

subconnectionSM

6" Subs
The following are analyzed using American cheese (unless specified) without dressings or sauces

	Calories	Calories from fat	Fat (g)	Sat fat (g)	Trans fat (g)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Sugars(g)	Protein(g)	Sodium (mg)	Vit. A % DV	Vit C % DV	Calcium % DV	Iron % DV
American	440	140	16	6	0	45	54	3	8	21	1410	10	15	15	20
BLT	430	150	17	7	0	30	52	3	6	19	1210	10	15	15	20
Chicken Salad (includes mayo in the salad recipe)	470	150	16	4.5	0	55	52	3	6	29	1250	10	15	15	20
Ham & Cheese	390	90	10	3.5	0	40	54	3	7	23	1360	10	15	15	20
Italian (provolone)	590	240	27	13	0	90	52	3	5	34	1950	20	15	35	20
Roast Beef	400	80	9	3.5	0	35	53	3	7	26	1550	10	15	15	25
Salami	480	180	20	8	0	45	52	3	6	21	1490	10	15	15	15
Seafood Salad (includes mayo in the salad recipe)	450	140	15	4	0	25	60	3	10	17	1470	10	15	15	20
Three Cheese (Amer, prov, Swiss)	560	230	25	15	0	60	54	3	6	32	1230	25	15	70	20
Tuna Salad (includes mayo in the salad recipe)	570	260	29	6	0	50	52	3	6	26	1350	10	15	15	15
Turkey and Ham Club	430	120	13	6	0	45	53	3	7	26	1480	10	15	15	20
Turkey	360	60	6	3	0	25	53	3	6	23	1200	10	15	15	20

The following are analyzed using the standard recipe which may include a special cheese, dressing or sauce

Baja Chicken	600	250	28	11	0	85	53	3	5	35	1730	20	15	35	20
BBQ Crispy Chicken	600	200	22	9	0	55	74	3	16	26	1840	15	15	25	20
Boston Club	590	290	32	8	0	60	50	3	5	23	1540	8	20	4	20
Buffalo Ranch Chicken	600	230	26	10	0	55	63	3	5	30	2120	25	15	35	20
Chicken Fajita	360	90	10	6	0	20	52	3	6	15	1440	15	15	20	15
Chicken Parmesean	580	200	22	9	0	50	64	3	7	30	1680	10	6	35	20
Meatball	750	370	41	20	0	100	58	8	8	37	1780	15	8	40	30
Roasted Chicken Caesar	570	270	29	6	0	70	50	2	3	29	1400	40	10	15	20
Santa Fe Turkey	610	280	31	12	0	65	52	3	6	31	1550	15	15	40	20
Toasted Classic Italian	780	390	44	17	0	120	55	3	6	40	2970	20	15	35	25
Vegetarian	410	130	14	3.5	0	5	57	4	8	15	1160	40	110	15	20

Wraps

The following are analyzed using American cheese (unless specified) without dressings or sauces

American	510	190	21	7	0	45	59	6	6	22	1570	10	15	30	25
BLT	500	200	22	9	0	30	57	6	4	20	1370	10	15	30	25
Chicken Salad	540	190	22	6	0	55	58	6	5	30	1410	10	15	35	25
Ham & Cheese	460	130	15	5	0	40	59	6	5	24	1520	10	15	30	25
Italian (provolone)	660	290	32	14	0	80	58	6	4	35	2110	20	15	50	25
Roast Beef	520	160	17	7	0	45	61	6	7	32	2000	15	15	45	30
Salami	540	220	25	10	0	45	57	6	4	22	1650	10	15	30	20
Seafood Salad	510	180	21	6	0	25	66	6	8	18	1630	10	15	35	25
Three Cheese (Amer, prov, Swiss)	630	270	31	17	0	60	59	6	5	33	1390	25	15	90	25
Tuna Salad	640	310	34	7	0	50	58	6	5	27	1510	10	15	30	20
Turkey	420	100	12	4.5	0	25	58	6	5	24	1360	10	15	35	25
Turkey and Ham Club	500	170	18	7	0	45	59	6	5	27	1640	10	15	35	25

The following are analyzed using the standard recipe which may include a special cheese, dressing or sauce

Baja Chicken	690	320	35	12	0	85	60	6	4	35	1910	20	15	50	25
BBQ Crispy Chicken	580	180	20	6	0	30	78	6	13	24	1740	10	15	35	25
Boston Club	650	330	37	10	0	50	56	6	3	24	1700	8	20	20	25
Buffalo Ranch Chicken	690	300	33	12	0	55	68	6	3	30	2330	25	15	60	25
Reduced Fat Buffalo Ranch Chicken	500	140	16	4	0	65	58	6	4	31	1710	20	15	25	25
Chicken Fajita	550	170	19	8	0	80	57	6	4	37	1610	15	15	40	25
Chicken Parmesean	650	250	28	11	0	50	70	7	6	31	1840	10	6	50	25
Meatball	820	410	46	22	0	100	63	11	7	38	1940	15	8	60	35
Roasted Chicken Caesar	850	510	57	11	0	95	59	6	1	33	2190	40	10	40	25
Toasted Classic Italian	850	440	49	19	0	115	60	6	5	42	3130	20	15	50	25
Vegetarian	470	170	19	5	0	5	63	7	6	16	1250	45	110	35	25

Cheese,

American	70	35	4	2.5	0	10	3	0	2	6	380	4	*	15	*
Cheddar	120	90	10	7	0	30	0	0	0	7	190	6	*	20	*
Pepperjack	90	60	7	5	0	20	1	0	0	0	360	6	*	20	*
Provolone	100	70	8	5	0	20	0	0	0	7	250	6	*	20	2
Swiss	100		8	5	0	25	1	0	0	8	60	6	*	25	*

Breads

12" Wheat Flour Tortilla	290	60	7	3	0	0	50	6	0	9	750	*	*	25	15
12" White Flour Tortilla	310	70	8	2.5	0	0	52	5	1	9	670	*	*	20	20
12" Wheat Sub Roll	480	50	6	1.5	0	0	88	10	6	19	830	*	*	4	35
12" White Sub Roll	490	50	6	1.5	0	0	93	4	6	16	1020	*	*	2	30
Specialty 12" Sub Rolls (white rolls unless specified) Nutrients for 6" sub rolls are approximately half those of the 12"															
Cheddar	550	100	11	5	0	15	93	4	6	20	1120	4	*	10	30
Garlic Parmesean	500	60	6	2	0	0	93	4	6	17	1050	*	*	4	30
Garlic Black Pepper Cheddar	550	90	10	4.5	0	15	94	4	6	20	1110	4	*	15	35
Honey Wheat	490	50	6	1.5	0	0	90	10	9	19	830	*	*	4	35
Italian Herb	490	50	6	1.5	0	0	94	4	6	17	1280	2	2	4	35
Jalapeno Cheddar	550	90	10	4.5	0	15	93	4	6	20	1140	4	*	10	30
Parmesean Pepper	560	90	10	4	0	15	94	4	6	22	1250	4	*	20	35
Parmesean	550	90	10	4	0	15	93	5	6	22	1250	4	*	20	30
Roasted Onion	530	70	8	2	0	20	96	4	7	17	1220	2	4	4	30
Rolled Oat and Wheat	520	60	7	1.5	0	0	95	11	6	20	830	*	*	4	40
Salt and Pepper	490	50	6	1.5	0	0	93	4	6	16	1600	*	*	2	30
Toasted Sesame	500	60	7	2	0	20	93	4	6	17	1040	2	*	2	30
Tomato and Italian Herb	510	60	7	2	0	0	96	4	6	17	1380	6	8	6	35

Sauces and Dressings

Baja Sauce	50	50	6	1	0	5	<1	0	0	0	190	2	*	2	*
BBQ Ranch Dressing															
Creole Mayo	70	60	7	1	0	5	<1	0	0	0	85	*	*	*	*
Horseradish Sauce	80	70	8	1	0	5	0	0	0	0	150	*	2	*	*
Mayonnaise	100	100	11	1.5	0	10	0	0	0	0	75	*	*	*	*
Oil and Vinegar	80	80	9	1	0	0	0	0	0	0	0	*	*	*	2
Santa Fe	140	130	14	2	0	0	3	0	2	0	550	4	6	2	*
Southwest Mayo	100	100	11	1.5	0	10	0	0	0	0	120	*	*	*	*
Spicy Buffalo Blue Cheese	240	230	26	5	0	20	2	0	2	2	1070	10	*	6	*
Sweet Pepper Sauce	80	70	8	1	0	5	0	0	0	0	90	*	2	*	*
Tex Mex Sauce	60	60	7	1	0	5	0	0	0	0	100	*	*	*	*
Ken's															
Balsamic Vinaigrette	110	110	12	1.5	0	0	1	0	1	0	280	*	*	*	*
Chunky Bleu Cheese	160	150	17	3.5	0	15	1	0	1	1	310	*	*	4	*
Homestyle Ranch	100	100	11	1.5	0	10	1	0	0	0	290	*	*	2	*
Honey Mustard	130	100	11	1.5	0	15	7	0	6	0	210	*	*	*	*
Lite Italian	50	45	5	0.5	0	0	2	0	1	0	440	*	*	*	*
Northern Italian	130	130	14	2	0	0	1	0	0	0	340	2	6	2	
Tableside Caesar	140	140	15	2.5	0	15	2		2	2	420	*	*	6	*

Toppings

Banana Peppers	9	0	0	0	0	0	2	11	0	0	480	*	*	*	*
Black Olives	35	25	3	0	0	0	2	<1	0	0	250	2	*	2	6
Green Pepper	10	0	0	0	0	0	3	1	1	<1	0	4	80	2	2
Jalapeños	0	0	0	0	0	0	0	0	0	0	170		2		2
Lettuce	0	0	0	0	0	0	0	0	0	0	0	2	2	*	*
Onions	10	0	0	0	0	0	2	0	<1	0	0	*	2	*	*
Pickle Chips	0	0	0	0	0	0	0	0	0	0	80	*	*	*	*
Sliced tomato	0	0	0	0	0	0	<1	0	<1	0	0	4	4	*	*
Sweet Peppers	30	0	0	0	0	0	6	0	6	0	150	*	*	*	*