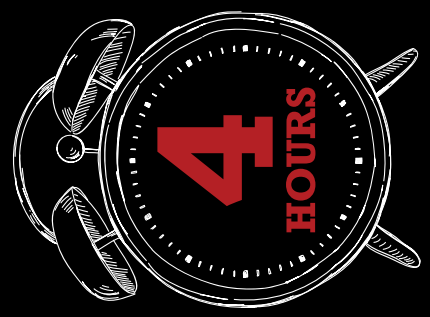
MILIO'S SANDWICHES

It's The Bread!

NUTRITIONAL INFORMATION & ALLERGENS GUIDE



Our *signature* FRESH BREAD is BAKED every in EVERY store, EVERY day!

MILIO'S SANDWICHES

It's The Bread!

NUTRITIONAL & ALLERGEN INFORMATION

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Milio's Sandwiches® Nutritional Guide 2018	NUTRITIONAL INFORMATION																					ALLERGENS							
	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Value for Total Fat	Saturated Fat (g)	% Daily Value for Saturated Fat	Trans Fat (g)	Cholesterol (mg)	% Daily Value for Cholesterol	Sodium (mg)	% Daily Value for Sodium	Total Carbohydrates (g)	% Daily Value for Total Carbohydrates	Dietary Fiber (g)	% Daily Values for Dietary Fiber	Sugars (g)	Protein (g)	Caffeine (mg)	Potassium (mg)	Phosphorus (mg)	Peanut	Tree Nuts	Soy	Dairy	Egg	Fish	Wheat / Gluten
CHIPS																												
Cheetos - Crunchy	57	330	180	21	32%	4	16%	0	0	0%	500	21%	26	9%	1	4%	2	3							•			
Doritos - Cool Ranch	50	260	120	13	20%	2	9%	0	0	0%	320	13%	31	10%	3	11%	2	3							•			
Doritos - Nacho Cheese	50	240	120	14	22%	2	10%	0	0	0%	360	15%	28	9%	2	7%	1	3							•			
Fritos	57	320	180	20	22%	3	10%	0	0	0%	320	10%	32	8%	3	7%	0	3							•			
Lay's - BBQ	43	230	130	15	22%	2	10%	0	0	0%	230	10%	23	8%	2	7%	3	3										
Lay's - Classic	43	240	140	16	24%	2	8%	0	0	0%	250	10%	23	8%	2	7%	1	3										
Lay's - Sour Cream & Onion	43	240	130	15	23%	2	11%	0	0	0%	240	10%	23	8%	2	7%	1	3							•			
Lay's Kettle Cooked - Sea Salt & Vinegar 40% Reduced Fat	39	180	60	8	12%	1	5%	0	0	0%	180	8%	27	9%	2	8%	2	3										
Lay's Oven Baked - BBQ	32	140	30	4	5%	1	3%	0	0	0%	220	9%	24	8%	2	8%	4	2						1	•			•
Lay's Oven Baked - Original	32	130	20	2	3%	0	0%	0	0	0%	150	6%	26	9%	2	8%	2	2						1				
Lay's Oven Baked - Ruffles Cheddar & Sour Cream	32	130	30	4	6%	1	3%	0	0	0%	270	11%	24	8%	1	6%	2	2						1	•			
Miss Vickies - Jalapeño	39	210	110	12	18%	2	8%	0	0	0%	180	8%	22	7%	2	8%	2	3							•			
Miss Vickies - Smokehouse BBQ	39	210	100	12	18%	2	10%	0	0	0%	200	8%	23	8%	2	8%	3	2							•			
Sunchips - Garden Salsa	43	210	80	9	14%	1	6%	0	0	0%	220	9%	27	9%	4	15%	4	4							•			•
Sunchips - Harvest Cheddar	43	210	80	9	14%	2	6%	0	0	0%	320	13%	27	9%	4	14%	3	4							•			•
SOFT DRINKS																												
Lipton Brisk - Unsweetened Iced Tea (No Lemon): Reg. 16 oz.	16	0	0	0	0	0	0	0	0	0	60	3%	0	0	0	0	0	0	22	30	34							
Lipton Brisk - Unsweetened Iced Tea (No Lemon): Lrg. 32 oz.	32	0	0	0	0	0	0	0	0	0	120	5%	0	0	0	0	0	0	44	60	68							
Lipton Brisk - Peach Iced Green Tea (No Calorie): Reg. 16 oz.	16	0	0	0	0	0	0	0	0	0	140	6%	0	0	0	0	0	0	8	30	130							
Lipton Brisk - Peach Iced Green Tea (No Calorie): Lrg. 32 oz.	32	0	0	0	0	0	0	0	0	0	280	12%	0	0	0	0	0	0	16	60	260							
Lipton Brisk - Raspberry Iced Tea: Regular 16 oz.	16	100	0	0	0	0	0	0	0	0	60	3%	26	9%	0	0	26	0	7	20	0							
Lipton Brisk - Raspberry Iced Tea: Large 32 oz.	32	200	0	0	0	0	0	0	0	0	120	5%	52	17%	0	0	52	0	14	40	0							
Mountain Dew: Regular 16 oz.	16	220	0	0	0	0	0	0	0	0	70	3%	58	19%	0	0	58	0	72	10	0							
Mountain Dew: Large 32 oz.	32	440	0	0	0	0	0	0	0	0	140	6%	116	39%	0	0	116	0	144	20	0							
Diet Mountain Dew: Regular 16 oz.	16	0	0	0	0	0	0	0	0	0	80	3%	0	0	0	0	0	0	72	90	0							
Diet Mountain Dew:Large 32 oz.	32	0	0	0	0	0	0	0	0	0	160	7%	0	0	0	0	0	0	144	180	0							
Mug Rootbeer: Regular 16 oz.	16	200	0	0	0	0	0	0	0	0	80	3%	50	17%	0	0	50	0	0	20	7							
Mug Rootbeer: Large 32 oz.	32	400	0	0	0	0	0	0	0	0	160	7%	100	33%	0	0	100	0	0	40	14							
Pepsi: Regular 16 oz.	16	200	0	0	0	0	0	0	0	0	40	2%	56	19%	0	0	56	0	50	10	70							
Pepsi: Large 32 oz.	32	400	0	0	0	0	0	0	0	0	80	3%	112	37%	0	0	112	0	100	20	140							
Wild Cherry Pepsi: Regular 16 oz.	16	200	0	0	0	0	0	0	0	0	40	2%	56	19%	0	0	56	0	50	10	90							
Wild Cherry Pepsi: Large 32 oz.	32	400	0	0	0	0	0	0	0	0	80	3%	112	37%	0	0	112	0	100	20	180							
Diet Pepsi: Regular 16 oz.	16	0	0	0	0	0	0	0	0	0	80	3%	0	0	0	0	0	0	44	40	58							
Diet Pepsi: Large 32 oz.	32	0	0	0	0	0	0	0	0	0	160	7%	0	0	0	0	0	0	88	80	116							
Sierra Mist Twist: Regular 16 oz.	16	200	0	0	0	0	0	0	0	0	40	2%	54	18%	0	0	54	0	0	90	0							
Sierra Mist Twist: Large 32 oz.	32	400	0	0	0	0	0	0	0	0	80	3%	108	36%	0	0	108	0	0	180	0							
Sobe Lifewater - Yumberry Pomegranate: Reg. 16 oz.	16	0	0	0	0	0	0	0	0	0	60	3%	0	0	0	0	0	0	0	70	0							
Sobe Lifewater - Yumberry Pomegranate: Lrg. 32 oz.	32	0	0	0	0	0	0	0	0	0	120	5%	0	0	0	0	0	0	0	140	0							
Tropicana - Lemonade: Regular 16 oz.	16	200	0	0	0	0	0	0	0	0	210	9%	54	18%	0	0	54	0	0	0	0							
Tropicana - Lemonade: Large 32 oz.	32	400	0	0	0	0	0	0	0	0	420	18%	108	36%	0	0	108	0	0	0	0							
Tropicana - Pink Lemonade: Regular 16 oz.	16	200	0	0	0	0	0	0	0	0	210	9%	54	18%	0	0	54	0	0	0	0							
Tropicana - Pink Lemonade: Large 32 oz.	32	400	0	0	0	0	0	0	0	0	420	18%	108	36%	0	0	108	0	0	0	0							
Tropicana Twister - Orange: Regular 16 oz.	16	220	0	0	0	0	0	0	0	0	50	2%	62	21%	0	0	60	0	0	40	0							
Tropicana Twister - Orange: Large 32 oz.	32	440	0	0	0	0	0	0	0	0	100	4%	124	41%	0	0	120	0	0	80	0							
BEVERAGES																												
Bottled Water	20	0	0	0	0%	0	0%	0	0	0%	0	0%	0	0%	0	0	0	0	0	0	0							
2% Milk	8	130	40	5	8%	3	15%	0	20	7%	125	5%	13	4%	0	0	12	8	0	0	0				•			

Recipes analyzed using software provided by Pepsi Foodservice, SYSCO Foodservice Distributors & the CBORD Group, Inc.

Percent Daily Values are based on a 2,000-calorie diet. Milio's® nutritional analysis is based on data collected from our manufacturers along with information from the USDA database. Recipes are from Milio's®. Ingredients and portion sizes may vary slightly. Some items may not be available in all restaurants and test products and test formulations have not been included. While ingredient information is based on standard product formulations, variations may occur depending on the local supplier, the region of the country and the season of the year. Serving sizes may vary from quantity upon which the analysis was conducted. Serving size designation for beverages refers to total cup capacity; the actual fill may be slightly less.

1 - Use of soy in all products is highly refined and not subject to FDA listing as an allergen.

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SUPER SUB																									
#1 American Favorite	276	630	290	32	49%	10	50%	0	50	17%	1450	60%	58	19%	5	20%	3	27			1	•	•		•
#2 Texas Longhorn	262	540	220	24	37%	5	25%	0	40	13%	1110	46%	56	19%	5	20%	2	25			1		•		•
#3 The Big KaTuna	290	480	150	14	22%	2	10%	0	30	10%	1030	43%	58	19%	6	24%	3	26			1		•	•	•
#4 Pilgrim's Pride	272	530	200	22	34%	4	20%	0	50	17%	1240	52%	56	19%	5	20%	2	23			1		•		•
#5 The Godfather	314	720	360	41	63%	12	60%	0	60	20%	1540	64%	61	20%	5	20%	4	30			1	•			•
#6 Veggie Delite	280	640	330	36	55%	11	55%	0	30	10%	1070	45%	59	20%	7	28%	2	22			1	•	•		•
FAVORITES																									
#7 BBLT	244	670	360	40	62%	9	45%	0	50	17%	1360	57%	56	19%	5	20%	2	26			1		•		•
#8 Big Steer	339	700	310	34	52%	11	55%	0	80	27%	1900	79%	58	19%	5	20%	3	39			1	•	•		•
#9 Italian Club	384	950	560	63	97%	17	85%	0	90	30%	2240	93%	62	21%	5	20%	5	37			1	•	•		•
#10 Double Beef & Cheese	348	710	310	34	52%	11	55%	0	90	30%	1600	67%	57	19%	5	20%	2	44			1	•	•		•
#11 Turkey, Ham & Cheese	334	680	290	32	49%	10	50%	0	90	30%	1910	80%	58	19%	5	20%	3	37			1	•	•		•
#12 The Californian	366	790	410	44	68%	16	80%	0	90	30%	1680	70%	60	20%	7	28%	2	39			•	•	•		•
CLASSICS																									
#13 Turkey Classic	303	630	280	30	46%	9	45%	0	70	23%	1390	58%	57	19%	5	20%	2	30			1	•	•		•
#14 Chicken Pesto Italiano	257	570	240	26	40%	4	20%	0	40	13%	1320	55%	56	19%	4	16%	2	25			1	•	•		•
#15 Turkey Bacon Guac	275	490	140	15	23%	4	20%	0	55	18%	1500	63%	57	19%	6	24%	2	30				•			•
#16 Chicken Bacon Club	278	620	270	30	46%	6	30%	0	50	17%	1470	61%	57	19%	5	20%	2	29			1		•		•
#17 Milio's Classic	376	700	300	33	51%	11	55%	0	100	33%	2390	100%	59	20%	5	20%	3	37			1	•	•		•
BREAD CHOICES																									
French Roll (sub size)*	98	280	18	2	3%	0	0%	0	0	0%	595	25%	53	18%	4	16%	0	11			1				•
Wheat Sub Roll (sub size)*	98	240	25	2	3%	1	5%	0	0	0%	452	19%	44	15%	3	12%	2	10			1				•
Sandwich Style Wheat Bread (3 slices)	138	393	48	5	7%	0	0%	0	0	0%	663	28%	69	23%	5	18%	5	15			•				•
Sandwich Style Wheat Bread (2 slices)	92	262	32	3	5%	0	0%	0	0	0%	442	18%	46	15%	3	12%	3	10			•				•
Jalapeño Cheese Flour Tortilla	102	310	90	10	15%	2	10%	0	0	0%	1010	42%	48	16%	5	20%	3	8			1				•
Garlic Herb Flour Tortilla	103	300	81	9	14%	2	10%	0	0	0%	800	33%	47	16%	1	4%	3	9			1				•
Low Carb Flour Tortilla	102	290	60	7	11%	3	13%	0	0	0%	770	32%	43	14%	6	24%	1	14			1				•
Iceberg Lettuce Wrap	20	4	0	0	0%	0	0%	0	0	0%	2	0%	0	0%	0	0%	0	0							
VEGGIES																									
Alfalfa Sprouts	10	2	1	0	0%	0	0%	0	0	0%	1	0%	0	0%	0	0%	0	0							
Lettuce	45	8	0	0	0%	0	0%	0	0	0%	5	0%	2	0%	1	4%	1	1							
Onions	26	10	0	0	0%	0	0%	0	0	0%	0	0%	2	1%	0	0%	1	0							
Spinach	30	7	0	0	0%	0	0%	0	0	0%	23	1%	1	0%	0	0%	1	1							
Tomatoes	35	6	1	0	0%	0	0%	0	0	0%	2	0%	1	0%	0	0%	1	1							
EXTRA MEAT																									
Applewood Smoked Bacon (2 strips)	16	80	63	7	11%	2	12%	0	15	5%	230	10%	0	0%	0	0%	0	5							
Roast Beef	58	70	19	2	3%	1	5%	0	31	10%	332	14%	0	0%	0	0%	0	12							
Roast Chicken Breast	58	62	10	1	2%	0	0%	0	26	9%	456	19%	1	0%	0	0%	0	11							
Roast Turkey	58	52	4	0	0%	0	0%	0	41	14%	456	19%	0	0%	0	0%	0	10							
Salami & Capicola	54	159	109	12	18%	4	20%	0	39	13%	789	33%	2	1%	0	0%	1	10							
Smoked Ham	44	50	18	2	3%	1	5%	0	21	7%	521	22%	1	0%	0	0%	1	7							
Tuna Salad	102	187	130	14	22%	2	10%	0	30	10%	430	18%	0	0%	1	4%	1	13			1		•	•	
EXTRA CHEESE																									
Provolone Cheese	28	100	72	8	12%	5	25%	0	20	7%	150	6%	0	0%	0	0%	0	7				•			
Wisconsin Cheddar Cheese	28	110	81	9	14%	6	30%	0	30	10%	180	8%	0	0%	0	0%	0	7				•			
SAUCES/EXTRAS																									
Dijon Mustard (1 tsp)	5	5	0	0	0%	0	0%	0	0	0%	120	5%	0	0%	0	0%	0	0							
Dill Spread - Iowa Only	26	180	180	20	31%	4	20%	0	10	3%	180	8%	0	0%	0	0%	0	0			1		•		
East Coast Hots (2 Tbsp)	30	0	0	0	0%	0	0%	0	0	0%	560	23%	0	0%	0	0%	0	0							
Guacamole (2 Tbsp)	38	63	57	6	9%	2.0	10%	0	0	0%	139	6%	2	1%	2	8%	0	2							
Light Mayonnaise (2 packets)	22	50	44	4	6%	0	0%	0	0	0%	170	7%	0	0%	0	0%	0	0			1		•		
Mayonnaise (2 Tbsp)	26	180	180	20	31%	4	20%	0	10	3%	180	8%	0	0%	0	0%	0	0			1		•		
Mayonnaise Side (2 Packets)	22	140	144	16	25%	2	10%	0	7.5	3%	140	6%	0	0%	0	0%	0	0			1		•		
Oil & Vinegar	28	160	160	19	29%	3	15%	0	0	0%	0	0%	0	0%	0	0%	0	0			1				
Pesto (.375 oz)	10	33	30	3	5%	0	0%	0	2	1%	61	3%	0	0%	0	0%	0	1				•			
Yellow Mustard (1 tsp)	9	5	3	0	0%	0	0%	0	0	0%	99	4%	1	0%	0	0%	0	0							
PICKLE																									
Whole Kosher Pickle	140	25	0	0	0%	0	0%	0	0	0%	1500	60%	5	2%	0	0%	0	0							
APPLESAUCE																									
Musselman's Applesauce	113	50	0	0	0%	0	0%	0	0	0%	10	0%	12	4%	2	8%	8	0							
COOKIES																									
Chocolate Chip	78	350	150	17	26%	9	45%	0	25	8%	250	10%	47	16%	2	8%	20	4			•	•	•		•
Oatmeal Raisin	78	320	120	13	20%	6	30%	0	25	8%	260	11%	47	16%	2	8%	20	4			•	•	•		•
Reeses Pieces	78	370	180	20	31%	8	40%	0	25	8%	330	14%	42	14%	2	8%	19	6	•		•	•	•		•
Salted Caramel Chocolate Chunk	78	350	140	15	31%	8	40%	0	20	8%	360	14%	49	14%	1	8%	32	4			•	•	•		•
White Chocolate Macadamia Nut	78	370	170	19	29%	10	50%	0	25	8%	260	11%	44	15%	1	4%	19	4		•	•	•	•		•

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1 - Contains highly refined soy.