

Jawbone Flight Kitchen Nutritional Information

June 22, 2015

Menu Option	Menu Items	Calories	Fat Grams	Cholesterol mg	Notes
Small #1	Breaded Chkn Patty	300	18	70	
	Hamburger Bun	110	1.5	0	
	American Cheese	55	4.5	12.5	
	Total:	465	24	82.5	
Large #1	5 oz Deli Ham	165	5.5	82.5	
	5 oz Deli Turkey	160	2.6	80	
	American Cheese	55	4.5	12.5	
	Swiss Cheese	143.5	11.8	33.8	
	Hoagie Bun	200	2.5	0	
	Total:	723.5	26.9	208.8	
Large #2	6 OZ Deli Turkey	200	3.3	150	
	2 slices of Wheat Bread	160	2	0	
	American Cheese	55	4.5	12.5	
	Total	415	9.8	162.5	
Large #3	6 oz Tuna	200	3.3	150	
	Bulk Relish	21.9	0	0	
	Salad Dressing	130.6	14.4	6.5	
	2 slices of Wheat Bread	160	2	0	
	American Cheese	55	4.5	12.5	
	Total:	567.5	24.2	169	
Large #5	6 oz Deli Ham	210	7	105	
	2 Slices of Wheat Bread	160	2	0	
	American Cheese	55	4.5	12.5	
	Total:	425	13.5	117.5	
Large #6	2 Boneless Chkn	340	10	170	
	Hamb Bun	220	3	0	
	American Cheese	110	9	25	
	Total	670	22	195	
Large #8	2 uncrustable PB&J	420	18	0	
Large #9	7 oz Chk Strips	434.9	29	124.3	