

Nutrition



Meals Under 600 Calories

iChoose to order less. Weigh less.

Ask us to help you choose meals under 600 calories

Lower Calorie doesn't need to be bland and boring
Try our Turkey & Bacon with Mayonnaise, Baked Lays
and Water or Diet Soda

Choose from hundreds of meal possibilities at Mr. Subb

Turkey & Bacon Subb - 280 cal
 Mayonnaise - 100 cal
 Baked lays - 130 cal
 Water - 0 cal

510 Cal



www.Health.NY.gov/iChoose600
www.Facebook.com/iChoose600

iChoose600 is a NYS Health Department sponsored campaign to help fight obesity.

Mr. Subb®

Mr. Subb.
e-Newsletter

Follow us on
Twitter

Find us on
Facebook

ORDER ONLINE
at MrSubb.com

Fountain	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
Brisk Iced Tea	21 Ounce	147	0	44	0	0	0	32	0
Diet Pepsi	21 Ounce	0	0	0	0	0	0	53	0
Dr. Pepper	21 Ounce	263	0	69	0	0	0	90	0
Fruit Punch	21 Ounce	210	0	59	0	0	0	231	0
Lemonade	21 Ounce	210	0	59	0	0	0	231	0
Mountain Dew	21 Ounce	231	0	63	0	0	0	74	0
Pepsi	21 Ounce	210	0	61	0	0	0	42	0
Sierra Mist	21 Ounce	210	0	59	0	0	0	42	0

Lt Fountain	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
Brisk Iced Tea	28 Ounce	196	0	59	0	0	0	42	0
Diet Pepsi	28 Ounce	0	0	0	0	0	0	70	0
Dr. Pepper	28 Ounce	350	0	92	0	0	0	120	0
Fruit Punch	28 Ounce	280	0	78	0	0	0	308	0
Lemonade	28 Ounce	280	0	78	0	0	0	308	0
Mountain Dew	28 Ounce	308	0	84	0	0	0	98	0
Pepsi	28 Ounce	280	0	81	0	0	0	56	0
Sierra Mist	28 Ounce	280	0	78	0	0	0	56	0

Bottled Bev	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
Blt - Lemonade	Bottle	250	12	66	0	0	0	150	0
Blt - Strawberry	Bottle	260	0	70	0	0	0	125	0
Galotrade lemon	Bottle	130	0	35	0	0	0	270	0
Galotrade Punch	Bottle	130	0	35	0	0	0	270	0
Cherry	Bottle	260	0	70	0	0	0	50	0
Diet Dr. Pepper	Bottle	0	0	0	0	0	0	35	0
Diet Lime Pepsi	Bottle	0	0	0	0	0	0	60	0
Diet Mt Dew	Bottle	10	0	0	0	0	0	85	0
Diet Pepsi	Bottle	0	0	0	0	0	0	63	0
Dr. Pepper	Bottle	250	0	66	0	0	0	100	0
Diet Sierra Mist	Bottle	0	0	0	0	0	0	25	0
Mountain Dew	Bottle	290	0	77	0	0	0	100	0
Mt Dew - Red	Bottle	280	0	77	0	0	0	170	0
Mt Dew - Red	Bottle	260	0	71	0	0	0	105	0
Mug Root Beer	Bottle	320	0	87	0	0	0	120	0
Orange	Bottle	250	0	69	0	0	0	50	0
Pepsi	Bottle	240	0	65	0	0	0	55	0
Sierra Mist	Bottle	0	0	0	0	0	0	188	0
Diet Green Tea	Bottle	200	0	53	0	0	0	190	0
Green Tea	Bottle	150	0	40	0	0	0	160	0
Lemon Tea	Bottle	150	0	39	0	0	0	150	0
Rasp Tea	Bottle	5	0	0	0	0	0	0	0
Unsweeten Tea	Bottle	0	0	0	0	0	0	0	0
Water	Bottle	0	0	0	0	0	0	0	0
Choc Milk	Bottle	270	13	47	4	3	20	210	2
Milk	Bottle	150	13	19	3	2	15	190	0

Vegetables	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
Banana Pepper	6-inch roll	3	0	1	0	0	0	220	1
Black Olives	6-inch roll	25	0	0	3	1	0	115	0
Cucumber	6-inch roll	11	1	3	0	0	0	2	1
Green Pepper	6-inch roll	2	0	0	0	0	0	0	0
Hot Pepper	6-inch roll	5	0	1	0	0	0	120	0
Jalapenos	6-inch roll	3	0	1	0	0	0	255	0
Lettuce	6-inch roll	3	0	1	0	0	0	2	0
Onions	6-inch roll	0	0	0	0	0	0	0	0
Pickles	6-inch roll	0	0	1	0	0	0	105	0
Sweet Pepper	6-inch roll	14	0	1	0	0	0	33	0
Tomato	6-inch roll	8	0	2	0	0	0	2	0

Dressings	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
BBQ Sauce	6-inch roll	18	0	4	0	0	0	220	0
Bleu Cheese	6-inch roll	80	1	1	9	2	8	110	0
Horseshadish Mayo	6-inch roll	42	0	0	4	0	0	84	0
Buffalo Sauce	6-inch roll	3	0	1	0	0	0	235	0
Italian Dressing	6-inch roll	75	0	0	1	8	1	25	0
Lite Mayo	6-inch roll	45	0	0	5	1	5	100	0
Mayo	6-inch roll	100	0	0	11	2	5	75	0
Mustard	6-inch roll	0	0	0	0	0	0	55	0
Mustard - Honey	6-inch roll	10	0	1	0	0	0	30	0
Mustard - Spicy	6-inch roll	0	0	0	0	0	0	86	0
Ranch	6-inch roll	80	0	1	8	1	3	165	0
Russian	6-inch roll	65	0	2	7	1	8	150	0

For menu and price information find us online at www.MrSubb.com

Cold Subbs	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
BLT Subb	6-inch Subb	263	12	40	8	3	20	634	1
Bologna	6-inch Subb	306	15	43	11	3	45	1055	1
Cheese	6-inch Subb	350	16	42	14	8	37	998	1
Ham	6-inch Subb	249	16	41	4	1	27	1011	1
Ham & Turkey	6-inch Subb	272	23	41	4	1	34	958	1
Italian Mixed	6-inch Subb	337	17	41	11	4	40	1168	1
Old Fashioned	6-inch Subb	322	20	43	10	3	58	1343	1
Pepperoni	6-inch Subb	375	17	41	17	7	45	1210	1
Roast Beef	6-inch Subb	255	18	41	4	1	25	685	1
Salami	6-inch Subb	330	15	42	13	4	34	970	1
Super Mixed	6-inch Subb	332	34	41	6	1	59	1258	1
Tuna	6-inch Subb	339	17	42	12	2	33	791	1
Turkey	6-inch Subb	245	18	41	3	1	20	645	1
Turkey & Bacon	6-inch Subb	280	21	41	6	2	30	770	1
Veggie	6-inch Subb	202	7	42	2	1	0	386	1

Cheese Subb includes cheese

Flax Wraps	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
BLT Wrap	6-inch Wrap	205	16	17	12	3	20	646	8
Grilled Chicken	6-inch Wrap	305	26	19	17	3	51	984	9
Ham Wrap	6-inch Wrap	191	20	17	8	1	27	1022	8
Italian Mixed	6-inch Wrap	269	21	18	16	4	40	1179	8
Roast Beef	6-inch Wrap	197	22	17	8	2	25	696	8
Steak Wrap	6-inch Wrap	282	27	18	15	4	46	786	8
Super Mixed	6-inch Wrap	274	38	17	10	1	59	1269	8
Tuna Wrap	6-inch Wrap	281	21	19	16	2	33	802	8
Turkey Wrap	6-inch Wrap	187	22	17	7	1	20	656	8
Turkey & Bacon	6-inch Wrap	222	25	17	10	2	30	781	8
Veggie	6-inch Wrap	144	11	19	6	1	0	397	8

Hot Subbs	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
BBQ Beef	6-inch Subb	374	23	49	11	4	46	1325	1
Buffalo Chicken	6-inch Subb	492	27	42	25	6	76	1979	2
Cheddar Steak	6-inch Subb	432	24	48	18	6	46	1256	1
Chicken Parm	6-inch Subb	434	28	44	18	4	68	1344	3
Grilled Chicken	6-inch Subb	363	22	43	13	3	51	973	2
Meatball	6-inch Subb	454	22	49	20	7	45	1174	2
Steak	6-inch Subb	342	23	42	11	4	46	776	1

Buffalo Chicken includes dressings. Cheddar Steak and Chicken Parm include cheese

Nebas	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
Neba	Sandwich	350	27	50	6	1	38	845	2
Neba Melt	Sandwich	460	33	51	14	6	62	1225	2
Ched Neba	Sandwich	440	28	56	13	4	38	1325	2
Bac Ched Neba	Sandwich	475	30	56	16	5	48	1450	2
Ham Melt	Sandwich	430	30	51	13	6	62	1708	2

Bacon Cheddar Neba, Cheddar Neba, Neba Melt and Ham Melt include cheese

Salads	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
Buffalo Chicken	Salad	356	21	16	23	5	76	1620	1
Chef	Salad	271	23	12	10	5	59	849	0
Garden Salad	Salad	45	0	11	0	0	0	22	0
Grilled Chicken	Salad	272	20	15	15	4	68	806	1
Italian Salad	Salad	226	14	12	14	6	50	924	0
Tuna Salad	Salad	188	10	13	10	1	33	427	0

Buffalo Chicken includes dressings

Soups	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
Baked Potato	Bowl	341	7	26	24	13	66	1024	3
Beef Barley	Bowl	131	8	17	4	1	7	1286	3
Broccoli Chez	Bowl	315	11	13	24	14	79	1194	1
Chick Gumbo	Bowl	197	12	24	6	2	33	1076	3
Chicken Noodle	Bowl	118	8	14	3	1	20	1313	0
Italian Wedding	Bowl	171	9	16	9	3	26	1299	3
Lobster Bisque	Bowl	473	11	21	38	24	151	945	0
NE Clam Chwdr	Bowl	420	14	33	26	16	92	774	0
Shrimp Chwdr	Bowl	328	9	29	21	11	92	774	3

Sides	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
Nuggets	Cup	300	4	36	15	4	0	899	4
Large Nuggets	Cup	384	5	46	19	5	0	1072	5
Cheddar Dipper	Portion	90	1	6	7	3	0	480	0
Lays Chips	Bag	230	3	23	15	2	0	270	2
Baked Lays	Bag	130	2	26	2	0	0	200	2
Sunchips	Bag	210	4	27	10	2	0	180	3

Cookies	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
Choc Chunk	Each	230	3	34	9	4	25	180	1
M&M	Each	230	3	35	11	4	20	160	0
Macadamia Nut	Each	260	3	33	13	5	15	150	1
Oatmeal Raisin	Each	230	3	34	10	4	25	140	1
Peanut Butter	Each	290	7	23	19	5	20	160	2
Sugar	Each	260	3	31	14	5	25	170	1

Bread	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
White Subb	6-inch Subb	180	7	37	2	1	0	380	1
Wheat Subb	6-inch Subb	190	7	37	2	1	0	390	2
Flax Wrap	6-inch Wrap	120	11	13	6	1	0	390	8

Cheese	Portion	Calorie	Protein	Carb	Fat	Sat Fat	Chol	Sodium	Fiber
American	6-inch roll	50	3	1	4	3	13	225	0
Provolone	6-inch roll	50	4	1	4	2	10	120	0
Swiss	6-inch roll	100	4	1	4	3	13	30	0
Cheddar Sauce	6-inch roll	45	1	3	4	1	0	240	0

Nutritional Information shown is for Sandwiches without Cheese or Dressing unless otherwise indicated.

Mr. Subb