

Erik's DeliCafé Allergen Information

Because our suppliers are not required to disclose all ingredient information, we cannot confirm every ingredient. If you or a member of your party has a food allergy, please notify a team member before ordering. Our menu contains the following major allergens: **EGG, FISH, SHELLFISH, MILK, WHEAT, PEANUTS, SOY, TREE NUTS, and SESAME.** Our kitchen handles all major allergens. Cross-contact is possible, and we cannot guarantee any item is allergen-free. Guests with severe allergies should speak with a team member before ordering.

Menu Item	Gluten Free?	Egg	Fish	Shellfish	Milk	Wheat	Peanuts	Soy	Tree Nuts	Sesame
Sandwiches and Wrap										
Abbott's Habit	N	X			X	X		X		
Big "E"	N	X			X			X		
Baja Kickin Chicken Club	N	X			X					
Cali Clasico	N	X			X	X				
California Crunch	N	X			X	X		X		
Chicken Durango	N	X			X	X				
Chicken Pesto	N				X	X				
Ciao Down	N				X	X				
Cleopatra Wrap	N	X	X		X	X		X		
Del Monte Special	N	X			X	X		X		
Dub Club	N	X			X	X		X		
Erik "Berger"	N	X			X	X		X		
Erik's Reuben	N	X			X	X				
Farmer's Market	N	X				X				
Gaucha Grinder	N	X			X	X		X		
Hail Caesar	N	X	X		X	X		X		
Isle of Capri	N				X	X				
Italian Job	N	X			X	X		X		
Marrakech Express	N	X				X		X		
Natural High	N	X			X	X		X		X
Ocean Avenue	N	X	X		X	X				
Pilgrims Progress	N	X				X		X		
Pot Belly	N	X			X	X		X		
R.E.O. Speedwagon	N	X			X	X		X		
Raging Bull	N	X			X	X		X		
Rio Grande Club	N	X			X	X		X		
Sea Dog	N	X	X		X	X		X		
Sweet Liberty	N	X			X	X				
Thai Chicken Wrap - 2024	N					X	X	X		X
Total Turkey Feast	N	X				X		X		
Turkey With Pesto	N	X			X	X		X		
Vegan Market Wrap	N					X		X		X
Widow Bennett	N	X			X	X		X		
Chicken Wrangler	N	X			X	X		X		X
Soups										
Beef Stew	N		X		X	X				
Butternut Squash	Y				X					
Chicken Vegetable Rice	N					X		X		
Jambalaya	N		X		X	X				
New England Clam Chowder	N	X	X	X	X					
Tomato Basil Bisque	Y				X					
Sourdough Soup Bowl	N					X				
"Texas Jailhouse" Chili	Y									
Thai Coconut Curry with Chicken	N		X						X	X
Vegetarian Vegetable	Y									
Salads										
Baja Fiesta Salad (dressing on the side)	Y				X					
Caesar Salad - Regular	N	X	X		X	X		X		
Caesar Salad - Large	N	X	X		X	X		X		
Chicken Caesar Salad - Regular	N	X	X		X	X		X		
Chicken Caesar Salad - Large	N	X	X		X	X		X		
Chicken Gorgonzola Salad (dressing on the side)	Y				X		X	X	X	
Farmer's Bounty Salad-2020	Y	X								
Fin and Fork - 2026	N		X		X	X				
House Salad - Regular	N				X	X				
House Salad - Large	N				X	X				
Mandarin Tree (dressing on the side)	N					X				
Strawberry Fields (dressing on the side)	Y				X					
Sweet Beet Salad- 2020	Y				X		X	X	X	
Dressings										
Balsamic Vinaigrette	Y									
Blueberry Pomegranate Vinaigrette	Y							X		
Caesar	Y	X	X		X					
Jalapeno Ranch Dressing	Y	X			X					
Erik's Secret Goo	Y	X						X		
Ranch	Y	X			X					
Sesame Dressing	N					X		X		X
Sweet Hot Mustard	Y	X								
Thousand Island	Y	X								
Kids										
Annie Ankle Biter	N					X	X			
Charlie Cheesepocket	N	X			X	X		X		X
Tommy Turkey	N	X				X		X		
Sweets & Extras										
Erik's Carrot Cake	N	X			X	X			X	
Chevy Marshmallow Manifesto® Bar	Y	X			X					
Peruvian Chocolate Manifest® Brownie	N	X			X	X		X		
Sandy's Amazing Choclate Chunk Manifesto® Cookie	N	X			X	X		X	X	
Salted Caramel Manifesto® Cookie	N	X			X	X		X	X	



Erik's Deli Café Nutritional Information

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Any sandwich can be made with gluten-free bread. In consuming Erik's gluten-free products, please be aware that there may be a chance of cross contamination.

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sandwiches												
Abbott's Habit	1 whole sandwich	600	150	28	10	0	135	1610	38	3	6	44
Call Clasico	1 whole sandwich	1080	510	60	15	0	105	2280	87	7	4	45
California Crunch	1 whole sandwich	860	200	35	10	0	130	2380	86	8	6	50
Chicken Durango	1 whole sandwich	920	220	38	13	0	155	2200	78	3	3	61
Chicken Pesto	1 whole sandwich	550	200	23	9	0	120	1250	36	3	5	45
Ciao Down	1 whole sandwich	990	290	47	17	0	125	2880	83	6	5	51
Cleopatras Wrap	1 wrap	1240	310	69	27	0	155	2590	78	7	4	67
Del Monte Special	1 whole sandwich	660	240	38	10	0	70	1060	58	10	6	19
Dub Club	1 whole sandwich	890	290	47	14	0	160	2550	62	5	2	53
Erik "Berger"	1 whole sandwich	560	150	27	9	0	135	2180	35	2	5	37
Erik's Reuben	1 whole sandwich	670	260	22	9	0	115	2520	64	4	7	51
Farmer's Market	1 whole sandwich	620	100	34	5	0	15	1000	67	10	15	14
Gaucha Grinder	1 whole sandwich	1230	180	71	15	0	150	2420	104	5	4	40
Hail Caesar Wrap	1 wrap	1160	250	62	26	0	155	2580	73	4	3	66
Isle of Capri	1 whole sandwich	740	340	40	15	0	75	1170	61	3	3	34
Italian Job	1 whole sandwich	1090	450	76	30	0	205	3690	40	3	7	53
Natural High	1 whole sandwich	1050	480	63	23	0	145	1500	81	17	7	44
Ocean Avenue	1 whole sandwich	640	140	35	6	0	60	1180	55	4	10	24
Pilgrims Progress	1 whole sandwich	550	70	21	3	0	85	1730	54	7	6	34
Pot Belly	1 whole sandwich	670	130	28	9	0	130	1990	57	1	2	46
Raging Bull	1 whole sandwich	580	150	28	11	0	135	1860	37	3	5	39
REO Speedwagon	1 whole sandwich	690	130	28	9	0	130	2040	60	1	1	44
Rio Grande Club	1 whole sandwich	960	260	44	13	0	150	2560	82	7	3	57
Sea Dog	1 whole sandwich	800	290	45	11	0	110	1270	62	4	4	36
Sweet Liberty	1 whole sandwich	590	150	18	8	0	105	1740	58	4	13	46
Turkey With Pesto	1 whole sandwich	760	330	40	9	0	115	1830	52	7	6	43
Soups												
Butternut Squash (Cup)	7oz	190	0	11	6	0	30	430	22	2	8	2
Chicken Vegetable Rice (Cup)	7oz	80	0	1.5	0	0	10	520	13	<1	2	6
New England Clam Chowder (Cup)	7oz	200	0	14	8	0	50	670	17	<1	<1	4
"Texas Jailhouse" Chili (Cup)	7oz	220	50	6	1.5	0	20	560	26	5	4	15
Tomato Basil Bisque (Cup)	7oz	140	90	11	6	0	35	660	11	2	8	2
Vegetarian Vegetable (Cup)	7oz	40	0	0	0	0	0	410	9	2	4	2
Beef Stew	7oz	150	70	7	2	0	30	720	11	2	2	10
Jambalaya	7oz	180	90	16	2.5	0	45	810	15	2	3	11
Thai Chicken Coconut Curry	7oz	200	120	14	8	0	10	620	12	2	4	6
Salads (dressing not included)												
Baja Fiesta Salad	1 entrée salad	430	140	16	7	0	110	950	23	7	6	40
Caesar Salad (includes dressing)	1 regular salad	410	60	32	9	0	35	990	16	2	3	10
Chicken Gorgonzola Salad	1 entrée salad	550	240	27	8	0	105	1170	38	5	24	39
House Salad	1 regular salad	100	30	3	0	0	0	150	13	<1	1	3
Mandarin Tree Salad	1 entrée salad	280	60	7	0	0	80	610	23	4	3	32
Dressings												
Balsamic Vinaigrette	2oz	110	0	9	1	0	0	370	9	0	7	0
Blueberry Pomegranate Vinaigrette	2oz	230	0	23	4	0	0	170	8	0	6	0
Caesar	2oz	250	0	25	5	0	20	700	4	0	2	2
Jalapeno Ranch	2oz	200	0	20	3	0	20	490	2	0	2	2
Ranch	2oz	200	0	22	3	0	20	490	2	0	2	0
Erik's Secret Goo®	2oz	240	25	24	4	0	60	510	4	0	0	0
Sesame	2oz	230	0	19	2.5	0	0	800	14	0	12	0
Sweet Hot Mustard	2oz	450	0	45	7	0	30	310	14	0	11	0
Thousand Island	2oz	210	210	17	3	0	20	420	13	0	8	0
Kids												
Annie Ankle Biter	1 sandwich	350	120	15	3	0	0	290	47	2	22	10
Charlie Cheesepocket	1 sandwich	300	110	13	7	0	35	480	33	5	2	15
Tommy Turkey	1 sandwich	170	0	3.5	0	0	25	600	23	1	2	11
Sweets												
Erik's Carrot Cake	1 slice	630	160	20	5	0	50	370	45	3	40	9
Chewy Marshmallow Manifesto Bar	1 bar	250	45	5	3	0	15	250	43	0	29	2
Peruvian Chocolate Manifesto Brownie	1 brownie	310	160	17	9	0	60	120	36	3	24	4
Salted Caramel Manifesto Cookie	1 cookie	350	140	16	11	0	50	560	49	0	30	3
Sandy's Amazing Chocolate Chunk Manifesto Cookie	1 cookie	390	180	20	12	0	45	370	48	2	29	5