



# NUTRITIONAL INFORMATION

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THE NUTRITIONAL/INGREDIENT INFORMATION LISTED ON OUR WEBSITE IS BASED ON CURRENT LABELING. THE INFORMATION MAY VARY BASED ON THE SUPPLIERS, SUBSTITUTIONS, RECIPE ADAPTATIONS, OR GROWING SEASON OF THE PRODUCTS.

WHILE WE ARE COMMITTED TO PROVIDING AS ACCURATE NUTRITIONAL INFORMATION AS POSSIBLE, THERE MAY BE DIFFERENCES BETWEEN THE ACTUAL NUTRITIONAL CONTENT OF YOUR FRESHLY PREPARED MENU ITEM AND THE NUTRITIONAL VALUES PROVIDED IN THIS DOCUMENT. THE NUTRITIONAL VALUES STATED MAY REFLECT THE NUTRITIONAL CONTENT FOR A MENU ITEM IN ITS ENTIRETY (E.G. INCLUDING SIDES) OR BY SEPARATE MENU ITEM COMPONENT. THE NUTRITIONAL VALUES WE PROVIDE ARE DERIVED USING AN INDUSTRY STANDARD DATABASE, BUT DO NOT ACCOUNT FOR THE NATURAL VARIABILITY THAT OCCURS WITHIN INGREDIENTS, VARIATION THAT OCCURS DUE TO THE HAND-PREPARED NATURE OF EACH ITEM OR VARIATION THAT MAY OCCUR DUE TO SUBSTITUTIONS THAT OUR GUESTS REQUEST. PLEASE KEEP THIS IN MIND WHEN MAKING DINING DECISIONS.

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**NUTRITIONAL  
INFORMATION**
**5" DELI SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>CLASSIC</b> (Multigrain)	380	150	16	7	0	0	1.5	60	1560	0	36	3	6	24
<b>CLASSIC</b> (Wheat)	370	140	16	7	0	1	2	60	1660	75	32	2	1	23
<b>CLASSIC</b> (White)	370	140	16	7	0	1	2	60	1660	55	32	1	1	23
<b>CLASSIC</b> (Extra Meat)	70	45	5	2	0	0	0	20	590	0	0	0	0	6
<b>THE ITALIAN</b> (Multigrain)	420	180	20	8	0	0	1.5	70	1620	0	36	3	6	27
<b>THE ITALIAN</b> (Wheat)	410	180	20	8	0	1	2	75	1720	75	32	2	1	26
<b>THE ITALIAN</b> (White)	410	180	20	8	0	1	2	75	1720	55	32	1	1	26
<b>THE ITALIAN</b> (Extra Meat)	90	60	7	2	0	0	0	30	610	0	0	0	0	7
<b>ROAST BEEF</b> (Multigrain)	340	80	9	4.5	0	0	1.5	30	1050	0	38	3	7	28
<b>ROAST BEEF</b> (Wheat)	320	80	9	4.5	0	1	2	30	1140	75	34	2	2	27
<b>ROAST BEEF</b> (White)	320	80	9	4.5	0	1	2	30	1140	55	34	1	2	27
<b>ROAST BEEF</b> (Extra Meat)	45	10	1	0	0	0	0	5	330	0	1	0	0	8
<b>MILE HIGH TURKEY</b> (Multigrain)	320	60	7	4	0	0	1.5	50	1160	0	40	3	7	27
<b>MILE HIGH TURKEY</b> (Wheat)	300	60	7	4	0	1	2	50	1260	75	36	2	2	25
<b>MILE HIGH TURKEY</b> (White)	300	60	6	4	0	1	2	50	1260	55	36	1	2	26
<b>MILE HIGH TURKEY</b> (Extra Meat)	35	0	0	0	0	0	0	20	380	0	2	0	0	7
<b>AMERICAN CLUB</b> (Multigrain)	440	180	20	9	0	0	1.5	65	1540	0	38	3	6	28
<b>AMERICAN CLUB</b> (Wheat)	420	170	20	9	0	1	2	65	1640	75	34	2	2	26
<b>AMERICAN CLUB</b> (White)	420	170	20	9	0	1	2	65	1640	55	34	1	2	27
<b>AMERICAN CLUB</b> (Extra Meat)	40	20	2	1	0	0	0	15	400	0	1	0	0	5
<b>DELUXE CLUB</b> (Multigrain)	420	150	17	8	0	0	1.5	50	1310	0	39	3	7	29
<b>DELUXE CLUB</b> (Wheat)	400	150	16	8	0	1	2	55	1410	75	35	2	2	28
<b>DELUXE CLUB</b> (White)	400	140	16	8	0	1	2	55	1410	55	35	1	2	28
<b>DELUXE CLUB</b> (Extra Meat)	30	0	0	0	0	0	0	10	290	0	1	0	0	6
<b>CHICKEN SALAD</b> (Multigrain)	350	100	11	3	0	4	2	65	950	260	38	3	6	22
<b>CHICKEN SALAD</b> (Wheat)	330	100	11	3	0	5	2.5	65	1040	330	34	2	2	21
<b>CHICKEN SALAD</b> (White)	330	100	11	3	0	4.5	2.5	65	1040	310	34	1	2	21
<b>CHICKEN SALAD</b> (Extra Meat)	80	40	5	1	0	2	1	30	360	130	2	0	0	7
<b>TUNA SALAD</b> (Multigrain)	340	100	11	3	0	3.5	1.5	50	840	10	38	3	7	22
<b>TUNA SALAD</b> (Wheat)	320	100	11	3	0	4	2	50	940	80	34	2	2	21
<b>TUNA SALAD</b> (White)	320	100	11	3	0	4	2	50	940	60	34	1	2	21
<b>TUNA SALAD</b> (Extra Meat)	80	40	4.5	1	0	1.5	1	25	310	0	1	0	0	7
<b>GARDEN VEGGIE</b> (Multigrain)	370	130	14	9	0	0	3.5	40	450	230	41	4	8	20
<b>GARDEN VEGGIE</b> (Wheat)	350	130	14	9	0	1.5	4	40	550	300	37	3	4	19
<b>GARDEN VEGGIE</b> (White)	350	130	14	9	0	1	4	40	550	280	37	3	4	19

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**NUTRITIONAL  
INFORMATION**
**7.5" DELI SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>CLASSIC</b> (Multigrain)	580	220	25	11	0	0	2	90	2380	0	53	5	9	37
<b>CLASSIC</b> (Wheat)	550	220	25	11	0	1.5	2.5	90	2530	110	47	3	2	35
<b>CLASSIC</b> (White)	550	220	25	11	0	1	2.5	90	2530	80	47	2	2	35
<b>CLASSIC</b> (Extra Meat)	100	70	7	3	0	0	0	35	890	0	0	0	0	9
<b>THE ITALIAN</b> (Multigrain)	640	270	31	12	0	0	2	105	2500	0	53	5	9	41
<b>THE ITALIAN</b> (Wheat)	610	270	31	12	0	1.5	2.5	110	2640	110	47	3	2	39
<b>THE ITALIAN</b> (White)	610	270	30	12	0	1	2.5	110	2640	80	47	2	2	40
<b>THE ITALIAN</b> (Extra Meat)	130	90	10	3	0	0	0	45	950	0	0	0	0	11
<b>ROAST BEEF</b> (Multigrain)	510	120	13	7	0	0	2	45	1600	0	57	5	11	43
<b>ROAST BEEF</b> (Wheat)	480	120	13	7	0	1.5	2.5	45	1750	110	51	3	4	41
<b>ROAST BEEF</b> (White)	480	110	13	7	0	1	2.5	45	1750	80	51	2	4	41
<b>ROAST BEEF</b> (Extra Meat)	70	15	1.5	0.5	0	0	0	10	510	0	2	0	1	12
<b>MILE HIGH TURKEY</b> (Multigrain)	490	90	10	6	0	0	2	75	1780	0	60	5	11	41
<b>MILE HIGH TURKEY</b> (Wheat)	460	90	10	6	0	1.5	2.5	80	1930	110	54	3	4	39
<b>MILE HIGH TURKEY</b> (White)	460	90	10	6	0	1	2.5	80	1930	80	54	2	4	39
<b>MILE HIGH TURKEY</b> (Extra Meat)	60	0	0	0	0	0	0	30	590	0	3	0	1	11
<b>AMERICAN CLUB</b> (Multigrain)	620	230	26	12	0	0	2	95	2280		56	5	9	41
<b>AMERICAN CLUB</b> (Wheat)	590	230	26	12	0	1.5	2.5	95	2420	110	50	3	2	39
<b>AMERICAN CLUB</b> (White)	590	230	26	12	0	1	2.5	95	2420	80	50	2	2	39
<b>AMERICAN CLUB</b> (Extra Meat)	70	30	3.5	1.5	0	0	0	25	670	0	1	0	0	9
<b>DELUXE CLUB</b> (Multigrain)	580	180	21	10	0	0	2	70	1900	0	58	5	10	44
<b>DELUXE CLUB</b> (Wheat)	560	180	20	10	0	1.5	2.5	75	2050	110	52	3	3	42
<b>DELUXE CLUB</b> (White)	560	180	20	10	0	1	2.5	75	2050	80	52	2	3	42
<b>DELUXE CLUB</b> (Extra Meat)	50	5	0.5	0	0	0	0	15	490	0	2	0	0	10
<b>CHICKEN SALAD</b> (Multigrain)	610	190	22	5	0	8	4	125	1780	520	59	5	10	40
<b>CHICKEN SALAD</b> (Wheat)	580	190	21	5	0	9	4.5	130	1930	630	53	3	3	38
<b>CHICKEN SALAD</b> (White)	580	190	21	5	0	9	4.5	130	1930	600	53	2	3	39
<b>CHICKEN SALAD</b> (Extra Meat)	170	80	10	2	0	4	2	65	720	260	3	0	0	14
<b>TUNA SALAD</b> (Multigrain)	590	190	21	5	0	7	3.5	100	1570	20	58	5	10	40
<b>TUNA SALAD</b> (Wheat)	570	190	21	5	0	8	4	100	1710	130	52	3	3	38
<b>TUNA SALAD</b> (White)	570	180	21	5	0	8	4	100	1710	100	52	2	3	38
<b>TUNA SALAD</b> (Extra Meat)	160	80	9	2	0	3.5	1.5	50	610	10	3	0	0	14
<b>GARDEN VEGGIE</b> (Multigrain)	550	190	22	13	0.5	0.5	6	60	680	360	61	7	13	30
<b>GARDEN VEGGIE</b> (Wheat)	530	190	22	13	0.5	2	6	60	820	470	55	5	6	28
<b>GARDEN VEGGIE</b> (White)	530	190	21	13	0.5	1.5	6	60	820	440	55	4	6	29

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**NUTRITIONAL  
INFORMATION**
**10" DELI SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>CLASSIC</b> (Multigrain)	760	300	32	14	0	0	3	120	3120	0	72	6	12	48
<b>CLASSIC</b> (Wheat)	740	280	32	14	0	2	4	120	3320	150	64	4	2	46
<b>CLASSIC</b> (White)	740	280	32	14	0	2	4	120	3320	110	64	2	2	46
<b>CLASSIC</b> (Extra Meat)	140	90	10	4	0	0	0	40	1180	0	0	0	0	12
<b>THE ITALIAN</b> (Multigrain)	840	360	40	16	0	0	3	140	3240	0	72	6	12	54
<b>THE ITALIAN</b> (Wheat)	820	360	40	16	0	2	4	150	3440	150	64	4	2	52
<b>THE ITALIAN</b> (White)	820	360	40	16	0	2	4	150	3440	110	64	2	2	52
<b>THE ITALIAN</b> (Extra Meat)	180	120	14	4	0	0	0	60	1220	0	0	0	0	14
<b>ROAST BEEF</b> (Multigrain)	680	160	18	9	0	0	3	60	2100	0	76	6	14	56
<b>ROAST BEEF</b> (Wheat)	640	160	18	9	0	2	4	60	2280	150	68	4	4	54
<b>ROAST BEEF</b> (White)	640	160	18	9	0	2	4	60	2280	110	68	2	4	54
<b>ROAST BEEF</b> (Extra Meat)	90	20	2	0	0	0	0	10	660	0	2	0	0	16
<b>MILE HIGH TURKEY</b> (Multigrain)	640	120	14	8	0	0	3	100	2320	0	80	6	14	54
<b>MILE HIGH TURKEY</b> (Wheat)	600	120	14	8	0	2	4	100	2520	150	72	4	4	50
<b>MILE HIGH TURKEY</b> (White)	600	120	12	8	0	2	4	100	2520	110	72	2	4	52
<b>MILE HIGH TURKEY</b> (Extra Meat)	70	0	0	0	0	0	0	40	760	0	4	0	0	14
<b>AMERICAN CLUB</b> (Multigrain)	880	360	40	18	0	0	3	130	3080	0	76	6	12	56
<b>AMERICAN CLUB</b> (Wheat)	840	340	40	18	0	2	4	130	3280	150	68	4	4	52
<b>AMERICAN CLUB</b> (White)	840	340	40	18	0	2	4	130	3280	110	68	2	4	54
<b>AMERICAN CLUB</b> (Extra Meat)	80	40	4	2	0	0	0	30	800	0	2	0	0	10
<b>DELUXE CLUB</b> (Multigrain)	840	300	34	16	0	0	3	100	2620	0	78	6	14	58
<b>DELUXE CLUB</b> (Wheat)	800	300	32	16	0	2	4	110	2820	150	70	4	4	56
<b>DELUXE CLUB</b> (White)	800	280	32	16	0	2	4	110	2820	110	70	2	4	56
<b>DELUXE CLUB</b> (Extra Meat)	60	0	0	0	0	0	0	20	580	0	2	0	0	12
<b>CHICKEN SALAD</b> (Multigrain)	700	200	22	6	0	8	4	130	1900	520	76	6	12	44
<b>CHICKEN SALAD</b> (Wheat)	660	200	22	6	0	10	5	130	2080	660	68	4	4	42
<b>CHICKEN SALAD</b> (White)	660	200	22	6	0	9	5	130	2080	620	68	2	4	42
<b>CHICKEN SALAD</b> (Extra Meat)	160	80	10	2	0	4	2	60	720	260	4	0	0	14
<b>TUNA SALAD</b> (Multigrain)	680	200	22	6	0	7	3	100	1680	20	76	6	14	44
<b>TUNA SALAD</b> (Wheat)	640	200	22	6	0	8	4	100	1880	160	68	4	4	42
<b>TUNA SALAD</b> (White)	640	200	22	6	0	8	4	100	1880	120	68	2	4	42
<b>TUNA SALAD</b> (Extra Meat)	160	80	9	2	0	3	2	50	620	0	2	0	0	14
<b>GARDEN VEGGIE</b> (Multigrain)	740	260	28	18	0	0	7	80	900	460	82	8	16	40
<b>GARDEN VEGGIE</b> (Wheat)	700	260	28	18	0	3	8	80	1100	600	74	6	8	38
<b>GARDEN VEGGIE</b> (White)	700	260	28	18	0	2	8	80	1100	560	74	6	8	38

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**NUTRITIONAL  
INFORMATION**
**15" DELI SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>CLASSIC</b> (Multigrain)	1160	440	50	22	0	0	4	180	4760	0	106	10	18	74
<b>CLASSIC</b> (Wheat)	1100	440	50	22	0	3	5	180	5060	220	94	6	4	70
<b>CLASSIC</b> (White)	1100	440	50	22	0	2	5	180	5060	160	94	4	4	70
<b>CLASSIC</b> (Extra Meat)	200	140	14	6	0	0	0	70	1780	0	0	0	0	18
<b>THE ITALIAN</b> (Multigrain)	1280	540	62	24	0	0	4	210	5000	0	106	10	18	82
<b>THE ITALIAN</b> (Wheat)	1220	540	62	24	0	3	5	220	5280	220	94	6	4	78
<b>THE ITALIAN</b> (White)	1220	540	60	24	0	2	5	220	5280	160	94	4	4	80
<b>THE ITALIAN</b> (Extra Meat)	260	180	20	6	0	0	0	90	1900	0	0	0	0	22
<b>ROAST BEEF</b> (Multigrain)	1020	240	26	14	0	0	4	90	3200	0	114	10	22	86
<b>ROAST BEEF</b> (Wheat)	960	240	26	14	0	3	5	90	3500	220	102	6	8	82
<b>ROAST BEEF</b> (White)	960	220	26	14	0	2	5	90	3500	160	102	4	8	82
<b>ROAST BEEF</b> (Extra Meat)	140	30	3	1	0	0	0	20	1020	0	4	0	2	24
<b>MILE HIGH TURKEY</b> (Multigrain)	980	180	20	12	0	0	4	150	3560	0	120	10	22	82
<b>MILE HIGH TURKEY</b> (Wheat)	920	180	20	12	0	3	5	160	3860	220	108	6	8	78
<b>MILE HIGH TURKEY</b> (White)	920	180	20	12	0	2	5	160	3860	160	108	4	8	78
<b>MILE HIGH TURKEY</b> (Extra Meat)	120	0	0	0	0	0	0	60	1180	0	6	0	2	22
<b>AMERICAN CLUB</b> (Multigrain)	1240	460	52	24	0	0	4	190	4560	0	112	10	18	82
<b>AMERICAN CLUB</b> (Wheat)	1180	460	52	24	0	3	5	190	4840	220	100	6	4	78
<b>AMERICAN CLUB</b> (White)	1180	460	52	24	0	2	5	190	4840	160	100	4	4	78
<b>AMERICAN CLUB</b> (Extra Meat)	140	60	7	3	0	0	0	50	1340	0	2	0	0	18
<b>DELUXE CLUB</b> (Multigrain)	1160	360	42	20	0	0	4	140	3800	0	116	10	20	88
<b>DELUXE CLUB</b> (Wheat)	1120	360	40	20	0	3	5	150	4100	220	104	6	6	84
<b>DELUXE CLUB</b> (White)	1120	360	40	20	0	2	5	150	4100	160	104	4	6	84
<b>DELUXE CLUB</b> (Extra Meat)	100	10	1	0	0	0	0	30	980	0	4	0	0	20
<b>CHICKEN SALAD</b> (Multigrain)	1220	380	44	10	0	16	8	250	3560	1040	118	10	20	80
<b>CHICKEN SALAD</b> (Wheat)	1160	380	42	10	0	18	9	260	3860	1260	106	6	6	76
<b>CHICKEN SALAD</b> (White)	1160	380	42	10	0	18	9	260	3860	1200	106	4	6	78
<b>CHICKEN SALAD</b> (Extra Meat)	340	160	20	4	0	8	4	130	1440	520	6	0	0	28
<b>TUNA SALAD</b> (Multigrain)	1180	380	42	10	0	14	7	200	3140	40	116	10	20	80
<b>TUNA SALAD</b> (Wheat)	1140	380	42	10	0	16	8	200	3420	260	104	6	6	76
<b>TUNA SALAD</b> (White)	1140	360	42	10	0	16	8	200	3420	200	104	4	6	76
<b>TUNA SALAD</b> (Extra Meat)	320	160	18	4	0	7	3	100	1220	20	6	0	0	28
<b>GARDEN VEGGIE</b> (Multigrain)	1100	380	44	26	1	1	12	120	1360	720	122	14	26	60
<b>GARDEN VEGGIE</b> (Wheat)	1060	380	44	26	1	4	12	120	1640	940	110	10	12	56
<b>GARDEN VEGGIE</b> (White)	1060	380	42	26	1	3	12	120	1640	880	110	8	12	58

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**NUTRITIONAL  
INFORMATION**
**5" GRILLED SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>PHILLY CHEESESTEAK</b> (Multigrain)	430	140	15	8	0	0	0	70	1010	65	40	4	8	33
<b>PHILLY CHEESESTEAK</b> (Wheat)	410	140	15	8	0	1	0	75	1110	140	36	3	3	32
<b>PHILLY CHEESESTEAK</b> (White)	410	130	15	8	0	0.5	0	75	1110	120	36	2	3	32
<b>PHILLY CHEESESTEAK</b> (Extra Meat)	60	25	3	1	0	0	0	25	160	0	0	0	0	9
<b>A-1 PHILLY</b> (Multigrain)	450	140	15	8	0	0	0	70	1360	65	44	4	10	33
<b>A-1 PHILLY</b> (Wheat)	430	140	15	8	0	1	0	75	1460	140	40	3	6	32
<b>A-1 PHILLY</b> (White)	430	130	15	8	0	0.5	0	75	1460	120	40	2	6	32
<b>A-1 PHILLY</b> (Extra Meat)	60	25	3	1	0	0	0	25	160	0	0	0	0	9
<b>CHICKEN PHILLY</b> (Multigrain)	410	110	12	7	0	0	0	100	1170	65	40	4	8	36
<b>CHICKEN PHILLY</b> (Wheat)	390	100	12	7	0	1	0	100	1270	140	36	3	3	35
<b>CHICKEN PHILLY</b> (White)	390	100	12	7	0	0.5	0	100	1270	120	36	2	3	35
<b>CHICKEN PHILLY</b> (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
<b>BUFFALO CHICKEN PHILLY</b> (Multigrain)	410	110	12	7	0	0	0	100	2040	65	40	4	8	36
<b>BUFFALO CHICKEN PHILLY</b> (Wheat)	390	100	12	7	0	1	0	100	2140	140	36	3	3	35
<b>BUFFALO CHICKEN PHILLY</b> (White)	390	100	12	7	0	0.5	0	100	2140	120	36	2	3	35
<b>BUFFALO CHICKEN PHILLY</b> (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
<b>CHICKEN TERIYAKI PHILLY</b> (Multigrain)	480	110	12	7	0	0	0	100	1710	65	56	4	22	37
<b>CHICKEN TERIYAKI PHILLY</b> (Wheat)	470	100	12	7	0	1	0	100	1800	140	52	3	17	36
<b>CHICKEN TERIYAKI PHILLY</b> (White)	470	100	12	7	0	0.5	0	100	1800	120	52	2	17	36
<b>CHICKEN TERIYAKI PHILLY</b> (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
<b>CHICKEN PARM PHILLY</b> (Multigrain)	460	120	14	7	0	0	0	100	1430	240	46	4	12	38
<b>CHICKEN PARM PHILLY</b> (Wheat)	440	120	14	7	0	1	0.5	100	1530	310	42	3	8	37
<b>CHICKEN PARM PHILLY</b> (White)	440	120	14	7	0	0.5	0.5	100	1530	290	42	3	8	37
<b>CHICKEN PARM PHILLY</b> (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
<b>VEGGIE PHILLY</b> (Multigrain)	340	90	10	6	0	0	0	25	690	420	47	6	12	16
<b>VEGGIE PHILLY</b> (Wheat)	320	90	10	6	0	1	0	25	790	490	43	5	7	15
<b>VEGGIE PHILLY</b> (White)	320	90	10	6	0	1	0	25	790	470	43	4	7	15
<b>MEATBALL</b> (Multigrain)	580	270	30	13	0	0	0	70	1640	210	48	5	12	29
<b>MEATBALL</b> (Wheat)	560	270	30	13	0	1	0.5	75	1740	280	44	4	7	28
<b>MEATBALL</b> (White)	560	270	30	13	0	0.5	0.5	75	1740	260	44	3	7	28
<b>MEATBALL</b> (Extra Meat)	140	90	10	3.5	0	0	0	20	460	100	6	0	3	7
<b>FRENCH DIP</b> (Multigrain)	380	100	12	7	0	0	0	40	1980	0	39	3	7	30
<b>FRENCH DIP</b> (Wheat)	360	100	12	7	0	1.0	0	40	2070	75	35	2	3	29
<b>FRENCH DIP</b> (White)	360	100	11	7	0	0.5	0	40	2070	55	35	1	3	29
<b>FRENCH DIP</b> (Extra Meat)	45	10	1	0	0	0	0	5	330	0	1	0	0	8
<b>HOT ITALIAN</b> (Multigrain)	430	180	21	8	0	0	1.5	70	1620	20	37	3	6	28
<b>HOT ITALIAN</b> (Wheat)	420	180	21	8	0	1.5	2	75	1720	95	33	2	2	26
<b>HOT ITALIAN</b> (White)	420	180	20	8	0	1	2	75	1720	75	33	2	2	27
<b>HOT ITALIAN</b> (Extra Meat)	90	60	7	2	0	0	0	30	610	0	0	0	0	7

THE NUTRITIONAL/INGREDIENT INFORMATION LISTED ON OUR WEBSITE IS BASED ON CURRENT LABELING. THE INFORMATION MAY VARY BASED ON THE SUPPLIERS, SUBSTITUTIONS, RECIPE ADAPTATIONS, OR GROWING SEASON OF THE PRODUCTS.




**NUTRITIONAL  
INFORMATION**
**7.5" GRILLED SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>PHILLY CHEESESTEAK</b> (Multigrain)	650	210	23	13	0.5	0	0	110	1510	100	60	5	12	50
<b>PHILLY CHEESESTEAK</b> (Wheat)	620	200	23	13	0.5	1.5	0.5	110	1660	210	54	4	5	48
<b>PHILLY CHEESESTEAK</b> (White)	620	200	23	13	0.5	1	0.5	110	1660	180	54	3	5	48
<b>PHILLY CHEESESTEAK</b> (Extra Meat)	100	40	4.5	2	0	0	0	35	240	0	0	0	0	14
<b>A-1 PHILLY</b> (Multigrain)	670	210	23	13	0.5	0	0	110	1980	100	65	5	15	50
<b>A-1 PHILLY</b> (Wheat)	650	200	23	13	0.5	1.5	0.5	110	2130	210	59	4	8	48
<b>A-1 PHILLY</b> (White)	650	200	23	13	0.5	1	0.5	110	2130	180	59	3	8	48
<b>A-1 PHILLY</b> (Extra Meat)	100	40	4.5	2	0	0	0	35	240	0	0	0	0	14
<b>CHICKEN PHILLY</b> (Multigrain)	610	160	18	10	0	0	0	145	1750	100	60	5	12	55
<b>CHICKEN PHILLY</b> (Wheat)	590	160	18	10	0	1.5	0.5	150	1900	210	54	4	5	53
<b>CHICKEN PHILLY</b> (White)	590	150	17	10	0	1	0.5	150	1900	180	54	3	5	53
<b>CHICKEN PHILLY</b> (Extra Meat)	80	15	1.5	0.5	0	0	0	55	360	0	0	0	0	16
<b>BUFFALO CHICKEN PHILLY</b> (Multigrain)	610	160	18	10	0	0	0	145	3490	100	60	5	12	55
<b>BUFFALO CHICKEN PHILLY</b> (Wheat)	590	160	18	10	0	1.5	0.5	150	3640	210	54	4	5	53
<b>BUFFALO CHICKEN PHILLY</b> (White)	590	150	17	10	0	1	0.5	150	3640	180	54	3	5	53
<b>BUFFALO CHICKEN PHILLY</b> (Extra Meat)	80	15	1.5	0.5	0	0	0	55	360	0	0	0	0	16
<b>CHICKEN TERIYAKI PHILLY</b> (Multigrain)	730	160	18	10	0	0	0	145	2560	100	84	5	33	56
<b>CHICKEN TERIYAKI PHILLY</b> (Wheat)	700	160	18	10	0	1.5	0.5	150	2710	210	78	4	26	54
<b>CHICKEN TERIYAKI PHILLY</b> (White)	700	150	17	10	0	1	0.5	150	2710	180	78	3	26	54
<b>CHICKEN TERIYAKI PHILLY</b> (Extra Meat)	80	15	1.5	0.5	0	0	0	55	360	0	0	0	0	16
<b>CHICKEN PARM PHILLY</b> (Multigrain)	690	190	21	11	0	0	0	150	2140	360	69	7	18	57
<b>CHICKEN PARM PHILLY</b> (Wheat)	660	180	21	11	0	1.5	1	150	2280	470	63	5	11	55
<b>CHICKEN PARM PHILLY</b> (White)	660	180	21	11	0	1	1	150	2280	440	63	4	11	55
<b>CHICKEN PARM PHILLY</b> (Extra Meat)	80	15	1.5	0.5	0	0	0	55	360	0	0	0	0	16
<b>VEGGIE PHILLY</b> (Multigrain)	500	130	15	9	0	0		40	1030	590	69	9	17	24
<b>VEGGIE PHILLY</b> (Wheat)	470	130	15	9	0	1.5	0.5	40	1180	700	63	7	10	22
<b>VEGGIE PHILLY</b> (White)	470	130	14	9	0	1	0.5	40	1180	670	63	6	10	23
<b>MEATBALL</b> (Multigrain)	910	430	49	21	0	0	0	115	2610	340	74	8	19	46
<b>MEATBALL</b> (Wheat)	880	430	49	21	0	1.5	1	115	2750	450	68	6	12	44
<b>MEATBALL</b> (White)	880	430	48	21	0	1	1	115	2750	420	68	5	12	44
<b>MEATBALL</b> (Extra Meat)	230	150	17	6	0	0	0	35	770	170	10	2	5	12
<b>FRENCH DIP</b> (Multigrain)	560	160	18	10	0	0	0	60	2680	0	59	5	11	46
<b>FRENCH DIP</b> (Wheat)	540	150	17	10	0	1.5	0	60	2820	110	53	3	4	44
<b>FRENCH DIP</b> (White)	540	150	17	10	0	1	0	60	2820	80	53	2	4	44
<b>FRENCH DIP</b> (Extra Meat)	70	15	1.5	0.5	0	0	0	10	510	0	2	0	1	12
<b>HOT ITALIAN</b> (Multigrain)	650	280	32	12	0	0.5	2.5	105	2500	35	55	5	10	41
<b>HOT ITALIAN</b> (Wheat)	630	280	31	12	0	2	3	110	2640	140	49	3	3	39
<b>HOT ITALIAN</b> (White)	630	270	31	12	0	1.5	3	110	2640	115	49	2	3	40
<b>HOT ITALIAN</b> (Extra Meat)	130	90	10	3	0	0	0	45	950	0	0	0	0	11



**NUTRITIONAL  
INFORMATION**

**7.5" GRILLED SANDWICHES (CONT.)**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>BEAN BURGER SUB</b> (Multigrain)	590	180	20	10	0	3.5	1.5	40	1510	380	73	11	12	36
<b>BEAN BURGER SUB</b> (Wheat)	570	180	20	10	0	4.5	2	40	1650	490	67	10	5	34
<b>BEAN BURGER SUB</b> (White)	570	170	20	10	0	4.5	2	40	1650	460	67	9	5	35
<b>ITALIAN SAUSAGE</b> (Multigrain)	750	330	38	12	0	2	4	100	1690	170	63	7	13	41
<b>ITALIAN SAUSAGE</b> (Wheat)	730	330	37	12	0	3.5	4.5	100	1840	280	57	6	6	39
<b>ITALIAN SAUSAGE</b> (White)	730	330	37	12	0	3	4.5	100	1840	250	57	5	6	39
<b>HOT DOG</b> (Multigrain)	980	590	67	27	0	0	0	115	2480	0	62	5	14	36
<b>HOT DOG</b> (Wheat)	950	590	66	27	0	1.5	0	120	2630	110	56	3	7	34
<b>HOT DOG</b> (White)	950	580	66	27	0	1	0	120	2630	80	56	2	7	34




**NUTRITIONAL  
INFORMATION**
**10" GRILLED SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>PHILLY CHEESESTEAK</b> (Multigrain)	860	280	30	16	0	0	0	140	2020	130	80	8	16	66
<b>PHILLY CHEESESTEAK</b> (Wheat)	820	280	30	16	0	2	0	150	2220	280	72	6	6	64
<b>PHILLY CHEESESTEAK</b> (White)	820	260	30	16	0	1	0	150	2220	240	72	4	6	64
<b>PHILLY CHEESESTEAK</b> (Extra Meat)	120	50	6	2	0	0	0	50	320	0	0	0	0	18
<b>A-1 PHILLY</b> (Multigrain)	900	280	30	16	0	0	0	140	2720	130	88	8	20	66
<b>A-1 PHILLY</b> (Wheat)	860	280	30	16	0	2	0	150	2920	280	80	6	12	64
<b>A-1 PHILLY</b> (White)	860	260	30	16	0	1	0	150	2920	240	80	4	12	64
<b>A-1 PHILLY</b> (Extra Meat)	120	50	6	2	0	0	0	50	320	0	0	0	0	18
<b>CHICKEN PHILLY</b> (Multigrain)	820	220	24	14	0	0	0	200	2340	130	80	8	16	72
<b>CHICKEN PHILLY</b> (Wheat)	780	200	24	14	0	2	0	200	2540	280	72	6	6	70
<b>CHICKEN PHILLY</b> (White)	780	200	24	14	0	1	0	200	2540	240	72	4	6	70
<b>CHICKEN PHILLY</b> (Extra Meat)	100	20	2	0	0	0	0	70	480	0	0	0	0	22
<b>BUFFALO CHICKEN PHILLY</b> (Multigrain)	820	220	24	14	0	0	0	200	4080	130	80	8	16	72
<b>BUFFALO CHICKEN PHILLY</b> (Wheat)	780	200	24	14	0	2	0	200	4280	280	72	6	6	70
<b>BUFFALO CHICKEN PHILLY</b> (White)	780	200	24	14	0	1	0	200	4280	240	72	4	6	70
<b>BUFFALO CHICKEN PHILLY</b> (Extra Meat)	100	20	2	0	0	0	0	70	480	0	0	0	0	22
<b>CHICKEN TERIYAKI PHILLY</b> (Multigrain)	960	220	24	14	0	0	0	200	3420	130	112	8	44	74
<b>CHICKEN TERIYAKI PHILLY</b> (Wheat)	940	200	24	14	0	2	0	200	3600	280	104	6	34	72
<b>CHICKEN TERIYAKI PHILLY</b> (White)	940	200	24	14	0	1	0	200	3600	240	104	4	34	72
<b>CHICKEN TERIYAKI PHILLY</b> (Extra Meat)	100	20	2	0	0	0	0	70	480	0	0	0	0	22
<b>CHICKEN PARM PHILLY</b> (Multigrain)	920	240	28	14	0	0	0	200	2860	480	92	8	24	76
<b>CHICKEN PARM PHILLY</b> (Wheat)	880	240	28	14	0	2	1	200	3060	620	84	6	16	74
<b>CHICKEN PARM PHILLY</b> (White)	880	240	28	14	0	1	1	200	3060	580	84	6	16	74
<b>CHICKEN PARM PHILLY</b> (Extra Meat)	100	20	2	0	0	0	0	70	480	0	0	0	0	22
<b>VEGGIE PHILLY</b> (Multigrain)	680	180	20	12	0	0	0	50	1380	840	94	12	24	32
<b>VEGGIE PHILLY</b> (Wheat)	640	180	20	12	0	2	0	50	1580	980	86	10	14	30
<b>VEGGIE PHILLY</b> (White)	640	180	20	12	0	2	0	50	1580	940	86	8	14	30
<b>MEATBALL</b> (Multigrain)	1160	540	60	26	0	0	0	140	3280	420	96	10	24	58
<b>MEATBALL</b> (Wheat)	1120	540	60	26	0	2	1	150	3480	560	88	8	14	56
<b>MEATBALL</b> (White)	1120	540	60	26	0	1	1	150	3480	520	88	6	14	56
<b>MEATBALL</b> (Extra Meat)	280	180	20	7	0	0	0	40	920	200	12	0	6	14
<b>FRENCH DIP</b> (Multigrain)	90	20	2	0	0	0	0	10	660	0	2	0	0	16
<b>FRENCH DIP</b> (Wheat)	760	200	24	14	0	0	0	80	3960	0	78	6	14	60
<b>FRENCH DIP</b> (White)	720	200	24	14	0	2	0	80	4140	150	70	4	6	58
<b>FRENCH DIP</b> (Extra Meat)	720	200	22	14	0	1	0	80	4140	110	70	2	6	58
<b>HOT ITALIAN</b> (Multigrain)	860	360	42	16	0	0	3	140	3240	40	74	6	12	56
<b>HOT ITALIAN</b> (Wheat)	840	360	42	16	0	3	4	150	3440	190	66	4	4	52
<b>HOT ITALIAN</b> (White)	840	360	40	16	0	2	4	150	3440	150	66	4	4	54
<b>HOT ITALIAN</b> (Extra Meat)	180	120	14	4	0	0	0	60	1220	0	0	0	0	14


**NUTRITIONAL  
INFORMATION**
**15" GRILLED SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>PHILLY CHEESESTEAK</b> (Multigrain)	1300	420	46	26	1	0	0	220	3020	200	120	10	24	100
<b>PHILLY CHEESESTEAK</b> (Wheat)	1240	400	46	26	1	3	1	220	3320	420	108	8	10	96
<b>PHILLY CHEESESTEAK</b> (White)	1240	400	46	26	1	2	1	220	3320	360	108	6	10	96
<b>PHILLY CHEESESTEAK</b> (Extra Meat)	200	80	9	4	0	0	0	70	480	0	0	0	0	28
<b>A-1 PHILLY</b> (Multigrain)	1340	420	46	26	1	0	0	220	3960	200	130	10	30	100
<b>A-1 PHILLY</b> (Wheat)	1300	400	46	26	1	3	1	220	4260	420	118	8	16	96
<b>A-1 PHILLY</b> (White)	1300	400	46	26	1	2	1	220	4260	360	118	6	16	96
<b>A-1 PHILLY</b> (Extra Meat)	200	80	9	4	0	0	0	70	480	0	0	0	0	28
<b>CHICKEN PHILLY</b> (Multigrain)	1220	320	36	20	0	0	0	290	3500	200	120	10	24	110
<b>CHICKEN PHILLY</b> (Wheat)	1180	320	36	20	0	3	1	300	3800	420	108	8	10	106
<b>CHICKEN PHILLY</b> (White)	1180	300	34	20	0	2	1	300	3800	360	108	6	10	106
<b>CHICKEN PHILLY</b> (Extra Meat)	160	30	3	1	0	0	0	110	720	0	0	0	0	32
<b>BUFFALO CHICKEN PHILLY</b> (Multigrain)	1220	320	36	20	0	0	0	290	6980	200	120	10	24	110
<b>BUFFALO CHICKEN PHILLY</b> (Wheat)	1180	320	36	20	0	3	1	300	7280	420	108	8	10	106
<b>BUFFALO CHICKEN PHILLY</b> (White)	1180	300	34	20	0	2	1	300	7280	360	108	6	10	106
<b>BUFFALO CHICKEN PHILLY</b> (Extra Meat)	160	30	3	1	0	0	0	110	720	0	0	0	0	32
<b>CHICKEN TERIYAKI PHILLY</b> (Multigrain)	1460	320	36	20	0	0	0	290	5120	200	168	10	66	112
<b>CHICKEN TERIYAKI PHILLY</b> (Wheat)	1400	320	36	20	0	3	1	300	5420	420	156	8	52	108
<b>CHICKEN TERIYAKI PHILLY</b> (White)	1400	300	34	20	0	2	1	300	5420	360	156	6	52	108
<b>CHICKEN TERIYAKI PHILLY</b> (Extra Meat)	160	30	3	1	0	0	0	110	720	0	0	0	0	32
<b>CHICKEN PARM PHILLY</b> (Multigrain)	1380	380	42	22	0	0	0	300	4280	720	138	14	36	114
<b>CHICKEN PARM PHILLY</b> (Wheat)	1320	360	42	22	0	3	2	300	4560	940	126	10	22	110
<b>CHICKEN PARM PHILLY</b> (White)	1320	360	42	22	0	2	2	300	4560	880	126	8	22	110
<b>CHICKEN PARM PHILLY</b> (Extra Meat)	160	30	3	1	0	0	0	110	720	0	0	0	0	32
<b>VEGGIE PHILLY</b> (Multigrain)	1000	260	30	18	0	0	0	80	2060	1180	138	18	34	48
<b>VEGGIE PHILLY</b> (Wheat)	940	260	30	18	0	3	1	80	2360	1400	126	14	20	44
<b>VEGGIE PHILLY</b> (White)	940	260	28	18	0	2	1	80	2360	1340	126	12	20	46
<b>MEATBALL</b> (Multigrain)	1820	860	98	42	0	0	0	230	5220	680	148	16	38	92
<b>MEATBALL</b> (Wheat)	1760	860	98	42	0	3	2	230	5500	900	136	12	24	88
<b>MEATBALL</b> (White)	1760	860	96	42	0	2	2	230	5500	840	136	10	24	88
<b>MEATBALL</b> (Extra Meat)	460	300	34	12	0	0	0	70	1540	340	20	4	10	24
<b>FRENCH DIP</b> (Multigrain)	1120	320	36	20	0	0	0	120	5360	0	118	10	22	92
<b>FRENCH DIP</b> (Wheat)	1080	300	34	20	0	3	0	120	5640	220	106	6	8	88
<b>FRENCH DIP</b> (White)	1080	300	34	20	0	2	0	120	5640	160	106	4	8	88
<b>FRENCH DIP</b> (Extra Meat)	140	30	3	1	0	0	0	20	1020	0	4	0	2	24
<b>HOT ITALIAN</b> (Multigrain)	1300	560	64	24	0	1	5	210	5000	70	110	10	20	82
<b>HOT ITALIAN</b> (Wheat)	1260	560	62	24	0	4	6	220	5280	280	98	6	6	78
<b>HOT ITALIAN</b> (White)	1260	540	62	24	0	3	6	220	5280	230	98	4	6	80
<b>HOT ITALIAN</b> (Extra Meat)	260	180	20	6	0	0	0	90	1900	0	0	0	0	22

THE NUTRITIONAL/INGREDIENT INFORMATION LISTED ON OUR WEBSITE IS BASED ON CURRENT LABELING. THE INFORMATION MAY VARY BASED ON THE SUPPLIERS, SUBSTITUTIONS, RECIPE ADAPTATIONS, OR GROWING SEASON OF THE PRODUCTS.


**NUTRITIONAL  
INFORMATION**
**5" SANDWICH ADD-ONS**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
AU JUS	5	0	0	0	0	0	0	0	640	0	1	0	0	1
BACON	100	80	9	3.5	0	0	0	15	340	0	0	0	0	5
BANANA PEPPERS	0	0	0	0	0	0	0	0	150	0	0	0	0	0
RED OR GREEN PEPPERS	0	0	0	0	0	0	0	0	0	10	0	0	0	0
BLACK PEPPER	0	0	0	0	0	0	0	0	0	0	0	0	0	0
GRILLED ONIONS	15	0	0	0	0	0	0	0	0	65	4	0	2	1
LENNYS® HOT PEPPER RELISH	0	0	0	0	0	0	0	0	420	0	0	0	0	0
KETCHUP	25	0	0	0	0	0	0	0	270	0	8	0	7	0
LETTUCE	0	0	0	0	0	0	0	0	0	40	1	0	0	0
MAYONNAISE	20	20	2	0	0	1.5	0.5	3	80	0	1	0	0	0
OLIVE OIL	80	80	9	1.5	0	1	7	0	0	0	0	0	0	0
OLIVES	10	10	1	0	0	0	1	0	45	0	0	0	0	0
ONIONS	0	0	0	0	0	0	0	0	0	15	1	0	0	0
OREGANO	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PARMESAN CHEESE	10	5	0.5	0	0	0	0	0	35	0	0	0	0	1
PICKLES	0	0	0	0	0	0	0	0	220	0	0	0	0	0
PROVOLONE CHEESE	70	45	5	3	0	0	1.5	15	160	0	0	0	0	5
SALT	0	0	0	0	0	0	0	0	260	0	0	0	0	0
SWEET PICKLE RELISH	25	0	0	0	0	0	0	0	280	0	6	0	6	0
SWISS AMERICAN CHEESE	100	70	8	5	0	0	0	25	450	0	1	0	0	6
SWISS CHEESE	100	70	8	5	0	0	2	25	50	25	1	0	0	7
TOMATO	5	0	0	0	0	0	0	0	0	95	2	0	1	0
RED WINE VINEGAR	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YELLOW MUSTARD	20	10	1	0	0	0	0.5	0	320	40	2	0	0	1


**NUTRITIONAL  
INFORMATION**
**7.5" SANDWICH ADD-ONS**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
AU JUS	5	0	0	0	0	0	0	0	640	0	1	0	0	1
BACON	100	80	9	3.5	0	0	0	15	340	0	0	0	0	5
BANANA PEPPERS	0	0	0	0	0	0	0	0	230	0	1	0	0	0
RED OR GREEN PEPPERS	0	0	0	0	0	0	0	0	0	15	0	0	0	0
BLACK PEPPER	0	0	0	0	0	0	0	0	0	0	0	0	0	0
GRILLED ONIONS	25	0	0	0	0	0	0	0	0	100	6	0	3	1
LENNYS® HOT PEPPER RELISH	0	0	0	0	0	0	0	0	620	0	0	0	0	0
KETCHUP	25	0	0	0	0	0	0	0	270	0	8	0	7	0
LETTUCE	10	0	0	0	0	0	0	0	5	80	2	0	1	1
MAYONNAISE	35	30	3.5	0	0	2	1	5	120	0	1	0	0	0
OLIVE OIL	110	110	12	1.5	0	1.5	9	0	0	0	0	0	0	0
OLIVES	20	20	2	0	0	0	2	0	90	0	0	0	0	0
ONIONS	0	0	0	0	0	0	0	0	0	15	1	0	0	0
OREGANO	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PARMESAN CHEESE	10	5	0.5	0	0	0	0	0	35	0	0	0	0	1
PICKLES	0	0	0	0	0	0	0	0	370	0	0	0	0	0
PROVOLONE CHEESE	100	70	8	4.5	0	0	2	20	250	0	1	0	0	7
SALT	0	0	0	0	0	0	0	0	390	0	0	0	0	0
SWEET PICKLE RELISH	25	0	0	0	0	0	0	0	280	0	6	0	6	0
SWISS AMERICAN CHEESE	150	110	12	8	0	0	0	40	680	0	1	0	0	9
SWISS CHEESE	150	100	11	7	0	0	3.5	35	75	35	1	0	0	10
TOMATO	10	0	0	0	0	0	0	0	0	140	2	0	2	1
RED WINE VINEGAR	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YELLOW MUSTARD	20	10	1	0	0	0	0.5	0	320	40	2	0	0	1


**NUTRITIONAL  
INFORMATION**
**10" SANDWICH ADD-ONS**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
AU JUS	10	0	0	0	0	0	0	0	1280	0	2	0	0	2
BACON	200	160	18	7	0	0	0	30	680	0	0	0	0	10
BANANA PEPPERS	0	0	0	0	0	0	0	0	300	0	0	0	0	0
RED OR GREEN PEPPERS	0	0	0	0	0	0	0	0	0	20	0	0	0	0
BLACK PEPPER	0	0	0	0	0	0	0	0	0	0	0	0	0	0
GRILLED ONIONS	30	0	0	0	0	0	0	0	0	130	8	0	4	2
LENNYS® HOT PEPPER RELISH	0	0	0	0	0	0	0	0	840	0	0	0	0	0
KETCHUP	50	0	0	0	0	0	0	0	540	0	16	0	14	0
LETTUCE	0	0	0	0	0	0	0	0	0	80	2	0	0	0
MAYONNAISE	40	40	4	0	0	3	1	6	160	0	2	0	0	0
OLIVE OIL	160	160	18	3	0	2	14	0	0	0	0	0	0	0
OLIVES	20	20	2	0	0	0	2	0	90	0	0	0	0	0
ONIONS	0	0	0	0	0	0	0	0	0	30	2	0	0	0
OREGANO	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PARMESAN CHEESE	20	10	1	0	0	0	0	0	70	0	0	0	0	2
PICKLES	0	0	0	0	0	0	0	0	440	0	0	0	0	0
PROVOLONE CHEESE	140	90	10	6	0	0	3	30	320	0	0	0	0	10
SALT	0	0	0	0	0	0	0	0	520	0	0	0	0	0
SWEET PICKLE RELISH	50	0	0	0	0	0	0	0	560	0	12	0	12	0
SWISS AMERICAN CHEESE	200	140	16	10	0	0	0	50	900	0	2	0	0	12
SWISS CHEESE	200	140	16	10	0	0	4	50	100	50	2	0	0	14
TOMATO	10	0	0	0	0	0	0	0	0	190	4	0	2	0
RED WINE VINEGAR	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YELLOW MUSTARD	40	20	2	0	0	0	1	0	640	80	4	0	0	2


**NUTRITIONAL  
INFORMATION**
**15" SANDWICH ADD-ONS**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
AU JUS	10	0	0	0	0	0	0	0	1280	0	2	0	0	2
BACON	200	160	18	7	0	0	0	30	680	0	0	0	0	10
BANANA PEPPERS	0	0	0	0	0	0	0	0	460	0	2	0	0	0
RED OR GREEN PEPPERS	0	0	0	0	0	0	0	0	0	30	0	0	0	0
BLACK PEPPER	0	0	0	0	0	0	0	0	0	0	0	0	0	0
GRILLED ONIONS	50	0	0	0	0	0	0	0	0	200	12	0	6	2
LENNYS® HOT PEPPER RELISH	0	0	0	0	0	0	0	0	1240	0	0	0	0	0
KETCHUP	50	0	0	0	0	0	0	0	540	0	16	0	14	0
LETTUCE	20	0	0	0	0	0	0	0	10	160	4	0	2	2
MAYONNAISE	70	60	7	0	0	4	2	10	240	0	2	0	0	0
OLIVE OIL	220	220	24	3	0	3	18	0	0	0	0	0	0	0
OLIVES	40	40	4	0	0	0	4	0	180	0	0	0	0	0
ONIONS	0	0	0	0	0	0	0	0	0	30	2	0	0	0
OREGANO	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PARMESAN CHEESE	20	10	1	0	0	0	0	0	70	0	0	0	0	2
PICKLES	0	0	0	0	0	0	0	0	740	0	0	0	0	0
PROVOLONE CHEESE	200	140	16	9	0	0	4	40	500	0	2	0	0	14
SALT	0	0	0	0	0	0	0	0	780	0	0	0	0	0
SWEET PICKLE RELISH	50	0	0	0	0	0	0	0	560	0	12	0	12	0
SWISS AMERICAN CHEESE	300	220	24	16	0	0	0	80	1360	0	2	0	0	18
SWISS CHEESE	300	200	22	14	0	0	7	70	150	70	2	0	0	20
TOMATO	20	0	0	0	0	0	0	0	0	280	4	0	4	2
RED WINE VINEGAR	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YELLOW MUSTARD	40	20	2	0	0	0	1	0	640	80	4	0	0	2


**NUTRITIONAL  
INFORMATION**
**WRAPS**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>CLASSIC</b> (Spinach)	510	190	22	10	0	0	1.5	60	2070	0	52	2	0	26
<b>CLASSIC</b> (Extra Meat)	70	45	5	2	0	0	0	20	590	0	0	0	0	6
<b>THE ITALIAN</b> (Spinach)	550	230	26	10	0	0	1.5	70	2130	0	52	2	0	29
<b>THE ITALIAN</b> (Extra Meat)	90	60	7	2	0	0	0	30	610	0	0	0	0	7
<b>ROAST BEEF</b> (Spinach)	460	130	14	7	0	0	1.5	30	1560	0	54	2	1	29
<b>ROAST BEEF</b> (Extra Meat)	45	10	1	0	0	0	0	5	330	0	1	0	0	8
<b>MILE HIGH TURKEY</b> (Spinach)	450	110	12	6	0	0	1.5	50	1670	0	56	2	1	28
<b>MILE HIGH TURKEY</b> (Extra Meat)	35	0	0	0	0	0	0	20	380	0	2	0	0	7
<b>AMERICAN CLUB</b> (Spinach)	560	220	25	11	0	0	1.5	65	2050	0	54	2	0	29
<b>AMERICAN CLUB</b> (Extra Meat)	40	20	2	1	0	0	0	15	400	0	1	0	0	5
<b>DELUXE CLUB</b> (Spinach)	540	190	22	10	0	0	1.5	50	1820	0	55	2	1	31
<b>DELUXE CLUB</b> (Extra Meat)	30	0	0	0	0	0	0	10	290	0	1	0	0	6
<b>CHICKEN SALAD</b> (Spinach)	480	150	17	5	0	4	2	65	1460	260	54	2	0	24
<b>CHICKEN SALAD</b> (Extra Meat)	80	45	5	1	0	2	1	30	360	130	2	0	0	7
<b>TUNA SALAD</b> (Spinach)	470	150	16	5	0	3.5	1.5	50	1350	10	54	2	0	23
<b>TUNA SALAD</b> (Extra Meat)	80	45	5	1	0	1.5	1	25	310	0	1	0	0	7
<b>GARDEN VEGGIE</b> (Spinach)	480	170	19	10	0	0	1.5	35	1300	200	57	3	3	20
<b>PHILLY CHEESESTEAK</b> (Spinach)	560	180	21	10	0	0	0	70	1520	65	56	3	2	35
<b>PHILLY CHEESESTEAK</b> (Extra Meat)	60	25	3	1	0	0	0	25	160	0	0	0	0	9
<b>A-1 PHILLY</b> (Spinach)	580	180	21	10	0	0	0	70	2030	65	60	3	5	35
<b>A-1 PHILLY</b> (Extra Meat)	60	25	3	1	0	0	0	25	160	0	0	0	0	9
<b>CHICKEN PHILLY CHEESESTEAK</b> (Spinach)	540	150	17	9	0	0	0	100	1680	65	56	3	2	38
<b>CHICKEN PHILLY CHEESESTEAK</b> (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
<b>BUFFALO CHICKEN PHILLY</b> (Spinach)	540	150	17	9	0	0	0	100	2710	65	56	3	2	38
<b>BUFFALO CHICKEN PHILLY</b> (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
<b>CHICKEN TERIYAKI PHILLY</b> (Spinach)	610	150	17	9	0	0	0	100	2220	65	72	3	16	39
<b>CHICKEN TERIYAKI PHILLY</b> (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
<b>CHICKEN PARM PHILLY</b> (Spinach)	580	170	19	10	0	0	0	100	2100	240	62	3	7	39
<b>CHICKEN PARM PHILLY</b> (Extra Meat)	50	10	1	0	0	0	0	35	240	0	0	0	0	11
<b>VEGGIE PHILLY</b> (Spinach)	460	140	15	8	0	0	0	25	1200	420	63	5	6	18
<b>FRENCH DIP</b> (Spinach)	500	150	17	9	0	0	0	40	2490	0	55	2	2	32
<b>FRENCH DIP</b> (Extra Meat)	45	10	1	0	0	0	0	5	330	0	1	0	0	8
<b>HOT ITALIAN</b> (Spinach)	560	230	26	10	0	0	1.5	70	2130	20	53	2	0	29
<b>HOT ITALIAN</b> (Extra Meat)	90	60	7	2	0	0	0	30	610	0	0	0	0	7




**NUTRITIONAL  
INFORMATION**
**KID'S SANDWICHES**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>KID'S TURKEY &amp; CHEESE</b> (Multigrain)	200	20	2.5	1.5	0	0	0	30	730	0	29	2	5	17
<b>KID'S TURKEY &amp; CHEESE</b> (Wheat)	190	20	2.5	1.5	0	0.5	0.5	30	800	55	26	1	2	16
<b>KID'S TURKEY &amp; CHEESE</b> (White)	190	20	2.5	1.5	0	0.5	0.5	30	800	40	26	0	2	16
<b>KID'S TURKEY &amp; CHEESE</b> (ExtraMeat)	25	0	0	0	0	0	0	10	260	0	1	0	0	5
<b>KID'S HAM &amp; CHEESE</b> (Multigrain)	240	80	9	4	0	0	0	35	1030	0	26	2	4	15
<b>KID'S HAM &amp; CHEESE</b> (Wheat)	230	80	9	4	0	0.5	0.5	35	1100	55	23	1	0	14
<b>KID'S HAM &amp; CHEESE</b> (White)	230	80	9	4	0	0.5	0.5	35	1100	40	23	0	0	14
<b>KID'S HAM &amp; CHEESE</b> (ExtraMeat)	45	30	3.5	1.5	0	0	0	15	410	0	0	0	0	4
<b>KID'S MEATBALL</b> (Multigrain)	380	170	19	8	0	0	0	45	1040	140	35	3	8	19
<b>KID'S MEATBALL</b> (Wheat)	370	170	19	8	0	0.5	0	45	1110	190	32	3	5	18
<b>KID'S MEATBALL</b> (White)	370	170	19	8	0	0.5	0	45	1110	180	32	2	5	18
<b>KID'S MEATBALL</b> (ExtraMeat)	90	60	7	2.5	0	0	0	15	310	70	4	0	2	5
<b>KID'S HOT DOG</b> (Multigrain)	490	290	33	14	0	0	0	60	1240	0	31	2	7	18
<b>KID'S HOT DOG</b> (Wheat)	470	290	33	14	0	0.5	0	60	1310	55	28	1	4	17
<b>KID'S HOT DOG</b> (White)	470	290	33	14	0	0.5	0	60	1310	40	28	0	4	17


**NUTRITIONAL  
INFORMATION**
**SALADS**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
CHEF SALAD	330	160	18	9	0	0.5	3.5	190	1570	230	12	3	6	30
CHICKEN SALAD SALAD	200	90	10	2	0	4	2	65	740	430	11	3	5	16
FARMSTEAD SALAD	450	230	26	12	0	0.5	3.5	245	1310	660	10	3	5	41
FUJI APPLE PECAN SALAD	480	200	23	8	0	3	7	125	1180	700	37	7	27	33
GARDEN SALAD	150	80	10	6	0	0	2.5	30	190	200	8	3	4	9
GREEK SALAD	320	130	15	7	0	0	3.5	125	1580	620	11	3	6	31
CHICKEN PHILLY SALAD	370	140	15	9	0	0	0	145	1730	250	15	4	7	45
STEAK PHILLY SALAD	410	180	21	11	0.5	0	0	110	1490	250	15	4	7	40
GREEK SIDE SALAD	90	45	5	3	0	0	2	15	420	190	7	2	4	4
TUNA SALAD SALAD	230	100	11	2.5	0	4	2	60	750	180	11	3	5	19

**SALAD ADD-ONS**

BANANA PEPPERS	0	0	0	0	0	0	0	0	300	0	1	0	0	0
BLACK PEPPER	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Keebler® Club® CRACKERS	70	35	4.0	0	0	0	0	0	0	0	4	0	2	2
LENNYS® HOT PEPPER RELISH	0	0	0	0	0	0	0	0	830	0	0	0	0	0
OLIVE OIL	130	130	14	2.0	0	1.5	10	0	0	0	0	0	0	0
OLIVES	20	20	2.0	0	0	0	2.0	0	90	0	0	0	0	0
OREGANO	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PROVOLONE CHEESE	70	45	5	3.0	0	0	1.5	15	160	0	0	0	0	5
SALT	0	0	0	0	0	0	0	0	230	0	0	0	0	0
SWISS AMERICAN CHEESE	150	110	12	8	0	0	0	40	680	0	1	0	0	9

**SALAD DRESSINGS (1.5oz)**

1000 ISLAND DRESSING	220	180	21	3.0	0	0	0	20	350	0	6	0	6	0
BLUE CHEESE DRESSING	210	180	21	4.0	0	0	0	25	430	0	2	0	2	2
HONEY MUSTARD	180	140	16	3.0	0	0	0	15	260	0	0	8	7	0
ITALIAN DRESSING	220	210	24	4.0	0	0	0	0	450	0	1	0	0	0
LITE RANCH DRESSING	70	35	4.0	0	0	0	0	0	310	0	8	0	3	1
RANCH DRESSING	210	210	24	4.0	0	0	0	10	370	0	2	0	0	1


**NUTRITIONAL  
INFORMATION**
**CHIPS (ONE BAG)**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
LAY'S® Baked Barbecue Flavored Potato Crisps	140	30	3.5	0	0	0	0	0	220	0	24	2	3	2
CHEETOS® Crunchy Cheese Flavored Snacks	200	70	8	1.5	0	0	0	5	360	0	29	1	2	3
DORITOS® Nacho Cheese Flavored Tortilla Chips	140	70	8	1	0	0	0	0	210	0	16	1	0	2
DORITOS® COOL RANCH® Flavored Tortilla Chips	150	70	8	1	0	0	0	0	180	0	18	2	1	2
Lennys Baked Barbecue Potato Thin Crisps	130	25	3	0	0	0	0	0	210	0	24	2	2	1
Lennys Baked Original Potato Thin Crisps	130	20	2.5	0	0	0	0	0	250	0	25	2	1	2
Lennys Barbecue Potato Chips	220	110	13	1	0	0	0	0	340	0	25	1	3	2
Lennys Jalapeno Potato Chips	220	110	13	1	0	0	0	0	380	0	25	2	3	3
Lennys Original Kettle Chips	200	100	11	1	0	0	0	0	190	0	23	2	0	3
Lennys Original Potato Chips	230	130	15	1.5	0	0	0	0	270	0	24	2	0	3
Lennys Ripple Cheddar & Sour Cream Potato Chips	220	120	14	1.5	0	0	0	0	340	0	24	1	1	3
Lennys Salt & Vinegar Kettle Chips	190	90	10	1	0	0	0	0	400	0	23	2	0	2
Lennys Sour Cream & Onion Potato Chips	220	120	13	1.5	0	0	0	0	300	0	24	1	2	3

**COOKIES**

CHOCOLATE CHIP	360	150	16	5	0	4.5	4	20	390	0	52	2	31	5
OATMEAL RAISIN	350	120	14	6	0	1.5	5	10	300	0	54	3	30	5
WHITE CHOCOLATE MACADAMIA	410	190	22	10	0	1.5	7	20	330	0	49	0	33	4


**NUTRITIONAL  
INFORMATION**
**BEVERAGES (SMALL 12oz)**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Barq's Root Beer	160	0	0	0	0	0	0	0	70	0	45	0	44	0
Coca-Cola Cherry®	150	0	0	0	0	0	0	0	35	0	42	0	42	0
Coca-Cola®	150	0	0	0	0	0	0	0	45	0	40	0	40	0
Coca-Cola zero SUGAR®	0	0	0	0	0	0	0	0	40	0	0	0	0	0
Diet Coke®	0	0	0	0	0	0	0	0	40	0	0	0	0	0
Dr Pepper	150	0	0	0	0	0	0	0	60	0	40	0	38	0
Fanta® Orange	160	0	0	0	0	0	0	0	55	0	44	0	44	0
Hi-C® Flashin' Fruit Punch	160	0	0	0	0	0	0	0	15	0	42	0	42	0
Mello Yello®	170	0	0	0	0	0	0	0	45	0	47	0	47	0
Minute Maid® Lemonade	160	0	0	0	0	0	0	0	25	0	43	0	42	0
Mr. Pibb	140	0	0	0	0	0	0	0	40	0	39	0	39	0
POWERADE® Fruit Punch	80	0	0	0	0	0	0	0	150	35	22	0	21	0
Sprite®	150	0	0	0	0	0	0	0	35	0	37	0	33	0
Sweet Tea	100	0	0	0	0	0	0	0	10	130	26	0	25	0
Unsweet Tea	0	0	0	0	0	0	0	0	10	130	1	0	0	0

**BEVERAGES (MED 21oz)**

Barq's Root Beer	280	0	0	0	0	0	0	0	120	0	79	0	78	0
Coca-Cola Cherry®	260	0	0	0	0	0	0	0	60	0	73	0	73	0
Coca-Cola®	260	0	0	0	0	0	0	0	80	0	71	0	71	0
Diet Coke®	0	0	0	0	0	0	0	0	75	0	0	0	0	0
Dr Pepper	260	0	0	0	0	0	0	0	105	0	69	0	67	0
Fanta® Orange	280	0	0	0	0	0	0	0	95	0	78	0	78	0
Hi-C® Flashin' Fruit Punch	270	0	0	0	0	0	0	0	25	0	73	0	73	0
Mello Yello®	300	0	0	0	0	0	0	0	80	0	82	0	82	0
Minute Maid® Lemonade	290	0	0	0	0	0	0	0	40	0	76	0	74	0
Mr. Pibb	240	0	0	0	0	0	0	0	70	0	68	0	68	0
POWERADE® Fruit Punch	140	0	0	0	0	0	0	0	260	60	38	0	37	0
Sprite®	260	0	0	0	0	0	0	0	60	5	66	0	58	0
Sweet Tea	170	0	0	0	0	0	0	0	20	230	45	0	43	0
Unsweet Tea	5	0	0	0	0	0	0	0	20	230	2	0	0	0


**NUTRITIONAL  
INFORMATION**
**BEVERAGES (LARGE 32oz)**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Barq's Root Beer	430	0	0	0	0	0	0	0	180	0	120	0	118	0
Coca-Cola Cherry®	400	0	0	0	0	0	0	0	95	0	112	0	112	0
Coca-Cola®	400	0	0	0	0	0	0	0	120	0	108	0	108	0
Coca-Cola zero SUGAR®	0	0	0	0	0	0	0	0	110	0	0	0	0	0
Diet Coke®	0	0	0	0	0	0	0	0	110	0	0	0	0	0
Dr Pepper	400	0	0	0	0	0	0	0	160	0	106	0	102	0
Fanta® Orange	430	0	0	0	0	0	0	0	140	0	118	0	118	0
Hi-C® Flashin' Fruit Punch	420	0	0	0	0	0	0	0	35	0	112	0	112	0
Mello Yello®	450	0	0	0	0	0	0	0	120	0	125	0	125	0
Minute Maid® Lemonade	440	0	0	0	0	0	0	0	60	0	116	0	112	0
Mr. Pibb	370	0	0	0	0	0	0	0	105	0	104	0	104	0
POWERADE® Fruit Punch	210	0	0	0	0	0	0	0	400	95	59	0	56	0
Sprite®	390	0	0	0	0	0	0	0	90	10	100	0	89	0
Sweet Tea	270	0	0	0	0	0	0	0	30	350	69	0	66	0
Unsweet Tea	10	0	0	0	0	0	0	0	30	350	3	0	0	0

**BEVERAGES (1 GALLON)**

Lemonade	1760	0	0	0	0	0	0	0	240	0	464	0	448	0
Sweet Tea	1070	0	0	0	0	0	0	0	115	1410	277	0	265	0
Unsweet Tea	40	0	0	0	0	0	0	0	115	1400	11	0	0	0