



The Maid-Rite Sandwich

Calories	415
Total Fats g	19
Saturated Fats g	7
Cholesterol mg	90
Carbohydrates g	27
Sodium mg	1160
Protein g	31
Sugars g	5.1

Seasoned Beef	
Serving	3.5 oz
Calories	275
Total Fat g	17
Saturated Fat g	7
Cholesterol mg	90
Carbohydrates g	2
Dietary Fiber g	0
Sodium mg	900
Protein g	27
Sugars g	1.1

Fresh White Bun	
Serving	56
Calories	160
Total Fat g	3.5
Saturated Fat g	.5
Cholesterol mg	0
Carbohydrates g	27
Dietary Fiber g	1
Sodium mg	280
Protein g	6
Sugars g	3

Fresh Wheat Bun	
Serving	56
Calories	160
Total Fat g	2.5
Saturated Fat g	0
Cholesterol mg	0
Carbohydrates g	29
Dietary Fiber g	2
Sodium mg	280
Protein g	6
Sugars g	7

Ketchup	
Serving	15g
Calories	16
Total Fat g	0.05
Saturated Fat g	0.007
Cholesterol mg	0
Carbohydrates g	4.093
Dietary Fiber g	0.2
Sodium mg	178
Protein g	.228

Mustard	
Serving	5g
Calories	3
Total Fat g	0.16
Saturated Fat g	0.008
Cholesterol mg	0
Carbohydrates g	0.389
Dietary Fiber g	0.16
Sodium mg	56
Protein g	0.198

Onions	
Serving	14g
Calories	5
Total Fat g	0.02
Saturated Fat g	0.004
Cholesterol mg	0
Carbohydrates g	1.208
Dietary Fiber g	0.252
Sodium mg	0.42
Protein g	0.162

Pickles	
Serving	14g
Calories	3
Total Fat g	0.03
Saturated Fat g	0.006
Cholesterol mg	0
Carbohydrates g	0.578
Dietary Fiber g	0.16
Sodium mg	180
Protein g	0.086

If you have any type of allergic condition or are on a restricted diet, please contact the Maid-Rite restaurant you are considering visiting to inquire directly about the menu items they are serving. Maid-Rite Corporation specifies that its franchisees use Mel-Fry oil for all frying needs in their restaurants, which has 0% Cholesterol and 0% Trans Fatty Acids. For additional information regarding MelFry Oil, please visit www.venturafoods.com. Please contact Maid-Rite Corporation (www.maid-rite.com) to inquire if the Maid-Rite franchisee restaurant you frequent is using the specified Mel-Fry Oil in compliance with the Maid-Rite standards.