



Name (All Sandwiches Include Lettuce, Tomato, and Onion Only)	Calories (kcal)	Calories from Fat (kcal)		Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
SUB STATION II - Ham & Cheese, Regular	340	80	8	3.5	0	40	1440	47	3	7	21		
SUB STATION II - Ham & Cheese, Large	680	150	17	7	0	85	2900	95	6	13	42		
SUB STATION II - Ham & Cheese, Salad	160	60	7	3.5	0	40	1010	12	2	8	15		Analysis does not include guest's choice of dressing.
SUB STATION II - Bologna & Cheese, Regular	490	220	24	8	0	60	1340	50	3	8	18		
SUB STATION II - Bologna & Cheese, Large	980	440	49	16	0	120	2700	101	7	16	37		
SUB STATION II - Bologna & Cheese, Salad	310	210	23	8	0	60	910	15	3	10	13		Analysis does not include guest's choice of dressing.
SUB STATION II - Ham, Salami & Cheese, Regular	350	100	11	4	0	35	1300	45	3	5	19		
SUB STATION II - Ham, Salami & Cheese, Large	690	190	21	8	0	70	2560	92	6	10	38		
SUB STATION II - Ham, Salami & Cheese, Salad	170	80	9	4	0	35	870	11	2	7	14		Analysis does not include guest's choice of dressing.
SUB STATION II - Salami, Pepperoni & Cheese, Regular	350	120	14	5	0	30	980	43	3	3	16		
SUB STATION II - Salami, Pepperoni & Cheese, Large	690	230	26	9	0	55	1880	88	6	7	31		
SUB STATION II - Salami, Pepperoni & Cheese, Salad	180	110	12	5	0	30	560	9	2	5	10		Analysis does not include guest's choice of dressing.
SUB STATION II - Ham, Turkey & Cheese, Regular	340	70	8	3	0	40	1460	47	3	6	22		
SUB STATION II - Ham, Turkey & Cheese, Large	660	140	16	6	0	70	2740	94	7	11	41		
SUB STATION II - Chef Salad	300	130	15	6	0	245	1530	15	3	9	28		Analysis does not include guest's choice of dressing.
SUB STATION II - Roast Beef & Cheese, Regular	350	80	8	2.5	0	50	1220	44	3	3	26		
SUB STATION II - Roast Beef & Cheese, Large	700	150	17	5	0	95	2450	90	6	6	52		
SUB STATION II - Roast Beef & Cheese, Salad	170	60	7	2.5	0	50	790	9	2	5	20		Analysis does not include guest's choice of dressing.
SUB STATION II - Ham, Pepperoni & Cheese, Regular	360	110	12	4.5	0	40	1300	46	3	6	20		
SUB STATION II - Ham, Pepperoni & Cheese, Large	710	200	22	8	0	80	2570	92	6	11	39		
SUB STATION II - Ham, Pepperoni & Cheese, Salad	180	90	10	4.5	0	40	870	11	2	7	14		Analysis does not include guest's choice of dressing.
SUB STATION II - Capicola, Salami & Cheese, Regular	330	90	10	3.5	0	30	1080	43	3	3	17		
SUB STATION II - Capicola, Salami & Cheese, Large	640	170	19	6	0	60	2040	88	6	7	33		
SUB STATION II - Capicola, Salami & Cheese, Salad	150	80	9	3.5	0	30	650	9	2	5	12		Analysis does not include guest's choice of dressing.
SUB STATION II - Ham, Capicola & Cheese, Regular	330	70	8	3	0	45	1400	46	3	6	21		
SUB STATION II - Ham, Capicola & Cheese, Large	660	140	16	6	0	80	2730	92	6	11	41		
SUB STATION II - Ham, Capicola & Cheese, Salad	150	60	6	3	0	45	970	11	2	7	15		Analysis does not include guest's choice of dressing.
SUB STATION II - Turkey & Cheese, Regular	320	70	7	2.5	0	30	1280	46	4	4	20		
SUB STATION II - Turkey & Cheese, Large	650	130	15	5	0	60	2580	93	7	8	40		
SUB STATION II - Turkey & Cheese, Salad	140	50	6	2.5	0	30	850	11	3	6	14		Analysis does not include guest's choice of dressing.
SUB STATION II - Tuna Salad & Cheese, Regular	500	210	24	4.5	0	45	1050	48	3	7	25		
SUB STATION II - Tuna Salad & Cheese, Large	1010	430	48	9	0	90	2120	97	7	14	51		
SUB STATION II - Tuna Salad & Cheese, Salad	330	200	22	4.5	0	45	630	13	3	9	20		Analysis does not include guest's choice of dressing.
SUB STATION II - Three Cheese, Regular	440	190	21	11	0	60	920	45	3	4	22		
SUB STATION II - Three Cheese, Large	820	320	35	18	0	95	1700	91	6	7	40		
SUB STATION II - Three Cheese, Salad	270	170	19	11	0	60	490	11	2	5	17		Analysis does not include guest's choice of dressing.
SUB STATION II - Ham, Salami, Pepperoni & Cheese, Regular	400	140	15	6	0	50	1510	46	3	6	22		
SUB STATION II - Ham, Salami, Pepperoni & Cheese, Large	770	250	28	10	0	85	2750	92	6	10	41		
SUB STATION II - Ham, Salami, Pepperoni & Cheese, Salad	220	120	14	6	0	50	1080	11	2	7	16		Analysis does not include guest's choice of dressing.
SUB STATION II - Ham, Bologna & Cheese, Regular	440	170	18	6	0	60	1560	49	3	8	21		
SUB STATION II - Ham, Bologna & Cheese, Large	840	300	33	12	0	105	2970	98	7	16	42		
SUB STATION II - Ham, Bologna & Cheese, Salad	270	150	17	7	0	60	1130	14	3	10	16		Analysis does not include guest's choice of dressing.
SUB STATION II - Turkey, Roast Beef & Cheese, Regular	340	70	8	2.5	0	45	1330	45	3	4	24		
SUB STATION II - Turkey, Roast Beef & Cheese, Large	670	140	16	5	0	80	2510	92	7	7	46		
SUB STATION II - Turkey, Roast Beef & Cheese, Salad	170	60	7	2.5	0	45	900	11	3	5	19		Analysis does not include guest's choice of dressing.
SUB STATION II - Corned Beef & Cheese, Regular	350	80	9	3.5	0	50	1500	45	3	3	24		
SUB STATION II - Corned Beef & Cheese, Large	700	160	18	7	0	95	3020	92	6	6	47		
SUB STATION II - Corned Beef & Cheese, Salad	170	70	7	3.5	0	50	1080	11	2	5	18		Analysis does not include guest's choice of dressing.
SUB STATION II - Ham, Roast Beef & Cheese, Regular	350	80	9	3	0	50	1420	46	3	5	25		
SUB STATION II - Ham, Roast Beef & Cheese, Large	690	150	17	6	0	90	2670	92	6	10	47		
SUB STATION II - Ham, Roast Beef & Cheese, Salad	180	60	7	3	0	50	990	11	2	7	19		Analysis does not include guest's choice of dressing.
SUB STATION II - Ham, Bologna, Capicola & Cheese, Regular	400	130	15	5	0	55	1450	47	3	7	21		
SUB STATION II - Ham, Bologna, Capicola & Cheese, Large	750	230	25	8	0	90	2730	96	7	14	38		
SUB STATION II - Ham, Bologna, Capicola & Cheese, Salad	220	120	13	5	0	55	1030	13	3	9	15		Analysis does not include guest's choice of dressing.
SUB STATION II - Super Special, Regular	480	190	21	7	0	70	1860	48	3	7	26		
SUB STATION II - Super Special, Large	880	320	36	12	0	120	3310	96	7	13	47		
SUB STATION II - Super Special, Salad	300	170	19	7	0	70	1440	14	3	9	20		Analysis does not include guest's choice of dressing.
SUB STATION II - Pastrami & Cheese, Regular	440	120	14	3.5	0	55	1940	53	5	4	29		
SUB STATION II - Pastrami & Cheese, Large	850	220	25	7	0	110	3870	106	10	8	58		
SUB STATION II - Reuben, Regular	470	140	16	4.5	0	65	2520	55	7	3	31		
SUB STATION II - Meatball & Cheese, Regular	600	260	29	11	1	65	1850	59	6	5	27		
SUB STATION II - Meatball & Cheese, Large	1200	530	59	22	2.5	130	3710	120	13	10	53		
SUB STATION II - Greek Gyro, Regular	750	400	45	22	0	80	1410	58	4	8	29		



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SUB STATION II - Greek Gyro, Salad	510	330	36	21	0	80	1060	25	4	10	23	Analysis does not include guest's choice of dressing.
SUB STATION II - Steak & Cheese, Regular	380	80	9	3.5	0	50	1370	52	5	8	26	
SUB STATION II - Steak & Cheese, Large	770	170	18	7	0	100	2750	106	9	17	52	
SUB STATION II - The Ultimate, Regular	380	90	10	4	0	55	1450	50	4	5	27	
SUB STATION II - The Ultimate, Large	780	180	20	8	0	115	2940	101	7	10	55	
SUB STATION II - The Ultimate, Salad	190	70	8	4	0	55	980	12	3	7	21	Analysis does not include guest's choice of dressing.
SUB STATION II - Chicken Salad & Cheese, Regular	530	220	24	5	0	65	930	48	4	7	32	
SUB STATION II - Chicken Salad & Cheese, Large	1070	430	48	10	0	125	1880	98	7	15	64	
SUB STATION II - Chicken Salad & Cheese, Salad	360	200	23	5	0	65	500	14	3	9	26	Analysis does not include guest's choice of dressing.
SUB STATION II - Grilled Chicken & Cheese, Regular	420	100	11	3.5	0	85	1000	43	3	3	38	
SUB STATION II - Grilled Chicken & Cheese, Large	850	200	22	7	0	170	2010	87	6	6	76	
SUB STATION II - Grilled Chicken Salad	270	100	11	4.5	0	90	630	8	2	5	34	Analysis does not include guest's choice of dressing.
Catering - SUB STATION II - 3 Foot Party Sub	490	150	17	5	0	50	1710	62	4	5	24	Yields 18 slices; analysis for 1 slice
Catering - SUB STATION II - Meat Tray	190	100	11	6	0	65	1140	5	0	2	20	
Kid's - SUB STATION II - Kid's Meal, Bologna	300	130	14	4.5	0	35	830	33	2	5	11	
Kid's - SUB STATION II - Kid's Meal, Ham	210	45	5	2	0	25	890	31	2	4	13	
Kid's - SUB STATION II - Kid's Meal, Turkey	200	40	4	1	0	20	800	31	2	2	12	
Salad - SUB STATION II - Garden Salad with Cheese	110	60	6	3	0	15	480	9	3	5	7	Analysis does not include guest's choice of dressing.
Salad - SUB STATION II - Hard Boiled Egg	80	50	5	1.5	--	185	60	1	0	1	6	
Salad - SUB STATION II - Pickle Spear	5	0	0	0	0	0	280	1	0	0	0	
Salad - SUB STATION II - Side Salad	25	5	0	0	0	0	290	5	2	3	1	Analysis does not include guest's choice of dressing.
SUB STATION II - All the Way, Large (Salt, Pepper, Oregano, Oil & Vinegar)	180	150	17	2.5	0	0	220	8	5	0	1	
SUB STATION II - All the Way, Regular (Salt, Pepper, Oregano, Oil & Vinegar)	90	70	8	1.5	0	0	110	4	2	0	1	
SUB STATION II - Sweet Tea, 1 fl oz	10	0	0	0	0	0	0	2	0	2	0	Bulk recipe; yields 4 gallons; analysis for 1 fl oz.
<b>TOPPINGS</b>												
Mayonnaise	100	100	11	1.5	0	10	75	1	0	0	0	1 tbsp serving size
Mustard	5	0	0	0	0	0	60	0	0	0	0	1 tsp serving size
Spicy Mustard	5	0	0	0	0	0	55	0	0	0	0	1 tsp serving size
Honey Mustard	140	120	13	2	0	10	170	5	0	5	0	2 tbsp serving size
Banana Peppers	5	0	0	0	0	0	575	0	0	0	0	2 tbsp serving size
Olives	25	20	2	1.5	0	0	150	less than 1g	0	0	0	2 tbsp serving size
Jalepeno Peppers	5	0	0	0	0	0	476	0	0	0	0	2 tbsp serving size
Pepperoncini	15	10	0	0	0	0	550	less than 2g	0	0	0	3 peppers serving size
Ranch	140	130	14	2	0	10	190	2	0	1	0	2 tbsp serving size
1000 Dressing	100	80	8	1.5	0	10	250	5	0	4	0	2 tbsp serving size
Spaghetti Sauce	70	15	1.5	0	0	0	620	12	2	3	2	1/2 cup serving size
Spinach	5	0	0	0	0	0	12	1	less than 1g	0	Less than 1g	1/2 cup serving size
Crushed Red Pepper	0	0	0	0	0	0	0	0	0	0	0	1/4 tsp serving size
<b>FOUNTAIN BEVERAGES</b>												
PEPSICO - Pepsi 20oz.	250	0	0	0	0	0	50	70	0	70	0	
PEPSICO - Pepsi 32oz.	400	0	0	0	0	0	80	112	0	112	0	
PEPSICO - Diet Pepsi 20oz.	0	0	0	0	0	0	63	0	0	0	0	
PEPSICO - Diet Pepsi 32oz.	0	0	0	0	0	0	100	0	0	0	0	
PEPSICO - Mt. Dew 20oz.	275	0	0	0	0	0	88	73	0	73	0	
PEPSICO - Mt. Dew 32oz.	440	0	0	0	0	0	140	116	0	116	0	
PEPSICO - Diet Mt. Dew 20oz.	0	0	0	0	0	0	100	0	0	0	0	
PEPSICO - Diet Mt. Dew 32oz.	0	0	0	0	0	0	160	0	0	0	0	
PEPSICO - MUG Rootbeer 20oz.	250	0	0	0	0	0	38	65	0	65	0	
PEPSICO - MUG Rootbeer 32oz.	400	0	0	0	0	0	60	104	0	104	0	
PEPSICO - Tropicana Pink Lemonade 20oz.	250	0	0	0	0	0	263	68	0	68	0	
PEPSICO - Tropicana Pink Lemonade 32oz.	400	0	0	0	0	0	420	108	0	108	0	
PEPSICO - Tropicana Fruit Punch 20oz.	275	0	0	0	0	0	63	75	0	75	0	
PEPSICO - Tropicana Fruit Punch 32oz.	440	0	0	0	0	0	100	120	0	120	0	
PEPSICO - Wild Cherry Pepsi 20oz.	250	0	0	0	0	0	50	70	0	70	0	
PEPSICO - Wild Cherry Pepsi 32oz.	400	0	0	0	0	0	80	112	0	112	0	
PEPSICO - Sierra Mist 20oz.	250	0	0	0	0	0	50	68	0	68	0	
PEPSICO - Sierra Mist 32oz.	400	0	0	0	0	0	80	108	0	108	0	
PEPSICO - Sobe Lifewater Yumberry Pomegranate 20oz.	0	0	0	0	0	0	75	0	0	0	0	
PEPSICO - Sobe Lifewater Yumberry Pomegranate 32oz.	0	0	0	0	0	0	120	0	0	0	0	
DR. PEPPER - Dr. Pepper 20oz.	250	0	0	0	0	0	100	66	0	64	0	
DR. PEPPER - Dr. Pepper 32oz.	400	0	0	0	0	0	160	106	0	102	0	
SUB STATION II - Sweet Tea, 20oz.	200	0	0	0	0	0	40	0	0	40	0	
SUB STATION II - Sweet Tea, 32oz.	320	0	0	0	0	0	64	0	0	64	0	
<b>COOKIE FLAVORS</b>												
SWEET DISCOVERY - Butter Sugar	160	60	7	3.5	0	15	140	22	0	12	2	serving size : one cookie
SWEET DISCOVERY - Chocolate Chip	180	70	8	4	0	10	125	24	1	15	2	serving size : one cookie
SWEET DISCOVERY - White Macadamia Nut	170	70	8	4	0	15	120	21	0	13	2	serving size : one cookie
SWEET DISCOVERY - Strawberry Shortcake	160	60	7	4	0	10	130	24	0	16	1	serving size : one cookie
SWEET DISCOVERY - Double Chocolate Chip	170	70	8	4	0	10	130	22	1	15	2	serving size : one cookie
SWEET DISCOVERY - Oatmeal Raisin	160	60	7	4	0	10	135	23	1	12	2	serving size : one cookie
SWEET DISCOVERY - Peanut Butter	170	80	9	0.5	0	10	160	19	1	11	3	serving size : one cookie
SWEET DISCOVERY - Carnival	160	60	7	3	0	10	120	22	1	14	2	serving size : one cookie
SWEET DISCOVERY - Chocolate Chunk	170	70	8	4	0	10	135	23	0	14	2	serving size : one cookie