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POTBELLY

Sandwich (half size)

Item	Calories	Sat Fat	Sodium	Carbohydrates	Fiber	Protein
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

Item	Calories	Sat Fat	Sodium	Carbohydrates	Fiber	Protein
Breakfast Mediterranean	360	6	950	40	4	19
Chicken Salad	510	7	650	36	4	32
Grilled Chicken	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



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Salads

**Includes Potbelly Vinaigrette that is served on the side – ½ size salads are also available*

Item	Calories	Sat. Fat	Sodium	Carbohydrates	Fiber	Protein
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

Salad Dressing

Item	Calories	Sat. Fat	Sodium	Carbohydrates	Fiber	Protein
Fat Free Vinaigrette	160	0	680	38	0	0
Potbelly Vinaigrette	210	3	310	6	0	0

Soup (cup)

**Does not include extras or toppings*

Item	Calories	Sat. Fat	Sodium	Carbohydrates	Fiber	Protein
Garden Vegetable	70	0	800	15	3	3
Homestyle Chicken Noodle	100	0	1230	15	1	7

Sides

Item	Calories	Sat. Fat	Sodium	Carbohydrates	Fiber	Protein
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