Nutritional and Allergen Information
Crispers, LLC - October, 2009

NUTRITIONAL INFORMATION - SANDWICHES

PRODUCT	SERVING SIZE (ounces)	CALORIES (total)	TOTAL FAT (grams)	SAT. FAT (grams)	TRANS FAT (grams)	CARBS (grams)	DIETARY FIBER (grams)	SUGARS (grams)	PROTEIN (grams)	CHOLEST. (mg)	SODIUM (mg)
BISTRO VEGGIE, FULL	14.2 oz	590	24	4	0	77	12	7	21	10	1000
CHICKEN PECAN SALAD, FULL	14.5 oz	710	36	5	0	83	7	19	16	25	1320
CLUB, FULL	12.6 oz	730	34	7	0	63	3	4	40	85	2450
ITALIAN, FULL	15 oz	780	36	12	0	67	4	7	41	85	2870
AHI TUNA, FULL	14.2 oz	780	58	8	0	60	4	7	47	75	1670
PULLED PORK, FULL	14 oz	820	28	15	0	84	2	19	53	135	2850
PORTABELLA, FULL	14.6 oz	870	55	10	0	72	9	7	25	40	1170
REUBEN, FULL	14.1 oz	900	49	17	0	71	7	6	47	175	2860
SOUTHWEST CHICKEN, FULL	15.2 oz	930	46	16	0	81	3	20	47	120	1960
SMOKED TURKEY, FULL	15 oz	950	50	10	0	84	7	18	46	130	2490
EAST COAST CHICKEN, FULL	15.1 oz	990	51	13	0	82	3	18	48	125	2580
FRENCH DIP, FULL	12.6 oz	1000	57	14	0	66	2	7	55	140	1720
SIGNATURE STEAK, FULL	13.6 oz	1000	80	21	0	55	2	2	58	135	1880
ASIAGO BEEF, FULL	15.2 oz	1070	72	23	0	47	3	4	60	175	2060

ALLERGEN INFORMATION

PRODUCT	Milk	Shell-Fish	Wheat	Soy	Tree Nuts	Egg	Fish	Peanuts
BISTRO VEGGIE, FULL	♦		♦	♦				
CHICKEN PECAN SALAD, FULL	♦		♦	♦	♦	♦		
CLUB, FULL			♦	♦				
ITALIAN, FULL	♦		♦	♦				
AHI TUNA, FULL	♦		♦	♦			♦	
PULLED PORK, FULL			♦	♦				
PORTABELLA, FULL	♦		♦	♦				
REUBEN, FULL	♦		♦	♦				
SOUTHWEST CHICKEN, FULL	♦		♦	♦		♦		
SMOKED TURKEY, FULL			♦	♦				
EAST COAST CHICKEN, FULL	♦		♦	♦				
FRENCH DIP, FULL	♦		♦	♦				
SIGNATURE STEAK, FULL	♦		♦	♦				
ASIAGO BEEF, FULL			♦	♦				

NOTES

1) NUTRITIONAL VALUES FOR "SIGNATURE" SANDWICHES ARE BASED ON ARTISAN WHITE BREAD SELECTION.

2) REMOVAL OF CHEESE, MAYONNAISE, OR SAUCES FROM ANY SANDWICH WILL REDUCE THE TOTAL FAT AND CALORIE CONTENT.

3) WEIGHTS AND VOLUMES OF EACH SANDWICH MAY VARY SLIGHTLY. THIS MAY AFFECT THE ACTUAL VALUES GIVEN.

4) NUTRITIONAL VALUES FOR SALADS DOES NOT INCLUDE PICKLE OR SIDES.

NUTRITIONAL INFORMATION - SALADS

PRODUCT	SERVING SIZE (ounces)	CALORIES (grams)	TOTAL FAT (grams)	SAT. FAT (grams)	TRANS FAT (grams)	CARBS (grams)	DIETARY FIBER (grams)	SUGARS (grams)	PROTEIN (grams)	CHOLEST. (mg)	SODIUM (mg)
CAESAR SALAD, REGULAR	7.3 oz	180	8	3	0	16	4	2	11	0	520
GARDEN SALAD, REGULAR	12 oz	200	9	0	0	14	4	8	12	30	280
GREEK SALAD, REGULAR	15 oz	220	14	6	0	18	4	12	9	40	1570
ASIAN CHOPPED, REGULAR	14.5 oz	370	13	3	0	35	7	16	27	45	1020
CHEF SALAD, REGULAR	15.6 oz	390	17	2.5	0	12	3	8	40	325	1620
ITALIAN CHOPPED, REGULAR	13.9 oz	510	30	14	0	11	7	5	42	85	1980
SPINACH SALAD, REGULAR	10.3 oz	510	31	7	0	22	5	3	27	285	1020
SUMMER SALAD, REGULAR	15.8 oz	520	28	9	0	37	8	25	37	115	1750
SOUTHWEST, REGULAR	17.5 oz	540	13	0	0	56	11	9	41	85	1300
SIDE SALADS											
FRUIT MIX	6.1 oz	70	0	0	0	18	2	15	1	0	20
GARDEN	4.8 oz	70	3	0	0	5	2	3	4	10	100
CAESAR	3.6 oz	130	5	1	0	16	2	1	6	0	390
PEA SALAD	5.6 oz	190	10	2.5	0	17	5	6	7	10	390
CHICKEN PECAN SALAD	5.6 oz	270	23	3	0	16	3	11	3	15	460
AHI TUNA SALAD	5.6 oz	320	26	4.5	0	6	1	4	16	45	730
PESTO PASTA SALAD	5.6 oz	380	25	8	0	22	2	3	15	40	730

ALLERGEN INFORMATION

PRODUCT	Milk	Shell-Fish	Wheat	Soy	Tree Nuts	Egg	Fish	Peanuts
CAESAR SALAD, REGULAR	♦		♦	♦				
GARDEN SALAD, REGULAR	♦							
GREEK SALAD, REGULAR								
ASIAN CHOPPED, REGULAR	♦			♦	♦			
CHEF SALAD, REGULAR	♦							
ITALIAN CHOPPED, REGULAR	♦							
SPINACH SALAD, REGULAR	♦			♦	♦			
SUMMER SALAD, REGULAR	♦				♦			
SOUTHWEST, REGULAR	♦							
FRUIT MIX								
GARDEN	♦							
CAESAR	♦		♦	♦				
PEA SALAD	♦							
CHICKEN PECAN SALAD	♦			♦	♦	♦		
AHI TUNA SALAD				♦		♦	♦	
PESTO PASTA SALAD	♦		♦	♦				

NOTES

1) NUTRITIONAL VALUES FOR SALADS DO NOT INCLUDE DRESSINGS OR SIDE CRISPERS.

2) WEIGHTS AND VOLUMES OF EACH SALAD MAY VARY SLIGHTLY. THIS MAY AFFECT THE ACTUAL VALUES GIVEN.

NUTRITIONAL INFORMATION - FLATBREADS

PRODUCT	PORTIONS	SERVING SIZE (1 PORTION) (ounces)	CALORIES (total)	TOTAL FAT (grams)	SAT. FAT (grams)	TRANS FAT (grams)	CARBS (grams)	DIETARY FIBER (grams)	SUGARS (grams)	PROTEIN (grams)	CHOLEST. (mg)	SODIUM (mg)
MARGHERITA, FULL	2	6.3 oz	395	16	5	0	48	2	5	18	>3	1280
CARIBBEAN, FULL	2	8.9 oz	445	9	4	0	65	3	19	28	25	1535
PULLED PORK, FULL	2	7.6 oz	555	17	2	0	58	2	12	31	80	1565
THAI CHICKEN, FULL	2	7.6 oz	555	12	0	0	68	3	22	32	80	1530
STEAK & BLEU, FULL	2	7.75 oz	555	27	15	0	53	3	3	32	80	1460
FLATBREAD SALAD, STEAK AND BL	2	10.8 oz	590	31	14	0	57	4	6	30	73	1400
FLATBREAD SPRING SALAD	2	8.45 oz	595	32	11	0	57	5	11	23	50	1210
LOADED POTATO, FULL	2	10.6 oz	715	32	12	0	63	3	5	29	98	1685

ALLERGEN INFORMATION

PRODUCT	Milk	Shell-Fish	Wheat	Soy	Tree Nuts	Egg	Fish	Peanuts
MARGHERITA, FULL	♦		♦			♦		
CARIBBEAN, FULL	♦		♦					
PULLED PORK, FULL	♦		♦					
THAI CHICKEN, FULL	♦		♦					
STEAK & BLEU, FULL	♦		♦	♦		♦		
FLATBREAD SALAD, STEAK AND BL	♦		♦	♦				
FLATBREAD SPRING SALAD	♦		♦					
LOADED POTATO, FULL	♦		♦					

NOTES

1) WEIGHTS AND VOLUMES OF EACH FLATBREAD MAY VARY SLIGHTLY. THIS MAY AFFECT THE ACTUAL VALUES GIVEN.

2) NUTRITIONAL VALUES FOR FLATBREADS DO NOT INCLUDE DIPPING SIDES.

3) FLATBREAD SPRING SALAD INCLUDES 3 fl oz GORGONZOLA RANCH DRESSING

Nutritional and Allergen Information
Crispers, LLC - October, 2009

NUTRITIONAL INFORMATION - WRAPS

PRODUCT	SERVING SIZE (ounces)		CALORIES (total)	TOTAL FAT (grams)	SAT. FAT (grams)	TRANS FAT (grams)	CARBS (grams)	DIETARY FIBER (grams)	SUGARS (grams)	PROTEIN (grams)	CHOLEST. (mg)	SODIUM (mg)
CAESAR - CHICKEN	13	oz	870	37	9	0	84	7	5	46	70	3230
CITRUS CHICKEN	16	oz	890	55	9	0	96	11	37	14	25	1530
CAESAR - STEAK	14	oz	990	52	15	0	80	7	5	48	75	2710

ALLERGEN INFORMATION

Milk	Shell-Fish	Wheat	Soy	Tree Nuts	Egg	Fish	Peanuts
♦		♦	♦		♦	♦	
♦		♦	♦	♦	♦		
♦		♦	♦		♦	♦	

NOTES
1) NUTRITIONAL VALUES FOR WRAPS ARE BASED ON THE SPECIFIED TORTILLA ON THE MENU.
2) WEIGHTS AND VOLUMES OF EACH WRAP MAY VARY SLIGHTLY. THIS MAY AFFECT THE ACTUAL VALUES GIVEN.
3) REMOVAL OF SAUCES, NUTS AND CHEESE FROM ANY WRAP WILL GREATLY REDUCE FAT AND CALORIES.

NUTRITIONAL INFORMATION - SOUPS

PRODUCT		SERVING SIZE (ounces)		CALORIES (grams)	TOTAL FAT (grams)	SAT. FAT (grams)	TRANS FAT (grams)	CARBS (grams)	DIETARY FIBER (grams)	SUGARS (grams)	PROTEIN (grams)	CHOLEST. (mg)	SODIUM (mg)
FRENCH ONION	No Toppings	10	fl oz	80	3.5	1	0	9	1	4	2	0	1340
VEGETARIAN VEGETABLE	Vegetarian	10	fl oz	80	2	0	0	13	3	4	3	0	420
BUTTERNUT SQUASH		10	fl oz	220	12	7	0	28	1	10	2	30	970
CHICKEN NOODLE		10	fl oz	210	4.5	1.5	0	31	2	3	10	50	950
BROCCOLI CHEDDAR		10	fl oz	250	10	10	0	12	0	6	13	60	900
BLACK BEAN AND SAUSAGE		10	fl oz	330	9	2.5	0	45	14	2	18	10	830
MUSHROOM		10	fl oz	240	19	11	0.5	13	1	6	3	60	700
TOMATO BASIL		10	fl oz	330	27	16	0	20	2	13	3	80	930
LOADED POTATO		10	fl oz	280	18	11	0	22	1	2	8	55	1060
CLAM CHOWDER		10	fl oz	190	10	6	0	15	>1	6	8	40	750
JAMBALAYA		10	fl oz	260	19	11	1.5	12	0	2	6	65	770
KICKIN CRAB		10	fl oz	320	21	12	0	27	2	7	6	80	840

ALLERGEN INFORMATION

Milk	Shell-Fish	Wheat	Soy	Tree Nuts	Egg	Fish	Peanuts
♦		♦	♦				
			♦				
♦		♦	♦				
♦		♦	♦		♦		
♦		♦	♦				
			♦				
			♦				
♦		♦	♦				
♦		♦	♦				
♦	♦	♦					
♦		♦					
♦	♦	♦	♦				

NUTRITIONAL INFORMATION - KIDS MEALS

PRODUCT	SERVING SIZE (ounces)		CALORIES (total)	TOTAL FAT (grams)	SAT. FAT (grams)	TRANS FAT (grams)	CARBS (grams)	DIETARY FIBER (grams)	SUGARS (grams)	PROTEIN (grams)	CHOLEST. (mg)	SODIUM (mg)
GARDEN SALAD	4.1	oz	60	2.5	0	0	5	1	3	4	10	95
CHICKEN TENDERS	5.4	oz	280	10	2	0	26	2	0	20	40	1080
PEANUT BUTTER AND JELLY	3.1	oz	320	15	3	0	39	2	21	9	0	340
CHEESE PIZZA	5.1	oz	330	8	4.5	0	46	2	3	20	30	750
MACARONI & CHEESE	10	oz	510	16	4.5	0	72	3	16	18	30	1240

ALLERGEN INFORMATION

Milk	Shell-Fish	Wheat	Soy	Tree Nuts	Egg	Fish	Peanuts
♦							
♦		♦	♦		♦		
		♦					♦
♦		♦					
♦		♦					

NOTES
1) WEIGHTS AND VOLUMES OF EACH ITEM MAY VARY SLIGHTLY. THIS MAY AFFECT THE ACTUAL VALUES GIVEN.
2) ABOVE INFORMATION DOES NOT INCLUDE SIDE ITEMS.
3) PB&J IS BASED ON WHITE BREAD SELECTION.

NUTRITIONAL INFORMATION - DRESSINGS

PRODUCT	SERVING SIZE (ounces)		CALORIES	TOTAL FAT (grams)	SAT. FAT (grams)	TRANS FAT (grams)	CARBS (grams)	DIETARY FIBER (grams)	SUGARS (grams)	PROTEIN (grams)	CHOLEST. (mg)	SODIUM (mg)
FF ITALIAN	1	oz	15	0	0	0	2	0	2	0	0	320
FF RASPBERRY	1	oz	30	0	0	0	8	0	7	0	0	70
FF SUN DRIED TOMATO	1	oz	60	0	0	0	14	0	10	0	0	210
BALSAMIC	1	oz	60	0	0	0	3	0	2	0	0	210
GREEK	1	oz	70	8	1.5	0	2	0	1	0	>5	250
LITE RANCH	1	oz	90	9	1.5	0	>1	0	>1	>1	10	270
JALAPENO RANCH	1	oz	100	10	1.5	0	1	0	>1	>1	5	230
SWEET PLUM	1	oz	100	8	1.5	0	8	0	8	0	0	240
1000 ISLAND	1	oz	100	10	1.5	0	4	0	4	0	5	240
RANCH	1	oz	110	12	2	0	1	0	>1	>1	10	220
HERB CITRUS	1	oz	110	10	1.5	0	4	0	3	0	0	110
BLUE CHEESE	1	oz	110	11	2	0	1	0	>1	2	10	230
HONEY LIME	1	oz	130	11	1.5	0	8	0	8	0	>5	80
THAI SPICY PEANUT	1	oz	130	11	1.5	0	7	0	6	>1	0	310
CAESAR	1	oz	140	14	2.5	0	2	0	>1	2	15	360
HONEY MUSTARD	1	oz	140	13	2	0	7	0	6	0	10	200
GARLIC BALSAMIC	1	oz	150	17	2.5	0	1	0	1	0	10	95

ALLERGEN INFORMATION

Milk	Shell-Fish	Wheat	Soy	Tree Nuts	Egg	Fish	Peanuts
♦							
♦					♦		
		♦	♦				♦
♦					♦	♦	
			♦				

Nutritional and Allergen Information
Crispers, LLC - October, 2009

NUTRITIONAL INFORMATION - DESSERTS

PRODUCT	SERVING SIZE (Each)	CALORIES (total)	TOTAL FAT (grams)	SAT. FAT (grams)	TRANS FAT (grams)	DIETARY FIBER (grams)	SUGARS (grams)	PROTEIN (grams)	CHOLEST. (mg)	SODIUM (mg)
Minis	1 Each	130	5	4.5	0	0	16	>1	10	75
Strawberry Shortcake	1 Each	150	8	5	0	0	15	1	20	105
Chocolate Dream	1 Each	200	9	6	0	1	22	2	40	140
Triamisu	1 Each	280	14	9	0	0	31	4	95	140
Key Lime										
Gelato	1 Scoop	203	12	7	0	0	21	5	105	75
Vanilla Bean	1 Scoop	208	12	7	0	0	22	4	90	115
Cappuccino	1 Scoop	208	12	7	0	0	22	4	90	115
Roasted Banana	1 Scoop	220	9	5	0	0	26	8	75	105
Strawberry	1 Scoop	232	14	8	0	0	21	5	115	60
Dark Chocolate	1 Scoop	280	13	6	0	2	30	10	75	115
Rocky Road										
Sorbet	1 Scoop	110	0	0	0	0	23	1	0	10
Orange	1 Scoop	120	0	0	0	2	28	0	0	0
Raspberry	1 Scoop	140	0	0	0	0	34	0	0	0
Mango										
Large Cookies	2 nibblers	100	6	2.5	0	1	0	2	5	105
Sugar Free Choc Chip	2 nibblers	120	7	2	0	1	0	2	10	135
Sugar Free Oatmeal Pecan	1 Each	240	18	10	0	1	27	3	35	220
White Chocolate Mac	1 Each	280	9	3	0	3	15	5	25	220
Oatmeal Raisin	1 Each	300	14	8	0	2	29	3	35	230
Chocolate Chip	1 Each	310	14	10	0	1	28	5	40	200
Triple Chocolate	1 Each	320	15	11	0	1	27	3	40	240
Lemon Cooler	1 Each	320	15	6	0	2	24	5	10	440
Peanut Butter	1 Each	350	16	4.5	0	4	25	6	30	230
Harvest Cookie										

ALLERGEN INFORMATION

PRODUCT	Milk	Shell-Fish	Wheat	Soy	Tree Nuts	Egg	Fish	Peanuts
Minis	♦		♦	♦		♦		
Strawberry Shortcake	♦		♦	♦		♦		May
Chocolate Dream	♦		♦	♦		♦		
Triamisu	♦		♦	♦		♦		
Key Lime								
Gelato	♦					♦		
Vanilla Bean	♦					♦		
Cappuccino	♦					♦		
Roasted Banana	♦					♦		
Strawberry	♦							
Dark Chocolate	♦				♦	♦		
Rocky Road								
Sorbet								
Orange								
Raspberry								
Mango								
Large Cookies	♦		♦	♦	May	♦		May
Sugar Free Choc Chip	♦		♦	♦	♦	♦		May
Sugar Free Oatmeal Pecan	♦		♦	♦	♦	♦		May
White Chocolate Mac	♦		♦	♦	May	♦		May
Oatmeal Raisin	♦		♦	♦	May	♦		May
Chocolate Chip	♦		♦	♦	May	♦		May
Triple Chocolate	♦		♦	♦	May	♦		May
Lemon Cooler	♦		♦	♦	May	♦		♦
Peanut Butter	♦		♦	♦	♦	♦		May
Harvest Cookie								

NOTES

1) WEIGHTS OF GELATO AND SORBET BASED ON APROX 4OZ. SERVING MAY VARY SLIGHTLY. THIS MAY AFFECT THE ACTUAL VALUES GIVEN.

Nutritional and Allergens Disclaimer

The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from Crisper's suppliers. The nutrition information is based on standard product formulations and serving sizes. All nutrition information is based on average values for ingredients from Crisper's suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products is certified as vegetarian. This information is correct as of January 2009, unless stated otherwise.

Although we require our suppliers to meet high standards for quality and safe food handling, we cannot know for an absolute certainty if the food items we purchase from outside sources do or do not contain allergens. Our foods are distributed, and in some cases, packaged and prepared by our vendors, therefore, it is uncertain whether or not items have been cross contaminated before reaching a Crispers restaurant. We can, however, make certain that every precaution necessary can be taken in the kitchen if the guest makes the manager aware of their allergies before ordering so that the kitchen staff can appropriately accommodate the specific guest needs.