

PRODUCT NUTRITION INFORMATION

Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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POS FIT - Served on Flat Bread, w/Lettuce, Tomato, Onion, Vinegar, salt, Oregano (No Cheese)

#1	Ham, Capicola, Salami, Pepperoni	7.3	357	130	14	4	0	50	1595	34	4	5	25
#2	Ham, Turkey	7.9	284	52	6	1	0	32	1320	33	4	4	25
#3	Salami, Turkey	7.2	320	89	10	2	0	28	1274	35	4	4	24
#4	Ham, Salami	6.8	305	89	10	3	0	40	1425	33	4	5	22
#5	Smoked Ham, Turkey	8.1	297	58	7	1	0	30	1349	35	4	4	27
#6	Vegetarian	6.6	225	55	6	0	0	0	945	35	6	4	10
#7	Roast Beef	6.0	233	38	5	1	0	11	771	33	4	4	18
#8	Turkey	8.4	298	52	6	0	0	19	1169	36	4	4	27
#9	Peppered Pastrami	6.1	236	35	4	0	0	8	804	33	4	4	18
#10	Roasted Chicken	7.4	269	38	4	1	0	29	1267	33	4	4	26
#11	Ham, American	6.5	240	43	5	1	0	29	1150	33	4	5	18
#12	Salami	5.8	315	108	13	3	0	30	1234	33	4	5	19
#13	Peppered Pastrami, Turkey	7.2	267	44	5	0	0	14	987	34	4	4	23
#14	Smoked Ham and Turkey	6.9	267	54	7	1	0	30	1274	33	4	5	22
#15	Salami, Pepperoni,	5.8	325	125	14	4	0	31	1168	33	4	4	18
#16	Chicken, Pepperoni	6.9	266	41	5	0	0	46	1066	32	4	3	30
#17	Tuna	7.1	369	157	17	2	0	27	890	34	4	6	21
#18	Roast beef, Turkey	7.9	291	52	6	1	0	21	1101	35	4	4	26

Small Served on Flat Bread w/Cheese, Lettuce, Tomato, Onion, Vinegar, Oil, salt, Oregano

#1	Ham, Capicola, Salami, Pepperoni, Provolone	8.1	442	178	20	7	0	63	1757	34	4	5	29
#2	Ham, Turkey, Provolone	8.6	369	100	11	4	0	45	1482	34	4	4	29
#3	Salami, Turkey, Provolone	8.0	405	136	16	5	0	41	1436	35	4	4	29
#4	Ham, Salami, Provolone	7.5	390	136	16	6	0	53	1587	34	4	5	27
#5	Smoked Ham, Turkey, Smokey Cheddar	8.6	370	99	11	4	0	42	1544	35	4	4	29
#6	Vegetarian, Provolone, Swiss, Smokey Cheddar	8.3	419	200	22	10	0	43	1264	36	6	4	21
#7	Roast beef, Provolone	6.7	318	85	10	4	0	24	933	33	4	4	12
#8	Turkey, Provolone	9.3	383	100	11	3	0	32	1331	36	4	4	32
#9	Peppered Pastrami, Swiss	7.2	345	102	12	5	0	32	849	33	4	4	24
#10	Roasted Chicken, Provolone	8.4	354	85	10	4	0	42	1429	34	4	4	30
#11	Ham, American	8.4	438	175	20	9	0	70	1879	36	4	6	27
#12	Salami, Provolone	6.8	400	156	18	6	0	43	1396	34	4	5	24
#13	Peppered Pastrami, Turkey, Swiss	8.3	376	111	13	5	0	38	1031	35	4	4	28
#14	Smoked Ham, Swiss	8.0	376	121	14	6	0	55	1319	34	4	5	27
#15	Salami, Pepperoni, Provolone	6.7	410	172	20	7	0	44	1330	34	4	4	23
#16	Chicken, Pepperoni, Pepper jack	6.3	266	41	5	0	0	46	1066	32	4	3	30
#17	Tuna, Provolone	8.0	454	205	23	6	0	40	1052	35	4	6	26
#18	Roast beef, Turkey, Provolone	8.8	376	100	12	4	0	34	1263	35	4	4	31

Small 5" Served on White or Wheat Bread w/Cheese, Lettuce, Tomato, Onion, Vinegar, Oil, salt, Oregano

#1	Ham, Capicola, Salami, Pepperoni, Provolone	8.3	475	207	22	8	0	63	1486	43	3	5	27
#2	Ham, Turkey, Provolone	8.8	402	130	13	5	0	45	1211	42	3	4	28
#3	Salami, Turkey, Provolone	8.2	438	166	18	6	0	41	1165	43	3	4	27
#4	Ham, Salami, Provolone	7.7	424	166	18	7	0	53	1316	42	3	5	25
#5	Smoked Ham, Turkey, Smokey Cheddar	8.8	404	129	14	5	0	42	1272	43	3	5	28
#6	Vegetarian, Provolone, Swiss, Smokey Cheddar	8.4	429	180	20	10	0	43	1015	44	5	4	19
#7	Roast beef, Provolone	8.4	402	130	14	6	0	35	924	42	3	4	29
#8	Turkey, Provolone	9.3	417	130	13	4	0	32	1060	45	3	4	30
#9	Peppered Pastrami, Swiss	7.2	379	132	14	6	0	32	577	42	3	5	22
#10	Roasted Chicken, Provolone	8.4	388	115	12	5	0	42	1157	42	3	4	29
#11	Ham, American	8.4	472	204	22	10	0	70	1608	44	3	6	25
#12	Salami, Provolone	6.8	433	185	20	7	0	43	1125	42	3	5	22
#13	Peppered Pastrami, Turkey, Swiss	8.3	410	140	15	6	0	38	760	43	3	4	27
#14	Smoked Ham, Swiss	8.0	409	150	16	7	0	55	1047	42	3	5	26
#15	Salami, Pepperoni, Provolone	6.7	443	202	22	8	0	44	1059	42	3	4	21
#16	Chicken, Pepperoni, Pepper jack	6.3	349	132	14	5	0	32	636	41	3	4	16
#17	Tuna, Provolone	8.0	488	235	25	7	0	40	780	43	3	6	24
#18	Roast beef, Turkey, Provolone	8.8	409	130	14	5	0	34	992	43	3	4	29

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Stacker Small 5" - Served on White or Wheat Bread w/Double Meat, Double Cheese, Lettuce, Tomato, Onion, Vinegar, Oil, salt, Oregano

#1	Ham, Capicola, Salami, Pepperoni, Provolone	11.7	715	360	39	16	0	126	2734	45	3	6	47
#2	Ham, Turkey, Provolone	12.8	569	204	22	9	0	89	2184	44	3	5	48
#3	Salami, Turkey, Provolone	11.5	641	277	30	11	0	82	2093	47	3	5	46
#4	Ham, Salami, Provolone	10.5	612	277	30	13	0	106	2394	44	3	7	42
#5	Smoked Ham, Turkey, Smokey Cheddar	12.8	572	203	22	8	0	84	2307	46	3	5	48
#6	Vegetarian, Provolone, Swiss, Smokey Cheddar	10.0	604	306	34	19	0	86	1335	45	5	4	30
#7	Roast beef, Provolone	9.0	467	175	19	9	0	48	1086	43	3	4	33
#8	Turkey, Provolone	13.8	598	204	22	8	0	65	1883	49	3	4	52
#9	Peppered Pastrami, Swiss	9.5	522	208	22	12	0	64	917	43	3	5	36
#10	Roasted Chicken, Provolone	11.9	540	175	19	9	0	84	2077	44	3	4	49
#11	Ham, American	11.9	708	353	38	19	0	139	2978	49	3	9	42
#12	Salami, Provolone	8.7	631	315	35	14	0	86	2013	44	3	6	36
#13	Peppered Pastrami, Turkey, Swiss	11.8	585	226	24	11	0	76	1283	46	3	5	45
#14	Smoked Ham, Swiss	11.2	584	246	27	13	0	109	1857	44	3	6	44
#15	Salami, Pepperoni, Provolone	8.6	652	349	38	15	0	88	1881	44	3	5	34
#16	Chicken, Pepperoni, Pepper jack	9.3	500	217	23	8	0	81	1269	43	3	4	33
#17	Tuna, Provolone	11.2	740	414	45	12	0	80	1323	46	3	9	40
#18	Roast beef, Turkey, Provolone	12.8	584	204	22	9	0	67	1747	47	3	4	51

Medium 8" Served on White or Wheat Bread w/Cheese, Lettuce, Tomato, Onion, Vinegar, Oil, salt, Oregano

#1	Ham, Capicola, Salami, Pepperoni, Provolone	13.0	726	292	32	12	0	92	2242	67	5	8	42
#2	Ham, Turkey, Provolone	13.4	599	170	19	7	0	62	1729	67	5	7	40
#3	Salami, Turkey, Provolone	12.5	648	218	25	9	0	57	1668	68	5	7	39
#4	Ham, Salami, Provolone	11.8	628	218	25	10	0	73	1869	66	5	8	36
#5	Smoked Ham, Turkey, Smokey Cheddar	13.7	618	177	20	7	0	64	1934	67	5	7	42
#6	Vegetarian, Provolone, Swiss, Smokey Cheddar	13.8	731	318	35	17	0	72	1713	72	9	6	32
#7	Roast beef, Provolone	12.7	599	170	20	8	0	49	1347	66	5	6	41
#8	Turkey, Provolone	14.0	619	170	19	6	0	45	1528	70	5	6	43
#9	Peppered Pastrami, Swiss	11.7	591	179	20	9	0	49	963	66	5	7	36
#10	Roasted Chicken, Provolone	12.5	573	149	17	7	0	56	1594	66	5	6	40
#11	Ham, American	14.2	750	296	33	15	0	119	2780	70	5	10	43
#12	Salami, Provolone	10.9	676	266	31	11	0	68	1808	66	5	8	35
#13	Peppered Pastrami, Turkey, Swiss	13.0	623	189	21	9	0	56	1157	68	5	7	40
#14	Smoked Ham, Swiss	13.1	642	211	24	11	0	87	1746	67	5	8	42
#15	Salami, Pepperoni, Provolone	10.8	692	292	33	12	0	69	1709	66	5	7	33
#16	Chicken, Pepperoni, Pepper jack	14.8	656	202	22	7	0	107	1761	68	5	6	52
#17	Tuna, Provolone	14.0	838	399	44	11	0	74	1409	69	5	11	43
#18	Roast beef, Turkey, Provolone	13.4	609	170	20	7	0	47	1437	68	5	6	42

Stacker Medium 8" - Served on White or Wheat Bread w/Double Meat, Double Cheese, Lettuce, Tomato, Onion, Vinegar, Oil, salt, Oregano

#1	Ham, Capicola, Salami, Pepperoni, Provolone	18.1	1085	522	58	23	0	184	4080	71	5	9	71
#2	Ham, Turkey, Provolone	18.8	833	277	31	13	0	123	3054	69	5	8	67
#3	Salami, Turkey, Provolone	17.0	929	373	42	16	0	113	2932	73	5	8	65
#4	Ham, Salami, Provolone	15.7	890	373	42	18	0	146	3334	69	5	10	60
#5	Smoked Ham, Turkey, Smokey Cheddar	19.4	870	292	33	13	0	127	3464	71	5	8	70
#6	Vegetarian, Provolone, Swiss, Smokey Cheddar	16.6	1033	535	59	33	0	144	2282	74	9	6	51
#7	Roast beef, Provolone	17.5	833	277	33	15	0	97	2289	69	5	6	69
#8	Turkey, Provolone	20.1	872	277	31	11	0	91	2652	76	5	6	73
#9	Peppered Pastrami, Swiss	15.4	815	296	33	17	0	99	1522	69	5	9	58
#10	Roasted Chicken, Provolone	17.0	779	235	27	13	0	112	2785	69	5	6	67
#11	Ham, American	20.4	1134	529	59	29	0	238	5157	77	5	15	72
#12	Salami, Provolone	13.9	986	470	54	21	0	136	3212	69	5	10	58
#13	Peppered Pastrami, Turkey, Swiss	18.0	880	315	35	17	0	112	1911	72	5	7	68
#14	Smoked Ham, Swiss	18.3	917	358	41	20	0	174	3089	70	5	10	70
#15	Salami, Pepperoni, Provolone	13.7	1017	521	59	23	0	137	3014	69	5	8	54
#16	Chicken, Pepperoni, Pepper jack	21.7	945	342	38	12	0	213	3118	72	5	6	91
#17	Tuna, Provolone	20.1	1311	735	81	20	0	147	2415	75	5	16	73
#18	Roast beef, Turkey, Provolone	18.8	852	277	32	13	0	94	2471	73	5	6	71

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Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Large 12" Served on White or Wheat Bread w/Cheese, Lettuce, Tomato, Onion, Vinegar, Oil, salt, Oregano

#1	Ham, Capicola, Salami, Pepperoni, Provolone	19.2	1052	414	46	18	0	127	3169	101	8	11	60
#2	Ham, Turkey, Provolone	19.1	845	229	26	10	0	79	2273	100	8	10	54
#3	Salami, Turkey, Provolone	18.5	959	324	37	13	0	84	2487	103	8	11	57
#4	Ham, Salami, Provolone	17.7	934	324	37	14	0	105	2738	101	8	12	53
#5	Smoked Ham, Turkey, Smokey Cheddar	20.7	927	269	31	12	0	99	2941	102	8	11	62
#6	Vegetarian, Provolone, Swiss, Smokey Cheddar	21.2	1090	447	48	24	0	99	2396	108	14	9	46
#7	Roast beef, Provolone	18.3	845	229	27	11	0	62	1795	100	8	9	55
#8	Turkey, Provolone	19.9	869	229	26	9	0	58	2022	104	8	9	58
#9	Peppered Pastrami, Swiss	17.4	851	247	28	13	0	67	1375	100	8	11	51
#10	Roasted Chicken, Provolone	18.5	828	206	23	10	0	77	2247	100	8	9	57
#11	Ham, American	20.2	1048	398	45	21	0	154	3658	105	8	15	58
#12	Salami, Provolone	16.1	941	350	40	15	0	86	2372	100	8	11	48
#13	Peppered Pastrami, Turkey, Swiss	18.8	884	258	29	12	0	74	1581	102	8	10	55
#14	Smoked Ham, Swiss	19.4	922	290	34	15	0	119	2471	101	8	12	59
#15	Salami, Pepperoni, Provolone	16.2	988	401	45	17	0	94	2385	100	8	11	47
#16	Chicken, Pepperoni, Pepper jack	17.1	874	302	34	11	0	94	1853	100	8	9	47
#17	Tuna, Provolone	21.2	1238	583	64	16	0	107	2064	105	8	16	63
#18	Roast beef, Turkey, Provolone	19.1	857	229	26	10	0	60	1909	102	8	9	57

Stacker Large 12" - Served on White or Wheat Bread w/Double Meat, Double Cheese, Lettuce, Tomato, Onion, Vinegar, Oil, salt, Oregano

#1	Ham, Capicola, Salami, Pepperoni, Provolone	25.0	1425	653	72	30	0	225	5016	105	8	13	91
#2	Ham, Turkey, Provolone	26.0	1145	369	41	18	0	157	3950	104	8	11	89
#3	Salami, Turkey, Provolone	24.8	1372	557	63	24	0	169	4378	109	8	12	94
#4	Ham, Salami, Provolone	23.2	1323	557	63	26	0	209	4880	105	8	15	87
#5	Smoked Ham, Turkey, Smokey Cheddar	29.2	1309	447	51	22	0	198	5286	107	8	13	105
#6	Vegetarian, Provolone, Swiss, Smokey Cheddar	25.0	1505	745	82	46	0	198	3198	111	14	9	72
#7	Roast beef, Provolone	24.4	1145	369	43	20	0	125	2994	104	8	9	91
#8	Turkey, Provolone	27.6	1193	369	41	15	0	117	3447	112	8	9	96
#9	Peppered Pastrami, Swiss	22.6	1156	404	45	23	0	133	2153	103	8	13	82
#10	Roasted Chicken, Provolone	24.9	1111	322	36	18	0	154	3898	104	8	9	94
#11	Ham, American	28.2	1550	706	79	39	0	308	6720	114	8	20	96
#12	Salami, Provolone	19.9	1337	610	70	27	0	173	4147	104	8	14	76
#13	Peppered Pastrami, Turkey, Swiss	25.4	1223	425	47	22	0	148	2566	108	8	11	91
#14	Smoked Ham, Swiss	26.6	1299	491	57	27	0	239	4347	105	8	15	99
#15	Salami, Pepperoni, Provolone	20.2	1431	712	80	31	0	187	4174	104	8	12	75
#16	Chicken, Pepperoni, Pepper jack	21.9	1202	515	57	20	0	188	3109	103	8	9	75
#17	Tuna, Provolone	30.1	1930	1076	118	29	0	214	3532	114	8	24	107
#18	Roast beef, Turkey, Provolone	26.0	1169	369	42	18	0	121	3221	108	8	9	94

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Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Extra Large 24" - Served on White or Wheat Bread w/Double Meat, Double Cheese, Lettuce, Tomato, Onion, Vinegar, Oil, salt, Oregano

#1	Ham, Capicola, Salami, Pepperoni, Provolone	38.5	2103	827	92	35	0	255	6338	203	14	23	118
#2	Ham, Turkey, Provolone	38.2	1690	458	52	20	0	157	4546	200	14	20	107
#3	Salami, Turkey, Provolone	37.0	1917	646	74	26	0	169	4974	205	14	21	112
#4	Ham, Salami, Provolone	35.4	1869	646	74	28	0	209	5477	201	14	24	104
#5	Smoked Ham, Turkey, Smokey Cheddar	41.4	1854	536	61	24	0	198	5883	203	14	22	123
#6	Vegetarian, Provolone, Swiss, Smokey Cheddar	44.3	2259	894	97	47	0	198	4954	216	26	18	90
#7	Roast beef, Provolone	36.6	1690	458	54	22	0	125	3590	200	14	18	109
#8	Turkey, Provolone	39.8	1739	458	52	17	0	117	4044	208	14	18	114
#9	Peppered Pastrami, Swiss	34.8	1701	493	56	26	0	133	2750	200	14	21	100
#10	Roasted Chicken, Provolone	37.1	1656	411	47	20	0	154	4494	200	14	18	112
#11	Ham, American	40.4	2095	795	89	42	0	308	7316	211	14	29	113
#12	Salami, Provolone	32.1	1882	699	81	29	0	173	4744	200	14	23	94
#13	Peppered Pastrami, Turkey, Swiss	37.6	1769	514	58	25	0	148	3162	204	14	20	109
#14	Smoked Ham, Swiss	38.8	1844	580	67	29	0	239	4943	202	14	24	117
#15	Salami, Pepperoni, Provolone	32.4	1977	801	91	33	0	187	4770	200	14	21	93
#16	Chicken, Pepperoni, Pepper jack	24.0	1753	614	69	27	0	227	3750	191	10	12	97
#17	Tuna, Provolone	42.4	2476	1165	128	31	0	214	4128	210	14	33	124
#18	Roast beef, Turkey, Provolone	38.2	1715	458	53	20	0	121	3817	204	14	18	111

Stacker Extra Large 12" - Served on White or Wheat Bread w/Double Meat, Double Cheese, Lettuce, Tomato, Onion, Vinegar, Oil, salt, Oregano

#1	Ham, Capicola, Salami, Pepperoni, Provolone	49.5	2933	1353	151	61	0	472	10602	206	14	28	140
#2	Ham, Turkey, Provolone	52.0	2290	736	82	35	0	314	7899	208	14	23	176
#3	Salami, Turkey, Provolone	49.5	2743	1113	126	47	0	338	8756	218	14	25	186
#4	Ham, Salami, Provolone	46.3	2646	1113	126	52	0	419	9760	210	14	29	172
#5	Smoked Ham, Turkey, Smokey Cheddar	58.4	2617	893	102	43	0	397	10572	214	14	26	208
#6	Vegetarian, Provolone, Swiss, Smokey Cheddar	52.0	3089	1490	164	91	0	395	6557	222	26	18	143
#7	Roast beef, Provolone	48.8	2290	736	87	40	0	249	5988	208	14	18	181
#8	Turkey, Provolone	55.2	2387	736	82	30	0	233	6895	224	14	18	190
#9	Peppered Pastrami, Swiss	45.2	2312	806	90	47	0	267	4307	206	14	25	163
#10	Roasted Chicken, Provolone	49.7	2222	644	73	35	0	308	7796	208	14	18	186
#11	Ham, American	56.4	3100	1410	157	79	0	616	13440	228	14	41	190
#12	Salami, Provolone	39.8	2674	1219	140	54	0	346	8295	208	14	28	151
#13	Peppered Pastrami, Turkey, Swiss	50.8	2447	849	95	45	0	295	5131	216	14	21	181
#14	Smoked Ham, Swiss	53.2	2598	981	113	55	0	478	8693	211	14	29	196
#15	Salami, Pepperoni, Provolone	40.3	2863	1422	161	62	0	375	8348	208	14	25	148
#16	Chicken, Pepperoni, Pepper jack	35.0	2539	1130	125	52	0	454	6496	199	10	12	160
#17	Tuna, Provolone	60.3	3860	2151	235	59	0	428	7063	227	14	47	212
#18	Roast beef, Turkey, Provolone	49.4	2261	717	82	35	0	228	6001	213	14	18	174

PRODUCT NUTRITION INFORMATION

Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Wraps 12" Served on Tortillas, Cheese, Lettuce, Tomato, Onion, Vinegar, Oil, salt, Oregano

#1	Ham, Capicola, Salami, Pepperoni, Provolone	13.0	717	341	38	13	0	92	2250	57	7	4	38
#2	Ham, Turkey, Provolone	13.3	591	218	24	8	0	62	1737	57	7	3	36
#3	Salami, Turkey, Provolone	12.4	639	266	30	9	0	57	1676	58	7	3	35
#4	Ham, Salami, Provolone	11.8	620	266	30	10	0	73	1877	56	7	4	32
#5	Smoked Ham, Turkey, Smokey Cheddar	13.6	609	226	26	8	0	64	1942	57	7	3	38
#6	Vegetarian, Provolone, Swiss, Smokey Cheddar	17.7	766	396	43	18	0	72	1773	65	12	4	29
#7	Roast beef, Provolone	12.7	591	218	25	8	0	49	1355	56	7	2	37
#8	Turkey, Provolone	13.9	610	218	24	7	0	45	1536	60	7	2	39
#9	Peppered Pastrami, Swiss	11.6	582	228	26	10	0	49	971	56	7	4	32
#10	Roasted Chicken, Provolone	12.4	564	197	22	7	0	56	1602	56	7	2	36
#11	Ham, American	14.1	742	344	38	16	0	119	2788	60	7	7	39
#12	Salami, Provolone	10.9	668	315	36	11	0	68	1816	56	7	4	31
#13	Peppered Pastrami, Turkey, Swiss	12.9	614	238	27	9	0	56	1165	58	7	3	36
#14	Smoked Ham, Swiss	13.1	633	259	30	11	0	87	1754	57	7	4	38
#15	Salami, Pepperoni, Provolone	10.8	683	340	38	12	0	69	1717	56	7	3	29
#16	Chicken, Pepperoni, Pepper jack	14.8	647	251	28	7	0	107	1769	58	7	2	48
#17	Tuna, Provolone	13.9	885	511	56	12	0	72	1388	60	7	7	36
#18	Roast beef, Turkey, Provolone	13.3	601	218	25	8	0	47	1445	58	7	2	38

Specialty Wraps Served on 12 " Flour Tortillas, Cheese, Lettuce, Tomato, Onion

Chicken, Romaine, Parmesan, Caesar Dressing	13.6	531	130	16	3	0	77	1213	60	10	2	37
Turkey Provolone, Bacon, Ranch Dressing	9.1	590	224	25	8	0	58	1454	55	6	0	36

Grillers Small 5" Served on Flat Bread Bread w/Cheese

Bacon, Lettuce, and Tomato	11.1	278	109	12	4	0	13	820	33	3	7	13
Hot Pastrami, Provolone	7.9	564	329	36	11	0	74	1396	32	3	5	31
Grilled Chicken, Provolone	7.6	379	102	11	5	0	94	1124	29	3	2	42
New York Steak, Provolone	7.6	339	96	11	4	0	33	1313	27	3	2	35
Meatball, Provolone	6.9	463	270	57	14	0	64	1346	58	6	4	27

Grillers Small 5" Served on Sourdough Bread w/Cheese

Bacon, Lettuce, and Tomato	7.4	343	137	15	5	0	13	604	64	4	6	13
Hot Pastrami, Provolone	10.1	624	357	39	12	0	74	1176	62	4	3	31
Grilled Chicken, Provolone	10.1	442	120	14	6	0	94	906	59	4	1	43
New York Steak, Provolone	10.1	401	114	13	5	0	33	1095	58	4	1	35
Meatball, Provolone	10.0	526	268	30	12	0	64	1130	62	4	3	26

Grillers Medium 8" Served on Sourdough Bread w/Cheese

Bacon, Lettuce, and Tomato	12.0	548	208	24	8	0	19	957	102	6	10	21
Hot Pastrami, Provolone	15.3	902	485	54	17	0	100	1644	97	6	5	45
Grilled Chicken, Provolone	15.3	662	173	21	8	0	126	1288	93	6	2	60
New York Steak, Provolone	15.3	608	164	21	8	0	46	1537	92	6	2	50
Meatball, Provolone	17.9	939	486	56	22	0	121	2104	99	8	6	47

Grillers Large 12" Served on Sourdough Bread w/Cheese

Bacon, Lettuce, and Tomato	20.8	807	280	32	10	0	26	1414	152	9	16	31
Hot Pastrami, Provolone	24.3	1455	785	87	27	0	167	2720	146	9	8	73
Grilled Chicken, Provolone	24.3	1032	237	29	12	0	214	2093	140	9	4	94
New York Steak, Provolone	24.3	938	221	29	11	0	73	2532	137	9	4	82
Meatball, Provolone	26.9	1393	697	80	33	0	178	3133	148	11	9	71

PRODUCT NUTRITION INFORMATION

Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Breakfast Griller Served on Flat Bread Bread w/Cheese

Smoked Ham, Egg, American	6.4	457	215	24	10	0	247	1730	30	3	5	30
Peppered Bacon, Egg, American	5.6	514	280	32	13	0	255	1505	30	3	4	28
Sausage, Egg, American	7.6	580	315	34	14	0	296	1600	32	3	4	34

Breakfast Griller Small 5" Served on Sourdough Bread w/Cheese

Smoked Ham, Egg, American	7.0	492	207	24	10	0	247	1751	40	2	3	29
Peppered Bacon, Egg, American	6.1	549	272	31	13	0	255	1526	40	2	2	27
Sausage, Egg, American	8.2	615	307	33	14	0	296	1621	42	2	2	33

Breakfast Griller Medium 8" Serves Sourdough Bread w/Cheese

Smoked Ham, Egg, American	11.3	789	335	38	16	0	463	2707	64	3	4	49
Peppered Bacon, Egg, American	9.9	856	418	48	20	0	471	2322	63	3	3	44
Sausage, Egg, American	13.1	974	484	52	21	0	538	2511	66	3	3	55

Breakfast Griller Large 12" Served on Sourdough Bread, American Cheese

Smoked Ham, Egg, American	16.9	1154	385	44	20	0	318	3865	95	4	6	61
Peppered Bacon, Egg, American	14.4	1241	505	58	25	0	324	3159	93	4	4	52
Sausage, Egg, American	13.8	1082	564	60	26	0	407	2709	37	3	5	54

Breakfast Wrap Griller Served On Tortillas w/Cheese

Smoked Ham, Egg, American	15.5	986	505	57	24	0	679	3049	59	6	6	60
Peppered Bacon, Egg, American	13.8	1101	635	72	29	0	696	2598	58	6	4	55
Sausage, Egg, American	17.9	1232	704	76	30	0	779	2788	62	6	4	67

Specialty Breakfast (Available at Selected Location Only)

Breakfast Burrito	8.8	722	350	39	19	0	447	1699	55	5	4	37
Sausage, Egg, Cheese, Muffin	3.4	210	70	7	2	0	35	410	26	1	1	10
Sausage Muffin	4.2	299	135	14	6	0	55	774	28	1	2	14
Sausage, Egg, Cheese Biscuit	5.5	392	185	20	6	4	221	1030	32	1	3	17
Sausage, Cheese Biscuit	3.7	320	140	15	4	4	35	960	32	1	3	11

Kids Meal 4" Served On White or Wheat Bread, W/Cheese, Lettuce, Tomato

Grilled American Cheese	5.9	473	216	24	13	0	61	1306	44	3	5	20
Ham, American	5.3	324	96	11	5	0	35	897	41	3	4	16
Salami, American	7.2	382	115	13	6	0	64	1539	42	3	5	25
Turkey, Ham American	5.6	333	96	11	5	0	27	797	42	3	4	18

Kids Meal with 4" sub, Chips, Oreo Cookie, 12oz Coke

Breakfast Burrito	-	1070	391	44	15	0	61	1682	88	5	20	24
Kids Meal - Ham, American	-	921	271	30	8	0	35	1274	85	5	19	20
Kids Meal - Salami, American	-	979	290	32	9	0	64	1915	86	5	20	29
Kids Meal - Turkey, American	-	931	271	30	7	0	27	1173	86	5	19	22

Salads w/Lettuce, Tomato, Onion

Antipasto, Capicola, Salami, Pepperoni, Provolone	9.3	302	187	21	8	0	56	1123	9	3	4	20
Caesar w/Parmesan Cheese	6.4	35	1	0	0	0	0	11	7	3	3	2
Chef, Ham, Turkey, Provolone, American	10.9	344	194	22	12	0	75	1440	12	3	5	25
Garden	9.5	65	18	2	0	0	0	1016	10	6	3	2
Grilled Chicken	11.6	235	19	4	1	0	95	933	11	3	3	37
Grilled Chicken Caesar w/Parmesan	11.7	249	36	5	2	0	107	724	9	3	3	41
Spinach Salad	7.5	38	3	0	0	0	0	16	8	3	4	2
Spinach Chicken Salad	12.8	251	38	5	2	0	107	729	10	3	4	41
Tuna	11.5	463	332	36	6	0	53	741	12	3	8	22

PRODUCT NUTRITION INFORMATION

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Extras

Avocado (Small 5")	0.8	1	31	25	2	0	0	0	2	1	0
Avocado (Medium 8")	1.2	1	62	50	4	0	0	0	3	2	0
Avocado (Large 12")	1.8	2	92	76	6	0	0	0	5	3	0
Avocado (Extra Large 24")	3.6	4	185	151	12	0	0	0	10	7	0
Bacon (Small 5")	0.3	40	30	4	1	0	10	100	0	0	2
Bacon (Medium 8")	0.5	15	5	0	0	0	7	160	0	0	2
Bacon (Large 12")	0.5	29	29	19	2	1	0	6	141	0	0
Bacon (Extra Large 24")	0.7	18	4	0	0	0	9	117	0	0	4

Griller Meats Small Portion

Grilled Chicken	4.0	162	27	3	1	0	81	540	1	0	0	30
Pastrami	4.0	344	263	28	8	0	61	810	4	0	2	18
Meatballs	3.0	229	169	19	8	0	50	626	1	0	0	13
New York Steak	4.0	121	20	3	1	0	20	729	0	0	0	22

Add Double Meat to any Small 5" (One additional Small Portion of Meat will Add)

#1 Ham, Capicola, Salami, Pepperoni	3.0	197	130	14	5	0	49	1058	2	0	1	15
#2 Ham, Turkey	3.4	102	29	3	1	0	32	812	1	0	1	15
#3 Salami, Turkey	2.7	138	65	7	2	0	28	766	3	0	1	15
#4 Ham, Salami	2.2	124	65	7	3	0	40	917	1	0	1	12
#5 Smoked Ham, Turkey	3.5	115	35	4	1	0	30	841	3	0	1	17
#6 Vegetarian (Add any meats in this section)												
#7 Roast beef	2.9	102	29	4	1	0	22	525	1	0	0	16
#8 Turkey	3.8	117	29	3	0	0	19	661	4	0	0	17
#9 Peppered Pastrami	1.5	54	12	1	0	0	8	295	1	0	1	9
#10 Roasted Chicken	2.9	87	15	1	1	0	29	758	1	0	0	16
#11 Ham, American	1.9	58	19	2	1	0	29	642	1	0	1	9
#12 Salami	1.3	133	85	10	3	0	30	726	1	0	1	10
#13 Peppered Pastrami, Turkey	2.7	86	20	2	0	0	14	478	2	0	0	13
#14 Smoked Ham	2.4	85	30	4	1	0	30	765	1	0	1	12
#15 Salami, Pepperoni	1.2	143	102	11	4	0	31	660	1	0	1	8
#16 Chicken, Pepperoni	1.9	100	58	6	2	0	31	458	1	0	0	11
#17 Tuna	2.6	188	134	14	2	0	27	381	2	0	2	11
#18 Roast beef, Turkey	3.4	109	29	3	1	0	21	593	3	0	0	17

Add Double Cheese to any Small 5" (One additional Small Portion of Meat)

#1 Provolone	0.6	65	45	5	3	0	13	162	1	0	0	5
#5 Smokey Cheddar	0.5	53	39	4	3	0	12	194	0	0	0	3
#6 Provolone, Swiss, Smokey Cheddar	1.9	207	149	17	11	0	49	401	1	0	0	13
#9 Swiss	0.8	89	65	7	5	0	24	45	1	0	0	6
#11 American	1.6	178	130	15	8	0	40	729	3	0	2	8
#16 Pepper jack	0.3	32	23	3	2	0	10	58	0	0	0	2

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Add Double Meat to any Medium 8" (One additional Medium Portion of Meat will Add)

#1	Ham, Capicola, Salami, Pepperoni	4.1	262	162	17	6	0	73	1595	3	0	2	22
#2	Ham, Turkey	4.5	136	39	4	1	0	42	1082	2	0	0	0
#3	Salami, Turkey	3.6	184	87	10	2	0	37	1021	4	0	0	0
#4	Ham, Salami	2.9	165	87	10	3	0	53	1222	2	0	2	16
#5	Smoked Ham, Turkey	5.0	163	50	6	1	0	43	1206	4	0	1	24
#6	Vegetarian (Add any meats in this section)												
#7	Roast beef	3.8	136	39	5	2	0	29	700	2	0	0	21
#8	Turkey	5.1	156	39	4	0	0	26	881	5	0	0	23
#9	Peppered Pastrami	2.6	91	19	2	1	0	13	492	1	0	1	14
#10	Roasted Chicken	3.6	109	18	2	1	0	36	948	2	0	0	20
#11	Ham, American	3.8	117	39	4	2	0	58	1283	2	0	2	17
#12	Salami	2.0	213	135	15	5	0	48	1161	2	0	2	15
#13	Peppered Pastrami, Turkey	3.8	123	29	3	0	0	19	687	3	0	1	19
#14	Smoked Ham	4.0	142	51	6	2	0	51	1276	2	0	2	20
#15	Salami, Pepperoni	2.0	228	161	18	6	0	49	1062	2	0	1	13
#16	Chicken, Pepperoni	2.8	150	87	9	3	0	46	686	2	0	0	16
#17	Tuna	5.1	375	268	29	5	0	54	762	5	0	5	23
#18	Roast beef, Turkey	4.5	146	39	4	1	0	28	791	4	0	0	22

Add Double Cheese to any Medium 8" (One additional Medium Portion of Cheese)

#1	Provolone	1.0	97	68	8	5	0	19	243	1	0	0	7
#5	Smokey Cheddar	0.8	89	65	7	5	0	20	324	0	0	0	5
#6	Provolone, Swiss, Smokey Cheddar	2.8	302	217	25	16	0	72	569	2	0	0	19
#9	Swiss	1.2	134	97	11	7	0	36	67	1	0	0	9
#11	American	2.4	267	194	22	12	0	61	1093	5	0	2	12
#16	Pepper jack	0.5	49	34	4	2	0	15	87	0	0	0	3

Add Double Meat to any Large 12" (One additional Large Portion of Meat will Add)

#1	Ham, Capicola, Salami, Pepperoni	5.7	376	233	25	9	0	102	2249	4	0	2	31
#2	Ham, Turkey	5.6	170	49	5	1	0	53	1353	2	0	1	26
#3	Salami, Turkey	5.0	283	143	16	4	0	59	1567	5	0	2	28
#4	Ham, Salami	4.2	259	143	16	5	0	79	1818	3	0	3	24
#5	Smoked Ham, Turkey	7.2	239	75	9	2	0	67	1827	5	0	2	35
#6	Vegetarian (Add any meat)												
#7	Roast beef	4.8	170	49	6	2	0	36	875	2	0	0	27
#8	Turkey	6.4	194	49	5	0	0	32	1102	6	0	0	29
#9	Peppered Pastrami	3.6	127	27	3	1	0	18	689	2	0	2	20
#10	Roasted Chicken	5.0	153	26	3	1	0	51	1327	3	0	0	28
#11	Ham, American	4.8	146	49	5	2	0	73	1604	2	0	2	22
#12	Salami	2.6	266	169	19	6	0	60	1451	2	0	2	19
#13	Peppered Pastrami, Turkey	5.0	161	38	4	0	0	25	896	4	0	1	25
#14	Smoked Ham	5.6	198	71	9	3	0	71	1786	3	0	3	28
#15	Salami, Pepperoni	2.7	313	220	25	8	0	68	1465	3	0	2	19
#16	Chicken, Pepperoni	4.2	263	167	18	6	0	75	1140	3	0	0	24
#17	Tuna	7.7	563	402	43	7	0	81	1144	7	0	7	34
#18	Roast beef, Turkey	5.6	182	49	5	1	0	34	988	4	0	0	28

Add Double Cheese to any Large 12" (One additional Large Portion of Meat)

#1	Provolone	1.3	130	91	10	6	0	26	324	1	0	0	0
#5	Smokey Cheddar	0.6	65	45	5	3	0	13	162	1	0	0	5
#6	Provolone, Swiss, Smokey Cheddar	3.8	415	298	34	22	0	99	802	3	0	0	26
#9	Swiss	1.6	178	130	15	10	0	49	89	2	0	0	11
#11	American	3.2	356	259	29	16	0	81	1458	6	0	3	16
#16	Pepper jack	1.3	143	104	12	8	0	32	518	0	0	0	8

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Add Double Meat to any Extra Large 24" (One additional Extra Large Large Portion of Meat will Add)

#1	Ham, Capicola, Salami, Pepperoni	11.5	753	466	50	18	0	203	4497	7	0	5	63
#2	Ham, Turkey	11.2	340	97	10	2	0	105	2705	5	0	2	51
#3	Salami, Turkey	10.0	567	286	32	8	0	117	3134	10	0	3	56
#4	Ham, Salami	8.4	518	286	32	11	0	158	3636	6	0	6	49
#5	Smoked Ham, Turkey	14.4	478	150	17	4	0	134	3653	11	0	4	70
#6	Vegetarian (Add any meat)												
#7	Roast beef	9.6	340	97	12	5	0	73	1750	5	0	0	53
#8	Turkey	12.8	389	97	10	0	0	65	2203	13	0	0	58
#9	Peppered Pastrami	7.2	254	54	5	2	0	36	1379	4	0	4	40
#10	Roasted Chicken	10.1	306	51	5	3	0	102	2654	5	0	0	56
#11	Ham, American	9.6	292	97	10	5	0	146	3208	5	0	5	44
#12	Salami	5.1	532	339	39	12	0	121	2903	5	0	5	39
#13	Peppered Pastrami, Turkey	10.0	321	76	8	1	0	51	1791	8	0	2	49
#14	Smoked Ham	11.2	397	142	17	6	0	142	3572	6	0	6	57
#15	Salami, Pepperoni	5.4	627	440	49	16	0	135	2930	5	0	3	37
#16	Chicken, Pepperoni	8.4	527	334	36	11	0	149	2279	5	0	0	47
#17	Tuna	15.4	1125	805	86	14	0	162	2287	15	0	15	69
#18	Roast beef, Turkey	11.2	364	97	11	2	0	69	1976	9	0	0	56

Add Double Cheese to any Extra Large 24" (One additional Extra Large Portion of Meat)

	Provolone	2.6	259	181	21	13	0	52	648	3	0	0	18
	Smokey Cheddar	2.6	285	207	23	16	0	65	1037	0	0	0	16
	Provolone, Swiss, Smokey Cheddar (Vegetarian)	7.7	829	596	67	44	0	198	1604	6	0	0	52
	Swiss	3.2	356	259	29	19	0	97	178	3	0	0	23
	American	6.4	713	518	58	32	0	162	2916	13	0	6	32
	Pepper jack	2.6	259	181	21	13	0	78	467	3	0	0	16

Sides

	Potato Salad Regular	8.0	324	113	13	2	0	8	956	52	3	13	3
	Potato Salad Large	12.0	486	170	19	2	0	12	1434	78	5	19	5
	Macaroni Salad Regular	8.0	516	360	41	8	0	23	1251	44	3	13	8
	Macaroni Salad Large	12.0	774	540	61	12	0	35	1877	66	5	19	12
	California Style Pasta Salad Regular	8.0	235	55	6	1	0	0	438	38	2	14	6
	California Style Pasta Salad Large	12.0	352	82	9	1	0	0	657	56	2	21	9
	Caesar Bow Tie Pasta Salad Regular	8.0	356	162	18	3	0	8	972	37	3	2	11
	Caesar Bow Tie Pasta Salad Large	12.0	535	243	27	5	0	12	1458	56	5	2	17
	Cucumber Salad Regular	8.0	125	93	11	2	0	0	603	4	1	2	1
	Cucumber Salad Large	12.0	187	140	16	2	0	0	905	6	1	3	1
	Pickle Whole	0.9	21	0	0	0	0	0	1929	4	2	0	1
	Pepperoncini Whole Bag	2.6	15	0	0	0	0	0	1197	6	0	0	9

Chips

	Lays Classic	1.5	225	135	15	2	0	0	270	23	2	0	3
	Lays BBQ	1.5	225	135	15	2	0	0	300	23	2	3	3
	Lays Sour cream and onion	1.5	240	135	15	2	0	0	315	23	2	2	3
	Doritos Nacho Cheese	1.8	263	123	14	3	0	0	315	30	2	2	4
	Miss Vickie's Jalapeno	1.4	200	100	11	3	0	0	270	22	2	1	3
	Miss Vickie's Salt and Vinegar	1.4	200	100	11	3	0	0	340	22	3	2	3
	Sunchips Regular	1.5	210	75	9	2	0	0	180	29	5	3	3
	Baked Lays	1.1	135	17	2	0	0	0	203	26	2	2	2
	Baked Lays BBQ	1.1	135	34	3	0	0	0	236	25	2	3	2
	Fritos Corn Chips	2.0	320	180	20	3	0	0	340	30	2	2	4
	Cheetos	2.0	320	180	20	4	0	0	580	30	2	2	4

PRODUCT NUTRITION INFORMATION

Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Desserts

Brownies 4x4	2.3	280	50	6	2	0	0	280	50	2	36	4
Chocolate Chunk Cookie	4.0	500	200	22	12	0	30	360	70	2	44	6
Oatmeal Raisin Cookie	4.0	460	180	20	12	0	30	400	68	4	38	6
White Chocolate/Macadamia Nut Cookie	4.0	520	240	26	12	0	40	400	66	1	42	6

Fountain Beverages (Based on No Ice)**

Coca Cola	22.0	272	0	0	0	0	0	17	74	0	74	0
Coca Cola	32.0	396	0	0	0	0	0	24	108	0	108	0
Diet Coke	22.0	2	0	0	0	0	0	28	0	0	0	0
Diet Coke	32.0	2	0	0	0	0	0	40	0	0	0	0
Barq's	22.0	305	0	0	0	0	0	66	83	0	83	0
Barq's	32.0	444	0	0	0	0	0	96	120	0	120	0
Sprite	22.0	267	0	0	0	0	0	61	72	0	72	0
Sprite	32.0	388	0	0	0	0	0	88	104	0	104	0
Pibb Xtra	22.0	267	0	0	0	0	0	39	72	0	72	0
Pibb Xtra	32.0	388	0	0	0	0	0	56	104	0	104	0
Cherry Coke	22.0	286	0	0	0	0	0	11	77	0	77	0
Cherry Coke	32.0	416	0	0	0	0	0	16	112	0	112	0
Nestea Raspberry Tea	22.0	215	0	0	0	0	0	25	58	0	58	0
Nestea Raspberry Tea	32.0	312	0	0	0	0	0	36	84	0	84	0
Minute Maid Lemon Aid	22.0	267	0	0	0	0	0	113	72	0	72	0
Minute Maid Lemon Aid	32.0	388	0	0	0	0	0	164	104	0	104	0
Orange	22.0	308	0	0	0	0	0	22	83	0	83	0
Orange	32.0	448	0	0	0	0	0	32	120	0	120	0
Fruit Punch	22.0	289	0	0	0	0	0	36	80	0	80	0
Fruit Punch	32.0	420	0	0	0	0	0	52	116	0	116	0
Lipton Brewed Tea	22.0	0	0	0	0	0	0	0	0	0	0	0
Lipton Brewed Tea	32.0	0	0	0	0	0	0	0	0	0	0	0
Gold Peak Green Tea Sweetened	22.0	220	0	0	0	0	0	69	58	0	58	0
Gold Peak Green Tea Sweetened	32.0	320	0	0	0	0	0	100	84	0	84	0
Gold Peak Black Sweetened Tea	22.0	220	0	0	0	0	0	69	58	0	58	0
Gold Peak Black Sweetened Tea	32.0	320	0	0	0	0	0	100	84	0	84	0
Gold Peak Unsweetened Tea	22.0	0	0	0	0	0	0	69	0	0	0	0
Gold Peak Unsweetened Tea	32.0	0	0	0	0	0	0	100	0	0	0	0

Hot Beverages

Coffee Regular and Decaf	12.0	3	0	0	0	0	0	7	0	0	0	0
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Fruit Smoothies (Arizona and Palm Springs CA)

Kiwi Banana	8.0	220	5	1	0	0	0	15	55	1	48	0
Caribbean Colada	8.0	230	20	2	0	0	0	15	54	1	48	0
Strawberry Banana	8.0	220	5	1	0	0	0	25	55	1	48	0
Extreme Peach	8.0	210	5	1	0	0	0	20	50	0	45	0
Mango Mania	8.0	220	5	1	0	0	0	15	55	0	47	0
Wildberry Blast	8.0	200	5	1	0	0	0	20	50	1	46	0
Strawberry Bomb	8.0	250	0	0	0	0	0	15	63	1	47	0
Antiox APB	8.0	220	5	1	0	0	0	20	55	0	49	0
Mandarin Orange Passion fruit	8.0	240	5	1	0	0	0	60	59	0	53	0
Intense Green Apple	8.0	200	5	1	0	0	0	15	50	1	48	0
Very Cherry	8.0	220	5	1	0	0	0	15	54	1	42	0

5" Breads

Flat Bread	2.3	150	20	3	0	0	0	420	26	3	2	8
Sourdough Bread	3.1	185	18	3	1	0	0	176	55	3	0	8
White Bread	2.5	201	21	3	1	0	0	209	38	3	2	8
Wheat Bread	2.5	201	21	3	1	0	0	209	38	3	2	8

PRODUCT NUTRITION INFORMATION

Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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8" Breads and Flour Tortilla

Sourdough Bread	5.0	293	28	4	1	0	0	280	87	5	0	13
White Bread	4.0	320	33	4	1	0	0	352	60	4	4	12
Wheat Bread	4.0	320	33	4	1	0	0	352	60	4	4	12
Tortilla	3.8	300	70	8	1	0	0	360	50	6	0	8

12" Breads

Sourdough Bread	7.5	440	42	7	2	0	0	420	130	7	1	20
White Bread	6.0	481	50	6	2	0	0	500	91	6	6	18
Wheat Bread	6.0	481	50	6	2	0	0	500	91	6	6	18

Cheese Per Slice

American	0.5	53	39	4	2	0	12	219	1	0	0	2
Parmesan Grated	0.1	9	4	0	0	0	2	21	0	0	0	1
Pepper jack	0.3	32	23	3	2	0	10	58	0	0	0	2
Provolone	0.3	30	21	2	2	0	6	76	0	0	0	2
Smoked Cheddar	0.2	18	13	1	1	0	4	65	0	0	0	1
Swiss	0.4	45	32	4	2	0	12	22	0	0	0	3

Deli Meats Per slice

Turkey	0.6	60	15	2	0	0	10	340	2	0	0	9
Roast beef	0.5	17	5	1	0	0	4	87	0	0	0	3
Pepperoni	0.1	16	13	1	0	0	3	56	0	0	0	1
Salami	0.1	10	7	1	0	0	2	57	0	0	0	1
Peppered Pastrami	0.3	23	2	0	0	0	2	58	0	0	0	2
Deli Ham	0.5	15	5	0	0	0	7	160	0	0	0	2
Capicola	0.5	29	29	19	2	1	0	6	141	0	0	0
Chicken Breast	0.7	18	4	0	0	0	9	117	0	0	0	4
Smoked Ham	0.8	28	10	1	0	0	10	255	0	0	0	4
Bacon	0.3	40	30	4	1	0	10	100	0	0	0	2
Turkey Sausage (Per Patty)	1.4	90	60	6	2	0	35	190	1	0	0	6

Product information is based on current approved Port of Subs® product as supplied from approved Port of Subs® food manufacturers. The data used for determining nutrition information is based on manufacturer provided and stated nutrient information using Port of Subs® standard recipe and product formulation. Variation can be expected due to seasonal influence, minor differences in product assembly, region or area differences, manufacture product substitution or changes, consumer requests that alter the original recipe, and other factors. All information was compiled using the USDA food labeling guideline for restaurants.

** Fountain drink nutrient information is provided as full cup, no ice and is a representation of the nutrient ranges. Fountain beverage sodium information does not include sodium contribution from local water supplies.