

Potbelly

| Items | Calories | Saturated Fat (g) | Sodium (mg) | Carbohydrates (g) | Fiber (g) | Protein (g) |
|--|----------|-------------------|-------------|-------------------|-----------|-------------|
| Sandwich (half/small) | | | | | | |
| Chicken Salad | 420 | 5 | 550 | 38 | 4 | 26 |
| Mediterranean | 350 | 3.5 | 960 | 50 | 7 | 17 |
| Mediterranean Chicken | 420 | 4 | 1190 | 50 | 7 | 30 |
| Tuna Salad | 360 | 4.5 | 470 | 38 | 4 | 25 |
| Turkey Breast | 380 | 4.5 | 970 | 41 | 4 | 24 |
| Flats | | | | | | |
| Breakfast Mediterranean | 360 | 6 | 950 | 40 | 4 | 19 |
| Chicken Salad | 510 | 7 | 650 | 36 | 4 | 32 |
| Grilled Chicken & Cheddar | 480 | 8 | 870 | 35 | 3 | 33 |
| Mediterranean | 380 | 3.5 | 1080 | 50 | 8 | 17 |
| Mediterranean Chicken | 450 | 4 | 1300 | 50 | 8 | 31 |
| Tuna Salad | 440 | 7 | 540 | 36 | 4 | 32 |
| Turkey Breast | 460 | 6 | 1240 | 39 | 3 | 31 |
| Salads | | | | | | |
| Chicken Salad Salad | 700 | 8 | 610 | 53 | 7 | 25 |
| Powerhouse Salad | 540 | 6 | 930 | 25 | 8 | 32 |
| Strawberry Bliss Salad | 470 | 5 | 760 | 29 | 5 | 32 |
| Tuna Salad Salad | 500 | 8 | 670 | 20 | 6 | 27 |
| *Includes Potbelly Vinaigrette that is served on the side – ½ size salads are also available | | | | | | |

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|---|----------|-------------------|-------------|-------------------|-----------|-------------|
| Salad Dressing | | | | | | |
| Fat Free Vinaigrette | 160 | 0 | 680 | 38 | 0 | 0 |
| Potbelly Vinaigrette | 210 | 3 | 310 | 6 | 0 | 0 |
| Soup (cup)* | | | | | | |
| Garden Vegetable | 70 | 0 | 800 | 15 | 3 | 3 |
| Homestyle Chicken Noodle | 100 | 0 | 1230 | 15 | 1 | 7 |
| <i>*Does not include extras or toppings</i> | | | | | | |
| Sides | | | | | | |
| Coleslaw | 230 | 1.5 | 630 | 27 | 3 | 1 |
| Garden Side Salad | 230 | 3 | 330 | 10 | 2 | 1 |
| Good Health Chips | 150 | 1 | 75 | 16 | 1 | 2 |