

# NUTRITION FACTS

SUBS  
SALADS  
PIZZAS  
BREAKFAST



# NUTRITIONAL ANALYSIS

This analysis is provided to assist our customers in making sensible decisions in their diets. Leading health organizations recommend moderate consumption of a variety of foods with an average of less than 30% calories from fat, less than 10% from saturated fat, 300 milligrams of cholesterol and 2,300 milligrams of sodium per day. Based on a 2,000-calorie diet, 30% of calories from fat would be approximately 65 grams of fat. Adjustments are necessary for calorie levels above or below this reference.



Calories for Under 500 subs are based on 6" subs on white or wheat sub rolls with American cheese and without dressings, unless specified.

|  | WEIGHT (g) | CALORIES | PROTEIN | CARBS | FAT | SAT. FAT | CHOLESTEROL | SODIUM | VIT A | VIT C | CALCIUM | IRON | FIBER | SUGARS |  |
|--|------------|----------|---------|-------|-----|----------|-------------|--------|-------|-------|---------|------|-------|--------|--|
| <b>SIGNATURE SUBS</b><br><i>Subs on 6" wheat sub roll and include all sauces and toppings</i>                  |            |          |         |       |     |          |             |        |       |       |         |      |       |        |  |
| 6" Chicken Fajita Sub  | 255.9      | 420      | 28      | 43    | 15  | 7        | 65          | 1320   | 718   | 10    | 244     | 4    | 5     | 5      |  |
| 6" Chicken Caesar Sub  | 185.6      | 370      | 22      | 39    | 14  | 3        | 45          | 720    | 1904  | 0     | 67      | 3    | 5     | 3      |  |
| 6" Chicken Parmesan Sub  | 266.4      | 530      | 30      | 58    | 19  | 9        | 50          | 1530   | 590   | 4     | 370     | 4    | 6     | 7      |  |
| 6" Buffalo Ranch Chicken Sub   | 276.6      | 550      | 30      | 54    | 24  | 10       | 60          | 1950   | 1036  | 6     | 362     | 4    | 5     | 5      |  |
| 6" BBQ Chicken Sub   | 275.6      | 530      | 29      | 58    | 20  | 9        | 60          | 1430   | 806   | 6     | 342     | 4    | 7     | 8      |  |
| 6" Baja Chicken Sub  | 262.2      | 510      | 31      | 42    | 24  | 10       | 80          | 970    | 860   | 6     | 351     | 4    | 5     | 5      |  |
| <b>BUILD YOUR OWN SUBS</b><br><i>Subs on 6" wheat sub rolls and include lettuce, tomato, onions and cheese</i> |            |          |         |       |     |          |             |        |       |       |         |      |       |        |  |
| 6" Ham Sub   | 202.7      | 300      | 19      | 42    | 6   | 2        | 35          | 930    | 346   | 6     | 27      | 3    | 5     | 5      |  |
| 6" Meatball Sub  | 308.9      | 760      | 35      | 50    | 46  | 21       | 95          | 1400   | 702   | 6     | 409     | 5    | 6     | 7      |  |
| 6" Roast Beef Sub  | 224.0      | 370      | 26      | 41    | 11  | 6        | 50          | 1010   | 672   | 6     | 147     | 4    | 5     | 5      |  |
| 6" Salami Sub  | 209.8      | 450      | 21      | 41    | 23  | 10       | 50          | 1520   | 672   | 6     | 141     | 4    | 5     | 5      |  |
| 6" Tuna Salad Sub  | 257.9      | 570      | 26      | 42    | 32  | 9        | 60          | 1190   | 732   | 6     | 154     | 4    | 5     | 5      |  |
| 6" Turkey Sub  | 224.0      | 350      | 24      | 41    | 10  | 5        | 45          | 1150   | 672   | 6     | 144     | 3    | 5     | 5      |  |
| 6" Turkey & Ham Club Sub   | 244.1      | 460      | 28      | 42    | 20  | 9        | 65          | 1570   | 676   | 6     | 146     | 4    | 5     | 5      |  |
| 6" Vegetarian Sub  | 252.6      | 330      | 14      | 46    | 10  | 5        | 20          | 900    | 3038  | 56    | 170     | 4    | 6     | 7      |  |
| 6" Crispy Chicken Sub  | 181.4      | 280      | 14      | 46    | 5   | 1        | 10          | 640    | 348   | 6     | 29      | 3    | 5     | 4      |  |
| 6" Roasted Chicken Sub   | 174.3      | 260      | 14      | 40    | 5   | 1        | 20          | 430    | 350   | 6     | 25      | 3    | 5     | 4      |  |
| 6" Italian Sub   | 272.2      | 540      | 35      | 43    | 25  | 12       | 70          | 1850   | 718   | 6     | 347     | 4    | 5     | 5      |  |
| 6" American Sub  | 224.0      | 420      | 21      | 43    | 18  | 8        | 55          | 1350   | 676   | 6     | 152     | 3    | 5     | 6      |  |
| 6" Chicken Salad Sub   | 255.7      | 480      | 27      | 42    | 22  | 7        | 75          | 1170   | 756   | 6     | 151     | 3    | 5     | 5      |  |
| 6" Cheesesteak Sub   | 273.6      | 510      | 31      | 42    | 23  | 12       | 70          | 1250   | 718   | 6     | 352     | 4    | 5     | 5      |  |
| <b>12" SUB ROLLS</b>   |            |          |         |       |     |          |             |        |       |       |         |      |       |        |  |
| Cheddar Sub Roll   | 194.9      | 470      | 17      | 79    | 10  | 4        | 15          | 960    | 142   | 0     | 120     | 5    | 3     | 5      |  |
| Flatbread  | 170.1      | 470      | 13      | 79    | 11  | 2        | 0           | 920    | 0     | 0     | 145     | 5    | 3     | 5      |  |
| Tomato & Italian Herb Sub Roll   | 218.1      | 440      | 15      | 82    | 6   | 2        | 0           | 1160   | 274   | 4     | 58      | 5    | 4     | 6      |  |
| Salt & Pepper Sub Roll   | 182.5      | 420      | 14      | 79    | 5   | 1        | 0           | 1360   | 4     | 0     | 20      | 5    | 3     | 5      |  |
| Rolled Oat & Wheat Sub Roll  | 190.9      | 450      | 15      | 86    | 6   | 1        | 0           | 870    | 0     | 0     | 22      | 5    | 4     | 5      |  |
| Roasted Onion Sub Roll   | 202.0      | 440      | 14      | 81    | 6   | 1        | 0           | 1000   | 2     | 0     | 23      | 5    | 3     | 6      |  |
| Parmesan Sub Roll  | 195.7      | 480      | 20      | 79    | 9   | 4        | 10          | 1120   | 130   | 0     | 205     | 5    | 3     | 5      |  |
| Parmesan Pepper Sub Roll   | 196.8      | 480      | 20      | 80    | 9   | 4        | 10          | 1120   | 136   | 0     | 210     | 5    | 3     | 5      |  |
| Jalapeno Cheddar Sub Roll  | 196.0      | 470      | 17      | 79    | 10  | 4        | 15          | 980    | 160   | 0     | 120     | 5    | 3     | 5      |  |
| Italian Herb Sub Roll  | 183.1      | 420      | 14      | 80    | 5   | 1        | 0           | 1090   | 22    | 0     | 34      | 5    | 3     | 5      |  |
| Honey Wheat Sub Roll   | 185.8      | 420      | 14      | 81    | 5   | 1        | 0           | 870    | 0     | 0     | 18      | 5    | 3     | 7      |  |
| Garlic Black Pepper Cheddar Sub Roll   | 197.9      | 480      | 18      | 81    | 10  | 4        | 15          | 960    | 148   | 0     | 126     | 5    | 3     | 5      |  |
| Garlic and Parmesan Sub Roll   | 184.3      | 430      | 15      | 80    | 5   | 2        | 0           | 900    | 14    | 0     | 40      | 5    | 3     | 5      |  |
| Pretzel Roll   | 220.3      | 410      | 14      | 79    | 5   | 1        | 0           | 2380   | 0     | 0     | 19      | 5    | 3     | 5      |  |
| White Sub Roll   | 180.7      | 410      | 14      | 79    | 5   | 1        | 0           | 870    | 0     | 0     | 17      | 5    | 3     | 5      |  |
| Wrap   | 103.9      | 310      | 8       | 52    | 7   | 3        | 0           | 740    | 0     | 0     | 236     | 3    | 2     | 0      |  |

**BUILD YOUR OWN SALADS**

Salad base contains lettuce, cucumbers, and carrots

|                   |       |    |   |   |   |   |   |    |      |    |    |   |   |   |
|-------------------|-------|----|---|---|---|---|---|----|------|----|----|---|---|---|
| Tossed Salad Base | 218.6 | 45 | 2 | 9 | 1 | 0 | 0 | 35 | 1432 | 10 | 69 | 2 | 4 | 4 |
|-------------------|-------|----|---|---|---|---|---|----|------|----|----|---|---|---|

**SIGNATURE SALADS**

Does not include dressing

|                              |       |     |    |    |    |   |    |      |       |    |     |   |   |   |
|------------------------------|-------|-----|----|----|----|---|----|------|-------|----|-----|---|---|---|
| Buffalo Chicken Salad        | 414.5 | 500 | 17 | 31 | 36 | 5 | 50 | 2970 | 16780 | 42 | 129 | 3 | 6 | 8 |
| Roasted Chicken Caesar Salad | 312.8 | 650 | 29 | 36 | 43 | 8 | 90 | 1650 | 10068 | 6  | 248 | 2 | 4 | 5 |

**DRESSINGS**

Individual PC packets

|  |      |     |     |     |    |   |    |     |    |   |    |   |   |   |
|--|------|-----|-----|-----|----|---|----|-----|----|---|----|---|---|---|
| Newman's Own Two Thousand Island Dressing  | 42.5 | 210 | 1   | 7   | 20 | 3 | 15 | 390 | 50 | 2 | 4  | 0 | 0 | 6 |
| Newman's Own Creamy Light Italian Dressing | 42.5 | 35  | < 1 | < 1 | 4  | 1 | 0  | 160 | 0  | 0 | 0  | 0 | 0 | 0 |
| Newman's Own Parmesan Peppercorn Dressing  | 42.5 | 250 | 1   | 3   | 26 | 4 | 10 | 400 | 14 | 0 | 26 | 0 | 0 | 2 |
| Newman's Own Blue Cheese Dressing          | 42.5 | 220 | 2   | 2   | 23 | 4 | 25 | 460 | 70 | 0 | 32 | 0 | 0 | 2 |
| Newman's Own Ranch Dressing                | 42.5 | 220 | 1   | 3   | 23 | 4 | 15 | 400 | 64 | 0 | 15 | 0 | 0 | 2 |

**PIZZAS**

On 6" white sub roll

|                 |       |     |    |    |    |     |    |      |      |    |     |   |   |   |
|-----------------|-------|-----|----|----|----|-----|----|------|------|----|-----|---|---|---|
| Cheese Pizza    | 182.9 | 370 | 20 | 53 | 9  | 5   | 30 | 960  | 374  | 2  | 389 | 4 | 3 | 7 |
| Pepperoni Pizza | 105.5 | 260 | 13 | 27 | 11 | 4.5 | 30 | 710  | 188  | 1  | 197 | 2 | 2 | 2 |
| Vegetable Pizza | 220.6 | 400 | 21 | 55 | 10 | 5   | 50 | 1150 | 1094 | 14 | 402 | 4 | 4 | 8 |

**BREAKFAST SANDWICHES**

on 6" flatbread

|                                       |       |     |    |    |    |    |     |      |      |    |     |   |   |   |
|---------------------------------------|-------|-----|----|----|----|----|-----|------|------|----|-----|---|---|---|
| Roast Beef, Egg & Cheese Sandwich     | 281.6 | 730 | 32 | 82 | 30 | 12 | 160 | 1710 | 566  | 0  | 483 | 6 | 3 | 7 |
| Ham, Egg, Cheese                      | 281.6 | 730 | 32 | 82 | 30 | 12 | 165 | 1690 | 568  | 0  | 476 | 6 | 3 | 7 |
| Canadian Bacon, Egg & Cheese Sandwich | 274.5 | 710 | 30 | 82 | 29 | 11 | 160 | 1630 | 566  | 0  | 475 | 6 | 3 | 7 |
| Egg and Cheese Sandwich               | 253.3 | 690 | 27 | 81 | 28 | 11 | 150 | 1400 | 566  | 0  | 474 | 6 | 3 | 6 |
| Sausage, Egg & Cheese Sandwich        | 295.8 | 860 | 33 | 81 | 44 | 17 | 180 | 1760 | 614  | 0  | 484 | 6 | 3 | 6 |
| Turkey Sausage, Egg & Cheese Sandwich | 272.8 | 690 | 33 | 80 | 27 | 11 | 65  | 1400 | 430  | 0  | 461 | 6 | 3 | 5 |
| Turkey, Egg & Cheese Sandwich         | 281.6 | 710 | 33 | 81 | 28 | 11 | 160 | 1710 | 566  | 2  | 487 | 7 | 3 | 6 |
| Veggie, Egg White & Cheese Sandwich   | 301.5 | 700 | 28 | 83 | 28 | 11 | 150 | 1410 | 1516 | 8  | 486 | 6 | 4 | 7 |
| Western Egg & Cheese Sandwich         | 317.1 | 720 | 32 | 84 | 29 | 11 | 160 | 1710 | 670  | 24 | 480 | 6 | 4 | 8 |

**BREAKFAST A LA CARTE**

|                        |       |     |    |     |    |   |     |     |     |   |     |   |   |   |
|------------------------|-------|-----|----|-----|----|---|-----|-----|-----|---|-----|---|---|---|
| Puffed Egg White Patty | 49.6  | 30  | 5  | 2   | 0  | 0 | 0   | 170 | 0   | 0 | 136 | 0 | 0 | 0 |
| Egg Patty              | 42.5  | 70  | 4  | 1   | 5  | 1 | 110 | 140 | 164 | 0 | 29  | 1 | 0 | 1 |
| Sliced Plain Bagel     | 113.4 | 280 | 10 | 57  | 1  | 0 | 0   | 590 | 0   | 4 | 21  | 3 | 2 | 3 |
| Ham                    | 28.3  | 40  | 5  | 1   | 2  | 1 | 20  | 300 | 0   | 0 | 2   | 0 | 0 | 1 |
| Canadian Bacon         | 23.2  | 30  | 4  | < 1 | 1  | 0 | 15  | 290 | 0   | 0 | 1   | 0 | 0 | 0 |
| Crisp Bacon            | 20.6  | 110 | 5  | < 1 | 10 | 4 | 20  | 370 | 0   | 0 | 2   | 0 | 0 | 0 |
| Turkey Sausage Patty   | 29.1  | 60  | 6  | < 1 | 4  | 1 | 30  | 80  | 28  | 0 | 13  | 0 | 0 | 0 |
| Roast Beef             | 28.3  | 40  | 7  | < 1 | 1  | 0 | 15  | 140 | 0   | 0 | 3   | 1 | 0 | 0 |
| Turkey Breast          | 28.3  | 30  | 6  | < 1 | 0  | 0 | 10  | 210 | 0   | 0 | 1   | 0 | 0 | 0 |
| Mini Sub Roll          | 57.2  | 140 | 5  | 24  | 3  | 1 | 0   | 120 | 0   | 0 | 10  | 1 | 2 | 3 |

**MEATS**

for 6" subs, wraps, flatbread, and salads

|                                 |       |     |    |     |    |    |    |     |     |   |    |   |   |   |
|---------------------------------|-------|-----|----|-----|----|----|----|-----|-----|---|----|---|---|---|
| Tuna Salad                      | 137.0 | 430 | 19 | 3   | 37 | 6  | 65 | 750 | 110 | 0 | 22 | 1 | 0 | 1 |
| Turkey Breast                   | 56.7  | 55  | 11 | < 1 | 1  | 0  | 25 | 420 | 0   | 0 | 3  | 0 | 0 | 0 |
| Roast Beef                      | 56.7  | 80  | 13 | 1   | 2  | 1  | 30 | 270 | 0   | 0 | 6  | 1 | 0 | 0 |
| Meatballs                       | 113.4 | 350 | 17 | 8   | 28 | 10 | 65 | 610 | 16  | 0 | 4  | 0 | 1 | 0 |
| Genoa Salami                    | 21.3  | 80  | 4  | < 1 | 7  | 2  | 15 | 390 | 0   | 0 | 0  | 0 | 0 | 0 |
| Sandwich Style Sliced Pepperoni | 28.3  | 140 | 6  | < 1 | 12 | 5  | 30 | 460 | 2   | 0 | 5  | 0 | 0 | 0 |
| Capicola Ham                    | 34.0  | 55  | 6  | 1   | 3  | 1  | 5  | 440 | 0   | 0 | 0  | 1 | 0 | 0 |
| Ham                             | 56.7  | 80  | 10 | 2   | 3  | 1  | 35 | 570 | 2   | 0 | 3  | 0 | 0 | 1 |
| Crisp Bacon                     | 20.6  | 110 | 5  | < 1 | 10 | 4  | 20 | 370 | 0   | 0 | 2  | 0 | 0 | 0 |
| Crispy Chicken                  | 70.9  | 140 | 10 | 12  | 5  | 1  | 20 | 560 | 10  | 0 | 12 | 0 | 0 | 0 |
| Roasted Chicken Breast          | 56.7  | 90  | 12 | < 1 | 4  | 1  | 40 | 150 | 14  | 0 | 3  | 0 | 0 | 0 |

**SAUCES AND DRESSINGS**

|   |    |      |     |    |    |    |   |    |     |     |   |     |   |   |   |
|---|----|------|-----|----|----|----|---|----|-----|-----|---|-----|---|---|---|
| BBQ Sauce 1 oz ladle                          | V  | 34.0 | 40  | 1  | 9  | 0  | 0 | 0  | 340 | 100 | 2 | 11  | 0 | 2 | 7 |
| Horseradish Sauce 1 Tbsp                      | V  | 13.9 | 80  | <1 | 1  | 8  | 1 | 10 | 140 | 12  | 0 | 6   | 0 | 0 | 0 |
| Hot Sauce 1 Tbsp                              | VG | 16.0 | 5   | <1 | 1  | 0  | 0 | 0  | 540 | 350 | 0 | 2   | 0 | 0 | 0 |
| Peanut Sauce 1 Tbsp                           | V  | 16.4 | 50  | 1  | 5  | 3  | 1 | 0  | 65  | 56  | 0 | 13  | 0 | 0 | 4 |
| Baja Sauce 1 Tbsp                             | V  | 15.0 | 50  | <1 | 1  | 5  | 1 | 5  | 170 | 82  | 0 | 6   | 0 | 0 | 0 |
| Sweet Pepper Sauce 1 Tbsp                     | V  | 14.9 | 90  | <1 | 1  | 9  | 1 | 10 | 95  | 28  | 2 | 2   | 0 | 0 | 0 |
| Tex Mex Sauce 1 Tbsp                          | V  | 14.2 | 70  | <1 | 1  | 7  | 1 | 5  | 85  | 52  | 0 | 2   | 0 | 0 | 0 |
| Spaghetti Sauce with Tomato Bits 1 oz ladle   | V  | 31.3 | 15  | <1 | 3  | 0  | 0 | 0  | 120 | 102 | 0 | 10  | 0 | 1 | 2 |
| Chipotle Mayonnaise 1 Tbsp                    | V  | 16.9 | 110 | <1 | 1  | 11 | 2 | 10 | 70  | 44  | 2 | 2   | 0 | 0 | 0 |
| Green Curry Mayonnaise 1 Tbsp                 | V  | 14.9 | 60  | <1 | 4  | 5  | 1 | 5  | 95  | 38  | 0 | 2   | 0 | 0 | 3 |
| Creole Mayonnaise 1 Tbsp                      | V  | 14.8 | 70  | <1 | 1  | 7  | 1 | 10 | 55  | 40  | 0 | 3   | 0 | 0 | 1 |
| Southwest Mayonnaise 1 Tbsp                   | V  | 14.4 | 100 | <1 | 1  | 11 | 2 | 10 | 95  | 38  | 0 | 4   | 0 | 0 | 0 |
| Mayonnaise 1 Tbsp                             | V  | 13.5 | 100 | <1 | 1  | 11 | 2 | 10 | 55  | 12  | 0 | 1   | 0 | 0 | 0 |
| Low Calorie, No Cholesterol Mayonnaise 1 Tbsp | V  | 15.0 | 45  | <1 | 2  | 4  | 1 | 0  | 130 | 0   | 0 | 0   | 0 | 0 | 1 |
| Balsamic Vinaigrette 1 oz ladle               | V  | 30.2 | 110 | <1 | 3  | 11 | 2 | 0  | 190 | 26  | 0 | 7   | 0 | 0 | 2 |
| Chunky Blue Cheese Dressing 1 oz ladle        | V  | 28.7 | 140 | 1  | 2  | 15 | 3 | 20 | 270 | 50  | 0 | 28  | 0 | 0 | 1 |
| Traditional Caesar Dressing 1 oz ladle        | V  | 26.4 | 130 | 1  | 1  | 14 | 3 | 10 | 210 | 0   | 0 | 203 | 0 | 0 | 0 |
| Honey Dijon Dressing 1 Tbsp                   | V  | 15.4 | 80  | <1 | 4  | 7  | 1 | 5  | 110 | 8   | 0 | 4   | 0 | 0 | 4 |
| Golden Italian Dressing 1 oz ladle            | V  | 29.4 | 140 | <1 | 2  | 14 | 2 | 0  | 290 | 24  | 0 | 2   | 0 | 0 | 2 |
| Oil and Vinegar Dressing 1 Tbsp               | V  | 15.2 | 90  | <1 | <1 | 10 | 1 | 0  | 0   | 2   | 0 | 2   | 0 | 0 | 0 |
| Pan-Asian Dressing 1 oz ladle                 | V  | 30.5 | 70  | 1  | 10 | 3  | 0 | 0  | 600 | 38  | 0 | 5   | 0 | 0 | 7 |
| Original Ranch Dressing 1 oz ladle            | V  | 28.7 | 90  | 1  | 1  | 10 | 2 | 10 | 240 | 24  | 0 | 11  | 0 | 0 | 1 |
| Santa Fe Salad Dressing 1 oz ladle            | V  | 29.8 | 70  | <1 | 2  | 7  | 1 | 0  | 270 | 140 | 6 | 10  | 0 | 0 | 1 |
| Spicy Buffalo Blue Cheese Dressing 1 oz ladle | V  | 29.5 | 110 | 1  | 2  | 11 | 2 | 15 | 470 | 214 | 0 | 22  | 0 | 0 | 1 |
| Honey Glaze 1 Tbsp                            | V  | 17.7 | 35  | <1 | 9  | 0  | 0 | 0  | 0   | 0   | 0 | 1   | 0 | 0 | 9 |
| Spicy Brown Mustard 1 Tbsp                    | VG | 15.0 | 20  | 1  | 1  | 1  | 0 | 0  | 240 | 22  | 0 | 29  | 1 | 1 | 0 |
| Yellow Mustard 1 Tbsp                         | VG | 16.8 | 10  | 1  | 1  | 0  | 0 | 0  | 210 | 22  | 0 | 9   | 0 | 1 | 0 |
| Salsa 1 oz ladle                              | VG | 30.6 | 10  | <1 | 1  | 0  | 0 | 0  | 220 | 130 | 4 | 9   | 0 | 1 | 2 |

**TOPPINGS**

for 6" subs, wraps, flatbread, and salads

|                            |    |       |     |    |    |    |   |     |     |      |    |    |   |   |   |
|----------------------------|----|-------|-----|----|----|----|---|-----|-----|------|----|----|---|---|---|
| Mild Sliced Banana Peppers | VG | 28.3  | 10  | <1 | 3  | 0  | 0 | 0   | 40  | 660  | 22 | 3  | 0 | 0 | 2 |
| Sliced Black Olives        | VG | 30.5  | 35  | <1 | 2  | 3  | 0 | 0   | 220 | 124  | 0  | 27 | 1 | 1 | 0 |
| Cucumbers                  | VG | 28.0  | 5   | <1 | 1  | 0  | 0 | 0   | 0   | 30   | 0  | 4  | 0 | 0 | 0 |
| Dill Pickle Chips          | VG | 12.5  | 0   | <1 | <1 | 0  | 0 | 0   | 110 | 24   | 0  | 5  | 0 | 0 | 0 |
| Green Onions               | VG | 28.3  | 10  | 1  | 2  | 0  | 0 | 0   | 5   | 284  | 6  | 20 | 0 | 1 | 1 |
| Green Peppers              | V  | 27.2  | 10  | <1 | 2  | 0  | 0 | 0   | 0   | 128  | 20 | 2  | 0 | 0 | 1 |
| Hard Cooked Eggs           | V  | 101.1 | 160 | 13 | 1  | 11 | 3 | 380 | 130 | 526  | 0  | 51 | 1 | 0 | 1 |
| Sliced Jalapeno Peppers    | VG | 10.3  | 0   | <1 | <1 | 0  | 0 | 0   | 170 | 176  | 0  | 2  | 0 | 0 | 0 |
| Sliced Mushrooms           | VG | 20.7  | 10  | <1 | 1  | 0  | 0 | 0   | 0   | 0    | 0  | 1  | 0 | 0 | 0 |
| Sliced Red & Green Peppers | VG | 28.3  | 10  | <1 | 3  | 0  | 0 | 0   | 45  | 660  | 22 | 3  | 0 | 0 | 2 |
| Shredded Lettuce           | VG | 21.3  | 0   | <1 | 1  | 0  | 0 | 0   | 0   | 108  | 0  | 4  | 0 | 0 | 0 |
| Romaine & Leaf Lettuce Mix | VG | 21.3  | 0   | <1 | 1  | 0  | 0 | 0   | 0   | 1852 | 0  | 7  | 0 | 0 | 0 |
| Chopped Romaine Lettuce    | VG | 21.3  | 0   | <1 | 1  | 0  | 0 | 0   | 0   | 1852 | 0  | 7  | 0 | 0 | 0 |
| Shredded Carrots           | VG | 13.7  | 5   | <1 | 1  | 0  | 0 | 0   | 10  | 2298 | 0  | 5  | 0 | 0 | 1 |
| Spanish Onions             | V  | 6.0   | 0   | <1 | 1  | 0  | 0 | 0   | 0   | 0    | 0  | 1  | 0 | 0 | 0 |
| Roasted Sweet Red Peppers  | VG | 27.2  | 5   | <1 | 1  | 0  | 0 | 0   | 65  | 408  | 28 | 4  | 0 | 0 | 1 |
| Tomatoes                   | VG | 30.1  | 5   | <1 | 1  | 0  | 0 | 0   | 0   | 250  | 4  | 3  | 0 | 0 | 1 |

**CHEESE**

for 6" subs, wraps, flatbread, and salads

|                     |   |      |    |   |    |   |   |    |     |     |   |     |   |   |   |
|---------------------|---|------|----|---|----|---|---|----|-----|-----|---|-----|---|---|---|
| American Cheese     | V | 14.2 | 50 | 3 | <1 | 4 | 3 | 15 | 260 | 220 | 0 | 79  | 0 | 0 | 0 |
| Mild Cheddar Cheese | V | 14.2 | 60 | 4 | <1 | 5 | 3 | 15 | 90  | 142 | 0 | 102 | 0 | 0 | 0 |
| Pepper Jack Cheese  | V | 14.2 | 55 | 3 | <1 | 4 | 3 | 15 | 75  | 110 | 0 | 106 | 0 | 0 | 0 |
| Provolone Cheese    | V | 21.3 | 75 | 5 | <1 | 6 | 4 | 15 | 190 | 188 | 0 | 161 | 0 | 0 | 0 |
| Parmesan Cheese     | V | 5.0  | 20 | 2 | <1 | 1 | 1 | 5  | 85  | 44  | 0 | 63  | 0 | 0 | 0 |
| Swiss Cheese        | V | 14.2 | 55 | 4 | 1  | 4 | 3 | 15 | 30  | 118 | 0 | 112 | 0 | 0 | 0 |

Calories for Under 500 subs are based on 6" subs on white or wheat sub rolls with American cheese and without dressings, unless specified. The analysis is based on standard recipes. Variability occurs periodically due to adjustments in serving sizes, product availability from food suppliers and recipe formulation. We have attempted to provide as complete a nutritional analysis as possible. The analysis is comprised of data from our suppliers, the US Department of Agriculture and CBORD nutrient analysis program from the CBORD Group in Ithaca, New York.

