

**NUTRITIONAL INFORMATION**

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
COLD SUBS															
01 - Italian Dry Salami & Swiss - 4 inch, Sourdough bread	430	170	19g	8g	0g	50mg	1100mg	51g	2g	< 1g	21g	4%	0%	15%	4%
01 - Italian Dry Salami & Swiss - 4 inch, Wheat bread	350	180	21g	8g	0g	50mg	950mg	33g	3g	1g	18g	4%	0%	15%	4%
01 - Italian Dry Salami & Swiss - 4 inch, White bread	360	180	20g	8g	0g	50mg	940mg	26g	1g	1g	18g	4%	0%	15%	4%
01 - Italian Dry Salami & Swiss - 6 inch, Lettuce Wrap	270	190	22g	9g	0g	55mg	850mg	3g	1g	1g	16g	100%	4%	20%	6%
01 - Italian Dry Salami & Swiss - 6 inch, Sourdough bread	550	190	22g	9g	0g	55mg	1430mg	76g	3g	< 1g	26g	4%	0%	15%	4%
01 - Italian Dry Salami & Swiss - 6 inch, Wheat bread	380	160	19g	7g	0g	40mg	960mg	48g	4g	2g	19g	4%	0%	15%	2%
01 - Italian Dry Salami & Swiss - 6 inch, White bread	450	200	24g	9g	0g	55mg	1190mg	38g	2g	2g	21g	4%	0%	15%	4%
01 - Italian Dry Salami & Swiss - 8 inch, Lettuce Wrap	360	260	29g	13g	0g	70mg	1130mg	5g	2g	2g	21g	150%	6%	25%	10%
01 - Italian Dry Salami & Swiss - 8 inch, Sourdough bread	740	260	29g	12g	0g	70mg	1900mg	102g	4g	1g	34g	4%	0%	25%	6%
01 - Italian Dry Salami & Swiss - 8 inch, Wheat bread	590	270	32g	12g	0g	70mg	1610mg	64g	6g	2g	29g	4%	0%	25%	6%
01 - Italian Dry Salami & Swiss - 8 inch, White bread	610	270	32g	12g	0g	70mg	1580mg	51g	3g	2g	28g	4%	0%	25%	6%
02 - Ham & Swiss - 4 inch - Sourdough bread	350	70	8g	4.5g	0g	60mg	1090mg	52g	2g	2g	26g	4%	0%	15%	2%
02 - Ham & Swiss - 4 inch - Wheat bread	280	80	9g	4.5g	0g	60mg	940mg	34g	3g	2g	23g	4%	0%	15%	2%
02 - Ham & Swiss - 4 inch - White bread	290	80	9g	4.5g	0g	60mg	930mg	27g	1g	2g	23g	4%	0%	15%	2%
02 - Ham & Swiss - 6 inch - Lettuce Wrap	180	80	8g	4.5g	0g	65mg	840mg	5g	1g	2g	22g	100%	4%	20%	6%
02 - Ham & Swiss - 6 inch - Sourdough bread	460	70	8g	4.5g	0g	65mg	1410mg	77g	3g	2g	32g	4%	0%	15%	4%
02 - Ham & Swiss - 6 inch - Wheat bread	350	80	11g	4.5g	0g	65mg	1220mg	49g	4g	3g	28g	4%	0%	15%	4%
02 - Ham & Swiss - 6 inch - White bread	360	80	10g	4.5g	0g	65mg	1170mg	39g	2g	3g	27g	4%	0%	15%	4%
02 - Ham & Swiss - 8 inch - Lettuce Wrap	240	100	11g	6g	0g	85mg	1110mg	6g	2g	3g	29g	150%	6%	25%	8%
02 - Ham & Swiss - 8 inch - Sourdough bread	620	100	11g	6g	0g	85mg	1890mg	103g	4g	2g	42g	4%	0%	20%	4%
02 - Ham & Swiss - 8 inch - Wheat bread	470	110	14g	6g	0g	85mg	1590mg	66g	6g	4g	37g	4%	0%	20%	4%
02 - Ham & Swiss - 8 inch - White bread	490	110	14g	6g	0g	85mg	1560mg	52g	3g	4g	36g	4%	0%	20%	4%
03 - Pepperoni & Provolone - 4 inch - Sourdough bread	430	180	20g	9g	0g	50mg	1110mg	50g	2g	0g	21g	4%	0%	20%	4%
03 - Pepperoni & Provolone - 4 inch - Wheat bread	360	190	22g	9g	0g	50mg	960mg	32g	3g	< 1g	18g	4%	0%	20%	4%
03 - Pepperoni & Provolone - 4 inch - White bread	370	180	21g	9g	0g	50mg	950mg	25g	1g	< 1g	18g	4%	0%	20%	4%
03 - Pepperoni & Provolone - 6 inch - Lettuce Wrap	390	290	33g	13g	0g	80mg	1190mg	2g	1g	< 1g	21g	100%	4%	25%	8%
03 - Pepperoni & Provolone - 6 inch - Sourdough bread	670	290	32g	13g	0g	80mg	1770mg	75g	3g	0g	31g	4%	0%	25%	6%
03 - Pepperoni & Provolone - 6 inch - Wheat bread	560	300	35g	13g	0g	80mg	1570mg	47g	4g	1g	27g	4%	0%	25%	6%
03 - Pepperoni & Provolone - 6 inch - White bread	570	300	35g	13g	0g	80mg	1530mg	37g	2g	1g	27g	4%	0%	25%	6%
03 - Pepperoni & Provolone - 8 inch - Lettuce Wrap	580	440	49g	20g	0g	120mg	1790mg	4g	2g	1g	31g	150%	6%	35%	15%
03 - Pepperoni & Provolone - 8 inch - Sourdough bread	960	440	49g	20g	0g	120mg	2560mg	100g	4g	0g	44g	8%	0%	35%	8%
03 - Pepperoni & Provolone - 8 inch - Wheat bread	810	450	52g	20g	0g	120mg	2260mg	63g	6g	2g	39g	8%	0%	35%	8%
03 - Pepperoni & Provolone - 8 inch - White bread	830	450	52g	20g	0g	120mg	2230mg	49g	3g	2g	39g	8%	0%	35%	8%
04 - Turkey Breast & Swiss - 4 inch - Sourdough bread	350	70	8g	4.5g	0g	50mg	1060mg	54g	2g	0g	23g	4%	0%	15%	2%
04 - Turkey Breast & Swiss - 4 inch - Wheat bread	280	80	10g	4.5g	0g	50mg	920mg	35g	3g	< 1g	20g	4%	0%	15%	2%
04 - Turkey Breast & Swiss - 4 inch - White bread	290	80	10g	4.5g	0g	50mg	900mg	28g	1g	< 1g	20g	4%	0%	15%	2%
04 - Turkey Breast & Swiss - 6 inch - Lettuce Wrap	180	80	9g	4.5g	0g	60mg	800mg	6g	1g	< 1g	19g	100%	4%	20%	6%
04 - Turkey Breast & Swiss - 6 inch - Sourdough bread	460	70	9g	4.5g	0g	60mg	1380mg	79g	3g	0g	29g	4%	0%	15%	4%
04 - Turkey Breast & Swiss - 6 inch - Wheat bread	350	80	11g	4.5g	0g	60mg	1190mg	51g	4g	1g	25g	4%	0%	15%	4%
04 - Turkey Breast & Swiss - 6 inch - White bread	360	80	11g	4.5g	0g	60mg	1140mg	41g	2g	1g	24g	4%	0%	15%	4%
04 - Turkey Breast & Swiss - 8 inch - Lettuce Wrap	241	100	12g	6g	0g	75mg	1850mg	108g	5g	1g	39g	150%	6%	25%	8%
04 - Turkey Breast & Swiss - 8 inch - Sourdough bread	620	100	12g	6g	0g	75mg	1850mg	105g	4g	0g	38g	4%	0%	20%	4%
04 - Turkey Breast & Swiss - 8 inch - Wheat bread	470	110	15g	6g	0g	75mg	1550mg	68g	6g	2g	33g	4%	0%	20%	4%
04 - Turkey Breast & Swiss - 8 inch - White bread	490	110	15g	6g	0g	75mg	1520mg	54g	3g	2g	32g	4%	0%	20%	4%

05 - Roast Beef & Jack - 4 inch - Sourdough bread	360	80	7g	4g	0g	25mg	1040mg	51g	2g	0g	25g	2%	0%	10%	8%
05 - Roast Beef & Jack - 4 inch - Wheat bread	290	80	9g	4g	0g	25mg	890mg	33g	3g	< 1g	22g	2%	0%	10%	8%
05 - Roast Beef & Jack - 4 inch - White bread	300	80	9g	4g	0g	25mg	870mg	26g	1g	< 1g	22g	2%	0%	10%	8%
05 - Roast Beef & Jack - 6 inch - Lettuce Wrap	250	120	13g	7g	0g	40mg	840mg	4g	1g	< 1g	24g	100%	4%	25%	15%
05 - Roast Beef & Jack - 6 inch - Sourdough bread	530	120	12g	7g	0g	40mg	1420mg	76g	3g	0g	34g	4%	0%	20%	10%
05 - Roast Beef & Jack - 6 inch - Wheat bread	420	130	15g	7g	0g	40mg	1220mg	48g	4g	1g	30g	4%	0%	20%	10%
05 - Roast Beef & Jack - 6 inch - White bread	440	130	15g	7g	0g	40mg	1180mg	38g	2g	1g	30g	4%	0%	20%	10%
05 - Roast Beef & Jack - 8 inch - Lettuce Wrap	360	180	18g	10g	0g	60mg	1150mg	5g	2g	1g	34g	150%	6%	35%	20%
05 - Roast Beef & Jack - 8 inch - Sourdough bread	730	170	18g	10g	0g	60mg	1920mg	102g	4g	0g	47g	6%	0%	30%	15%
05 - Roast Beef & Jack - 8 inch - Wheat bread	580	190	21g	10g	0g	60mg	1630mg	64g	6g	2g	42g	6%	0%	30%	15%
05 - Roast Beef & Jack - 8 inch - White bread	600	190	21g	10g	0g	60mg	1600mg	51g	3g	2g	41g	6%	0%	30%	15%
06 - Pastrami & Swiss - 4 inch - Sourdough bread	430	90	14g	11g	0g	70mg	960mg	68g	2g	0g	28g	4%	0%	15%	8%
06 - Pastrami & Swiss - 4 inch - Wheat bread	350	100	15g	11g	0g	70mg	820mg	49g	3g	< 1g	25g	4%	0%	15%	8%
06 - Pastrami & Swiss - 4 inch - White bread	360	100	15g	11g	0g	70mg	800mg	42g	1g	< 1g	25g	4%	0%	15%	8%
06 - Pastrami & Swiss - 6 inch - Lettuce Wrap	270	100	15g	13g	0g	80mg	680mg	23g	1g	< 1g	25g	100%	4%	20%	10%
06 - Pastrami & Swiss - 6 inch - Sourdough bread	560	100	15g	13g	0g	80mg	1260mg	96g	3g	0g	35g	4%	0%	15%	10%
06 - Pastrami & Swiss - 6 inch - Wheat bread	450	110	17g	13g	0g	80mg	1060mg	68g	4g	1g	31g	4%	0%	15%	10%
06 - Pastrami & Swiss - 6 inch - White bread	460	110	17g	13g	0g	80mg	1020mg	58g	2g	1g	30g	4%	0%	15%	10%
06 - Pastrami & Swiss - 8 inch - Lettuce Wrap	370	130	20g	17g	0g	105mg	910mg	31g	2g	1g	33g	150%	6%	25%	15%
06 - Pastrami & Swiss - 8 inch - Sourdough bread	740	130	20g	17g	0g	105mg	1680mg	128g	4g	0g	46g	4%	0%	20%	10%
06 - Pastrami & Swiss - 8 inch - Wheat bread	590	140	23g	17g	0g	105mg	1390mg	90g	6g	2g	41g	4%	0%	20%	10%
06 - Pastrami & Swiss - 8 inch - White bread	610	140	23g	17g	0g	105mg	1360mg	77g	3g	2g	40g	4%	0%	20%	10%
07 - Ham & Salami - 4 inch - Sourdough bread	320	60	7g	2.5g	0g	40mg	1180mg	51g	2g	1g	20g	0%	0%	0%	4%
07 - Ham & Salami - 4 inch - Wheat bread	240	70	8g	2.5g	0g	40mg	1040mg	32g	3g	2g	18g	0%	0%	0%	4%
07 - Ham & Salami - 4 inch - White bread	250	70	8g	2.5g	0g	40mg	1020mg	26g	1g	2g	17g	0%	0%	0%	4%
07 - Ham & Salami - 6 inch - Lettuce Wrap	190	110	12g	4g	0g	55mg	1070mg	3g	1g	2g	17g	100%	4%	2%	8%
07 - Ham & Salami - 6 inch - Sourdough bread	470	110	12g	4g	0g	55mg	1650mg	76g	3g	1g	27g	0%	0%	0%	4%
07 - Ham & Salami - 6 inch - Wheat bread	360	120	14g	4g	0g	55mg	1450mg	48g	4g	2g	23g	0%	0%	0%	4%
07 - Ham & Salami - 6 inch - White bread	370	120	14g	4g	0g	55mg	1400mg	38g	2g	2g	23g	0%	0%	0%	4%
07 - Ham & Salami - 8 inch - Lettuce Wrap	270	160	18g	6g	0g	70mg	1470mg	5g	2g	3g	23g	150%	6%	4%	10%
07 - Ham & Salami - 8 inch - Sourdough bread	650	160	18g	6g	0g	70mg	2240mg	101g	4g	2g	36g	0%	0%	0%	6%
07 - Ham & Salami - 8 inch - Wheat bread	500	170	21g	6g	0g	70mg	1950mg	64g	6g	3g	31g	0%	0%	0%	6%
07 - Ham & Salami - 8 inch - White bread	510	170	20g	6g	0g	70mg	1920mg	50g	3g	3g	30g	0%	0%	0%	6%
08 - Ham & Turkey - 4 inch - Sourdough bread	270	20	2g	0.5g	0g	35mg	1040mg	52g	2g	< 1g	19g	0%	0%	0%	2%
08 - Ham & Turkey - 4 inch - Wheat bread	200	25	4g	0.5g	0g	35mg	890mg	33g	3g	1g	16g	0%	0%	0%	2%
08 - Ham & Turkey - 4 inch - White bread	200	25	3.5g	0.5g	0g	35mg	870mg	26g	1g	1g	16g	0%	0%	0%	2%
08 - Ham & Turkey - 6 inch - Lettuce Wrap	100	25	3g	1g	0g	40mg	780mg	4g	1g	1g	14g	100%	4%	2%	6%
08 - Ham & Turkey - 6 inch - Sourdough bread	380	25	2.5g	1g	0g	40mg	1360mg	77g	3g	< 1g	24g	0%	0%	0%	4%
08 - Ham & Turkey - 6 inch - Wheat bread	270	30	5g	1g	0g	40mg	1160mg	49g	4g	2g	20g	0%	0%	0%	4%
08 - Ham & Turkey - 6 inch - White bread	280	30	5g	1g	0g	40mg	1120mg	39g	2g	2g	20g	0%	0%	0%	4%
08 - Ham & Turkey - 8 inch - Lettuce Wrap	140	30	4g	1g	0g	55mg	1040mg	6g	2g	2g	19g	150%	6%	2%	8%
08 - Ham & Turkey - 8 inch - Sourdough bread	510	30	3.5g	1g	0g	55mg	1810mg	103g	4g	1g	32g	0%	0%	0%	4%
08 - Ham & Turkey - 8 inch - Wheat bread	360	45	7g	1g	0g	55mg	1520mg	65g	6g	2g	27g	0%	0%	0%	4%
08 - Ham & Turkey - 8 inch - White bread	380	40	6g	1g	0g	55mg	1490mg	52g	3g	2g	27g	0%	0%	0%	4%
09 - Roast Beef & Turkey - 4 inch - Sourdough bread	290	30	3g	1g	0g	20mg	990mg	52g	2g	0g	19g	0%	0%	0%	6%
09 - Roast Beef & Turkey - 4 inch - Wheat bread	220	35	4.5g	1g	0g	20mg	840mg	33g	3g	< 1g	16g	0%	0%	0%	6%
09 - Roast Beef & Turkey - 4 inch - White bread	220	35	4.5g	1g	0g	20mg	830mg	26g	1g	< 1g	16g	0%	0%	0%	6%

09 - Roast Beef & Turkey - 6 inch - Lettuce Wrap	120	35	3.5g	1g	0g	25mg	730mg	4g	1g	< 1g	15g	100%	4%	2%	10%
09 - Roast Beef & Turkey - 6 inch - Sourdough bread	410	35	3.5g	1g	0g	25mg	1310mg	77g	3g	0g	25g	0%	0%	0%	6%
09 - Roast Beef & Turkey - 6 inch - Wheat bread	300	45	6g	1g	0g	25mg	1110mg	49g	4g	1g	21g	0%	0%	0%	6%
09 - Roast Beef & Turkey - 6 inch - White bread	310	45	6g	1g	0g	25mg	1060mg	39g	2g	1g	21g	0%	0%	0%	6%
09 - Roast Beef & Turkey - 8 inch - Lettuce Wrap	170	50	5g	1.5g	0g	35mg	970mg	6g	2g	< 1g	20g	150%	6%	2%	15%
09 - Roast Beef & Turkey - 8 inch - Sourdough bread	540	45	4.5g	1.5g	0g	35mg	1740mg	103g	4g	0g	34g	0%	0%	0%	8%
09 - Roast Beef & Turkey - 8 inch - Wheat bread	390	60	8g	1.5g	0g	35mg	1450mg	65g	6g	1g	28g	0%	0%	0%	8%
09 - Roast Beef & Turkey - 8 inch - White bread	410	60	7g	1.5g	0g	35mg	1420mg	52g	3g	1g	28g	0%	0%	0%	8%
SPECIALTY SUBS															
21 - Turkey, Avocado, Sprouts & Cream Cheese - 4 inch - Sourdough bread	340	80	10g	3.5g	0g	45mg	1070mg	54g	3g	< 1g	19g	4%	2%	2%	4%
21 - Turkey, Avocado, Sprouts & Cream Cheese - 4 inch - Wheat Bread	270	90	11g	3.5g	0g	45mg	920mg	36g	4g	1g	16g	4%	2%	2%	4%
21 - Turkey, Avocado, Sprouts & Cream Cheese - 4 inch - White bread	280	90	11g	3.5g	0g	45mg	910mg	29g	3g	1g	16g	4%	2%	2%	4%
21 - Turkey, Avocado, Sprouts & Cream Cheese - 6 inch - Lettuce Wrap	210	120	14g	5g	0g	60mg	830mg	8g	3g	1g	15g	100%	8%	4%	8%
21 - Turkey, Avocado, Sprouts & Cream Cheese - 6 inch - Sourdough bread	490	120	14g	5g	0g	60mg	1410mg	81g	4g	< 1g	25g	6%	6%	2%	4%
21 - Turkey, Avocado, Sprouts & Cream Cheese - 6 inch - Wheat bread	390	120	16g	5g	0g	60mg	1220mg	53g	6g	2g	21g	6%	6%	2%	4%
21 - Turkey, Avocado, Sprouts & Cream Cheese - 6 inch - White bread	400	120	16g	5g	0g	60mg	1170mg	42g	4g	2g	21g	6%	6%	2%	4%
21 - Turkey, Avocado, Sprouts & Cream Cheese - 8 inch - Lettuce Wrap	280	160	19g	7g	0g	80mg	1110mg	11g	4g	2g	20g	160%	15%	6%	10%
21 - Turkey, Avocado, Sprouts & Cream Cheese - 8 inch - Sourdough bread	660	150	18g	7g	0g	80mg	1890mg	108g	6g	1g	34g	10%	8%	4%	6%
21 - Turkey, Avocado, Sprouts & Cream Cheese - 8 inch - Wheat bread	510	170	21g	7g	0g	80mg	1590mg	70g	8g	2g	28g	10%	8%	4%	6%
21 - Turkey, Avocado, Sprouts & Cream Cheese - 8 inch - White bread	530	160	21g	7g	0g	80mg	1560mg	57g	5g	2g	28g	10%	8%	4%	6%
22 - Albacore White Tuna & Swiss - 4 inch - Sourdough bread	580	350	16g	9g	0g	40mg	780mg	51g	2g	0g	16g	4%	0%	15%	2%
22 - Albacore White Tuna & Swiss - 4 inch - Wheat bread	510	350	18g	9g	0g	40mg	630mg	32g	3g	< 1g	14g	4%	0%	15%	2%
22 - Albacore White Tuna & Swiss - 4 inch - White bread	520	350	18g	9g	0g	40mg	620mg	25g	1g	< 1g	14g	4%	0%	15%	2%
22 - Albacore White Tuna & Swiss - 6 inch - Lettuce Wrap	550	490	22g	11g	0g	55mg	560mg	3g	1g	< 1g	12g	100%	4%	20%	4%
22 - Albacore White Tuna & Swiss - 6 inch - Sourdough bread	840	490	22g	11g	0g	55mg	1140mg	76g	3g	0g	22g	4%	0%	15%	2%
22 - Albacore White Tuna & Swiss - 6 inch - Wheat bread	730	500	24g	11g	0g	55mg	940mg	48g	4g	1g	18g	4%	0%	15%	2%
22 - Albacore White Tuna & Swiss - 6 inch - White bread	740	500	24g	11g	0g	55mg	900mg	38g	2g	1g	17g	4%	0%	15%	2%
22 - Albacore White Tuna & Swiss - 8 inch - Lettuce Wrap	740	660	29g	15g	0g	70mg	750mg	4g	2g	1g	16g	150%	6%	25%	6%
22 - Albacore White Tuna & Swiss - 8 inch - Sourdough bread	1110	660	29g	15g	0g	70mg	1520mg	101g	4g	0g	29g	4%	0%	25%	2%
22 - Albacore White Tuna & Swiss - 8 inch - Wheat bread	970	670	32g	15g	0g	70mg	1230mg	64g	6g	2g	24g	4%	0%	25%	2%
22 - Albacore White Tuna & Swiss - 8 inch - White bread	980	670	32g	15g	0g	70mg	1200mg	50g	3g	2g	23g	4%	0%	25%	2%
23 - Ham, Bacon, Sprouts, Avocado & Swiss - 4 inch - Sourdough bread	430	150	17g	7g	0g	55mg	960mg	53g	3g	1g	24g	4%	2%	15%	4%
23 - Ham, Bacon, Sprouts, Avocado & Swiss - 4 inch - Wheat bread	350	160	18g	7g	0g	55mg	810mg	35g	4g	2g	21g	4%	2%	15%	4%
23 - Ham, Bacon, Sprouts, Avocado & Swiss - 4 inch - White bread	420	220	25g	9g	0g	65mg	800mg	28g	3g	2g	21g	4%	2%	15%	4%
23 - Ham, Bacon, Sprouts, Avocado & Swiss - 6 inch - Lettuce Wrap	250	160	18g	7g	0g	55mg	580mg	6g	3g	2g	18g	100%	8%	20%	6%
23 - Ham, Bacon, Sprouts, Avocado & Swiss - 6 inch - Sourdough bread	540	160	18g	7g	0g	55mg	1160mg	79g	4g	1g	28g	4%	6%	20%	4%
23 - Ham, Bacon, Sprouts, Avocado & Swiss - 6 inch - Wheat bread	430	170	20g	7g	0g	55mg	960mg	51g	6g	2g	24g	4%	6%	20%	4%
23 - Ham, Bacon, Sprouts, Avocado & Swiss - 6 inch - White bread	440	170	20g	7g	0g	55mg	910mg	41g	4g	2g	23g	4%	6%	20%	4%
23 - Ham, Bacon, Sprouts, Avocado & Swiss - 8 inch - Lettuce Wrap	360	250	28g	11g	0g	70mg	600mg	8g	4g	3g	20g	150%	15%	25%	10%
23 - Ham, Bacon, Sprouts, Avocado & Swiss - 8 inch - Sourdough bread	740	250	28g	11g	0g	70mg	1370mg	105g	6g	2g	33g	6%	8%	25%	4%
23 - Ham, Bacon, Sprouts, Avocado & Swiss - 8 inch - Wheat bread	590	260	31g	11g	0g	70mg	1070mg	68g	8g	3g	28g	6%	8%	25%	4%
23 - Ham, Bacon, Sprouts, Avocado & Swiss - 8 inch - White bread	600	260	31g	11g	0g	70mg	1040mg	54g	5g	3g	28g	6%	8%	25%	4%
24 - Turkey, Avocado, Sprouts & Swiss - 4 inch - Sourdough bread	380	90	11g	4.5g	0g	50mg	1060mg	55g	3g	0g	24g	4%	2%	15%	4%
24 - Turkey, Avocado, Sprouts & Swiss - 4 inch - Wheat bread	300	100	12g	4.5g	0g	50mg	920mg	36g	4g	1g	21g	4%	2%	15%	4%
24 - Turkey, Avocado, Sprouts & Swiss - 4 inch - White bread	310	100	12g	4.5g	0g	50mg	900mg	29g	3g	1g	21g	4%	2%	15%	4%
24 - Turkey, Avocado, Sprouts & Swiss - 6 inch - Lettuce Wrap	220	100	12g	5g	0g	60mg	810mg	8g	3g	1g	20g	100%	8%	20%	8%
24 - Turkey, Avocado, Sprouts & Swiss - 6 inch - Sourdough bread	500	100	12g	5g	0g	60mg	1390mg	81g	4g	0g	30g	4%	6%	20%	4%

24 - Turkey, Avocado, Sprouts & Swiss - 6 inch - Wheat bread	390	110	15g	5g	0g	60mg	1190mg	53g	6g	1g	26g	4%	6%	20%	4%
24 - Turkey, Avocado, Sprouts & Swiss - 6 inch - White bread	400	110	14g	5g	0g	60mg	1150mg	43g	4g	1g	25g	4%	6%	20%	4%
24 - Turkey, Avocado, Sprouts & Swiss - 8 inch - Lettuce Wrap	300	140	17g	7g	0g	75mg	1080mg	11g	4g	1g	26g	150%	15%	25%	10%
24 - Turkey, Avocado, Sprouts & Swiss - 8 inch - Sourdough bread	670	140	16g	7g	0g	75mg	1850mg	108g	6g	0g	40g	6%	8%	25%	6%
24 - Turkey, Avocado, Sprouts & Swiss - 8 inch - Wheat bread	520	150	20g	7g	0g	75mg	1560mg	71g	8g	2g	34g	6%	8%	25%	6%
24 - Turkey, Avocado, Sprouts & Swiss - 8 inch - White bread	540	150	19g	7g	0g	75mg	1530mg	57g	5g	2g	34g	6%	8%	25%	6%
25 - Salami, Avocado, Sprouts & Cream Cheese - 4 inch - Sourdough bread	420	180	20g	8g	0g	45mg	1110mg	52g	3g	< 1g	16g	4%	2%	2%	4%
25 - Salami, Avocado, Sprouts & Cream Cheese - 4 inch - Wheat bread	350	190	22g	8g	0g	45mg	960mg	34g	4g	2g	14g	4%	2%	2%	4%
25 - Salami, Avocado, Sprouts & Cream Cheese - 4 inch - White bread	350	180	22g	8g	0g	45mg	950mg	27g	3g	2g	13g	4%	2%	2%	4%
25 - Salami, Avocado, Sprouts & Cream Cheese - 6 inch - Lettuce Wrap	300	240	27g	10g	0g	55mg	880mg	5g	3g	2g	12g	100%	8%	6%	8%
25 - Salami, Avocado, Sprouts & Cream Cheese - 6 inch - Sourdough bread	580	230	26g	10g	0g	55mg	1460mg	78g	4g	1g	22g	6%	6%	4%	6%
25 - Salami, Avocado, Sprouts & Cream Cheese - 6 inch - Wheat bread	470	240	29g	10g	0g	55mg	1260mg	50g	6g	2g	18g	6%	6%	4%	6%
25 - Salami, Avocado, Sprouts & Cream Cheese - 6 inch - White bread	490	240	29g	10g	0g	55mg	1220mg	40g	4g	2g	18g	6%	6%	4%	6%
25 - Salami, Avocado, Sprouts & Cream Cheese - 8 inch - Lettuce Wrap	400	310	35g	14g	0g	75mg	1170mg	7g	4g	3g	16g	160%	15%	8%	10%
25 - Salami, Avocado, Sprouts & Cream Cheese - 8 inch - Sourdough bread	780	310	35g	14g	0g	75mg	1940mg	104g	6g	2g	30g	10%	8%	4%	8%
25 - Salami, Avocado, Sprouts & Cream Cheese - 8 inch - Wheat bread	630	320	38g	14g	0g	75mg	1650mg	67g	8g	3g	24g	10%	8%	4%	8%
25 - Salami, Avocado, Sprouts & Cream Cheese - 8 inch - White bread	650	320	38g	14g	0g	75mg	1620mg	53g	5g	3g	24g	10%	8%	4%	8%
26 - Turkey, Bacon, Avocado, & Provolone - 4 inch - Sourdough bread	440	160	19g	8g	0g	50mg	1150mg	54g	3g	0g	23g	6%	2%	20%	4%
26 - Turkey, Bacon, Avocado, & Provolone - 4 inch - Wheat bread	370	170	20g	8g	0g	50mg	1000mg	35g	4g	< 1g	20g	6%	2%	20%	4%
26 - Turkey, Bacon, Avocado, & Provolone - 4 inch - White bread	380	170	20g	8g	0g	50mg	990mg	28g	2g	< 1g	20g	6%	2%	20%	4%
26 - Turkey, Bacon, Avocado, & Provolone - 6 inch - Lettuce Wrap	270	170	20g	8g	0g	50mg	760mg	6g	3g	< 1g	16g	100%	6%	25%	6%
26 - Turkey, Bacon, Avocado, & Provolone - 6 inch - Sourdough bread	550	170	20g	8g	0g	50mg	1340mg	79g	4g	0g	26g	6%	4%	20%	4%
26 - Turkey, Bacon, Avocado, & Provolone - 6 inch - Wheat bread	440	180	22g	8g	0g	50mg	1140mg	51g	6g	1g	22g	6%	4%	20%	4%
26 - Turkey, Bacon, Avocado, & Provolone - 6 inch - White bread	450	180	22g	8g	0g	50mg	1100mg	41g	4g	1g	22g	6%	4%	20%	4%
26 - Turkey, Bacon, Avocado, & Provolone - 8 inch - Lettuce Wrap	400	280	32g	13g	0g	70mg	890mg	8g	4g	1g	21g	150%	10%	35%	8%
26 - Turkey, Bacon, Avocado, & Provolone - 8 inch - Sourdough bread	770	280	32g	13g	0g	70mg	1660mg	105g	6g	0g	34g	8%	4%	35%	4%
26 - Turkey, Bacon, Avocado, & Provolone - 8 inch - Wheat bread	630	290	35g	13g	0g	70mg	1370mg	68g	7g	2g	28g	8%	4%	35%	4%
26 - Turkey, Bacon, Avocado, & Provolone - 8 inch - White bread	640	290	35g	13g	0g	70mg	1340mg	54g	5g	2g	28g	8%	4%	35%	4%
27 - Veggie - Avocado, Sprouts, Cucumber, Provolone & Cream Cheese - 4 inch - Sourdough bread	350	110	13g	7g	0g	30mg	620mg	53g	3g	< 1g	14g	8%	4%	20%	2%
27 - Veggie - Avocado, Sprouts, Cucumber, Provolone & Cream Cheese - 4 inch - Wheat bread	270	120	14g	7g	0g	30mg	480mg	34g	4g	2g	11g	8%	4%	20%	2%
27 - Veggie - Avocado, Sprouts, Cucumber, Provolone & Cream Cheese - 4 inch - White bread	280	120	14g	7g	0g	30mg	460mg	27g	3g	2g	11g	8%	4%	20%	2%
27 - Veggie - Avocado, Sprouts, Cucumber, Provolone & Cream Cheese - 6 inch - Lettuce Wrap	220	160	18g	9g	0g	45mg	320mg	6g	3g	2g	10g	110%	10%	25%	6%
27 - Veggie - Avocado, Sprouts, Cucumber, Provolone & Cream Cheese - 6 inch - Sourdough bread	510	160	18g	9g	0g	45mg	900mg	79g	5g	1g	20g	10%	6%	25%	4%
27 - Veggie - Avocado, Sprouts, Cucumber, Provolone & Cream Cheese - 6 inch - Wheat bread	400	170	21g	9g	0g	45mg	700mg	51g	6g	2g	16g	10%	6%	25%	4%
27 - Veggie - Avocado, Sprouts, Cucumber, Provolone & Cream Cheese - 6 inch - White bread	410	170	20g	9g	0g	45mg	660mg	41g	4g	2g	16g	10%	6%	25%	4%
27 - Veggie - Avocado, Sprouts, Cucumber, Provolone & Cream Cheese - 8 inch - Lettuce Wrap	320	220	26g	13g	0g	60mg	470mg	9g	4g	3g	15g	160%	15%	40%	8%
27 - Veggie - Avocado, Sprouts, Cucumber, Provolone & Cream Cheese - 8 inch - Sourdough bread	690	220	26g	13g	0g	60mg	1250mg	105g	6g	2g	28g	15%	8%	35%	4%
27 - Veggie - Avocado, Sprouts, Cucumber, Provolone & Cream Cheese - 8 inch - Wheat bread	550	240	29g	13g	0g	60mg	950mg	68g	8g	3g	23g	15%	8%	35%	4%
27 - Veggie - Avocado, Sprouts, Cucumber, Provolone & Cream Cheese - 8 inch - White bread	560	230	28g	13g	0g	60mg	920mg	55g	5g	3g	23g	15%	8%	35%	4%
28 - Smoked Turkey & Provolone - 4 inch - Sourdough bread	260	10	1g	0g	0g	25mg	1120mg	54g	2g	0g	17g	0%	0%	0%	2%
28 - Smoked Turkey & Provolone - 4 inch - Wheat bread	190	15	2.5g	0g	0g	25mg	970mg	35g	3g	< 1g	15g	0%	0%	0%	2%
28 - Smoked Turkey & Provolone - 4 inch - White bread	190	15	2.5g	0g	0g	25mg	960mg	28g	1g	< 1g	15g	0%	0%	0%	2%
28 - Smoked Turkey & Provolone - 6 inch - Lettuce Wrap	180	80	8g	5g	0g	50mg	1120mg	7g	1g	< 1g	20g	100%	4%	25%	6%
28 - Smoked Turkey & Provolone - 6 inch - Sourdough bread	470	70	8g	5g	0g	50mg	1700mg	80g	3g	0g	30g	4%	0%	20%	4%
28 - Smoked Turkey & Provolone - 6 inch - Wheat bread	360	80	11g	5g	0g	50mg	1500mg	52g	4g	1g	26g	4%	0%	20%	4%
28 - Smoked Turkey & Provolone - 6 inch - White bread	370	80	10g	5g	0g	50mg	1460mg	42g	2g	1g	26g	4%	0%	20%	4%
28 - Smoked Turkey & Provolone - 8 inch - Lettuce Wrap	260	110	13g	7g	0g	70mg	1530mg	10g	2g	1g	28g	150%	6%	35%	10%

28 - Smoked Turkey & Provolone - 8 inch - Sourdough bread	640	110	12g	7g	0g	70mg	2300mg	106g	4g	0g	41g	8%	0%	30%	6%
28 - Smoked Turkey & Provolone - 8 inch - Wheat bread	490	120	16g	7g	0g	70mg	2010mg	69g	6g	2g	36g	8%	0%	30%	6%
28 - Smoked Turkey & Provolone - 8 inch - White bread	510	120	15g	7g	0g	70mg	1980mg	56g	3g	2g	36g	8%	0%	30%	6%
29 - Albacore Tuna, Sprouts, Avocado & Cream Cheese - 4 inch - Sourdough bread	580	350	18g	8g	0g	40mg	780mg	52g	3g	< 1g	12g	4%	2%	2%	2%
29 - Albacore Tuna, Sprouts, Avocado & Cream Cheese - 4 inch - Wheat bread	500	360	19g	8g	0g	40mg	640mg	33g	4g	1g	9g	4%	2%	2%	2%
29 - Albacore Tuna, Sprouts, Avocado & Cream Cheese - 4 inch - White bread	510	360	19g	8g	0g	40mg	620mg	26g	3g	1g	9g	4%	2%	2%	2%
29 - Albacore Tuna, Sprouts, Avocado & Cream Cheese - 6 inch - Lettuce Wrap	580	530	27g	12g	0g	55mg	590mg	5g	3g	1g	8g	100%	8%	4%	6%
29 - Albacore Tuna, Sprouts, Avocado & Cream Cheese - 6 inch - Sourdough bread	870	530	26g	12g	0g	55mg	1170mg	78g	4g	< 1g	18g	6%	6%	4%	4%
29 - Albacore Tuna, Sprouts, Avocado & Cream Cheese - 6 inch - Wheat bread	760	540	29g	12g	0g	55mg	970mg	50g	6g	2g	14g	6%	6%	4%	4%
29 - Albacore Tuna, Sprouts, Avocado & Cream Cheese - 6 inch - White bread	770	540	29g	12g	0g	55mg	930mg	39g	4g	2g	14g	6%	6%	4%	4%
29 - Albacore Tuna, Sprouts, Avocado & Cream Cheese - 8 inch - Lettuce Wrap	780	710	35g	16g	0g	75mg	790mg	7g	4g	2g	11g	160%	15%	8%	8%
29 - Albacore Tuna, Sprouts, Avocado & Cream Cheese - 8 inch - Sourdough bread	1160	710	35g	16g	0g	75mg	1560mg	104g	6g	1g	24g	10%	8%	4%	4%
29 - Albacore Tuna, Sprouts, Avocado & Cream Cheese - 8 inch - Wheat bread	1010	720	38g	16g	0g	75mg	1270mg	66g	8g	2g	19g	10%	8%	4%	4%
29 - Albacore Tuna, Sprouts, Avocado & Cream Cheese - 8 inch - White bread	1020	720	38g	16g	0g	75mg	1240mg	53g	5g	2g	19g	10%	8%	4%	4%
HOT SUBS															
31 - French Dip & Jack Cheese - 4 inch - Sourdough bread	540	210	23g	8g	0g	45mg	2210mg	57g	2g	0g	28g	4%	0%	20%	8%
31 - French Dip & Jack Cheese - 4 inch - Wheat bread	470	220	24g	8g	0g	45mg	2060mg	38g	3g	< 1g	25g	4%	0%	20%	8%
31 - French Dip & Jack Cheese - 4 inch - White bread	470	220	24g	8g	0g	45mg	2050mg	31g	1g	< 1g	25g	4%	0%	20%	8%
31 - French Dip & Jack Cheese - 6 inch - Lettuce Wrap	490	300	32g	14g	0g	70mg	2130mg	9g	1g	< 1g	31g	110%	4%	45%	15%
31 - French Dip & Jack Cheese - 6 inch - Sourdough bread	770	300	32g	14g	0g	70mg	2710mg	82g	3g	0g	41g	8%	0%	40%	10%
31 - French Dip & Jack Cheese - 6 inch - Wheat bread	660	310	34g	14g	0g	70mg	2510mg	54g	4g	1g	37g	8%	0%	40%	10%
31 - French Dip & Jack Cheese - 6 inch - White bread	670	300	34g	14g	0g	70mg	2470mg	44g	2g	1g	37g	8%	0%	40%	10%
31 - French Dip & Jack Cheese - 8 inch - Lettuce Wrap	740	490	53g	22g	0g	105mg	2570mg	11g	2g	1g	44g	160%	6%	70%	20%
31 - French Dip & Jack Cheese - 8 inch - Sourdough bread	1110	480	53g	22g	0g	105mg	3340mg	108g	4g	0g	57g	15%	0%	60%	15%
31 - French Dip & Jack Cheese - 8 inch - Wheat bread	970	500	56g	22g	0g	105mg	3050mg	70g	6g	2g	52g	15%	0%	60%	15%
31 - French Dip & Jack Cheese - 8 inch - White bread	980	490	55g	22g	0g	105mg	3020mg	57g	3g	2g	52g	15%	0%	60%	15%
32 - BBQ Beef & Provolone Cheese - 4 inch - Sourdough bread	380	70	7g	3.5g	0g	20mg	1180mg	57g	2g	5g	25g	2%	0%	10%	8%
32 - BBQ Beef & Provolone Cheese - 4 inch - Wheat bread	310	80	9g	3.5g	0g	20mg	1030mg	39g	3g	6g	22g	2%	0%	10%	8%
32 - BBQ Beef & Provolone Cheese - 4 inch - White bread	320	80	8g	3.5g	0g	20mg	1020mg	32g	1g	6g	22g	2%	0%	10%	8%
32 - BBQ Beef & Provolone Cheese - 6 inch - Lettuce Wrap	290	110	12g	6g	0g	35mg	1130mg	16g	1g	10g	25g	100%	4%	25%	15%
32 - BBQ Beef & Provolone Cheese - 6 inch - Sourdough bread	580	110	11g	6g	0g	35mg	1700mg	89g	3g	10g	35g	4%	0%	20%	10%
32 - BBQ Beef & Provolone Cheese - 6 inch - Wheat bread	470	120	14g	6g	0g	35mg	1510mg	61g	4g	11g	31g	4%	0%	20%	10%
32 - BBQ Beef & Provolone Cheese - 6 inch - White bread	480	120	13g	6g	0g	35mg	1460mg	50g	2g	11g	30g	4%	0%	20%	10%
32 - BBQ Beef & Provolone Cheese - 8 inch - Lettuce Wrap	390	160	17g	9g	0g	50mg	1480mg	18g	2g	11g	34g	150%	6%	35%	20%
32 - BBQ Beef & Provolone Cheese - 8 inch - Sourdough bread	770	160	16g	9g	0g	50mg	2250mg	114g	4g	10g	47g	8%	0%	30%	15%
32 - BBQ Beef & Provolone Cheese - 8 inch - Wheat bread	620	170	20g	9g	0g	50mg	1960mg	77g	6g	11g	42g	8%	0%	30%	15%
32 - BBQ Beef & Provolone Cheese - 8 inch - White bread	640	170	19g	9g	0g	50mg	1930mg	63g	3g	11g	42g	8%	0%	30%	15%
33 - Roast Beef, Mushroom & Jack - 4 inch - Sourdough bread	360	80	7g	4g	0g	25mg	1070mg	52g	2g	0g	25g	2%	0%	10%	8%
33 - Roast Beef, Mushroom & Jack - 4 inch - Wheat bread	290	80	9g	4g	0g	25mg	930mg	33g	3g	< 1g	22g	2%	0%	10%	8%
33 - Roast Beef, Mushroom & Jack - 4 inch - White bread	300	80	9g	4g	0g	25mg	910mg	26g	2g	< 1g	22g	2%	0%	10%	8%
33 - Roast Beef, Mushroom & Jack - 6 inch - Lettuce Wrap	250	120	13g	7g	0g	40mg	880mg	4g	1g	< 1g	25g	100%	4%	25%	15%
33 - Roast Beef, Mushroom & Jack - 6 inch - Sourdough bread	540	120	12g	7g	0g	40mg	1460mg	77g	3g	0g	35g	4%	0%	20%	10%
33 - Roast Beef, Mushroom & Jack - 6 inch - Wheat bread	430	130	15g	7g	0g	40mg	1260mg	49g	4g	1g	31g	4%	0%	20%	10%
33 - Roast Beef, Mushroom & Jack - 6 inch - White bread	440	130	15g	7g	0g	40mg	1220mg	38g	2g	1g	30g	4%	0%	20%	10%
33 - Roast Beef, Mushroom & Jack - 8 inch - Lettuce Wrap	360	180	18g	10g	0g	60mg	1260mg	6g	2g	1g	35g	150%	6%	35%	20%
33 - Roast Beef, Mushroom & Jack - 8 inch - Sourdough bread	740	170	18g	10g	0g	60mg	2040mg	103g	4g	0g	48g	6%	0%	30%	15%
33 - Roast Beef, Mushroom & Jack - 8 inch - Wheat bread	590	190	21g	10g	0g	60mg	1740mg	65g	6g	2g	43g	6%	0%	30%	15%

33 - Roast Beef, Mushroom & Jack - 8 inch - White bread	610	190	21g	10g	0g	60mg	1710mg	52g	4g	2g	42g	6%	0%	30%	15%
34 - BLT - 4 inch - Sourdough bread	590	380	42g	14g	0g	40mg	410mg	52g	2g	1g	8g	6%	6%	0%	2%
34 - BLT - 4 inch - Wheat bread	510	390	44g	14g	0g	40mg	260mg	33g	3g	2g	5g	6%	6%	0%	2%
34 - BLT - 4 inch - White bread	520	390	44g	14g	0g	40mg	250mg	26g	2g	2g	5g	6%	6%	0%	2%
34 - BLT - 6 inch - Lettuce Wrap	530	510	57g	18g	0g	55mg	25mg	4g	2g	2g	1g	110%	10%	2%	4%
34 - BLT - 6 inch - Sourdough bread	810	510	57g	18g	0g	55mg	600mg	77g	4g	2g	11g	10%	8%	2%	2%
34 - BLT - 6 inch - Wheat bread	700	520	59g	18g	0g	55mg	410mg	49g	5g	3g	7g	10%	8%	2%	2%
34 - BLT - 6 inch - White bread	710	520	59g	18g	0g	55mg	360mg	39g	3g	3g	7g	10%	8%	2%	2%
34 - BLT - 8 inch - Lettuce Wrap	670	640	71g	23g	0g	70mg	35mg	7g	3g	4g	2g	160%	20%	4%	8%
34 - BLT - 8 inch - Sourdough bread	1050	640	71g	23g	0g	70mg	810mg	104g	5g	3g	15g	15%	15%	2%	4%
34 - BLT - 8 inch - Wheat bread	900	650	74g	23g	0g	70mg	520mg	66g	7g	4g	10g	15%	15%	2%	4%
34 - BLT - 8 inch - White bread	910	650	74g	23g	0g	70mg	490mg	53g	4g	4g	10g	15%	15%	2%	4%
35 - BBQ Chicken & Provolone Cheese - 4 inch - Sourdough bread	390	70	7g	3.5g	0g	70mg	820mg	57g	2g	5g	32g	8%	0%	10%	6%
35 - BBQ Chicken & Provolone Cheese - 4 inch - Wheat bread	320	70	9g	3.5g	0g	70mg	670mg	38g	3g	6g	29g	8%	0%	10%	6%
35 - BBQ Chicken & Provolone Cheese - 4 inch - White bread	330	70	9g	3.5g	0g	70mg	660mg	31g	2g	6g	29g	8%	0%	10%	6%
35 - BBQ Chicken & Provolone Cheese - 6 inch - Lettuce Wrap	260	70	8g	3.5g	0g	80mg	570mg	15g	2g	10g	30g	110%	4%	15%	10%
35 - BBQ Chicken & Provolone Cheese - 6 inch - Sourdough bread	540	70	8g	3.5g	0g	80mg	1150mg	88g	3g	10g	40g	10%	0%	10%	6%
35 - BBQ Chicken & Provolone Cheese - 6 inch - Wheat bread	430	80	11g	3.5g	0g	80mg	950mg	60g	5g	11g	36g	10%	0%	10%	6%
35 - BBQ Chicken & Provolone Cheese - 6 inch - White bread	440	80	10g	3.5g	0g	80mg	910mg	49g	2g	11g	36g	10%	0%	10%	6%
35 - BBQ Chicken & Provolone Cheese - 8 inch - Lettuce Wrap	410	150	17g	9g	0g	120mg	900mg	17g	2g	11g	46g	160%	6%	35%	15%
35 - BBQ Chicken & Provolone Cheese - 8 inch - Sourdough bread	790	150	17g	9g	0g	120mg	1670mg	113g	4g	10g	59g	15%	2%	35%	10%
35 - BBQ Chicken & Provolone Cheese - 8 inch - Wheat bread	640	160	20g	9g	0g	120mg	1380mg	76g	6g	11g	54g	15%	2%	35%	10%
35 - BBQ Chicken & Provolone Cheese - 8 inch - White bread	650	160	20g	9g	0g	120mg	1350mg	62g	3g	11g	53g	15%	2%	35%	10%
36 - Monterey Ranch Chicken - 4 inch - Sourdough bread	430	130	10g	5g	0g	75mg	770mg	51g	2g	< 1g	32g	8%	0%	15%	6%
36 - Monterey Ranch Chicken - 4 inch - Wheat bread	360	130	12g	5g	0g	75mg	630mg	32g	3g	1g	29g	8%	0%	15%	6%
36 - Monterey Ranch Chicken - 4 inch - White bread	370	130	12g	5g	0g	75mg	610mg	26g	2g	1g	29g	8%	0%	15%	6%
36 - Monterey Ranch Chicken - 6 inch - Lettuce Wrap	380	230	18g	9g	0g	100mg	4450mg	4g	2g	2g	34g	110%	4%	25%	10%
36 - Monterey Ranch Chicken - 6 inch - Sourdough bread	660	220	18g	9g	0g	100mg	5030mg	76g	3g	< 1g	44g	10%	2%	25%	8%
36 - Monterey Ranch Chicken - 6 inch - Wheat bread	550	230	20g	9g	0g	100mg	990mg	48g	5g	2g	40g	10%	2%	25%	8%
36 - Monterey Ranch Chicken - 6 inch - White bread	560	230	20g	9g	0g	100mg	4790mg	38g	2g	2g	39g	10%	2%	25%	8%
36 - Monterey Ranch Chicken - 8 inch - Lettuce Wrap	490	280	24g	12g	0g	135mg	770mg	5g	2g	2g	46g	160%	8%	40%	15%
36 - Monterey Ranch Chicken - 8 inch - Sourdough bread	860	280	24g	12g	0g	135mg	1540mg	102g	4g	1g	59g	15%	2%	35%	10%
36 - Monterey Ranch Chicken - 8 inch - Wheat bread	720	290	27g	12g	0g	135mg	1250mg	64g	6g	3g	54g	15%	2%	35%	10%
36 - Monterey Ranch Chicken - 8 inch - White bread	730	290	27g	12g	0g	135mg	1220mg	51g	3g	3g	54g	15%	2%	35%	10%
37 - Hot Pastrami & Provolone Cheese - 4 inch - Sourdough bread	390	90	12g	9g	0g	50mg	960mg	60g	2g	0g	24g	4%	0%	20%	6%
37 - Hot Pastrami & Provolone Cheese - 4 inch - Wheat bread	310	100	14g	9g	0g	50mg	810mg	42g	3g	< 1g	21g	4%	0%	20%	6%
37 - Hot Pastrami & Provolone Cheese - 4 inch - White bread	320	90	14g	9g	0g	50mg	800mg	35g	1g	< 1g	21g	4%	0%	20%	6%
37 - Hot Pastrami & Provolone Cheese - 6 inch - Lettuce Wrap	290	110	17g	14g	0g	80mg	890mg	22g	1g	< 1g	26g	100%	4%	25%	15%
37 - Hot Pastrami & Provolone Cheese - 6 inch - Sourdough bread	570	110	17g	14g	0g	80mg	1470mg	95g	3g	0g	36g	4%	0%	20%	10%
37 - Hot Pastrami & Provolone Cheese - 6 inch - Wheat bread	460	120	19g	14g	0g	80mg	1270mg	67g	4g	1g	32g	4%	0%	20%	10%
37 - Hot Pastrami & Provolone Cheese - 6 inch - White bread	470	120	19g	14g	0g	80mg	1230mg	57g	2g	1g	32g	4%	0%	20%	10%
37 - Hot Pastrami & Provolone Cheese - 8 inch - Lettuce Wrap	410	160	24g	19g	0g	110mg	1230mg	30g	2g	1g	36g	150%	6%	35%	20%
37 - Hot Pastrami & Provolone Cheese - 8 inch - Sourdough bread	780	160	23g	19g	0g	110mg	2000mg	127g	4g	0g	49g	8%	0%	30%	15%
37 - Hot Pastrami & Provolone Cheese - 8 inch - White bread	650	170	26g	19g	0g	110mg	1680mg	76g	3g	2g	44g	8%	0%	30%	15%
37- Hot Pastrami & Provolone Cheese - 8 inch - Wheat bread	640	170	27g	19g	0g	110mg	1710mg	90g	6g	2g	44g	8%	0%	30%	15%
38 - Pastrami, Pepperoni, Salami, Jack & Provolone Cheese - 4 inch - Sourdough bread	480	150	20g	13g	0g	75mg	1290mg	64g	2g	0g	30g	4%	0%	20%	8%
38 - Pastrami, Pepperoni, Salami, Jack & Provolone Cheese - 4 inch - Wheat bread	410	160	21g	13g	0g	75mg	1150mg	45g	3g	< 1g	27g	4%	0%	20%	8%

38 - Pastrami, Pepperoni, Salami, Jack & Provolone Cheese - 4 inch - White bread	420	160	21g	13g	0g	75mg	1130mg	38g	1g	< 1g	27g	4%	0%	20%	8%
38 - Pastrami, Pepperoni, Salami, Jack & Provolone Cheese - 6 inch - Lettuce Wrap	270	140	18g	12g	0g	65mg	800mg	12g	1g	< 1g	20g	100%	4%	25%	10%
38 - Pastrami, Pepperoni, Salami, Jack & Provolone Cheese - 6 inch - Sourdough bread	550	140	18g	12g	0g	65mg	1380mg	85g	3g	0g	30g	4%	0%	20%	6%
38 - Pastrami, Pepperoni, Salami, Jack & Provolone Cheese - 6 inch - Wheat bread	440	150	21g	12g	0g	65mg	1180mg	57g	4g	1g	26g	4%	0%	20%	6%
38 - Pastrami, Pepperoni, Salami, Jack & Provolone Cheese - 6 inch - White bread	450	150	20g	12g	0g	65mg	1140mg	47g	2g	1g	26g	4%	0%	20%	6%
38 - Pastrami, Pepperoni, Salami, Jack & Provolone Cheese - 8 inch - Lettuce Wrap	480	250	32g	21g	0g	120mg	1500mg	24g	2g	1g	36g	150%	6%	35%	15%
38 - Pastrami, Pepperoni, Salami, Jack & Provolone Cheese - 8 inch - Sourdough bread	850	250	32g	21g	0g	120mg	2270mg	120g	4g	0g	50g	8%	0%	30%	15%
38 - Pastrami, Pepperoni, Salami, Jack & Provolone Cheese - 8 inch - Wheat bread	710	260	35g	21g	0g	120mg	1980mg	83g	6g	2g	44g	8%	0%	30%	15%
38 - Pastrami, Pepperoni, Salami, Jack & Provolone Cheese - 8 inch - White bread	720	260	35g	21g	0g	120mg	1950mg	69g	3g	2g	44g	8%	0%	30%	15%
39 - Turkey, Bacon and Jack Cheese - 4 inch - Sourdough bread	360	110	13g	5g	0g	40mg	850mg	51g	2g	0g	17g	2%	0%	10%	2%
39 - Turkey, Bacon and Jack Cheese - 4 inch - Wheat bread	280	120	14g	5g	0g	40mg	700mg	33g	3g	< 1g	14g	2%	0%	10%	2%
39 - Turkey, Bacon and Jack Cheese - 4 inch - White bread	290	120	14g	5g	0g	40mg	690mg	26g	1g	< 1g	14g	2%	0%	10%	2%
39 - Turkey, Bacon and Jack Cheese - 6 inch - Lettuce Wrap	240	160	18g	8g	0g	55mg	660mg	4g	1g	< 1g	16g	100%	4%	25%	6%
39 - Turkey, Bacon and Jack Cheese - 6 inch - Sourdough bread	520	150	18g	8g	0g	55mg	1240mg	77g	3g	0g	26g	4%	0%	20%	4%
39 - Turkey, Bacon and Jack Cheese - 6 inch - Wheat bread	410	160	20g	8g	0g	55mg	1050mg	49g	4g	1g	22g	4%	0%	20%	4%
39 - Turkey, Bacon and Jack Cheese - 6 inch - White bread	420	160	20g	8g	0g	55mg	1000mg	39g	2g	1g	21g	4%	0%	20%	4%
39 - Turkey, Bacon and Jack Cheese - 8 inch - Lettuce Wrap	360	260	29g	13g	0g	75mg	740mg	5g	2g	1g	20g	150%	6%	35%	8%
39 - Turkey, Bacon and Jack Cheese - 8 inch - Sourdough bread	740	260	29g	13g	0g	75mg	1520mg	102g	4g	0g	33g	6%	0%	30%	4%
39 - Turkey, Bacon and Jack Cheese - 8 inch - Wheat bread	590	270	32g	13g	0g	75mg	1220mg	64g	6g	2g	27g	6%	0%	30%	4%
39 - Turkey, Bacon and Jack Cheese - 8 inch - White bread	600	270	32g	13g	0g	75mg	1190mg	51g	3g	2g	27g	6%	0%	30%	4%
40 - Chicken, Bacon and Jack Cheese - 4 inch - Sourdough bread	440	130	15g	6g	0g	75mg	680mg	51g	2g	0g	32g	8%	0%	10%	6%
40 - Chicken, Bacon and Jack Cheese - 4 inch - Wheat bread	360	140	17g	6g	0g	75mg	530mg	32g	3g	< 1g	29g	8%	0%	10%	6%
40 - Chicken, Bacon and Jack Cheese - 4 inch - White bread	370	140	16g	6g	0g	75mg	520mg	25g	2g	< 1g	29g	8%	0%	10%	6%
40 - Chicken, Bacon and Jack Cheese - 6 inch - Lettuce Wrap	330	180	20g	9g	0g	100mg	410mg	3g	2g	< 1g	33g	110%	4%	25%	10%
40 - Chicken, Bacon and Jack Cheese - 6 inch - Sourdough bread	610	180	20g	9g	0g	100mg	990mg	76g	3g	0g	43g	10%	0%	25%	8%
40 - Chicken, Bacon and Jack Cheese - 6 inch - Wheat Bread	500	190	22g	9g	0g	100mg	790mg	48g	5g	1g	39g	10%	0%	25%	8%
40 - Chicken, Bacon and Jack Cheese - 6 inch - White bread	510	190	22g	9g	0g	100mg	750mg	38g	2g	1g	39g	10%	0%	25%	8%
40 - Chicken, Bacon and Jack Cheese - 8 inch - Lettuce Wrap	500	290	33g	14g	0g	145mg	570mg	4g	2g	1g	45g	160%	6%	35%	15%
40 - Chicken, Bacon and Jack Cheese - 8 inch - Sourdough bread	880	290	33g	14g	0g	145mg	1340mg	101g	4g	0g	59g	15%	2%	35%	10%
40 - Chicken, Bacon and Jack Cheese - 8 inch - Wheat bread	730	310	36g	14g	0g	145mg	1050mg	64g	6g	2g	53g	15%	2%	35%	10%
40 - Chicken, Bacon and Jack Cheese - 8 inch - White bread	740	300	36g	14g	0g	145mg	1020mg	50g	3g	2g	53g	15%	2%	35%	10%
41 - Steak and Cheese - 4 inch - Sourdough bread	460	140	16g	7g	0g	90mg	810mg	52g	2g	< 1g	34g	4%	2%	20%	15%
41 - Steak and Cheese - 4 inch - Wheat bread	380	150	17g	7g	0g	90mg	670mg	33g	3g	1g	31g	4%	2%	20%	15%
41 - Steak and Cheese - 4 inch - White bread	390	150	17g	7g	0g	90mg	650mg	26g	2g	1g	31g	4%	2%	20%	15%
41 - Steak and Cheese - 6 inch - Lettuce Wrap	310	160	18g	8g	0g	105mg	510mg	4g	1g	1g	31g	100%	4%	20%	20%
41 - Steak and Cheese - 6 inch - Sourdough bread	590	160	18g	8g	0g	105mg	1090mg	77g	3g	< 1g	41g	4%	2%	20%	20%
41 - Steak and Cheese - 6 inch - Wheat bread	480	170	20g	8g	0g	105mg	890mg	49g	4g	2g	37g	4%	2%	20%	20%
41 - Steak and Cheese - 6 inch - White bread	490	170	20g	8g	0g	105mg	840mg	38g	2g	2g	37g	4%	2%	20%	20%
41 - Steak and Cheese - 8 inch - Lettuce Wrap	470	250	28g	13g	0g	155mg	700mg	6g	2g	2g	46g	150%	8%	40%	30%
41 - Steak and Cheese - 8 inch - Sourdough bread	840	250	28g	13g	0g	155mg	1470mg	103g	4g	< 1g	59g	8%	2%	35%	25%
41 - Steak and Cheese - 8 inch - Wheat bread	700	260	31g	13g	0g	155mg	1180mg	66g	6g	2g	54g	8%	2%	35%	25%
41 - Steak and Cheese - 8 inch - White bread	710	260	31g	13g	0g	155mg	1150mg	52g	3g	2g	53g	8%	2%	35%	25%
42 - Philly Cheese Steak - 4 inch - Sourdough bread	440	130	15g	6g	0g	85mg	870mg	52g	2g	< 1g	32g	4%	6%	10%	15%
42 - Philly Cheese Steak - 4 inch - Wheat bread	360	140	16g	6g	0g	85mg	730mg	33g	3g	2g	29g	4%	6%	10%	15%
42 - Philly Cheese Steak - 4 inch - White bread	370	140	16g	6g	0g	85mg	710mg	26g	2g	2g	29g	4%	6%	10%	15%
42 - Philly Cheese Steak - 6 inch - Lettuce Wrap	350	190	21g	10g	0g	110mg	660mg	6g	2g	2g	33g	100%	15%	25%	20%
42 - Philly Cheese Steak - 6 inch - Sourdough bread	630	190	21g	10g	0g	110mg	1240mg	78g	4g	2g	43g	8%	15%	25%	20%

42 - Philly Cheese Steak - 6 inch - Wheat bread	520	200	24g	10g	0g	110mg	1040mg	50g	5g	3g	39g	8%	15%	25%	20%
42 - Philly Cheese Steak - 6 inch - White bread	530	200	23g	10g	0g	110mg	1000mg	40g	3g	3g	39g	8%	15%	25%	20%
42 - Philly Cheese Steak - 8 inch - Lettuce Wrap	490	270	30g	14g	0g	155mg	920mg	8g	3g	4g	45g	160%	25%	35%	30%
42 - Philly Cheese Steak - 8 inch - Sourdough bread	860	260	30g	14g	0g	155mg	1690mg	105g	5g	3g	59g	10%	20%	35%	25%
42 - Philly Cheese Steak - 8 inch - Wheat bread	720	280	33g	14g	0g	155mg	1400mg	68g	7g	4g	53g	10%	20%	35%	25%
42 - Philly Cheese Steak - 8 inch - White bread	730	280	33g	14g	0g	155mg	1370mg	54g	5g	4g	53g	10%	20%	35%	25%
43 - Buffalo Chicken - 4 inch - Sourdough bread	320	35	3.5g	1g	0g	60mg	780mg	51g	2g	0g	28g	8%	0%	2%	4%
43 - Buffalo Chicken - 4 inch - Wheat bread	250	40	5g	1g	0g	60mg	640mg	32g	3g	< 1g	26g	8%	0%	2%	4%
43 - Buffalo Chicken - 4 inch - White bread	250	40	5g	1g	0g	60mg	620mg	25g	2g	< 1g	26g	8%	0%	2%	4%
43 - Buffalo Chicken - 6 inch - Lettuce Wrap	160	40	4.5g	1g	0g	70mg	720mg	3g	2g	< 1g	26g	110%	4%	4%	8%
43 - Buffalo Chicken - 6 inch - Sourdough bread	440	40	4.5g	1g	0g	70mg	1300mg	76g	3g	0g	36g	15%	0%	2%	6%
43 - Buffalo Chicken - 6 inch - Wheat bread	330	50	7g	1g	0g	70mg	1100mg	48g	5g	1g	32g	15%	0%	2%	6%
43 - Buffalo Chicken - 6 inch - White bread	340	50	7g	1g	0g	70mg	1060mg	37g	2g	1g	32g	15%	0%	2%	6%
43 - Buffalo Chicken - 8 inch - Lettuce Wrap	220	50	6g	1.5g	0g	95mg	810mg	4g	2g	1g	35g	160%	6%	6%	10%
43 - Buffalo Chicken - 8 inch - Sourdough bread	590	50	6g	1.5g	0g	95mg	1580mg	101g	4g	0g	48g	15%	2%	2%	8%
43 - Buffalo Chicken - 8 inch - Wheat bread	440	60	9g	1.5g	0g	95mg	1290mg	63g	6g	2g	43g	15%	2%	2%	8%
43 - Buffalo Chicken - 8 inch - White bread	460	60	9g	1.5g	0g	95mg	1260mg	50g	3g	2g	43g	15%	2%	2%	8%
44 - Chipotle Chicken - 4 inch - Sourdough bread	350	70	7g	1.5g	0g	60mg	660mg	51g	2g	0g	28g	6%	0%	2%	4%
44 - Chipotle Chicken - 4 inch - Wheat bread	280	70	9g	1.5g	0g	60mg	510mg	32g	3g	< 1g	26g	6%	0%	2%	4%
44 - Chipotle Chicken - 4 inch - White bread	290	70	9g	1.5g	0g	60mg	490mg	25g	2g	< 1g	26g	6%	0%	2%	4%
44 - Chipotle Chicken - 6 inch - Lettuce Wrap	330	210	23g	4g	0g	80mg	540mg	4g	2g	1g	26g	100%	4%	4%	8%
44 - Chipotle Chicken - 6 inch - Sourdough bread	610	210	23g	4g	0g	80mg	1120mg	76g	3g	0g	36g	6%	2%	2%	6%
44 - Chipotle Chicken - 6 inch - Wheat bread	500	220	25g	4g	0g	80mg	920mg	48g	5g	1g	32g	6%	2%	2%	6%
44 - Chipotle Chicken - 6 inch - White bread	510	210	25g	4g	0g	80mg	870mg	38g	3g	1g	32g	6%	2%	2%	6%
44 - Chipotle Chicken - 8 inch - Lettuce Wrap	390	220	25g	4g	0g	100mg	620mg	5g	2g	1g	35g	160%	8%	6%	10%
44 - Chipotle Chicken - 8 inch - Sourdough bread	760	220	24g	4g	0g	100mg	1390mg	102g	4g	0g	48g	10%	2%	2%	8%
44 - Chipotle Chicken - 8 inch - Wheat bread	610	230	28g	4g	0g	100mg	1100mg	64g	6g	2g	43g	10%	2%	2%	8%
44 - Chipotle Chicken - 8 inch - White bread	630	230	27g	4g	0g	100mg	1070mg	51g	3g	2g	43g	10%	2%	2%	8%
45 - BBQ Tri-Tip - 4 inch - Sourdough bread	400	90	10g	3.5g	0g	70mg	870mg	56g	2g	5g	28g	0%	2%	2%	15%
45 - BBQ Tri-Tip - 4 inch - Wheat bread	330	100	12g	3.5g	0g	70mg	720mg	38g	3g	6g	25g	0%	2%	2%	15%
45 - BBQ Tri-Tip - 4 inch - White bread	330	100	11g	3.5g	0g	70mg	710mg	31g	2g	6g	25g	0%	2%	2%	15%
45 - BBQ Tri-Tip - 6 inch - Lettuce Wrap	270	110	12g	4g	0g	85mg	650mg	15g	1g	10g	26g	100%	4%	4%	20%
45 - BBQ Tri-Tip - 6 inch - Sourdough bread	560	110	12g	4g	0g	85mg	1230mg	87g	3g	10g	36g	0%	2%	2%	15%
45 - BBQ Tri-Tip - 6 inch - Wheat bread	450	120	14g	4g	0g	85mg	1030mg	59g	4g	11g	32g	0%	2%	2%	15%
45 - BBQ Tri-Tip - 6 inch - White bread	460	120	14g	4g	0g	85mg	990mg	49g	2g	11g	31g	0%	2%	2%	15%
45 - BBQ Tri-Tip - 8 inch - Lettuce Wrap	350	150	16g	6g	0g	115mg	810mg	16g	2g	11g	34g	150%	8%	4%	30%
45 - BBQ Tri-Tip - 8 inch - Sourdough bread	730	140	16g	6g	0g	115mg	1580mg	112g	4g	10g	48g	0%	2%	2%	25%
45 - BBQ Tri-Tip - 8 inch - Wheat bread	580	160	19g	6g	0g	115mg	1290mg	75g	6g	11g	42g	0%	2%	2%	25%
45 - BBQ Tri-Tip - 8 inch - White bread	590	160	19g	6g	0g	115mg	1260mg	61g	3g	11g	42g	0%	2%	2%	25%
Add-On & Condiments															
Add-On - Black Olives	35	25	3g	0g	0g	0mg	210mg	2g	< 1g	0g	0g	2%	0%	2%	6%
Add-On - Black Pepper	70	10	1g	0g	0g	0mg	5mg	18g	7g	0g	3g	4%	0%	15%	15%
Add-On - Cheese American	90	60	7g	4.5g	0g	20mg	270mg	2g	0g	0g	6g	4%	0%	15%	2%
Add-On - Cheese Cheddar	110	80	9g	6g	0g	30mg	180mg	0g	0g	0g	7g	6%	0%	20%	2%
Add-On - Cheese Pepper Jack	110	80	9g	5g	0g	25mg	150mg	0g	0g	0g	7g	4%	0%	20%	2%
Add-On - Cheese Provolone	100	70	8g	5g	0g	20mg	250mg	< 1g	0g	0g	7g	4%	0%	20%	0%
Add-On - Cheese Swiss	110	70	8g	5g	0g	25mg	55mg	2g	0g	0g	8g	4%	0%	20%	0%

Add-On - Croutons	130	45	5g	1.5g	0g	0mg	310mg	18g	1g	1g	3g	0%	0%	2%	4%
Add-On - Lettuce	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	< 1g	0g	2%	2%	0%	0%
Add-On - Mayonnaise	200	200	22g	3g	0g	10mg	150mg	0g	0g	0g	0g	0%	0%	0%	0%
Add-On - Mustard	20	10	1g	0g	0g	0mg	320mg	2g	< 1g	0g	1g	0%	0%	2%	2%
Add-On - Oil & Vinegar	25	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Add-On - Pickles	0	0	0g	0g	0g	0mg	250mg	< 1g	0g	0g	0g	2%	0%	2%	0%
Add-On - Red Onions	10	0	0g	0g	0g	0mg	0mg	3g	0g	1g	0g	0%	4%	0%	0%
Add-On - Tomatoes	5	0	0g	0g	0g	0mg	0mg	1g	0g	< 1g	0g	4%	6%	0%	0%
Add-On - Wax Peppers	5	0	0g	0g	0g	0mg	270mg	2g	1g	0g	0g	0%	15%	0%	0%
FRIES															
Fries - Beer Battered	940	670	73g	8g	0g	0mg	1550mg	63g	7g	0g	7g	0%	20%	0%	0%
Fries - Curly	870	570	64g	6g	0g	0mg	1980mg	70g	7g	0g	7g	0%	25%	0%	15%
Fries - Regular	840	500	55g	4.5g	0g	0mg	680mg	77g	7g	2g	7g	0%	15%	0%	6%
Fries - Sweet Potato	800	520	56g	6g	0g	0mg	1180mg	70g	13g	23g	2g	330%	20%	6%	15%
SALADS															
Salad - Albacore Tuna	700	590	34g	14g	0g	60mg	940mg	12g	8g	3g	16g	260%	25%	30%	15%
Salad - Chef's (Turkey & Ham)	330	180	21g	7g	0g	65mg	1190mg	14g	8g	4g	24g	260%	25%	30%	15%
Salad - Green	230	150	18g	7g	0g	25mg	420mg	12g	8g	3g	10g	260%	25%	30%	10%
Salad - Grilled Chicken	390	190	22g	8g	0g	95mg	670mg	13g	8g	3g	36g	260%	25%	30%	20%
Salad - Caesar	140	70	8g	5g	0g	20mg	490mg	6g	3g	2g	12g	250%	10%	40%	10%
Salad - Chicken Caesar	290	110	13g	6g	0g	90mg	740mg	7g	3g	2g	38g	260%	10%	40%	15%
DRESSINGS															
Dressing - Caesar	610	590	65g	10g	0g	45mg	1370mg	4g	0g	3g	2g	0%	0%	6%	6%
Dressing - Blue Cheese	300	260	30g	9g	0g	0mg	910mg	4g	0g	0g	0g	0%	0%	0%	0%
Dressing - Italian	90	60	8g	0g	0g	0mg	1590mg	8g	0g	8g	0g	0%	0%	0%	0%
Dressing - Oil & Vinegar	270	260	28g	2g	0g	0mg	5mg	0g	0g	0g	0g	0%	0%	0%	2%
Dressing - Ranch	460	440	20g	10g	0g	25mg	800mg	3g	0g	3g	2g	0%	0%	8%	0%
Dressing - Thousand Island	480	190	23g	6g	0g	0mg	790mg	15g	0g	11g	0g	0%	15%	0%	0%
DRINKS															
Drinks - Diet Pepsi - 22 ounce	0	0	0g	0g	0g	0mg	5mg	76g	0g	76g	0g	0%	0%	0%	0%
Drinks - Diet Pepsi - 32 ounce	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g	0%	0%	0%	0%
Drinks - Dr. Pepper - 22 ounce	10	0	0g	0g	0g	0mg	95mg	74g	0g	74g	0g	0%	0%	0%	0%
Drinks - Dr. Pepper - 32 ounce	15	0	0g	0g	0g	0mg	140mg	108g	0g	108g	0g	0%	0%	0%	0%
Drinks - Dr. Pepper Diet - 22 ounce	0	0	0g	0g	0g	0mg	65mg	0g	0g	0g	0g	0%	0%	0%	0%
Drinks - Dr. Pepper Diet - 32 ounce	0	0	0g	0g	0g	0mg	140mg	0g	0g	0g	0g	0%	0%	0%	0%
Drinks - Lemonade - 22 ounce	110	0	0g	0g	0g	0mg	70mg	30g	0g	30g	0g	0%	0%	0%	0%
Drinks - Lemonade - 32 ounce	160	0	0g	0g	0g	0mg	100mg	44g	0g	44g	0g	0%	0%	0%	0%
Drinks - Mountain Dew - 22 ounce	300	0	0g	0g	0g	0mg	95mg	80g	0g	80g	0g	0%	0%	0%	0%
Drinks - Mountain Dew - 32 ounce	440	0	0g	0g	0g	0mg	140mg	116g	0g	116g	0g	0%	0%	0%	0%
Drinks - Orange - 22 ounce	300	0	0g	0g	0g	0mg	130mg	79g	0g	79g	0g	0%	0%	0%	0%
Drinks - Orange - 32 ounce	430	0	0g	0g	0g	0mg	190mg	115g	0g	115g	0g	0%	0%	0%	0%
Drinks - Peach Tea - 22 ounce	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Drinks - Peach Tea - 32 ounce	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Drinks - Pepsi - 22 ounce	80	0	0g	0g	0g	0mg	5mg	76g	0g	76g	0g	0%	0%	0%	0%
Drinks - Pepsi - 32 ounce	400	0	0g	0g	0g	0mg	10mg	110g	0g	110g	0g	0%	0%	0%	0%
Drinks - Raspberry Tea - 22 ounce	0	0	0g	0g	0g	0mg	70mg	58g	0g	58g	0g	0%	0%	0%	0%

Black Olives - 6 inch	0.5														
Black Olives - 8 inch	0.5														
Black Olives - 12 inch	1														
Oil & Vinegar - 4 inch	0.02														
Oil & Vinegar - 6 inch	0.02														
Oil & Vinegar - 8 inch	0.02														
Oil & Vinegar - 12 inch	0.02														
Cheese - 4 inch	0.75														
Cheese - 6 inch	0.75														
Cheese - 8 inch	1														
Cheese - 12 inch	1.5														
Soups															
Broccoli Cheddar - 12 ounce (368g)	375	210	24g	14g	0g	75mg	1455mg	29g	3g	8g	12g	15%	25%	20%	6%
Chicken Tortilla - 12 ounce (368g)	195	75	9g	.75g	0g	53mg	1485mg	17g	3g	5g	15g	45%	80%	6%	10%
Clam Chowder - 12 ounce (368g)	405	240	27g	17g	.75g	98mg	1350mg	14g	3g	6g	12g	10%	6%	10%	8%