



Menu Item - Sandwiches	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vit A (%)	Vit C (%)	Calcium (%)	Iron (%)
Cold																
#1 Veggie	Regular	440	170	19	11	0	45	720	46	5	6	24	20	10	45	15
#2 Ham, Salami, Provolone	Regular	450	170	19	8	0	55	1530	47	5	9	24	15	10	20	25
#3 Ham, Turkey, Provolone	Regular	380	100	11	5	0	35	1380	47	5	7	24	15	10	20	20
#5 Smoked Turkey Breast	Regular	300	35	3.5	1	0	25	910	47	5	6	20	10	10	6	15
#6 Pepperoni, Provolone	Regular	510	220	25	11	0	50	1340	45	5	6	24	15	10	20	15
#7 Turkey	Regular	320	60	7	2	0	20	1130	46	5	6	20	10	10	6	15
#8 Ham, Swiss	Regular	440	140	15	8	0	55	1250	48	5	9	27	15	10	30	25
#9 Roast Beef	Regular	350	80	9	3	0	40	620	44	5	6	23	10	10	4	20
#10 Tuna Fish Salad	Regular	450	150	16	3	0	50	810	50	5	8	23	10	10	4	15
#11 Hobo Combination	Regular	500	200	22	10	0	65	1690	47	5	9	27	15	10	20	20
Hot																
#15 Roast Beef & Cheddar	Regular	420	130	15	6	0	55	720	45	5	6	27	15	10	15	20
#16 Reuben (on rye bread with Sauerkraut and Swiss Cheese)	Regular	390	110	13	5	0	50	1060	39	6	6	29	10	15	15	25
#17 Ham, Swiss	Regular	440	140	15	8	0	55	1250	48	5	9	27	15	10	30	25
Grilled																
A. Chicken Breast & Provolone	Regular	450	130	14	6	0	80	840	45	4	6	33	4	4	20	15
A. Black Angus Steak & Provolone	Regular	590	260	29	12	0	85	650	42	4	4	36	2	0	15	20
B. Chicken Breast & Provolone & Onions	Regular	460	130	14	6	0	80	840	47	4	7	34	6	6	20	15
B. Black Angus Steak & Provolone & Onions	Regular	600	260	29	12	0	85	650	44	4	5	37	4	2	15	20
D. Chicken Breast & Provolone & Banana Peppers/Onions	Regular	460	130	14	6	0	80	1070	47	4	7	34	6	6	20	15
D. Black Angus Steak & Provolone & Banana Peppers/Onions	Regular	600	260	29	12	0	85	880	44	4	5	37	4	2	15	20
E. Chicken Breast & Provolone & Mushrooms	Regular	460	130	14	6	0	80	1000	47	5	7	34	4	4	20	15
E. Black Angus Steak & Provolone & Mushrooms	Regular	600	260	29	12	0	85	810	44	5	5	37	2	0	15	20
F. Chicken Breast & Provolone & Mushrooms/Onions	Regular	470	130	14	6	0	80	1010	49	5	8	34	6	6	20	15
F. Black Angus Steak & Provolone & Mushrooms/Onions	Regular	610	260	29	12	0	85	820	46	5	6	37	4	2	20	20
H. Chicken Breast & Provolone & Banana Peppers/Mushrooms/Onions	Regular	470	130	14	6	0	80	1240	49	5	8	34	6	6	20	15
H. Black Angus Steak & Provolone & Banana Peppers/Mushrooms/Onions	Regular	610	260	29	12	0	85	1050	46	5	6	37	4	2	20	20
The Baby Bo																
Ham & Cheddar	1 sandwich	210	50	6	3	0	20	690	27	3	5	12	6	4	8	15
Turkey & Cheddar	1 sandwich	210	60	6	3	0	15	590	27	3	3	12	6	4	10	10
Tuna & Cheddar	1 sandwich	270	90	10	3.5	0	30	480	29	3	4	14	6	4	8	8
Breads*																
French	Regular	240	45	5	2.5	0	0	500	42	1	4	7	0	0	2	15
Whole Wheat	Regular	240	30	3.5	1	0	0	430	42	4	4	10	0	0	4	10
Rye	2 Slices	190	20	2	0	0	0	370	35	4	3	8	0	0	2	15
Toppings and Garnishes																
Mayonnaise	.4 oz.	50	40	4.5	1	0	10	75	2	0	1	0	0	0	0	0
Oil & Vinegar	.1 oz.	10	10	1.5	0	0	0	0	0	0	0	0	0	0	0	0
Onions	1/8 cup	10	0	0	0	0	0	0	2	0	1	0	0	2	0	0
Banana Peppers	6 each	0	0	0	0	0	0	230	0	0	0	0	0	0	0	0
1000 Island Dressing	.8 oz.	90	70	8	1	0	10	180	5	0	4	0	0	0	0	0

*Note: All sandwiches (except the Reuben) are analyzed with the whole wheat sub bread. All sandwiches come with lettuce and tomato garnish. No other garnishes are included in analysis.





Menu Item - Baked Potatoes	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vit A (%)	Vit C (%)	Calcium (%)	Iron (%)
20. Plain	1 each	450	200	23	5	5	0	240	56	6	3	7	20	40	4	15
22. Sour Cream	1 each	510	250	28	12	3	45	200	58	6	6	8	20	45	15	15
24. Melted Cheddar	1 each	480	200	22	6	2.5	5	850	65	6	3	8	10	45	10	15
25. Melted Cheddar and Bacon Bits	1 each	680	330	37	12	2.5	25	1850	65	6	4	21	10	45	10	20
26. Melted Cheddar, Broccoli and Cauliflower	1 each	520	200	22	6	2.5	5	880	72	11	5	12	25	170	15	20
29. Sour Cream, Chopped Cheddar and Bacon Bits	1 each	860	500	56	26	3	105	1440	59	6	6	31	30	45	40	20
30. Chili, Chopped Cheddar and Onions	1 each	650	260	29	13	3	50	950	77	12	6	24	25	45	35	30
31. Ham and Melted Cheddar	1 each	530	210	24	7	2.5	25	1440	67	6	6	14	10	45	10	25
33. Taco Tato	1 each	890	370	41	15	4	55	1740	106	16	8	29	35	60	45	35

Note: All potatoes are analyzed with butter.

Potato Put-Ons and Extras

Bacon Bits	1 serving	200	140	15	6	0	20	1010	0	0	0	13	0	0	0	4
Broccoli	1 serving	20	0	0	0	0	0	20	4	2	1	2	15	70	4	4
Butter	1 serving	100	100	11	2.5	2.5	0	105	0	0	0	0	10	0	0	0
Cauliflower	1 serving	15	0	0	0	0	0	15	3	2	1	1	0	45	2	2
Cheddar Cheese Sauce	1 serving	130	90	10	3.5	0	5	720	9	0	0	1	0	2	6	0
Chili	1 serving	160	50	6	2	0	10	640	21	6	2	9	6	2	6	15
Chopped Cheddar Cheese	1 serving	150	110	12	8	0	40	230	0	0	0	9	8	0	25	2
Chopped Ham	1 serving	50	15	2	1	0	20	590	2	0	2	6	0	0	0	10
Onions	1 serving	10	0	0	0	0	0	0	2	0	1	0	0	2	0	0
Sour Cream	1 serving	160	150	17	10	0.5	45	70	2	0	2	2	10	2	10	0
Taco Chips	1 serving	190	80	9	1.5	1.5	0	250	23	3	0	3	0	0	2	2
Tomatoes	1 serving	5	0	0	0	0	0	0	1	0	1	0	4	6	0	0





Menu Item - Soups & Salads	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vit A (%)	Vit C (%)	Calcium (%)	Iron (%)
Soups																
Chili	Regular - 8 oz	280	90	10	4	0.5	20	1140	38	11	3	15	8	2	10	25
Baja Chicken Enchilada	Regular - 8 oz	250	130	15	6	0	50	1020	19	4	6	10	25	4	6	8
Bean with Ham	Regular - 8 oz	100	5	1	0	0	5	1140	20	6	3	7	20	2	4	10
Broccoli Cheese	Regular - 8 oz	200	130	14	9	0.5	50	1280	11	2	3	9	30	8	15	2
California Medley	Regular - 8 oz	170	80	9	6	0	30	1410	14	1	7	7	80	8	4	2
Cheddar Baked Potato	Regular - 8 oz	230	100	11	7	0	40	880	22	1	5	11	25	8	10	4
Cheesy Chicken Tortilla	Regular - 8 oz	120	45	5	2.5	0	25	1260	13	1	2	6	8	6	8	2
Chicken and Green Chile Con Queso	Regular - 8 oz	260	160	18	11	0	65	1160	15	1	3	12	30	20	15	8
Chicken Noodle	Regular - 8 oz	100	25	2.5	1	0	25	900	18	1	1	5	6	2	2	6
Cream of Chicken with Wild Rice	Regular - 8 oz	200	120	13	7	0	40	1010	17	1	3	4	25	4	6	4
Vegetable Beef	Regular - 8 oz	80	20	2	1	0	10	920	11	1	3	6	30	2	2	6
Wisconsin Cheese	Regular - 8 oz	220	110	12	6	0	30	1070	19	1	9	11	15	2	15	4

****King-Sized soups are 12 oz servings.**

Crackers	1 packet	27	5	<1	0	0	0	90	4	<1	0	<1	0	0	0	0
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The Hungry Hobo may change soup selections from time to time and will endeavor to update this page as needed. Should you have any questions, please contact the corporate headquarters.

Salads																
Chef, Ham	Regular	110	70	7	4.5	0	30	410	4	1	3	8	15	6	15	8
Chef, Turkey	Regular	120	70	8	4.5	0	25	390	4	1	2	9	15	6	15	6
Chef, Ham and Turkey	Regular	120	70	7	4.5	0	30	400	4	1	3	9	15	6	15	6
Chef, Tuna	Regular	160	100	11	4.5	0	35	250	5	1	3	10	15	6	15	4
Taco	Regular	310	140	16	6	1	25	710	31	7	3	13	20	8	20	15
Grilled Chicken (available as King only)	King	320	160	18	9	0	110	510	9	2	6	30	30	15	30	10





Menu Item - Desserts & Drinks	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vit A (%)	Vit C (%)	Calcium (%)	Iron (%)
Desserts																
Chocolate Cake	1 piece	630	210	24	7	5	65	530	99	3	71	9	4	0	8	15
Pumpkin Spice	1 piece	750	340	39	7	3	60	510	97	1	70	6	10	0	4	10
Chocolate Chip Cookie	1 cookie	430	190	21	7	4	40	360	56	2	35	5	15	0	2	15
Peanut Butter Cookie	1 cookie	450	190	22	8	0	40	200	57	2	38	8	2	0	2	8
Banana Nut Muffin	1 muffin	610	300	34	6	1	105	500	73	2	43	8	4	4	8	15
Blueberry Muffin	1 muffin	530	220	26	4.5	1	80	480	71	1	44	6	2	0	8	15
Chocolate Pudding	5.5 fl. oz.	170	50	6	1.5	2	0	260	29	0	21	1	0	0	2	6
Vanilla Pudding	5.5 fl. oz.	180	50	6	1.5	2	0	230	33	0	25	1	0	0	2	0

Menu Item - Fountain Beverages	Serving Size	Calories	Total Fat (g)	Total Fat (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbs (g)	Total Carbs (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugars (g)	Protein (g)	Protein (%DV)
Fountain Beverages													
Pepsi	16 fl. oz.	200	0	0	40	2	56	18	0	0	56	0	0
Diet Pepsi	16 fl. oz.	0	0	0	50	2	0	0	0	0	0	0	0
Wild Cherry Pepsi	16 fl. oz.	200	0	0	40	2	56	18	0	0	56	0	0
Mt. Dew	16 fl. oz.	220	0	0	70	2	58	20	0	0	58	0	0
Diet Mt. Dew	16 fl. oz.	0	0	0	80	4	0	0	0	0	0	0	0
Diet Sierra Mist	16 fl. oz.	0	0	0	50	2	0	0	0	0	0	0	0
MUG Root Beer	16 fl. oz.	200	0	0	30	2	52	18	0	0	52	0	0
Lipton Brisk Tea	16 fl. oz.	0	0	0	60	2	0	0	0	0	0	0	0
Pink Lemonade	16 fl. oz.	200	0	0	210	8	54	18	0	0	54	0	0
Fruit Punch	16 fl. oz.	220	0	0	50	2	60	20	0	0	60	0	0

**The Hungry Hobo Serves Fountain Beverages in 3 sizes: Small (16 oz), Medium (22 oz) & Large (32 oz)

Menu Item - Ocean Spray Juices	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vit A (%)	Vit C (%)	Calcium (%)	Iron (%)
Ocean Spray Juices															
Ocean Spray 100% Apple Juice	15.2 fl. oz.	210	0	0	20	1	51	17	0	0	48	1	1		
Ocean Spray Pineapple Peach Mango Juice Blend	15.2 fl. oz.	240	0	0	25	1	58	19	0	0	51	1	1		
Ocean Spray Strawberry Kiwi Juice Drink	15.2 fl. oz.	230	0	0	80	3	57	19	0	0	47	0	0		

Menu Item - Single-Serving Beverages	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vit A (%)	Vit C (%)	Calcium (%)	Iron (%)
Single-Serving Beverages																
Baby Bo Milk	8 fl. oz.	130	45	5	3	0	20	125	13	0	12	8	10	2	30	0
Baby Bo Chocolate Milk	8 fl. oz.	130	0	0	0	0	<5	200	23	0	22	9	10	4	30	0
Bottled Water	20 fl. oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Nesquik Chocolate 1%	16 fl. oz.	340	50	5	3	0	20	320	58	>	56	16	20	0	80	50





Menu Item - Sides	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vit A (%)	Vit C (%)	Calcium (%)	Iron (%)
Fries																
Waffle	1 order	520	310	34	6	0	0	45	47	5	1	5	0	15	0	10
Cheddar	1 order	670	420	46	11	0	5	890	58	5	1	6	0	20	8	10
Nachos																
Mild	1 order	740	350	39	8	4	5	1530	82	8	0	10	0	4	15	8
Supreme	1 order	850	380	43	9	4.5	15	1960	97	12	2	16	8	8	20	15
Optional Items																
Pepper Rings	1 serving	0	0	0	0	0	0	460	0	0	0	0	0	0	0	0
Onions	1 serving	10	0	0	0	0	0	0	2	0	1	0	0	2	0	0
Sour Cream	1 serving	25	20	2.5	1.5	0	5	10	0	0	0	0	2	0	2	0
Potato Salad	1 side	210	90	10	4	0	20	560	29	2	6	2	0	15	0	2
Apple Sauce	1 side	140	0	0	0	0	35	20	34	3	29	0	--	--	--	--

