

NUTRITIONAL GUIDE

CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
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COLD SIGNATURES

Turkey Bacon on Multigrain - 6"	500	25	6	0	65	1590	45	8	6	30
Turkey Bacon on Multigrain - 12"	1650	57	12	0	128	4700	208	25	20	82
Signature Italian Sub - 6"	630	37	9	0	70	2350	51	6	10	25
Signature Italian Sub - 12"	1260	73	18	1	137	4700	102	12	20	50
Chicken Caesar Wrap - 6"	630	35	9	0	100	1240	42	3	2	35
Chicken Caesar Wrap - 12"	1880	73	18	1	202	3840	202	20	15	97
Buffalo Chicken Sub - 6"	450	11	4	0	95	1430	47	6	7	37
Buffalo Chicken Sub - 12"	950	29	8	0	201	3160	95	11	14	76
Caprese Ciabatta - 6"	650	41	10	1	45	920	54	3	3	17
Caprese Ciabatta - 12"	1850	86	22	2	89	2960	214	19	15	57
Artichoke Red Pepper Sub - 6"	590	34	4	0	0	1060	60	11	10	12
Artichoke Red Pepper Sub - 12"	1180	67	8	1	0	2120	120	22	20	24

HOT SIGNATURES

Signature Italian Sub - 6"	630	37	9	0	70	2350	51	6	10	25
Signature Italian Sub - 12"	1260	73	18	1	137	4700	102	12	20	50
Buffalo Chicken Sub - 6"	480	14	4	0	100	1580	47	6	7	38
Buffalo Chicken Sub - 12"	950	29	8	0	201	3160	95	11	14	76
Meatball Sub - 6"	650	35	15	2	75	1560	53	7	7	32
Meatball Sub - 12"	1300	70	31	3	151	3130	107	14	14	63
Portobello Sub - 6"	650	37	16	0	60	1450	48	5	7	31
Portobello Sub - 12"	1290	73	32	0	117	2900	97	11	13	63
Falafel Sub - 6"	540	18	5	0	0	1230	77	14	12	19
Falafel Sub - 12"	1070	36	11	0	2	2460	155	29	25	38

HOT SIGNATURES - REGIONAL

Cuban Sub - 6"	500	19	8	0	95	1720	43	5	4	38
Cuban Sub - 12"	1010	39	17	0	186	3430	86	9	7	76
Philly Roast Pork Sub - 6"	540	23	9	0	100	1920	44	5	3	40
Philly Roast Pork Sub - 12"	1090	46	19	0	204	3840	88	10	6	80
Alabama BBQ Chicken Sub - 6"	770	44	13	0	145	1600	50	5	7	46
Alabama BBQ Chicken Sub - 12"	1540	87	26	0	287	3200	99	11	15	93
Gyro Sub - 6"	610	33	10	1	50	1420	56	6	7	22
Gyro Sub - 12"	1230	66	19	3	100	2850	112	12	15	43
Pork Bahn Mi Sub - 6"	620	35	8	0	95	1130	43	5	4	32
Pork Bahn Mi Sub - 12"	1230	71	15	0	185	2250	86	9	9	64
Brisket Reuben Sub - 6"	650	38	13	1	85	1940	47	6	7	32
Brisket Reuben Sub - 12"	1310	75	26	1	167	3890	93	11	14	65
Plant-Based Meatball Sub - 6"	440	11	1	0	0	1180	56	9	7	28
Plant-Based Meatball Sub - 12"	870	22	2	0	0	2360	113	18	14	55

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PANINI SIGNATURES

Cuban Panini	470	18	8	0	85	1710	43	2	2	35
Italian Panini	630	37	13	0	85	2070	46	2	5	30
Caprese Panini	500	30	10	1	45	640	43	2	3	16
Buffalo Ranch Chicken Panini	470	18	7	0	100	1690	42	2	1	36
Pepperoni Pizza Panini	530	25	11	0	65	1570	50	3	7	27
Cheesy Sun-Dried Tomato Panini	510	26	12	0	50	960	48	3	6	22

YOUR FAVORITE

Ham & American - 6"	370	12	6	0	55	1340	43	4	5	23
Ham & American - 12"	740	23	12	0	108	2680	86	7	9	45
Italian - 6"	490	22	10	0	70	1760	43	4	5	29
Italian - 12"	970	44	19	0	145	3510	85	8	10	59
Turkey & Swiss - 6"	400	12	6	0	60	1280	43	4	4	30
Turkey & Swiss - 12"	800	24	11	0	119	2560	86	9	8	60
Roast Beef & Cheddar - 6"	420	15	7	0	70	1190	40	4	3	31
Roast Beef & Cheddar - 12"	850	31	14	0	144	2370	79	7	6	62
Tuna Salad - 6"	520	29	6	0	45	730	40	4	3	26
Tuna Salad - 12"	1040	57	11	0	94	1450	80	8	7	52
Four Cheese - 6"	420	19	11	0	50	840	41	4	3	21
Four Cheese - 12"	840	38	21	0	101	1680	82	7	6	43

YOUR STYLE

Multigrain Artisan Sandwich Bread	170	2	0	0	0	280	36	6	1	7
Flour Tortilla	210	5	2	0	0	440	36	1	0	4
Ciabatta	270	4	0	0	0	670	50	2	0	8
Sub Roll - 6"	410	4	1	0	0	900	78	7	5	15
Sub Roll - 12"	820	8	1	0	0	1800	155	15	10	30

MAKE IT YOURS

Iceberg Lettuce	0	0	0	0	0	0	<1g	0	0	0
Tomato	10	0	0	0	0	0	2	<1g	1	0
Sliced Red Onions	0	0	0	0	0	0	0	0	0	0
Spicy Buffalo Pickles	10	0	0	0	0	670	2	0	<1g	0
Mayonnaise	100	11	2	0	6	75	0	0	0	0
Hoagie Splash	80	8	1	0	0	45	0	0	0	0
Yellow Mustard	10	0	0	0	0	170	<1g	0	0	0

Additional nutrition information available upon request. 2000 calories a day is used for general advice, but calorie needs vary.

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MTD INGREDIENT LIST

Sliced Ham	90	3	1	0	41	890	3	0	2	14
Sliced Turkey	80	1	0	0	33	780	4	<1g	1	14
Roast Beef	110	5	2	0	46	680	0	0	0	15
Tuna Salad	310	27	5	0	45	280	1	0	<1g	18
Bacon	110	9	3	0	25	360	<1g	0	<1g	7
Pepperoni	70	6	2	0	14	250	<1g	0	0	3
Salami	110	10	4	0	24	430	1	0	<1g	5
American Cheese	100	8	5	0	27	300	2	0	<1g	6
Swiss Cheese	110	9	5	0	26	55	0	0	0	8
Provolone Cheese	100	8	5	0	20	250	<1g	0	0	7
Cheddar Cheese	110	9	5	0	28	190	<1g	0	0	6

SIDES

Apple	100	0	0	0	0	0	28	5	21	<1g
Potato Salad	160	8	2	0	5	390	20	2	5	2
Signature Chips	130	8	2	0	0	370	14	1	1	1
Fresh Fruit Cup	60	0	0	0	0	15	15	2	12	<1g
Craveworthy® Chocolate Chip Cookie	230	11	6	0	25	140	33	1	19	3

SOUPS

Chicken Noodle Soup	90	2	1	0	20	870	11	<1g	<1g	6
Roasted Tomato Cheddar Soup	60	5	3	0	15	210	5	0	3	1