

PC Dukes - Edy's Ice Cream

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Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Shakes												
Chocolate Milkshake	1 serving	793	377	42	28	0	126	270	81	0	68	18
Peanut Butter Cup Milkshake	1 serving	833	413	46	24	0	126	350	85	4	68	18
Vanilla Milkshake	1 serving	673	341	38	24	0	126	230	69	0	64	10
Cones & Cups												
Ice Cream												
Chocolate	1 scoop	170	81	9	6	0	25	45	18	0	15	3
Peanut Butter Cup	1 scoop	180	90	10	5	0	25	65	19	1	15	3
Vanilla	1 scoop	140	72	8	5	0	25	35	15	0	14	1
Ice Cream with Waffle Cone												
Chocolate Waffle Cone	1 serving	430	171	19	12	0	50	125	56	1	37	8
Peanut Butter Cup Waffle Cone	1 serving	450	189	21	10	0	50	165	58	3	37	8
Vanilla Waffle Cone	1 serving	370	153	17	10	0	50	105	50	1	35	4
Waffle Cone	1 serving	90	9	1	0	0	0	35	20	1	7	2

Revised: 8/17/16

PC Dukes - Dukes Deli

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Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Specialty Sandwiches												
The Ultimate Italian	1 each	550	360	40	17	*0	120	2590	9	0	3	39
Dukes Club	1 each	620	189	21	9	0	110	2530	63	5	12	49
New Yorker	1 each	530	180	20	10	0	105	2260	43	4	<1	44
The Texan	1 each	480	243	27	10	*0	125	1670	16	<1	4	43
The Broccoli and Swiss Wrap	1 each	570	207	23	8	*0	30	1100	74	9	11	21
Made to Order												
Bread												
White Sub Roll	1 roll	230	9	1	0	0	0	350	35	1	1	6
Wheat Sub Roll	1 roll	230	32	4	1	*0	<5	450	40	4	4	10
Rye Bread	2 slices	200	23	3	1	0	0	560	39	3	0	6
White Bread	2 slices	130	9	1	0	0	0	250	25	<1	3	4
Wheatberry Bread	2 slices	300	36	4	1	0	0	540	59	4	9	10
Wheat Bread	2 slices	120	10	1	0	0	0	220	22	4	2	8
Bagel	1 each	300	9	1	0	0	0	430	63	4	11	10
Wrap, Jalapeno Cheese	1 - 12"	300	81	9	2	0	0	940	47	1	1	9
Wrap, Spinach	1 - 12"	300	80	9	3	0	0	820	47	1	2	9
Wrap, Sun-Dried Tomato Basil	1 - 12"	300	80	9	3	0	0	940	47	1	2	9
Wrap, Honey Wheat	1 - 12"	300	80	9	3	0	0	790	47	3	4	9
Gluten-Free Wrap - La Tortilla Factory	1 each	180	45	4	1	0	0	390	31	3	1	2
Gluten-Free Wrap - Udi's	1 each	170	36	4	2	0	0	330	27	5	4	5
Gluten-Free Bread - 3Fellers	2 slices	170	41	5	0	0	0	310	28	<1	3	4
Gluten-Free Bread - Udi's	2 slices	140	36	4	0	0	0	300	22	1	4	4
Protein												
Bacon	2 slices	37	25	3	1	0	9	101	0	0	0	3
Corned Beef	3 slices	120	45	5	2	0	45	870	1	0	0	16
Ham	3 slices	110	45	5	2	0	40	1020	2	0	2	16
Pepperoni	8 pieces	75	0	7	3	0	15	260	<1	0	0	3
Pastrami	3 slices	90	14	2	0	0	40	690	2	0	0	17
Roast Beef	3 slices	120	45	5	2	0	45	350	0	0	0	20
Salami	3 slices	120	99	11	4	0	20	450	<1	0	<1	5
Turkey, Breast	3 slices	80	14	2	0	0	30	780	4	<1	1	13
Turkey, Smoked	3 slices	80	14	2	0	0	40	830	2	<1	1	15
Hummus, Plain	3 oz.	180	90	10	2	0	0	470	21	6	4	7
Hummus, Red Pepper	3 oz.	180	90	10	2	0	0	450	20	6	4	7
Chicken Salad	3 oz.	230	171	19	3	*0	45	230	2	0	<1	12
Tuna Salad	3oz.	230	171	19	3	*0	30	320	1	0	<1	13
Cheese												
American	1 slice	50	36	4	2	0	13	140	<1	0	1	3
Cheddar	1 slice	60	41	5	3	0	15	90	0	0	0	4
Pepper Jack	1 slice	51	37	4	3	0	12	74	0	0	0	3
Provolone	1 slice	50	34	4	2	0	10	124	0	0	0	4
Swiss	1 slice	54	35	4	3	0	13	27	<1	0	0	4
Toppings												
Banana Pepper	1/4 cup	5	<1	0	0	0	0	584	<1	0	0	<1
Cucumbers	1/4 cup	5	0	0	0	0	0	0	2	0	<1	0
Green Peppers	1/4 cup	8	1	<1	0	0	0	1	2	<1	1	<1
Hummus, Plain	2 Tbsp.	60	0	4	0	0	0	160	7	2	1	2
Hummus, Red Pepper	2 Tbsp.	60	32	4	0	0	0	160	7	2	1	2
Jalapenos	2 Tbsp.	5	108	0	0	0	0	355	1	<	0	0
Lettuce	1 leaf	0	108	0	0	*	0	10	<1	0	0	0
Pickle Slices	1/4 cup	10	0	0	0	0	0	970	1	<1	<1	0

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Red Onion	1/4 cup	10	9	0	0	0	0	0	2	0	<1	0
Sweet Pepper	1 oz.	5	54	0	0	*	0	390	1	0	*	0
Tomato	2 slices	5	0	0	0	0	0	0	1	0	<1	0
Condiments												
Italian	2 Tbsp.	40	32	4	1	0	0	260	2	0	2	0
Mayonnaise	1 Tbsp.	110	100	12	2	0	5	75	0	0	0	0
Chipotle Mayonnaise	1 Tbsp.	110	100	12	2	0	8	100	0	0	<1	0
Light Mayonnaise	1 Tbsp.	35	30	4	1	0	<5	125	<1	0	0	0
Dijon Mustard	1 Tbsp.	15	10	1	0	0	0	340	<1	0	0	1
Honey Mustard Dijon	1 Tbsp.	70	50	6	1	0	5	90	3	0	3	0
Yellow Mustard	1 Tbsp.	10	0	0	0	0	155	<1	0	0	<1	0
Ranch	2 Tbsp.	140	#VALUE!	14	3	1	10	180	1	0	<1	0
Vegetable Oil	1 Tbsp.	121	121	13	1.5	0	0	0	0	0	0	0
Red Wine Vinegar	1 Tbsp.	0	0	0	0	0	0	0	0	0	0	0
Side												
Dill Pickles, Spears	1 each	4	0	0	0	0	0	283	<1	0	0	0

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Revised: 8/17/16

PC Dukes - Etc.

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Daily Menu items												
Pasta												
Pasta	1 serving	120	0	0	0	*	0	10	24	<1	*0	4
Schar Pasta	1 serving	200	14	2	0	*0	0	15	44	2	0	4
Sauce												
Alfredo Sauce	1 serving	217	176	20	7	0	30	540	7	1	4	4.5
Marinara Sauce	1 serving	45	0	0	0	*	0	30	6	0	3	0
Meat Sauce	1 serving	75	27	3	3	*	15	30	6	0	3	6
Soup												
Chicken Noodle	1 serving	120	0	0	0	*	0	10	24	<1	*0	4
Chili with Beans	1 serving	345	108	12	5	*	53	1335	39	12	8	22.5
Premium Feature**												
Pasta												
Ham & Broccoli Alfredo	1 serving	720	333	37	13	*0	100	2190	58	5	10	40
Sausage Mushroom Casserole	1 serving	770	351	39	16	*5	85	1440	69	8	12	34
Mushroom Pepperoni	1 serving	510	108	12	5	*0	30	330	79	8	13	21
Chipotle Chicken Mac & Cheese	1 serving	1000	522	58	27	*0	205	1650	53	3	7	64
Soup												
Chicken Noodle Soup	12 fl. oz.	233	36	4	1	*0	56	1417	42	4	7	8
Beef and Bean Chili	12 fl. oz.	608	135	15	9	*0	116	1343	48	16	*15	27
Vegetable Soup	12 fl. oz.	173	18	2	0	*0	0	315	34	7	6	6
Italian Wedding	12 fl. oz.	158	68	8	3	*0	19	1080	16	2	2	7
Italina Sausage and Bean	12 fl. oz.	195	54	6	2	*0	11	960	27	4	*2	7.5
Cream of Tomato	12 fl. oz.	135	0	0	0	0	0	720	30	2	18	3
Cream of Broccoli	12 fl. oz.	330	230	26	16	*1	94	510	18	2	10	8
Clam Chowder	12 fl. oz.	225	95	11	7	*0	41	2272	22	2	6	10.5
Side Items												
Bread Bowl	1 each	170	23	3	0	*0	10	320	30	1	1	6
Breadstick	1 each	150	32	4	1	*0	0	220	24	1	1	5
Caesar Side Salad	1 each	60	23	3	1	*0	5	120	7	1	<1	3
Corn Muffin	1 each	250	126	14	2	0	50	250	30	1	15	3

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Revised: 8/17/16

**Menu items offered on rotation.

PC Dukes - P.C. Sliders

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Daily Menu items												
Boneless Wing Sliders	5 oz.	390	234	26	5	*	50	600	20	3	0	20
Chicken Fingers	3 each	150	49	5	1	0	24	540	11	<1	0	13
Mini Burgers, Traditional	3 each	480	279	31	13	*0	140	230	5	0	1	42
Mini Burgers, A1 Sauce	3 each	480	279	31	13	*0	145	500	8	<1	3	41
Mini Falafel Burgers, Traditional	3 each	280	153	17	3	0	0	450	25	8	3	8
Shrimp Po' Boy	1 each	730	198	22	4	*0	125	1540	96	3	7	30
Fried Green Tomato Po' Boy	1 each	380	63	7	2	*0	45	1140	71	5	5	12
Chicken Wrap	2 each	320	135	15	8	*0	35	730	31	1	2	14
Boneless Buffalo Bites	1 serving	370	261	29	5	0	40	2270	14	0	<1	15
Boneless BBQ Bites	1 serving	470	252	28	5	0	40	1070	40	<1	24	15
Falafel Slider	3 each	520	153	17	4	*0	15	870	80	12	11	14
Falafel Wrap	2 each	630	234	26	6	*0	0	1380	82	11	7	18
Popcorn Shrimp	1 serving	420	126	14	2	0	120	890	45	1	1	21
Toppings												
Iceberg Lettuce	1 leaf	0	0	0	0	*	0	10	<1	0	0	0
Tomato	2 slices	5	0	0	0	0	0	0	1	0	<1	0
Onions	1 oz.	10	0	0	0	*	0	0	3	0	1	0
Cucumbers	1 oz.	0	0	0	0	*	0	0	1	0	0	0
Cheddar Cheese	1 slice	86	64	7	5	0	23	133	0	0	0	5
Premium Feature**												
Bacon Burger	2 each	500	288	32	12	*0	155	810	3	0	0	47
Buffalo Blue Burger	2 each	590	351	39	17	*0	180	590	4	0	0	53
General Tso Bites	1 serving	840	414	46	9	*0	90	2110	69	6	27	37
Sloppy Joe Sliders	2 each	220	81	9	3	*0	40	260	20	2	8	14
Pork BBQ Sliders	2 each	290	135	15	5	*0	85	490	13	0	10	25
Ham & American Slider	2 each	160	90	10	4	*0	45	810	7	0	5	12
Side Items												
Celery Sticks	3 oz.	15	0	0	0	*	0	75	3	1	2	<1
Mac & Cheese	1/2 cup	198	60	7	3	*	19	268	26	1	*	8
French Fries	5 oz.	159	78	9	2	*	0	26	18	2	*	2
Hush Puppies	2 each	140	14	2	1	*0	25	160	28	2	2	4
Cole Slaw	1/2 cup	35	1	0	0	*	0	26	8	4	*	2
Rotating Vegetable of the Day												
Seasoned Corn	1/2 cup	100	36	4	1	*0	0	100	17	2	3	2
Seasoned Carrots	1/2 cup	60	36	4	1	*0	0	75	7	3	3	<1
Green Beans	1/2 cup	50	32	4	1	*0	0	100	5	2	1	1
California Blend Vegetables	1/2 cup	20	0	0	0	*	0	25	4	2	1	1
Broccoli	1/2 cup	20	0	0	0	*	0	10	4	2	1	2
Roasted Mixed Vegetables	1/2 cup	50	9	1	0	*0	0	210	9	2	4	2
Green Peas	1/2 cup	100	32	4	1	*0	0	90	13	5	4	5

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Revised: 8/17/16

**Menu items offered on rotation.

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PC Dukes - Side Pocket

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Pitas												
Falafel Fanatic	1 each	560	180	20	3	*0	0	980	80	14	10	18
Tuscan Tofu	1 each	540	198	22	5	*0	10	1120	66	7	15	20
Southwestern Chicken	1 each	670	261	29	7	*0	70	1210	73	11	*10	33
Athenian Greek	1 each	620	252	28	7	*0	65	1610	62	9	*8	31
Buffalo Chicken	1 each	748	396	44	15	0	78	2646	57	14	5	27
Chicken Caesar	1 each	720	360	40	7	*0.5	55	1500	59	6	6	31
Mandarin Chicken	1 each	650	216	24	3	*0	40	1400	82	9	28	30
Meatless Pita												
Southwestern	1 each	583	234	26	6	*0	33	1130	73	11	*10	21
Athenian Greek	1 each	533	225	25	6	*0	28	1530	62	9	*8	19
Caesar	1 each	633	333	37	6	*0.5	18	1420	59	6	6	19
Mandarin	1 each	563	189	21	2	*0	3	1320	82	9	28	18
Buffalo	1 each	625	306	34	13	0	65	1890	52	5	5	22
Salads												
Falafel Fanatic	1 each	340	153	17	3	*0	0	460	39	12	8	11
Tuscan Tofu	1 each	320	171	19	5	*0	10	600	25	5	13	13
Southwestern Chicken	1 each	405	234	26	7	*0	70	690	32	9	*8	26
Athenian Greek	1 each	400	225	25	7	*0	65	1090	21	7	*8	24
Buffalo Chicken	1 each	528	369	41	15	0	78	2126	16	12	3	20
Chicken Caesar	1 each	500	333	37	7	*0.5	55	980	18	4	4	24
Mandarin Chicken	1 each	430	189	21	3	*0	40	880	41	7	26	23
Meatless Salad												
Southwestern	1 each	318	207	23	6	*0	33	610	32	9	*8	14
Athenian Greek	1 each	313	198	22	6	*0	28	1010	21	7	*8	12
Caesar	1 each	413	306	34	6	*0.5	18	900	18	4	4	12
Mandarin	1 each	343	162	18	2	*0	3	800	41	7	26	11
Buffalo	1 each	405	279	31	13	0	65	1370	11	3	3	15
Made To Order												
Base												
Pita	1	220	27	3	0	0	0	520	41	2	2	7
Salad, Lettuce	4 oz.	15	0	0	0	*	0	10	3	1	2	1
Salad, Romaine	4 oz.	20	0	0	0	*	0	10	4	2	1	1
Salad, Spinach	4 oz.	25	0	0	0	*	0	90	4	2	0	3
Greens												
Lettuce	1 oz.	4	0	0	0	*	0	3	1	0	1	0
Romaine	1 oz.	5	0	0	0	*	0	3	1	1	0	0
Spinach	1 oz.	6	0	0	0	*	0	23	1	1	0	1
Protein												
Buffalo Chicken	2 each	123	86	10	2	0	13	756	5	9	<1	5
Chicken Strips	1 each	170	108	12	2	0	15	380	10	0	0	7
Grilled Chicken	2 oz.	87	30	3	1	0	37	80	<1	0	0	12
Tofu	2 oz.	45	23	3	0	0	0	5	<1	<1	0	5
Cheese												
Cheddar Cheese	1 oz.	110	81	9	6	0	30	180	0	0	0	7
Blue Cheese	1 oz.	100	63	7	5	0	25	280	1	0	0	6
Feta Cheese	1 oz.	70	54	6	5	0	25	320	1	0	1	4
Mozzarella Cheese	1 oz.	90	54	6	3	*	15	180	1	0	0	7
Parmesan Cheese	1 oz.	90	45	5	4	0	20	125	3	0	0	9
Toppings												
Black Beans	1 oz.	25	0	0	0	0	0	35	5	2	*	2
Black Olives	1 oz.	50	41	5	1	0	0	200	2	1	0	0

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Bruschetta	1 oz.	5	0	0	0	*0	0	70	1	0	<1	0
Carrots	1 oz.	10	0	0	0	0	0	20	3	<1	1	0
Chickpeas	1 oz.	35	0	0	0	0	0	35	6	1	*	1
Corn	1 oz.	25	0	0	0	*	0	0	6	<1	<1	<1
Croutons	1 oz.	120	36	4	0	0	0	340	19	<1	2	3
Cucumbers	1 oz.	0	0	0	0	*	0	0	1	0	0	0
Green Peppers	1 oz.	5	0	0	0	*	0	0	1	0	<1	0
Mandarin Oranges	1 oz.	15	0	0	0	0	0	0	4	0	3	0
Red Onion	1 oz.	10	0	0	0	*	0	0	3	0	1	0
Sunflower Seeds	1/2 oz.	80	63	7	1	*	0	0	4	2	<1	3
Tomato	1 oz.	5	0	0	0	*	0	0	1	0	<1	0
Dressing												
Balsamic Vinaigrette	2 Tbsp.	60	45	5	1	0	0	200	4	0	4	0
Buffalo Ranch	2 Tbsp.	160	135	15	3	0	10	880	2	0	0	1
Chipotle Avocado Ranch	2 Tbsp.	80	72	8	2	*0	5	160	2	<1	0	<1
Creamy Caesar	2 Tbsp.	140	135	15	3	0	0	260	1	0	<1	<1
Greek Vinaigrette	2 Tbsp.	15	9	1	0	*0	0	70	2	0	*<1	0
Light Italian	2 Tbsp.	100	90	10	2	0	5	270	1	0	0	<1
Oil & Vinegar	2 Tbsp.	180	180	20	2	0	0	0	0	0	0	0
Light Ranch	2 Tbsp.	35	5	1	0	*	<5	270	8	0	2	0
Spicy Oriental Sesame Vinaigrette	2 Tbsp.	70	45	5	1	*0	0	210	4	0	3	0

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PC Dukes - Topios

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Pizza**												
Cheese	1 slice	360	110	13	5	0	20	690	42	2	3	18
Pepperoni	1 slice	420	170	19	8	0	35	910	43	2	3	20
Veggie Rotation												
Roasted Vegetable	1 slice	360	99	11	5	*0	20	720	48	2	6	18
Spinach Tomato	1 slice	360	99	11	5	*0	20	770	46	2	6	18
Bruschetta	1 slice	320	90	10	4	*0	15	740	43	2	4	16
Margherita	1 slice	270	63	7	3	*0	15	590	43	2	4	11
Caramelized Onion and Pepper	1 slice	370	99	11	5	*0	20	710	49	2	7	18
Black Olive	1 slice	360	99	11	5	*0	20	730	46	2	5	18
Daily Creation Rotation												
Ham & Pineapple Pizza	1 slice	400	108	12	5	*0	35	970	51	2	11	22
Southwest Chicken	1 slice	390	117	13	7	*0	45	720	48	4	*3	21
Buffalo Chicken	1 slice	350	99	11	5	*0	45	1240	41	1	2	21
Taco	1 slice	450	189	21	10	*0	65	920	43	2	3	24
Chipotle Chicken Ranch Pizza	1 slice	450	171	19	6	*0	50	950	43	2	2	25
Philly Cheesesteak	1 slice	410	135	15	6	*0	40	780	46	2	6	23
Whole Grain Rotation												
Spinach, Ham and Feta Pizza	1 slice	380	108	12	6	*0	40	1000	50	5	5	21
Sausage Pizza	1 slice	450	162	18	7	0	35	870	50	6	4	22
Chicken Bruschetta Pizza	1 slice	380	99	11	5	*0	35	670	49	5	4	23
Ham & Pineapple Pizza	1 slice	420	99	11	5	*0	35	950	56	6	10	24
Eggplant Parmesan	1 slice	380	90	10	5	*0	25	670	52	6	5	20
Meatlover's	1 slice	510	207	23	9	0	50	1000	51	6	5	25
Buffalo Chicken	1 slice	410	108	12	6	*0	50	1100	48	4	3	25
Calzone/Stromboli Rotation												
Italian Deli Calzone	1 each	700	252	28	13	*0	85	1770	75	3	9	38
Spinach Ricotta Calzone	1 each	620	171	19	10	*0	55	1410	81	6	11	33
BBQ Chicken & Cheddar Calzone	1 each	710	189	21	11	*0	90	1560	89	5	19	41
Philly Cheesesteak Calzone	1 each	780	252	28	13	*0	90	1640	89	4	19	43
Broccoli & Red Pepper Stromboli	1 each	580	135	15	7	*0	30	1200	82	6	9	30
Meatball Calzone	1 each	720	243	27	13	*1	75	1550	82	6	11	36
Four Cheese Stromboli	1 each	700	243	27	15	*0	70	1470	75	4	6	37
Melts												
Meatball Hero	6-inch	730	360	40	16	2	85	1500	59	4	6	35
Meatball Hero	12-inch	1460	710	79	32	3	170	3010	118	8	11	69
Chicken Parmesan Melt	6-inch	750	340	37	9	0	60	1680	71	3	5	33
Chicken Parmesan Melt	12-inch	1890	88	22	*0	225	4560	171	10	19	101	
Salad Rotation												
Mixed Greens	1 each	*15	0	*0	*0	*	*0	*10	*3	*1	*1	*<1
Salads Rotation												
Caesar Salad	1 each	170	135	15	3	*0	5	370	7	1	1	3
Caprese Salad	1/2 cup	160	110	12	6	0	35	410	3	<1	2	10
Caesar Pasta Salad	1/4 cup	90	50	6	2	0	<5	125	7	0	<1	2
Breadstick												
Asiago Breadsticks	1 serving	530	200	23	5	0	10	950	65	3	5	16

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Revised: 8/17/16

**Offered on a rotation.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

PC Dukes - Zoca

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Made-to-Order												
Base												
Tortilla (Taco)	1- 6"	90	23	3	1	0	0	230	14	0	<1	2
Tortilla (Burrito)	1-12"	310	72	8	3	0	0	820	49	1	2	8
Corn Tortilla (Taco)	1 each	60	23	3	0	0	0	0	9	<1	0	<1
Tortilla Bowl (Salad)	1 each	380	126	14	3	0	0	670	54	3	2	9
Tortilla Chips (Nachos)	1 serving	348	96	11	2	0	0	362	58	8	1	7
Filling												
Rice	1 serving	90	0	0	0	*0	0	34	20	0	0	2
Roasted Chicken	1 serving	131	50	6	1	*0	56	375	2	0	0	19
Roasted Chicken (Taco)	1 serving	44	17	2	1	*0	19	125	1	0	0	6
Shredded Beef	1 serving	143	63	7	3	*0	49	233	2	0	0	20
Shredded Beef (Taco)	1 serving	48	18	2	1	*0	16	78	1	0	0	7
Taco Beef	1 serving	190	108	12	5	*0	60	530	3	0	1	17
Taco Beef (Taco)	1 serving	73	45	5	2	*0	23	210	1	0	1	7
Black Beans	1 serving	53	0	0	0	*0	0	188	9	5	*0	3
Black Beans (Taco)	1 serving	18	0	0	0	*0	0	63	3	2	*0	1
Pinto Beans	1 serving	60	0	0	0	*0	0	405	11	5	0	3
Pinto Beans (Taco)	1 serving	20	0	0	0	*0	0	135	4	2	0	1
Double Bean	1 serving	75	0	0	0	*0	0	395	13	7	0	2
Vegetarian Portabella Mushroom	1 serving	15	0	0	0	*0	0	20	2	<1	<1	<1
Toppings												
Cheddar Cheese	1 serving	115	90	10	6	0	30	175	<1	0	0	7
Cheddar Cheese (Quesadilla)	1 serving	230	171	19	12	0	60	350	<1	0	0	14
cheddar Cheese (Taco)	1 serving	58	45	5	3	0	15	88	<1	0	0	4
Jack Cheese	1 serving	110	81	9	6	0	38	165	<1	0	0	7
Jack Cheese (Quesadilla)	1 serving	220	162	18	11	0	55	330	<1	0	0	14
Jack Cheese (Taco)	1 serving	55	41	5	3	0	19	83	<1	0	0	4
Lettuce	1 serving	4	0	0	0	*	0	1	<1	0	0	0
Onion	1 serving	10	0	0	*	0	0	0	3	0	1	0
Tomato	1 serving	5	0	0	0	*	0	0	1	0	<1	0
Jalapeno	1 serving	10	0	0	0	0	0	530	2	<1	<1	0
Portabella Mushrooms	1 serving	25	9	1	0	*0	0	35	4	1	2	2
Lime	1 serving	0	0	0	0	*	0	0	<1	0	0	0
Sour Cream	1 serving	45	36	4	3	*0	15	35	1	0	1	<1
Cilantro	1 serving	2	0	0	0	*	0	8	<1	<1	0	<1
Avocado Ranch Dressing	1 serving	100	90	10	2	*	<5	160	2	<1	<1	<1
Salsa Ranch	1 serving	90	81	9	2	*0	10	290	2	0	1	<1
Guacamole	1 serving	110	90	10	2	0	0	200	5	3	0	1
Guacamole	1 serving	220	180	20	3	0	0	400	10	6	0	2
Warm Dos Queso	1 serving	165	126	14	9	*0	45	715	1	0	0	9
Warm Dos Queso	1 serving	330	243	27	18	*0	90	1430	2	0	0	18
Salsa												
Pico de Gallo	1 serving	10	0	0	0	*0	0	95	2	<1	1	0
Zoca	1 serving	10	0	0	0	*0	0	130	3	<1	1	<1
Black Bean & Corn	1 serving	40	0	0	0	*0	0	110	8	2	*<1	2
Verde	1 serving	10	0	0	0	*0	0	130	2	<1	1	0
Roja	1 serving	40	9	1	0	*0	0	380	7	<1	*0	<1
Fire Roasted	1 serving	10	0	0	0	*0	0	35	2	<1	1	0
Vegetarian Sides												
Zoca Signature Rice	1 serving	120	5	1	0	*0	0	45	27	0	0	3
Charro Beans	1 serving	90	5	1	0	*0	0	280	16	6	<1	6
Seasoned Black Beans	1 serving	80	0	0	0	*0	0	290	15	6	*<1	5
Rice & Beans	1 serving	140	9	1	0	*0	0	140	27	2	1	4
Tortilla Chips & Snack Dips												
Guacamole & Tortilla Chips	1 serving	501	252	28	4	0	0	700	59	13	<1	7
Queso & Tortilla Chips	1 serving	611	315	35	19	*0	90	1730	51	7	<1	23
Pico de Gallo & Tortilla Chips	1 serving	306	72	8	1	*0	0	520	55	9	3	6
Salsa & Tortilla Chips	1 serving	306	72	8	1	*0	0	590	55	8	3	6
Tortilla Chips	1 serving	281	68	8	1	0	0	300	49	7	<1	5
Cinnamon chips	1 serving	240	72	8	2	*0	0	460	37	1	10	5

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Revised: 8/16/16

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