








	Serving Size	Grams	Calories	Cal. from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Half Sub - White Dough	Values include half white sub roll, lettuce, tomatoes, green peppers, onions, and cheese.													
Turkey	1	221g	330	60	6	3.5	0	35	1100	44	3	7	22	
Ham	1	221g	340	70	8	4	0	35	1290	45	3	8	21	
Roast Beef	1	221g	350	70	8	4	0	40	1130	45	3	6	22	
Club Combo	1	259g	370	70	8	4	0	55	1550	46	3	8	28	
Cold Cut Combo	1	243g	490	200	22	9	0	80	1650	48	3	9	22	
Italian Combo	1	208g	450	180	20	8	0	50	1430	44	3	6	19	
Veggie	1	165g	280	60	6	3.5	0	15	630	43	3	6	11	
Seafood	1	250g	430	130	15	4.5	0	25	1180	56	3	12	15	
Tuna	1	250g	430	130	14	4.5	0	55	1120	46	3	9	25	
Chicken Salad	1	266g	410	110	13	4	0	35	1610	50	3	9	20	
Hawaiian Chicken Salad	1	265g	430	140	15	4.5	0	35	1460	52	3	12	18	
Taco	1	250g	410	130	14	7	0	40	1080	48	4	9	20	
Meatball	1	312g	520	180	20.5	8	0.5	55	1640	57.5	5.5	13.5	26	
BLT	1	185g	360	105	12	5.5	0	32.5	865	43	2.5	6	18	
Steak & Cheese (mix)	1	250g	450	150	17	7	0	55	1195	46.5	2.5	7	24	
Ham & Cheese (mix)	1	236g	340	65	7.5	2.5	0	15	1745	49	2.5	7.5	15.5	
Chicken Filet	1	263g	380	70	8	4	0	77.5	1245	44.5	3.5	6	32	
BBQ Beef	1	250g	430	90	10	5	0.25	37.5	1085	62.5	3	24.5	19	
BBQ Chicken	1	250g	430	85	9.5	4.5	0	42.5	1110	62.5	3	24.5	20	
Meatball - BBQ	1	312g	520	155	17.5	8	0.5	57.5	1975	65	4.5	20	24.5	
Buffalo Chicken- LTO	1	247g	400	95	10.5	4.5	0.25	65	1650	46	3	6.5	28	
Philly Steak - LTO	1	268g	450	145	16	7.5	0	60	1695	47	3.5	9.5	26	
Chicken Bacon Garlic Ranch	1	250g	380	80	8.5	4	0	65	1370	44.5	3	6.5	28	
Sausage Egg Cheese	1	275g	700	380	43	15	0	295	1740	48	2	8	30	
Everything Breakfast	1	339g	820	450	50	15	0	190	2100	65	4	8	28	
Bacon, Egg, Cheese	1	208g	440	150	16	7	0	240	1130	44	2	6	25	
Turkey & Bacon Club	1	173g	370	90	10	4.5	0	50	1240	42	2	5	26	
Pizza Sub	1	175g	450	170	19	8	0	40	1280	48	3	8	19	
Whole Sub - White Dough	Values include whole white sub roll, lettuce, tomatoes, green peppers, onions, and cheese.													
Turkey	1	439g	650	110	12	7	0	75	2190	87	5	14	43	
Ham	1	439g	670	140	15	8	0	75	2560	89	5	16	41	
Roast Beef	1	439g	690	140	15	8	0	85	2250	89	5	12	43	
Club Combo	1	517g	750	140	15	8	0	110	3100	91	5	16	57	
Cold Cut Combo	1	486g	980	400	44	19	0	160	3300	96	6	17	44	
Italian Combo	1	415g	890	360	40	17	0	100	2850	89	5	12	39	
Veggie	1	330g	560	110	12	7	0	25	1260	86	5	12	22	
Seafood	1	500g	850	260	29	9	0	50	2350	112	5	24	30	
Tuna	1	500g	850	260	29	9	0	105	2230	92	5	19	49	
Chicken Salad	1	532g	820	220	26	8	0	70	3220	100	6	18	40	
Hawaiian Chicken Salad	1	529g	850	270	30	9	0	75	2910	104	6	24	36	
Taco	1	500g	810	250	28	13	0	80	2170	97	8	17	41	
Meatball	1	623g	1040	360	41	16	1	110	3280	115	11	27	52	
BLT	1	369g	720	210	24	11	0	65	1730	86	5	12	36	
Steak & Cheese (mix)	1	500g	890	300	34	14	0	110	2390	93	5	14	48	
Ham & Cheese (mix)	1	472g	670	130	15	5	0	30	3490	98	5	15	31	
Chicken Filet	1	526g	760	140	16	8	0	155	2490	89	7	12	64	
BBQ Beef	1	500g	860	180	20	10	0.5	75	2170	125	6	49	38	
BBQ Chicken	1	500g	850	170	19	9	0	85	2220	125	6	49	40	
Meatball - BBQ	1	623g	1040	310	35	16	1	115	3950	130	9	40	49	
Buffalo Chicken- LTO	1	494g	790	190	21	9	0.5	130	3300	92	6	13	56	
Philly Steak - LTO	1	536g	900	290	32	15	0	120	3390	94	7	19	52	
Chicken Bacon Garlic Ranch	1	499g	760	160	17	8	0	130	2740	89	6	13	56	
Sausage Egg Cheese	1	550g	1400	760	86	30	0	590	3480	96	4	16	60	
Everything Breakfast	1	678g	1640	900	100	30	0	380	4200	130	8	16	56	
Bacon, Egg, Cheese	1	416g	880	300	32	14	0	480	2260	88	4	12	50	
Turkey & Bacon Club	1	346g	740	180	20	9	0	100	2480	84	4	10	52	
Pizza Sub	1	350g	900	340	38	16	0	80	2560	96	6	16	38	
Half Sub - Wheat Dough	Values include half wheat sub roll, lettuce, tomatoes, green peppers, onions, and cheese.													
Turkey	1	223g	330	65	7	2.5	0	37.5	1110	42.5	5	7	24	
Ham	1	238g	340	75	8.5	1.5	0	15	1755	47.5	5	8	18	
Roast Beef	1	223g	350	80	8.5	3	0	42.5	1140	43.5	5	6	24	
Club Combo	1	260g	375	80	8.5	3	0	55	1560	44	5	8	30.5	
Cold Cut Combo	1	245g	500	210	23	8.5	0	80	1655	46.5	5	8.5	24	
Italian Combo	1	209g	450	185	21	7.5	0	50	1435	43	5	6	21.5	
Veggie	1	167g	280	65	7	2.5	0	12.5	635	41.5	5	6	13	
Seafood	1	252g	430	140	15.5	3.5	0	25	1180	54.5	5	12	17	
Tuna	1	252g	430	90	15.5	3.5	0	52.5	1125	45	5	9.5	27	
Chicken Salad	1	266g	410	120	14	3	0	35	1610	48	5	9	22	
Hawaiian Chicken Salad	1	266g	430	145	16	3.5	0	37.5	1460	50.5	5	12.5	20.5	
Taco	1	252g	410	135	15	5.5	0	40	1090	47	6	8.5	22.5	
Meatball	1	313g	530	190	21.5	7	0.5	57.5	1645	56	7.5	13.5	28	
BLT	1	186g	370	115	13	4.5	0	32.5	870	41.5	5	6	20	
Steak & Cheese (mix)	1	252g	450	160	18	6	0	55	1200	45.5	5	7	26	
Ham & Cheese (mix)	1	238g	340	75	8.5	1.5	0	15	1755	47.5	5	8	18	
Chicken Filet	1	265g	390	80	9	3	0	77.5	1255	43	5.5	6	34	
BBQ Beef	1	252g	430	100	11	4	0.25	37.5	1090	61	5.5	24.5	21.5	
BBQ Chicken	1	252g	430	95	10.5	3.5	0	42.5	1115	61	5.5	24.5	22	
Meatball - BBQ	1	313g	530	165	18.5	7	0.5	57.5	1985	63.5	6.5	20	26.5	
Buffalo Chicken- LTO	1	249g	400	105	11.5	4	0.25	65	1655	44.5	5	6.5	30	
Philly Steak - LTO	1	271g	460	155	17	6.5	0	60	1705	46	5.5	9.5	28.5	
Chicken Bacon Garlic Ranch	1	251g	390	85	9.5	3	0	65	1375	43	5	6.5	30.5	
Sausage Egg Cheese	1	275g	700	390	44	14	0	295	1740	46	4	8	32	
Everything Breakfast	1	339g	820	460	51	14	0	190	2100	63	6	8	30	
Bacon, Egg, Cheese	1	208g	440	160	17	6	0	240	1130	42	4	6	27	
Turkey & Bacon Club	1	173g	370	100	11	3.5	0	50	1240	40	4	5	28	
Pizza Sub	1	175g	450	180	20	7	0	40	1280	46	5	8	21	
Whole Sub - Wheat Dough	Values include whole wheat sub roll, lettuce, tomatoes, green peppers, onions, and cheese.													
Turkey	1	445g	660	130	14	5	0	75	2220	85	10	14	48	
Ham	1	475g	680	150	17	3	0	30	3510	95	10	16	36	
Roast Beef	1	445g	700	160	17	6	0	85	2280	87	10	12	48	

  													
Menu Items	Serving Size	Grams	Calories	Cal. from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Club Combo	1	520g	750	160	17	6	0	110	3120	88	10	16	61
Cold Cut Combo	1	489g	990	420	46	17	0	160	3310	93	10	17	48
Italian Combo	1	418g	900	370	42	15	0	100	2870	86	10	12	43
Veggie	1	333g	560	130	14	5	0	25	1270	83	10	12	26
Seafood	1	503g	860	280	31	7	0	50	2360	109	10	24	34
Tuna	1	503g	860	180	31	7	0	105	2250	90	10	19	54
Chicken Salad	1	532g	820	240	28	6	0	70	3220	96	10	18	44
Hawaiian Chicken Salad	1	532g	860	290	32	7	0	75	2920	101	10	25	41
Taco	1	503g	820	270	30	11	0	80	2180	94	12	17	45
Meatball	1	626g	1050	380	43	14	1	115	3290	112	15	27	56
BLT	1	372g	730	230	26	9	0	65	1740	83	10	12	40
Steak & Cheese (mix)	1	503g	900	320	36	12	0	110	2400	91	10	14	52
Ham & Cheese (mix)	1	475g	680	150	17	3	0	30	3510	95	10	16	36
Chicken Filet	1	529g	770	160	18	6	0	155	2510	86	11	12	68
BBQ Beef	1	503g	860	200	22	8	0.5	75	2180	122	11	49	43
BBQ Chicken	1	503g	860	190	21	7	0	85	2230	122	11	49	44
Meatball - BBQ	1	626g	1050	330	37	14	1	115	3970	127	13	40	53
Buffalo Chicken- LTO	1	497g	800	210	23	8	0.5	130	3310	89	10	13	60
Philly Steak - LTO	1	542g	910	310	34	13	0	120	3410	92	11	19	57
Chicken Bacon Garlic Ranch	1	502g	770	170	19	6	0	130	2750	86	10	13	61
Sausage Egg Cheese	1	550g	1400	780	88	28	0	590	3480	92	8	16	64
Everything Breakfast	1	678g	1640	920	102	28	0	380	4200	126	12	16	60
Bacon, Egg, Cheese	1	416g	880	320	34	12	0	480	2260	84	8	12	54
Turkey & Bacon Club	1	346g	740	200	22	7	0	100	2480	80	8	10	56
Pizza Sub	1	350g	900	360	40	14	0	80	2560	92	10	16	42
Half Sub - White Prebaked	Values include half white sub roll, lettuce, tomatoes, green peppers, onions, and cheese.												
Turkey	1	230g	390	75	8	2.5	0	37.5	1245	54	3	7	24
Ham	1	230g	400	85	9.5	3	0	37.5	1435	55	3	8	23
Roast Beef	1	230g	410	85	9.5	3	0	42.5	1275	55	3	6	24
Club Combo	1	267g	440	85	9.5	3	0	55	1695	55.5	3	8	30.5
Cold Cut Combo	1	252g	550	75	24	8.5	0	80	1790	58	3	8.5	24
Italian Combo	1	216g	510	195	22	7.5	0	50	1570	54.5	3	6	21.5
Veggie	1	174g	340	75	8	2.5	0	12.5	770	53	3	6	13
Seafood	1	259g	490	150	16.5	3.5	0	25	1315	66	3	12	17
Tuna	1	259g	490	145	16.5	3.5	0	52.5	1260	56.5	3	9.5	27
Chicken Salad	1	275g	470	130	15	3	0	35	1750	61	3	9	23
Hawaiian Chicken Salad	1	273g	490	155	17	3.5	0	37.5	1595	62	3	12	20
Taco	1	259g	470	145	16	5.5	0	40	1225	58.5	4	8.5	22.5
Meatball	1	320g	580	200	22	7	0.5	55	1780	67.5	5.5	13.5	28
BLT	1	193g	420	125	14	4.5	0	32.5	1005	53	3	6	20
Steak & Cheese (mix)	1	259g	500	170	19	6	0	55	1335	57	3	7	26
Ham & Cheese (mix)	1	245g	400	85	9.5	1.5	0	15	1890	59	3	8	18
Chicken Filet	1	272g	450	90	10	3	0	77.5	1385	54.5	3.5	6	34
BBQ Beef	1	259g	490	110	12	4	0	37.5	1225	72.5	3	24.5	21
BBQ Chicken	1	259g	490	105	11.5	3.5	0	42.5	1250	72.5	3	24.5	22
Meatball - BBQ	1	320g	565	175	19.5	7	0.5	57.5	2115	75	4.5	20	26.5
Buffalo Chicken- LTO	1	256g	460	110	12.5	4	0.5	65	1790	56	3	6.5	30
Philly Steak - LTO	1	278g	510	160	18	6.5	0	60	1840	57.5	3.5	9.5	28.5
Chicken Bacon Garlic Ranch	1	272g	470	100	11	3	0	67.5	1595	57.5	3	6.5	32
Turkey & Bacon Club	1	178g	420	100	11	3.5	0	50	1360	50	2	5	27
Sausage, Egg, Cheese	1	280g	750	400	44	14	0	290	1860	57	2	8	32
Everything Breakfast	1	344g	880	470	52	14	0	190	2220	74	4	7	30
Bacon, Egg, Cheese	1	213g	490	160	18	6	0	240	1250	53	2	6	27
Pizza Sub	1	180g	500	190	21	7	0	40	1400	56	3	8	21
Whole Sub - White Prebaked	Values include whole white sub roll, lettuce, tomatoes, green peppers, onions, and cheese.												
Turkey	1	460g	780	150	16	5	0	75	2490	108	6	14	48
Ham	1	460g	800	170	19	6	0	75	2870	110	6	16	46
Roast Beef	1	460g	820	170	19	6	0	85	2550	110	6	12	48
Club Combo	1	534g	870	170	19	6	0	110	3390	111	6	16	61
Cold Cut Combo	1	503g	1100	150	48	17	0	160	3580	116	6	17	48
Italian Combo	1	432g	1010	390	44	15	0	100	3140	109	6	12	43
Veggie	1	347g	680	150	16	5	0	25	1540	106	6	12	26
Seafood	1	517g	970	300	33	7	0	50	2630	132	6	24	34
Tuna	1	517g	980	290	33	7	0	105	2520	113	6	19	54
Chicken Salad	1	550g	940	260	30	6	0	70	3500	122	6	18	46
Hawaiian Chicken Salad	1	546g	980	310	34	7	0	75	3190	124	6	24	40
Taco	1	517g	930	290	32	11	0	80	2450	117	8	17	45
Meatball	1	640g	1160	400	44	14	1	110	3560	135	11	27	56
BLT	1	386g	840	250	28	9	0	65	2010	106	6	12	40
Steak & Cheese (mix)	1	517g	1010	340	38	12	0	110	2670	114	6	14	52
Ham & Cheese (mix)	1	489g	790	170	19	3	0	30	3780	118	6	16	36
Chicken Filet	1	543g	890	180	20	6	0	155	2770	109	7	12	68
BBQ Beef	1	517g	980	220	24	8	0	75	2450	145	6	49	42
BBQ Chicken	1	517g	970	210	23	7	0	85	2500	145	6	49	44
Meatball - BBQ	1	640g	1160	350	39	14	1	115	4230	150	9	40	53
Buffalo Chicken- LTO	1	511g	910	220	25	8	1	130	3580	112	6	13	60
Philly Steak - LTO	1	555g	1020	320	36	13	0	120	3680	115	7	19	57
Chicken Bacon Garlic Ranch	1	544g	930	200	22	6	0	135	3190	115	6	13	64
Turkey & Bacon Club	1	356g	840	200	22	7	0	100	2720	100	4	10	54
Sausage, Egg, Cheese	1	560g	1500	800	88	28	0	580	3720	114	4	16	64
Everything Breakfast	1	688g	1760	940	104	28	0	380	4440	148	8	14	60
Bacon, Egg, Cheese	1	426g	980	320	36	12	0	480	2500	106	4	12	54
Pizza Sub	1	360g	1000	380	42	14	0	80	2800	112	6	16	42
Half Sub - Wheat Prebaked	Values include half white sub roll, lettuce, tomatoes, green peppers, onions, and cheese.												
Turkey	1	230g	370	75	8	2.5	0	37.5	1265	50	5	5	24
Ham	1	230g	380	85	9.5	3	0	37.5	1455	51	5	6	23
Roast Beef	1	230g	390	85	9.5	3	0	42.5	1295	51	5	4	24
Club Combo	1	267g	420	85	9.5	3	0	55	1715	51.5	4.5	6	30.5
Cold Cut Combo	1	252g	530	220	24	8.5	0	80	1810	54	4.5	6.5	24
Italian Combo	1	216g	490	195	22	7.5	0	50	1590	50.5	4.5	4	21.5
Veggie	1	174g	320	75	8	2.5	0	12.5	790	49	4.5	4	13

  													
Menu Items	Serving Size	Grams	Calories	Cal. from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Seafood	1	259g	470	150	16.5	3.5	0	25	1335	62	4.5	10	17
Tuna	1	259g	470	145	16.5	3.5	0	52.5	1280	52.5	4.5	7.5	27
Chicken Salad	1	275g	450	130	15	3	0	35	1770	57	5	7	23
Hawaiian Chicken Salad	1	273g	470	155	17	3.5	0	37.5	1615	58	5	10	20
Taco	1	259g	450	145	16	5.5	0	40	1245	54.5	6	6.5	22.5
Meatball	1	320g	560	200	22	7	0.5	55	1800	63.5	7.5	11.5	28
BLT	1	193g	400	250	28	9	0	65	2050	98	9	8	40
Steak & Cheese (mix)	1	259g	490	170	19	6	0	55	1355	53	4.5	5	26
Ham & Cheese (mix)	1	245g	380	85	9.5	1.5	0	15	1910	55	4.5	6	18
Chicken Filet	1	272g	430	90	10	3	0	77.5	1405	50.5	5.5	4	34
BBQ Beef	1	259g	470	110	12	4	0	37.5	1245	68.5	5	22.5	21
BBQ Chicken	1	259g	470	105	11.5	3.5	0	42.5	1270	68.5	5	22.5	22
Meatball - BBQ	1	320g	565	175	19.5	7	0.5	57.5	2135	71	6.5	18	26.5
Buffalo Chicken- LTO	1	256g	440	110	12.5	4	0.25	65	1810	52	5	4.5	30
Philly Steak - LTO	1	278g	490	160	18	6.5	0	60	1860	53.5	5.5	7.5	28.5
Chicken Bacon Garlic Ranch	1	272g	450	100	11	3	0	67.5	1615	53.5	5	4.5	32
Sausage, Egg, Cheese	1	281g	730	400	45	14	0	295	1890	53	4	6	32
Everything Breakfast	1	344g	860	470	52	14	0	190	2240	70	6	6	30
Bacon, Egg, Cheese	1	213g	470	160	18	6	0	240	1270	49	4	4	27
Turkey & Bacon Club	1	178g	400	100	11	3.5	0	50	1380	46	4	3	27
Pizza Sub	1	180g	480	190	21	7	0	40	1420	53	5	6	21
Whole Sub - Wheat Prebaked	Values include whole wheat sub roll, lettuce, tomatoes, green peppers, onions, and cheese.												
Turkey	1	460g	740	150	16	5	0	75	2530	100	10	10	48
Ham	1	460g	760	170	19	6	0	75	2910	102	10	12	46
Roast Beef	1	460g	780	170	19	6	0	85	2590	102	10	8	48
Club Combo	1	534g	830	170	19	6	0	110	3430	103	9	12	61
Cold Cut Combo	1	503g	1060	440	48	17	0	160	3620	108	9	13	48
Italian Combo	1	432g	970	390	44	15	0	100	3180	101	9	8	43
Veggie	1	347g	640	150	16	5	0	25	1580	98	9	8	26
Seafood	1	517g	930	300	33	7	0	50	2670	124	9	20	34
Tuna	1	517g	940	290	33	7	0	105	2560	105	9	15	54
Chicken Salad	1	550g	900	260	30	6	0	70	3540	114	10	14	46
Hawaiian Chicken Salad	1	546g	940	310	34	7	0	75	3230	116	10	20	40
Taco	1	517g	890	290	32	11	0	80	2490	109	12	13	45
Meatball	1	640g	1120	400	44	14	1	110	3600	127	15	23	56
BLT	1	386g	800	250	28	9	0	65	2050	98	9	8	40
Steak & Cheese (mix)	1	517g	970	340	38	12	0	110	2710	106	9	10	52
Ham & Cheese (mix)	1	489g	750	170	19	3	0	30	3820	110	9	12	36
Chicken Filet	1	543g	850	180	20	6	0	155	2810	101	11	8	68
BBQ Beef	1	517g	940	220	24	8	0	75	2490	137	10	45	42
BBQ Chicken	1	517g	940	210	23	7	0	85	2540	137	10	45	44
Meatball - BBQ	1	640g	1130	350	39	14	1	115	4270	142	13	36	53
Buffalo Chicken- LTO	1	511g	870	220	25	8	0.5	130	3620	104	10	9	60
Philly Steak - LTO	1	555g	980	320	36	13	0	120	3720	107	11	15	57
Chicken Bacon Garlic Ranch	1	544g	890	200	22	6	0	135	3230	107	10	9	64
Sausage, Egg, Cheese	1	562g	1460	800	90	28	0	590	3780	106	8	12	64
Everything Breakfast	1	688g	1720	940	104	28	0	380	4480	140	12	12	60
Bacon, Egg, Cheese	1	426g	940	320	36	12	0	480	2540	98	8	8	54
Turkey & Bacon Club	1	356g	800	200	22	7	0	100	2760	92	8	6	54
Pizza Sub	1	360g	960	380	42	14	0	80	2840	106	10	12	42
Phat Burrito's Medium	Values include tortilla, lettuce, tomatoes, onions and rice, beans, cheese and jalapeno sauce. (except breakfast items)												
Beef	1	318g	500	140	16	6	0	35	1580	68	7	5	23
Chicken	1	318g	490	120	13	4.5	0	45	1710	68	7	5	24
Rice & Bean	1	275g	440	110	12	4.5	0	15	1270	67	7	5	14
Breakfast	1	184g	470	210	23	7	0	150	1360	43	4	4	20
Taco	1	361g	560	180	20	7	0	40	1730	73	8	8	24
Queso Chicken	1	346g	560	170	18	7	0	60	1960	70	7	7	27
Queso Egg & Bacon	1	189g	430	170	19	7	0	230	1160	43	3	4	19
Phat Burrito's Large	Values include tortilla, lettuce, tomatoes, onions and rice, beans, cheese and jalapeno sauce. (except breakfast items)												
Beef	1	524g	830	250	28	11	0	70	2630	105	11	7	41
Chicken	1	524g	810	210	23	9	0	90	2870	105	10	8	43
Rice & Bean	1	440g	700	190	21	9	0	25	2020	104	10	7	23
Breakfast	1	343g	850	420	46	15	0	315	2640	70	6	6	38
Taco	1	610g	960	330	37	15	0	80	2930	116	13	12	42
Queso Chicken	1	596g	1060	400	44	20	0	145	3600	110	10	12	54
Queso Egg & Bacon	1	343g	760	330	36	15	0	455	2150	70	6	5	35
Salads	These do not include the dressing!												
Garden	1	145g	80	45	5	3	0	15	100	5	3	2	5
Chef	1	201g	140	50	6	3	0	40	640	7	3	3	15
Grilled Chicken	1	244g	190	60	7	3.5	0	80	720	7	3	2	26
Seafood	1	201g	130	45	5	3	0	20	400	15	3	4	9
Taco	1	230g	260	140	16	5	0	35	530	19	4	4	12
Wraps	Values include tortilla, lettuce, tomatoes, green peppers, onions, and cheese.												
Club Combo with Bacon	1	312g	610	260	29	8	0	70	2280	54	5	7	33
Club Combo with out Bacon	1	301g	560	230	26	7	0	60	2140	54	5	7	28
Turkey Bacon Club	1	275g	560	250	28	8	0	55	1830	52	5	6	26
Italian	1	247g	610	330	36	11	0	50	1940	53	5	5	19
BLT	1	239g	540	230	26	8	0	50	1520	56	6	9	21
Chicken Salad with Bacon	1	306g	630	300	33	8	0	55	2220	58	5	8	24
Chicken Salad with out Bacon	1	296g	580	270	30	7	0	40	2080	58	5	8	20
Taco Salad	1	326g	720	330	37	14	0.5	75	1820	69	7	11	27
BBQ Chicken	1	295g	520	120	14	5	0	55	1590	76	6	30	23
Hawaiian Chicken Salad	1	287g	470	160	17	4.5	0	35	1820	60	6	10	21
Turkey	1	264g	510	220	24	6	0	40	1700	53	5	7	22
Ham	1	266g	530	230	23	7	0	40	1900	54	5	8	21
Roast Beef	1	238g	390	100	11	4.5	0	40	1460	52	5	5	22
Cold Cut Combo	1	277g	560	250	27	10	0	65	2070	55	5	6	23
Seafood	1	267g	470	160	18	5	0	25	1500	64	5	11	15
Steak & Cheese (mix)	1	267g	490	180	20	8	0	55	1520	54	5	6	24
Chicken Filet	1	295g	450	100	11	4.5	0	90	1670	52	6	5	35
Veggie	1	182g	380	120	14	7	0	20	1160	50	6	4	14

  	Serving Size	Grams	Calories	Cal. from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Soups													
Chilli	1	142g	140	60	7	2.5	0	30	520	9	2	3	11
Garnishes - Half Sub													
Jalapenos	1	4.5g	0	0	0	0	0	0	75	0	0	0	0
Black Olives	1	3.5g	5	0	0.5	0	0	0	25	0	0	0	0
Spicy Mustard	1	4.5g	0	0	0	0	0	0	50	0	0	0	0
Sandwich Dressing	1	7.0g	25	20	2	0	0	<5	60	<1	0	<1	0
Pickles	1	9.0g	0	0	0	0	0	0	125	0	0	0	0
Vinegar	1	3.0g	0	0	0	0	0	0	0	0	0	0	0
Yellow Mustard	1	4.5g	0	0	0	0	0	0	55	0	0	0	0
Salad Oil	1	3.0g	25	25	3	0	0	0	0	0	0	0	0
Banana Peppers	1	11g	0	0	0	0	0	0	65	0	0	0	0
Garnishes - Whole Sub "													
Jalapenos	1	9.0g	0	0	0	0	0	0	150	0	0	0	0
Black Olives	1	7.0g	15	0	1	0	0	0	50	0	0	0	0
Spicy Mustard	1	9.0g	10	0	0	0	0	0	105	<1	0	0	0
Sandwich Dressing	1	14.0g	45	40	4	0	0	<5	120	2	0	2	0
Pickles	1	18.0g	0	0	0	0	0	0	250	0	0	0	0
Vinegar	1	6.0g	0	0	0	0	0	0	0	0	0	0	0
Yellow Mustard	1	9.0g	5	0	0	0	0	0	110	<1	0	0	0
Salad Oil	1	6.0g	50	50	6	1	0	0	0	0	0	0	0
Banana Peppers	1	23g	0	0	0	0	0	0	140	0	0	0	0

Nutritional Information is based on Orion's product formulations and are compiled from nutritional information from the following sources: Suppliers, nutritional analysis using industry standard software, published resources, testing conducted by accredited laboratories, and the USDA Nutrient Database for Standard Reference. The data is expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutritional values for each product, such as variations in serving size, preparation techniques, differences in product assembly at the retail location, seasonal influences, and area of country. Substitutions of ingredients may alter nutritional values. All information is intended for general knowledge and is not a substitute for medical advice or treatment for specific medical conditions. This data reflects US products and builds only.

Nutrient values calculated using the following software: EZ Form Nutrition and Compliance Label Software Copyright © 2014 Version 2016.405.2100 www.primelabel.com