

## D'Angelo Nutritional Menu:

### Subs

	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)
<b>One Pounder</b>																
Number 9	843	1460	576	64	27	1	335	2630	105	6	13	117	1	133	3	333
Steak	595	1180	468	52	19	1	300	1660	74	3	5	102	0	0	0	278
Steak and Cheese	633	1300	549	61	25	1	330	2290	78	3	7	109	0	0	2	278
Steak Bomb	896	1590	684	76	27	1	370	3030	101	6	11	130	0	133	4	333
<b>Small Subs</b>																
Bakd Stuffed Lobster	243	640	297	33	4.5	0	100	1120	54	5	5	31	0	3	1	22
BLT & Cheese	258	500	207	23	11	0	45	1510	51	6	7	23	1	17	2	0
Capicola & Cheese	166	400	126	14	4	0	50	1410	46	4	3	25	0	0	2	0
Cheese	190	580	261	29	16	0	75	2000	52	4	7	31	1	0	6	0
Cheeseburger	251	530	225	25	10	1	80	1430	49	5	5	28	0	10	2	56
Chicken Club	289	620	288	32	7	0	95	1280	48	5	5	35	0	17	0	0
Chicken Honey Dijon	316	530	135	15	6	0	105	1300	56	6	10	43	0	17	3	0
Chicken Salad	198	670	387	43	7	0	100	1030	45	4	3	26	0	0	0	0
Chicken Stir Fry	297	470	108	12	6	0	85	1570	53	6	7	38	0	67	2	11
Classic Veggie	310	450	135	15	7	0	35	1180	60	7	9	22	0	200	3	22
Grilled Chicken	254	370	63	7	1	0	65	910	48	5	4	30	1	25	0	11
Ham	208	300	32	4	0	0	30	1210	49	2	6	19	0	17	0	11
Ham & Cheese	165	380	90	10	4.5	0	50	1680	49	1	5	24	0	0	2	0
Ham & Salami	163	450	171	19	6	0	55	1460	46	1	3	26	0	0	2	0
Hamburger	232	460	180	20	7	1	65	1120	48	5	4	24	0	10	0	56
Italian	173	530	234	26	8	0	65	1630	50	2	4	27	0	0	2	0
Lobster	255	560	243	27	4	0	100	1060	47	5	4	31	0	3	1	22
Lobster Roll	184	390	198	22	3.5	0	80	660	24	2	4	23	0	0	1	11
Meatball	360	670	306	34	13	0	75	2260	66	10	12	28	0	0	1	83
Meatball & Cheese	391	780	378	42	18	0	95	2520	67	10	13	36	0	0	3	83
Mortadella & Cheese	165	590	297	33	11	0	80	1710	47	4	4	29	0	0	2	0
Number 9	343	600	216	24	11	0	115	1620	53	6	7	43	0	75	2	111
Pastrami & Cheese	227	610	306	34	14	0	120	1880	47	5	3	34	0	0	3	0
Pepperoni	172	600	306	34	11	0	70	1830	47	7	5	29	0	0	2	0
Roast Beef	163	320	45	5	1.5	0	50	990	46	4	4	26	0	0	0	56
Salad	397	280	27	3	0	0	0	510	56	8	10	10	1	75	0	33
Salami & Cheese	176	570	297	33	11	0	75	1750	45	4	3	27	0	0	2	0
Steak	237	500	153	17	6	0	95	1190	49	5	3	36	0	0	0	83
Steak & Cheese	265	590	216	24	11	0	115	1650	52	5	5	42	0	0	2	83
Steak Bomb	343	630	261	29	10	0	115	1780	51	6	5	45	0	75	3	83
Surf n' Turf	373	800	360	40	11	0	170	1380	55	5	6	54	0	0	2	83
Toasted Pastrami	298	750	423	47	14	0	115	2310	54	6	7	29	0	0	3	0
Toasted RB & Ched	308	600	243	27	10	1	95	1440	55	6	7	37	0	25	3	56
Toasted Spicy MB	453	860	441	49	18	0	110	2960	68	11	14	43	0	67	4	83
Toasted Tuna & Swiss	283	810	504	56	13	0	85	960	48	5	5	30	0	13	3	22
Toasted Turkey & Ham	280	570	234	26	7	0	75	1530	49	6	6	35	0	25	0	22
Toasted Turkey Thanksgiving	234	620	153	17	2	0	65	1220	81	6	11	35	0	3	0	139
Tuna	198	700	432	48	8	0	60	900	45	1	3	22	0	0	0	11
Turkey	163	330	27	3	0	0	55	540	45	4	3	30	0	0	0	33
Turkey Club	266	420	90	10	3	0	70	810	48	3	5	36	0	25	0	33

## Wraps

	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)
BLT & Cheese	266	590	270	30	13	0	45	1620	55	5	5	24	1	17	2	0
Buffalo Chicken Salad	415	810	405	45	9	0	85	2440	65	7	8	35	0	0	0	11
Caesar Salad	284	710	405	45	10	0	40	1690	64	5	7	19	0	0	0	11
Capicola & Cheese	191	480	189	21	6	0	50	1510	50	3	1	25	0	0	2	0
Cheese	215	670	324	36	18	0	75	2110	56	3	5	31	1	0	6	0
Cheeseburger	222	600	279	31	12	1	80	1530	52	3	2	28	0	0	2	56
Chicken Caesar Salad	401	830	432	48	11	0	100	2260	65	6	8	41	0	0	0	11
Chicken Club	328	710	351	39	9	0	95	1390	53	4	3	35	0	17	0	0
Chicken Cobb	464	910	486	54	15	0	75	1810	72	7	17	36	0	25	3	22
Chicken Filet & Bacon	335	710	351	39	9	0	95	1390	53	4	3	36	1	25	0	11
Chicken Honey Dijon	355	620	198	22	8	0	105	1410	61	4	9	44	0	17	3	11
Chicken Salad	223	760	441	49	9	0	100	1130	49	3	1	26	0	0	0	0
Chicken Stir Fry	322	550	171	19	8	0	85	1680	57	4	5	39	0	67	2	11
Classic Veggie	328	520	198	22	9	0	35	1250	61	6	7	22	0	200	3	22
Greek	489	910	576	64	14	1	40	2000	65	6	8	21	3	75	2	33
Grilled Chicken	215	440	117	13	3	0	65	1010	50	3	1	30	0	0	0	0
Ham & Cheese	190	470	153	17	7	0	50	1790	54	3	3	25	0	0	2	0
Ham & Salami	199	550	234	26	8	0	60	1720	50	3	2	29	0	0	2	0
Hamburger	226	600	279	31	11	1	80	1240	50	3	1	28	0	0	0	83
Italian	191	600	297	33	10	0	65	1700	50	3	2	27	0	0	2	0
Lobster	294	650	306	34	6	0	100	1170	52	3	2	32	0	3	1	22
Meatball	385	760	369	41	15	0	75	2370	70	9	10	28	0	0	1	83
Mortadella & Cheese	190	680	360	40	13	0	80	1810	52	3	2	30	0	0	2	0
Number 9	368	680	279	31	13	0	115	1720	58	5	5	43	0	75	2	111
Pastrami	252	700	369	41	16	0	120	1980	52	3	1	34	0	0	3	0
Pepperoni	170	560	270	30	9	0	50	1420	50	4	2	23	0	0	2	0
Roast Beef	188	410	108	12	3.5	0	50	1100	50	3	2	26	0	0	0	56
Salad	422	360	81	9	2	0	0	620	60	8	8	11	1	67	0	11
Salami & Cheese	197	640	342	38	12	0	70	1790	49	3	1	27	0	0	2	0
Steak	311	670	270	30	10	0	130	1290	50	3	1	48	0	0	0	139
Steak & Cheese	283	660	279	31	13	0	115	1720	53	3	2	42	0	0	2	83
Steak Bomb	368	720	324	36	12	0	115	1890	55	5	3	46	0	75	3	83
Tuna	223	780	495	55	10	0	60	1010	49	3	1	22	0	0	0	11
Turkey	188	410	90	10	2	0	55	640	49	3	1	31	0	0	0	33
Turkey Club	310	510	153	17	5	0	70	920	53	5	4	36	0	25	0	44

## Pokkets

	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)
BLT & Cheese	283	440	198	22	11	0	45	1340	39	4	6	22	1	25	2	11
Caesar Salad	298	560	333	37	8	0	40	1410	47	4	7	18	3	50	1	33
Capicola & Cheese	152	330	108	12	4	0	50	1230	32	1	1	23	0	0	2	0
Cheese	176	510	243	27	16	0	75	1830	38	1	5	30	1	0	6	0
Cheeseburger	237	460	207	23	10	1	80	1260	35	2	3	27	0	10	2	56
Chicken Caesar Salad	390	680	351	39	9	0	100	1980	48	4	8	40	3	50	1	33
Chicken Club	275	550	270	30	7	0	95	1110	34	2	3	34	0	17	0	0
Chicken Honey Dijon	301	460	126	14	6	0	105	1130	42	2	8	42	0	17	3	0
Chicken Salad	184	600	369	41	7	0	100	850	31	1	1	24	0	0	0	0
Chicken Stir Fry	283	400	90	10	6	0	85	1400	39	2	5	37	0	67	2	11
Classic Vegetable	288	360	117	13	7	0	35	950	43	4	7	20	0	200	3	22
Classic Veggie No Cheese	241	200	9	1	0	0	0	320	40	4	6	9	0	200	0	22
Greek	450	750	495	55	12	1	40	1720	46	4	8	19	3	75	2	33
Grilled Chicken	261	300	45	5	1	0	65	740	35	2	3	29	1	33	0	11
Ham	123	220	14	2	0	0	30	1040	33	1	2	17	0	0	0	0
Ham & Cheese	151	310	72	8	4.5	0	50	1500	35	1	3	23	0	0	2	0
Ham & Salami	148	380	162	18	6	0	55	1290	32	1	1	25	0	0	2	0
Hamburger	218	390	162	18	7	1	65	940	34	2	2	23	0	10	0	56
Italian	152	440	216	24	8	0	65	1420	32	1	2	25	0	0	2	0
Lobster	255	490	234	26	4	0	100	890	34	2	2	30	0	3	1	22
Meatball	346	600	288	32	13	0	75	2090	52	7	10	26	0	0	1	83
Mortadella & Cheese	151	530	288	32	11	0	80	1530	33	1	2	28	0	0	2	0
Number 9	329	530	198	22	11	0	115	1440	39	3	5	41	0	75	2	111
Pastrami & Cheese	213	540	297	33	14	0	120	1700	33	1	1	33	0	0	3	0
Pepperoni	131	400	189	21	7	0	50	1140	32	2	2	22	0	0	2	0
Roast Beef	149	250	32	4	1.5	0	50	820	32	1	2	24	0	0	0	56
Salad	298	190	9	1	0	0	0	330	39	4	6	8	1	58	0	22
Salami & Cheese	162	500	279	31	11	0	75	1580	31	1	1	26	0	0	2	0
Steak	272	510	198	22	8	0	130	1010	32	1	1	46	0	0	0	139
Steak & Cheese	244	500	198	22	11	0	115	1440	34	1	2	40	0	0	2	83
Steak Bomb	343	590	252	28	10	0	115	1670	43	3	4	45	0	75	3	83
Tuna	184	630	414	46	8	0	60	720	31	1	1	20	0	0	0	11
Turkey	149	260	9	1	0	0	55	360	31	1	1	29	0	0	0	33
Turkey Club	283	360	72	8	3	0	80	620	32	3	4	38	0	17	0	44



	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)
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## Kids

Cheeseburger Sub	128	300	117	13	5	0	40	1080	32	4	3	15	0	3	1	33
Cookie Chocolate Chip	43	170	54	6	2.5	0	0	85	26	0	16	3	0	0	0	0
Ham & Cheese Sub	103	230	41	5	1.5	0	25	1000	32	1	3	15	0	0	0	0
Kidz Tuna Sub	113	390	216	24	4	0	30	530	30	1	2	12	0	0	0	11
Meatball Sub	153	340	144	16	6	0	35	970	37	5	5	15	0	0	0	33



	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)
<b>Soup (Small)</b>																
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
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
<b>Soup (Large)</b>																
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
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

	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)
<b>Salad Entree</b>																
Antipasto	442	270	153	17	4.5	0	35	1190	18	8	9	16	0	100	2	83
Caesar	354	620	486	54	11	0	55	1640	28	6	11	16	0	0	0	11
Chicken Caesar	432	670	477	53	11	0	115	2070	21	5	11	36	0	0	0	11
Chicken Stir Fry	366	170	32	4	1	0	60	590	11	4	6	25	3	133	1	44
Cobb	408	330	162	18	8	0	75	800	14	6	8	30	0	42	3	22
Greek	530	780	630	70	14	1	40	1550	23	6	12	14	1	100	2	11
Greek no dressing	445	320	198	22	7	1	40	1130	20	6	9	14	1	100	2	11
Lobster	415	380	225	25	4.5	0	100	580	12	4	5	26	3	133	1	56
Roast Beef	352	140	32	4	1.5	0	50	520	11	4	6	21	3	133	1	111
Tossed	308	60	0	0	0	0	0	25	13	5	8	3	0	100	0	11
Turkey	366	170	9	1	0	0	65	75	10	4	5	29	3	133	1	83
<b>Dressing</b>																
Balsamic	85	180	162	18	3	0	0	700	9	0	6	0	0	0	0	0
Bleu Cheese	30	150	135	15	3	0	15	280	3	0	2	1	0	0	0	0
Caesar	85	400	387	43	7	0	45	1190	6	0	6	6	0	0	0	0
Creamy Italian	85	350	324	36	5	0	0	850	7	1	5	0	0	0	0	0
Fat Free Caesar	85	60	0	0	0	0	0	1670	9	0	9	0	0	0	0	0
Greek	85	230	234	26	4.5	0	15	770	6	0	3	0	0	0	0	0
Honey Mustard	30	150	126	14	2	0	0	210	7	0	6	0	0	0	0	0
Lite Ranch	85	240	171	19	3	0	20	960	6	1	4	2	0	0	0	0

	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)
<b>Small Subs</b>																
Honey Wheat Roll	92	230	36	4	0.5	0	0	370	41	3	4	8	0	0	0	0
Traditional Sub Roll	85	220	18	2	0	0	0	490	45	1	3	7	0	0	0	0
<b>Medium Subs</b>																
Honey Wheat Roll	139	340	54	6	1	0	0	560	62	4	6	11	0	0	0	0
Traditional Sub Roll	139	370	32	4	0	0	0	800	73	2	5	12	0	0	0	0
<b>Large Subs</b>																
Honey Wheat Roll	198	490	81	9	1.5	0	0	800	88	6	9	16	0	0	0	0
Traditional Sub Roll	170	450	41	5	0	0	0	980	90	3	6	15	0	0	0	0
<b>Pokket Bread</b>																
Plain	79	190	5	1	0	0	0	310	37	2	1	8	0	0	0	83
<b>Wraps</b>																
Honey Wheat	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
<b>EX</b>																
American Cheese	28	90	63	7	4.5	0	20	470	3	0	1	5	0	0	2	0
Bacon	14	80	63	7	3	0	10	270	0	0	0	5	0	0	0	0
Buffalo Sauce	28	10	0	0	0	0	0	590	0	2	0	0	0	0	0	0
Cheese Cheddar White	28	110	81	9	5	0	30	190	1	0	0	7	0	0	2	0
Cucumber	28	5	0	0	0	0	0	0	1	0	0	0	0	3	0	0
Fat Free Mayonnaise	12	10	0	0	0	0	0	95	2	0	0	0	0	0	0	0
Hot Peppers	21	0	0	0	0	0	0	400	1	0	1	0	0	0	0	0
Lettuce	28	5	0	0	0	0	0	0	1	1	1	0	0	0	0	0
Mayonnaise	30	240	234	26	4.5	0	20	140	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 (Hony Dijon)	36	70	14	2	0	0	0	170	17	1	14	2	0	0	0	0
Mustard Yellow	30	20	9	1	0	0	0	340	2	1	0	1	0	0	0	11
Olive Oil Blend	27	240	243	27	3.5	0	0	0	0	0	0	0	0	0	0	0
Onions	14	5	0	0	0	0	0	0	1	0	1	0	0	3	0	0
Pickles	14	0	0	0	0	0	0	130	0	0	0	0	0	0	0	0
Provolone Cheese	28	100	81	9	3	0	20	240	0	0	0	9	0	0	2	0
Sweet Peppers	28	10	0	0	0	0	0	0	2	0	1	0	0	133	0	0
Swiss Cheese	28	110	72	8	4.5	0	25	60	1	0	0	8	0	0	3	0
Tomato	60	10	0	0	0	0	0	0	2	1	2	1	0	25	0	0
Turkey Gravy	85	460	342	38	10	0	0	1990	26	1	0	5	0	0	0	0
Vinegar	28	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0

	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)
<b>Quesadillas</b>																
Chicken Stir Fry	223	360	135	15	7	0	65	1100	31	2	4	26	0	67	3	56
Number 9	223	380	171	19	9	0	65	790	31	2	3	24	0	67	3	83
Salsa	57	20	0	0	0	0	0	320	0	0	2	0	0	17	0	0
Sour Cream	57	110	81	9	7	0	40	20	2	0	2	2	0	0	0	0
Veggie	223	290	117	13	7	0	25	750	33	3	4	14	0	133	3	56