

#71 PRETZELRAMI

Nutritional Information

REGULAR	LARGE
Nutrition Facts 1 servings per container Serving Size 1 regular (276g) Amount per serving Calories 610 % Daily Value* Total Fat 34g 44% Saturated Fat 15g 73% Trans Fat 0g Cholesterol 105mg 34% Sodium 1930mg 84% Total Carbohydrate 42g 15% Dietary Fiber 1g 5% Total Sugars 4g Includes 1g Added Sugars 2% Protein 38g Vitamin D 3mcg 15% Calcium 236mg 20% Iron 136mg 760% Potassium 110mg 2% * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice	Nutrition Facts 1 servings per container Serving Size 1 large (351g) Amount per serving Calories 810 % Daily Value* Total Fat 49g 63% Saturated Fat 21g 106% Trans Fat 0g Cholesterol 150mg 50% Sodium 2610mg 113% Total Carbohydrate 44g 16% Dietary Fiber 1g 5% Total Sugars 5g Includes 1g Added Sugars 2% Protein 52g Vitamin D 4mcg 20% Calcium 322mg 25% Iron 203mg 1130% Potassium 118mg 2% * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice

INGREDIENTS: Pastrami (Beef, Water, Isolated Soy Protein, Salt, Dextrose, Seasoning (Sugar, Garlic Powder, Salt, Sodium Erythorbate, Dextrose, Natural Flavorings), Sodium Phosphate, Sodium Nitrite, Natural Flavorings. Coated with: Spices, Dextrose, Paprika, Salt, Garlic Powder, Corn Starch, Spice Extractives), Pretzel Bun 5" round (Enriched wheat flour, (wheat flour, malted barley flour, ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, starter (flour, water, salt), soybean oil, sugar, salt, vital wheat gluten, malt, enzymes, ascorbic acid, diacetyl tartaric acid esters of mono & diglycerides (DATEM), L-Cysteine, hydrochloride), yeast, calcium propionate, sodium hydroxide, sesame flour), Smoked Provolone (Cultured Pasteurized Milk, Salt, Enzymes, Natural Smoke Flavor.), Dill Pickle Chip (Pickles, Water, Distilled Vinegar, Salt, Sodium Benzoate Preservative, Calcium Chloride, Polysorbate 80, Natural Flavors, Yellow #5 and Blue #11), Mustard, classic yellow - Togo's (Distilled Vinegar, Water, No. 1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavor and Garlic Powder)

CONTAINS: Mustard, Soy, Wheat, Sesame, Gluten, Milk



NUTRITIONAL INFORMATION

PASTRAMI & ROAST BEEF		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
7	Roast Beef	Mini	310	10	1	0	55	1000	28	1	2	24
		Regular	630	20	2.5	0	110	1960	57	1	5	48
		Large	940	30	3.5	0	165	2920	85	2	7	73
8	Roast Beef, Turkey & Cheddar	Regular	700	30	8	0	115	1950	57	1	5	48
		Large	1110	45	11	0	200	3200	86	2	7	85
9	Hot Pastrami	Mini	310	14	4.5	0	40	1070	30	1	4	16
		Regular	620	28	9	0	80	2080	59	1	7	32
		Large	940	42	14	0	120	3080	89	2	11	48
10	Pastrami Reuben	Mini	500	31	10	0	65	1200	33	1	7	21
		Regular	910	54	18	0	115	2270	63	2	12	39
		Large	1310	77	25	0	170	3340	94	2	17	57
32	Pepper Jack Melt	Mini	500	31	11	0	65	1350	32	0	6	21
		Regular	910	54	19	0	115	2510	61	0	11	40
		Large	1310	77	26	0	170	3680	91	0	15	59
33	Triple Dip	Regular	890	41	12	0	165	3560	56	0	5	70
		Large	1440	67	20	0.5	290	5160	84	0	7	119
47	French Dip	Mini	430	20	5	0	75	2170	28	0	3	30
		Regular	800	37	9	0	140	3030	54	0	4	56
		Large	1180	54	12	0.5	210	3890	80	0	5	82
49	Pastrami Dip	Mini	480	30	9	0	65	2220	30	0	4	22
		Regular	910	57	17	0	120	3130	57	0	6	40
		Large	1340	84	24	0.5	180	4040	84	0	9	58
CHEESE STEAKS		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
35	Cheese Steak	Mini	430	20	5	0	70	1120	30	1	2	28
		Regular	820	37	8	0	130	2130	59	3	5	55
		Large	1220	54	11	0	195	3160	90	5	8	81
45	Chicken Cheese Steak	Mini	390	20	5	0	65	990	30	1	2	23
		Regular	750	37	7	0	125	1860	60	3	5	43
		Large	1120	53	10	0	180	2770	91	5	7	64
55	Pastrami Cheese Steak	Mini	480	30	9	0	60	1175	31	1	4	20
		Regular	930	57	16	0	115	2230	62	3	7	39
		Large	1380	84	23	0	165	3320	94	5	11	57
HOT CHICKEN		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
1	Chicken & Cheddar	Mini	370	17	5	0	75	1010	30	1	2	23
		Regular	690	31	8	0	135	1920	59	1	5	44
		Large	1020	44	11	0	195	2820	88	2	7	65
37	Brewpub Chicken	Mini	430	21	7	0	80	1210	32	2	3	28
		Regular	810	39	12	0	155	2385	64	4	7	53
		Large	1230	60	17	0	225	3500	97	8	10	78
38	Bacon Ranch Chicken	Mini	390	18	6	0	80	1280	30	1	3	27
		Regular	740	33	11	0	155	2450	59	1	5	52
		Large	1090	47	15	0	225	3620	89	1	8	76
39	BBQ Chipotle Chicken	Mini	370	16	5	0	70	1025	33	1	6	23
		Regular	700	29	8	0	130	1980	66	1	11	44
		Large	1030	41	11	0	195	2930	98	2	17	65
TURKEY		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
3	Turkey & Cheddar	Mini	350	16	4.5	0	45	950	28	1	2	21
		Regular	650	29	7	0	85	1800	56	1	5	39
		Large	950	42	10	0	120	2640	84	2	7	58
4	Turkey, Genoa Salami & Cheddar	Regular	820	50	15	0	110	2300	56	1	5	37
		Large	1230	73	21	0	170	3390	84	1	7	59
5	Turkey & Cranberry	Mini	300	9	1	0	25	840	38	0	11	16
		Regular	610	18	1.5	0	50	1650	76	1	22	31
		Large	910	27	2.5	0	75	2450	114	1	32	47
24	Turkey & Avocado	Mini	330	16	2	0	25	890	32	0	3	17
		Regular	660	31	3.5	0	50	1740	63	1	5	33
		Large	990	47	5	0	75	2590	95	1	8	50
26	Turkey, Ham & Cheddar	Regular	650	30	8	0	90	2100	57	1	6	38
		Large	1010	44	11	0	150	3510	87	2	9	66
31	Clubhouse Melt	Mini	450	26	7	0	65	1190	29	1	3	24
		Regular	860	49	11	0	120	2260	57	1	6	46
		Large	1260	72	16	0	175	3340	86	2	9	68
36	California Club	Regular	690	33	6	0	80	2370	62	1	7	38
		Large	1130	54	10	0	145	3990	95	1	11	67
CLASSICS		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
2	Ham & Swiss	Mini	350	16	5	0	55	1230	29	0	3	20
		Regular	650	28	8	0	95	2380	58	1	7	37
		Large	960	41	12	0	140	3530	87	1	10	55
6	Hot Meatball	Mini	480	28	10	0	60	1210	35	2	4	23
		Regular	920	52	18	0	115	2280	68	3	7	43
		Large	1360	76	26	0.5	165	3350	101	4	9	63
16	The Italian	Mini	410	23	8	0	55	1410	30	0	4	19
		Regular	780	44	14	0	105	2740	60	1	8	35
		Large	1160	64	20	0.5	150	4070	90	1	11	50
20	Albacore Tuna	Mini	350	19	1.5	0	15	830	31	1	6	14
		Regular	700	37	3	0	35	1620	62	1	11	28
		Large	1050	56	4.5	0	50	2400	93	2	17	42
23	Genoa Salami & Provolone	Mini	510	36	11	0	70	1550	28	1	3	19
		Regular	980	69	21	0	135	2970	56	1	6	35
		Large	1450	103	31	0	195	4390	84	2	9	51
27	BLT	Mini	350	20	5	0	45	890	28	1	3	15
		Regular	700	40	10	0	85	1770	56	1	7	30
		Large	1050	60	15	0	130	2660	83	1	10	44
28	BLAT	Mini	390	23	6	0	45	900	30	2	3	15
		Regular	770	47	11	0	85	1800	59	4	7	31
		Large	1200	73	17	0	130	2710	91	8	10	46
30	Tuna Melt	Mini	440	26	6	0	40	970	32	1	6	19
		Regular	840	48	9	0	65	1830	63	1	12	35
		Large	1230	71	13	0	90	2690	95	2	17	52

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Trans fats listed are naturally occurring, not artificial. All sandwiches calculated on White Bread. Ingredients are based on standardized recipes and include recipe-specific dressings and spreads. All salads & wraps include dressing. Our products are handcrafted and can be customized. Cross-contact of allergens may occur during food preparation. Products may vary by location. For additional and updated information, visit www.togos.com.

VEGGIE		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
15	Greek Veggie	Mini	380	21	3	0	10	1120	40	2	4	11
		Regular	770	42	6	0	15	2200	80	4	9	23
		Large	1150	62	8	0	25	3280	121	6	13	34
21	Cali Veggie	Mini	440	27	9	0.5	35	950	33	0	3	17
		Regular	800	47	15	1	55	1690	66	1	6	28
		Large	1150	68	20	1	75	2440	98	1	9	39
22	Grilled Cheese	Mini	470	30	13	0.5	70	940	30	1	3	20
		Regular	810	49	20	1	110	1660	58	1	5	32
		Large	1150	68	27	1	145	2380	87	2	8	45

SALADS & WRAPS	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Santa Fe Chicken	Half	560	44	9	0	80	1050	19	5	3	21
	Full	770	55	12	0	120	1650	36	10	6	37
	Wrap	700	33	9	0	90	1660	66	7	3	36
Mediterranean Chicken	Half	380	26	4	0	40	1265	20	5	8	16
	Full	590	38	6	0	80	1890	32	11	12	32
	Wrap	590	24	7	0	75	1635	62	8	4	34
Asian Chicken	Half	510	37	5	0	35	1100	30	2	20	14
	Full	660	43	5	0	70	1450	42	4	23	27
	Wrap	640	28	6	0	70	1530	67	4	10	32
Chicken Caesar	Half	340	23	5	0	65	1260	17	2	3	17
	Full	450	27	6	0	105	1640	24	3	4	31
	Wrap	560	22	7	0	85	1650	60	4	2	34
Farmer's Market	Half	260	18	4	0	10	805	19	2	8	5
	Full	350	22	6	0	15	940	29	5	10	9
	Wrap	420	15	6	0	10	935	61	4	4	13
Bacon Ranch Chicken Wrap		720	39	15	0	130	1945	54	3	3	43
Greek Veggie Wrap		770	45	9	0	15	2280	77	16	7	23
Cali Veggie Wrap		800	51	18	1	55	1710	62	9	4	29

All Salad and Wrap nutritionals include dressing. Farmer's Market calculated with Balsamic dressing. All Wraps calculated on Spinach Tortilla with recommended dressing.

SOUP		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Broccoli Cheddar		10 oz.	220	14	8	0	45	1490	16	1	7	9
Chicken Noodle		10 oz.	120	3.5	1.5	0	30	1230	15	1	2	7
Soup not available at all locations and flavors may vary.												

BREAD & TORTILLA		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
White	Mini	140	2	0	0	0	0	260	25	0	1	4
	Regular	280	4	0	0	0	0	520	50	0	2	8
	Large	420	6	0	0	0	0	780	75	0	3	12
Whole Wheat	Mini	160	2	0	0	0	0	280	30	4	5	7
	Regular	320	4	0	0	0	0	560	60	8	10	14
	Large	480	6	0	0	0	0	840	90	12	15	21
Parmesan	Mini	110	3	1	0	5	260	17	0	0	1	5
	Regular	220	6	2	0	10	520	34	0	0	2	10
	Large	330	9	3	0	15	780	51	0	0	3	15
Sourdough	Mini	210	1	0	0	0	0	410	42	0	1	7
	Regular	420	2	0	0	0	0	820	84	0	2	14
	Large	630	3	0	0	0	0	1230	126	0	3	21
Spinach Tortilla		12"	290	8	4	0	0	640	47	2	0	8
Gluten Free Tortilla		12"	220	9	2	0	0	500	45	0	6	6
Gluten Free Tortilla not available at all locations.												

SANDWICH DRESSINGS		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	Mayonnaise	Mini	50	6	1	0	5	40	0	0	0	0
		Regular	110	12	2	0	10	75	0	0	0	0
		Large	160	18	3	0	15	115	0	0	0	0
	Mustard	Mini	0	0	0	0	0	95	0	0	0	0
		Regular	0	0	0	0	0	125	0	0	0	0
		Large	0	0	0	0	0	156	0	0	0	0
	BBQ Sauce	Mini	30	0	0	0	0	115	7	0	7	0
		Regular	60	0	0	0	0	230	14	0	13	0
		Large	80	0	0	0	0	340	21	0	20	0
	Chipotle Mayo	Mini	90	10	1	0	10	65	0	0	0	0
		Regular	180	20	2	0	20	125	0	0	0	0
		Large	270	30	3	0	25	190	0	0	0	0

SALAD DRESSINGS		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Asian		2.5 oz	350	31	4.5	0	0	750	18	0	18	0
Lite Balsamic Vinaigrette		2.5 oz	170	14	2.5	0	0	640	7	0	5	0
Ranch		2.5 oz	270	29	5	0	25	660	2	0	2	2
Caesar		2.5 oz	210	18	3.5	0	20	820	7	0	2	2
Zesty Pepitas		2.5 oz	340	34	6	0	35	440	2	0	0	5

DESSERTS		Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Brownie		3 oz	440	23	6	0	35	270	58	3	38	5
Chocolate Chunk Cookie		3 oz	410	21	11	0	10	410	54	2	29	4
Peanut Butter Cookie		3 oz	440	25	11	0	10	280	49	2	26	6



ALLERGEN INFORMATION

PASTRAMI & ROAST BEEF	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
#7 Roast Beef Bread, mayo, roast beef, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x				x			x	
#8 Roast Beef, Turkey & Cheddar Bread, mayo, roast beef, turkey, cheddar, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x		x			x	
#9 Hot Pastrami Bread, mustard, pastrami, lettuce, tomatoes, onions, pickles, sliced pepperoncinini					x			x	
#10 Pastrami Reuben Bread, 1000 Island dressing, pastrami, sauerkraut, swiss cheese	x		x		x			x	
#32 Pepper Jack Melt Bread, 1000 Island dressing, pastrami, pepper jack cheese, sliced pepperoncini	x		x		x			x	
#33 Triple Dip Bread, chipotle mayo, roast beef, turkey, pastrami, provolone cheese, au jus	x		x		x			x	
#47 French Dip Bread, chipotle mayo, roast beef, provolone cheese, au jus	x		x		x			x	
#49 Pastrami Dip Bread, chipotle mayo, pastrami, provolone cheese, au jus	x		x		x			x	
CHEESE STEAKS	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
#35 Cheese Steak Bread, chipotle mayo, roast beef, mushrooms, roasted red peppers, red onions, American cheese	x		x		x			x	
#45 Chicken Cheese Steak Bread, chipotle mayo, chicken, mushrooms, roasted red peppers, red onions, American cheese	x		x		x			x	
#55 Pastrami Cheese Steak Bread, chipotle mayo, pastrami, mushrooms, roasted red peppers, red onions, American cheese	x		x		x			x	
HOT CHICKEN	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
#1 Chicken & Cheddar Bread, mayo, chicken, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x		x			x	
#37 Brewpub Chicken Bread, Ranch dressing, chicken, bacon, avocado, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini	x		x		x			x	
#38 Bacon Ranch Chicken Bread, Ranch dressing, chicken, bacon, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini	x		x		x			x	
#39 BBQ Chipotle Chicken Bread, BBQ sauce, chipotle mayo, chicken, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini	x		x		x			x	
TURKEY	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
#3 Turkey & Cheddar Bread, mayo, turkey, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x		soybean oil			x	
#4 Turkey, Genoa Salami & Cheddar Bread, mayo, turkey, Genoa salami, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x		soybean oil			x	
#5 Turkey & Cranberry Bread, mayo, turkey, cranberry, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x				soybean oil			x	
#24 Turkey & Avocado Bread, mayo, turkey, avocado, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x				soybean oil			x	
#26 Turkey, Ham & Cheddar Bread, mayo, turkey, ham, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x		soybean oil			x	
#31 Clubhouse Melt Bread, mayo, turkey, bacon, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x		x		x			x	
#36 California Club Bread, mayo, turkey, ham, bacon, avocado, lettuce, tomatoes, onions, pickles, sliced pepperoncinini, salt, pepper	x				soybean oil			x	

CLASSICS	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
#2 Ham & Swiss Bread, mayo, mustard, ham, swiss cheese, lettuce, tomatoes, onions, pickles, sliced pepperonici	x		x		soybean oil			x	
#6 Hot Meatball Bread, meatballs, marinara, provolone cheese	x		x		x			x	
#16 The Italian Bread, balsamic dressing, Genoa salami, cotto, capicola, mortadella, provolone cheese , lettuce, tomatoes, onions, pickles, sliced pepperonici			x		soybean oil			x	
#20 Albacore Tuna Bread, mayo, tuna, relish, lettuce, tomatoes, onions, pickles, sliced pepperonici, salt, pepper	x	x			x			x	
#23 Genoa Salami & Provolone Bread, mayo, mustard, Genoa salami, provolone cheese, lettuce, tomatoes, onions, pickles, sliced pepperonici	x		x		soybean oil			x	
#27 BLT Bread, mayo, bacon, romaine lettuce, tomatoes	x				soybean oil			x	
#28 BLAT Bread, mayo, bacon, avocado, romaine lettuce, tomatoes	x				soybean oil			x	
#30 Tuna Melt Bread, mayo, tuna, relish, cheddar cheese, lettuce, tomatoes, onions, pickles, sliced pepperonici, salt, pepper	x	x	x		x			x	
VEGGIE	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
#15 Greek Veggie Bread, balsamic dressing, hummus, roasted red peppers, feta, cucumbers, lettuce, tomatoes, onions, pickles, sliced pepperonici, salt, pepper			x		soybean oil			x	x
#21 Cali Veggie Bread, mayo, avocado, cucumber, provolone cheese, lettuce, tomatoes, onions, pickles, sliced pepperonici, salt, pepper	x		x		soybean oil			x	
#22 Grilled Cheese Bread, mayo, provolone cheese, lettuce, tomatoes, onions, pickles, sliced pepperonici	x		x		soybean oil			x	
SALADS & WRAPS	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Santa Fe Chicken Salad Romaine lettuce, chicken, avocado, tomatoes, black bean & corn salsa, red onions, cheddar, tortilla strips, zesty pepitas dressing	x		x		x				
Santa Fe Chicken Wrap Spinach tortilla, chicken, romaine lettuce, avocado, tomatoes, black bean & corn salsa, red onions, cheddar, tortilla strips, zesty pepitas dressing	x		x		x			x	
Mediterranean Chicken Salad Romaine lettuce, chicken, hummus, cucumbers, roasted red peppers, feta, tomatoes, red onions, balsamic dressing			x		soybean oil				x
Mediterranean Chicken Wrap Spinach tortilla, chicken, romaine lettuce, hummus, cucumbers, roasted red peppers, feta, tomatoes, red onions, balsamic dressing			x		x			x	x
Asian Chicken Salad Iceberg lettuce, chicken, cucumbers, carrots, red cabbage, wonton strips, sesame seeds, Asian dressing					x			x	x
Asian Chicken Wrap Spinach tortilla, iceberg lettuce, chicken, cucumbers, carrots, red cabbage, wonton strips, sesame seeds, Asian dressing					x			x	x
Chicken Caesar Salad Romaine lettuce, chicken, parmesan cheese, croutons, Caesar dressing	x	x	x		x			x	
Chicken Caesar Wrap Spinach tortilla, romaine lettuce, chicken, parmesan cheese, croutons, Caesar dressing	x	x	x		x			x	
Farmer's Market Salad Romaine lettuce, cucumbers, carrots, red cabbage, cheddar cheese, tomatoes, red onions, croutons, balsamic dressing			x		x			x	
Farmer's Market Wrap Spinach tortilla, romaine lettuce, cucumbers, carrots, red cabbage, cheddar cheese, tomatoes, red onions, croutons, balsamic dressing			x		x			x	

WRAPS									
Bacon Ranch Chicken Wrap	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Spinach tortilla, chicken, bacon, cheddar cheese, lettuce, tomatoes, Ranch dressing	x		x		x			x	
Greek Veggie Wrap									
Spinach tortilla, hummus, cucumbers, roasted red peppers, lettuce, tomatoes, onions, pickles, sliced pepperoncini, feta, balsamic dressing, salt, pepper			x		x			x	x
Cali Veggie Wrap	x		x		x			x	
Spinach tortilla, mayo, avocado, cucumber, provolone cheese, lettuce, tomatoes, onions, pickles, sliced pepperoncini, salt, pepper									
SOUP									
Broccoli Cheddar	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
			x						
Chicken Noodle	x		x		x			x	
Soup not available at all locations and flavors may vary.									
BREADS & TORTILLA									
TOGO'S breads are manufactured in a facility that also handles milk, eggs, soy, and sesame.	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
White								x	
Whole Wheat								x	
Parmesan			x					x	
Sourdough								x	
Spinach Tortilla								x	
Gluten Free Tortilla					x				
Gluten Free Tortilla not available at all locations.									
SANDWICH DRESSINGS									
Mayonnaise	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
	x				soybean oil				
Mustard									
BBQ Sauce									
Chipotle Mayo	x				x				
SALAD DRESSINGS									
Asian	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
					x			x	x
Lite Balsamic Vinaigrette					soybean oil				
Ranch	x		x		soybean oil				
Caesar	x	x	x		soybean oil				
Zesty Pepitas	x		x		soybean oil				
Thousand Island	x				soybean oil				

DESSERTS	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
<i>*TOGO'S desserts are manufactured in a facility that also handles peanuts and tree nuts.</i>									
Brownie	x		x	<i>*may contain</i>	x		<i>*may contain</i>	x	
Chocolate Chunk Cookie	x		x	<i>*may contain</i>	x		<i>*may contain</i>	x	
Peanut Butter Cookie	x		x	x	x		<i>*may contain</i>	x	

TOGO'S GLUTEN FREE MENU ITEMS

SALADS
Santa Fe Chicken Salad
Mediterranean Chicken Salad
Chicken Caesar Salad (hold the croutons)
Farmer's Market Salad (hold the croutons)
All salad dressings and spreads are Gluten Free with the exception of Asian dressing and Au Jus

OTHER ITEMS
Hummus
Avocado
Sandwiches in a Bowl with the exception of TOGO'S Meatballs
All Meats and Cheeses are Gluten Free with the exception of TOGO'S Meatballs
Gluten Free Tortilla
Broccoli Cheddar Soup