

Nutrition Disclaimer

The nutritional information provided is based on data from our suppliers and USDA databases. Nutritional analysis, excluding the soups, was performed by Healthy Dining. Nutrition information is rounded according to FDA guidelines. Recipes are the property of Momma G's Inc. Ingredient information is based on our standard recipes; however, variations may occur due to difference in suppliers, ingredient substitutions, slight differences in product preparation at the restaurant level, the region of the country and season of the year. Customized orders will affect the nutrition information. Items are prepared by hand so portion sizes may vary slightly.

SIGNATURE SANDWICHES	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Momma's Love	650	32	9	0	50	1960	56	3	8	31
Turkey Delite	610	28	7	0	50	1900	60	5	15	29
Big Momma	680	33	9	0	65	2360	58	3	9	34
Big Daddy	870	55	20	0	95	2980	56	3	8	37
Camel Rider	620	38	12	0	70	2350	37	2	5	27
Hoagie	790	49	16	0	75	2400	55	3	7	30
Beef & Cheese	640	32	9	0	35	1840	57	3	8	33
Gobbler	750	43	15	0	80	2780	58	5	15	30
Cajun Turkey Wrap	670	34	11	0	60	2230	59	7	5	32

MOMMA'S SPECIALTIES

Reuben (Spicy Mustard)	380	14	7	0	55	2020	36	3	5	25
Reuben (1000 Island)	420	18	8	0	60	1990	39	3	7	25
Chicken Breast	610	20	7	0	75	1290	85	3	11	32
Chicken Salad Melt	440	23	9	0	60	1310	36	2	4	21
Pastrama Momma	380	15	7	0	55	1890	35	2	5	23
Bull Rider	380	10	6	0	40	1590	44	2	11	27
Cheese Sandwich (Provolone)	750	45	18	0	80	1500	54	5	14	30
Cheese Sandwich (Swiss)	750	45	18	0	80	1110	57	5	14	33
Cheese Sandwich (Muenster)	750	45	18	0	80	1470	54	5	14	27
Cheese Sandwich (Mozzarella)	700	41	15	0	60	1470	57	5	14	26
Cheese Sandwich (Pepperjack)	750	49	18	0	80	1510	54	5	14	27
Cheese Sandwich (American)	760	48	20	0	70	2450	54	5	14	27

VEGGIE LOVER

Veggie Burger	700	24	7	0	45	1690	101	6	9	26
Veggie Wrap	380	14	7	0	20	930	53	7	1	15
Veggie Rider	250	7	4.5	0	20	470	34	2	3	11

MEATS & CHEESES-BUILD YOUR OWN * 1 oz serving size

Swiss	100	8	5	0	25	60	1	0	0	8
Smoked Cheddar	100	8	5	0	25	400	1	0	1	5
Provolone	100	8	5	0	25	190	0	0	0	7
Muenster	100	8	5	0	25	180	0	0	0	6
Mozzarella	90	7	4.5	--	20	180	1	0	0	6
Cream Cheese	100	9	6	--	30	100	2	0	1	2
Hot Pepper	100	9	5	0	25	190	0	0	0	6
American Cheese	100	9	6	0	20	510	0	0	0	6
Pan Roasted Turkey	25	0	0	0	10	270	2	0	1	5
Smoked Turkey	25	0	0	0	10	270	2	0	1	5
Roast Beef	30	1	0	0	5	230	1	0	1	6
Pepperoni	140	13	6	--	35	500	0	0	0	5
Pastrami	35	1.5	0.5	0	10	370	2	0	1	4
Kosher Bologna	90	8	3.5	--	15	290	2	0	1	3
Ham	25	1	0	0	10	320	0	0	0	4
Genoa Salami	110	9	3.5	--	25	480	0	0	0	6
Corned Beef	35	1.5	0.5	0	10	370	2	0	1	4

BREADS

White Seeded Hoagie	260	4	1	0	0	470	49	2	3	10
Honey wheat Bun	240	2	0	0	0	440	50	4	10	8
Jewish Rye (2 slices)	156	2	0	0	0	460	30	2	2	6
Sourdough (2 slices)	160	1	0	0	0	360	32	2	2	6
Wheat Wrap	290	7	3	0	0	750	50	6	0	9
Pita	150	0	0	0	0	290	31	1	1	5
Bagel	340	2	0	0	0	520	76	2	6	12
White Bread (2 slices)	110	2	0	0	0	280	22	1	1	4

MOMMA'S SALADS *analysis does not include dressing or additional toppings

Momma's Western Salad	260	13	6	0	65	680	18	6	5	21
Momma's Grilled Chicken Salad	100	3.5	1	0	35	360	8	4	3	11
Momma's Love Salad	80	1.5	0	0	15	560	7	4	3	12
Momma's Caesar Salad	380	17	5	0	55	1380	39	4	3	26

SALAD TOPPINGS * 1 oz serving size

Sun Dried Tomato	70	1	0	0	0	590	16	3	11	4
Diced Onions	10	0	0	0	0	0	3	0	1	0
Black Olives	35	3	0	0	0	250	2	1	0	0
Broccoli	10	0	0	0	0	10	1	1	--	1
Black Beans	25	0	0	0	0	65	4	2	0	2
Jalapenos	10	0	0	0	0	470	1	1	1	0
Mushrooms	5	0	0	0	0	0	1	0	1	1
Raisins	80	0	0	0	0	0	22	1	17	1
Croutons	120	4	0	--	0	430	20	0	0	4
Diced Tomatoes	5	0	0	0	0	0	1	0	1	0
Shredded Carrots	10	0	0	0	0	20	3	1	1	0
Green Olives	40	4.5	0.5	--	0	440	1	1	0	0
Garbanzo Beans	35	0	0	0	0	85	6	1	--	1
Diced Cucumber	5	0	0	0	0	0	1	0	0	0
Baby Corn	10	0	0	0	0	95	2	1	0	0
Banana Peppers	5	0	0	0	0	490	1	0	0	0
Feta Cheese	70	6	4	0	25	320	1	0	1	4
Shredded Cheddar	110	9	5	0	30	180	1	0	0	7
Parmesan Cheese	100	7	4	0	20	380	1	0	0	9
Pepperoncinis	10	0	0	0	0	330	2	0	0	0
Sunflower Seeds	180	16	1.5	0	0	170	6	3	--	5
Mandarin Oranges	10	0	0	--	0	0	3	0	2	0
Grilled Chicken	70	3	1	0	35	350	2	0	1	9
Roast Beef (2oz)	60	1.5	0.5	0	10	470	2	0	1	11
Ham (2oz)	50	1.5	0.5	0	15	650	1	0	1	8
Smoked Turkey (2oz)	50	0	0	0	20	530	3	0	1	10



	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
DRESSINGS * 1 oz serving size										
Southwestern Dressing	110	10	1.5	0	10	320	7	0	6	0
Thousand Island	110	9	1.5	0	10	230	7	0	4	0
Creamy Caesar	140	14	2.5	0	15	360	2	0	2	1
Blue Cheese	160	16	3.5	0	15	300	1	0	1	2
Honey Mustard	150	14	2	0	15	140	5	0	4	0
Greek Vinaigrette	100	10	2	0	0	420	1	0	0	0
Spicy Salsa Ranch	130	16	2.5	0	15	320	0	0	0	0
Balsamic Vinaigrette	80	7	2	0	0	320	5	—	4	0
Balsamic Vinegar	30	0	0	0	—	5	5	—	5	0
Fat Free Raspberry Vinaigrette	35	0	0	0	0	250	8	0	7	0
Light Italian Dressing	10	0	0	0	0	360	1	0	0	0
Fat Free Ranch Dressing	35	0	0	0	0	490	8	1	3	0
Ranch Dressing	160	19	3	0	15	250	0	0	0	0

KID'S MENU										
Grilled Cheese (Swiss)	340	21	12	0	60	430	24	1	2	21
Grilled Cheese (Provolone)	340	21	12	0	60	690	22	1	1	18
Grilled Cheese (Muenster)	340	21	12	0	60	670	22	1	1	16
Grilled Cheese (Mozzarella)	310	19	11	0	50	670	24	1	1	15
Grilled Cheese (Pepperjack)	350	24	13	0	60	690	22	1	1	16
Grilled Cheese (American)	350	23	14	0	55	1320	22	1	1	16
Ham and Cheese	410	25	15	0	70	1970	23	1	2	24

DESSERTS & SIDES										
Oreo Cookies and Cream Cheese Cake	290	16	10	0	5	210	34	1	23	3
Reese's Peanut Butter Pie	310	19	10	—	5	200	31	1	22	5
Chocolate Chip Cookie	260	14	7	0	15	180	34	1	20	3
Brownie	320	14	3.5	3	25	160	44	2	28	4
Bagel & Cream Cheese	440	11	6	0	30	620	78	2	7	14
Whole Kosher Pickle	20	0	0	0	0	2940	3	0	0	0
Half Kosher Pickle	10	0	0	0	0	1470	2	0	0	0
Quarter Kosher Pickle	5	0	0	0	0	740	1	0	0	0
Baked Potato Salad	420	30	7	0	25	770	33	3	3	7
Momma's Nachos w/o jalapenos	500	35	13	0	50	770	36	2	2	16
Momma's Nachos w/ jalapenos	510	35	13	0	50	1240	37	3	3	17

MOMMA'S SOUPS * small serving size, @ 6 oz. **soup analysis from product labels										
Santa Fe Black Bean	225	2	2	0	8	1440	41	20	3	12
Broccoli and Cheese	225	17	5	0	15	1290	15	3	6	6
Broccoli and Cheese Gold	300	24	6	0	23	1485	15	3	3	6
Baja Chicken Enchilada	210	14	7	0	53	1013	13	2	4	10
Chicken Gumbo	150	7	2	0	30	1500	17	2	3	6
Chicken Noodle	105	2	1	0	23	1485	14	2	2	9
Chicken Dumplings	210	5	2	0	45	1500	29	3	5	11
Boston Clam Chowder	225	11	2	0	15	1605	24	0	0	8
Pilgrim Corn Chowder	255	12	4	0	8	1170	36	5	6	3
Cream of Broccoli	165	6	2	0	15	1680	23	2	14	6
Cream of Potato	225	12	2	0	15	1305	26	3	3	3
French Onion	105	5	1	0	0	2310	12	0	9	5
Garden Vegetable w/ Pasta	135	0	0	0	0	1080	29	3	14	3
Italian Wedding	195	7	3	0	15	1410	24	2	3	9
Minestrone	120	2	0	0	0	1410	23	5	5	5
Potato w/ Bacon	285	20	4	0	15	1320	21	3	0	5
Creamy Tomato Basil Bisque	165	8	5	0	30	945	23	5	8	3
Tomato Florentine	135	2	0	0	0	1590	26	2	9	5
Tomato Tortellini	135	2	1	0	45	1035	26	2	8	5
Mexican Tortilla	180	5	2	0	8	1485	29	6	8	5
Barley Vegetable Beef	135	5	2	0	15	1560	17	3	2	8
Fire Roasted Vegetable	90	3	0	0	0	1680	15	2	6	3
Lumberjack Vegetable	90	4	2	0	4	998	13	4	3	3
Vegetarian Vegetable	53	0	0	0	0	728	11	2	3	2
Wild Rice w/ Chicken	240	14	4	0	38	1245	23	2	0	6
Wisconsin Cheese	315	23	9	0	30	1485	24	0	9	6
White Chicken Chili	150	1.5	.5	0	19	630	22	4	2	14

Momma's Soups * large serving size, @ 14 oz. **soup analysis from product labels										
Santa Fe Black Bean	525	5	4	0	18	3360	95	46	7	28
Broccoli and Cheese	525	39	11	0	35	3010	35	7	14	14
Broccoli and Cheese Gold	700	56	14	0	53	3465	35	7	7	14
Baja Chicken Enchilada	490	33	16	0	123	2363	30	5	9	23
Chicken Gumbo	350	16	5	0	70	3500	39	4	7	14
Chicken Noodle	245	5	2	0	53	3465	32	4	4	21
Chicken Dumplings	490	12	5	0	105	3500	67	7	11	25
Boston Clam Chowder	525	25	5	0	35	3745	56	0	0	19
Pilgrim Corn Chowder	595	28	9	0	18	2730	84	11	14	7
Cream of Broccoli	385	14	4	0	35	3920	53	4	32	14
Cream of Potato	525	28	4	0	35	3045	60	7	7	7
French Onion	245	11	2	0	0	5390	28	0	21	11
Garden Vegetable w/ Pasta	315	0	0	0	0	2520	67	7	32	7
Italian Wedding	455	16	7	0	35	3290	56	4	7	21
Minestrone	280	4	0	0	0	3290	53	11	11	11
Potato w/ Bacon	665	46	9	0	35	3080	49	7	0	11
Creamy Tomato Basil Bisque	385	18	11	0	70	2205	53	11	18	7
Tomato Florentine	315	4	0	0	0	3710	60	4	21	11
Tomato Tortellini	315	5	2	0	105	2415	60	4	18	11
Mexican Tortilla	420	11	4	0	18	3465	67	14	18	11
Barley Vegetable Beef	315	11	4	0	35	3640	39	7	4	18
Fire Roasted Vegetable	210	7	0	0	0	3920	35	4	14	7
Lumberjack Vegetable	210	9	4	0	9	2328	30	9	7	5
Vegetarian Vegetable	123	0	0	0	0	1698	26	4	7	4
Wild Rice w/ Chicken	560	32	9	0	88	2905	53	4	0	14
Wisconsin Cheese	735	53	21	0	70	3465	56	0	21	14
White Chicken Chili	350	4	1	0	44	1470	51	9	5	32

