

TOGO'S NUTRITIONAL INFORMATION

		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
PASTRAMI & ROAST BEEF												
7	Roast Beef	Mini	310	10	1	0	55	1000	28	1	2	24
		Regular	630	20	2.5	0	110	1960	57	1	5	48
		Large	940	30	3.5	0	165	2920	85	2	7	73
8	Roast Beef, Turkey & Cheddar	Regular	700	30	8	0	115	1950	57	1	5	48
		Large	1110	45	11	0	200	3200	86	2	7	85
		Mini	310	14	4.5	0	40	1070	30	1	4	16
9	Hot Pastrami	Regular	620	28	9	0	80	2080	59	1	7	32
		Large	940	42	14	0	120	3080	89	2	11	48
		Mini	500	31	10	0	65	1200	33	1	7	21
10	Pastrami Reuben	Regular	910	54	18	0	115	2270	63	2	12	39
		Large	1310	77	25	0	170	3340	94	2	17	57
		Mini	500	31	11	0	65	1350	32	0	6	21
32	Pepper Jack Melt	Regular	910	54	19	0	115	2510	61	0	11	40
		Large	1310	77	26	0	170	3680	91	0	15	59
		Regular	890	41	12	0	165	3560	56	0	5	70
33	Triple Dip	Large	1440	67	20	0	290	5160	84	0	7	119
		Mini	430	20	5	0	75	2170	28	0	3	30
47	French Dip	Regular	800	37	9	0	140	3030	54	0	4	56
		Large	1180	54	12	0	210	3890	80	0	5	82
		Mini	480	30	9	0	65	2220	30	0	4	22
49	Pastrami Dip	Regular	910	57	17	0	120	3130	57	0	6	40
		Large	1340	84	24	0	180	4040	84	0	9	58
		Mini	480	30	9	0	65	2220	30	0	4	22
CHEESE STEAKS												
35	Cheese Steak	Mini	430	20	5	0	70	1120	30	1	2	28
		Regular	820	37	8	0	130	2130	59	3	5	55
		Large	1220	54	11	0	195	3160	90	5	8	81
45	Chicken Cheese Steak	Mini	390	20	5	0	65	990	30	1	2	23
		Regular	750	37	7	0	125	1860	60	3	5	43
		Large	1120	53	10	0	180	2770	91	5	7	64
55	Pastrami Cheese Steak	Mini	480	30	9	0	60	1175	31	1	4	20
		Regular	930	57	16	0	115	2230	62	3	7	39
		Large	1380	84	23	0	165	3320	94	5	11	57
HOT CHICKEN												
1	Chicken & Cheddar	Mini	370	17	5	0	75	1010	30	1	2	23
		Regular	690	31	8	0	135	1920	59	1	5	44
		Large	1020	44	11	0	195	2820	88	2	7	65
37	Brewpub Chicken	Mini	430	21	7	0	80	1210	32	2	3	28
		Regular	810	39	12	0	155	2385	64	4	7	53
		Large	1230	60	17	0	225	3500	97	8	10	78
38	Bacon Ranch Chicken	Mini	390	18	6	0	80	1280	30	1	3	27
		Regular	740	33	11	0	155	2450	59	1	5	52
		Large	1090	47	15	0	225	3620	89	1	8	76
39	BBQ Chipotle Chicken	Mini	370	16	5	0	70	1025	33	1	6	23
		Regular	700	29	8	0	130	1980	66	1	11	44
		Large	1030	41	11	0	195	2930	98	2	17	65
TURKEY												
3	Turkey & Cheddar	Mini	350	16	4.5	0	45	950	28	1	2	21
		Regular	650	29	7	0	85	1800	56	1	5	39
		Large	950	42	10	0	120	2640	84	2	7	58
4	Turkey, Genoa Salami & Cheddar	Regular	820	50	15	0	110	2300	56	1	5	37
		Large	1230	73	21	0	170	3390	84	1	7	59
		Mini	300	9	1	0	25	840	38	0	11	16
5	Turkey & Cranberry	Regular	610	18	1.5	0	50	1650	76	1	22	31
		Large	910	27	2.5	0	75	2450	114	1	32	47
		Mini	330	16	2	0	25	890	32	0	3	17
26	Turkey, Ham & Cheddar	Regular	660	31	3.5	0	50	1740	63	1	5	33
		Large	990	47	5	0	75	2590	95	1	8	50
		Regular	650	30	8	0	90	2100	57	1	6	38
31	Clubhouse Melt	Large	1010	44	11	0	150	3510	87	2	9	66
		Mini	450	26	7	0	65	1190	29	1	3	24
		Regular	860	49	11	0	120	2260	57	1	6	46
36	California Club	Large	1260	72	16	0	175	3340	86	2	9	68
		Regular	690	33	6	0	80	2370	62	1	7	38
		Large	1130	54	10	0	145	3990	95	1	11	67
CLASSICS												
2	Ham & Swiss	Mini	350	16	5	0	55	1230	29	0	3	20
		Regular	650	28	8	0	95	2380	58	1	7	37
		Large	960	41	12	0	140	3530	87	1	10	55
6	Hot Meatball	Mini	480	28	10	0	60	1210	35	2	4	23
		Regular	920	52	18	0	115	2280	68	3	7	43
		Large	1360	76	26	0.5	165	3350	101	4	9	63
16	The Italian	Mini	410	23	8	0	55	1410	30	0	4	19
		Regular	780	44	14	0	105	2740	60	1	8	35
		Large	1160	64	20	0.5	150	4070	90	1	11	50
20	Albacore Tuna	Mini	350	19	1.5	0	15	830	31	1	6	14
		Regular	700	37	3	0	35	1620	62	1	11	28
		Large	1050	56	4.5	0	50	2400	93	2	17	42
23	Genoa Salami & Provolone	Mini	510	36	11	0	70	1550	28	1	3	19
		Regular	980	69	21	0	135	2970	56	1	6	35
		Large	1450	103	31	0	195	4390	84	2	9	51
27	BLT	Mini	350	20	5	0	45	890	28	1	3	15
		Regular	700	40	10	0	85	1770	56	1	7	30
		Large	1050	60	15	0	130	2660	83	1	10	44
28	BLAT	Mini	390	23	6	0	45	900	30	2	3	15
		Regular	770	47	11	0	85	1800	59	4	7	31
		Large	1200	73	17	0	130	2710	91	8	10	46
30	Tuna Melt	Mini	440	26	6	0	40	970	32	1	6	19
		Regular	840	48	9	0	65	1830	63	1	12	35
		Large	1230	71	13	0	90	2690	95	2	17	52

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Trans fats listed are naturally occurring, not artificial. All sandwiches calculated on White Bread. Ingredients are based on standardized recipes and include recipe-specific dressings and spreads. All salads & wraps include dressing. Our products are handcrafted and can be customized. Cross-contact of allergens may occur during food preparation. Products may vary by location. For additional and updated information, visit www.togos.com.

VEGGIE		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
15	Greek Veggie	Mini	350	15	6	0	15	990	41	4	3	14
		Regular	660	27	10	0	25	1860	83	7	6	25
		Large	970	39	13	0	30	2780	124	11	9	35
21	Cali Veggie	Mini	440	25	10	0	40	940	38	5	3	17
		Regular	790	44	16	0	60	1680	75	10	5	28
		Large	1150	64	22	0	80	2420	112	15	8	40
22	Grilled Cheese	Mini	470	30	13	0.5	70	940	30	1	3	20
		Regular	810	49	20	1	110	1660	58	1	5	32
		Large	1150	68	27	1	145	2380	87	2	8	45

SALADS & WRAPS		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	Chicken Club	Half	480	42	10	0	85	1130	11	4	5	20
		Full	700	56	15	0	140	1610	20	8	8	38
		Wrap	630	29	10	0	100	1520	57	6	3	37
	Santa Fe Chicken	Half	610	48	10	0	85	1120	24	6	3	23
		Full	870	62	14	0	135	1710	43	11	6	40
		Wrap	760	37	11	0	95	1710	70	8	3	38
	Mediterranean Chicken	Half	430	29	8	0	50	1330	22	4	8	20
		Full	680	44	14	0	100	2030	36	8	11	41
		Wrap	690	31	11	0	85	1880	66	6	5	39
	Asian Chicken	Half	530	39	5	0	35	1080	32	3	22	14
		Full	710	47	6	0	70	1410	46	6	25	29
		Wrap	660	30	7	0	70	1510	69	5	11	33
	Farmer's Market	Half	260	19	5	0	15	740	15	3	8	5
		Full	350	24	8	0	30	850	24	6	12	10
		Wrap	460	20	8	0	15	1050	59	5	6	13
Bacon Ranch Chicken Wrap			720	38	17	0	135	1810	53	3	2	45
Greek Veggie Wrap			710	35	14	0	25	1920	72	7	6	25
Cali Veggie Wrap			830	52	20	0	60	1740	64	10	5	28

All Salad and Wrap nutritional include dressing. Farmer's Market calculated with Balsamic dressing. All Wraps calculated on Spinach Tortilla with recommended dressing.

SOUP		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Broccoli Cheddar		10 oz.	220	14	8	0	45	1490	16	1	7	9
Chicken Noodle		10 oz.	120	4	2	0	30	1340	15	1	3	8

Soup not available at all locations and flavors may vary.

BREAD & TORTILLA		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	White	Mini	140	0	0	0	0	290	29	1	0	4
		Regular	280	0	0	0	0	580	58	2	0	8
		Large	420	0	0	0	0	870	87	0	3	12
	Whole Wheat	Mini	160	2	0	0	0	280	30	4	5	7
		Regular	320	4	0	0	0	560	60	8	10	14
		Large	480	6	0	0	0	840	90	12	15	21
	Parmesan	Mini	110	3	1	0	5	260	17	0	1	5
		Regular	220	6	2	0	10	520	34	0	2	10
		Large	330	9	3	0	15	780	51	0	3	15
	Sourdough	Mini	210	1	0	0	0	410	42	0	1	7
		Regular	420	2	0	0	0	820	84	0	2	14
		Large	630	3	0	0	0	1230	126	0	3	21
Spinach Tortilla		12"	290	8	4	0	0	640	47	2	0	8
Gluten Free Tortilla		12"	280	10	2	0	0	510	45	2	9	4

Gluten Free Tortilla not available at all locations.

SANDWICH DRESSINGS		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	Mayonnaise	Mini	50	6	1	0	5	40	0	0	0	0
		Regular	110	12	2	0	10	75	0	0	0	0
		Large	160	18	3	0	15	115	0	0	0	0
	Mustard	Mini	0	0	0	0	0	95	0	0	0	0
		Regular	0	0	0	0	0	125	0	0	0	0
		Large	0	0	0	0	0	156	0	0	0	0
	BBQ Sauce	Mini	30	0	0	0	0	115	7	0	7	0
		Regular	60	0	0	0	0	230	14	0	13	0
		Large	80	0	0	0	0	340	21	0	20	0
	Chipotle Mayo	Mini	90	10	1	0	10	65	0	0	0	0
		Regular	180	20	2	0	20	125	0	0	0	0
		Large	270	30	3	0	25	190	0	0	0	0

SALAD DRESSINGS		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Asian		2.5 oz	350	31	4.5	0	0	750	18	0	18	0
Lite Balsamic Vinaigrette		2.5 oz	170	14	2.5	0	0	640	7	0	5	0
Ranch		2.5 oz	270	29	5	0	25	660	2	0	2	2
Zesty Pepitas		2.5 oz	340	34	6	0	35	440	2	0	0	5

DESSERTS		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Brownie		1	440	22	6	0	35	250	53	3	34	5
Chocolate Chunk Cookie		1	410	21	11	0	10	410	54	2	28	4
Peanut Butter Cookie		1	440	25	11	0	10	280	49	1	26	6



ALLERGEN INFORMATION

	Eggs	Fish	Milk	Peanuts	Soybeans	Shellfish	Tree Nuts	Wheat	Sesame
PASTRAMI & ROAST BEEF									
#7 Roast Beef Bread, mayo, roast beef, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x							x	
#8 Roast Beef, Turkey & Cheddar Bread, mayo, roast beef, turkey, cheddar, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x					x	
#9 Hot Pastrami Bread, mustard, pastrami, lettuce, tomatoes, onions, pickles, sliced pepperoncinini					x			x	
#10 Pastrami Reuben Bread, 1000 Island dressing, pastrami, sauerkraut, swiss cheese	x		x		x			x	
#32 Pepper Jack Melt Bread, 1000 Island dressing, pastrami, pepper jack cheese, sliced pepperoncinini	x		x		x			x	
#33 Triple Dip Bread, chipotle mayo, roast beef, turkey, pastrami, provolone cheese, au jus	x		x		x			x	
#47 French Dip Bread, chipotle mayo, roast beef, provolone cheese, au jus	x		x		x			x	
#49 Pastrami Dip Bread, chipotle mayo, pastrami, provolone cheese, au jus	x		x		x			x	
CHEESE STEAKS									
#35 Cheese Steak Bread, chipotle mayo, roast beef, mushrooms, roasted red peppers, red onions, American cheese	x		x		x			x	
#45 Chicken Cheese Steak Bread, chipotle mayo, chicken, mushrooms, roasted red peppers, red onions, American cheese	x		x		x			x	
#55 Pastrami Cheese Steak Bread, chipotle mayo, pastrami, mushrooms, roasted red peppers, red onions, American cheese	x		x		x			x	
HOT CHICKEN									
#1 Chicken & Cheddar Bread, mayo, chicken, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x					x	
#37 Brewpub Chicken Bread, ranch dressing, chicken, bacon, avocado, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini	x		x					x	
#38 Bacon Ranch Chicken Bread, ranch dressing, chicken, bacon, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini	x		x					x	
#39 BBQ Chipotle Chicken Bread, BBQ sauce, chipotle mayo, chicken, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini	x		x					x	
TURKEY									
#3 Turkey & Cheddar Bread, mayo, turkey, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x					x	
#4 Turkey, Genoa Salami & Cheddar Bread, mayo, turkey, Genoa salami, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x					x	
#5 Turkey & Cranberry Bread, mayo, turkey, cranberry, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x							x	
#24 Turkey & Avocado Bread, mayo, turkey, avocado, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x							x	
#26 Turkey, Ham & Cheddar Bread, mayo, turkey, ham, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x					x	
#31 Clubhouse Melt Bread, mayo, turkey, bacon, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x					x	
#36 California Club Bread, mayo, turkey, ham, bacon, avocado, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x							x	

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CLASSICS	Eggs	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
#2 Ham & Swiss Bread, mayo, mustard, ham, swiss cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini	x		x					x	
#6 Hot Meatball Bread, meatballs, marinara, provolone cheese	x		x		x			x	
#16 The Italian Bread, balsamic dressing, Genoa salami, cotto, capicola, mortadella, provolone cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini			x					x	
#20 Albacore Tuna Bread, mayo, tuna, relish, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x	x						x	
#23 Genoa Salami & Provolone Bread, mayo, mustard, Genoa salami, provolone cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini	x		x					x	
#27 BLT Bread, mayo, bacon, romaine lettuce, tomatoes	x							x	
#28 BLAT Bread, mayo, bacon, avocado, romaine lettuce, tomatoes	x							x	
#30 Tuna Melt Bread, mayo, tuna, relish, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x	x	x					x	
VEGGIE	Eggs	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
#15 Greek Veggie Bread, balsamic dressing, hummus, roasted red peppers, provolone cheese, cucumbers, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper			x					x	x
#21 Cali Veggie Bread, mayo, avocado, cucumber, provolone cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x					x	
#22 Grilled Cheese Bread, mayo, provolone cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini	x		x					x	
SALADS & WRAPS	Eggs	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Santa Fe Chicken Salad Romaine lettuce, chicken, avocado, tomatoes, black bean & corn salsa, red onions, cheddar, tortilla strips, zesty pepitas dressing	x		x						
Santa Fe Chicken Wrap Spinach tortilla, chicken, romaine lettuce, avocado, tomatoes, black bean & corn salsa, red onions, cheddar, tortilla strips, zesty pepitas dressing	x		x					x	
Mediterranean Chicken Salad Romaine lettuce, chicken, hummus, cucumbers, roasted red peppers, provolone cheese, tomatoes, red onions, balsamic dressing			x						x
Mediterranean Chicken Wrap Spinach tortilla, chicken, romaine lettuce, hummus, cucumbers, roasted red peppers, provolone cheese, tomatoes, red onions, balsamic dressing			x					x	x
Asian Chicken Salad Iceberg lettuce, chicken, cucumbers, carrots, red cabbage, wonton strips, sesame seeds, Asian dressing					x			x	x
Asian Chicken Wrap Spinach tortilla, iceberg lettuce, chicken, cucumbers, carrots, red cabbage, wonton strips, sesame seeds, Asian dressing					x			x	x
Chicken Club Salad Romaine lettuce, chicken, bacon, avocado, tomatoes, red onions, carrots, red cabbage, cheddar, ranch dressing	x		x						
Chicken Club Wrap Spinach tortilla, romaine lettuce, chicken, bacon, avocado, tomatoes, red onions, carrots, red cabbage, cheddar, ranch dressing	x		x					x	
Farmer's Market Salad Romaine lettuce, cucumbers, carrots, red cabbage, cheddar cheese, tomatoes, red onions, balsamic dressing			x						
Farmer's Market Wrap Spinach tortilla, romaine lettuce, cucumbers, carrots, red cabbage, cheddar cheese, tomatoes, red onions, balsamic dressing			x					x	

WRAPS	Eggs	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Bacon Ranch Chicken Wrap Spinach tortilla, chicken, bacon, cheddar cheese, lettuce, tomatoes, ranch dressing	x		x					x	
Greek Veggie Wrap Spinach tortilla, hummus, cucumbers, roasted red peppers, lettuce, tomatoes, onions, pickles, sliced pepperoncini, provolone cheese, balsamic dressing, salt, pepper			x					x	x
Cali Veggie Wrap Spinach tortilla, mayo, avocado, cucumber, provolone cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncini, salt, pepper	x		x					x	
SOUP	Eggs	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Broccoli Cheddar			x						
Chicken Noodle <i>Soup not available at all locations and flavors may vary.</i>	x		x		x			x	
BREADS & TORTILLA	Eggs	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
<i>TOGO'S breads are manufactured in a facility that also handles milk, eggs, and sesame seed.</i>									
White								x	
Whole Wheat								x	
Parmesan			x					x	
Sourdough								x	
Spinach Tortilla								x	
Gluten Free Tortilla <i>Gluten Free Tortilla not available at all locations.</i>					x				
SANDWICH DRESSINGS	Eggs	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Mayonnaise	x								
Mustard									
BBQ Sauce									
Chipotle Mayo	x								
SALAD DRESSINGS	Eggs	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Asian					x			x	x
Lite Balsamic Vinaigrette									
Ranch	x		x						
Zesty Pepitas	x		x						
Thousand Island	x								

DESSERTS

TOGO'S desserts are manufactured in a facility that also handles peanuts and tree nuts.

	Eggs	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Brownie	x		x		x			x	
Chocolate Chunk Cookie	x		x		x			x	
Peanut Butter Cookie	x		x	x	x			x	

TOGO'S GLUTEN FREE MENU ITEMS

SALADS

Santa Fe Chicken Salad

Mediterranean Chicken Salad

Farmer's Market Salad

All salad dressings and spreads are Gluten Free with the exception of Asian dressing and Au Jus

OTHER ITEMS

Hummus

Avocado

Sandwiches in a Bowl with the exception of TOGO'S Meatballs

All Meats and Cheeses are Gluten Free with the exception of TOGO'S Meatballs

Gluten Free Tortilla

Broccoli Cheddar Soup

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