon			492	26	9	1	286	1096	39	4	5	28
Honey Wheat Berry w/ Egg, Cheese & Ham			436	21	7	1	279	1166	41	4	7	26
Honey Wheat Berry w/ Egg, Cheese & Sausage			590	35	11	1	317	1283	40	4	5	32

**Sides & Extra's**

Scrambled Eggs	2.5 Ounce-weight	136	11	3	1	250	149	0	0	0	8
Smoked Buffet Ham	1.0 Ounce-weight	30	1	0	0	10	344	2	0	2	4
Bacon, 3 slices		130	10	3	0	26	554	0	0	0	9
Pork Sausage Patty (1 patty, chopped)	2.0 Ounce-weight	184	15	5	0	49	462	1	0	1	11
Breakfast Potatoes	1.5 Ounce-weight	51	2	0	0	0	262	8	1	0	1
Parfait		233	5	2	0	8	123	41	3	26	9
Salsa	1.0 Ounce-weight	8	0	0	--	0	200	2	1	1	0
American Cheese, Sliced .66oz	1.0 Slice	69	6	3	0	19	313	1	0	0	3
Cream Cheese	1.0 Ounce-weight	97	10	5	0	31	103	1	0	1	2
Cheddar and jack Cheese	0.5 Ounce-weight	56	4	3		13	86	1	0	0	3
Jelly	1.0 tbs	55	0	0	0	0	6	15	0	11	0

**SANDWICHES****Murphy's Homemade**

Chicken Salad Sandwich		478	21	4	0	79	1073	44	5	6	115
Egg Salad Sandwich		434	23	5	0	257	859	43	4	6	101

**Gourmet Selects**

Falafel Sandwich		518	20	3	0	4	616	67	4	6	105
French Dip		596	22	10	0	104	2397	65	2	7	35
Ham Ham Salami		741	33	12	1	100	2745	73	5	13	43
Reuben Sandwich (Corned Beef)		512	19	8	0	100	2557	46	5	5	36
Reuben Sandwich (Turkey)		452	13	6	0	76	2133	47	5	6	32

**Famous Supremes**

Club Supreme		626	23	10	0	99	2549	68	6	13	126
Turkey Supreme		564	18	7	0	80	1856	68	7	11	122

**Muffaletta**

Muffaletta, Half - Salami, Ham, Provolone	Half	775	37	11	1	73	3355	76	5	8	37
Muffaletta, WHOLE - Salami, Ham, Provolone	Whole	1550	74	23	1	145	6709	151	10	16	74
Muffaletta, Half - Turkey & Provolone	Half	683	27	8	0	69	2955	71	5	3	37
Muffaletta, Half - Turkey & Provolone	Whole	1366	55	17	0	139	5909	142	10	6	74

**Murphy's Sub's - 8" served with lettuce, tomato & onion. Choice of spread & cheese.**

Italian		477	17	5	1	47	1618	62	9	17	108
Smoked Ham		404	9	3	0	34	1495	63	9	18	106
Roast Beef		426	10	4	0	53	677	57	9	13	113
Tuna Salad		625	32	7	0	48	662	59	9	12	111
Smoked Turkey		390	8	2	0	42	1288	59	9	13	108
BLT		557	26	9	0	57	1572	54	8	10	111
Grilled Chicken Breast		474	10	3	1	84	885	58	9	12	124

**Cheese & Optional Spreads**

Swiss Cheese, Sliced .5oz	1 Slice	54	4	3	--	13	10	1	0	0	4
Provolone Cheese Slice .5oz	1 Slice	50	4	2	--	10	124	0	0	0	4
American Cheese, Sliced .66oz	1 Slice	69	6	3	0	19	313	1	0	0	3
Oil & Vinegar	0.2 Ounce-weight	12	1	0	0	0	28	0	0	0	0
Mayonnaise HD	1 Ounce-weight	203	22	4	0	20	142	2	0	0	0
Fat Free Mayonnaise	1 Ounce-weight	24	1	0	--	3	223	4	1	3	0
Spicy Brown Mustard	1 Ounce-weight	28	0	0	0		282	0			0
Classic Yellow Mustard	1 Ounce-weight	0	0	0	0		310	0	0	0	0

**SALADS (choice of dressing) \*Salads vary per store - Prepared or Hand Tossed \*Dressings vary per store**

**Prepared**

Chicken Caesar Salad		249	7	2	1	86	661	13	4	2	35
Greek Salad		299	22	7	0	25	1764	20	6	6	9
with Pita Bread	1 Each	180	1.5	0	0	0	380	35	1	2	7
Chef Salad		350	16	8	0	170	1626	24	6	14	32
Tuna Salad		388	27	5	0	43	233	19	6	8	21
Tossed Green Salad		77	1	0	0	0	36	17	6	8	4
Grilled Chicken Salad		237	4	1	1	80	456	18	6	8	34

**Hand-Tossed**

Chicken Caesar Salad		351	11	4	1	88	870	26	5	3	37
Greek Salad		299	22	7	0	25	1764	20	6	6	9
with Pita Bread	1 Each	180	1.5	0	0	0	380	35	1	2	7
Chef Salad		350	16	8	0	170	1626	24	6	14	32
Cobb Salad		507	28	10	1	212	1112	17	5	4	50
Murphy's Deli Tex-Mex Salad		422	19	7	1	105	749	22	7	3	42

**Extras & Dressing**

Chicken Salad	3.5 oz	276	19	4	0	75	666	3	0	0	23
Egg Salad	3.0 Ounce-weight	232	21	5	0	253	452	2	0	1	8
Tuna Salad	3.5 Ounce-weight	311	26	5	0	43	197	2	0	0	17
Dijon Mustard Dressing (homemade)	1.0 Ounce-weight	110	90	9	2	0	5	180	3	0	1
Jalapeno Cilantro Dressing (homemade)	1.0 Ounce-weight	140	140	15	3	0	15	150	1	0	1
Bacon Slice	1.0 slice	45	30	4	1	0	10	180	0	0	0
Salsa	1.0 Serving	10	0	0	0	--	0	200	2	1	1

**BURRITO BAR****Burrito Bowls - served with choice of meat, rice, beans, lettuce & pico de gallo**

Chicken		364	10	1	1	80	1247	40	7	5	37
Gordo		382	13	2	1	53	1357	41	7	7	36
Veggie		369	13	1	0	0	956	61	15	10	14

**Burrito Wrap - served with choice of meat, rice, beans, lettuce & pico de gallo. Wrapped in tortilla flavor of choice**

Chicken Burrito		653	18	4	1	80	2058	87	7	5	45
Gordo Burrito		670	21	5	1	53	2169	88	7	7	43
Veggie Burrito		657	20	4	0	0	1768	108	15	11	22

**Extras & Tortilla Options**

12" White Pressed Flour Tortilla	1.0 Each	300.0	8.0	3.0	0.0	0.0	820.0	49.0	1.0	2.0	8.0
12" Spinach Flavored Tortilla	1.0 Each	300.0	9.0	2.5	0.0	0.0	820.0	47.0	1.0	2.0	9.0
12" Sun-Dried Tomato Basil Flavored Tortilla	1.0 Each	300.0	9.0	2.5	0.0	0.0	940.0	47.0	1.0	2.0	9.0
Salsa	1.0 Ounce-weight	8	0.1	0.0	--	0.0	200	1.9	0.5	1.1	0.4
Cheddar and Jack Cheese	1.0 Ounce-weight	111	8	5.1	--	25.3	172.1	1.0	0.0	0.0	6.1
Sour Cream	2.0 Ounce-weight	109	11.2	6.5	0.4	29.5	27	1.6	0.0	1.6	1.2
Guacamole	2.0 Ounce-weight	95	8.5	0.9	0.0	0.0	236	3.8	1.9	1.9	0.0

**PANINIS**

California Garden Panini		559	22	8	0	42	1236	72	7	9	21
Chicken Pesto Panini		670	24	9	1	114	1332	65	5	5	49
Chicken Sundried Tomato Panini		694	28	7	1	106	1295	62	4	4	49
Cordon Blue Panini		650	22	9	1	123	1361	63	2	5	52
Cranberry Turkey Panini		524	12	6	0	80	1704	75	3	17	30
Spicy Turkey Panini		659	28	7	0	76	2050	68	5	6	38

**WRAPS- your choice of tortilla**

Chicken Caesar Wrap	633	26	8	1	97	1895	56	3	3	43
Southwest Wrap	682	30	8	1	101	1664	55	3	2	46
All American Wrap	600	27	9	0	74	2417	57	2	8	32
Tuna Wrap	683	39	10	0	56	1291	55	2	4	29
Buffalo Chicken Wrap	607	23	8	1	103	1842	56	2	6	43
Turkey Avocado Wrap	588	89	15	1	63	2131	132	4	5	31

**Tortilla Options**

12" White Pressed Flour Tortilla	1.0 Each	300.0	8.0	3.0	0.0	0.0	820.0	49.0	1.0	2.0	8.0
12" Spinach Flavored Tortilla	1.0 Each	300.0	9.0	2.5	0.0	0.0	820.0	47.0	1.0	2.0	9.0
12" Sun-Dried Tomato Basil Flavored Tortilla	1.0 Each	300.0	9.0	2.5	0.0	0.0	940.0	47.0	1.0	2.0	9.0

**GYROS & PITA**

Grilled Chicken Pita	364	5	1	1	84	805	42	3	5	123
Gyro (with Tzatziki)	636	37	14	0	66	1550	57	5	8	107
Turkey Pita	280	3	0	0	42	1208	43	3	6	107
Veggie Pita (with Olive Mix)	344	15	2	0	4	1212	46	5	6	94

**Optional Spread**

Fat Free Mayonnaise	1.0 Ounce-weight	24	1	0	--	3	223	4	1	3	0
Tzatziki Sauce	1.0 Ounce-weight	51	5	3	0	5	203	2	0	2	1
Olive Mix	3.0 Ounce-weight	137	13	2	0	0	827	4	1	0	1

**CHIPS**

Lay's Oven Baked Original	130	2	0g	0g	0mg	150mg	26g	2g	2g	2g
Lay's Sour Cream & Onion	240	15	2g	0g	0mg	240mg	23g	2g	1g	3g
Lay's Classic	240	16	2g	0g	0mg	250mg	23g	2g	1g	3g
Cheetos	310	21	3.5g	0g	0mg	500mg	26g	1g	2g	3g
Doritos - Nacho Cheese	240	14	2g	0g	0mg	360mg	28g	2g	less th:	3g
Sun Chips Original	210	10	1g	0g	0mg	180mg	28g	4g	3g	3g
Sun Chips Garden Salsa	210	9	1g	0g	0mg	220mg	27g	4g	4g	4g
Miss Vickie's Jalapeno	210	12	1.5g	0g	0mg	180mg	22g	2g	2g	3g
Miss Vickie's Sea Salt & Vinegar	210	12	1.5g	0g	0mg	230mg	23g	2g	2g	2g
Miss Vickie's Smokehouse BBQ	210	12	2g	0g	0mg	200mg	23g	2g	3g	2g

## DRINKS

Mr. Pibb	20 ounce	240 0g	70mg	65g	65g	0g
Fanta Orange	20 ounce	270 0g	95mg	75g	73g	0g
Pink Lemonade	20 ounce	260 0g	80mg	70g	67g	0g
Sprite	20 ounce	240 0g	110mg	64g	64g	0g
Diet Sprite	20 ounce	0 0g	60mg	0g	x	0g
Coke Zero	20 ounce	0 0g	70mg	0g	x	0g
Diet Coke	20 ounce	0 0g	70mg	0g	x	0g
Coke	20 ounce	240 0g	75mg	65g	65g	0g
Minute Maid Orange Juice	16 ounce	220 0g	30mg	51g	45g	3g
Minute Maid Apple Juice	16 ounce	210 0g	40mg	52g	49g	0g
Minute Maid Cranberry Apple Raspberry	16 ounce	230 0g	35mg	61g	57g	0g
Minute Maid Cranberry Grape	16 ounce	270 0g	35mg	74g	71g	0g
Minute Maid Strawberry Passion	15.2 ounce	210 0g	35mg	56g	53g	0g
Minute Maid Tropical Blend	15.2 ounce	130 0g	55mg	34g	31g	0g
Monster Energy (Green)	16 ounce	210 0g	370mg	54g	54g	0g
Monster Energy Low Carb (Blue)	16 ounce	25 0g	380mg	7g	7g	0g
NOS Energy	16 ounce	210 0g	410mg	54g	53g	0g
Powerade (red)	20 ounce	130 0g	250mg	36g	34g	0g
Powerade (yellow)	20 ounce	130 0g	250mg	35g	34g	0g
Powerade (blue)	20 ounce	130 0g	250mg	35g	34g	0g
Sweet Leaf Sweet Tea Original	16 ounce	160 0g	0mg	38g	38g	0g
Sweet Leaf Raspberry	16 ounce	160 0g	0mg	36g	36g	0g
Sweet Leaf Citrus	16 ounce	140 0g	0mg	38g	38g	0g
Sweet Leaf Half & Half	16 ounce	180 0g	0mg	44g	44g	0g
Sweet Leaf Peach	16 ounce	160 0g	0mg	40g	38g	0g
Sweet Leaf Green Tea with Mint	16 ounce	120 0g	0mg	30g	30g	0g