



Nutritional Information

Mini Cold Subbs

(Giant subb nutritional data is approximately double the Mini Subb)

Description	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Allergens
BLT Subb	331	13	4	38	846	38	1	1	15	Wheat
Bologna	313	11	3	45	1053	41	1	3	14	Wheat
Cheese	352	14	7	37	1051	42	1	3	14	Milk, Soy, Wheat
Chicken Bacon Ranch	511	29	6	81	1300	41	1	4	22	Eggs, Milk, Soy, Wheat
Grilled Chicken	362	14	3	65	925	39	1	3	19	Milk, Soy, Wheat
Ham	262	4	1	27	1075	42	1	6	14	Wheat
Ham & Turkey	282	4	1	43	1225	42	1	5	20	Wheat
Italian Mixed	350	13	5	42	1235	41	1	5	15	Wheat
Old Fashion	327	9	2	56	1197	43	1	6	18	Wheat
Pepperoni	382	17	6	45	1200	39	1	3	14	Wheat
Roast Beef	272	4	1	30	565	39	1	3	18	Soy, Wheat
Salami	375	17	6	42	1080	39	1	3	14	Wheat
Sicilian	372	13	5	42	1537	39	2	3	15	Wheat
Super Mixed	352	6	2	73	1415	42	1	5	32	Soy, Wheat
Tuna	456	24	3	40	699	41	1	3	15	Eggs, Sesame, Soy, Wheat
Turkey	252	3	0	30	875	40	1	3	16	Wheat
Turkey & Bacon	296	6	1	43	1032	40	1	3	19	Wheat
Veggie	209	2	0	0	376	41	1	4	6	Wheat

Mini Hot Subbs

(Giant subb nutritional data is approximately double the Mini Subb)

Description	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Allergens
BBQ Beef	424	11	4	54	1134	52	1	13	24	Wheat
BBQ Chicken	409	14	3	65	1289	50	1	11	19	Milk, Soy, Wheat
Buffalo Chicken	437	18	3	56	1841	42	1	2	22	Eggs, Milk, Soy, Wheat
Cheddar Steak	440	15	5	58	1183	46	2	4	24	Milk, Wheat
Chipotle Steak	432	15	5	56	887	44	2	7	24	Eggs, Milk, Wheat
Meatball	483	22	6	45	1364	48	4	1	20	Eggs, Milk, Soy, Wheat
Steak	377	11	4	54	767	41	2	4	24	Wheat

Mini Melts

(Giant Melt nutritional data is approximately double the Mini Melt)

Description	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Allergens
Bacon Melt	471	25	11	75	1590	38	1	1	23	Milk, Soy, Wheat
Cheese Melt	390	18	9	45	1110	38	1	1	18	Milk, Soy, Wheat
Ham Melt	400	16	9	64	1820	41	1	4	22	Milk, Soy, Wheat
Italian Melt	488	25	11	72	1590	38	1	3	26	Milk, Wheat
Pepperoni Melt	520	29	12	75	1555	37	1	1	24	Milk, Wheat

Mini Wraps

(Giant wrap nutritional data is approximately double the Mini Wrap)

Description	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Allergens
BLT Wrap	261	16	4	38	756	21	8	2	20	Sesame, Soy, Wheat
Chipotle Chicken	345	21	4	68	956	24	8	5	24	Eggs, Milk, Sesame, Soy, Wheat,
Chipotle Roast Beef	257	11	2	33	596	25	8	5	23	Eggs, Milk, Sesame, Soy, Wheat,
Grilled Chicken	292	17	4	65	836	21	8	2	24	Milk, Sesame, Soy, Wheat
Ham	192	7	2	27	986	24	8	5	19	Sesame, Soy, Wheat
Ham & Turkey	212	7	1	43	1135	23	8	4	25	Sesame, Soy, Wheat
Italian Mixed	280	16	5	42	1146	23	8	4	20	Sesame, Soy, Wheat
Roast Beef	202	7	2	30	476	21	8	2	23	Sesame, Soy, Wheat
Tuna	386	27	4	40	610	23	8	2	20	Eggs, Sesame, Soy, Wheat,
Turkey	182	6	1	30	786	22	8	2	21	Sesame, Soy, Wheat
Turkey Bacon	226	9	2	43	943	22	8	2	24	Sesame, Soy, Wheat
Ultimate Veggie	139	5	1	0	287	23	8	3	11	Sesame, Soy, Wheat

Nebas

Description	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Allergens
Bacon Cheddar Neba	442	15	4	62	2098	46	1	1	31	Milk, Sesame, Soy, Wheat
Cheddar Neba	398	11	3	49	1801	46	1	1	28	Milk, Sesame, Soy, Wheat
Neba	335	7	2	45	1525	40	1	1	27	Sesame, Soy, Wheat
Neba with Cheese	435	15	7	69	1788	42	1	1	33	Milk, Sesame, Soy, Wheat

Sides

Description	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Allergens
Potato Nuggets	244	13	2	0	972	32	2	0	2	
Large Potato Nuggets	433	23	3	0	1510	57	3	0	3	
Cajun Potato Nuggets	244	13	2	0	994	32	2	0	2	Soy
Large Cajun Nuggets	433	23	3	0	1532	57	3	0	3	Soy
Cheddar Dipper	63	4	1	4	416	5	0	0	1	Milk
Cookie - Chocolate Chunk	170	7	3	15	140	26	1	16	2	Eggs, Milk, Nuts, Sesame, Soy, Wheat
Cookie - M&M	180	8	3	15	100	27	0	16	2	Eggs, Milk, Nuts, Sesame, Soy, Wheat
Cookie - Macadamia Nut	200	10	5	15	100	24	1	14	2	Eggs, Milk, Nuts, Sesame, Soy, Wheat
Cookie - Oatmeal Raisin	180	7	3	15	100	26	1	16	3	Eggs, Milk, Nuts, Sesame, Soy, Wheat
Cookie - Peanut Butter	210	13	6	15	230	20	1	12	4	Eggs, Milk, Nuts, Sesame, Soy, Wheat
Cookie - Sugar	190	10	4	20	230	23	0	13	2	Eggs, Milk, Nuts, Sesame, Soy, Wheat

Daily Values

2 000 cal	78 g	20 g	300 mg	2300 mg	275 g	28 g	50 g
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Last Calculated on 6/28/2023