



Serving g	Calories	fat g	fat %DV	sat fat g	trans fat g	sat+trans %DV	cholesterol mg	sodium mg	sodium %DV	carbohydrates g	carbohydrates %DV	fiber g	fiber %DV	sugar g	protein g	Vit A %DV	Vit C %DV	calcium %DV	iron %DV
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**Subs** Nutritional Values for subs are calculated for small white buns, meat/poultry/seafood, lettuce and tomatoes

Classic Subs																				
Assorted Cold Cuts	180	290	9.0	14	3.0	0.0	15	20	1000	42	38	13	2	8	5	16	2	15	2	25
Italian Salami	158	280	10.0	15	3.5	0.1	18	20	730	30	35	12	2	8	4	14	2	15	2	20
Maple Baked Ham	174	250	4.0	6	1.0	0.0	5	10	970	40	40	13	2	8	5	15	2	15	2	20
More Subs You Love																				
White Albacore Tuna	174	280	8.0	12	1.0	0.0	5	20	510	21	37	12	2	8	5	18	2	15	2	20
Meatball	146	360	15.0	23	6.0	0.4	32	30	710	30	38	13	1	4	3	20	0	10	2	35
Roast Beef	154	280	8.0	12	2.5	0.0	13	45	1430	60	35	12	1	4	3	21	0	10	2	25
Pizza Supreme	110	270	10.0	15	3.5	0.1	18	20	730	30	34	11	1	4	3	14	0	10	2	20
Veggie	118	180	2.0	3	0.5	0.0	3	0	260	11	34	11	2	8	4	7	2	15	2	20
BLT	133	260	8.0	12	2.5	0.0	13	20	540	23	34	11	2	8	4	12	2	15	2	20
Grilled Chicken	181	260	5.0	8	1.5	0.0	8	20	560	23	38	13	2	8	6	20	2	15	4	25
Breaded Chicken	203	370	13.0	20	2.0	0.1	11	15	740	31	46	15	2	8	4	20	2	15	2	25
Montreal Style Corned Beef	154	280	7.0	11	2.5	0.2	14	35	1200	50	34	11	1	4	3	21	0	10	2	30
Santa Fe Spicy Chicken	203	370	13.0	20	2.0	0.1	11	15	740	31	46	15	2	8	4	20	2	15	2	25
Seafood with Crab	174	300	10.0	15	1.0	0.0	5	15	750	31	43	14	2	8	8	11	2	15	2	20
Smoked Turkey Breast	160	230	3.5	5	1.0	0.0	5	15	700	29	36	12	2	8	4	14	2	15	2	20
Louisiana Chicken	161	290	8.0	12	2.0	0.1	11	40	820	34	35	12	1	4	3	19	2	10	2	20
Philly Style Steak no Cheese	133	260	5.0	8	2.0	0.0	10	30	580	24	34	11	1	4	4	18	0	10	2	25
Philly Style Steak with Cheese	145	300	8.0	12	3.5	0.1	18	40	780	33	36	12	1	4	5	21	2	10	8	25
Great Canadian Club	184	300	8.0	12	2.5	0.0	13	30	1120	47	38	13	2	8	5	19	2	15	2	20
BBQ Rib	141	360	17.0	26	5.0	0.1	26	20	640	27	34	11	1	4	3	20	0	10	4	25

Panini Grilled Subs																				
Grilled Buffalo Chicken	181	260	5.0	8	1.5	0.0	8	20	560	23	38	13	2	8	6	20	2	15	4	25
Classic Reubin	182	290	7.0	11	2.5	0.2	14	35	1400	58	35	12	2	8	3	21	0	15	4	30
Ultimate Club no Cheddar	198	320	9.0	14	3.0	0.0	15	40	1340	56	38	13	2	8	5	31	2	15	2	25
Ultimate Cheddar Club/Cheese	226	440	16.0	28	9.0	0.4	47	70	1530	64	38	13	2	8	5	27	6	15	20	25
Tuna Melt	156	340	10.0	15	5.0	0.3	27	35	590	25	34	11	1	4	4	29	6	10	20	20

Wraps																				
Louisiana Chicken	190	430	15.0	23	3.0	0.1	16	55	1470	61	48	16	5	20	0	25	2	0	4	20
Roast Beef	218	440	14.0	22	3.0	0.1	16	60	2280	95	49	16	5	20	1	28	0	0	4	25
Albacore Tuna	248	460	16.0	25	1.0	0.0	5	30	1100	46	52	17	6	24	4	25	4	8	4	20
Smoked Turkey Breast	220	360	9.0	14	1.0	0.0	5	15	1320	55	51	17	6	24	2	19	4	8	4	20
Seafood with Crab	218	470	19.0	29	1.5	0.0	8	20	1460	61	61	20	5	20	7	15	2	0	4	15
Veggie	164	310	8.0	12	0.5	0.0	3	0	730	30	49	16	6	24	1	10	4	8	4	20

Breakfast Sandwiches																				
Egg & Cheese	195	435	20.8	32	10.3	0.5	54	257	940	39	36	12	1	4	4	24	13	10	28	24
Ham & Cheese	195	350	12.8	20	4.6	0.2	24	232	1105	46	39	13	1	4	5	22	11	10	13	24
Bacon & Egg	177	365	15.8	24	5.8	0.2	30	241	940	39	36	12	1	4	4	21	11	10	13	24
Steak & Egg	195	355	13.1	20	5.0	0.2	26	241	892	37	37	12	1	4	4	23	11	10	13	26
Sausage & Egg	224	505	29.8	46	10.3	0.3	53	252	1200	50	36	12	1	4	4	26	11	10	13	28

Plain Buns and Tortillas																				
Small White Reduced Salt Sub Bun	70	170	2	3	0.5	0	3	0	260	11	32	11	1	4	3	7	0	10	2	20
Small Whole Wheat Reduced Salt Sub Bun	70	170	2	3	0.5	0.02	3	0	200	8	32	11	2	8	3	7	0	10	2	20
Small Multigrain Reduced Salt Sub Bun	70	170	2	3	0.5	0.00	3	0	195	8	32	11	2	8	3	7	0	10	2	20
Small Mozza-Cheddar Reduced Salt Sub Bun	77	200	4	6	1.5	0.10	8	5	290	12	33	11	1	4	3	9	2	10	6	20
Small Greek Seasoning Reduced Salt Sub Bun	75	200	3.5	5	1.0	0.40	7	0	440	18	35	12	1	4	3	7	0	10	4	25
Whole Wheat Tortilla	65	180	4.5	7	0.0	0	0	0	450	19	30	10	3	13	0	6	0	0	2	10
Regular Tortilla	65	200	4.5	7	0.5	0	3	0	460	19	32	11	1	5	0	6	0	0	0	10
Cheese Tortilla	65	190	4.5	7	0.5	0	3	0	510	21	31	10	1	5	0	5	0	0	0	10
Sun Dried Tortilla	65	190	4.5	7	0.5	0	3	0	470	20	32	11	1	5	0	5	0	0	2	15

Salads																				
Garden	184	35	0.5	1	0.0	0.0	0	0	10	0	6	2	2	8	3	3	35	40	4	10
Classic Caesar	122	70	4.5	7	1.5	0.0	8	15	200	8	2	1	1	4	1	5	30	25	2	8
Grilled Chicken Caesar	185	160	7.0	11	2.0	0.0	10	30	500	21	6	2	1	4	4	18	30	25	4	10
Seafood with Crab	240	150	8.0	12	0.5	0.0	3	15	500	21	15	5	2	8	8	6	35	40	4	10
Maple Baked Ham	225	85	1.5	2	0.5	0.0	3	10	550	23	10	3	2	8	4	8	35	40	4	10
Mediterranean Greek	227	70	3.0	5	0.5	0.0	3	0	125	5	8	3	3	12	4	3	35	70	4	15
Smoked Turkey Breast	226	80	2.0	3	0.3	0.0	2	10	460	19	8	3	2	8	4	9	35	40	4	10
Albacore Tuna	240	140	6.0	9	0.4	0.0	2	20	260	11	8	3	2	8	5	13	35	40	4	10

Soup																				
Chilli With Beef	250	198	1	2	0	0	0	5	1110	46	34	11	10	40	6	13	6	10	6	20
Hearty Chilli with Beef	250	231	2	3	1	0	3	10	1590	66	36	12	11	44	8	18	4	12	6	30
Cream of Broccoli	250	170	10	15	4.5	1.5	30	25	990	41	16	5	2	8	5	3	10	25	8	4
Creamy Tomato & Roasted Red Pepper	250	110	2.5	4	1	0	5	10	950	40	19	6	2	8	9	4	35	35	8	4
Chicken with Rice	250	90	2	3	0.5	0	3	5	930	39	15	5	1	4	1	3	30	4	2	4
Garden Vegetable	250	60	0	0	0	0	0	0	890	37	13	4	1	4	2	2	25	6	2	6
Minestrone	250	80	0	0	0	0	0	0	830	35	17	6	2	8	3	3	4	35	8	4
Italian Wedding	250	140	3.5	5	1	0	5	5	970	40	24	8	1	4	2	4	15	2	2	6
Cream of Mushroom	250	170	10	15	4.5	1.5	30	25	1080	45	16	5	1	4	5	4	2	0	6	2
Cream of Potato & Leek	250	190	9	14	4.5	1	28	25	1040	43	23	8	2	8	4	4	2	2	8	4
Chicken Noodle	250	110	2.5	4	0.5	0	3	5	1080	45	17	6	1	4	1	4	25	2	2	6
Cream of Tomato	250	150	6	9	2	0.1	11	15	950	40	20	7	2	8	8	4	8	10	6	4
Vegetable Beef & Barley	250	90	1	2	0	0	0	5	820	3										