

Full Written Nutrition Information

PORT OF SUBS, INC.

5365 Mae Anne Avenue, Suite A-29, Reno, NV 89523

LAS - Revised 4/11/17

Menu Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
	Calorie	Gram	Calorie	Gram	Gram	Gram	Millegram	Millegram	Gram	Gram	Gram

5" SMALL CLASSIC SUBS (Served on white bread with cheese, lettuce, tomato, onion, vinegar, oil, salt and oregano)

Menu Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
#1: Ham, Capicola, Salami, Pepperoni, Provolone	411	24	155	16.1	5.8	0.0	54	1473	41	2	6
#2: Ham, Turkey, Provolone	359	30	81	7.9	2.9	0.0	58	998	40	2	5
#3: Salami, Turkey, Provolone	385	28	109	12.5	4.4	0.0	62	900	39	2	3
#4: Ham, Salami, Provolone	364	21	117	12.0	4.4	0.0	42	1321	41	2	6
#5: Smoked Ham, Turkey, Smokey Cheddar	371	30	85	9.9	4.1	0.0	66	1112	39	2	4
#6: Vegetarian, Provolone, Swiss, Smokey Cheddar	429	20	184	21.5	9.5	0.0	43	800	43	4	3
#7: Roast beef, Provolone	355	27	79	8.9	2.9	0.0	51	1402	39	2	3
#8: Turkey, Provolone	380	37	73	8.4	2.9	0.0	78	578	39	2	3
#9: Peppered Pastrami, Swiss	364	27	87	9.8	4.4	0.0	44	1178	40	2	4
#10: Roasted Chicken, Provolone	339	27	79	8.9	2.9	0.0	50	1015	39	2	3
#11: Ham, American	346	23	101	7.9	3.9	0.0	46	1553	42	2	8
#12: Salami, Provolone	391	20	145	16.7	5.8	0.0	47	1223	40	2	4
#13: Peppered Pastrami, Turkey, Swiss	374	32	82	9.3	4.1	0.0	63	824	39	2	3
#14: Smoked Ham, Swiss	372	26	104	12.2	5.2	0.0	54	1361	40	2	4
#15: Salami, Pepperoni, Provolone	391	18	156	17.8	6.3	0.0	43	1105	39	2	3
#16: Chicken, Pepperoni, Pepper jack	374	22	131	14.7	5.6	0.0	52	961	39	2	3
#17: Tuna, Provolone	450	26	181	20.2	5.1	0.0	37	836	41	2	5
#18: Roast beef, Turkey, Provolone	368	32	76	8.7	2.9	0.0	64	990	39	2	3

5" SMALL CLASSIC SUBS (Served on wheat bread with cheese, lettuce, tomato, onion, vinegar, oil, salt and oregano)

Menu Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
#1: Ham, Capicola, Salami, Pepperoni, Provolone	410	24	157	16.2	5.8	0.0	54	1471	40	3	6
#2: Ham, Turkey, Provolone	358	30	83	8.0	2.9	0.0	58	997	39	3	5
#3: Salami, Turkey, Provolone	384	29	111	12.7	4.4	0.0	62	899	39	3	3
#4: Ham, Salami, Provolone	363	22	119	12.2	4.4	0.0	42	1319	40	3	6
#5: Smoked Ham, Turkey, Smokey Cheddar	370	30	87	10.1	4.2	0.0	66	1110	39	3	4
#6: Vegetarian, Provolone, Swiss, Smokey Cheddar	427	20	186	21.6	9.6	0.0	43	799	42	5	3
#7: Roast beef, Provolone	354	28	81	9.1	2.9	0.0	51	1400	38	3	3
#8: Turkey, Provolone	379	37	75	8.6	2.9	0.0	78	576	38	3	3
#9: Peppered Pastrami, Swiss	362	27	89	9.9	4.4	0.0	44	1176	40	3	4
#10: Roasted Chicken, Provolone	338	28	81	9.0	2.9	0.0	50	1013	38	3	3
#11: Ham, American	344	23	103	8.1	3.9	0.0	46	1551	41	3	8
#12: Salami, Provolone	389	20	147	16.8	5.8	0.0	47	1221	39	3	4
#13: Peppered Pastrami, Turkey, Swiss	373	33	84	9.4	4.1	0.0	63	822	39	3	3
#14: Smoked Ham, Swiss	370	27	106	12.3	5.2	0.0	54	1360	40	3	4
#15: Salami, Pepperoni, Provolone	390	18	158	17.9	6.3	0.0	43	1103	39	3	3
#16: Chicken, Pepperoni, Pepper jack	373	22	133	14.8	5.6	0.0	52	960	38	3	3
#17: Tuna, Provolone	448	26	183	20.4	5.1	0.0	37	835	41	3	5
#18: Roast beef, Turkey, Provolone	366	32	78	8.8	2.9	0.0	64	988	38	3	3

5" SMALL CLASSIC SUBS (Served on sourdough bread with cheese, lettuce, tomato, onion, vinegar, oil, salt and oregano)

Menu Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
#1: Ham, Capicola, Salami, Pepperoni, Provolone	468	26	153	15.8	5.7	0.0	54	1562	53	2	5
#2: Ham, Turkey, Provolone	416	32	79	7.6	2.8	0.0	58	1088	52	2	4
#3: Salami, Turkey, Provolone	442	30	107	12.2	4.2	0.0	62	990	52	2	3
#4: Ham, Salami, Provolone	421	23	115	11.7	4.2	0.0	42	1410	53	2	5
#5: Smoked Ham, Turkey, Smokey Cheddar	428	32	83	9.6	4.0	0.0	66	1201	52	2	3
#6: Vegetarian, Provolone, Swiss, Smokey Cheddar	485	22	182	21.1	9.3	0.0	43	890	55	4	3
#7: Roast beef, Provolone	412	29	77	8.6	2.8	0.0	51	1492	51	2	2
#8: Turkey, Provolone	437	39	71	8.1	2.8	0.0	78	668	51	2	2
#9: Peppered Pastrami, Swiss	420	29	85	9.4	4.3	0.0	44	1267	53	2	3
#10: Roasted Chicken, Provolone	396	29	77	8.6	2.8	0.0	50	1104	51	2	2
#11: Ham, American	402	25	99	7.6	3.7	0.0	46	1642	54	2	8
#12: Salami, Provolone	447	22	143	16.3	5.7	0.0	47	1313	52	2	3
#13: Peppered Pastrami, Turkey, Swiss	431	34	79	8.9	3.9	0.0	63	913	52	2	3
#14: Smoked Ham, Swiss	428	28	102	11.8	5.1	0.0	54	1451	53	2	3
#15: Salami, Pepperoni, Provolone	448	20	154	17.4	6.1	0.0	43	1194	52	2	3
#16: Chicken, Pepperoni, Pepper jack	431	24	129	14.3	5.4	0.0	52	1051	51	2	2
#17: Tuna, Provolone	506	28	179	19.9	4.9	0.0	37	926	54	2	5
#18: Roast beef, Turkey, Provolone	424	34	74	8.3	2.8	0.0	64	1080	51	2	2

8" MEDIUM CLASSIC SUBS (Served on white bread with cheese, lettuce, tomato, onion, vinegar, oil, salt and oregano)

Menu Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
#1: Ham, Capicola, Salami, Pepperoni, Provolone	627	36	233	24.3	8.8	0.0	81	2183	64	3	8
#2: Ham, Turkey, Provolone	538	42	120	12.0	4.4	0.0	79	1448	63	3	8
#3: Salami, Turkey, Provolone	573	40	158	18.1	6.3	0.0	85	1317	62	3	5
#4: Ham, Salami, Provolone	335	24	159	16.3	6.0	0.0	58	1450	21	1	6
#5: Smoked Ham, Turkey, Smokey Cheddar	572	44	136	15.8	6.7	0.0	96	1731	62	3	6
#6: Vegetarian, Provolone, Swiss, Smokey Cheddar	664	30	283	33.2	14.0	0.0	62	1190	67	6	5
#7: Roast beef, Provolone	532	39	118	13.3	4.4	0.0	70	1986	61	3	4
#8: Turkey, Provolone	566	52	110	12.7	4.4	0.0	106	887	61	3	4
#9: Peppered Pastrami, Swiss	536	37	127	14.3	6.5	0.0	59	1606	63	3	6
#10: Roasted Chicken, Provolone	524	41	120	13.5	4.4	0.0	76	1551	61	3	4
#11: Ham, American	521	33	149	12.1	5.9	0.0	64	2209	65	3	12
#12: Salami, Provolone	580	29	206	23.6	8.3	0.0	65	1747	62	3	6
#13: Peppered Pastrami, Turkey, Swiss	554	45	121	13.7	6.1	0.0	85	1165	62	3	5
#14: Smoked Ham, Swiss	572	40	158	18.5	7.9	0.0	81	2071	63	3	6
#15: Salami, Pepperoni, Provolone	591	27	229	26.1	9.3	0.0	62	1628	62	3	5

#16: Chicken, Pepperoni, Pepper jack	576	34	198	22.2	8.4	0.0	78	1471	61	3	4
#17: Tuna, Provolone	805	48	348	38.7	9.6	0.0	72	1492	67	3	10
#18: Roast beef, Turkey, Provolone	549	45	114	13.0	4.4	0.0	88	1437	61	3	4

8" MEDIUM CLASSIC SUBS (Served on wheat bread with cheese, lettuce, tomato, onion, vinegar, oil, salt and oregano)

Menu Item	Total		Calories		Saturated		Trans	Cholesterol	Sodium	Total Carbohydrate	Dietary	
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Fiber				Sugars	
#1: Ham, Capicola, Salami, Pepperoni, Provolone	625	36	236	24.5	8.8	0.0	81	2180	63	5	8	
#2: Ham, Turkey, Provolone	536	43	124	12.2	4.4	0.0	79	1445	62	5	8	
#3: Salami, Turkey, Provolone	571	40	161	18.4	6.4	0.0	85	1315	61	5	5	
#4: Ham, Salami, Provolone	543	31	172	17.7	6.4	0.0	58	1875	62	5	8	
#5: Smoked Ham, Turkey, Smokey Cheddar	570	44	139	16.0	6.8	0.0	96	1729	61	5	6	
#6: Vegetarian, Provolone, Swiss, Smokey Cheddar	662	30	287	33.4	14.0	0.0	62	1188	66	8	5	
#7: Roast beef, Provolone	530	39	121	13.5	4.4	0.0	70	1984	60	5	4	
#8: Turkey, Provolone	564	52	113	12.9	4.4	0.0	106	885	60	5	4	
#9: Peppered Pastrami, Swiss	534	37	131	14.6	6.5	0.0	59	1603	62	5	6	
#10: Roasted Chicken, Provolone	522	42	123	13.8	4.4	0.0	76	1549	60	5	4	
#11: Ham, American	519	33	152	12.4	5.9	0.0	64	2207	64	5	12	
#12: Salami, Provolone	578	29	209	23.9	8.3	0.0	65	1745	61	5	6	
#13: Peppered Pastrami, Turkey, Swiss	552	45	124	14.0	6.1	0.0	85	1163	61	5	5	
#14: Smoked Ham, Swiss	570	40	161	18.7	7.9	0.0	81	2069	62	5	6	
#15: Salami, Pepperoni, Provolone	589	27	232	26.3	9.3	0.0	62	1626	61	5	5	
#16: Chicken, Pepperoni, Pepper jack	574	34	201	22.5	8.4	0.0	78	1468	60	5	4	
#17: Tuna, Provolone	781	47	336	37.2	8.8	0.0	68	1436	65	5	10	
#18: Roast beef, Turkey, Provolone	547	45	117	13.2	4.4	0.0	88	1434	60	5	4	

8" MEDIUM CLASSIC SUBS (Served on sourdough bread with cheese, lettuce, tomato, onion, vinegar, oil, salt and oregano)

Menu Item	Total		Calories		Saturated		Trans	Cholesterol	Sodium	Total Carbohydrate	Dietary	
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Fiber				Sugars	
#1: Ham, Capicola, Salami, Pepperoni, Provolone	717	39	229	23.7	8.5	0.0	81	2324	83	4	7	
#2: Ham, Turkey, Provolone	627	45	117	11.4	4.2	0.0	79	1589	82	4	6	
#3: Salami, Turkey, Provolone	662	43	155	17.6	6.1	0.0	85	1458	81	4	4	
#4: Ham, Salami, Provolone	634	34	165	16.9	6.1	0.0	58	2019	83	4	7	
#5: Smoked Ham, Turkey, Smokey Cheddar	661	47	133	15.3	6.5	0.0	96	1872	82	4	5	
#6: Vegetarian, Provolone, Swiss, Smokey Cheddar	753	33	280	32.7	13.8	0.0	62	1331	87	7	4	
#7: Roast beef, Provolone	621	42	114	12.8	4.2	0.0	70	2127	80	4	3	
#8: Turkey, Provolone	655	55	107	12.1	4.2	0.0	106	1028	80	4	3	
#9: Peppered Pastrami, Swiss	625	40	124	13.8	6.2	0.0	59	1746	82	4	5	
#10: Roasted Chicken, Provolone	613	45	117	13.0	4.2	0.0	76	1692	80	4	3	
#11: Ham, American	610	36	145	11.6	5.6	0.0	64	2350	85	4	11	
#12: Salami, Provolone	669	32	202	23.1	8.0	0.0	65	1888	82	4	5	
#13: Peppered Pastrami, Turkey, Swiss	643	48	117	13.2	5.8	0.0	85	1306	81	4	4	
#14: Smoked Ham, Swiss	662	43	154	17.9	7.6	0.0	81	2212	83	4	5	
#15: Salami, Pepperoni, Provolone	680	30	226	25.5	9.0	0.0	62	1769	81	4	4	
#16: Chicken, Pepperoni, Pepper jack	665	37	195	21.7	8.2	0.0	78	1612	80	4	3	
#17: Tuna, Provolone	872	50	329	36.4	8.5	0.0	68	1580	86	4	8	
#18: Roast beef, Turkey, Provolone	638	48	111	12.5	4.2	0.0	88	1578	80	4	3	

12" LARGE CLASSIC SUBS (Served on white bread with cheese, lettuce, tomato, onion, vinegar, oil, salt and oregano)

Menu Item	Total		Calories		Saturated		Trans	Cholesterol	Sodium	Total Carbohydrate	Dietary	
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Fiber				Sugars	
#1: Ham, Capicola, Salami, Pepperoni, Provolone	910	50	328	34.6	12.3	0.0	114	3096	95	5	11	
#2: Ham, Turkey, Provolone	762	56	164	16.6	6.0	0.0	100	1985	94	5	10	
#3: Salami, Turkey, Provolone	826	55	225	25.8	8.9	0.0	114	1938	93	5	7	
#4: Ham, Salami, Provolone	791	43	238	25.0	8.9	0.0	80	2638	95	5	11	
#5: Smoked Ham, Turkey, Smokey Cheddar	864	63	214	24.9	10.8	0.0	141	2753	94	5	10	
#6: Vegetarian, Provolone, Swiss, Smokey Cheddar	962	42	400	46.9	19.5	0.0	87	1746	101	9	7	
#7: Roast beef, Provolone	754	52	161	18.2	6.0	0.0	89	2658	92	5	6	
#8: Turkey, Provolone	797	67	151	17.4	6.0	0.0	134	1284	92	5	6	
#9: Peppered Pastrami, Swiss	778	52	177	19.9	8.8	0.0	81	2311	94	5	8	
#10: Roasted Chicken, Provolone	753	57	166	18.7	6.0	0.0	101	2175	92	5	6	
#11: Ham, American	741	44	201	16.8	8.0	0.0	83	2954	97	5	16	
#12: Salami, Provolone	991	47	293	33.5	11.5	0.0	94	2805	124	6	7	
#13: Peppered Pastrami, Turkey, Swiss	791	61	167	19.0	8.2	0.0	112	1689	93	5	7	
#14: Smoked Ham, Swiss	818	55	216	25.3	10.6	0.0	108	2869	95	5	9	
#15: Salami, Pepperoni, Provolone	858	39	320	36.5	12.8	0.0	87	2355	93	5	7	
#16: Chicken, Pepperoni, Pepper jack	823	46	270	30.3	11.3	0.0	104	2068	92	5	6	
#17: Tuna, Provolone	1161	69	488	54.2	12.5	0.0	99	2129	100	5	14	
#18: Roast beef, Turkey, Provolone	775	59	156	17.8	6.0	0.0	111	1971	92	5	6	

12" LARGE CLASSIC SUBS (Served on wheat bread with cheese, lettuce, tomato, onion, vinegar, oil, salt and oregano)

Menu Item	Total		Calories		Saturated		Trans	Cholesterol	Sodium	Total Carbohydrate	Dietary	
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Fiber				Sugars	
#1: Ham, Capicola, Salami, Pepperoni, Provolone	907	51	333	34.9	12.4	0.0	114	3093	94	7	11	
#2: Ham, Turkey, Provolone	759	56	169	16.9	6.1	0.0	100	1981	92	7	10	
#3: Salami, Turkey, Provolone	823	55	230	26.2	9.0	0.0	114	1934	91	7	7	
#4: Ham, Salami, Provolone	788	44	243	25.3	9.0	0.0	80	2635	93	7	11	
#5: Smoked Ham, Turkey, Smokey Cheddar	861	64	219	25.2	10.9	0.0	141	2749	92	7	9	
#6: Vegetarian, Provolone, Swiss, Smokey Cheddar	959	42	405	47.2	19.6	0.0	87	1743	99	12	7	
#7: Roast beef, Provolone	751	52	166	18.6	6.1	0.0	89	2654	90	7	6	
#8: Turkey, Provolone	794	68	156	17.8	6.1	0.0	134	1280	90	7	6	
#9: Peppered Pastrami, Swiss	775	52	182	20.3	8.9	0.0	81	2307	93	7	8	
#10: Roasted Chicken, Provolone	750	57	171	19.1	6.1	0.0	101	2171	90	7	6	
#11: Ham, American	738	44	206	17.2	8.0	0.0	83	2950	96	7	16	
#12: Salami, Provolone	853	42	303	34.6	11.9	0.0	94	2588	93	7	8	
#13: Peppered Pastrami, Turkey, Swiss	788	61	172	19.3	8.3	0.0	112	1686	91	7	7	
#14: Smoked Ham, Swiss	815	56	221	25.6	10.7	0.0	108	2865	93	7	9	
#15: Salami, Pepperoni, Provolone	855	39	325	36.8	12.8	0.0	87	2351	91	7	7	
#16: Chicken, Pepperoni, Pepper jack	820	47	275	30.7	11.4	0.0	104	2064	90	7	6	
#17: Tuna, Provolone	1158	70	493	54.6	12.5	0.0	99	2125	98	7	14	
#18: Roast beef, Turkey, Provolone	772	60	161	18.2	6.1	0.0	111	1967	90	7	6	

12" LARGE CLASSIC SUBS (Served on sourdough bread with cheese, lettuce, tomato, onion, vinegar, oil, salt and oregano)

Menu Item	Total		Calories		Saturated		Trans	Cholesterol	Sodium	Total Carbohydrate	Dietary	
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Fiber				Sugars	

#8: Turkey, Provolone	388	42	91	10.4	3.1	0.4	78	782	35	4	4
#9: Peppered Pastrami, Swiss	371	31	105	11.7	4.7	0.4	44	1381	37	4	5
#10: Roasted Chicken, Provolone	346	32	97	10.8	3.1	0.4	50	1218	35	4	4
#11: Ham, American	353	28	119	9.9	4.1	0.4	46	1757	38	4	9
#12: Salami, Provolone	398	25	163	18.6	6.0	0.4	47	1427	36	4	5
#13: Peppered Pastrami, Turkey, Swiss	360	37	87	9.8	4.1	0.4	63	1018	34	4	3
#14: Smoked Ham, Swiss	379	31	122	14.1	5.5	0.4	54	1565	37	4	5
#15: Salami, Pepperoni, Provolone	399	23	174	19.7	6.5	0.4	43	1308	36	4	4
#16: Chicken, Pepperoni, Pepper jack	381	27	149	16.6	5.8	0.4	52	1165	35	4	4
#17: Tuna, Provolone	457	31	200	22.2	5.3	0.4	37	1040	38	4	6
#18: Roast beef, Turkey, Provolone	375	37	94	10.6	3.1	0.4	64	1194	35	4	4

CLASSIC SUBS AS A WHEAT WRAP (Served with cheese, lettuce, tomato, onion, vinegar, oil, salt and oregano)

Item	Total			Calories			Saturated			Trans			Total			Dietary		
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugars							
#1: Ham, Capicola, Salami, Pepperoni, Provolone	653	36	290	30.7	14.4	0.0	81	2243	56	6	8							
#2: Ham, Turkey, Provolone	564	43	177	18.4	10.0	0.0	79	1508	55	6	7							
#3: Salami, Turkey, Provolone	599	41	215	24.6	11.9	0.0	85	1378	55	6	4							
#4: Ham, Salami, Provolone	571	32	225	23.9	11.9	0.0	58	1938	56	6	8							
#5: Smoked Ham, Turkey, Smokey Cheddar	598	44	193	22.2	12.3	0.0	96	1792	55	6	6							
#6: Vegetarian, Provolone, Swiss, Smokey Cheddar	690	30	340	39.6	19.6	0.0	62	1251	60	9	4							
#7: Roast beef, Provolone	558	40	175	19.7	10.0	0.0	70	2047	54	6	4							
#8: Turkey, Provolone	592	52	167	19.1	10.0	0.0	106	948	54	6	4							
#9: Peppered Pastrami, Swiss	562	37	184	20.7	12.1	0.0	59	1666	56	6	5							
#10: Roasted Chicken, Provolone	550	42	177	20.0	10.0	0.0	76	1612	54	6	4							
#11: Ham, American	547	34	206	18.5	11.5	0.0	64	2270	58	6	11							
#12: Salami, Provolone	605	29	262	30.1	13.9	0.0	65	1808	55	6	5							
#13: Peppered Pastrami, Turkey, Swiss	580	46	178	20.1	11.7	0.0	85	1226	55	6	5							
#14: Smoked Ham, Swiss	598	41	214	24.9	13.5	0.0	81	2132	56	6	6							
#15: Salami, Pepperoni, Provolone	617	28	286	32.5	14.9	0.0	62	1688	55	6	4							
#16: Chicken, Pepperoni, Pepper jack	602	34	255	28.6	14.0	0.0	78	1531	54	6	4							
#17: Tuna, Provolone	809	48	389	43.4	14.3	0.0	68	1499	59	6	9							
#18: Roast beef, Turkey, Provolone	575	46	171	19.4	10.0	0.0	88	1497	54	6	4							

CLASSIC SUBS AS A LETTUCE WRAP (Served with cheese, lettuce, tomato, onion, vinegar, oil, salt and oregano)

Item	Total			Calories			Saturated			Trans			Total			Dietary		
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugars							
#1: Ham, Capicola, Salami, Pepperoni, Provolone	356	27	222	22.9	8.4	0.0	81	1609	9	2	6							
#2: Ham, Turkey, Provolone	266	34	109	10.6	4.0	0.0	79	874	8	2	6							
#3: Salami, Turkey, Provolone	301	32	147	16.8	6.0	0.0	85	744	7	2	3							
#4: Ham, Salami, Provolone	273	22	157	16.1	6.0	0.0	58	1304	9	2	7							
#5: Smoked Ham, Turkey, Smokey Cheddar	300	35	125	14.4	6.4	0.0	96	1158	7	2	5							
#6: Vegetarian, Provolone, Swiss, Smokey Cheddar	392	21	272	31.8	13.6	0.0	62	617	13	5	3							
#7: Roast beef, Provolone	260	30	107	11.9	4.0	0.0	70	1412	6	2	2							
#8: Turkey, Provolone	307	44	101	11.5	4.0	0.0	106	320	9	4	3							
#9: Peppered Pastrami, Swiss	264	28	116	13.0	6.1	0.0	59	1032	8	2	4							
#10: Roasted Chicken, Provolone	252	33	109	12.2	4.0	0.0	76	977	6	2	3							
#11: Ham, American	249	24	138	10.8	5.5	0.0	64	1636	11	2	10							
#12: Salami, Provolone	308	20	195	22.3	7.9	0.0	65	1174	8	2	4							
#13: Peppered Pastrami, Turkey, Swiss	351	35	183	20.6	8.3	0.0	107	669	8	2	3							
#14: Smoked Ham, Swiss	301	32	147	17.1	7.5	0.0	81	1498	9	2	5							
#15: Salami, Pepperoni, Provolone	319	19	218	24.7	8.9	0.0	62	1054	7	2	3							
#16: Chicken, Pepperoni, Pepper jack	304	25	187	20.9	8.0	0.0	78	897	6	2	3							
#17: Tuna, Provolone	511	38	322	35.6	8.3	0.0	68	865	12	2	8							
#18: Roast beef, Turkey, Provolone	277	37	103	11.6	4.0	0.0	88	863	6	2	3							

CLASSIC SUBS AS A SALAD (Served with cheese, lettuce, tomato, onion, vinegar, oil, salt and oregano)

Item	Total			Calories			Saturated			Trans			Total			Dietary		
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugars							
#1: Ham, Capicola, Salami, Pepperoni, Provolone	369	28	224	23.1	8.4	0.0	81	1615	11	4	7							
#2: Ham, Turkey, Provolone	279	35	112	10.8	4.0	0.0	79	880	10	4	7							
#3: Salami, Turkey, Provolone	314	33	149	17.0	6.0	0.0	85	750	10	4	4							
#4: Ham, Salami, Provolone	286	23	160	16.3	6.0	0.0	58	1310	11	4	8							
#5: Smoked Ham, Turkey, Smokey Cheddar	313	36	127	14.7	6.4	0.0	96	1164	10	4	6							
#6: Vegetarian, Provolone, Swiss, Smokey Cheddar	405	22	275	32.1	13.6	0.0	62	623	15	7	4							
#7: Roast beef, Provolone	273	31	109	12.2	4.0	0.0	70	1419	9	4	3							
#8: Turkey, Provolone	307	44	101	11.5	4.0	0.0	106	320	9	4	3							
#9: Peppered Pastrami, Swiss	277	29	119	13.2	6.1	0.0	59	1038	11	4	5							
#10: Roasted Chicken, Provolone	265	34	111	12.4	4.0	0.0	76	983	9	4	3							
#11: Ham, American	262	25	140	11.0	5.5	0.0	64	1642	13	4	11							
#12: Salami, Provolone	321	21	197	22.5	7.9	0.0	65	1180	10	4	5							
#13: Peppered Pastrami, Turkey, Swiss	364	36	185	20.8	8.3	0.0	107	676	11	4	4							
#14: Smoked Ham, Swiss	314	33	149	17.3	7.5	0.0	81	1504	11	4	6							
#15: Salami, Pepperoni, Provolone	332	19	220	24.9	8.9	0.0	62	1060	10	4	4							
#16: Chicken, Pepperoni, Pepper jack	317	26	189	21.1	8.0	0.0	78	903	9	4	3							
#17: Tuna, Provolone	524	39	324	35.8	8.4	0.0	68	871	14	4	9							
#18: Roast beef, Turkey, Provolone	290	38	105	11.8	4.0	0.0	88	869	9	4	3							

5" SMALL HOT SUBS (Served on white bread)

Item	Total			Calories			Saturated			Trans			Total			Dietary		
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugars							
Bacon, Lettuce, Tomato	307	21	84	11.0	5.3	0.0	50	1324	38	2	2							
Hot Pastrami, Provolone	544	28	252	28.0	9.7	0.0	103	1803	41	2	4							
Grilled Chicken, Provolone	411	41	79	9.4	4.1	0.0	97	1078	38	2	2							
Meatball, Marinara Sauce, Provolone	518	29	225	25.3	8.7	0.0	57	1326	47	4	2							
N.Y. Steak, Provolone	364	33	72	9.0	3.7	0.0	33	1249	37	2	2							

5" SMALL HOT SUBS (Served on wheat bread)

Item	Total			Calories			Saturated			Trans			Total			Dietary		
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugars							
Bacon, Lettuce, Tomato	306	21	86	11.2	5.3	0.0	50	1322	37	3	2							
Hot Pastrami, Provolone	543	28	255	28.2	9.8	0.0	103	1801	40	3	4							
Grilled Chicken, Provolone	409	41	82	9.6	4.1	0.0	97	1076	38	3	2							
Meatball, Marinara Sauce, Provolone	517	29	227	25.4	8.7	0.0	57	1324	46	5	2							
N.Y. Steak, Provolone	363	33	74	9.1	3.7	0.0	33	1247	36	3	2							

5" SMALL HOT SUBS (Served on sourdough bread)

Item	Total		Calories		Total Fat	Saturated		Trans	Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Fat		Fat	Fat				Carbohydrate	Fiber	Sugars	
Bacon, Lettuce, Tomato	364	23	81	10.7	5.1	0.0	50	1413	50	2	2			
Hot Pastrami, Provolone	600	30	250	27.7	9.6	0.0	103	1892	53	2	3			
Grilled Chicken, Provolone	467	43	77	9.1	4.0	0.0	97	1168	51	2	1			
Meatball, Marinara Sauce, Provolone	575	31	223	24.9	8.6	0.0	57	1416	59	4	2			
N.Y. Steak, Provolone	421	35	70	8.6	3.6	0.0	33	1339	49	2	1			

8" MEDIUM HOT SUBS (Served on white bread)

Item	Total		Calories		Total Fat	Saturated		Trans	Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Fat		Fat	Fat				Carbohydrate	Fiber	Sugars	
Bacon, Lettuce, Tomato	486	34	133	17.6	8.4	0.0	80	2107	59	3	4			
Hot Pastrami, Provolone	776	40	344	38.2	13.4	0.0	138	2505	63	2	5			
Grilled Chicken, Provolone	589	55	113	13.4	5.9	0.0	125	1510	60	2	3			
Meatball, Marinara Sauce, Provolone	928	53	425	47.6	16.1	0.0	108	2420	77	7	4			
N.Y. Steak, Provolone	538	45	105	13.0	5.4	0.0	45	1771	58	2	3			

8" MEDIUM HOT SUBS (Served on wheat bread)

Item	Total		Calories		Total Fat	Saturated		Trans	Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Fat		Fat	Fat				Carbohydrate	Fiber	Sugars	
Bacon, Lettuce, Tomato	484	34	137	17.9	8.4	0.0	80	2105	58	5	4			
Hot Pastrami, Provolone	774	40	347	38.5	13.4	0.0	138	2503	62	4	5			
Grilled Chicken, Provolone	587	55	116	13.6	5.9	0.0	125	1508	59	4	3			
Meatball, Marinara Sauce, Provolone	926	53	428	47.9	16.1	0.0	108	2418	76	9	4			
N.Y. Steak, Provolone	536	46	108	13.2	5.5	0.0	45	1769	57	4	3			

8" MEDIUM HOT SUBS (Served on sourdough bread)

Item	Total		Calories		Total Fat	Saturated		Trans	Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Fat		Fat	Fat				Carbohydrate	Fiber	Sugars	
Bacon, Lettuce, Tomato	575	37	130	17.1	8.2	0.0	80	2248	79	4	3			
Hot Pastrami, Provolone	865	43	341	37.7	13.2	0.0	138	2646	83	3	4			
Grilled Chicken, Provolone	678	58	110	12.9	5.6	0.0	125	1651	79	3	1			
Meatball, Marinara Sauce, Provolone	1017	56	421	47.1	15.9	0.0	108	2561	97	8	3			
N.Y. Steak, Provolone	627	49	101	12.5	5.2	0.0	45	1912	77	3	1			

12" LARGE HOT SUBS (Served on white bread)

Item	Total		Calories		Total Fat	Saturated		Trans	Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Fat		Fat	Fat				Carbohydrate	Fiber	Sugars	
Bacon, Lettuce, Tomato	731	51	200	26.4	12.6	0.0	120	3168	89	4	5			
Hot Pastrami, Provolone	1254	65	573	63.6	21.9	0.0	235	4164	97	4	9			
Grilled Chicken, Provolone	935	93	169	20.2	8.7	0.0	215	2444	91	4	4			
Meatball, Marinara Sauce, Provolone	1381	78	626	70.3	23.5	0.0	160	3602	117	11	6			
N.Y. Steak, Provolone	837	75	153	19.3	7.9	0.0	72	2876	88	4	4			

12" LARGE HOT SUBS (Served on wheat bread)

Item	Total		Calories		Total Fat	Saturated		Trans	Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Fat		Fat	Fat				Carbohydrate	Fiber	Sugars	
Bacon, Lettuce, Tomato	728	51	205	26.8	12.7	0.0	120	3164	88	7	5			
Hot Pastrami, Provolone	1251	65	578	64.0	21.9	0.0	235	4160	96	7	8			
Grilled Chicken, Provolone	932	93	174	20.5	8.7	0.0	215	2440	89	7	4			
Meatball, Marinara Sauce, Provolone	1378	78	631	70.6	23.6	0.0	160	3599	115	14	6			
N.Y. Steak, Provolone	834	75	158	19.7	7.9	0.0	72	2873	86	7	4			

12" LARGE HOT SUBS (Served on sourdough bread)

Item	Total		Calories		Total Fat	Saturated		Trans	Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Fat		Fat	Fat				Carbohydrate	Fiber	Sugars	
Bacon, Lettuce, Tomato	866	55	195	25.6	12.3	0.0	120	3381	119	5	4			
Hot Pastrami, Provolone	1389	69	568	62.8	21.5	0.0	235	4377	127	5	7			
Grilled Chicken, Provolone	1070	97	164	19.4	8.3	0.0	215	2657	120	5	2			
Meatball, Marinara Sauce, Provolone	1516	83	621	69.5	23.2	0.0	160	3816	146	12	4			
N.Y. Steak, Provolone	972	79	148	18.5	7.5	0.0	72	3090	117	5	2			

FLATBREAD HOT SANDWICHES

Item	Total		Calories		Total Fat	Saturated		Trans	Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Fat		Fat	Fat				Carbohydrate	Fiber	Sugars	
Bacon, Lettuce, Tomato	314	26	102	13.0	5.5	0.4	50	1527	34	4	3			
Hot Pastrami, Provolone	551	33	271	30.0	10.0	0.4	103	2007	37	4	5			
Grilled Chicken, Provolone	418	46	98	11.4	4.4	0.4	97	1237	35	4	3			
Meatball, Marinara Sauce, Provolone	525	33	243	27.2	8.9	0.4	57	1530	43	6	3			
N.Y. Steak, Provolone	372	37	90	10.9	4.0	0.4	33	1453	33	4	3			

HOT SANDWICHES IN A WHEAT WRAP

Item	Total		Calories		Total Fat	Saturated		Trans	Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Fat		Fat	Fat				Carbohydrate	Fiber	Sugars	
Bacon, Lettuce, Tomato	512	34	190	24.0	14.0	0.0	80	2168	52	6	3			
Hot Pastrami, Provolone	802	40	401	44.7	19.0	0.0	138	2565	56	5	5			
Grilled Chicken, Provolone	615	55	170	19.8	11.5	0.0	125	1570	53	5	2			
Meatball, Marinara Sauce, Provolone	954	53	481	54.1	21.7	0.0	108	2481	70	10	3			
N.Y. Steak, Provolone	564	46	161	19.4	11.0	0.0	45	1832	51	5	2			

WHEAT WRAPS

Item	Total		Calories		Total Fat	Saturated		Trans	Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Fat		Fat	Fat				Carbohydrate	Fiber	Sugars	
Chicken Caesar: Chicken, Romaine, Parmesan, Caesar Dressing	596	51	165	19.0	9.5	0.1	114	1538	54	5	3			
Turkey, Bacon, Ranch: Turkey, Bacon, Ranch Dressing	622	49	229	26.4	12.7	0.1	106	1387	51	5	2			

5" SMALL BREAKFAST SUBS (Served on white bread)

Item	Total		Calories		Total Fat	Saturated		Trans	Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Fat		Fat	Fat				Carbohydrate	Fiber	Sugars	
Smoked Ham, Egg, American	391	25	135	14.7	6.2	0.0	288	1205	39	2	4			
Peppered Bacon, Egg, American	410	27	162	18.4	8.5	0.0	299	1303	38	2	3			

Turkey Sausage, Egg, American	517	30	236	24.3	9.4	0.0	338	1110	40	2	3
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5" SMALL BREAKFAST SUBS (Served on wheat bread)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Smoked Ham, Egg, American	389	25	137	14.8	6.2	0.0	288	1203	38	3	4
Peppered Bacon, Egg, American	409	27	164	18.6	8.5	0.0	299	1302	38	3	3
Turkey Sausage, Egg, American	516	30	238	24.5	9.4	0.0	338	1109	40	3	3

5" SMALL BREAKFAST SUBS (Served on sourdough bread)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Smoked Ham, Egg, American	447	27	133	14.3	6.1	0.0	288	1294	51	2	3
Peppered Bacon, Egg, American	467	29	159	18.1	8.3	0.0	299	1393	51	2	2
Turkey Sausage, Egg, American	573	32	234	24.0	9.3	0.0	338	1200	53	2	2

8" MEDIUM BREAKFAST SUBS (Served on white bread)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Smoked Ham, Egg, American	643	42	230	25.0	10.2	0.0	556	1875	61	2	6
Peppered Bacon, Egg, American	661	43	262	29.7	13.1	0.0	568	1927	60	2	5
Turkey Sausage, Egg, American	832	49	381	39.5	15.1	0.0	632	1733	63	2	5

8" MEDIUM BREAKFAST SUBS (Served on wheat bread)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Smoked Ham, Egg, American	641	42	233	25.3	10.3	0.0	556	1873	60	4	6
Peppered Bacon, Egg, American	659	43	265	29.9	13.1	0.0	568	1925	59	4	5
Turkey Sausage, Egg, American	830	49	384	39.8	15.1	0.0	632	1730	62	4	5

8" MEDIUM BREAKFAST SUBS (Served on sourdough bread)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Smoked Ham, Egg, American	732	45	227	24.5	10.0	0.0	556	2016	81	3	5
Peppered Bacon, Egg, American	750	46	259	29.1	12.9	0.0	568	2068	80	3	4
Turkey Sausage, Egg, American	922	52	377	39.0	14.8	0.0	632	1874	83	3	4

12" LARGE BREAKFAST SUBS (Served on white bread)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Smoked Ham, Egg, American	965	64	336	36.7	14.7	0.0	833	2869	93	4	9
Peppered Bacon, Egg, American	978	63	380	43.1	18.8	0.0	846	2829	91	4	7
Turkey Sausage, Egg, American	1191	69	528	54.9	20.7	0.0	925	2443	95	4	7

12" LARGE BREAKFAST SUBS (Served on wheat bread)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Smoked Ham, Egg, American	962	65	341	37.1	14.7	0.0	833	2865	91	7	9
Peppered Bacon, Egg, American	975	64	385	43.5	18.8	0.0	846	2826	90	7	7
Turkey Sausage, Egg, American	1188	70	533	55.3	20.8	0.0	925	2440	93	7	7

12" LARGE BREAKFAST SUBS (Served on sourdough bread)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Smoked Ham, Egg, American	1100	69	331	35.9	14.3	0.0	833	3082	122	5	7
Peppered Bacon, Egg, American	1113	68	375	42.3	18.4	0.0	846	3043	121	5	5
Turkey Sausage, Egg, American	1326	74	523	54.1	20.4	0.0	925	2657	124	5	5

FLATBREAD BREAKFAST SANDWICHES

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Smoked Ham, Egg, American	398	30	154	16.6	6.5	0.4	288	1364	35	4	5
Peppered Bacon, Egg, American	417	31	180	20.4	8.7	0.4	298	1507	35	4	4
Turkey Sausage, Egg, American	524	34	254	26.3	9.7	0.4	338	1269	37	4	4

BREAKFAST SUBS IN A WHEAT WRAP

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Smoked Ham, Egg, American	669	43	287	31.4	15.8	0.0	556	1935	54	5	5
Peppered Bacon, Egg, American	686	44	319	36.1	18.7	0.0	568	1988	53	5	4
Turkey Sausage, Egg, American	858	49	437	45.9	20.7	0.0	632	1793	56	5	4

SPECIALTY BREAKFAST (Served at select locations only)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Southwest Wrap	838	39	295	35.3	16.0	0.0	552	1986	88	9	7
Egg, American, Biscuit	342	15	150	16.6	8.5	0.0	259	991	32	1	4
Turkey Sausage, Egg, American, Biscuit	432	21	210	22.6	10.5	0.0	293	1179	33	1	4

KIDS SIZE 4" SUB (Served on white bread)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Grilled American Cheese	249	11	89	9.1	5.4	0.0	31	721	31	1	2
Ham, American	206	11	43	3.6	1.9	0.0	19	737	31	1	3
Salami, Provolone	241	12	69	7.9	2.9	0.0	24	720	30	1	2
Turkey, Provolone	216	16	31	3.6	1.4	0.0	28	389	30	1	1

KIDS SIZE 4" SUB (Served on wheat bread)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Grilled American Cheese	248	11	91	9.2	5.4	0.0	31	719	31	2	2
Ham, American	205	11	44	3.7	1.9	0.0	19	735	30	2	3
Salami, Provolone	240	12	71	8.0	2.9	0.0	24	719	30	2	2

Turkey, Provolone 215 16 33 3.7 1.5 0.0 28 388 29 2 1

KIDS SIZE 4" SUB (Served on sourdough bread)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Grilled American Cheese	295	13	87	8.8	5.2	0.0	31	793	42	2	2
Ham, American	252	13	41	3.3	1.8	0.0	19	809	41	2	3
Salami, Provolone	287	13	67	7.6	2.8	0.0	24	793	40	2	1
Turkey, Provolone	262	17	30	3.3	1.3	0.0	28	462	40	2	1

KIDS MEAL TREATS (Served at select locations only)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Oreo Cookies	100	1	40	4.5	1.0	0.0	0	85	16	1	9
Fruit Roll up	45	0	10	1.0	0.0	0.0	0	55	11	3	4
Teddy Grahams	90	1	25	65.0	0.5	0.0	0	95	16	1	5

KIDS 12oz FOUNTAIN BEVERAGES (Served with no ice)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Coca Cola	150	0	0	0.0	0.0	0.0	0	35	40	0	40
Diet Coke	0	0	0	0.0	0.0	0.0	0	50	0	0	0
Coke Zero	0	0	0	0.0	0.0	0.0	0	40	0	0	0
Barq's	160	0	0	0.0	0.0	0.0	0	55	44	0	44
Sprite	140	0	0	0.0	0.0	0.0	0	70	39	0	38
Dr. Pepper	150	0	0	0.0	0.0	0.0	0	60	40	0	38
Diet Dr. Pepper	0	0	0	0.0	0.0	0.0	0	70	0	0	0
Pibb Xtra	140	0	0	0.0	0.0	0.0	0	55	38	0	38
Cherry Coke	150	0	0	0.0	0.0	0.0	0	40	42	0	42
Fuze Raspberry Tea	80	0	0	0.0	0.0	0.0	0	50	23	0	80
Minute Maid Lemonade	140	0	0	0.0	0.0	0.0	0	95	38	0	36
Fanta Orange	160	0	0	0.0	0.0	0.0	0	40	40	0	43
HiC Orange	160	0	0	0.0	0.0	0.0	0	40	40	0	43
Strawberry Fanta	160	0	0	0.0	0.0	0.0	0	55	45	0	44
Fruit Punch	150	0	0	0.0	0.0	0.0	0	55	41	0	40
Pink Lemonade	140	0	0	0.0	0.0	0.0	0	95	38	0	36
Powerade Mountain Berry	80	0	0	0.0	0.0	0.0	0	110	22	0	22
Gold Peak Black Tea 22oz.	0	0	0	0.0	0.0	0.0	0	35	0	0	0
Gold Peak Green Tea 22oz.	0	0	0	0.0	0.0	0.0	0	35	0	0	0
Gold Peak Passion Fruit Mango Unsweetened Tea 22oz.	1	0	0	0.0	0.0	0.0	0	35	0	0	0

SALADS (Served with lettuce, tomato, and onion, cucumber, olives)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Garden Salad (romaine, tomato, onion, cucumber, olives)	71	3	26	2.7	0.5	0.0	0	142	10	4	4
Spinach Salad (spinach, tomato, onion, cucumber, olives)	64	3	25	2.5	0.5	0.0	0	195	8	3	2
Caesar Salad (romaine, parmesan, croutons)	73	4	26	2.8	0.8	0.0	3	161	10	3	2
Tuna Salad (tuna salad, romaine, tomato, onion, cucumber, olives)	444	33	262	28.3	4.8	0.0	49	763	15	4	9
Chef Salad (ham, turkey, american, provolone, romaine, tomato, onion, cucr)	265	24	136	13.4	6.4	0.0	63	886	13	4	6
Garden Salad with Grilled Chicken (grilled chicken, romaine, tomato, onion,	283	42	62	7.1	2.3	0.0	106	852	11	4	4
Spinach Salad with Grilled Chicken (grilled chicken, spinach, tomato, onion,	277	42	61	7.0	2.3	0.0	106	904	10	3	2
Caesar Salad with Grilled Chicken (grilled chicken, romaine, parmesan, crou	286	43	61	7.2	2.6	0.0	110	871	12	3	2

SALAD TOPPINGS

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Thousand Island (per package)	190	0	170	18.0	3.0	0.0	20	370	6	0	4
Caesar (per package)	210	1	210	23.0	3.5	0.0	1	390	2	0	1
Caesar (1 Oz. Container)	110	1	100	11.0	2.0	0.2	10	290	2	0	1
Caesar (2 Oz. Container)	220	2	200	22.0	4.0	0.3	20	580	4	0	2
Caesar (3 Oz. Container)	330	3	300	33.0	6.0	0.5	30	870	6	0	3
Caesar (30 Oz. Container)	3300	30	3000	330.0	60.0	5.1	300	8700	60	0	30
Ranch (per package)	200	1	190	21.0	3.0	0.0	15	280	2	0	1
Ranch (1 Oz. Container)	110	0	110	12.0	2.0	0.2	5	190	1	0	0
Ranch (2 Oz. Container)	220	0	220	24.0	4.0	0.4	10	380	2	0	0
Ranch (3 Oz. Container)	330	0	330	36.0	6.0	0.5	15	570	3	0	0
Ranch (30 Oz. Container)	3300	0	3300	360.0	60.0	5.4	150	5700	30	0	0
Creamy Italian (1 Oz. Container)	100	0	70	8.0	1.0	0.1	0	260	6	0	6
Creamy Italian (2 Oz. Container)	200	0	140	16.0	2.0	0.2	0	520	12	0	12
Creamy Italian (3 Oz. Container)	300	0	210	24.0	3.0	0.4	0	780	18	0	18
Creamy Italian (30 Oz. Container)	3000	0	2100	240.0	30.0	3.6	0	7800	180	0	180
Honey Mustard (1 Oz. Container)	128	0	118	12.8	2.0	0.0	10	217	4	0	4
Honey Mustard (2 Oz. Container)	256	0	236	25.6	3.9	0.0	20	433	8	0	8
Honey Mustard (3 Oz. Container)	384	0	355	38.4	5.9	0.0	30	651	12	0	12
Honey Mustard (30 Oz. Container)	3844	0	3548	384.4	59.1	0.0	296	6505	118	0	118
Vinegar and Oil (3 Oz. Container)	236	0	236	27.6	3.9	0.0	0	0	0	0	0
Croutons (per package)	30	1	10	1.0	0.0	0.0	0	100	5	0	0
Crackers (per package)	80	1	15	1.5	0.0	0.0	0	150	14	0	0

ADDITIONS, EXTRAS & SAUCES

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Avocado (5" small, flatbread or bread portion)	42	1	33	4.2	0.4	0.0	0	0	2	2	0
Bacon (5" small, flatbread or bread portion)	120	15	75	10.0	5.0	0.0	50	950	0	0	0
Black Olives (5" small, flatbread or bread portion)	19	0	16	1.6	0.3	0.0	0	88	1	0	0
Jalapenos (5" small, flatbread or bread portion)	2	0	0	0.0	0.0	0.0	0	90	0	0	0
Pepperoncini (5" small, flatbread or bread portion)	1	0	0	0.0	0.0	0.0	0	90	0	0	0
Sliced Pickles (5" small portion)	4	0	0	0.0	0.0	0.0	0	402	1	1	0
Romaine (5" small portion)	2	0	0	0.0	0.0	0.0	0	1	0	0	0
Spinach (5" small portion)	2	0	0	0.0	0.0	0.0	0	6	0	0	0
Cucumber (5" small portion)	3	0	0	0.0	0.0	0.0	0	0	1	0	0
Iceberg Lettuce (5" small portion)	2	0	0	0.0	0.0	0.0	0	1	0	0	0
Tomato (5" small portion)	5	0	0	0.0	0.0	0.0	0	4	1	0	1
Onion (5" small portion)	2	0	0	0.0	0.0	0.0	0	0	1	0	0
Olive Oil (5" small, flatbread or bread portion)	12	0	12	1.4	0.2	0.0	0	0	0	0	0

Vinegar (5" small, flatbread or bread portion)	0	0	0	0.0	0.0	0.0	0	0	0	0	0
Salt (5" small, flatbread or bread portion)	0	0	0	0.0	0.0	0.0	0	5	0	0	0
Egg (Shell) (5" small, flatbread or bread portion)	70	6	45	5.0	1.5	0.0	185	70	0	0	0
Egg (liquid) (5" small, flatbread or bread portion)	89	8	53	5.9	1.8	0.0	248	83	1	0	1
Mayonnaise (5" small, flatbread or bread portion)	86	0	79	8.6	1.6	0.0	4	59	0	0	0
Mayonnaise/Mustard Mix (5" small, flatbread or bread portion)	71	0	63	6.9	1.3	0.0	3	74	0	0	0
Mustard (5" small, flatbread or bread portion)	7	0	0	0.0	0.0	0.0	0	84	0	0	0
Chipotle Mayo (5" small, flatbread or bread portion)	190	0	190	21.1	3.2	0.0	11	285	2	0	0
Honey Mustard (5" small, flatbread or bread portion)	123	0	113	12.3	1.9	0.0	10	208	4	0	4
Spicy Brown Mustard (5" small, flatbread or bread portion)	7	0	0	0.0	0.0	0.0	0	70	0	0	0
Sriracha Mayo (5" small, flatbread or bread portion)	175	0	158	17.4	3.2	0.0	8	140	0	0	0
Frank's Red Hot Sauce (5" small portion)	8	0	4	0.4	0.1	0.1	0	873	1	0	0
Teriyaki (1 Oz.)	37	1	0	0.0	0.0	0.0	0	0	8	0	7
BBQ (1 Oz.)	56	0	0	0.0	0.0	0.0	0	232	14	0	13
Sriracha Sauce (1 Oz. Container)	30	0	0	0.0	0.0	0.0	0	355	6	0	6
Salsa (1 Oz.)	15	0	0	0.0	0.0	0.0	0	218	3	1	2
Avocado (8" medium, wheat or lettuce wrap portion)	78	2	63	7.8	0.8	0.0	0	0	5	3	0
Bacon (8" medium, wheat or lettuce wrap portion)	192	24	120	17.4	8.0	0.0	80	1520	0	0	0
Black Olives (8" medium, wheat or lettuce wrap portion)	26	0	22	2.2	0.4	0.0	0	123	1	0	0
Jalapenos (8" medium, wheat or lettuce wrap portion)	3	0	0	0.0	0.0	0.0	0	148	1	0	0
Pepperoncini (8" medium, wheat or lettuce wrap portion)	2	0	0	0.0	0.0	0.0	0	140	0	0	0
Sliced Pickles (8" medium, wheat or lettuce wrap portion)	6	0	0	0.0	0.0	0.0	0	603	2	2	0
Romaine (8" medium, wheat or lettuce wrap portion)	3	0	1	0.1	0.0	0.0	0	1	1	0	0
Spinach (8" medium, wheat or lettuce wrap portion)	3	0	0	0.0	0.0	0.0	0	9	0	0	0
Cucumber (8" medium, wheat or lettuce wrap portion)	4	0	0	0.0	0.0	0.0	0	0	1	0	0
Iceberg Lettuce (8" medium, wheat or lettuce wrap portion)	3	0	0	0.0	0.0	0.0	0	2	1	0	0
Tomato (8" medium, wheat or lettuce wrap portion)	7	0	0	0.0	0.0	0.0	0	5	1	0	1
Onion (8" medium, wheat or lettuce wrap portion)	4	0	0	0.0	0.0	0.0	0	0	1	0	0
Olive Oil (8" medium, wheat or lettuce wrap portion)	19	0	19	2.2	0.3	0.0	0	0	0	0	0
Vinegar (8" medium, wheat or lettuce wrap portion)	0	0	0	0.0	0.0	0.0	0	0	0	0	0
Salt (8" medium, wheat or lettuce wrap portion)	0	0	0	0.0	0.0	0.0	0	10	0	0	0
Egg (Shell) (8" medium, wheat or lettuce wrap portion)	140	12	90	10.0	3.0	0.0	370	140	0	0	0
Egg (liquid) (8" medium, wheat or lettuce wrap portion)	177	15	106	11.8	3.5	0.0	496	166	1	0	1
Mayonnaise (8" medium, wheat or lettuce wrap portion)	149	0	136	14.9	2.7	0.0	7	102	0	0	0
Mayonnaise/Mustard Mix (8" medium, wheat or lettuce wrap portion)	110	0	97	10.7	1.9	0.0	5	114	0	0	0
Mustard (8" medium, wheat or lettuce wrap portion)	11	0	0	0.0	0.0	0.0	0	132	0	0	0
Chipotle Mayo (8" medium, wheat or lettuce wrap portion)	380	0	380	42.2	6.3	0.0	21	570	4	0	0
Honey Mustard (8" medium, wheat or lettuce wrap portion)	246	0	227	24.6	3.8	0.0	19	416	8	0	8
Spicy Brown Mustard (8" medium, wheat or lettuce wrap portion)	11	0	0	0.0	0.0	0.0	0	110	0	0	0
Sriracha Mayo (8" medium, wheat or lettuce wrap portion)	263	1	237	26.0	4.7	0.0	12	209	1	0	1
Frank's Red Hot Sauce (8" medium, wheat or lettuce wrap portion)	15	0	8	0.9	0.1	0.1	0	1717	1	0	0
Teriyaki (2 Oz.)	74	2	0	0.0	0.0	0.0	0	0	16	0	15
BBQ (2 Oz.)	112	0	0	0.0	0.0	0.0	0	464	29	0	26
Sriracha Sauce (2 Oz. Container)	59	0	0	0.0	0.0	0.0	0	709	12	0	12
Salsa (2 Oz.)	30	0	0	0.0	0.0	0.0	0	433	6	2	4
Avocado (12" large portion)	113	2	91	11.3	1.1	0.0	0	0	7	5	0
Bacon (12" large portion)	288	36	180	24.0	12.0	0.0	120	2280	0	0	0
Black Olives (12" large portion)	38	0	31	3.1	0.6	0.0	0	175	1	0	0
Jalapenos (12" large portion)	4	0	0	0.0	0.0	0.0	0	238	1	0	0
Pepperoncini (12" large portion)	3	0	0	0.0	0.0	0.0	0	194	1	1	0
Sliced Pickles (12" large portion)	9	0	0	0.0	0.0	0.0	0	803	2	2	0
Romaine (12" large portion)	4	0	1	0.1	0.0	0.0	0	2	1	1	0
Spinach (12" large portion)	4	0	1	0.1	0.0	0.0	0	13	1	0	0
Cucumber (12" large portion)	5	0	0	0.0	0.0	0.0	0	0	1	0	0
Iceberg Lettuce (12" large portion)	4	0	0	0.0	0.0	0.0	0	3	1	0	0
Tomato (12" large portion)	9	0	0	0.0	0.0	0.0	0	7	2	0	1
Onion (12" large portion)	6	0	0	0.0	0.0	0.0	0	1	1	0	1
Olive Oil (12" large portion)	29	0	29	3.4	0.5	0.0	0	0	0	0	0
Vinegar (12" large portion)	0	0	0	0.0	0.0	0.0	0	0	0	0	0
Salt (12" large portion)	0	0	0	0.0	0.0	0.0	0	15	0	0	0
Egg Shell (12" large portion)	210	18	135	15.0	4.5	0.0	555	210	0	0	0
Egg (liquid) (12" large portion)	266	23	160	17.7	5.3	0.0	744	248	2	0	2
Mayonnaise (12" large portion)	196	0	179	19.6	3.6	0.0	9	134	0	0	0
Mayonnaise/Mustard Mix (12" large portion)	156	0	137	15.1	2.7	0.0	7	160	0	0	0
Mustard (12" large portion)	15	0	0	0.0	0.0	0.0	0	180	0	0	0
Chipotle Mayo (12" large portion)	571	0	571	63.4	9.5	0.0	32	856	6	0	0
Honey Mustard (12" large portion)	369	0	340	36.9	5.7	0.0	29	624	11	0	11
Spicy Brown Mustard (12" large portion)	15	0	0	0.0	0.0	0.0	0	150	0	0	0
Sriracha Mayo (12" large portion)	351	1	316	34.7	6.3	0.0	16	279	1	0	1
Frank's Red Hot Sauce (12" large portion)	22	1	12	1.3	0.2	0.2	0	2590	2	0	0
Teriyaki (3 Oz.)	111	2	0	0.0	0.0	0.0	0	0	25	0	22
BBQ (3 Oz.)	168	0	0	0.0	0.0	0.0	0	696	43	0	38
Sriracha Sauce (3 Oz. Container)	89	0	0	0.0	0.0	0.0	0	1064	18	0	18
Salsa (3 Oz.)	44	0	0	0.0	0.0	0.0	0	651	9	3	6
Avocado (24" x-large portion)	227	5	181	22.7	2.3	0.0	0	0	14	9	0
Bacon (24" x-large portion)	576	72	360	48.0	24.0	0.0	240	4560	0	0	0
Black Olives (24" x-large portion)	75	0	63	6.3	1.3	0.0	0	350	3	0	0
Jalapenos (24" x-large portion)	9	0	0	0.0	0.0	0.0	0	476	2	0	0
Pepperoncini (24" x-large portion)	5	0	0	0.0	0.0	0.0	0	389	1	1	0
Sliced Pickles (24" x-large portion)	18	0	0	0.0	0.0	0.0	0	1606	4	4	0
Romaine (24" x-large portion)	9	1	2	0.2	0.0	0.0	0	4	2	1	1
Spinach (24" x-large portion)	7	0	2	0.1	0.0	0.0	0	26	2	0	0
Cucumber (24" x-large portion)	10	1	0	0.0	0.0	0.0	0	0	2	1	1
Iceberg Lettuce (24" x-large portion)	7	0	1	0.1	0.0	0.0	0	5	1	1	1
Tomato (24" x-large portion)	18	1	0	0.0	0.0	0.0	0	14	4	1	2
Onion (24" x-large portion)	12	0	0	0.0	0.0	0.0	0	1	3	1	1
Olive Oil (24" x-large portion)	58	0	58	6.7	2.5	0.0	0	0	0	0	0
Vinegar (24" x-large portion)	0	0	0	0.0	0.0	0.0	0	0	0	0	0
Salt (24" x-large portion)	0	0	0	0.0	0.0	0.0	0	30	0	0	0
Mayonnaise (24" x-large portion)	393	0	357	39.3							
Mayonnaise/Mustard Mix (24" x-large portion)	312	0	274	30.2	5.5	0.0	14	320	0	0	0
Mustard (24" x-large portion)	30	0	0	0.0	0.0	0.0	0	360	0	0	0
Chipotle Mayo (24" x-large portion)	1141	0	1141	126.8	19.0	0.0	63	1712	13	0	0
Honey Mustard (24" x-large portion)	738	0	680	73.8	11.4	0.0	57	1247	23	0	23
Spicy Brown Mustard (24" x-large portion)	30	0	0	0.0	0.0	0.0	0	300	0	0	0
Sriracha Mayo (24" x-large portion)	702	2	632	69.4	12.6	0.0	32	558	2	0	2
Creamer (1 tsp. Powder)	11	0	6	0.7	0.7	0.0	0	4	1	0	1

SIDES

Item	Total		Calories		Saturated			Trans		Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Fat	Carbohydrate	Fiber			Sugars			
Potato Salad (8oz regular)	334	3	117	13.4	1.7	0.0	8	985	53	3	13				
Potato Salad (12oz large)	484	5	169	19.6	2.4	0.0	12	1427	77	5	19				
Macaroni Salad (8oz regular)	531	8	370	41.8	8.1	0.0	24	1288	45	3	13				
Macaroni Salad (12oz large)	769	12	535	61.0	11.6	0.0	35	1864	65	5	19				
Lays Classic	240	3	140	16.0	2.0	0.0	0	250	23	2	1				
Lays BBQ	230	3	130	14.0	2.0	0.0	0	230	24	2	3				
Lays Sour cream and onion	240	3	130	15.0	2.0	0.0	0	240	23	2	1				
Doritos Nacho Cheese	240	3	120	14.0	2.0	0.0	0	360	28	2	1				
Doritos Cool Ranch	260	3	120	13.0	2.0	0.0	0	320	31	3	2				
Miss Vickie's Jalapeno	210	3	110	12.0	1.5	0.0	0	180	22	2	2				
Miss Vickie's Salt and Vinegar	210	2	110	12.0	1.5	0.0	0	230	23	2	2				
Sunchips Original Multigrain	210	3	90	10.0	1.0	0.0	0	180	28	4	3				
Harvest Cheddar Sunchips	210	4	80	9.0	1.5	0.0	0	320	27	4	3				
Baked Lays	130	2	20	2.0	0.0	0.0	0	150	26	2	2				
Baked Lays BBQ	140	2	30	3.5	0.5	0.0	0	220	24	2	4				
Fritos Corn Chips	320	3	180	20.0	3.0	0.0	0	320	32	3	1				
Smartfood White Cheddar Popcorn	160	3	90	10.0	2.0	0.0	5	290	14	2	2				
Maui Onion	190	2	100	11.0	2.0	0.0	0	140	21	2	2				
Flaming Hot Cheetos	320	3	200	22.0	3.0	0.0	0	500	30	1	1				
Cheetos	310	3	180	21.0	3.5	0.0	0	500	26	1	2				

DESSERTS

Item	Total		Calories		Saturated			Trans		Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Fat	Carbohydrate	Fiber			Sugars			
Brownie	750	6	296	34.4	9.2	0.0	60	506	109	4	81				
Chocolate Chunk Cookie	500	5	210	23.0	12.0	0.0	35	370	71	3	44				
Oatmeal Raisin Cookie	480	38	180	20.0	11.0	0.0	35	400	69	4	38				
White Chocolate Macadamia Nut Cookie	520	6	240	26.0	12.0	0.0	40	400	66	1	42				

FOUNTAIN BEVERAGES (Served with no ice)

Item	Total		Calories		Saturated			Trans		Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Fat	Carbohydrate	Fiber			Sugars			
Coca Cola 22oz.	270	0	0	0.0	0.0	0.0	0	65	73	0	73				
Coca Cola 32oz.	390	0	0	0.0	0.0	0.0	0	95	107	0	107				
Diet Coke 22oz.	0	0	0	0.0	0.0	0.0	0	90	1	0	0				
Diet Coke 32oz.	0	0	0	0.0	0.0	0.0	0	130	1	0	0				
Coke Zero 22oz.	0	0	0	0.0	0.0	0.0	0	75	0	0	0				
Coke Zero 32oz.	0	0	0	0.0	0.0	0.0	0	105	0	0	0				
Barq's 22oz.	290	0	0	0.0	0.0	0.0	0	95	80	0	80				
Barq's 32oz.	430	0	0	0.0	0.0	0.0	0	140	116	0	116				
Sprite 22oz.	260	0	0	0.0	0.0	0.0	0	125	71	0	70				
Sprite Oz.	380	0	0	0.0	0.0	0.0	0	180	103	0	102				
Dr. Pepper 22oz.	260	0	0	0.0	0.0	0.0	0	80	72	0	70				
Dr. Pepper 32oz.	380	0	0	0.0	0.0	0.0	0	115	104	0	102				
Diet Dr. Pepper 22oz.	0	0	0	0.0	0.0	0.0	0	130	0	0	0				
Diet Dr. Pepper 32oz.	0	0	0	0.0	0.0	0.0	0	190	0	0	0				
Pibb 22oz.	250	0	0	0.0	0.0	0.0	0	100	69	0	69				
Pibb 32oz.	370	0	0	0.0	0.0	0.0	0	140	101	0	101				
Cherry Coke 22oz.	280	0	0	0.0	0.0	0.0	0	75	77	0	77				
Cherry Coke 32oz.	410	0	0	0.0	0.0	0.0	0	110	112	0	112				
Fuze Raspberry Tea 22oz.	150	0	0	0.0	0.0	0.0	0	90	42	0	41				
Fuze Raspberry Tea 32oz.	220	0	0	0.0	0.0	0.0	0	135	61	0	63				
Minute Maid Lemon Aid 22oz.	250	0	0	0.0	0.0	0.0	0	180	69	0	66				
Minute Maid Lemon Aid 32oz.	360	0	0	0.0	0.0	0.0	0	260	101	0	96				
HiC Orange 22oz.	290	0	0	0.0	0.0	0.0	0	75	80	0	78				
HiC Orange 32oz.	420	0	0	0.0	0.0	0.0	0	105	116	0	113				
Orange Fanta 22oz.	290	0	0	0.0	0.0	0.0	0	75	80	0	79				
Orange Fanta 32oz.	420	0	0	0.0	0.0	0.0	0	105	116	0	114				
Strawberry Fanta 22oz.	300	0	0	0.0	0.0	0.0	0	95	82	0	81				
Strawberry Fanta 32oz.	440	0	0	0.0	0.0	0.0	0	140	119	0	118				
Fruit Punch 22oz.	270	0	0	0.0	0.0	0.0	0	95	75	0	73				
Fruit Punch 32oz	400	0	0	0.0	0.0	0.0	0	140	109	0	107				
Pink Lemonade 22oz.	250	0	0	0.0	0.0	0.0	0	180	69	0	66				
Pink Lemonade 32oz.	360	0	0	0.0	0.0	0.0	0	260	100	0	96				
Powerade Mountain Berry 22oz.	150	0	0	0.0	0.0	0.0	0	210	40	0	40				
Powerade Mountain Berry 32oz.	220	0	0	0.0	0.0	0.0	0	300	58	0	58				
Gold Peak Black Tea 22oz.	0	0	0	0.0	0.0	0.0	0	65	0	0	0				
Gold Peak Black Tea 32 Oz.	0	0	0	0.0	0.0	0.0	0	95	0	0	0				
Gold Peak Green Tea 22oz.	0	0	0	0.0	0.0	0.0	0	65	0	0	0				
Gold Peak Green Tea 32 Oz.	0	0	0	0.0	0.0	0.0	0	95	0	0	0				
Gold Peak Passion Fruit Mango Unsweetened Tea 22oz.	0	0	0	0.0	0.0	0.0	0	65	0	0	0				
Gold Peak Passion Fruit Mango Unsweetened Tea 32 Oz.	0	0	0	0.0	0.0	0.0	0	95	0	0	0				

HOT BEVERAGES

Item	Total		Calories		Saturated			Trans		Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Fat	Carbohydrate	Fiber			Sugars			
Coffee Regular and Decaf- French Roast- K Cup	2	0	0	0.0	0.0	0.0	0	5	0	0	0				
Coffee Regular and Decaf- Hazelnut K- Cup	2	0	0	0.0	0.0	0.0	0	5	0	0	0				

4" KIDS MEAL BREAD SELECTIONS

Item	Total		Calories		Saturated			Trans		Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Fat	Carbohydrate	Fiber			Sugars			
White	192	6	5	0.5	0.1	0.0	0	371	39	2	1				
Wheat	145	5	9	0.9	0.2	0.0	0	297	29	2	1				
Sourdough	146	5	7	0.8	0.2	0.0	0	299	29	1	1				

5" SMALL BREAD SELECTIONS

Item	Total		Calories		Saturated			Trans		Cholesterol	Sodium	Total		Dietary	
	Calories	Protein	From Fat	Total Fat	Fat	Fat	Fat	Carbohydrate	Fiber			Sugars			
White	181	6	8	1.0	0.3	0.0	0	369	36	2	2				
Wheat	180	6	11	1.2	0.3	0.0	0	367	36	3	2				

Sourdough	238	8	6	0.7	0.1	0.0	0	458	49	2	1
Flatbread	188	11	27	3.0	0.5	0.4	0	573	33	4	3

8" MEDIUM BREAD SELECTIONS

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
White	284	9	13	1.6	0.4	0.0	0	579	57	2	3
Wheat	282	10	17	1.8	0.4	0.0	0	577	56	4	3
Sourdough	373	12	10	1.1	0.2	0.0	0	720	77	3	1

12" LARGE BREAD SELECTIONS

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
White	431	14	20	2.4	0.6	0.0	0	878	87	4	4
Wheat	428	15	25	2.8	0.7	0.0	0	875	85	7	4
Sourdough	566	19	15	1.6	0.3	0.0	0	1092	116	5	2

24" X-LARGE BREAD SELECTIONS

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
White	861	28	40	4.8	1.2	0.0	0	1756	173	8	8
Wheat	855	29	50	5.5	1.3	0.0	0	1749	170	13	8
Sourdough	1131	38	30	3.2	0.5	0.0	0	2183	232	9	4

WHEAT WRAP

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Wheat Wrap	310	10	70	8.0	6.0	0.0	0	640	50	5	2

BREAKFAST BISCUIT

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Breakfast Biscuit	220	5	70	8.0	5.0	0.0	0	770	31	1	3

CHEESE PER SLICE

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
American	34	2	27	2.8	1.7	0.0	10	141	1	0	0
Parmesan Grated	18	1	11	1.3	0.8	0.0	3	49	0	0	0
Pepper Jack	35	2	25	2.9	1.6	0.0	10	54	0	0	0
Provolone	31	2	21	2.5	1.2	0.0	6	74	0	0	0
Smokey Cheddar	20	1	14	1.6	1.0	0.0	5	78	0	0	0
Swiss	33	3	23	2.6	1.6	0.0	8	20	0	0	0

DELI MEATS PER SLICE

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Turkey	20	4	2	0.2	0.0	0.0	11	9	0	0	0
Roast Beef	15	3	3	0.3	0.0	0.0	6	146	0	0	0
Pepperoni	16	1	13	1.4	0.5	0.0	3	58	0	0	0
Salami	11	1	7	0.8	0.2	0.0	3	58	0	0	0
Peppered Pastrami	12	2	3	0.3	0.1	0.0	3	95	0	0	0
Deli Ham	13	2	4	0.0	0.0	0.0	4	149	0	0	1
Capicola	20	2	13	1.3	0.5	0.0	7	95	0	0	0
Chicken Breast	19	4	4	0.4	0.0	0.0	10	124	0	0	0
Smoked Ham	26	4	9	1.1	0.4	0.0	9	236	0	0	0
Turkey Sausage (per patty)	90	6	60	6.0	2.0	0.0	35	190	1	0	0
Tuna (Scoop)	187	15	118	12.8	2.2	0.0	25	310	3	0	3

HOT SUB MEATS PER SMALL SERVING

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Grilled Chicken	169	31	28	3.5	1.4	0.0	84	562	1	0	0
Pastrami	302	18	201	22.1	7.0	0.0	90	1287	4	0	2
Meatballs	277	18	167	18.7	6.0	0.0	40	984	10	4	4
N.Y. Steak	122	22	20	3.1	1.0	0.0	20	733	0	0	0
Bacon	120	15	75	10.0	5.0	0.0	50	950	0	0	0

HOT SUB MEATS PER MEDIUM SERVING

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Grilled Chicken	213	39	35	4.4	1.8	0.0	106	710	2	0	0
Pastrami	399	24	266	29.3	9.3	0.0	120	1704	5	0	3
Meatballs	471	30	280	31.4	10.0	0.0	67	1741	18	8	7
N.Y. Steak	162	30	27	4.0	1.4	0.0	27	971	0	0	0
Bacon	192	24	120	16.0	8.0	0.0	80	1520	0	0	0

HOT SUB MEATS PER LARGE SERVING

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Grilled Chicken	381	70	64	7.9	3.2	0.0	191	1272	3	0	0
Pastrami	701	42	467	51.4	16.4	0.0	210	2990	9	0	5
Meatballs	748	48	447	50.0	16.0	0.0	107	2725	28	12	11
N.Y. Steak	284	52	47	7.1	2.4	0.0	47	1704	0	0	0
Bacon	288	36	180	24.0	12.0	0.0	120	2280	0	0	0

SOUPS (8oz and 12oz containers)

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Broccoli Cheese 8oz	202	7	113	12.6	5.0	0.0	20	718	16	1	8
Broccoli Cheese 12oz	298	10	167	18.6	7.4	0.0	30	1060	24	1	12
Chicken and Wild Rice 8oz	181	9	68	7.6	3.5	0.0	25	849	20	1	8

Chicken and Wild Rice 12oz	268	13	100	11.2	5.2	0.0	37	1254	30	1	12
Potato Baked Ultimate 8oz	267	10	141	15.6	7.3	0.0	32	1026	23	1	7
Potato Baked Ultimate 12oz	401	15	212	23.3	11.0	0.0	48	1540	34	2	10
Clam Chowder New England 8oz	171	7	63	6.6	3.5	0.0	20	859	21	1	6
Clam Chowder New England 12oz	253	10	93	9.7	5.2	0.0	30	1269	31	1	9
Cream Potato w/ Bacon 8oz	222	7	83	9.6	3.0	0.0	20	849	26	1	8
Cream Potatp w/ Bacon 12oz	327	10	123	14.1	4.5	0.0	30	1254	39	1	12
Chicken & Dumplings 8oz.	202	11	53	6.0	3.0	0.0	45	849	26	2	8
Chicken & Dumplings 12oz.	298	16	78	8.9	4.5	0.0	67	1254	39	3	12
Tomato Bisque 8oz.	192	6	93	10.6	4.5	0.0	20	849	18	2	14
Tomato Bisque 12oz.	283	9	138	15.6	6.7	0.0	30	1254	27	3	21
Clam Chowder Boston 8oz	192	7	73	8.6	2.5	0.0	20	859	21	1	6
Clam Chowder Boston 12oz	283	10	108	12.6	3.7	0.0	30	1269	31	1	9
Minestrone 8oz	81	20	10	1.0	0.5	0.0	10	752	14	4	6
Minestrone 12oz	119	30	15	1.5	0.7	0.0	15	1110	21	6	6
Vegetable Beef Barley 8oz	91	4	20	2.0	1.0	0.0	5	802	14	0	5
Vegetable Beef Barley 12oz	134	6	30	3.0	1.5	0.0	7	1184	21	0	7
Vegetable Garden 8oz	71	1	10	1.0	0.0	0.0	0	782	13	2	6
Vegetable Garden 12oz	104	1	15	1.5	0.0	0.0	0	1154	19	3	9
Chicken Noodle 8oz	81	4	20	2.0	1.0	0.0	10	792	12	1	3
Chicken Noodle 12oz	119	6	30	3.0	1.5	0.0	15	1169	18	1	4
Chicken Tortilla 8oz	91	4	20	2.0	0.5	0.0	10	711	14	3	4
Chicken Tortilla 12oz	134	6	30	3.0	0.7	0.0	15	1050	21	4	6
Italian Wedding 8oz	111	5	30	3.5	1.0	0.0	10	752	14	1	2
Italian Wedding 12oz	164	7	45	5.2	1.5	0.0	15	1110	21	1	3
Tortilla Mexicali 8oz	101	2	20	2.0	0.5	0.0	5	812	18	2	5
Tortilla Mexicali 12oz	149	3	30	3.0	0.7	0.0	7	1199	27	3	7
Chilli 8oz	207	14	44	4.9	2.0	0.0	25	769	26	8	6
Chilli 12oz	311	21	67	7.4	3.0	0.0	37	1154	38	12	9

CATERING

Item	Total Calories	Protein	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars
Spectacular Sub Assortment (Select 5 Large Classic Subs #1-#18 on white, wheat or sourdough bread)											
2-Foot Subs with Potato Salad Center (Refer to X-Large Classic Subs #1-#18, then add Potato Salad Center 15-20)											
2-Foot Subs with Macaroni Salad Center (Refer to X-Large Classic Subs #1-#18, then add Macaroni Salad Center 15-20)											
Wheat Wrap Tray (Select 8 Classic Subs #1-#18 as a wheat wrap)											
6-Foot Classic Party Sub (Select 3 X-Large Classic Subs #1-#18 on white, wheat or sourdough bread)											
Admiral's Meat & Cheese Headliner (serves 10-15)	3668	347	2021	237.6	100.0	0.0	918	18163	71	17	8
Admiral's Meat & Cheese Headliner (serves 15-20)	5094	478	2812	330.8	138.5	0.0	1272	26861	99	25	10
Admiral's Meat & Cheese Headliner (serves 20-25)	6496	609	3603	423.9	177.0	0.0	1625	33147	122	28	12
Main Course Meat & Cheese Masterpiece (serves 10-15)	4059	341	2458	277.0	129.0	0.0	1004	20034	88	17	20
Main Course Meat & Cheese Masterpiece (serves 15-20)	5651	472	3425	386.3	179.1	0.0	1394	29506	124	25	27
Main Course Meat & Cheese Masterpiece (serves 20-25)	7217	602	4393	495.6	229.2	0.0	1784	36563	153	28	33
Top Deck Meat & Cheese Champion (serves 10-15)	4267	342	2541	287.5	121.8	0.0	1036	23017	82	17	32
Top Deck Meat & Cheese Champion (serves 15-20)	5949	474	3547	401.4	169.5	0.0	1441	33685	115	25	43
Top Deck Meat & Cheese Champion (serves 20-25)	7606	606	4553	515.4	217.2	0.0	1847	41940	141	28	55
Savory Cheese & Salami Nibbler (serves 15-20)	7493	504	5201	578.1	297.8	0.0	1909	26638	96	5	49
Savory Cheese & Salami Nibbler (serves 20-25)	9597	648	6650	739.6	375.8	0.0	2454	34822	119	5	63
Macaroni Salad Center (serves 10-15)	1853	32	1256	143.2	27.2	0.0	82	4463	162	15	46
Macaroni Salad Center (serves 15-20)	2630	44	1797	204.9	39.0	0.0	117	6345	228	20	65
Macaroni Salad Center (serves 20-25)	3652	59	2508	286.0	54.4	0.0	163	8825	314	26	90
Potato Salad Center (serves 10-15)	1187	16	401	46.4	5.8	0.0	28	3440	191	16	48
Potato Salad Center (serves 15-20)	1675	21	572	66.2	8.2	0.0	41	4881	269	21	67
Potato Salad Center (serves 20-25)	2319	28	797	92.2	11.4	0.0	57	6779	372	27	93
Relish Center (serves 10-15)	555	5	337	45.3	0.1	0.0	0	8578	45	17	3
Relish Center (serves 15-20)	784	5	480	64.5	0.1	0.0	0	13588	63	25	3
Relish Center (serves 20-25)	988	5	624	83.7	0.1	0.0	0	16189	75	28	3
Caesar Salad	2563	74	1699	184.6	40.3	2.0	185	6963	177	19	26
Chicken Caesar Salad	3211	192	1807	198.1	45.7	2.0	509	9123	183	19	26
Garden Salad	326	9	154	15.2	2.9	0.0	0	890	42	13	20
Macaroni Salad (serves 10-15)	3601	54	2505	285.7	54.3	0.0	163	8729	304	22	87
Macaroni Salad (serves 15-20)	8230	124	5727	653.0	124.2	0.0	374	19953	696	49	199
Potato Salad (serves 10-15)	2267	23	793	91.8	11.3	0.0	57	6683	362	23	90
Potato Salad (serves 15-20)	5181	52	1813	209.8	25.9	0.0	130	15275	829	52	207
Salad & Relish Supreme (serves 10-15)	4460	49	2604	312.2	37.6	0.0	126	25122	460	50	104
Salad & Relish Supreme (serves 15-20)	5655	60	3314	398.1	47.0	0.0	157	33264	580	65	130
Salad & Relish Supreme (serves 20-25)	6850	71	4023	484.0	56.3	0.0	189	41407	700	79	155
Baker's Best Batch (slices)	1718	57	90	10.2	2.5	0.0	0	3504	342	20	15
Baker's Best Batch (3" sections)	3436	114	180	20.4	5.0	0.0	0	7008	684	41	30
Creative Condiments (serves 10-15)	2290	8	1694	186.2	33.8	0.0	84	4201	42	10	23
Creative Condiments (serves 15-20)	3519	15	2545	279.6	50.8	0.0	126	6343	81	20	45
Definitely Dessert (serves 10-15)	4305	42	1835	205.9	75.3	0.0	347	3106	589	16	409
Definitely Dessert (serves 20-25)	9135	90	3913	438.0	162.8	0.0	734	6616	1245	33	860
Fruit & Cheese Delight	4448	193	1997	213.1	119.9	0.0	665	9297	482	31	400
Fruit Feast Fantasy	2553	35	31	3.1	0.0	0.0	0	567	637	49	550
Fruit Medley	1996	23	0	0.0	0.0	0.0	0	506	502	30	458
Vegetable Garden Splendor	1369	72	14	3.0	0.2	0.0	0	2391	282	89	212

6	6
6	6
5	15
5	7
7	24
6	6

Dietary

Fiber	Sugars
8	16
8	6
8	6
7	15
7	7
10	17
8	6

Dietary

Fiber	Sugars
6	14
6	4
6	4
6	13
6	6
8	23
6	4