



Quality ★ Taste ★ Nutrition

Saint Louis Since 1967

Nutrition Guide

Many customers know about our quality and taste, but few know that we are the **healthiest sandwich** in the market with only **5.8 grams of fat** and **26.5 grams of protein** for our plain Roast beef sandwich.

Compare our lean high protein beef sandwich to other beef or even grilled chicken sandwiches.

Customize your sandwich just the way YOU want to fit your nutrition needs.

Nutrition Information

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Vitamin A	% Vitamin C	% Calcium	% Iron	Allergen(s)*
Original Roast Beef Sandwich	293	106	12	3	39	682	36	3	13	27.5	0	37	4	22	WSG
Original Roast Beef Sandwich, No Seasoning ♥	239	106	12	3	39	285	30	2	7	26.5	0	37	4	22	WSG
Original Roast Beef, No Bun ♥	85	36	3.8	2	39	402	6	1	6	23.5	0	0	0	15	-
Original Roast Beef, No Bun/Seasoning ♥♥	31	36	3.8	2	39	35	0	0	0	22.5	0	0	0	15	-
Original Roast Beef Sandwich, No Butter ♥	243	56	5.8	2	39	682	36	3	13	27.5	0	37	4	22	WG
Original Roast Beef Sandwich, No Butter/Seasoning ♥♥	189	56	5.8	2	39	285	30	2	7	26.5	0	37	4	22	WG
Original Roast Beef Sandwich on Wheat	313	112	7.8	3	39	625	39	5	14	30.5	0	0	6	25	WSG
King Beef Sandwich	417	142	15.8	5	78	717	36	3	14	53	0	37	4	37	WSG
King Beef Sandwich, No Seasoning ♥	363	142	15.8	5	78	320	30	2	7	52	0	37	4	37	WSG
King Beef Sandwich, No Butter/Seasoning ♥♥	313	92	9.49	4	78	320	30	2	7	52	0	37	4	37	WG
French Dip Sandwich	456	127	14	2	55	859	63	4	15	39	0	37	8	22	WSG
Italian Beef Sandwich	530	127	14	2	55	1370	64	3	12	39	0	40	8	22	WSG
Original Roast Beef Sandwich w/Cheddar	344	135	15	4.5	39	1050	40	3	14	29	1	38	16	22	MWSG
Original Roast Beef Sandwich w/Swiss	357	144	16	5	52	876	39	3	13	31	2	37	21	22	MWSG
Large Roast Beef Sandwich - Steak Bun	416	135	15	3	55	739	50	4	16	37	0	37	4	22	WSG
Large Roast Beef Sandwich w/Cheddar - Steak Bun	496	180	20	5.5	55	1300	57	4	18	38	0	37	16	22	MWSG
Large Roast Beef Sandwich w/Swiss - Steak Bun	480	162	18	5	67	933	50	4	16	40	2	38	21	22	MWSG
Original Turkey Breast Sandwich	268	86	9	2	36	850	27	2	7	17	0	0	4	10	WSG
Original Turkey Breast Sandwich, No Butter ♥	218	36	2.8	1	36	850	27	2	7	17	0	0	4	10	WSG
Original Turkey Breast Sandwich on Wheat	287	92	10	2	36	793	30	4	8	20	0	0	4	5	WSG
King Turkey Sandwich	337	93	10	2	70	1450	29	2	8	29	0	0	4	10	WSG
Original Ham Sandwich	276	99	11	2	35	965	27	1	10	19	0	0	8	14	WSG
Original Ham Sandwich, No Butter ♥	226	49	4.8	2.1	35	965	27	1	10	19	0	0	4	12	WSG
Original Ham Sandwich on Wheat	295	185	12	2	35	908	30	3	11	22	0	0	8	9	WSG
King Ham Sandwich	358	126	14	3	70	1485	27	1	10	34	0	0	8	16	WSG
Original Pulled Pork Sandwich	278	85	9	2	60	680	27	1	4	21	0	0	4	16	WSG
Original Pulled Pork Sandwich w/Slaw	329	118	13	3	63	782	32	2	8	21	5	27	5	17	WSGE
Large Pulled Pork Sandwich	382	120	14	4	89	951	32	1	3	31	0	0	6	20	WSG
Jumbo Hot Dog - All Beef	335	219	24	8	35	860	26	0	3	10	0	21	4	10	WSG
Jumbo Chili Dog - All Beef	387	245	27	10	44	930	29	2	4	13	5	25	13	14	WSG
Toasted Cheese Sandwich	406	162	18	6	28	902	47	0	0	14	4	0	24	7	MWSG
Kid's Roast Beef Sandwich, No Butter ♥	105	21	2.3	0.5	18	380	25	2	8	11.5	0	0	4	10	WSG
Kid's Roast Beef Sandwich, No Butter/Seasoning ♥♥	51	21	2.3	0.5	18	122	19	1	2	10.5	0	0	4	10	WSG
Kid's Turkey Breast Sandwich, No Butter ♥	138	18	2	0	19	442	19	1	2	10	0	0	4	5	WSG
Kid's Ham Sandwich, No Butter ♥	138	45	2.25	1	22	430	19	1	2	10	0	0	4	6	WSG

These figures are approximations only. Actual values may vary depending upon exact portion size. Values may also vary if ingredient substitutions are used. ♥ Choose these options for a healthier alternative. ♥♥ Healthy sandwiches with no butter. Dash (-) denotes no allergens. *Denotes Allergen(s) specified per item: E=Eggs M=Milk W=Wheat S=Soybeans F=Fish/Seafood P=Peanuts T=Tree Nuts (Almond, Pecans, Walnuts) G=Gluten.

Nutrition Information

On the Side

Condiments

Desserts and Treats

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	% Vitamin A	% Vitamin C	% Calcium	% Iron	Allergen(s)*
Natural-Cut Fries	298	126	14	3	0	385	39	3	0	4	0	6	0	1	—
Large Natural-Cut Fries	428	180	20	5	0	550	56	5	0	6	0	7	0	1	—
Baked Potato w/Butter and Sour Cream	572	224	25	10	42	16	78	7	0	9	11	81	0	22	MS
Baked Potato w/ Cheddar	360	99	9.5	4.7	0	706	61.5	3	3	10	0	84	0	27	M
Mandarin Oranges ♥	70	0	0	0	0	10	18	0	17	0	0	0.5	0	0	—
Baked Potato ♥	240	32	2	1	0	26	51	7	0	8	0	80	0	22	S
Caesar Wedge	468	392	43	8	39	1267	12	3	5	9	0	0	0	0	MEFS
Caesar Wedge w/protein	610	455	50	11	74	1316	12	3	5	28	0	84	14	2	MEFS
Side Salad ♥	37	4	0	0	0	23	6	4	0	3	22	66	0	6	—
Butcher Block Cobb	619	439	18	11	79	1680	14	1	9.5	31	0	0	6	1	M
Cole Slaw - Seasonal	335	117	13	2	3	72	15	1	12	1	20	108	4	2	E
White Cheddar Mac N' Cheese	499	206	22	8	39	939	53	3	12	18	154	40	187	1	MW
Veggie Sticks ♥	28	0	0	0	0	52	6	1	0	1	241	10	2	2	—
Veggie Dip	110	90	10	2	20	490	6	0	0	0	0	0	0	0	EM
LC Seasonal	589	456	20	9	42	825	29	4	21	9	0	0	0	2	MT
LC Seasonal w/protein	732	519	26	12	76	873	29	2	9	27	0	0	14	2	MT
Broccoli Soup	130	62	7	2	15	890	12	1	5	4	6	20	10	2	M
Buttery Toasted Cheese Tomato Soup	102	63	7	5	25	382	8	1	5	2	531	2	54	1	MW
Hearty Chili ♥	234	117	12.6	4.4	40	315	15	5	2	13.5	20	2	10	28	MW
Go-Gurt	70	5	0.5	0	5	30	13	0	10	2	—	0	24.5	0	M
Apple Sauce	45	0	0	0	0	3	11	1.5	8	0	0	0	0	0	—
Provel Cheese	100	70	8	6	25	360	1	0	0	6	6	0	15	0	M
Gluten Free Bun ♥	200	40	4	0	0	460	38	3	6	4	0	0	2	4	E
Sour Cream	60	50	5	3.5	20	50	2	0	1	1	4	0	0	0	M
Lite Ranch Dressing	110	90	10	2	20	490	6	0	0	0	0	0	0	0	EM
Gluten-Free Caesar Dressing	142	126	14	2	0	581	4	0	3	0	0	0	0	0	—
Lite Italian Dressing ♥	92	72	8	1	0	421	5	0	3	0	2	0	0	0	—
Gluten-Free Bistro Dressing	180	170	19	3.5	5	440	2	0	1	0	0	0	2	0	EMF
Swiss Cheese	50	35	4	2.5	15	210	0	0	0	4	2	0	10	0	M
Horseradish Sauce	100	81	9	2	7	146	1	0	1	0	0	0	1	2	E
Chipotle Ranch	160	150	17	2.5	5	300	2	0	2	0	0	0	2	0	EMWSG
BBQ Sauce	28	0	0	0	0	314	7	0	6	0	2	0	0	0	—
Ketchup	15	0	0	0	0	190	4	0	4	0	6	0	0	0	—
Cheddar Cheese	40	23	2.5	1.5	5	205	2	0	1	2	1	1	5	1	M
Cheddar Cheese Cup	60	34	3.8	2.3	8	307	3	0	1	2	2	2	8	9	M
Pepper Jack Cheese	70	50	6	3.5	2	120	0	0	0	5	4	0	0	14	M
Regular Flavor Burst Custard Cone (except Butter Pecan)	62	18	2	1	17	26	10	0	8	1	1	4	4	0	EMWSG
Regular Butter Pecan Custard Cone	62	18	2	1	17	45	10	0	8	1	1	4	4	0	EMWSG
Large Flavor Burst Custard Cone (except Butter Pecan)	202	54	6	3	56	79	32	0	25	5	4	17	10	1	EMWSG
Large Butter Pecan Custard Cone	202	54	6	3	56	120	32	0	25	5	4	17	10	1	EMWSG
Regular Orange or Lemon Freeze	535	117	13	9	66	285	92	0	76	13	8	6	35	2	M
Regular Vanilla Frozen Custard Cone	54	18	2	1	17	22	8	0	6	1	1	4	4	0	EMWSG
Regular Vanilla Frozen Custard Dipped Cone	111	63	7	4	17	22	10	0	8	2	1	4	4	4	EMWSG
Large Vanilla Frozen Custard Cone	182	54	6	3	56	73	27	0	20	5	4	17	10	1	EMWSG
Large Vanilla Frozen Custard Dipped Cone	266	126	14	8	56	73	30	0	23	5	4	16	10	7	EMWSG
Dish of Vanilla Frozen Custard	200	84	9.4	5.7	58	145	25	0	21	3	1	4	4	0	M
Regular Vanilla Shake	465	117	13	9	66	285	74	0	66	13	8	4	35	2	M
Regular Chocolate Shake	517	117	13	9	66	295	87	1	78	13	6	3	36	6	M
Regular Strawberry Shake	538	117	13	9	66	291	90	1	79	13	6	16	35	2	M
Regular Concrete	318	90	10	6	101	132	49	0	37	8	9	40	4	11	ESM
Regular Chocolate Sundae	306	54	6	3	51	120	58	0	18	5	4	20	2	11	EM
Regular Hot Fudge Sundae	336	84	14	5	51	120	58	0	18	5	4	22	2	11	EM
Regular Strawberry Sundae	329	54	6	3	51	66	59	0	18	5	4	20	2	11	EM
Chocolate Chip Cookie	200	100	11	6	10	115	25	1	15	2	2	0	2	4	EMWS
Macadamia Nut Cookie	200	100	11	5	10	115	25	0	15	2	2	0	2	4	EMWST
Sugar Cookie	190	80	9	4.5	15	160	25	0	11	2	4	0	0	4	EMWS