

COLD SUBBS



	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Sodium (mg)
Bacon & Turkey	294	5.1	1.3	32	43	5	38	19	865
BLT Subb	275	7.7	2.0	22	41	3	38	10	585
Bologna	320	9.7	2.8	45	43	5	38	15	1038
Cheese	349	12.5	8.6	30	44	5	39	15	1006
Genoa Salami	357	14.0	5.3	38	42	5	37	16	1085
Ham	253	2.5	0.7	27	42	5	37	17	1007
Ham & Turkey	253	2.0	0.5	24	42	5	37	17	884
Italian Italian ¹	370	13.0	6.1	47	42	5	37	20	1239
Italian Mixed	348	12.0	5.1	43	42	5	37	18	1163
Old Fashioned Mixed	351	11.1	3.7	56	43	5	38	20	1312
Pepperoni	409	18.5	9.0	53	42	5	37	15	1085
Roast Beef	269	3.0	1.0	30	42	5	37	18	840
Sicilian	341	12.0	5.1	43	39	2	37	17	1426
Super Mixed	323	4.5	1.5	54	42	5	37	28	1344
Tuna	307	12.3	1.2	12	44	6	38	15	705
Turkey	254	1.5	0.3	21	43	5	38	18	761
Veggie	209	0.5	0.0	0	44	6	38	8	380

Nutritional values are estimated from ingredient information and can vary by the actual ingredients used to make your subb. Calculations are made using a "Mini" subb made on our white subb roll, without cheese and without dressings unless indicated.

1 - includes a Toasty Topper

HOT SUBBS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Sodium (mg)
BBQ Beef	364	6.5	2.5	45	52	2	50	25	1430
Buffalo Chicken ²	468	23.0	6.0	78	40	2	38	26	1810
Cheeseburger Subb ³	496	25.1	13.5	65	44	5	39	24	1056
Chicken Parm ⁴	409	15.6	4.0	70	44	2	42	25	1118
Gardenburger	339	3.5	0.0	10	58	8	50	14	770
Grilled Chicken	349	11.0	3.0	53	43	5	38	21	815
Hot Ham & Cheese ³	360	11.5	7.0	60	39	2	37	26	1770
Meatball	453	19.1	7.0	45	49	2	47	21	1147
Sausage	399	14.0	4.5	53	46	11	35	23	1150
Sausage Parm ⁴	479	21.1	7.5	68	45	2	43	27	1483
Steak with peppers & onions	344	6.5	2.5	45	48	11	37	26	895

2 - includes Buffalo sauce and Bleu Cheese Dressing 3 - includes American Cheese

4 - includes Provolone Cheese

SALADS



	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Sodium (mg)
Buffalo Chicken	249	14.0	4.0	70	11	1	10	19	1301
Chef ⁵	199	9.5	6.0	49	10	1	9	17	769
Italian ⁴	289	19.5	10.1	68	9	1	8	18	989
Garden	41	0.0	0.0	0	9	1	8	0	16
Tuna Salad	113	10.3	1.0	10	5	1	4	9	292
Grilled Chicken	200	10.5	3.0	53	12	1	11	14	452
Gardenburger	181	3.0	0.0	10	25	4	21	7	406

4 - includes Provolone Cheese 5 - includes American & Swiss Cheese

BREADS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Sodium (mg)
Wheat Subb Roll	180	0.8	0	0	38	5	35	6	390
White Subb Roll	180	0.5	0	0	37	2	35	7	370
Wrapp	150	4.0	0.8	0	25	2	23	4	280

Portion sizes are for standard Mini Subb.

DRESSINGS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Sodium (mg)
BBQ Sauce	18	0.0	0.0	0	4	0	4	0	220
Bleu Cheese	80	8.5	2.0	8	1	0	1	0	155
Buffalo Sauce	5	4.0	0.0	0	0	0	0	0	470
Horseradish Mayo	70	6.5	1.0	5	3	0	3	0	140
Honey Mustard	10	0.0	0.0	0	1	0	1	0	80
Italian Dressing	85	9.5	1.5	0	0	0	0	0	25
Mayonnaise	100	11.0	1.5	10	0	0	0	0	105
Mustard	10	0.0	0.0	0	0	0	0	0	100
Ranch	90	10.0	1.5	3	0	0	0	0	140
Russian	65	6.5	1.0	8	2	0	2	0	150

Portion sizes are for standard Mini Subb - 1Tbsp

SIDE ITEMS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Sodium (mg)
Potato Nugget	390	24.1	2.0	0	42	4	38	4	845
Potato Nugget - Large	528	32.6	2.6	0	56	6	50	6	1144
Cheddar Dipper	60	3.8	0.8	3	5	0	5	1	383
American Cheese	100	8.0	6.0	20	2	0	2	5	460
Provolone Cheese	100	8.0	4.0	20	0	0	0	7	240
Swiss Cheese	100	8.0	5.0	25	0	0	0	8	60
Hot Pepper - Banana	5	0	0	0	1	0	1	0	480
Hot Pepper - Relish	10	0	0	0	2	0	2	0	240
Jalapenos	5	0	0	0	0	0	0	0	220
Sweet Peppers	26	0.4	0.4	0	1	0	1	0	344

Portion sizes are for standard amounts placed on a Mini Subb. Nuggets are shown unseasoned.

COOKIES

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Sodium (mg)
Chocolate Chip	250	11	6	15	35	1	34	2	180
Macadamia Nut	260	13	6	20	34	1	33	2	180
Oatmeal Raisin	230	10	6	15	34	3	31	3	200
Peanut Butter	240	11	4	20	35	2	33	4	210
Sugar	250	11	6	20	35	1	34	3	210
Triple Chocolate	250	12	5	15	35	1	34	3	170

SOUPS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Sodium (mg)
Broccoli and Cheese	230	13.0	4.0	20	20	5	15	9	1330
Chicken Noodle	100	2.5	1.0	15	8	1	7	11	1300