

brisco's

BUILD TO ORDER SANDWICHES



Build your sandwich the way you like it.

Choose your bread, dressing, cheese, protein and extras. Add your selections up for nutrition of your custom creation (use half the values for half sandwich).

Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
BREAD																	
Ciabatta	74	2.6	164	8	13	2.3	0.00	0	380	30.0	1	0	5	7	1.83	1	0
Foccacia	55	2	131	7	20	3	0.00	0	274	22.0	1	0	4	5	1.34	52	0
Gluten-Free Wheat	49	1.7	130	35	3.7	4	0.00	0	260	22.0	2	3	4	20	0.36	0	0
Gluten-Free White	49	1.7	140	35	4	3.5	0.00	0	250	22.0	1	3	3	20	0.36	0	0
Sourdough	72	2.5	180	10	5.1	1.0	0.00	0	280	34.0	2.0	0.0	8.0	40	2.16	0	0
Squaw	74	2.6	184	18	9.0	1.8	0.00	0	313	0.0	1.8	9.2	12.9	0	0.00	0	0
Wheat	96	3.4	256	32	12.3	3.5	0.77	0	502	45.8	3.5	5.5	10.5	137	3.34	0	0
White	74	2.6	196	22	11.3	2.4	0.53	0	502	37.3	1.8	3.2	5.6	111	2.76	0	0
DRESSING																	
Chipotle Mayonnaise	14	0.5	98	98	99.9	10.8	1.47	5	85	0.0	0.0	0.0	0.0	0	0.01	4	0
Dijon Mustard	15	0.5	30	15	100.0	1.5	0.00	0	345	0.0	0.0	0.0	0.0	0	0.00	0	0
Mayonnaise	14	0.5	99	98	97.8	10.9	1.63	5	78	0.4	0.0	0.1	0.1	1	0.03	39	0
Mustard	16	0.6	10	6	48.2	0.6	0.04	0	177	0.8	0.5	0.1	0.7	9	0.24	11	0
Oil & Vinegar	14	0.5	79	8	99.8	9.1	0.65	0	0	0.0	0.0	0.0	0.0	0	0.01	0	0
Pesto Mayonnaise	14	0.5	90	84	89.6	9.2	1.42	3	125	1.4	0.4	0.1	1.0	56	0.93	189	1
CHEESE																	
Cheddar	28	1.0	160	70	69.2	8.0	5.00	30	170	1.0	0.0	0.0	7.0	200	0.00	0	0
Hot Pepper Jack	28	1.0	109	79	74.3	8.9	5.93	25	188	1.0	0.0	0.0	5.9	0	0.00	0	0
Povolone	28	1.0	100	70	69.2	8.0	5.00	20	250	1.0	0.0	0.0	7.0	0	0.00	0	0
Swiss	28	1.0	106	70	65.9	7.8	4.98	26	54	1.5	0.0	0.4	7.5	221	0.06	232	0
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PROTEIN																	
Ham	113	4.0	121	40	29.0	4.0	2.02	51	1417	6.1	0.0	6.1	16.2	40	72.90	0	0
Hummus	113	4.0	280	140	45.0	16.0	2.00	0	640	32.0	8.0	4.0	12.0	0	0.00	0	0
Roast Beef	113	4.0	189	40	20.6	4.0	1.35	74	1350	1.3	0.0	1.3	33.7	0	0.00	0	0
Smoked Turkey	113	4.0	121	20	15.8	2.0	0.00	61	1012	2.0	0.0	2.0	22.3	0	1.46	0	0
Tuna Salad	113	4.0	217	114	53.4	12.5	1.81	32	520	1.7	0.2	0.7	22.9	12	1.44	108	0
EXTRAS																	
Alfalfa Sprouts	7	0.2	2	0	20.3	0.0	0.00	0	0	0.1	0.1	0.0	0.3	2	0.07	11	1
Avocado	50	1.8	80	66	75.8	7.4	1.07	0	4	4.3	3.4	0.3	1.0	6	0.28	73	5
Cucumber	28	1.0	3	0	11.6	0.0	0.00	0	1	0.6	0.2	0.4	0.2	4	0.06	20	1
Lettuce	57	2.0	8	1	7.5	0.1	0.01	0	6	1.7	0.7	1.1	0.5	10	0.23	285	2
Pepperoncini	7	0.2	6	0	0.0	0.0	0.00	0	78	0.5	0.2	0.0	0.0	0	0.00	0	1
Pickle Spear	31	1.1	6	0	0.0	0.0	0.00	0	247	1.1	0	1.1	0.0	0	0.00	0	0
Red Onion	7	0.2	3	0	2.1	0.0	0.00	0	0	0.7	0.1	0.3	0.1	2	0.01	0	1
Tomato	31	1.1	6	1	8.6	0.1	0.01	0	2	1.2	0.4	0.8	0.3	3	0.08	256	4

Nutritional information has been calculated using standard product formulations, serving sizes and information provided by our suppliers. Actual nutritional values may vary because of seasonal and regional variances, differences in suppliers, ingredients, recipes, preparation techniques and rounding of fractional values. Nutritional information is correct as of February 1st, 2016.

Please feel free to contact Cristilynn Rood at crood@calbaptist.edu if you have any Nutritional questions. We welcome any input and inquires.

