NUTRITION & ALLERGEN GUIDE

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| | | | | | | | | NUTE | RITION | GUID | E | | | | | | | ALLERGEN GUIDE | | | | | | | | |
|---|--------------------|----------|---------------|--------------------------------|-------------------|------------------------------------|---------------|------------------|----------------------------------|-------------|-----------------------------|-------------------------|---|-------------------|-------------------------------------|------------|-------------|----------------|-----------|-----|-------|----|----------------|-----------|--------|--|
| | | | | | | | | | | | | Total | | | | | | | | | | | | | | |
| MILIO'S | Servi | | = | % Daily Value for Total Fat | Satura | % Daily Value for Saturated Fat | ಸ | Choles | % Daily Value for Cholesterol | Soc | % Daily Value for Sodium | Total Carbohydrates (g) | % D | Dietar | % Daily Values for Dietary Fiber | | _ | | | | | | Whe | <u> </u> | | |
| (SANDWICHES) | Serving Size (g) | Calories | Total Fat (g) | / Value : Total | Saturated Fat (g) | Value f ırated F | Trans Fat (g) | Cholesterol (mg) | / Value · | Sodium (mg) | / Value Sodi | /drates | % Daily Value for Total Carbohydrates | Dietary Fiber (g) | Values : etary Fik | Sugars (g) | Protein (g) | Peanuts | Tree Nuts | | D | | Wheat / Gluten | Shellfish | Sesame | |
| | (g) | ies | (g) | at or | (g) | at or | (9) | <u>(8</u> | o for | 18) | Im for | (9) | ue tal | @ | for | (9) | (9) | stur | luts | Soy | Dairy | 88 | uten | fish | me | |
| SAUCES & EXTRAS | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hellman's® Mayo | 26 | 180 | 20 | 31% | 4 | 20% | 0 | 10 | 3% | 180 | 8% | 0 | 0% | 0 | 0% | 0 | 0 | | | •1 | | • | | | | |
| Hellman's® Mayo Side (2 packets) | 22 | 140 | 16 | 25% | 2 | 10% | 0 | 7 | 2% | 140 | 6% | 0 | 0% | 0 | 0% | 0 | 0 | | | •1 | | • | | | | |
| Hellman's® Light Mayo Side (2 packets) | 22 | 50 | 4 | 6% | 0 | 0% | 0 | 0 | 0% | 170 | 7% | 0 | 0% | 0 | 0% | 0 | 0 | | | •1 | | • | | | | |
| Dijon Mustard | 5 | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 120 | 5% | 0 | 0% | 0 | 0% | 0 | 0 | | | | | | | | | |
| Oil & Vinegar | 28 | 160 | 19 | 29% | 3 | 15% | 0 | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0 | | | •1 | | | | | | |
| Yellow Mustard | 9 | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 99 | 4% | 1 | 0% | 0 | 0% | 0 | 0 | | | | | | | | | |
| Pesto | 10 | 33 | 3 | 5% | 0 | 0% | 0 | 2 | 1% | 61 | 3% | 0 | 0% | 0 | 0% | 0 | 1 | | | | • | | | | | |
| Marinara | 60 | 35 | 1.75 | 3% | 0 | 0% | 0 | 0 | 0% | 265 | 11% | 5 | 0% | 1.5 | 6% | 3.5 | 0.5 | | | | | | | | | |
| East Coast Hots Guacamole | 30 38 | 5 63 | 6 | 0% 9% | 2 | 10% | 0 | 0 | 0% | 390 139 | 16% | 1 | 0% 1% | 0 | 0% 8% | 0 | 2 | | | | | | | | | |
| PICKLES | 36 | 03 | 0 | 370 | Z | 1070 | U | 0 | 070 | 139 | 070 | 2 | 170 | 2 | 870 | 0 | 2 | | | | | | | | | |
| Whole Kosher Pickle | 140 | 25 | 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% | 450 | 19% | 2 | 1% | 0 | 0% | 0 | 0 | | | | | | | | | |
| SNACK CHIPS | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cheetos® Crunchy | 57 | 330 | 21 | 32% | 4 | 16% | 0 | 0 | 0% | 500 | 21% | 26 | 9% | 1 | 4% | 2 | 3 | | | | • | | | | | |
| Doritos® Nacho Cheese | 50 | 240 | 14 | 22% | 2 | 10% | 0 | 0 | 0% | 360 | 15% | 28 | 9% | 2 | 7% | 1 | 3 | | | | • | | | | | |
| Lay's® Classic Potato | 43 | 240 | 16 | 24% | 2 | 8% | 0 | 0 | 0% | 250 | 10% | 23 | 8% | 2 | 7% | 1 | 3 | | | | | | | | | |
| Lay's® Sour Cream & Onion | 43 | 240 | 15 | 23% | 2 | 11% | 0 | 0 | 0% | 240 | 10% | 23 | 8% | 2 | 7% | 1 | 3 | | | | • | | | | | |
| Lay's® Baked Original Potato | 32 | 130 | 2 | 3% | 0 | 0% | 0 | 0 | 0% | 150 | 6% | 26 | 9% | 2 | 8% | 2 | 2 | | | •1 | | | | | | |
| Miss Vickie's® Jalapeño | 39 | 210 | 12 | 18% | 2 | 8% | 0 | 0 | 0% | 180 | 8% | 22 | 7% | 2 | 8% | 2 | 3 | | | | • | | | | | |
| Miss Vickie's® Smokehouse BBQ | 39 | 210 | 12 | 18% | 2 | 10% | 0 | 0 | 0% | 200 | 8% | 23 | 8% | 2 | 8% | 3 | 2 | | | | • | | | | | |
| Miss Vickie's® Sea Salt & Vinegar | 39 | 180 | 8 | 12% | 1 | 5% | 0 | 0 | 0% | 180 | 8% | 27 | 9% | 2 | 8% | 2 | 3 | | | | | | | | | |
| SunChips® Harvest Cheddar | 43 | 210 | 9 | 14% | 2 | 6% | 0 | 0 | 0% | 320 | 13% | 27 | 9% | 4 | 14% | 3 | 4 | | | | • | | • | | | |
| DESSERTS | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chocolate Chip Cookie | 78 | 350 | 17 | 26% | 9 | 45% | 0 | 25 | 8% | 250 | 10% | 47 | 16% | 2 | 8% | 20 | 4 | •2 | •2 | • | • | • | • | | | |
| Reese's Pieces® Peanut Butter Cookie | 78 | 370 | 20 | 31% | 8 | 40% | 0 | 25 | 8% | 330 | 14% | 42 | 14% | 2 | 8% | 19 | 6 | • | •2 | • | • | • | • | | | |
| Salted Caramel Chocolate Chunk Cookie | 78 | 350 | 15 | 31% | 8 | 40% | 0 | 20 | 8% | 360 | 14% | 49 | 14% | 1 | 8% | 32 47 | 5 | •2 | •2 | | | | • | | | |
| Chocolate Brownie FOUNTAIN DRINKS | 112 | 500 | 28 | 36% | 11 | 55% | 0 | 90 | 30% | 180 | 8% | 63 | 23% | 3 | 11% | 4/ | 5 | | | Ť | _ | | _ | | | |
| Pepsi®: Regular | 16 oz. | 200 | 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% | 60 | 3% | 84 | 28% | 0 | 0% | 84 | 0 | | | | | | | | | |
| Diet Pepsi®: Regular | 16 oz. | 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% | 120 | 5% | 0 | 0% | 0 | 0% | 0 | 0 | | | | | | | | | |
| Starry® Lemon Lime: Regular | 16 oz. | 200 | 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% | 69 | 3% | 78 | 26% | 0 | 0% | 78 | 0 | | | | | | | | | |
| Mountain Dew®: Regular | 16 oz. | 220 | 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% | 105 | 4% | 87 | 29% | 0 | 0% | 87 | 0 | | | | | | | | | |
| Wild Cherry Pepsi®: Regular | 16 oz. | 200 | 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% | 60 | 3% | 84 | 28% | 0 | 0% | 84 | 0 | | | | | | | | | |
| Tropicana® Pink Lemonade: Regular | 16 oz. | 200 | 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% | 315 | 13% | 81 | 27% | 0 | 0% | 81 | 0 | | | | | | | | | |
| Diet Mountain Dew®: Regular | 16 oz. | 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% | 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% | 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% | 120 | 5% | 75 | 25% | 0 | 0% | 75 | 0 | | | | | | | | | |
| BOTTLED DRINKS Gatorade® Cool Blue | 20 oz. | 140 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 270 | 11% | 36 | 12% | 0 | 0% | 34 | 0 | | | | | | | | | |
| Pure Leaf® Sweet Tea | 20 oz. 18.5 oz. | 160 | 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% | 5 | 0% | 0 | 0% | 0 | 0% | 0 | 0 | | | | | | | | | |
| Bubbl'r® Wild Cherry Chill'r | 10.5 0z. | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 20 | 1% | 8 | 3% | 0 | 0% | 0 | 0 | | | | | | | | | |
| Bubbl'r® Triple Berry Breez'r | 12 oz. | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 20 | 1% | 7 | 2% | 0 | 0% | 0 | 0 | | | | | | | | | |
| Bubbl'r® Twisted Elix'r | 12 oz. | 5 | 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 | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | |



| #1 American Favorite #2 Texas Longhorn #3 Big Katuna #4 Pilgrim's Pride #5 The Godfather #6 Veggie Delite FAVORITES All sandwiches are listed on a French Sub Ro #7 BBLT #8 Big Steer #9 Italian Club #10 Double Beef & Cheese #11 Turkey, Ham & Cheese | 276 262 290 272 314 280 | Golories bread choices 580 500 440 480 | Total Fat (g) s for addition 32 24 | 49% | 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 | Su | Pro | 7 | Tre | | | | Shellfish Wheat / Gluten | |
|--|--|---|------------------------------------|-----------------|-------------------|------------------------------------|----------------|------------------|----------------------------------|----------------|-----------------------------|-------------------------|---|-------------------|-------------------------------------|------------|-------------|---------|------------------|---------|-----|------|-----------------------------|--------|
| #1 American Favorite #2 Texas Longhorn #3 Big Katuna #4 Pilgrim's Pride #5 The Godfather #6 Veggie Delite FAVORITES All sandwiches are listed on a French Sub Ro #7 BBLT #8 Big Steer #9 Italian Club #10 Double Beef & Cheese | 276 262 290 272 314 280 | 580 500 440 | 32 | 49% | Ť | | | | | | 3 4 | s (g) | Value Total drates | er (g) | ues for y Fiber | Sugars (g) | Protein (g) | Peanuts | Soy Tree Nuts | Dairy | Egg | Fish | fish ten | Sesame |
| #2 Texas Longhorn #3 Big Katuna #4 Pilgrim's Pride #5 The Godfather #6 Veggie Delite FAVORITES All sandwiches are listed on a French Sub Ro #7 BBLT #8 Big Steer #9 Italian Club #10 Double Beef & Cheese | 262 290 272 314 280 | 500 440 | | | | E E 0/. | 0 | 50 | 170/ | 1260 | E704 | 40 | 1604 | 2 | 1204 | 2 | 25 | | • 1 | | • | | • | |
| #3 Big Katuna #4 Pilgrim's Pride #5 The Godfather #6 Veggie Delite FAVORITES All sandwiches are listed on a French Sub Ro #7 BBLT #8 Big Steer #9 Italian Club #10 Double Beef & Cheese | 290 272 314 280 | | | 37% | 6 | 55% 30% | 0 | 50 40 | 17% | 1360 1020 | 57% 43% | 48 46 | 16% | 3 | 12% | 3 | 25 | | •1 | | • | | | |
| #5 The Godfather #6 Veggie Delite FAVORITES All sandwiches are listed on a French Sub Ro #7 BBLT #8 Big Steer #9 Italian Club #10 Double Beef & Cheese | 314 280 | 480 | 14 | 22% | 3 | 15% | 0 | 30 | 10% | 940 | 39% | 46 | 15% | 4 | 16% | 2 | 24 | | • | | • | • | • | |
| #6 Veggie Delite FAVORITES All sandwiches are listed on a French Sub Ro #7 BBLT #8 Big Steer #9 Italian Club #10 Double Beef & Cheese | 280 | | 22 | 34% | 5 | 25% | 0 | 50 | 17% | 1140 | 48% | 46 | 15% | 3 | 12% | 2 | 21 | | •1 | 1 | • | | • | |
| #7 BBLT #8 Big Steer #9 Italian Club #10 Double Beef & Cheese | | 680 | 41 | 63% | 13 | 65% | 0 | 60 | 20% | 1450 | 60% | 51 | 17% | 3 | 12% | 4 | 28 | | •1 | • | | | • | |
| #7 BBLT #8 Big Steer #9 Italian Club #10 Double Beef & Cheese | ll, please see b | 590 | 36 | 55% | 12 | 60% | 0 | 30 | 10% | 980 | 41% | 49 | 16% | 5 | 20% | 2 | 20 | | •1 | • | • | | • | |
| #8 Big Steer #9 Italian Club #10 Double Beef & Cheese | | | | | | | | | | | | | | | | _ | | | | | | | | |
| #9 Italian Club #10 Double Beef & Cheese | 339 | 630 | 40 34 | 62% 52% | 10 12 | 50% | 0 | 50 82 | 17% 27% | 1260 1810 | 53% 75% | 46 48 | 15% | 3 | 12% | 2 | 24 37 | | •1 | | • | | • | |
| #10 Double Beef & Cheese | 384 | 655 910 | 63 | 97% | 18 | 90% | 0 | 90 | 30% | 2150 | 90% | 52 | 17% | 3 | 12% | 5 | 35 | | 01 | | • | | • | |
| #11 Turkey, Ham & Cheese | 348 | 670 | 34 | 52% | 12 | 60% | 0 | 90 | 30% | 1500 | 63% | 47 | 16% | 3 | 12% | 2 | 42 | | •1 | | • | | | |
| | 334 | 630 | 32 | 49% | 11 | 55% | 0 | 90 | 30% | 1810 | 75% | 48 | 16% | 3 | 12% | 3 | 35 | | • | • | • | | • | |
| #12 The Californian | 366 | 750 | 44 | 68% | 17 | 85% | 0 | 90 | 30% | 1580 | 66% | 50 | 17% | 5 | 20% | 2 | 37 | | •1 | • | • | | • | |
| CLASSICS All sandwiches are listed on a French Sub Roll, | please see bre | ad choices fo | r additional | values and all | ergens. | | | | | | | | | | | | | | | | | | | |
| #13 Turkey Classic | 300 | 580 | 30 | 46% | 10 | 50% | 0 | 70 | 23% | 1290 | 54% | 47 | 16% | 3 | 12% | 2 | 28 | | •1 | • | • | | • | |
| #14 Chicken Pesto Italiano | 257 | 520 | 26 | 40% | 5 | 25% | 0 | 40 | 13% | 1220 | 51% | 46 | 15% | 2 | 8% | 2 | 23 | | •1 | | • | | • | |
| #15 Turkey Bacon Guac #16 Chicken Bacon Club | 275 | 440 570 | 15 30 | 23% | 5 7 | 25% 35% | 0 | 55 | 18% | 1350 1370 | 56% | 47 47 | 16% | 3 | 16% | 2 | 28 | | •1 | | • | | • | |
| #17 Milio's Classic | 376 | 650 | 33 | 51% | 12 | 59% | 0 | 100 | 33% | 2290 | 95% | 49 | 16% | 3 | 12% | 3 | 35 | | | • | • | | • | |
| #18 Meatball Sub | 298 | 700 | 35 | 54% | 15 | 75% | 0 | 80 | 27% | 1805 | 75% | 60 | 20% | 5 | 20% | 5 | 34 | | • | • | • | | • | |
| SKINNYS Same as regular #1-17 without veggies and sa | uces. All sandw | iches are list | ted on a Fren | ch Sub Roll, pl | ease see bre | ad choices for | additional v | values and al | llergens. | | | | | | | | | | | | | | | |
| Skinny #1 American Favorite | 212 | 485 | 13 | 20% | 7 | 35% | 0 | 41 | 14% | 1390 | 58% | 64 | 21% | 2 | 8% | 1 | 26 | | • | • | | | • | |
| Skinny #2 Texas Longhorn | 198 | 405 | 5 | 8% | 2 | 10% | 0 | 30 | 10% | 1050 | 44% | 62 | 21% | 2 | 8% | 0 | 24 | | •1 | ı | | | • | |
| Skinny #3 Big Katuna | 242 | 520 | 15 | 23% | 3 | 15% | 0 | 30 | 10% | 1140 | 48% | 62 | 21% | 3 | 12% | 0 | 25 | | • | | • | - | • | |
| Skinny #4 Pilgrim's Pride | 198 | 390 | 3 | 5% | 1 | 5% | 0 | 40 | 13% | 1170 | 49% | 62 | 21% | 2 | 8% | 0 | 22 | | •1 | 1 | | | • | |
| Skinny #5 The Godfather | 222 | 590 | 23 | 35% | 10 | 50% | 0 | 60 | 20% | 1600 | 67% | 65 | 22% | 2 | 8% | 1 | 29 | | | • | | | • | |
| Skinny #6 Veggie Delite Skinny #7 BBLT | 206 | 500 | 17 21 | 26% 32% | 8 | 40% 30% | 0 | 20 | 7% 13% | 1000 | 42% 54% | 65 62 | 22% | 2 | 16% | 0 | 21 | | •1 | • | | | • | |
| Skinny #8 Big Steer | 270 | 560 | 15 | 23% | 8 | 40% | 0 | 70 | 23% | 1850 | 77% | 64 | 21% | 2 | 8% | 1 | 38 | | | | | | • | |
| Skinny #9 Italian Club | 266 | 640 | 25 | 38% | 11 | 55% | 0 | 80 | 27% | 2170 | 90% | 66 | 22% | 2 | 8% | 2 | 36 | | • | • | | | • | |
| Skinny #10 Double Beef & Cheese | 284 | 570 | 15 | 23% | 8 | 40% | 0 | 80 | 27% | 1530 | 64% | 63 | 21% | 2 | 8% | 0 | 43 | | • | • | | | • | |
| Skinny #11 Turkey, Ham & Cheese | 270 | 540 | 13 | 20% | 7 | 35% | 0 | 80 | 27% | 1840 | 77% | 64 | 21% | 2 | 8% | 1 | 36 | | • | • | | | • | |
| Skinny #12 The Californian | 292 | 650 | 25 | 38% | 13 | 65% | 0 | 80 | 27% | 1610 | 67% | 66 | 22% | 4 | 16% | 0 | 38 | | • | • | | | • | |
| Skinny #13 Turkey Classic | 226 | 490 | 11 | 17% | 6 | 30% | 0 | 60 | 20% | 1320 | 55% | 63 | 21% | 2 | 8% | 0 | 29 | | •1 | • | | | • | |
| Skinny #14 Chicken Pesto Italiano | 198 | 400 | 4 | 6% | 0 | 0% | 0 | 25 | 8% | 1170 | 49% | 63 | 21% | 2 | 8% | 0 | 23 | | •1 | | | | • | |
| Skinny #15 Turkey Bacon Guac Skinny #16 Chicken Bacon Club | 252 | 530 480 | 16 11 | 25% 17% | 5 | 25% 15% | 0 | 55 40 | 18% | 1540 1400 | 58% | 64 | 21% | 2 | 16% | 0 | 29 | | 01 | | | | • | |
| Skinny #17 Milio's Classic | 312 | 560 | 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 listings a | are half sand | lwich only on a | French Sub | Roll with mea | l calorie ranį | ges, please se | ee bread choid | ces, sides and | d drinks for sp | ecific calori | e and allergen inf | formation. | | | | (Halj | f sandwich | n only) | | | | |
| #1 American Favorite (Meal: 335-900 cal) | 154 | 310 | 17 | 27% | 6 | 29% | 0 | 35 | 12% | 990 | 41% | 24 | 8% | 1 | 6% | 2 | 16 | | •1 | • | • | | • | |
| #2 Texas Longhorn (Meal :305-870 cal) | 154 | 280 | 13 | 20% | 3 | 17% | 0 | 35 | 12% | 720 | 30% | 23 | 8% | 1 | 6% | 1 | 17 | | •1 | 1 | • | | • | |
| #3 Big Katuna (Meal: 335-900 cal) | 190 | 310 | 15 | 23% | 2 | 12% | 0 | 30 | 10% | 730 | 30% | 23 | 8% | 2 | 10% | 2 | 18 | | • | | • | • | • | |
| #4 Pilgrim's Pride (Meal: 295-860 cal) | 159 | 270 | 11 | 17% | 2 | 12% | 0 | 45 | 15% | 850 | 35% | 23 | 8% | 1 | 6% | 1 | 15 | | •1 | | • | | • | |
| #5 The Godfather (Meal: 445-1010 cal) | 178 | 420 | 27 | 41% | 8 | 42% | 0 | 50 | 17% | 1160 | 48% | 26 | 9% | 1 | 6% | 2 | 19 | | | • | | | • | |
| #6 Veggie Delite (Meal: 375-940 cal) BREAD CHOICES | 148 | 350 | 22 | 34% | 8 | 42% | 0 | 25 | 8% | 610 | 25% | 25 | 8% | 2 | 10% | 1 | 13 | | | • | • | | • | |
| French Sub Roll | 98 | 235 | 2.5 | 4% | 0.7 | 4% | 0 | 0 | 0% | 500 | 21% | 43 | 14% | 1.8 | 7% | 0 | 9 | | •1 | | | | • | |
| Wheat Sub Roll | 98 | 240 | 2 | 3% | 1 | 5% | 0 | 0 | 0% | 452 | 19% | 44 | 15% | 3 | 12% | 2 | 10 | | •1 | 1 | | | • | |
| Garlic Herb Tortilla | 103 | 300 | 9 | 14% | 2 | 10% | 0 | 0 | 0% | 800 | 33% | 47 | 16% | 1 | 4% | 3 | 9 | | •1 | 1 | | | • | |
| Jalapeno Cheese Tortilla | 102 | 310 | 10 | 15% | 2 | 10% | 0 | 0 | 0% | 1010 | 42% | 48 | 16% | 5 | 20% | 3 | 8 | | •1 | 1 | | | • | |
| Iceberg Lettuce Wrap | 20 | 4 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 2 | 0% | 0 | 0% | 0 | 0% | 0 | 0 | | | | | | | |
| EXTRA MEAT & CHEESE | | | | | | | | | | | | | | | | | | | | | | | | |
| Smoked Ham | 44 | 50 | 2 | 3% | 1 | 5% | 0 | 21 | 7% | 521 | 22% | 1 | 0% | 0 | 0% | 1 | 7 | | | | | | | |
| Roast Beef Roast Turkey | 58 58 | 70 52 | 0 | 3% | 0 | 5% | 0 | 31 41 | 10% | 332 456 | 14% | 0 | 0% | 0 | 0% | 0 | 12 | | | | | | | |
| Applewood Smoked Bacon | 16 | 80 | 7 | 11% | 2 | 12% | 0 | 15 | 5% | 230 | 10% | 0 | 0% | 0 | 0% | 0 | 5 | | | | | | | |
| Salami | 27 | 101 | 8 | 13% | 3 | 15% | 0 | 22 | 7% | 434 | 18% | 1 | 0% | 0 | 0% | 1 | 5 | | | | | | | |
| Capicola | 27 | 57 | 4 | 6% | 1 | 5% | 0 | 16 | 5% | 306 | 13% | 1 | 0% | 0 | 0% | 0 | 5 | | | | | | | |
| Salami & Capicola | 54 | 158 | 12 | 18% | 4 | 20% | 0 | 38 | 13% | 740 | 31% | 2 | 1% | 0 | 0% | 1 | 10 | | | | | | | |
| Meatballs | 112 | 333 | 25 | 38% | 8 | 40% | 0 | 60 | 20% | 891 | 37% | 9 | 3% | 1.33 | 5% | 1.33 | 17 | | • | | • | | • | |
| Tuna Salad | 102 | 187 | 14 | 22% | 2 | 10% | 0 | 30 | 10% | 430 | 18% | 0 | 0% | 1 | 4% | 1 | 13 | | • | | • | • | | |
| Cheddar Cheese | 28 | 110 | 9 | 14% | 6 | 30% | 0 | 30 | 10% | 180 | 8% | 0 | 0% | 0 | 0% | 0 | 7 | | | • | | | | |
| Provolone Cheese VEGGIES | 28 | 100 | 8 | 12% | 5 | 25% | 0 | 20 | 7% | 150 | 6% | 0 | 0% | 0 | 0% | 0 | 7 | | | • | | | | |
| Tomatoes | 35 | 6 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 2 | 0% | 1 | 0% | 0 | 0% | 1 | 1 | | | | | | | |
| Alfalfa Sprouts | 10 | 2 | 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% | 2 | 1% | 0 | 0% | 1 | 0 | | | | | | | |
| letture | 45 | 8 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 5 | 0% | 2 | 0% | 1 | 4% | 1 | 1 | | | | | | | |
| Lettuce | 30 | 7 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 23 | 1% | 1 | 0% | 0 | 0% | 1 | 1 | | | | | | | |