



NUTRITION GUIDE																		
	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)
SUPER SUBS All sandwiches are listed on a French Sub Roll, please see bread choices for additional values and allergens.																		
#1 American Favorite	276	580	290	32	49%	11	55%	0	50	17%	1360	57%	48	16%	3	12%	3	25
#2 Texas Longhorn	262	500	220	24	37%	6	30%	0	40	13%	1020	43%	46	15%	3	12%	2	23
#3 Big Katuna	290	440	150	14	22%	3	15%	0	30	10%	940	39%	46	15%	4	16%	2	24
#4 Pilgrim's Pride	272	480	210	22	34%	5	25%	0	50	17%	1140	48%	46	15%	3	12%	2	21
#5 The Godfather	314	680	360	41	63%	13	65%	0	60	20%	1450	60%	51	17%	3	12%	4	28
#6 Veggie Delite	280	590	330	36	55%	12	60%	0	30	10%	980	41%	49	16%	5	20%	2	20
FAVORITES All sandwiches are listed on a French Sub Roll, please see bread choices for additional values and allergens.																		
#7 BBLT	244	630	360	40	62%	10	50%	0	50	17%	1260	53%	46	15%	3	12%	2	24
#8 Big Steer	339	655	310	34	52%	12	60%	0	82	27%	1810	75%	48	16%	3	12%	3	37
#9 Italian Club	384	910	560	63	97%	18	90%	0	90	30%	2150	90%	52	17%	3	12%	5	35
#10 Double Beef & Cheese	348	670	310	34	52%	12	60%	0	90	30%	1500	63%	47	16%	3	12%	2	42
#11 Turkey, Ham & Cheese	334	630	300	32	49%	11	55%	0	90	30%	1810	75%	48	16%	3	12%	3	35
#12 The Californian	366	750	410	44	68%	17	85%	0	90	30%	1580	66%	50	17%	5	20%	2	37
CLASSICS All sandwiches are listed on a French Sub Roll, please see bread choices for additional values and allergens.																		
#13 Turkey Classic	300	580	280	30	46%	10	50%	0	70	23%	1290	54%	47	16%	3	12%	2	28
#14 Chicken Pesto Italiano	257	520	240	26	40%	5	25%	0	40	13%	1220	51%	46	15%	2	8%	2	23
#15 Turkey Bacon Guac	275	440	150	15	23%	5	25%	0	55	18%	1350	56%	47	16%	4	16%	2	28
#16 Chicken Bacon Club	278	570	270	30	46%	7	35%	0	50	17%	1370	57%	47	16%	3	12%	2	27
#17 Milio's Classic	376	650	300	33	51%	12	59%	0	100	33%	2290	95%	49	16%	3	12%	3	35
#18 Meatball Sub	298	700	280	35	54%	15	75%	0	80	27%	1805	75%	60	20%	5	20%	5	34
SKINNYS Same as regular #1-17 without veggies and sauces. All sandwiches are listed on a French Sub Roll, please see bread choices for additional values and allergens.																		
Skinny #1 American Favorite	212	485	120	13	20%	7	35%	0	41	14%	1390	58%	64	21%	2	8%	1	26
Skinny #2 Texas Longhorn	198	405	50	5	8%	2	10%	0	30	10%	1050	44%	62	21%	2	8%	0	24
Skinny #3 Big Katuna	242	520	160	15	23%	3	15%	0	30	10%	1140	48%	62	21%	3	12%	0	25
Skinny #4 Pilgrim's Pride	198	390	35	3	5%	1	5%	0	40	13%	1170	49%	62	21%	2	8%	0	22
Skinny #5 The Godfather	222	590	210	23	35%	10	50%	0	60	20%	1600	67%	65	22%	2	8%	1	29
Skinny #6 Veggie Delite	206	500	160	17	26%	8	40%	0	20	7%	1000	42%	65	22%	4	16%	0	21
Skinny #7 BBLT	180	530	190	21	32%	6	30%	0	40	13%	1290	54%	62	21%	2	8%	0	25
Skinny #8 Big Steer	270	560	140	15	23%	8	40%	0	70	23%	1850	77%	64	21%	2	8%	1	38
Skinny #9 Italian Club	266	640	230	25	38%	11	55%	0	80	27%	2170	90%	66	22%	2	8%	2	36
Skinny #10 Double Beef & Cheese	284	570	140	15	23%	8	40%	0	80	27%	1530	64%	63	21%	2	8%	0	43
Skinny #11 Turkey, Ham & Cheese	270	540	120	13	20%	7	35%	0	80	27%	1840	77%	64	21%	2	8%	1	36
Skinny #12 The Californian	292	650	230	25	38%	13	65%	0	80	27%	1610	67%	66	22%	4	16%	0	38
Skinny #13 Turkey Classic	226	490	110	11	17%	6	30%	0	60	20%	1320	55%	63	21%	2	8%	0	29
Skinny #14 Chicken Pesto Italiano	198	400	40	4	6%	0	0%	0	25	8%	1170	49%	63	21%	2	8%	0	23
Skinny #15 Turkey Bacon Guac	252	530	150	16	25%	5	25%	0	55	18%	1540	64%	64	21%	4	16%	0	29
Skinny #16 Chicken Bacon Club	214	480	100	11	17%	3	15%	0	40	13%	1400	58%	63	21%	2	8%	0	28
Skinny #17 Milio's Classic	312	560	130	14	22%	8	40%	0	90	30%	2320	97%	65	22%	2	8%	1	36
SNACK-WICHES Half sandwich, choice of side and small fountain drink. All sandwiches are listed on a French Sub Roll, please see bread choices, sides and drinks for specific calorie and allergen information.																		
#1 American Favorite <i>(Meal: 335-900 cal)</i>	154	310	150	17	27%	6	29%	0	35	12%	990	41%	24	8%	1	6%	2	16
#2 Texas Longhorn <i>(Meal: 305-870 cal)</i>	154	280	120	13	20%	3	17%	0	35	12%	720	30%	23	8%	1	6%	1	17
#3 Big Katuna <i>(Meal: 335-900 cal)</i>	190	310	140	15	23%	2	12%	0	30	10%	730	30%	23	8%	2	10%	2	18
#4 Pilgrim's Pride <i>(Meal: 295-860 cal)</i>	159	270	100	11	17%	2	12%	0	45	15%	850	35%	23	8%	1	6%	1	15
#5 The Godfather <i>(Meal: 445-1010 cal)</i>	178	420	230	27	41%	8	42%	0	50	17%	1160	48%	26	9%	1	6%	2	19
#6 Veggie Delite <i>(Meal: 375-940 cal)</i>	148	350	200	22	34%	8	42%	0	25	8%	610	25%	25	8%	2	10%	1	13
BREAD CHOICES																		
French Sub Roll	98	235	21	2.5	4%	0.7	4%	0	0	0%	500	21%	43	14%	1.8	7%	0	9
Wheat Sub Roll	98	240	25	2	3%	1	5%	0	0	0%	452	19%	44	15%	3	12%	2	10
Garlic Herb Tortilla	103	300	81	9	14%	2	10%	0	0	0%	800	33%	47	16%	1	4%	3	9
Jalapeno Cheese Tortilla	102	310	90	10	15%	2	10%	0	0	0%	1010	42%	48	16%	5	20%	3	8
Iceberg Lettuce Wrap	20	4	0	0	0%	0	0%	0	0	0%	2	0%	0	0%	0	0%	0	0
EXTRA MEAT & CHEESE																		
Smoked Ham	44	50	18	2	3%	1	5%	0	21	7%	521	22%	1	0%	0	0%	1	7
Roast Beef	58	70	19	2	3%	1	5%	0	31	10%	332	14%	0	0%	0	0%	0	12
Roast Turkey	58	52	4	0	0%	0	0%	0	41	14%	456	19%	0	0%	0	0%	0	10
Applewood Smoked Bacon	16	80	63	7	11%	2	12%	0	15	5%	230	10%	0	0%	0	0%	0	5
Salami	27	101	74	8	13%	3	15%	0	22	7%	434	18%	1	0%	0	0%	1	5
Capicola	27	57	31	4	6%	1	5%	0	16	5%	306	13%	1	0%	0	0%	0	5
Salami & Capicola	54	158	105	12	18%	4	20%	0	38	13%	740	31%	2	1%	0	0%	1	10
Meatballs	112	333	25	25	38%	8	40%	0	60	20%	891	37%	9	3%	1.33	5%	1.33	17
Tuna Salad	102	187	130	14	22%	2	10%	0	30	10%	430	18%	0	0%	1	4%	1	13
Cheddar Cheese	28	110	81	9	14%	6	30%	0	30	10%	180	8%	0	0%	0	0%	0	7
Provolone Cheese	28	100	72	8	12%	5	25%	0	20	7%	150	6%	0	0%	0	0%	0	7
VEGGIES																		
Tomatoes	35	6	1	0	0%	0	0%	0	0	0%	2	0%	1	0%	0	0%	1	1
Alfalfa Sprouts	10	2	1	0	0%	0	0%	0	0	0%	1	0%	0	0%	0	0%	0	0
Onion	26	10	0	0	0%	0	0%	0	0	0%	0	0%	2	1%	0	0%	1	0
Lettuce	45	8	0	0	0%	0	0%	0	0	0%	5	0%	2	0%	1	4%	1	1
Spinach	30	7	0	0	0%	0	0%	0	0	0%	23	1%	1	0%	0	0%	1	1

Recipes analyzed using software provided by PepsiCo 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 Highly refined soy
- 2 Manufactured on equipment that also processes products containing peanuts or tree nuts

ALLERGEN GUIDE									
Sesame									
Shellfish									
Wheat / Gluten									
Fish									
Eggs									
Dairy									
Soy									
Tree Nuts									
Peanuts									
			</						

NUTRITION & ALLERGEN GUIDE

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NUTRITION GUIDE

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	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)	
	SAUCES & EXTRAS																		
	Hellman's® Mayo	26	180	180	20	31%	4	20%	0	10	3%	180	8%	0	0%	0	0%	0	0
	Hellman's® Mayo Side (2 packets)	22	140	144	16	25%	2	10%	0	7	2%	140	6%	0	0%	0	0%	0	0
	Hellman's® Light Mayo Side (2 packets)	22	50	44	4	6%	0	0%	0	0	0%	170	7%	0	0%	0	0%	0	0
	Dijon Mustard	5	5	0	0	0%	0	0%	0	0	0%	120	5%	0	0%	0	0%	0	0
	Oil & Vinegar	28	160	160	19	29%	3	15%	0	0	0%	0	0%	0	0%	0	0%	0	0
	Yellow Mustard	9	5	3	0	0%	0	0%	0	0	0%	99	4%	1	0%	0	0%	0	0
	Pesto	10	33	30	3	5%	0	0%	0	2	1%	61	3%	0	0%	0	0%	0	1
Marinara	60	35	1.75	1.75	3%	0	0%	0	0	0%	265	11%	5	0%	1.5	6%	3.5	0.5	
East Coast Hots	30	5	0	0	0%	0	0%	0	0	0%	390	16%	1	0%	0	0%	0	0	
Guacamole	38	63	57	6	9%	2	10%	0	0	0%	139	6%	2	1%	2	8%	0	2	
PICKLES																			
Whole Kosher Pickle	140	25	0	0	0%	0	0%	0	0	0%	1500	60%	5	2%	0	0%	0	0	
Pickle Slices	42	8	0	0	0%	0	0%	0	0	0%	450	19%	2	1%	0	0%	0	0	
SNACK CHIPS																			
Cheetos® Crunchy	57	330	180	21	32%	4	16%	0	0	0%	500	21%	26	9%	1	4%	2	3	
Doritos® Nacho Cheese	50	240	120	14	22%	2	10%	0	0	0%	360	15%	28	9%	2	7%	1	3	
Lay's® Classic Potato	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® Baked Original Potato	32	130	20	2	3%	0	0%	0	0	0%	150	6%	26	9%	2	8%	2	2	
Miss Vickie's® Jalapeño	39	210	110	12	18%	2	8%	0	0	0%	180	8%	22	7%	2	8%	2	3	
Miss Vickie's® Smokehouse BBQ	39	210	100	12	18%	2	10%	0	0	0%	200	8%	23	8%	2	8%	3	2	
Miss Vickie's® Sea Salt & Vinegar	39	180	60	8	12%	1	5%	0	0	0%	180	8%	27	9%	2	8%	2	3	
SunChips® Harvest Cheddar	43	210	80	9	14%	2	6%	0	0	0%	320	13%	27	9%	4	14%	3	4	
DESSERTS																			
Chocolate Chip Cookie	78	350	150	17	26%	9	45%	0	25	8%	250	10%	47	16%	2	8%	20	4	
Reese's Pieces® Peanut Butter Cookie	78	370	180	20	31%	8	40%	0	25	8%	330	14%	42	14%	2	8%	19	6	
Salted Caramel Chocolate Chunk Cookie	78	350	140	15	31%	8	40%	0	20	8%	360	14%	49	14%	1	8%	32	4	
Chocolate Brownie	112	500	230	28	36%	11	55%	0	90	30%	180	8%	63	23%	3	11%	47	5	
FOUNTAIN DRINKS																			
Pepsi®: Regular	16 oz.	200	0	0	0%	0	0%	0	0	0%	40	2%	56	19%	0	0%	56	0	
Pepsi®: Large	24 oz.	300	0	0	0%	0	0%	0	0	0%	60	3%	84	28%	0	0%	84	0	
Diet Pepsi®: Regular	16 oz.	0	0	0	0%	0	0%	0	0	0%	80	3%	0	0%	0	0%	0	0	
Diet Pepsi®: Large	24 oz.	0	0	0	0%	0	0%	0	0	0%	120	5%	0	0%	0	0%	0	0	
Starry® Lemon Lime: Regular	16 oz.	200	0	0	0%	0	0%	0	0	0%	46	2%	52	17%	0	0%	52	0	
Starry® Lemon Lime: Large	24 oz.	300	0	0	0%	0	0%	0	0	0%	69	3%	78	26%	0	0%	78	0	
Mountain Dew®: Regular	16 oz.	220	0	0	0%	0	0%	0	0	0%	70	3%	58	19%	0	0%	58	0	
Mountain Dew®: Large	24 oz.	330	0	0	0%	0	0%	0	0	0%	105	4%	87	29%	0	0%	87	0	
Wild Cherry Pepsi®: Regular	16 oz.	200	0	0	0%	0	0%	0	0	0%	40	2%	56	19%	0	0%	56	0	
Wild Cherry Pepsi®: Large	24 oz.	300	0	0	0%	0	0%	0	0	0%	60	3%	84	28%	0	0%	84	0	
Tropicana® Pink Lemonade: Regular	16 oz.	200	0	0	0%	0	0%	0	0	0%	210	9%	54	18%	0	0%	54	0	
Tropicana® Pink Lemonade: Large	24 oz.	300	0	0	0%	0	0%	0	0	0%	315	13%	81	27%	0	0%	81	0	
Diet Mountain Dew®: Regular	16 oz.	0	0	0	0%	0	0%	0	0	0%	80	3%	0	0%	0	0%	0	0	
Diet Mountain Dew®: Large	24 oz.	0	0	0	0%	0	0%	0	0	0%	120	5%	0	0%	0	0%	0	0	
Mug® Root Beer: Regular (Select locations only)	16 oz.	200	0	0	0%	0	0%	0	0	0%	80	3%	50	17%	0	0%	50	0	
Mug® Root Beer: Large (Select locations only)	24 oz.	300	0	0	0%	0	0%	0	0	0%	120	5%	75	25%	0	0%	75	0	
BOTTLED DRINKS																			
Gatorade® Cool Blue	20 oz.	140	0	0	0%	0	0%	0	0	0%	270	11%	36	12%	0	0%	34	0	
Pure Leaf® Sweet Tea	18.5 oz.	160	0	0	0%	0	0%	0	0	0%	5	0%	42	14%	0	0%	42	0	
Pure Leaf® Unsweetened Tea	18.5 oz.	0	0	0	0%	0	0%	0	0	0%	5	0%	0	0%	0	0%	0	0	
Bubbli'r® Wild Cherry Chill'r	12 oz.	5	0	0	0%	0	0%	0	0	0%	20	1%	8	3%	0	0%	0	0	
Bubbli'r® Triple Berry Breez'r	12 oz.	5	0	0	0%	0	0%	0	0	0%	20	1%	7	2%	0	0%	0	0	
Bubbli'r® Twisted Elix'r	12 oz.	5	0	0	0%	0	0%	0	0	0%	20	1%	7	2%	0	0%	0	0	
Aquafina® Water	20 oz.	0	0	0	0%	0	0%	0	0	0%	0	0%	0	0%	0	0%	0	0	

ALLERGEN GUIDE

[illegible]

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