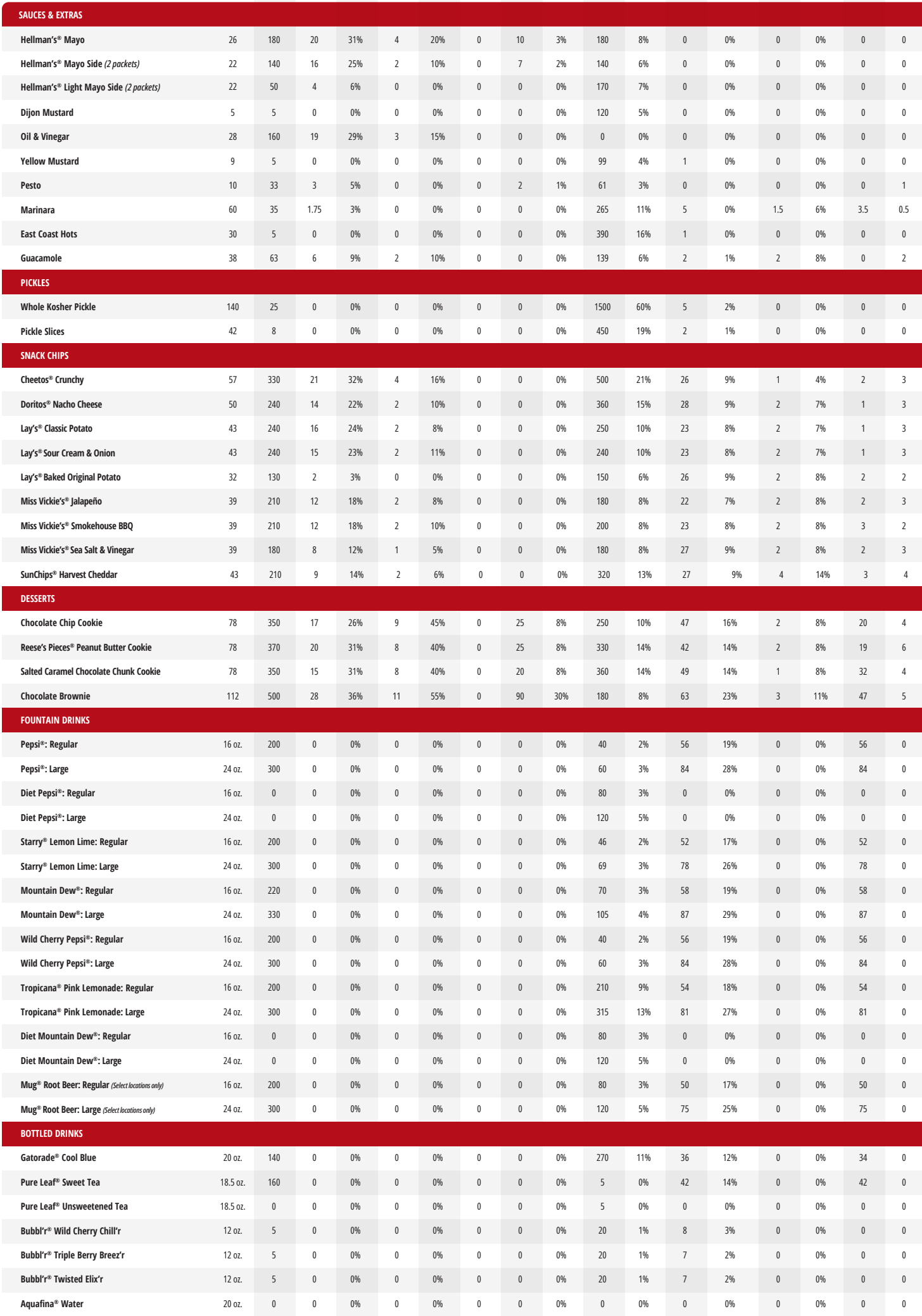


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Percent Daily Values are based on a 2,000-calorie diet. Millo's® nutritional analysis is based on data collected from our manufacturers along with information from the USDA database. Recipes are from Millo's®. Ingredients and portion sizes may vary 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.

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- 2 Manufactured on equipment that also processes products containing peanuts or tree nuts



## NUTRITION GUIDE

<div><div></div><div></div></div>																	
	Serving Size (g)	Calories	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	32	49%	11	55%	0	50	17%	1360	57%	48	16%	3	12%	3	25
#2 Texas Longhorn	262	500	24	37%	6	30%	0	40	13%	1020	43%	46	15%	3	12%	2	23
#3 Big Katuna	290	440	14	22%	3	15%	0	30	10%	940	39%	46	15%	4	16%	2	24
#4 Pilgrim's Pride	272	480	22	34%	5	25%	0	50	17%	1140	48%	46	15%	3	12%	2	21
#5 The Godfather	314	680	41	63%	13	65%	0	60	20%	1450	60%	51	17%	3	12%	4	28
#6 Veggie Delite	280	590	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	40	62%	10	50%	0	50	17%	1260	53%	46	15%	3	12%	2	24
#8 Big Steer	339	655	34	52%	12	60%	0	82	27%	1810	75%	48	16%	3	12%	3	37
#9 Italian Club	384	910	63	97%	18	90%	0	90	30%	2150	90%	52	17%	3	12%	5	35
#10 Double Beef & Cheese	348	670	34	52%	12	60%	0	90	30%	1500	63%	47	16%	3	12%	2	42
#11 Turkey, Ham & Cheese	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
CLASSICS All sandwiches are listed on a French Sub Roll, please see bread choices for additional values and allergens.																	
#13 Turkey Classic	300	580	30	46%	10	50%	0	70	23%	1290	54%	47	16%	3	12%	2	28
#14 Chicken Pesto Italiano	257	520	26	40%	5	25%	0	40	13%	1220	51%	46	15%	2	8%	2	23
#15 Turkey Bacon Guac	275	440	15	23%	5	25%	0	55	18%	1350	56%	47	16%	4	16%	2	28
#16 Chicken Bacon Club	278	570	30	46%	7	35%	0	50	17%	1370	57%	47	16%	3	12%	2	27
#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 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	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
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
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	206	500	17	26%	8	40%	0	20	7%	1000	42%	65	22%	4	16%	0	21
Skinny #7 BBLT	180	530	21	32%	6	30%	0	40	13%	1290	54%	62	21%	2	8%	0	25
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
Skinny #14 Chicken Pesto Italiano	198	400	4	6%	0	0%	0	25	8%	1170	49%	63	21%	2	8%	0	23
Skinny #15 Turkey Bacon Guac	252	530	16	25%	5	25%	0	55	18%	1540	64%	64	21%	4	16%	0	29
Skinny #16 Chicken Bacon Club	214	480	11	17%	3	15%	0	40	13%	1400	58%	63	21%	2	8%	0	28
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 are half sandwich only on a French Sub Roll with meal calorie ranges, please see bread choices, sides and drinks for specific calorie and allergen information.																	
#1 American Favorite (Meal: 335-900 cal)	154	310	17	27%	6	29%	0	35	12%	990	41%	24	8%	1	6%	2	16
#2 Texas Longhorn (Meal: 305-870 cal)	154	280	13	20%	3	17%	0	35	12%	720	30%	23	8%	1	6%	1	17
#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
#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)	148	350	22	34%	8	42%	0	25	8%	610	25%	25	8%	2	10%	1	13
BREAD CHOICES																	
French Sub Roll	98	235	2.5	4%	0.7	4%	0	0	0%	500	21%	43	14%	1.8	7%	0	9
Wheat Sub Roll	98	240	2	3%	1	5%	0	0	0%	452	19%	44	15%	3	12%	2	10
Garlic Herb Tortilla	103	300	9	14%	2	10%	0	0	0%	800	33%	47	16%	1	4%	3	9
Jalapeno Cheese Tortilla	102	310	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%	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	58	70	2	3%	1	5%	0	31	10%	332	14%	0	0%	0	0%	0	12
Roast Turkey	58	52	0	0%	0	0%	0	41	14%	456	19%	0	0%	0	0%	0	10
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	28	100	8	12%	5	25%	0	20	7%	150	6%	0	0%	0	0%	0	7
VEGGIES																	
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
Lettuce	45	8	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%	23	1%	1	0%	0	0%	1	1

## ALLERGEN GUIDE

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

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