



HOAGIES & WRAPS

ITALIAN

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
7" White	580	390	44	14	0	85	2100	22	3	7	25
14" White	1160	790	88	29	0	170	4200	43	5	13	50
7" Wheat	610	400	44	14	0	85	2080	27	4	7	27
14" Wheat	1220	800	89	29	1	170	4160	53	7	14	54
Breadless	530	390	43	14	0	85	1980	12	2	6	23
Wrap	690	420	47	15	0	85	2260	44	5	10	28

TURKEY CLUB

7" White	500	300	33	11	0	85	1600	20	3	6	31
14" White	1010	600	66	21	0	170	3200	41	6	11	62
7" Wheat	540	300	34	11	0	85	1580	25	4	6	33
14" Wheat	1070	610	68	21	0	170	3160	51	8	13	65
Breadless	450	290	33	10	0	85	1480	10	3	5	29
Wrap	610	320	36	11	0	85	1760	42	6	9	34

ROAST BEEF

7" White	310	120	13	6	0	65	1110	20	3	5	27
14" White	610	240	27	12	0	130	2220	40	6	9	54
7" Wheat	340	130	14	6	0	65	1090	25	4	5	29
14" Wheat	680	250	28	13	0	130	2180	49	8	11	57
Breadless	250	120	13	6	0	65	990	10	3	4	25
Wrap	420	150	16	7	0	65	1270	42	6	8	30

BUFFALO CHICKEN

7" White	240	60	7	3	0	50	1730	20	3	6	22
14" White	470	120	13	7	0	95	3440	39	5	11	45
7" Wheat	270	70	7	3	0	50	1710	25	3	6	24
14" Wheat	530	130	15	7	0	95	3400	49	7	13	48
Breadless	180	60	6	3	0	50	1610	10	2	5	21
Wrap	350	80	9	4	0	50	1880	42	5	9	25

BLT

7" White	620	460	51	11	0	60	1250	17	2	5	20
14" White	1240	910	101	22	0	125	2490	34	4	9	40
7" Wheat	650	460	51	11	0	60	1230	22	3	5	22
14" Wheat	1300	920	103	22	0	125	2450	44	6	10	43
Breadless	560	450	50	11	0	60	1130	7	2	4	18
Wrap	730	480	53	12	0	60	1400	39	5	8	23



HOAGIES & WRAPS

TUNA

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
7" White	470	300	33	8	0	60	540	20	3	6	25
14" White	950	600	66	16	0	125	1080	40	5	11	49
7" Wheat	500	300	34	8	0	60	520	25	4	6	26
14" Wheat	1010	610	68	16	0	125	1040	50	7	13	53
Breadless	420	290	33	8	0	60	420	10	2	5	23
Wrap	580	320	36	8	0	60	700	42	5	9	28

THE KITCHEN SINK

7" White	820	550	61	21	1	125	2660	28	4	9	39
14" White	1650	1100	122	41	2	250	5320	56	8	18	78
7" Wheat	850	560	62	21	1	125	2640	33	5	9	40
14" Wheat	1710	1110	123	42	2	250	5270	66	10	19	81
Breadless	770	540	60	21	1	125	2540	18	4	8	37
Wrap	930	570	64	21	1	125	2810	50	7	12	42

VEDGE

7" White	340	150	17	2	0	5	470	42	5	6	7
14" White	680	310	34	4	0	15	950	85	11	13	14
7" Wheat	370	160	18	2	0	5	450	47	6	7	9
14" Wheat	750	320	36	5	0	15	910	95	13	14	17
Breadless	290	150	17	2	0	5	360	32	5	6	5
Wrap	460	190	21	3	0	5	580	61	8	8	10

MEATBALL

7" White	630	420	46	18	1	85	1210	25	3	5	28
14" White	1250	830	93	36	3	165	2420	49	7	10	55
7" Wheat	660	420	47	18	1	85	1190	30	4	6	29
14" Wheat	1310	850	94	36	3	165	2380	59	9	11	58
Breadless	600	410	46	18	1	85	1100	20	5	8	27
Wrap	740	440	49	19	1	85	1370	47	6	8	31



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EXTRAS

Spicy Pickles	340	15	1	0	0	0	7460	18	2	0	3
Pickles	280	5	1	0	0	0	5290	15	2	0	3
Cherry Pepper Relish	25	0	0	0	0	Less Than 5m	730	3	Less Than 1g	0	0
Spicy Avocado Spread	130	120	14	2	0	5	160	2	Less Than 1g	0	0
Buffalo Bleu	50	40	4	2	0	10	680	Less Than 1g	0	Less Than 1g	3
Horseradish Mustard	35	15	2	0	0	0	550	2	Less Than 1g	Less Than 1g	2
Lemon-Pepper Mayonnaise	190	190	21	3	0	10	140	Less Than 1g	0	Less Than 1g	0
Feisty Feta	70	50	6	2	0	15	140	2	0	Less Than 1g	3
Basil Pesto	120	110	12	2	0	Less Than 5m	160	Less Than 1g	0	0	2
Mayonnaise	100	100	11	2	0	5	75	0	0	0	0
Yellow Mustard	10	0	0	0	0	0	170	Less Than 1g	0	0	0

ADD PROTEIN

Salami	60	50	5	2	0	10	220	0	0	0	3
Pepperoni	80	60	7	3	0	15	260	0	0	0	3
Ham	80	30	3	1	0	30	710	3	0	2	9
Bacon	110	70	8	2.5	0	20	370	0	0	0	7
Turkey Breast	70	10	1	0	0	30	760	2	Less Than 1g	1	14
Chicken	80	15	1.5	1	0	38	520	2	0	Less Than 1g	16
Roast Beef	80	20	2	1	0	40	380	2	0	0	15
Tuna Salad	320	240	26	5	0	45	270	1	0	Less Than 1g	19
Southwest Quinoa & Rice Blend	130	25	2.5	0	0	0	190	24	3	2	3
Meatballs, Spaghetti Sauce (Ap)	350	230	26	10	1.5	58	630	13	3	5	17



ADD CHEESE

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
Sharp Provolone	50	35	4	3	0	11	150	0	0	0	3
Cheddar Cheese	60	40	4.5	2.5	0	15	95	0	0	0	3
Swiss Cheese	60	40	4.5	2.5	0	15	25	0	0	0	4
American Cheese	50	35	4	2.5	0	15	150	1	0	0	3
Pepper Jack Cheese	50	40	4.5	2.5	0	15	90	0	0	0	3

ADD TOPPINGS

Iceberg Lettuce	0	0	0	0	0	0	0	Less Than 1g	0	0	0
Tomato	15	0	0	0	0	0	0	3	1	2	Less Than 1g
Sliced Red Onion	10	0	0	0	0	0	0	2	0	Less Than 1g	0
Hoagie Dressing	160	150	17	2	0	0	100	Less Than 1g	0	0	0
Sliced Celery	0	0	0	0	0	0	25	Less Than 1g	0	0	0
Sliced Cucumber	0	0	0	0	0	0	0	1	0	0	0
Spicy Pickles	35	0	0	0	0	0	820	2	0	0	0
Pickles	30	0	0	0	0	0	580	2	0	0	0
Sweet Peppers	5	0	0	0	0	0	65	2	0	1	0
Banana Peppers	0	0	0	0	0	0	790	Less Than 1g	0	0	0
White 14"	110	10	1	0	0	0	230	20	Less Than 1g	Less Than 1g	4
Wheat 14"	170	20	2	0	0	0	190	30	3	2	7
Whole Grain Tortilla	170	40	4	0	0	0	220	29	3	2	5



LIMITED TIME OFFERS

PHILLY ROAST PORK

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
7" White	450	240	27	11	0	110	1520	15	2	Less Than 1g	35
14" White	890	480	53	23	0	220	3040	31	4	1	70
7" Wheat	480	250	27	11	0	110	1500	20	3	1	37
14" Wheat	960	490	55	23	0	220	3000	41	6	3	73
Breadless	420	240	26	11	0	110	1410	11	3	4	34
Wrap	560	270	30	12	0	110	1670	37	5	4	38

ALABAMA BBQ CHICKEN

7" White	640	380	42	13	0	140	1270	20	2	4	41
14" White	1270	760	84	25	0	285	2530	40	4	9	81
7" Wheat	670	380	43	13	0	140	1250	25	3	5	42
14" Wheat	1330	770	86	26	0	285	2490	50	6	10	85
Breadless	580	370	42	13	0	140	1150	10	2	4	39
Wrap	750	400	45	13	0	140	1430	42	5	8	44

GYRO

7" White	450	280	32	10	1	50	1090	27	3	5	16
14" White	910	570	63	19	2	100	2180	54	6	10	32
7" Wheat	480	290	32	10	1	50	1070	32	4	6	18
14" Wheat	970	580	65	19	2	100	2140	64	7	11	35
Breadless	400	280	31	9	1	50	970	17	2	4	14
Wrap	560	310	34	10	1	50	1250	49	5	8	19