

Subs

For sandwiches made with honey wheat roll and for those with additional toppings or condiments, see Breads & Toppings pages.

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Large																
BBQ Cheddar Burger	680	1420	504	56	24	3	230	2570	138	6	41	81	1	42	5	333
BLT & Cheese	435	950	387	43	12	0	40	2640	96	6	13	43	1	42	4	194
Cheeseburger	413	1160	477	53	16	3	185	1710	89	3	8	77	0	0	3	333
Cheeseburger Club	640	1410	639	71	23	3	215	2540	96	6	13	90	1	42	4	333
Chicken Club	602	1250	567	63	15	0	195	2480	94	5	10	73	0	33	1	194
Chicken Stir Fry	585	980	225	25	3.5	0	140	2570	104	6	13	80	0	133	4	250
Classic Veggie	623	960	333	37	11	1	45	2280	111	9	18	47	1	400	8	222
Cranberry Pecan Chicken Salad	397	1230	585	65	12	0	170	1310	105	5	23	51	0	0	1	194
Ham & Cheese	347	800	189	21	1.5	0	70	3500	95	3	11	53	0	0	4	194
Hamburger	376	1020	378	42	16	3	185	1090	87	3	7	70	0	0	1	333
Italian	370	1200	558	62	26	1	180	3650	94	3	8	63	0	0	6	222
Lobster	567	1150	495	55	10	0	205	2070	93	6	9	64	0	0	2	222
Meatball	510	1220	567	63	21	2	145	3800	118	4	31	48	1	83	3	333
Meatball & Cheese	581	1470	738	82	32	2	200	4300	120	4	31	66	1	83	8	333
Mushroom Swiss Burger	604	1470	684	76	36	3	310	1340	90	4	9	106	0	7	13	333
Number 9	673	1200	441	49	14	1	190	2470	101	6	13	85	0	133	4	389
Pastrami & Cheese	454	1190	477	53	24	0	200	2180	91	3	7	85	0	0	7	333
Peppercorn Steak	702	1470	666	74	18	1	215	3320	101	6	14	86	0	3	4	389
Roast Beef	326	660	99	11	4.5	0	95	1940	90	3	8	53	0	0	1	333
Steak	456	980	315	35	14	1	190	1680	88	4	7	73	0	0	1	389
Steak & Cheese	502	1150	441	49	14	1	190	2180	91	4	8	82	0	0	4	389
Steak Bomb	698	1290	495	55	25	1	245	2990	101	6	11	94	0	133	6	389
Tuna	397	1430	864	96	17	0	150	1890	87	3	7	45	0	0	1	222
Turkey	326	670	54	6	2	0	115	1020	87	3	7	62	0	0	1	250
Turkey Club	492	830	162	18	7	0	135	1490	92	5	10	71	0	33	1	250
Medium																
BBQ Cheddar Burger	500	1060	378	42	18	2	170	1930	103	4	30	61	0	25	3	250
BLT & Cheese	329	720	297	33	9	0	30	2020	72	4	9	33	0	33	3	139
Cheeseburger	310	870	360	40	12	2	140	1280	67	3	6	57	0	0	3	250
Cheeseburger Club	467	1030	468	52	17	2	160	1850	72	4	9	67	0	25	3	278
Chicken Club	441	910	396	44	11	0	145	1850	70	4	7	55	0	17	1	139
Chicken Stir Fry	434	740	171	19	2.5	0	100	1940	78	4	10	58	0	100	3	194
Classic Veggie	434	700	243	27	8	0	35	1630	81	6	12	34	1	267	6	167
Cranberry Pecan Chicken Salad	298	920	441	49	9	0	125	980	79	4	18	38	0	0	1	139
Ham & Cheese	256	600	144	16	1.5	0	50	2580	71	3	8	39	0	0	3	139
Hamburger	282	770	279	31	12	2	140	820	65	3	5	52	0	0	1	250
Italian	281	910	423	47	20	1	135	2760	70	3	6	48	0	0	5	167
Lobster	411	830	351	39	7	0	145	1500	70	4	7	46	0	0	2	167
Meatball	383	910	423	47	15	1	110	2850	89	3	23	36	0	58	2	222
Meatball & Cheese	439	1120	558	62	24	2	155	3250	90	3	23	50	1	58	6	250
Mushroom Swiss Burger	453	1100	513	57	27	2	230	1000	68	3	6	79	0	3	10	278
Number 9	494	880	324	36	10	0	130	2020	76	5	10	61	0	100	3	278

Pastrami & Cheese	340	890	360	40	18	0	150	1630	68	3	5	64	0	0	5	250
Peppercorn Steak	515	1090	495	55	13	1	150	2660	77	5	11	62	0	3	3	278
Roast Beef	241	490	72	8	3.5	0	70	1430	67	3	6	39	0	0	1	222
Steak	329	710	225	25	10	0	130	1390	66	3	5	52	0	0	1	278
Steak & Cheese	365	840	324	36	10	0	130	1740	68	3	6	59	0	0	3	278
Steak Bomb	528	980	378	42	19	1	185	2410	76	5	9	71	0	100	5	278
Tuna	298	1070	648	72	13	0	115	1420	65	3	5	33	0	0	1	167
Turkey	241	500	41	5	1.5	0	85	770	65	3	5	45	0	0	1	194
Turkey Club	358	620	126	14	5	0	100	1120	69	4	7	52	0	17	1	194

One Pounder

Number 9	843	1500	603	67	21	1	300	2580	101	6	13	118	0	133	4	500
Peppercorn Steak	872	1770	828	92	25	1	325	3430	101	6	14	120	0	3	4	500
Steak	584	1160	468	52	20	1	300	1560	66	3	5	103	0	0	1	444
Steak and Cheese	621	1300	567	63	20	1	300	2180	69	3	6	110	0	0	3	444
Steak Bomb	925	1690	711	79	34	2	395	3140	101	6	11	139	0	133	6	500

Small Subs

Baked Stuffed Lobster	243	650	297	33	5	0	100	1090	52	2	6	32	0	3	1	111
BBQ Cheddar Burger	339	710	252	28	12	2	115	1290	69	3	20	41	0	25	2	167
BLT & Cheese	195	490	207	23	6	0	20	1400	48	2	6	22	0	17	2	111
Cheeseburger	206	580	234	26	8	2	95	860	45	2	4	38	0	0	2	167
Cheeseburger Club	319	700	315	35	12	2	110	1270	48	3	6	45	0	25	2	167
Chicken Club	301	620	279	31	8	0	95	1240	47	3	5	37	0	17	0	83
Chicken Stir Fry	297	510	126	14	2	0	70	1360	52	3	7	41	0	67	2	111
Classic Veggie	312	480	171	19	5	0	20	1140	55	4	9	23	0	200	4	111
Cranberry Pecan Chicken Salad	198	610	288	32	6	0	85	650	53	3	12	25	0	0	0	111
Ham	137	300	32	4	1	0	30	1180	45	2	4	20	0	0	0	83
Ham & Cheese	178	420	108	12	1	0	35	1830	48	2	6	27	0	0	2	83
Hamburger	187	510	189	21	8	2	95	540	43	2	3	35	0	0	1	167
Italian	192	630	297	33	14	0	95	1870	47	2	4	33	0	0	4	111
Lobster	283	580	243	27	5	0	100	1040	47	3	4	32	0	0	1	111
Lobster Roll	184	390	198	22	3.5	0	80	660	24	2	4	23	0	0	1	11
Meatball	255	610	288	32	10	1	75	1900	59	2	15	24	0	42	1	167
Meatball & Cheese	298	760	387	43	17	1	105	2200	60	2	15	35	0	42	5	167
Mushroom Swiss Burger	301	730	342	38	18	2	155	670	45	2	4	53	0	3	7	167
Number 9	343	620	234	26	7	0	95	1590	51	3	7	43	0	75	2	194
Pastrami & Cheese	227	590	243	27	12	0	100	1090	45	2	3	42	0	0	4	167
Peppercorn Steak	357	760	351	39	9	0	105	2020	52	3	7	44	0	3	2	194
Roast Beef	163	330	45	5	2	0	50	970	45	2	4	26	0	0	0	167
Steak	230	490	162	18	7	0	95	1120	44	2	3	37	0	0	0	194
Steak & Cheese	256	590	234	26	7	0	95	1310	46	2	4	42	0	0	2	194
Steak Bomb	358	670	270	30	13	1	130	1820	51	3	6	49	0	75	4	194
Surf n' Turf	373	820	369	41	9	0	155	1360	54	3	6	54	0	0	2	139
Tuna	198	710	432	48	8	0	75	950	43	2	3	22	0	0	0	111
Turkey	163	340	27	3	1	0	55	510	43	2	3	31	0	0	0	139
Turkey Club	246	420	81	9	3.5	0	65	750	46	3	5	36	0	17	0	139

Toasted

Chicken Bacon & VT Cheddar	330	760	378	42	11	0	115	2850	46	3	5	41	0	17	2	111
Chicken Parm	311	600	180	20	10	0	140	3020	50	2	7	48	0	33	5	139
Pastrami Ruben	298	740	378	42	13	0	90	1630	53	4	8	36	0	0	4	167
Roast Beef & Cheddar	283	530	180	20	7	0	75	1270	52	3	7	32	0	17	2	167
Steak & VT Cheddar	269	670	288	32	15	0	135	830	43	2	3	47	0	0	4	194
Toasted Italian	362	910	522	58	19	0	125	2440	54	4	7	41	0	58	4	139
Turkey Thanksgiving	291	670	189	21	4	0	65	1390	82	3	12	36	0	3	1	222

Toasted Large

Chicken Bacon & VT Cheddar	659	1510	756	84	23	0	230	5640	92	6	10	82	1	33	4	250
Chicken Parm	621	1200	360	40	20	1	275	5980	100	4	15	95	1	67	10	278
Pastrami Ruben	624	1540	783	87	28	1	200	3400	107	7	15	79	0	0	7	333
Roast Beef & Cheddar	567	1060	360	40	14	0	145	2540	104	5	15	64	1	33	4	333
Steak & VT Cheddar	539	1340	567	63	30	1	270	1670	87	3	7	93	1	0	7	389
Toasted Italian	678	1660	936	104	33	1	210	4220	106	7	14	72	1	117	6	250
Turkey Thanksgiving	638	1330	459	51	10	0	145	2110	145	5	33	66	0	3	1	333

Toasted Medium

Chicken Bacon & VT Cheddar	487	1140	567	63	17	0	175	4250	69	4	7	62	0	17	3	194
Chicken Parm	459	870	252	28	14	1	205	4450	75	3	11	70	1	50	7	222
Pastrami Ruben	461	1140	585	65	21	0	145	2510	80	6	11	58	0	0	5	250
Roast Beef & Cheddar	415	790	270	30	11	0	110	1880	78	4	11	47	0	17	3	222
Steak & VT Cheddar	390	980	414	46	22	0	195	1240	65	3	5	67	0	0	5	278
Toasted Italian	507	1260	702	78	26	1	165	3330	79	5	10	57	1	83	5	194
Turkey Thanksgiving	439	940	306	34	6	0	105	1470	106	4	23	48	0	3	1	250

Pokkets

Nutritional values are based on sandwiches with toppings according to recipe & condiments served on a plain pokket®. For sandwiches made with additional toppings or condiments, see Breads & Toppings pages

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Bacon Egg & Cheese	239	560	279	31	6	0	500	1400	39	1	3	31	0	0	3	139
BBQ Cheddar Burger	332	650	234	26	11	2	115	1170	64	3	18	39	0	25	2	167
BLT & Cheese	222	430	189	21	5	0	20	1250	40	3	4	20	0	25	2	83
Caesar Salad	283	650	351	39	9	0	65	1550	57	5	6	18	0	0	3	83
Cheeseburger	199	530	216	24	7	2	95	730	39	2	2	36	0	0	2	167
Cheeseburger Club	312	650	297	33	11	2	110	1150	43	3	4	43	0	25	2	167
Chicken Caesar Salad	376	780	378	42	10	0	130	1950	59	5	6	42	0	0	3	111
Chicken Club	294	570	261	29	7	0	95	1120	42	3	3	35	0	17	0	83
Chicken Stir Fry	283	440	108	12	1	0	70	1210	43	3	4	38	0	67	2	111
Classic Vegetable	304	430	153	17	4.5	0	20	1020	50	4	7	22	0	200	4	111
Cranberry Pecan Chicken Salad	184	540	270	30	5	0	85	500	44	2	9	23	0	0	0	83
Egg & Cheese	227	490	225	25	4	0	490	1170	39	1	3	27	0	0	3	139
Egg and Vegetables	312	510	225	25	4	0	490	1180	44	3	5	29	1	67	3	139
Greek	380	670	414	46	12	1	40	1350	49	5	8	20	0	25	2	83
Ham	130	250	14	2	0	0	30	1060	40	2	2	18	0	0	0	83
Ham & Cheese	164	350	90	10	0	0	35	1680	39	1	3	25	0	0	2	56
Hamburger	180	460	171	19	7	2	95	420	38	2	1	33	0	0	0	167
Italian	178	560	279	31	13	0	95	1720	38	1	2	31	0	0	3	83
Lobster	269	510	225	25	4	0	100	880	38	3	2	30	0	0	1	83
Meatball	241	540	270	30	9	1	75	1750	50	2	13	21	0	42	1	139
Meatball & Cheese	283	690	369	41	16	1	105	2050	51	2	13	32	0	42	4	139
Mushroom Swiss Burger	294	680	324	36	17	2	155	550	40	2	2	51	0	3	6	167
Number 9	329	550	216	24	6	0	95	1440	42	3	4	41	0	75	2	167
Pastrami & Cheese	213	530	225	25	11	0	100	940	36	1	1	40	0	0	3	139

Peppercorn Steak	343	690	333	37	8	0	105	1860	43	3	5	42	0	3	2	167
Roast Beef	149	260	32	4	1.5	0	50	820	36	1	2	24	0	0	0	139
Steak	272	520	198	22	8	0	130	1000	35	2	1	46	0	0	0	194
Steak & Cheese	244	530	216	24	6	0	95	1430	37	2	2	39	0	0	2	167
Steak Bomb	343	600	252	28	13	1	130	1670	42	3	3	47	0	75	4	167
Steak Egg & Cheese	283	590	279	31	6	0	530	1210	39	1	3	39	0	0	3	167
Tuna	184	650	414	46	8	0	75	790	34	1	1	20	0	0	0	83
Turkey	149	270	9	1	0	0	55	360	34	1	1	29	0	0	0	111
Turkey Club	232	350	63	7	2.5	0	65	590	37	3	3	33	0	17	0	111

Medium

BLT & Cheese	272	530	270	30	8	0	30	1640	42	3	5	26	0	33	2	83
Cheeseburger	253	690	324	36	10	2	140	900	37	1	2	51	0	0	2	194
Chicken Club	384	720	369	41	9	0	145	1460	40	3	3	48	0	17	0	83
Chicken Stir Fry	378	550	144	16	1.5	0	100	1550	47	3	6	52	0	100	2	111
Classic Veggie	378	510	207	23	7	0	35	1250	51	5	8	27	1	267	6	111
Cranberry Pecan Chicken Salad	241	730	405	45	7	0	125	590	48	3	14	32	0	0	0	83
Ham & Cheese	199	420	117	13	0	0	50	2190	40	1	4	32	0	0	2	56
Italian	225	730	396	44	19	1	135	2370	40	1	2	41	0	0	5	83
Lobster	354	640	315	35	6	0	145	1110	39	3	3	39	0	0	1	83
Meatball & Cheese	383	930	531	59	23	2	155	2860	59	2	19	44	1	58	6	167
Number 9	437	700	297	33	8	0	130	1630	46	4	6	55	0	100	3	222
Pastrami & Cheese	283	710	333	37	17	0	150	1250	37	1	1	57	0	0	5	194
Roast Beef	184	310	41	5	2	0	70	1040	36	1	2	32	0	0	0	167
Steak & Cheese	308	660	297	33	8	0	130	1350	38	2	2	52	0	0	2	194
Steak Bomb	471	790	351	39	18	1	185	2020	46	4	5	65	0	100	5	222
Tuna	241	890	621	69	11	0	115	1030	34	1	1	27	0	0	0	83
Turkey	184	310	14	2	0	0	85	380	34	1	1	39	0	0	0	111
Turkey Club	301	430	90	10	4	0	100	730	38	3	3	46	0	17	0	111

Wraps

Nutritional values are based on small-sized sandwiches with toppings according to recipe and condiments served on a white wrap. For sandwiches made with honey wheat wrap and for additional toppings or condiments, see Breads & Toppings pages.

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Bacon Egg & Cheese	278	700	360	40	8	0	500	1690	53	3	3	33	0	0	3	56
BBQ Cheddar Burger	364	780	306	34	13	2	115	1420	75	4	18	40	0	25	2	83
BLT & Cheese	247	570	261	29	7	0	20	1530	54	4	4	22	0	17	2	0
Buffalo Chicken Salad	415	830	405	45	9	0	90	2210	66	8	8	37	0	0	0	33
Caesar Salad	323	790	432	48	11	0	65	1840	72	7	6	20	0	0	3	22
Cheeseburger	231	660	297	33	9	2	95	990	50	3	2	38	0	0	2	83
Cheeseburger Club	344	780	378	42	13	2	110	1400	54	4	4	45	0	25	2	83
Chicken Caesar Salad	415	930	459	51	12	0	130	2230	74	7	6	44	0	0	3	44
Chicken Club	354	710	342	38	9	0	95	1380	54	4	3	36	0	25	0	11
Chicken Cobb	452	910	477	53	14	0	100	1530	71	7	17	37	0	25	3	33
Chicken Stir Fry	322	590	180	20	3	0	70	1500	58	4	4	40	0	67	2	33
Classic Veggie	337	560	225	25	7	0	20	1270	61	6	7	23	0	200	4	22
Cranberry Pecan	223	690	351	39	7	0	85	790	58	4	9	25	0	0	0	11

Soups

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Soup (Small)																
Baked Potato	227	260	162	18	10	0	50	780	20	2	1	5	0	17	1	33
Beef Stew	227	220	72	8	3.5	0	30	820	23	2	6	12	0	0	0	0
Broccoli & Cheddar	227	250	171	19	11	0	60	840	12	2	3	9	0	0	0	0
Butternut Squash and Apple	227	180	99	11	7	0	30	540	19	2	6	2	2	50	1	22
Chicken Noodle	227	110	27	3	1	0	25	830	14	1	4	6	0	0	0	0
Hearty Vegetable	227	40	0	0	0	0	0	270	7	2	4	2	0	0	0	0
Italian Wedding	227	120	54	6	2	0	15	920	11	2	3	6	0	0	0	0
Lobster Bisque	227	360	261	29	18	0	115	820	16	1	3	8	0	0	0	0
NE Clam Chowder	227	320	162	18	10	0	60	700	31	1	1	9	0	0	0	0
Portuguese Kale	227	130	41	5	1.5	0	10	630	16	3	5	8	0	0	0	0
Summer Citrus Vegetable	227	90	18	2	0	0	10	640	15	2	3	3	1	33	0	33
Summer Corn Chowder	227	160	54	6	3	0	20	830	20	1	9	8	0	17	0	22
Turkey Chili	227	250	81	9	2.5	0	65	700	19	5	4	22	0	58	0	83
Tuscan Bean and Sausage	227	190	63	7	2.5	0	15	780	22	6	5	8	1	50	1	83
Tuscan Pasta and Bean	227	110	14	2	0	0	0	430	20	3	7	4	0	58	0	33
Soup (Large)																
Baked Potato	340	390	243	27	15	0	75	1170	30	3	1	7	0	25	1	44
Beef Stew	340	330	108	12	5	0	45	1230	34	3	9	18	0	0	0	0
Broccoli & Cheddar	340	370	252	28	16	0	90	1260	18	3	4	13	0	0	0	0
Butternut Squash and Apple	340	260	153	17	11	0	50	810	28	3	8	3	4	67	1	33
Chicken Noodle	340	160	41	5	1.5	0	35	1240	21	1	6	9	0	0	0	0
Hearty Vegetable	340	60	5	1	0	0	0	400	10	3	6	3	0	0	0	0
Italian Wedding	340	180	81	9	3	0	20	1380	16	3	4	9	0	0	0	0
Lobster Bisque	340	540	387	43	27	0	170	1230	24	1	4	12	0	0	0	0
NE Clam Chowder	340	480	243	27	15	1	90	1050	46	1	1	13	0	0	0	0
Portuguese Kale	340	190	63	7	2	0	15	940	24	4	7	12	0	0	0	0
Summer Citrus Vegetable	340	130	27	3	0	0	15	960	22	3	4	4	1	50	0	44
Summer Corn Chowder	340	240	81	9	4.5	0	30	1240	30	1	13	12	0	25	1	33
Turkey Chili	340	370	117	13	3.5	0	95	1050	28	7	6	33	0	83	1	111
Tuscan Bean and Sausage	340	280	90	10	3.5	0	20	1170	33	9	7	12	2	75	1	111
Tuscan Pasta and Bean	340	160	18	2	0	0	0	640	30	4	10	6	0	83	1	44

Salads and Dressings

Nutritional values for salads are without dressings with the exception of the Caesar salads. Dressing values should be added to salad values. Nutritional Values does include pokket® bread.

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Salad Entree																
Buffalo	305	240	63	7	1.5	0	65	1140	15	6	4	27	0	0	0	33
Caesar	354	630	477	53	11	1	80	1640	28	6	9	14	0	3	3	33
Chicken Caesar	447	770	495	55	12	1	145	2040	30	6	9	38	0	3	3	44
Cobb	371	310	153	17	8	0	80	610	11	5	6	29	0	33	3	22
Greek	428	240	117	13	7	1	40	730	17	6	9	15	1	100	2	11
Pokket	71	160	0	0	0	0	0	310	34	1	1	6	0	0	0	56
Tossed	336	60	0	0	0	0	0	25	12	5	8	3	0	100	0	11
Dressing																
Balsamic	85	180	153	17	2.5	0	0	660	8	1	6	0	0	0	0	11
Bleu Cheese	85	430	387	43	8	1	40	720	7	0	6	3	0	0	0	11
Caesar	85	410	369	41	8	1	40	1190	5	0	4	5	0	3	2	11
Creamy Italian	85	320	243	27	4	0	0	730	18	0	16	0	0	0	0	11
Fat Free Caesar	85	60	5	1	0	0	0	1260	9	0	8	1	0	0	0	0
Greek	85	230	234	26	4.5	0	15	770	6	0	3	0	0	0	0	0
Honey Mustard	85	450	369	41	6	1	35	510	19	0	18	1	0	0	0	11
Lite Ranch	85	240	171	19	3	0	20	920	6	1	4	2	0	3	0	11
Salad side																
Caesar	213	400	243	27	6	0	40	980	31	4	5	10	0	0	2	44
Salad Side																
Pokket	35	80	0	0	0	0	0	160	17	1	0	3	0	0	0	33
Tossed	219	110	0	0	0	0	0	170	24	4	5	5	0	67	0	44

Kids

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Cheeseburger Sub	120	330	126	14	4	1	45	1060	31	1	3	21	0	0	1	111
Cookie Chocolate Chip	43	170	54	6	2.5	0	0	85	26	0	16	3	0	0	0	0
Ham & Cheese Sub	92	220	45	5	0.5	0	15	820	31	1	3	13	0	0	1	56
Kidz Tuna Sub	113	400	225	25	4.5	0	40	550	29	1	2	13	0	0	0	56
Meatball Sub	92	260	126	14	4.5	0	35	760	23	1	5	10	0	3	0	56
Turkey Sub	113	230	18	2	0.5	0	40	340	29	1	2	22	0	0	0	83

Breads and Toppings

Condiments and toppings as indicated are for small subs, pokket[®], and wraps. Multiply amounts by 1.5 for a medium and multiply by 2 for a large sandwich.

	Per Serving (g)	Calories	Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Small Subs																
Multigrain Sub	85	230	23	3	1	0	0	470	45	3	2	8	0	0	0	83
White Sub	85	230	23	3	1	0	0	470	43	2	3	8	0	0	0	83
Medium Subs																
Multigrain Sub	128	350	36	4	1.5	0	0	700	68	5	3	13	0	0	1	139
White Sub	128	350	36	4	1.5	0	0	700	65	3	5	13	0	0	1	139
Large Subs																
Multigrain Sub	170	470	45	5	1.5	0	0	930	90	7	3	17	0	0	1	194
White Sub	170	470	45	5	1.5	0	0	930	87	3	7	17	0	0	1	194
Pokket Bread																
White	78	180	5	1	0	0	0	310	37	2	1	7	0	0	0	83
Wraps																
HoneyWholeWheat	110	310	72	8	2	0	0	690	55	5	8	10	0	0	0	0
Plain	110	310	81	9	2	0	0	600	49	3	1	8	0	0	0	0
EX																
American Cheese	28	100	72	8	0	0	0	470	2	0	1	5	0	0	2	0
Bacon	12	70	54	6	2.5	0	10	230	0	0	0	4	0	0	0	0
Hot Peppers	21	5	0	0	0	0	0	170	1	0	0	0	0	0	0	0
Lettuce	28	5	0	0	0	0	0	0	1	1	1	0	0	0	0	0
Mayonnaise	14	110	108	12	2	0	10	65	0	0	0	0	0	0	0	0
Mushrooms	28	5	0	0	0	0	0	0	1	0	0	1	0	0	0	0
Mustard (Honey Dijon)	14	35	5	1	0	0	0	90	7	0	4	1	0	0	0	11
Mustard Yellow	14	10	5	1	0	0	0	160	1	0	0	1	0	0	0	11
Oil and Vinegar	21	140	144	16	2	0	0	0	0	0	0	0	0	0	0	0
Onions	28	10	0	0	0	0	0	0	3	0	1	0	0	7	0	0
Peppers	28	10	0	0	0	0	0	0	2	0	1	0	0	133	0	0
Pickles	21	5	0	0	0	0	0	190	1	0	0	0	0	0	0	0
Provolone Cheese	43	150	99	11	7	0	35	300	1	0	0	11	0	0	3	11
Swiss Cheese	28	100	72	8	5	0	30	60	0	0	0	8	0	0	3	0
Tomato	43	10	0	0	0	0	0	0	2	1	1	0	0	17	0	0
Turkey Gravy	85	60	45	5	1	0	0	300	4	0	1	0	0	0	0	0
VT Cheese Cheddar	21	90	63	7	4	0	20	135	0	0	0	5	0	0	2	0