

Quiznos Nutritional Information

Updated 11.16.2011

The information set forth below does not apply to the following markets: San Antonio, TX; Jacksonville, FL; Charlotte, NC; Salt Lake City, UT; Baton Rouge, LA; Albuquerque, NM

Whole Grain Flatbread											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	260	70	7	1.5	0	0	390	46	9	5	8

LTO

Served on your choice of Artisan bread; Italian White, Artisan Wheat, Rosemary Parmesan or Chipotle Jack

Lobster & Seafood Salad Sub Signature lobster & seafood salad, lettuce, served on butter-toasted Artisan bread											
small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Total	560	310	35	15	1	80	1030	46	4	6	16

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Total	880	500	56	24	1.5	130	1600	73	6	0	24

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Total	1180	680	76	33	2	175	2120	96	8	13	32

Lobster & Seafood Fresh Salad Signature lobster & seafood salad, diced tomatoes, spring mix, Ranch Dressing											
small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salad	160	70	7	1	0	15	270	7	2	2	4
Ranch Dressing	280	270	30	5	0	10	440	2	0	2	0
Total	440	340	37	6	0	25	710	9	2	4	4

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salad	240	135	15	2	0	30	540	21	5	6	10
Ranch Dressing	420	405	45	8	0	15	660	3	0	3	0
Total	660	540	60	10	0	45	1200	24	5	9	10

CLASSIC SUBS

Served on your choice of Artisan bread; Italian White, Artisan Wheat, Rosemary Parmesan or Chipotle Jack

Classic Italian Ham, salami, pepperoni, capicola, mozzarella, black olives, lettuce, tomatoes, onions, Red Wine Vinaigrette											
---	--	--	--	--	--	--	--	--	--	--	--

small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	390	150	17	8	0.5	45	1180	41	4	7	18
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	90	80	9	1	0	0	260	2	0	1	0
Total	520	260	29	11	0.5	55	1500	43	4	8	22

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	600	230	26	12	1	70	1900	63	6	11	29
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	150	140	15.5	2.5	0	0	430	3	0	2	0
Total	810	410	46	17	1	85	2420	67	6	13	34

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	900	370	41	20	1	115	2830	89	8	14	44
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	210	190	21	3.5	0	0	600	4	0	3	0
Total	1190	610	68	27	1	135	3550	94	8	17	51

Turkey Ranch & Swiss Turkey, Swiss, lettuce, tomatoes, onions, Ranch Dressing

small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	280	55	5	2.5	0	20	980	42	4	7	16
Cheese	50	35	4	0.5	0	5	10	1	0	0	4
Dressing	90	80	9	1.5	0	5	150	1	0	1	0
Total	420	160	18	4.5	0	30	1140	44	4	8	20

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	440	80	8	3.5	0.5	35	1505	66	6	11	25
Cheese	80	50	6	1	0	5	15	1	0	0	6
Dressing	140	130	15	2.5	0	10	250	2	0	1	0
Total	660	260	29	7	0.5	50	1770	69	6	12	31

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	620	115	11	5	1	55	2350	93	8	15	38
Cheese	110	70	8	2	0	5	10	2	0	0	8
Dressing	200	185	20	3	0	15	350	3	0	2	0
Total	930	370	41	10	1	75	2710	98	8	17	46

Pork Cuban Pulled pork, ham, Swiss, pickles, yellow mustard, mayo**small**

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	310	80	9	4	0	45	960	37	3	5	19
Cheese	50	35	4	0.5	0	5	10	1	0	0	4
Dressing	90	85	9	1.5	0	10	160	1	0	0	1
Total	450	200	22	6	0	60	1130	39	3	5	24

regular

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	530	150	16	6.5	0	85	1675	59	4	9	36
Cheese	80	50	6	1	0	5	15	1	0	0	6
Dressing	150	140	15	2.5	0	20	270	1	1	0	1
Total	760	340	37	10	0	110	1960	61	5	9	43

large

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	760	210	24	9.5	0.5	135	2425	81	6	11	53
Cheese	110	70	8	1.5	0	5	15	2	0	0	8
Dressing	200	190	21	3	0	25	370	2	1	1	1
Total	1070	470	53	14	0.5	165	2810	85	7	12	62

Ultimate Turkey Club Turkey, bacon, cheddar, lettuce, tomatoes, mayo**small**

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	340	110	12.5	4.5	0	35	1170	41	3	7	20
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	160	150	17	2.5	0	20	100	0	0	0	0
Total	560	300	34	10	0	70	1360	41	3	7	24

regular

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	530	160	18	7	0.5	50	1780	64	5	10	31
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	260	260	29	4.5	0	35	170	1	0	1	1
Total	880	480	54	16	0.5	105	2080	65	5	11	37

large

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	730	220	25	9	0.5	65	2410	89	6	14	42
Cheese	110	80	9	5	0	30	180	0	0	0	7
Dressing	370	360	40	8	0.5	50	230	1	0	1	1
Total	1210	660	74	22	1	145	2820	90	6	15	50

Turkey Bacon Guacamole Turkey, bacon, guacamole, mozzarella, lettuce, tomatoes, onions, Ranch Dressing**small**

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	410	145	16	4	0	30	1330	43	5	8	21
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	90	80	9	2	0	5	150	1	0	1	0
Total	540	250	28	8	0	45	1540	44	5	9	25

regular

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	600	180	20	6	0.5	55	2050	67	9	13	34
Cheese	60	40	4	2.5	0	15	90	1	0	0	5
Dressing	140	130	15	2.5	0	10	250	2	0	1	0
Total	800	350	39	11	0.5	80	2390	69	9	14	39

large

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	890	310	34	11.5	1	70	3030	93	12	18	48
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	200	180	20	3	0	15	350	3	0	2	1
Total	1170	540	60	18	1	105	3500	97	12	20	56

The Traditional Roast beef, turkey, ham, cheddar, black olives, lettuce, tomatoes, onions, Ranch Dressing**small**

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	280	60	6.5	2.5	0	25	1020	42	4	7	17
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	90	80	9	1.5	0	5	150	1	0	1	0
Total	430	180	20	7	0	45	1260	43	4	8	21

regular

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	450	90	9	4	0	35	1570	66	6	12	27
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	140	130	15	2.5	0	10	250	2	0	1	0
Total	680	280	31	11	0	65	1950	68	6	13	32

large

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	650	135	15	6	0.5	55	2410	93	8	17	40
Cheese	110	85	9	6	0	30	180	0	0	0	7
Dressing	200	180	20	3	0	15	350	3	0	2	1

Total	960	400	44	15	0.5	100	2940	96	9	19	48
--------------	-----	-----	----	----	-----	-----	------	----	---	----	----

Classic Club Turkey, ham, bacon, cheddar, lettuce, tomatoes, mayo

small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	350	110	12.5	4.5	0	35	1130	41	3	8	21
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	160	150	17	2.5	0	20	100	0	0	0	0
Total	570	300	34	10	0	70	1320	41	3	8	25

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	520	130	14	5	0.5	70	2000	65	5	11	34
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	260	260	29	4.5	0	35	170	1	0	1	1
Total	870	450	50	14	0.5	125	2300	66	5	12	40

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	780	230	26	10	0.5	75	2610	91	8	17	47
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	370	360	40	6	0.5	50	230	1	0	1	1
Total	1260	670	75	22	1	155	3020	92	8	18	55

Honey Bourbon Chicken Chicken, lettuce, tomatoes, onions, Honey Bourbon Mustard, Zesty Grille Sauce

small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	275	45	5.5	3	0	20	620	39	4	6	16
Dressing	45	5	0.5	0	0	0	170	9	0	8	0
Total	320	50	6	3	0	20	790	48	4	14	16

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	460	80	9	5	0	45	1090	63	6	9	28
Dressing	70	10	1	0	0	0	280	15	0	14	1
Total	530	90	10	5	0	45	1370	78	6	23	29

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	660	105	12	7	0	65	1570	87	8	13	40
Dressing	100	15	1	0	0	0	390	21	0	19	1
Total	760	120	13	7	0	65	1960	108	8	32	41

Tuna Melt Tuna salad, cheddar, lettuce, tomatoes, mayo**small**

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	470	230	25.5	5.5	0.5	45	650	40	3	6	24
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	160	150	17	2.5	0	20	100	0	0	0	0
Total	690	420	47	11	0.5	80	840	40	3	6	28

regular

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	710	350	38	8	1	70	1000	62	5	9	37
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	260	260	29	4.5	0	35	170	1	0	1	1
Total	1060	670	74	17	1	125	1300	63	5	10	43

large

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	980	470	52	11	1	90	1370	87	7	13	50
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	370	360	40	6	0.5	50	230	1	0	1	1
Total	1460	910	101	23	1.5	170	1780	88	7	14	58

Veggie Guacamole, black olives, lettuce, tomatoes, onions, sauteed mushrooms, mozzarella, cheddar, Red Wine Vinaigrette**small**

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	320	110	11	2.5	0	4	780	40	6	8	10
Cheese	100	70	8	5	0	21	150	1	0	0	7
Dressing	90	80	9	1.5	0	0	260	2	0	1	0
Total	510	260	28	9	0	25	1190	43	6	9	17

regular

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	490	160	19	4.5	0.5	10	1210	64	10	12	16
Cheese	150	100	11	7	0	35	220	1	0	0	11
Dressing	150	140	15	2.5	0	0	430	3	0	2	0
Total	790	400	45	14	0.5	45	1860	68	10	14	27

large

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	680	220	25	5.5	1	10	1640	90	13	15	23
Cheese	200	140	15	10	0	45	300	1	0	1	14
Dressing	210	190	21	3.5	0	0	600	4	0	3	0
Total	1090	550	61	19	1	55	2540	95	13	19	37

Honey Bacon Club Turkey, ham, bacon, Swiss, lettuce, tomatoes, onions, Honey French Dressing**small**

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	330	80	9	3.5	0	40	1250	42	3	8	22
Cheese	50	35	4	0.5	0	5	10	1	0	0	4
Dressing	100	70	8	1	0	0	170	8	0	7	0
Total	480	185	21	5	0	45	1430	51	3	15	26

regular

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	520	130	14	5	0	65	2000	67	6	12	34
Cheese	80	50	6	1	0	5	15	1	0	0	6
Dressing	170	110	13	2	0	0	290	14	0	12	0
Total	770	290	33	8	0.5	70	2300	81	6	25	40

large

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	740	180	20	8	0	90	2920	93	8	17	49
Cheese	110	70	8	1.5	0	5	15	2	0	0	8
Dressing	230	160	18	2.5	0	0	400	19	0	17	0
Total	1080	410	46	12	1	95	3335	114	8	34	57

SIGNATURE SUBS

Served on your choice of Artisan bread; Italian White, Artisan Wheat, Rosemary Parmesan or Chipotle Jack

Southern BBQ Pulled Pork Pulled pork, cheddar, mozzarella, BBQ sauce, yellow mustard, pickles**small**

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	380	120	13	5	0	75	1120	37	3	5	27
Cheese	100	70	8	5	0	28	150	0.5	0	0	7
Dressing	40	5	1	0	0	0	470	8.5	0	7	1
Total	520	195	22	10	0	103	1740	46	3	12	35

regular

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
sub	590	177	18	7.1	0	109	1770	59	5	9	41
Cheese	150	105	12	7.9	0	41	225	1	0	0	10
Dressing	60	8	2	0.0	0	0	705	13	0	11	2
Total	800	290	32	15	0	150	2700	73	5	20	53

large

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
sub	810	240	26	9.5	0	145	2450	84	6	14	57

Cheese	200	140	16	10.5	0	55	300	1	0	0	13
Dressing	80	10	2	0	0	0	940	17	0	14	2
Total	1090	390	44	20	0	200	3690	102	6	28	72

Mesquite Chicken Chicken, bacon, cheddar, lettuce, tomatoes, onions, Ranch Dressing

small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	350	100	11	5	0	30	810	39	3	6	20
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	90	80	9	1.5	0	5	150	1	0	1	0
Total	500	220	25	9	0	55	1040	41	3	7	24

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	560	160	18	8	0	55	1360	63	5	10	34
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	140	130	15	2.5	0	10	250	2	0	1	0
Total	810	360	40	15	0	90	1740	65	5	11	40

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	810	220	25	11	0	85	1930	87	7	14	49
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	200	180	20	3	0	15	350	3	0	2	1
Total	1120	490	55	21	0	125	2460	90	8	16	57

Chicken Carbonara Chicken, bacon, mozzarella, sauteed mushrooms, Creamy Bacon Alfredo Sauce

Small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	360	105	12	5	0	30	800	38	3	6	20
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	130	110	12	2	0	15	230	2	0	1	1
Total	530	240	27	9	0	55	1090	40	3	7	25

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	580	170	18.5	9	0.5	55	1360	60	5	9	35
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	220	180	20	3.5	0	25	380	3	0	2	2
Total	860	390	43	15	0.5	95	1830	64	5	11	42

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

Sub	810	230	25	11.5	1	80	1910	84	7	12	49
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	310	250	28	5	0	35	530	4	0	3	3
Total	1200	530	59	20	1	135	2560	89	7	15	59

Baja Chicken Chicken, bacon, cheddar, onions, Mild Chipotle Mayo, Sweet & Smoky Baja Sauce

small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	350	100	11	5	0	30	800	38	3	5	20
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	80	60	7	1	0	5	300	4	0	4	0
Total	490	210	23	9	0	50	1190	43	3	9	23

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	560	160	18	8.5	0	60	1360	61	5	9	34
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	140	110	12	2	0	10	500	7	0	6	0
Total	790	330	37	15	0	90	1990	68	5	15	39

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	800	220	25	11	0	85	1930	84	6	12	48
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	190	150	17	2.5	0	10	700	10	0	9	0
Total	1100	450	51	20	0	125	2800	95	7	21	56

Honey Mustard Chicken Chicken, bacon, Swiss, lettuce, tomatoes, onions, Honey Mustard Dressing

Small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	360	105	11	6	0	30	810	40	3	7	20
Cheese	50	35	4	0.5	0	5	10	1	0	0	4
Dressing	110	100	11	1.5	0	10	140	3	0	3	0
Total	520	240	26	8	0	45	960	44	3	10	24

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	580	160	18	8	0.5	55	1355	63	5	9	34
Cheese	80	50	6	1	0	5	15	1	0	0	6
Dressing	190	170	18	3	0	15	240	6	0	6	0
Total	850	380	42	12	0.5	75	1610	70	5	15	40

large

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	810	220	24	11	1	85	1935	87	8	13	48
Cheese	110	70	8	2	0	5	15	2	0	0	8
Dressing	260	230	26	4	0	20	330	8	0	8	1
Total	1180	520	58	17	1	110	2280	97	8	21	57

Harvest Chicken Sub Honey-dijon chicken, grapes, apples, dried cranberries, cucumbers, pumpkin seeds, spring mix lettuce, Acai Vinaigrette

small

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	315	60	6	2	0	23	775	50	4	15	17
Dressing	55	40	5	1	0	0	105	4	0	4	0
Total	370	100	11	3	0	23	880	54	4	19	17

regular

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
sub	510	100	9	3.0	0	35	1200	79	6	24	26
Dressing	80	60	8	2.0	0	0	160	6	0	6	0
Total	590	160	17	5	0	35	1360	85	6	30	26

regular on whole grain flatbread

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
sub	450	110	11	2.0	0	30	1000	67	11	22	22
Dressing	80	60	8	2.0	0	0	160	6	0	6	0
Total	530	170	19	4	0	30	1160	73	11	28	22

large

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
sub	810	240	26	9.5	0	145	2450	84	6	14	57
Dressing	110	80	10	2	0	0	210	8	0	8	0
Total	920	320	36	11.5	0	145	2660	92	6	22	57

Buffalo Chicken Chicken, mozzarella, crispy fried onions, blue cheese crumbles, lettuce, Buffalo Sauce

small

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	285	70	7	2	0	20	665	42	3	6	16
Cheese	105	70	8	5	0	25	215	1	0	0	8
Dressing	80	60	7	1	0	5	750	2	0	1	0
Total	470	200	22	8	0	50	1630	45	3	7	24

regular

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
--	----------	--------------	---------	-------------------	--------------------	------------------	-------------	-----------	-------------------	------------	-------------

Sub	470	100	11	4	0	40	1160	67	5	7	26
Cheese	160	110	13	7	1	35	330	1	0	1	13
Dressing	120	100	11	2	0	10	1220	4	0	2	1
Total	750	310	35	13	1	85	2710	72	5	10	40

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	680	155	18	5	0	60	1680	93	6	11	37
Cheese	220	145	16	10	1	50	470	3	0	1	18
Dressing	160	140	15	3	0	10	1700	5	0	2	1
Total	1060	440	49	17	1	120	3850	101	6	14	56

Double Cheese Cheesesteak Prime rib, double Swiss, sautéed onions, mayo											
small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	500	200	22	8	1.5	90	1355	42	3	7	34
Cheese	110	70	8	1.5	0	5	15	2	0	0	8
Dressing	160	150	17	2.5	0	20	100	0	0	0	0
Total	770	420	47	12	1.5	115	1470	44	3	7	42

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	680	240	27	9.5	2	100	1815	65	5	9	42
Cheese	160	110	12	2	0	10	25	2	0	0	11
Dressing	260	260	29	4.5	0	35	170	1	0	1	1
Total	1100	610	68	16	2	145	2010	68	5	10	54

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	910	330	37	13	2	130	2500	90	7	13	56
Cheese	190	120	14	3	0	10	30	3	0	0	13
Dressing	370	360	40	6	0.5	50	230	1	0	1	1
Total	1470	820	91	22	3	190	2760	94	7	14	70

Prime Rib & Peppercorn Prime Rib, mozzarella, sautéed onions, Mild Peppercorn Sauce											
small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	430	165	18	6.5	1	65	1010	41	3	6	27
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	150	140	15	2.5	0	15	170	2	0	1	0
Total	620	330	36	11	1	90	1240	43	3	7	31

regular											
---------	--	--	--	--	--	--	--	--	--	--	--

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	680	240	26.5	9.5	1.5	95	1540	64	5	10	42
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	240	230	26	4	0	25	290	3	0	1	1
Total	980	510	57	16	1.5	135	1920	68	5	11	48

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	920	330	37	12.5	2	125	2100	90	7	14	56
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	340	320	36	6	0.5	35	400	4	0	2	1
Total	1340	700	79	22	2.5	180	2620	95	7	16	64

Black Angus on Rosemary Parmesan Black Angus steak, cheddar, mozzarella, sauteed mushrooms, sauteed onions, Honey Bourbon Mustard, Zesty

small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	375	75	9	4	0	58	1100	45	4	6	32
Cheese	100	70	8	5	0	28	150	1	0	0	7
Dressing	45	5	1	0	0	0	170	9	0	8	0
Total	520	150	17	9	0	85	1420	54	4	14	38

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	565	110	13	5	0	89	1625	67	5	9	46
Cheese	150	110	12	8	0	41	225	1	0	0	10
Dressing	75	10	1	0	0	0	280	15	0	14	1
Total	790	230	26	13	0	130	2130	83	5	23	57

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	770	155	18	8	0	120	2170	91	7	13	62
Cheese	200	140	16	11	0	55	300	1	0	0	13
Dressing	100	15	2	0	0	0	390	21	0	19	1
Total	1070	310	35	18	0	175	2860	113	7	32	76

Chipotle Prime Rib Prime Rib, mozzarella, sauteed onions, sauteed mushrooms, garlic aioli, mild chipotle mayo

small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	430	155	17	6	1	65	1070	41	3	6	27
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	130	130	14	2	0	10	170	1	0	1	0
Total	600	310	34	10	1	85	1300	42	3	7	31

regular

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	660	235	26	10	1.5	95	1650	64	5	10	42
Cheese	60	45	4	2.5	0	15	90	1	0	0	5
Dressing	220	210	24	3.5	0	20	290	2	0	1	1
Total	940	490	54	16	1.5	130	2030	67	5	11	48

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	900	310	35	13	2	125	2245	89	7	14	57
Cheese	80	50	6	4	0	20	125	1	0	0	7
Dressing	310	300	33	5	0	30	400	2	0	1	1
Total	1290	660	74	22	2	175	2770	92	7	15	65

Prime Rib & Blue Prime Rib, mozzarella, blue cheese, lettuce, tomatoes, blue cheese sauce											
small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	410	145	15	6	1	65	1060	40	3	6	28
Cheese	70	45	5	3	0	15	160	1	0	0	5
Dressing	90	80	9	2	0	10	160	1	0	1	1
Total	570	270	29	11	1	90	1380	42	3	7	34

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	620	200	23	9.5	1.5	95	1660	64	5	10	42
Cheese	110	80	8	5	0	25	280	1	0	0	8
Dressing	160	140	16	3.5	0	15	270	1	0	1	2
Total	890	420	47	18	1.5	135	2210	66	5	11	52

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	850	280	31	12.5	1.5	130	2250	89	7	14	56
Cheese	160	110	12	8	0.5	35	410	1	0	1	12
Dressing	220	200	22	4.5	0	20	380	2	0	1	3
Total	1230	590	65	25	2	185	3040	92	7	16	71

Prime Rib Mushroom & Swiss Prime Rib, Swiss, sauteed mushrooms, garlic aioli											
small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	420	135	16	6.5	1	60	1015	40	3	5	28
Cheese	50	35	4	0.5	0	5	10	1	0	0	4
Dressing	130	130	14	2	0	15	95	1	0	1	0
Total	600	300	34	9	1	80	1120	42	3	6	32

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	630	215	23	9	1.5	95	1545	63	5	9	41
Cheese	80	55	6	1	0	5	15	1	0	0	6
Dressing	220	210	24	4	0	25	160	2	0	1	1
Total	930	480	53	14	1.5	125	1720	66	5	10	48

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	850	280	31	12.5	2	130	2095	85	6	12	56
Cheese	110	70	8	1.5	0	5	15	2	0	0	8
Dressing	310	300	33	5	0	35	220	3	0	1	1
Total	1270	650	72	19	2	170	2330	90	6	13	65

Peppercorn Steakhouse Dip Prime Rib, Swiss, Mild Peppercorn Sauce, a side of Pan-roasted Au Jus											
small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	430	150	17	7	1	70	1610	41	3	6	28
Cheese	50	35	4	0.5	0	5	10	1	0	0	4
Dressing	150	140	16	2.5	0	15.5	175	2	0	1	1
Total	630	325	37	10	1	90.5	1795	44	3	7	33

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	640	220	25	10	1	100	2140	64	5	9	42
Cheese	80	50	6	1	0	5	15	1	0	0	6
Dressing	250	230	26	4	0.5	26	290	3	0	2	1
Total	970	500	57	15	1.5	131	2445	68	5	11	49

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	870	300	33	13	1.5	130	2690	88	6	12	56
Cheese	110	70	8	1.5	0	5	15	2	0	0	8
Dressing	340	322	36	6	1	36	400	4	0	2	1
Total	1320	692	77	20.5	2.5	171	3105	94	6	14	65

Chicken Bacon Dipper Chicken, bacon, cheddar, tomatoes, chipotle mayo, side of cheese sauce											
small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	340	95	11	4	0	43	1090	39	3	5	23
Cheese	160	115	13	8	1	42	1150	3	0	2	9
Dressing	130	130	14	2	0	10	170	1	0	1	0
Total	630	340	38	14	1	95	2410	43	3	8	32

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	560	155	17	7	0	78	1730	62	5	9	41
Cheese	160	115	13	8	1	42	1150	3	0	2	9
Dressing	220	210	24	3.5	0	17	415	2	0	1	0
Total	940	480	54	18.5	1	137	3295	67	5	12	50

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	780	215	23	9	0	107	2649	86	7	12	57
Cheese	160	115	13	8	1	42	1150	3	0	2	9
Dressing	310	300	33	5	0	30	400	2	0	1	1
Total	1250	630	69	22	1	179	4199	91	7	15	67

TOASTY FAVORITES™

Served on your choice of Artisan bread; Italian White, Artisan Wheat, Rosemary Parmesan or Chipotle Jack

Oven-roasted Turkey Turkey, mozzarella, lettuce, tomatoes, mayo

SMALL											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	280	45	5	2	1	20	995	42	3	7	16
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	180	180	20	3	0	25	115	0	0	0	0
Total	500	250	28	7	1	55	1170	42	3	7	20

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	420	68	8	3	1	30	1493	63	5	11	24
Cheese	60	38	5	3	0	15	90	0	0	0	6
Dressing	270	270	30	5	0	38	173	0	0	0	0
Total	750	375	42	11	1	83	1755	63	5	11	30

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	540	100	11	5	0	45	1980	82	6	13	32
Cheese	80	50	6	4	0	20	120	1	0	0	7
Dressing	370	360	40	6	1	50	230	1	0	1	1
Total	990	510	57	14	1	110	2330	84	6	14	40

Honey-Cured Ham Ham, mozzarella, lettuce, tomatoes, mayo

Small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	270	50	5	3	0	25	910	40	3	7	17

Sub	280	50	5.5	2.5	0.5	25	950	41	3	7	16
Cheese	180	180	20	3	0	25	115	0	0	0	0
Dressing	40	25	3	2	0	10	60	0	0	0	4
Total	500	255	28.5	7.5	0.5	60	1125	41	3	7	20

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	420	75	8.25	3.75	0.75	37.5	1425	61.5	4.5	10.5	24
Cheese	270	270	30	4.5	0	37.5	172.5	0	0	0	0
Dressing	60	37.5	4.5	3	0	15	90	0	0	0	6
Total	750	382.5	42.75	11.25	0.75	90	1687.5	61.5	4.5	10.5	30

Large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	550	100	11	4.5	1	45	1900	81	5	14	33
Cheese	370	360	40	6	0.5	50	230	1	0	1	1
Dressing	80	50	6	3.5	0	20	120	1	0	0	7
Total	1000	510	57	14	1.5	115	2250	83	5	15	41

Veggie Caprese Tomatoes, mozzarella, chopped lettuce, basil pesto, red wine vinaigrette											
small											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	230	60	6	10	1	0	600	39	4	6	8
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	90	80	9	1.5	0	0	220	1	0	1	1
Total	400	190	21	15	1	20	940	41	4	7	16

regular											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	345	90	9	15.5	1	0	900	59	6	9	12
Cheese	120	75	9	5	0	30	180	1.5	0	0	10.5
Dressing	135	120	14	2.5	0	0	330	1.5	0	2	1.5
Total	600	285	32	23	1	30	1410	62	6	11	24

large											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	520	110	12	21.5	0.5	5	1290	86	7	14	18
Cheese	160	100	11	7	0.5	35	240	2	0	1	14
Dressing	180	170	19	2.5	0	5	440	3	1	1	2
Total	860	380	42	31	1	45	1970	91	8	16	34

Meatball Meatballs, marinara, mozzarella											
small											

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	415	160	17.5	6	0	45	1270	47	6	10	19
Cheese	45	30	3.5	2	0	15	60	0	0	0	4
Total	460	190	21	8	0	60	1330	47	6	10	23

regular

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	570	202.5	21.5	6	0	53	1815	71	9	15	23
Cheese	60	37.5	4.5	3	0	15	90	0	0	0	6
Total	630	240	26	9	0	68	1905	71	9	15	29

large

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	870	325	36	12.5	1	91	2535	100	13	18	41
Cheese	90	60	7	4.5	0	25	120	1	0	0	7
Total	960	385	43	17	1	116	2655	101	13	18	48

SMALL FRESH FARMERS MARKET SALADS

All dressings served on the side

Harvest Chicken Honey-Dijon Chicken, Grapes, Apples, Dried Cranberries, Cucumbers, Tomatoes, Pumpkin Seeds

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salad	110	30	3	0.5	0	10	213	18	2	14	6
Acai Vinaigrette	130	90	10	2	0	0	247	9	0	8	0

Chicken Caesar Chicken, Italian cheese blend, tomatoes

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salad	70	20	2	1	0	20	319	3	1	1	9
Caesar	280	260	29	5	0	20	571	3	0	2	2

Cobb Chicken, bacon, hard-boiled eggs, blue cheese, tomatoes

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salad	130	70	7	5	0	68	405	2	1	1	12
Ranch	200	185	21	3	0	14	345	3	0	2	1
Blue Cheese	220	200	22	5	0	21	385	2	0	1	3

Mediterranean Chicken Chicken, Italian Cheese Blend, Garbanzo Beans, Black Olives, Tomatoes, Banana Pepper Rings, Cucumbers

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salad	90	26	4	1	0	22	518	7	2	1	12

Tzatziki	260	244	27	5	0	28	332	1	0	1	2
----------	-----	-----	----	---	---	----	-----	---	---	---	---

Caprese Chicken Chicken, Fresh Mozzarella, Basil Pesto, Cucumbers, Tomatoes

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salad	130	70	9	4	0	20	413	5	1	2	12
Balsamic	80	0	0	0	0	0	437	17	0	11	0

REGULAR FRESH FARMERS MARKET SALADS

All dressings served on the side

Harvest Chicken Honey-Dijon Chicken, Grapes, Apples, Dried Cranberries, Cucumbers Tomatoes, Pumpkin Seeds

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salad	220	55	6	1.5	0	20	417	33	4	25	11
Acai Vinaigrette	230	155	17	3	0	0	423	15	0	14	1

Chicken Caesar Chicken, Italian cheese blend, tomatoes

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salad	130	40	4.5	2.5	1	46	641	6	2	3	19
Caesar	480	450	50	9	0	34	979	5	0	3	3

Cobb Chicken, bacon, hard-boiled eggs, blue cheese, tomatoes

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salad	260	135	11.9997	6	1	120.9998	729	5	2	3	19
Ranch	350	320	36	5	0	24	591	5	0	3	2
Blue Cheese	380	345	38	9	0	36	660	3	0	2	5

Mediterranean Chicken Chicken, Italian Cheese Blend, Garbanzo Beans, Black Olives, Tomatoes, Banana Pepper Rings, Cucumbers

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salad	180	60	7	2.5	1	41.9996	1011	13	4	3	25
Tzatziki	450	420	46	9	0	48	569	3	0	2	3

Caprese Chicken Chicken, Italian Cheese Blend, Fresh Mozzarella, Basil Pesto, Tomatoes

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salad	260	150	17	8	0	45	831	10	2	2	24
Balsamic	130	0	0	0	0	0	749	29	0	20	0

DRESSINGS

Acai Vinaigrette

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sm	130	90	10	2	0	0	247	9	0	8	0
Reg	230	155	17	3	0	0	423	15	0	14	1

Peppercorn Caesar

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sm	280	260	29	5	0	20	571	3	0	2	2
Reg	480	450	50	9	0	34	979	5	0	3	3

Fat-Free Balsamic Vinaigrette

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sm	80	0	0	0	0	0	437	17	0	11	0
Reg	130	0	0	0	0	0	749	29	0	20	0

Tzatziki

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sm	260	244	27	5	0	28	332	1	0	1	2
Reg	450	420	46	9	0	48	569	3	0	2	3

Ranch

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sm	200	185	21	3	0	14	345	3	0	2	1
Reg	350	320	36	5	0	24	591	5	0	3	2

Blue Cheese

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sm	220	200	22	5	0	21	385	2	0	1	3
Reg	380	345	38	9	0	36	660	3	0	2	5

Honey-Dijon

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sm	300	260	29	5	0	25	380	9	0	9	1
Reg	450	400	44	7	1	35	570	14	0	13	1

TOASTY TORPEDOES®

Served on our slim & soft deli baguette

Turkey Club Turkey, bacon, mozzarella, lettuce, tomatoes, mayo, Red Wine Vinaigrette

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
--	----------	--------------	---------	-------------------	--------------------	------------------	-------------	-----------	-------------------	------------	-------------

Toasty Torpedo	620	135	15	4	0.5	35	1970	93	5	15	30
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	170	160	18	3	0	15	250	1	0	1	0
Total	830	320	35	9	0.5	60	2280	94	5	16	34

Beef, Bacon & Cheddar Roast beef, bacon, cheddar, lettuce, tomatoes, mayo, yellow mustard

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Toasty Torpedo	620	130	14	4	0	40	1960	92	5	16	32
Cheese	60	40	5	3	0	15	90	0	0	0	4
Dressing	120	110	12	2	0	15	210	1	0	0	1
Total	800	280	31	9	0	70	2260	93	5	16	37

Pesto Turkey Turkey, mozzarella, lettuce, tomatoes, Basil Pesto, Red Wine Vinaigrette

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Toasty Torpedo	550	75	8	1.5	0	30	1790	92	5	14	26
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	100	100	11	1.5	0	0	250	2	0	1	1
Total	690	200	22	5	0	40	2100	94	5	15	31

Italian Ham, salami, pepperoni, capicola, mozzarella, lettuce, tomatoes, Red Wine Vinaigrette

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Toasty Torpedo	700	225	25	8	0.5	65	1960	91	5	14	29
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	120	110	12	2	0	0	340	2	0	2	0
Total	860	360	40	12	0.5	75	2390	93	5	16	33

Tuna Melt Tuna salad, cheddar, lettuce, tomatoes, mayo

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Toasty Torpedo	710	250	28	4.5	0	40	1140	87	4	12	30
Cheese	60	40	5	3	0	15	90	0	0	0	4
Dressing	210	210	23	3.5	0	30	135	1	0	0	0
Total	980	500	56	11	0	85	1365	88	4	12	34

TOASTY BULLETS®

Served on our slim & soft deli baguette

Turkey Club Turkey, bacon, mozzarella, lettuce, tomatoes, mayo, Red Wine Vinaigrette

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Toasty Bullet	330	70	8	2	0	25	1135	47	3	7	17
Cheese	30	20	2	1.5	0	5	45	0	0	0	3

Dressing	100	100	11	1.5	0	10	150	1	0	1	0
Total	460	190	21	5	0	40	1330	48	3	8	20

Beef, Bacon & Cheddar Roast beef, bacon, cheddar, lettuce, tomatoes, mayo, yellow mustard											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Toasty Bullet	335	70	7	2	0	25	1130	47	2	8	18
Cheese	45	30	3.5	2.5	0	10	65	0	0	0	3
Dressing	70	70	7	1	0	10	130	1	0	0	0
Total	450	170	17.5	5.5	0	45	1325	48	2	8	21

Pesto Turkey Turkey, mozzarella, lettuce, tomatoes, Basil Pesto, Red Wine Vinaigrette											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Toasty Bullet	280	40	4	0.5	0	20	1055	47	3	7	14
Cheese	30	20	2	1.5	0	5	45	0	0	0	3
Dressing	70	60	7	1	0	0	150	1	0	1	1
Total	380	120	13	3	0	25	1250	48	3	8	18

Italian Ham, salami, pepperoni, capicola, mozzarella, lettuce, tomatoes, Red Wine Vinaigrette											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Toasty Bullet	400	140	15	5.5	0	45	1225	46	3	7	17
Cheese	30	20	2	1.5	0	5	45	0	0	0	3
Dressing	70	70	8	1	0	0	210	1	0	1	0
Total	500	230	25	8	0	50	1480	47	3	8	20

Tuna Melt Tuna salad, cheddar, lettuce, tomatoes, mayo											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Toasty Bullet	335	120	13	2	0	20	510	39	2	6	14
Cheese	45	30	3.5	2	0	10	65	0	0	0	3
Dressing	130	130	14	2	0	20	85	0	0	0	0
Total	510	280	30.5	6	0	50	660	39	2	6	17

FLATBREAD SAMMIES

Served on our soft & toasty® flatbread

Smoky Chipotle Turkey Turkey, cheddar cheese, lettuce, tomatoes, Chipotle Mayo											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sammie	200	40	4.5	1	0	20	870	28	1	4	13
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	130	130	14	2	0	10	250	1	0	0	0
Total	390	210	23	6	0	45	1210	29	1	4	17

Chicken Bacon Ranch Chicken, bacon, Swiss, lettuce, tomatoes, Ranch Dressing											
---	--	--	--	--	--	--	--	--	--	--	--

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sammie	240	50	6	2.5	0	30	620	26	1	3	16
Cheese	50	35	4	0.5	0	5	10	1	0	0	4
Dressing	90	80	9	1.5	0	5	150	1	0	1	0
Total	380	165	19	4.5	0	40	780	28	1	4	20

Bistro Steak Melt Roast Beef, mozzarella, lettuce, tomatoes, Mild Peppercorn Sauce

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sammie	215	35	4	1	0	20	870	29	1	5	14
Cheese	45	30	3.5	2	0	15	60	0	0	0	3
Dressing	150	140	15	2.5	0	15	170	2	0	1	0
Total	410	205	22.5	5.5	0	50	1100	31	1	6	17

Italiano Ham, salami, pepperoni, capicola, mozzarella, lettuce, tomatoes, Basil Pesto

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sammie	305	135	14.5	5	0	45	1000	27	1	4	16
Cheese	45	30	3.5	2	0	10	60	0	0	0	3
Dressing	70	60	7	1	0	0	115	1	0	0	1
Total	420	225	25	8	0	55	1175	28	1	4	20

Cantina Chicken Chicken, tomatoes, mushrooms, sautéed onions, Honey Bourbon Mustard

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sammie	235	60	6	1.5	0	20	490	27	2	4	12
Dressing	45	10	1	0	0	0	150	9	0	8	0
Total	280	70	7	1.5	0	20	640	36	2	12	12

Roadhouse Steak Roast beef, mushrooms, sautéed onions, Sweet & Spicy Steak Sauce

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sammie	230	50	6	1	0	20	870	30	1	5	14
Dressing	40	0	0	0	0	0	190	9	0	8	0
Total	270	50	6	1	0	20	1060	39	1	13	14

Veggie Guacamole, black olives, lettuce, tomatoes, red onions, sautéed mushrooms, mozzarella, cheddar, Red Wine Vinaigrette

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sammie	205	70	7	1	0	0	420	27	3	4	6
Cheese	45	30	3.5	2	0	15	60	0	0	0	3
Dressing	90	80	9	1.5	0	0	260	2	0	1	0
Total	340	180	19.5	4.5	0	15	740	29	3	5	9

SAVORY SOUPS

Broccoli Cheese

cup

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Soup	135	80	9	6	0	20	640	9	1	2	4
2 Crackers	45	10	1	0	0	0	140	8	0	0	1
Total	180	90	10	6	0	20	780	17	1	2	5

bowl											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Soup	265	160	17	12	0	35	1280	18	1	3	9
2 Crackers	45	10	1	0	0	0	140	8	0	0	1
Total	310	170	18	12	0	35	1420	26	1	3	10

bread bowl											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Soup	140	80	9	6	0.13	20	640	9	1	2	4
Bowl	680	200	22	6	0	25	1360	95	4	3	27
Total	820	280	31	12	0.13	45	2000	104	5	5	31

Chicken Noodle

cup											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Soup	65	10	1	0	0	15	740	8	1	1	3
2 Crackers	45	10	1	0	0	0	140	8	0	0	1
Total	110	20	2	0	0	15	880	16	1	1	4

bowl											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Soup	115	20	2.5	0.5	0	25	1470	17	1	2	7
2 Crackers	45	10	1	0	0	0	140	8	0	0	1
Total	160	30	3.5	0.5	0	25	1610	25	1	2	8

Chili

cup											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Soup	145	30	3.5	1	0	25	630	15	3	3	12
2 Crackers	45	10	1	0	0	0	140	8	0	0	1
Total	190	40	4.5	1	0	25	770	23	3	3	13

bowl											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Soup	235	50	6	1.5	0	45	1050	26	6	6	20
2 Crackers	45	10	1	0	0	0	140	8	0	0	1

Total	280	60	7	1.5	0	45	1190	34	6	6	21
bread bowl											
	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Soup	150	30	3.5	1	0	25	630	15	3	3	12
Bowl	680	200	22	6	0	25	1360	95	4	3	27
Total	830	230	25.5	7	0	50	1990	110	7	6	39

Q-KIDZ™

Served with a small fountain drink and choice of chips or Q-Kidz chocolate chip cookie

SUBS

Toasty® Turkey & Cheese

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	250	35	4	0.5	0	10	740	44	2	6	11
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Total	310	75	8.5	3.5	0	25	830	44	2	6	15

Toasty® Ham & Cheese

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	250	35	4	1	0	10	700	44	2	7	11
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Total	310	75	8.5	4	0	25	790	44	2	7	15

Cheesy Toasted Cheese

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sub	330	100	11	6	0	25	580	43	2	6	13

SAMMIES

Tasty Turkey

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sammie	170	35	3.5	1	0	10	560	26	1	3	9
Cheese	30	20	2.5	1.5	0	5	45	0	0	0	2
Total	200	55	6	2.5	0	15	605	26	1	3	11

Ham Melt

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sammie	170	35	4	1	0	10	520	26	1	4	9