

Thompson Bros Cuban Menu w/ Nutrition Information

Cuban Sandwich 653 cal

Bread 2.6 oz 234 cal, 2.6 g fat, 44.2 g carbs, 5.2 g protein, 375 mg sodium
Ham 3 slices 75 cal, 2 grams fat, 0 g carbs, 10 g protein, 540 mg sodium
Salami 3 slices 65 cal, 5 g fat, 0 g carbs, 2 g protein, 200 mg sodium
Pork 3 oz 122 cal, 3 g fat, 0 g carbs, 22 g protein, 60 mg sodium
Swiss cheese 1 slice 80 cal, 6 g fat, 0 g carbs, 6 g protein, 50 mg sodium
Pickles (6 pickles) 7 cal, 0 g fat, 1 g carbs, 0 g protein, 260 mg sodium
Mustard (3 tsp) 0 cal, 0 g fat, 0 g carbs, 0 g protein, 240 mg sodium
Honey butter (1 tbsp) 70 cal, 2.5 g fat, 4 g carbs, 0 g protein, 50 mg sodium, 4 g sugar

Turkey Sandwich 541 cal

Bread 2.6 oz 234 cal, 2.6 g fat, 44.2 g carbs, 5.2 g protein, 375 mg sodium
Honey roasted deli turkey 4 slices 90 cal, 0 g fat, 4 g carbs, 12 g protein, 700 g sodium
Swiss cheese 1 slice 80 cal, 6 g fat, 0 g carbs, 6 g protein, 50 mg sodium
Pickles (6 pickles) 7 cal, 0 g fat, 1 g carbs, 0 g protein, 260 mg sodium
Mustard (3 tsp) 0 cal, 0 g fat, 0 g carbs, 0 g protein, 240 mg sodium
Mayo (1 tbsp) 60 cal, 20 g fat, 0 g carbs, 0 g protein, 90 mg sodium
Honey butter (1 tbsp) 70 cal, 2.5 g fat, 4 g carbs, 0 g protein, 50 mg sodium, 4 g sugar

Grilled Cheese Sandwich 764 cal

Bread 2.6 oz 234 cal, 2.6 g fat, 44.2 g carbs, 5.2 g protein, 375 mg sodium
Swiss cheese 2 slice 160 cal, 12 g fat, 0 g carbs, 12 g protein, 100 mg sodium
Colby Jack Cheese 2 slices 160 cal, 14 g fat, 0 carbs, 12 g protein, 260 mg sodium
Mayo (1 tbsp) 60 cal, 20 g fat, 0 g carbs, 0 g protein, 90 mg sodium
Honey butter (1 tbsp) 70 cal, 2.5 g fat, 4 g carbs, 0 g protein, 50 mg sodium, 4 g sugar

Peanut Butter & Strawberry Jelly Sandwich 584 cal

Bread 2.6 oz 234 cal, 2.6 g fat, 44.2 g carbs, 5.2 g protein, 375 mg sodium
Peanut butter (2 tbsp) 180 cal, 15 g fat, 8 g fat, 7 g protein, 115 mg sodium
Strawberry jam (2 tbsp) 100 cal, 0 fat, 26 g carbs, 0 g protein, 0 mg sodium
Honey butter (1 tbsp) 70 cal, 2.5 g fat, 4 g carbs, 0 g protein, 50 mg sodium, 4 g sugar

Yellow Rice 3.8 oz serving

140 cal, 3 g fat, 25 g carbs, 286 mg sodium

Black Beans 3 oz serving

130 cal, 2 g fat, 22 g carbs, 7 g protein, 360 mg sodium

Chips - individually packaged w/ nutrition information on the back

Thompson Bros Cuban Menu

Cuban Sandwich - roasted pork, ham, salami, swiss cheese, pickles and mustard on authentic Cuban bread

Turkey Melt Sandwich - deli turkey, swiss cheese, mustard and pickles on Cuban bread

Peanut Butter and Jelly Sandwich - peanut butter and strawberry jam on Cuban bread

Grilled Cheese Sandwich - swiss cheese and colby jack cheese with mayo on Cuban bread

- Sandwiches are topped with honey butter and cooked on a sandwich press.
- Choice of Yellow Rice with Black Beans OR bag of Chips.