



# ALLERGEN & DIETARY INFORMATION

West Coast Sourdough serves from-scratch food made with excellent ingredients, and we are committed to providing you with the most up-to-date allergen and nutrition information from our suppliers.

Please note that because individual foods may come into contact with each other during preparation of your sandwich, and because of shared utensils and equipment, we cannot guarantee that our food is free from any allergens. If you have any special requests or concerns related to allergies other dietary restrictions, please inform your cashier when placing your order.

Still have questions? Reach out at [latest@wcsourdough.com](mailto:latest@wcsourdough.com)



= Contains Dairy



= Contains Soy



= Contains Gluten



=Vegetarian Friendly



= Vegan-Friendly

## Allergens

## Dietary Preference

	Dairy	Soy	Gluten	Vegetarian	Vegan	MSG
<b>Breads</b>						
Freshly Baked Sourdough	-					All of our bread products are free of MSG
Honey Wheat Bread	-	-				-
Marble Rye	-	-				-
Gluten-Free Roll	-		-		-	-
<b>West Coast Fillings</b>						
Turkey	-	-	-	-	-	All of our meat products are free of MSG
Roast Beef	-	-	-	-	-	-
Pastrami	-	-	-	-	-	-
Ham	-	-	-	-	-	-
Bacon	-	-	-	-	-	-
Dry Salami	-	-	-	-	-	-
Cracked Pepper Turkey	-	-	-	-	-	-
Tuna Salad	-		-	-	-	-
Chicken Salad	-		-	-	-	-
Pepperoni	-	-	-	-	-	-
Grilled Chicken	-	-	-	-	-	-
<b>West Coast Sauces</b>						
House Sauce	-	-	-		-	All of our sauce products are free of MSG
Yellow Mustard	-	-	-			-
Dijon Mustard	-	-	-			-
Garlic Pesto Sauce		-	-		-	-
Cranberry Sauce	-	-	-			-
Au Jus Dip	-		-	-	-	-
BBQ Sauce	-	-	-			-
Buffalo Sauce	-	-	-			-
<b>All West Coast Cheeses</b>						
			-		-	-



# ALLERGEN & DIETARY INFORMATION CONTINUED

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## Allergens

## Dietary Preference

	Dairy	Soy	Gluten	Vegetarian	Vegan	MSG
<b>West Coast Soups</b>						
Clam Chowder		-		-	-	MSG is not present in any of our soup products
Tomato Bisque		-	-		-	-
Chicken Poblano		-		-	-	-
Fire-Roasted Vegetable	-	-	-		Ⓥ	-
Chicken Noodle	-	-		-	-	-
Cream of Potato				-	-	-
Broccoli Cheese		-		-	-	-
<b>West Coast Salads</b>						
Grilled Chicken Caesar		-			-	MSG is not present in any of our salads
<i>Caeser Dressing</i>		-	-	-	-	-
Southwest Chicken		-	-		-	-
<i>Jalapeno Dressing</i>		-	-		-	-
Greek Salad		-	-		-	-
<i>Greek Dressing</i>		-	-		-	-
Cobb Salad		-	-		-	-
<i>Greek Dressing</i>		-	-		-	-
Italian Salad		-	-		-	-
<i>Italian Dressing</i>	-	-	-		Ⓥ	-
<b>West Coast Cookies</b>						
Chocolate Chip					-	MSG is not present in any of our cookies
Lemon White Chocolate					-	-

# CALORIE INFORMATION

	Size	Calories	Cholesterol grams	Fat Calories	Fat Grams	Sat. Fat Grams	Sodium (MG)	Protein Grams
Turkey	4"	548	53	203	24	5	900	23
	6"	822	79	304	35	7	1350	34
	8"	1096	105	405	47	9	1800	45
French Dip	4"	520	69	335	38	11	2609	41
	6"	780	103	503	57	16	3914	61
	8"	1040	138	670	76	22	5218	82
Pastrami	4"	578	54	227	27	6	1290	23
	6"	867	81	340	40	9	1935	34
	8"	1156	108	453	53	12	2580	45
Garlic Pesto Turkey	4"	578	52	288	32	6	955	23
	6"	867	78	432	48	8	1433	34
	8"	1156	104	576	64	11	1910	45
Ham	4"	578	52	223	26	6	1140	24
	6"	867	77	334	38	8	1710	35
	8"	1156	103	445	51	11	2280	47
BLT	4"	630	58	312	29	9	1360	25
	6"	945	87	468	44	14	2040	38
	8"	1260	116	624	58	18	2720	50
Reuben	4"	550	47	333	37	10	1305	23
	6"	825	70	499	55	14	1958	34
	8"	1100	93	665	73	19	2610	45
Turkey & Dry Salami	4"	623	50	288	33	8	1400	24
	6"	934.5	75	431	50	12	2100	35
	8"	1246	100	575	66	16	2800	47
Cracked Pepper Turkey	4"	558	52	198	23	5	890	25
	6"	837	78	297	35	8	1335	38
	8"	1116	103	395	46	9	1780	49
Veggie	4"	550	60	194	23	5	660	13
	6"	825	90	291	35	8	990	19
	8"	1100	119	385	45	9	1320	25
Tuna Salad	4"	710	86	277	31	7	906	23
	6"	1064	129	415	46	10	1359	35
	8"	1419	172	553	61	13	1812	45
Chicken Salad	4"	580	52	264	31	6	672	17
	6"	870	77	397	46	8	1008	25
	8"	1159	103	529	61	11	1344	33
Italian	4"	688	56	333	36	10	1525	22
	6"	1032	84	500	54	15	2288	33
	8"	1376	111	665	71	19	3050	44
Grilled Chicken Pesto	4"	634	55	302	34	6	1003	24
	6"	951	83	453	51	9	1505	36
	8"	1268	110	604	68	12	2006	48

# CALORIE INFORMATION CONTINUED

	Size	Calories	Cholesterol grams	Fat Calories	Fat Grams	Sat. Fat Grams	Sodium (MG)	Protein Grams
Cranberry Turkey	4"	535	55	207	27	7	1050	23
	6"	803	83	311	41	11	1575	35
	8"	1070	110	413	54	13	2100	45
Roast Beef	4"	568	54	227	27	6	1290	23
	6"	852	81	340	40	9	1935	34
	8"	1136	108	453	53	12	2580	45
Buffalo Chicken	4"	566	53	302	34	6	1003	24
	6"	849	80	453	51	9	1505	36
	8"	1132	106	604	68	12	2006	48
BBQ Brisket	4"	580	69	335	38	11	2609	41
	6"	870	103	503	57	16	3914	61
	8"	1160	138	670	76	22	5218	82
Clam Chowder	Cup	310	16	210	23	14	920	9
	Bowl	1136	24	315	35	21	1380	14
	Bread Bowl	885	114	315	36.5	21	2280	29
Tomato Bisque	Cup	280	17	200	22	12	600	3
	Bowl	420	26	300	33	18	900	5
	Bread Bowl	840	116	300	35	18	1800	20
Chicken Poblano Pepper	Cup	250	18	140	15	9	850	10
	Bowl	375	26	210	23	14	1275	15
	Bread Bowl	795	116	210	24	14	2175	30
Cream of Potato	Cup	210	15	130	14	8	580	5
	Bowl	315	23	195	21	12	870	8
	Bread Bowl	735	113	195	23	12	1770	23
Chicken Noodle	Cup	110	11	60	3.5	1	660	8
	Bowl	165	17	90	5	2	990	12
	Bread Bowl	585	107	90	7	2	1890	27
Fire-Roasted Vegetable	Cup	70	12	40	3	0	420	2
	Bowl	105	18	60	5	0	630	3
	Bread Bowl	525	108	60	7	0	1530	18
Broccoli & Cheese	Cup	220	13	150	15	9	680	9
	Bowl	330	17	225	22.5	14	1020	14
	Bread Bowl	750	107	225	29	14	1920	29
Italian Salad	Small	467	11	350	37	11	2248	19
	Large	887	21	665	70	21	4271	36
Cobb Salad	Small	452	7	331	38	10	949	24
	Large	859	13	629	72	19	1803	46
Greek Salad	Small	279	19	150	18	5	1208	13
	Large	530	36	285	34	10	2295	25
Southwest Chicken Salad	Small	332	10	229	27	5	549	16
	Large	631	19	435	51	10	1043	30
Grilled Chicken Caesar	Small	479	48	317	31	6	872	24
	Large	910	91	602	59	11	1656	46