

# Restaurant Foods Nutrition Facts

Sub Shop	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
<b>Bread</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
White - Small	1 ea (83g)	190	2	3	0	0	0	5	2	430	19	36	13	1	4	1	1	2	7	0	0	10	2
White - Medium	1 ea (165g)	380	4	5	0	0	0	10	3	860	37	72	26	3	11	2	1	2	14	0	2	30	2
White - Large	1 ea (331g)	770	8	10	1	5	0	15	5	1720	75	144	52	6	21	3	2	4	28	0	4	50	6
White Sesame Seeded - Small	1 ea (86g)	220	4	5	0.5	3	0	5	2	430	19	36	13	2	7	1	1	2	8	0	4	10	2
White Sesame Seeded - Medium	1 ea (172g)	430	8	10	1	5	0	10	3	860	37	73	27	4	14	2	1	2	15	0	8	30	4
White Sesame Seeded - Large	1 ea (345g)	860	16	21	2	10	0	15	5	1720	75	146	53	8	29	3	2	4	30	0	20	60	6
White Everything - Small	1 ea (86g)	210	2.5	3	0	0	0	5	2	540	23	38	14	2	7	1	1	2	7	0	2	15	2
White Everything - Medium	1 ea (172g)	410	5	6	0.5	3	0	10	3	1090	47	75	27	4	14	2	1	2	15	0	4	30	4
White Everything - Large	1 ea (345g)	830	11	14	1	5	0	15	5	2170	94	150	55	7	25	4	2	4	30	0	10	60	8
Wheat - Small	1 ea (71g)	170	1.5	2	0	0	0	0	0	230	10	33	12	2	7	5	4	8	6	0	0	10	2
Wheat - Medium	1 ea (142g)	350	3	4	0	0	0	0	0	450	20	67	24	4	14	10	9	18	12	0	2	15	4
Wheat - Large	1 ea (284g)	690	6	8	0.5	3	0	5	2	900	39	133	48	9	32	20	18	36	23	0	4	40	6
Ciabatta - Small	1 ea (70g)	200	0.5	1	0	0	0	0	0	500	22	43	16	1	4	1	0	0	8	0	2	15	2
Ciabatta - Medium	1 ea (140g)	400	1.5	2	0	0	0	0	0	1000	43	85	31	3	11	3	0	0	15	0	2	30	4
Ciabatta - Large	1 ea (280g)	800	2.5	3	0	0	0	0	0	2000	87	170	62	5	18	5	0	0	30	0	4	60	6
Wrap - Wheat	1 ea (100g)	230	5	6	1	5	0	0	0	520	23	44	16	6	21	1	0	0	9	0	8	15	6
Wrap - Spinach	1 ea (100g)	260	5	6	1	5	0	0	0	520	23	48	17	2	7	1	0	0	8	0	8	15	2
Gluten Free Roll - Small	1 ea (59g)	160	4.5	6	0	0	0	0	0	300	16	26	9	4	14	3	3	6	4	0	0	0	0
Gluten Free Roll - Medium	1 ea (90g)	240	7	9	0	0	0	0	0	460	20	40	15	6	21	4	4	8	6	0	0	0	0
Gluten Free Roll - Large	1 ea (180g)	480	14	18	0	0	0	0	0	920	40	80	29	12	43	8	8	16	12	0	0	0	0
<b>Condiments</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Blue Cheese Dressing - Small	.4 oz (11g)	45	5	6	0.5	3	0	5	2	80	3	1	0	0	0	0	0	0	0	0	0	0	0
Blue Cheese Dressing - Medium	.8 oz (23g)	90	10	13	1	5	0	10	3	160	7	1	0	0	0	1	1	2	1	0	2	0	0
Blue Cheese Dressing - Large	1.6 oz (45g)	190	19	24	2	10	0	15	5	320	14	2	1	0	0	1	1	2	1	0	4	0	0

Have questions or comments? Call Wegmans Consumer Care Center:

1-800-WEGMANS (934-6267)

Monday - Friday 8 AM – 7 PM ET

Saturday & Sunday 8 AM – 5 PM ET

<b>Sub Shop</b>	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Born in Buffalo Sauce - Small	.5 oz (14g)	20	2.5	3	1.5	8	0	5	2	320	14	0	0	0	0	0	0	0	0	0	0	0	0
Born in Buffalo Sauce - Medium	1 oz (28g)	45	4.5	6	2.5	13	0	10	3	630	27	0	0	0	0	0	0	0	0	0	0	0	0
Born in Buffalo Sauce - Large	2 oz (57g)	90	9	12	5	25	0	20	7	1270	55	1	0	0	0	1	0	0	0	0	0	0	2
Danny's Dangerously Delicious Sauce - Small	.5 oz (14g)	50	5	6	1.5	8	0	5	2	140	6	2	1	0	0	2	2	4	0	0	0	0	0
Danny's Dangerously Delicious Sauce - Medium	1 oz (28g)	100	10	13	2.5	13	0	10	3	290	13	4	1	0	0	4	4	8	0	0	0	0	0
Danny's Dangerously Delicious Sauce - Large	2 oz (57g)	210	19	24	5	25	0	20	7	580	25	8	3	0	0	8	8	16	0	0	0	0	0
Extra Virgin Olive Oil - Small	.12 oz (3.5g)	30	3.5	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil - Medium	.25 oz (7g)	60	7	9	1	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil - Large	.49 oz (14g)	120	14	18	2	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Harissa Dressing - Small	.5 oz (14g)	20	2	3	0	0	0	0	0	105	5	1	0	0	0	0	0	0	0	0	0	0	0
Harissa Dressing - Medium	1 oz (28g)	40	4	5	0	0	0	0	0	210	9	1	0	0	0	1	0	0	0	0	0	0	0
Harissa Dressing - Large	2 oz (57g)	80	8	10	1	5	0	0	0	430	19	3	1	1	1	0	0	0	0	0	0	2	2
Horsey Mayo - Small	.4 oz (11g)	70	7	9	1.5	8	0	5	2	45	2	0	0	0	0	0	0	0	0	0	0	0	0
Horsey Mayo - Medium	.75 oz (21g)	120	13	17	2.5	13	0	10	3	85	4	0	0	0	0	0	0	0	0	0	0	0	0
Horsey Mayo - Large	1.5 oz (43g)	250	27	35	5	25	0	20	7	170	7	0	0	0	0	0	0	0	0	0	0	0	0
Hot Honey - Small	.4 oz (11g)	30	0	0	0	0	0	0	0	10	0	9	3	0	0	9	9	18	0	0	0	0	0
Hot Honey - Medium	.75 oz (21g)	60	0	0	0	0	0	0	0	15	1	17	6	0	0	17	17	34	0	0	0	0	0
Hot Honey - Large	1.5 oz (43g)	120	0	0	0	0	0	0	0	30	1	34	12	0	0	34	34	68	0	0	0	0	0
Hot Pepper Spread - Small	.25 oz (7g)	0	0	0	0	0	0	0	0	100	4	0	0	0	0	0	0	0	0	0	0	0	0
Hot Pepper Spread - Medium	.5 oz (14g)	5	0	0	0	0	0	0	0	200	9	1	0	0	0	0	0	0	0	0	0	0	0
Hot Pepper Spread - Large	1 oz (28g)	5	0	0	0	0	0	0	0	390	17	1	0	1	4	1	0	0	1	0	0	0	0
Mayonnaise - Small	.4 oz (11g)	80	9	12	1.5	8	0	10	3	55	2	0	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise - Medium	.75 oz (21g)	160	17	22	3	15	0	15	5	105	5	0	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise - Large	1.5 oz (43g)	310	33	42	6	30	0	25	8	210	9	0	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise, Spicy Sriracha - Small	.5 oz (14g)	80	8	10	1.5	8	0	5	2	125	5	1	0	0	0	1	1	2	0	0	0	0	0

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Mayonnaise, Spicy Sriracha - Medium	1 oz (28g)	160	17	22	2.5	13	0	15	5	250	11	2	1	0	0	2	2	4	0	0	0	0	0	
Mayonnaise, Spicy Sriracha - Large	2 oz (57g)	320	33	42	5	25	0	25	8	500	22	5	2	0	0	4	3	6	1	0	0	0	0	
Mustard, Honey - Small	.4 oz (11g)	35	0.5	1	0	0	0	0	0	50	2	7	3	0	0	7	7	14	1	0	0	0	0	
Mustard, Honey - Medium	.75 oz (21g)	70	1.5	2	0	0	0	0	0	90	4	13	5	0	0	13	12	24	1	0	0	0	0	
Mustard, Honey - Large	1.5 oz (43g)	130	2.5	3	0	0	0	0	0	180	8	27	10	1	4	25	24	48	2	0	2	6	2	
Mustard, Spicy Brown - Small	.25 oz (7g)	5	0	0	0	0	0	0	0	120	5	0	0	0	0	0	0	0	0	0	0	0	0	0
Mustard, Spicy Brown - Medium	.5 oz (14g)	15	1	1	0	0	0	0	0	240	10	1	0	0	0	0	0	0	0	0	2	0	0	0
Mustard, Spicy Brown - Large	1 oz (28g)	25	2	3	0	0	0	0	0	480	21	1	0	1	4	0	0	0	0	0	2	6	0	0
Mustard, Yellow - Small	.5 oz (14g)	10	0.5	1	0	0	0	0	0	220	10	1	0	0	0	0	0	0	0	0	0	0	0	0
Mustard, Yellow - Medium	1 oz (28g)	20	1	1	0	0	0	0	0	440	19	2	1	1	4	0	0	0	0	0	2	6	0	0
Mustard, Yellow - Large	2 oz (57g)	45	2.5	3	0	0	0	0	0	880	38	3	1	1	4	0	0	0	0	0	4	6	2	2
Ranch Dressing - Small	.5 oz (14g)	45	4.5	6	0	0	0	5	2	180	8	1	0	0	0	1	1	2	0	0	2	0	0	0
Ranch Dressing - Medium	1 oz (28g)	90	9	12	0.5	3	0	10	3	370	16	2	1	0	0	2	1	2	0	0	2	0	0	0
Ranch Dressing - Large	2 oz (57g)	190	18	23	1.5	8	0	20	7	740	32	4	1	0	0	3	2	4	1	0	4	0	0	0
Red Wine Vinegar - Small	.13 oz (3.75g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Red Wine Vinegar - Medium	.26 oz (7.5g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Red Wine Vinegar - Large	.53 oz (15g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
Seasoned Tomato Sauce - Small	1 oz (28g)	15	0.5	1	0	0	0	0	0	125	5	2	1	1	4	1	0	0	0	0	0	0	0	2
Seasoned Tomato Sauce - Medium	2 oz (57g)	30	1	1	0	0	0	0	0	250	11	5	2	1	4	3	0	0	1	0	2	0	0	6
Seasoned Tomato Sauce - Large	4 oz (113g)	60	2.5	3	0	0	0	0	0	490	21	10	4	2	7	6	0	0	2	0	4	6	10	10
Signature Oil - Small	.2 oz (6g)	40	4.5	6	0.5	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Signature Oil - Medium	.4 oz (11g)	80	9	12	1.5	8	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Signature Oil - Large	.75 oz (21g)	150	17	22	3	15	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Sweet BBQ Sauce - Small	.5 oz (14g)	25	0	0	0	0	0	0	0	120	5	7	3	0	0	6	6	12	0	0	0	0	0	0
Sweet BBQ Sauce - Medium	1 oz (28g)	50	0	0	0	0	0	0	0	240	10	14	5	0	0	12	11	22	0	0	0	0	0	0

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Sweet BBQ Sauce - Large	2 oz (57g)	110	0	0	0	0	0	0	0	480	21	28	10	0	0	25	23	46	0	0	0	0	0
Thousand Island Dressing - Small	0.5 oz (70g)	70	7	9	1.5	8	0	5	2	90	4	2	1	0	0	1	1	2	0	0	0	0	0
Thousand Island Dressing - Medium	1 oz (28g)	140	14	18	2.5	13	0	10	3	180	8	3	1	0	0	3	3	6	0	0	0	0	0
Thousand Island Dressing - Large	2 oz (57g)	290	28	36	5	25	0	20	7	360	16	7	3	0	0	6	6	12	0	0	0	0	0
<b>Toppings</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Banana Peppers - Small	.4 oz (11g)	0	0	0	0	0	0	0	0	115	5	0	0	0	0	0	0	0	0	0	0	0	0
Banana Peppers - Medium	.75 oz (21g)	5	0	0	0	0	0	0	0	210	9	1	0	0	0	0	0	0	0	0	2	0	0
Banana Peppers - Large	1.5 oz (43g)	10	0	0	0	0	0	0	0	430	19	2	1	1	4	0	0	0	0	0	2	0	2
Black Olives - Small	.5 oz (14g)	25	3	4	0	0	0	0	0	110	5	1	0	0	0	0	0	0	0	0	2	6	0
Black Olives - Medium	1 oz (28g)	45	6	8	0	0	0	0	0	220	10	2	1	0	0	0	0	0	1	0	2	15	0
Black Olives - Large	2 oz (57g)	90	11	14	0	0	0	0	0	430	19	3	1	0	0	0	0	0	1	0	4	35	0
Cucumbers - Small	.5 oz (14g)	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Cucumbers - Medium	1 oz (28g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Cucumbers - Large	2 oz (57g)	10	0	0	0	0	0	0	0	0	0	2	1	0	0	1	0	0	0	0	0	0	2
Dill Pickles - Small	.437 oz (12g)	0	0	0	0	0	0	0	0	115	5	0	0	0	0	0	0	0	0	0	0	0	0
Dill Pickles - Medium	.875 oz (25g)	5	0	0	0	0	0	0	0	230	10	1	0	0	0	0	0	0	0	0	0	0	0
Dill Pickles - Large	1.75 oz (50g)	5	0	0	0	0	0	0	0	460	20	1	0	1	4	1	0	0	0	0	2	0	2
Grated Parmesan - Small	.25 oz (7g)	30	2	3	1.5	8	0	5	2	135	6	0	0	0	0	0	0	0	3	0	6	0	0
Grated Parmesan - Medium	.5 oz (14g)	60	4.5	6	3	15	0	15	5	270	12	0	0	0	0	0	0	0	6	0	10	0	0
Grated Parmesan - Large	1 oz (28g)	110	9	12	6	30	0	30	10	540	23	0	0	0	0	0	0	0	11	0	25	0	2
Lettuce, Shredded - Small	.75 oz (21g)	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lettuce, Shredded - Medium	1.5 oz (43g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	2
Lettuce, Shredded - Large	3 oz (85g)	15	0	0	0	0	0	0	0	0	0	2	1	1	4	2	0	0	1	0	2	0	2
Lettuce, Organic Green Leaf Blend - Small	.75 oz (21g)	5	0	0	0	0	0	0	0	25	1	1	0	0	0	0	0	0	0	0	2	0	2
Lettuce, Organic Green Leaf Blend - Medium	1.5 oz (43g)	10	0	0	0	0	0	0	0	45	2	1	0	1	4	0	0	0	1	0	2	0	4

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Lettuce, Organic Green Leaf Blend - Large	3 oz (85g)	20	0	0	0	0	0	0	0	95	4	2	1	2	7	0	0	0	2	0	4	6	8
Onions - Small	.4 oz (11g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Onions - Medium	.75 oz (21g)	10	0	0	0	0	0	0	0	0	0	2	1	0	0	1	0	0	0	0	0	0	0
Onions - Large	1.5 oz (43g)	15	0	0	0	0	0	0	0	0	0	4	1	1	4	2	0	0	0	0	0	0	2
Oregano - Small	1/4 tbsp (0.8g)	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Oregano - Medium	1/2 tbsp (1.5g)	5	0	0	0	0	0	0	0	0	0	1	0	1	4	0	0	0	0	0	2	6	0
Oregano - Large	1 tbsp (3g)	10	0	0	0	0	0	0	0	5	0	2	1	1	4	0	0	0	0	0	4	6	0
Serrano Peppers - Small	.75 oz (21g)	5	0	0	0	0	0	0	0	0	0	1	0	1	4	1	0	0	0	0	0	2	2
Serrano Peppers - Medium	1.5 oz (43g)	15	0	0	0	0	0	0	0	0	0	3	1	1	4	1	0	0	1	0	0	2	2
Serrano Peppers - Large	3 oz (85g)	25	0	0	0	0	0	0	0	10	0	6	2	3	11	3	0	0	1	0	0	4	6
Sweet Peppers - Small	.75 oz (21g)	5	0	0	0	0	0	0	0	60	3	1	0	0	0	1	0	0	0	0	0	0	0
Sweet Peppers - Medium	1.5 oz (43g)	10	0	0	0	0	0	0	0	120	5	3	1	1	4	1	0	0	0	0	2	0	0
Sweet Peppers - Large	3 oz (85g)	15	0	0	0	0	0	0	0	240	10	5	2	1	4	3	1	2	1	0	2	0	2
Tomato - Small	.625 oz (18g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Tomato - Medium	1.25 oz (35g)	5	0	0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	0	0	0	0	2
Tomato - Large	2.5 oz (71g)	15	0	0	0	0	0	0	0	0	0	3	1	1	4	2	0	0	1	0	0	0	4
<b>Proteins</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bacon 1 Slice - Small	.32 oz (9g)	45	3	4	1	5	0	10	3	135	6	0	0	0	0	0	0	0	4	0	0	0	2
Bacon 2 Slices - Medium	.63 oz (18g)	90	6	8	2	10	0	25	8	270	12	0	0	0	0	1	0	0	8	0	0	0	2
Bacon 4 Slices - Large	1.27 oz (36g)	170	12	15	4	20	0	45	15	550	24	1	0	0	0	1	0	0	17	0	0	0	4
Capicola - Small	2 oz (57g)	110	7	9	1.5	8	0	50	17	610	27	1	0	0	0	0	0	0	11	6	2	6	4
Capicola - Medium	4 oz (113g)	220	14	18	3	15	0	100	33	1210	53	2	1	0	0	1	1	2	22	6	2	10	8
Capicola - Large	8 oz (227g)	450	28	36	6	30	0	200	67	2430	106	4	1	1	4	2	1	2	45	15	6	20	15
Chicken Tenders - Small	3.7 oz (106g)	200	7	9	1.5	8	0	45	15	670	29	18	7	1	4	1	1	2	15	0	0	6	6
Chicken Tenders - Medium	5.6 oz (159g)	290	10	13	2	10	0	65	22	1000	43	27	10	2	7	2	2	4	22	0	2	6	10

<b>Sub Shop</b>	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Chicken Tenders - Large	11.2 oz (318g)	590	21	27	4	20	0	130	43	2000	87	55	20	3	11	3	3	6	45	0	2	15	20
Grilled Chicken Salad - Small	2 oz (57g)	140	12	15	2	10	0	35	12	240	10	2	1	0	0	0	0	0	8	0	4	0	4
Grilled Chicken Salad - Medium	4 oz (113g)	290	23	29	3.5	18	0	75	25	480	21	3	1	0	0	1	0	0	17	0	8	0	6
Grilled Chicken Salad - Large	8 oz (227g)	580	46	59	7	35	0.5	150	50	960	42	6	2	1	4	1	1	2	34	0	15	6	15
Ham - Small	2 oz (57g)	60	1.5	2	0	0	0	25	8	610	27	1	0	0	0	1	1	2	10	0	0	0	4
Ham - Medium	4 oz (113g)	110	3	4	1	5	0	50	17	1210	53	2	1	0	0	1	1	2	19	0	0	6	8
Ham - Large	8 oz (227g)	220	6	8	2	10	0	100	33	2430	106	3	1	0	0	3	3	6	38	0	2	6	15
Meatballs - Small	3 oz (85g)	240	18	23	7	35	1	45	15	540	23	9	3	2	7	0	0	0	13	0	2	6	6
Meatballs - Medium	6 oz (170g)	470	36	46	15	75	1.5	90	30	1070	47	17	6	5	18	0	0	0	25	0	4	15	15
Meatballs - Large	12 oz (340g)	950	72	92	29	145	3	180	60	2150	93	34	12	9	32	0	0	0	51	0	10	30	25
Pulled Rotisserie Chicken - Small	2 oz (57g)	70	1.5	2	0	0	0	35	12	290	13	1	0	0	0	0	0	0	13	0	0	4	2
Pulled Rotisserie Chicken - Medium	4 oz (113g)	150	3.5	4	0.5	3	0	75	25	590	26	1	0	0	0	0	0	0	27	0	2	8	4
Pulled Rotisserie Chicken - Large	8 oz (227g)	290	7	9	1.5	8	0	145	48	1170	51	3	1	0	0	0	0	0	53	0	2	15	10
Roast Beef - Small	2 oz (57g)	60	2.5	3	0.5	3	0	35	12	230	10	1	0	0	0	0	0	0	12	0	0	10	4
Roast Beef - Medium	4 oz (113g)	120	4.5	6	1	5	0	70	23	460	20	1	0	0	0	0	0	0	25	0	2	15	8
Roast Beef - Large	8 oz (227g)	240	9	12	2.5	13	0	135	45	930	40	2	1	0	0	0	0	0	50	0	2	40	15
Roasted Red Pepper Hummus - Small	1 oz (28g)	60	3.5	4	0	0	0	0	0	95	4	6	2	2	7	1	0	0	2	0	2	10	2
Roasted Red Pepper Hummus - Medium	2 oz (57g)	110	7	9	0	0	0	0	0	190	8	11	4	4	14	2	0	0	4	0	2	15	4
Roasted Red Pepper Hummus - Large	4 oz (113g)	230	13	17	0	0	0	0	0	380	17	23	8	8	29	4	0	0	8	0	4	40	6
Salami - Small	2 oz (57g)	200	18	23	9	45	0	60	20	850	37	2	1	0	0	1	1	2	10	0	2	35	4
Salami - Medium	4 oz (113g)	400	36	46	17	85	0	120	40	1700	74	4	1	0	0	2	2	4	20	0	4	70	8
Salami - Large	8 oz (227g)	810	73	94	34	170	0	245	82	3400	148	8	3	0	0	5	5	10	40	0	6	130	15
Shaved Steak - Small	2.5 oz (71g)	130	8	10	3	15	0	45	15	270	12	1	0	0	0	0	0	0	14	0	2	6	4
Shaved Steak - Medium	5 oz (142g)	260	16	21	6	30	0	85	28	540	23	1	0	0	0	0	0	0	28	0	2	10	10
Shaved Steak - Large	10 oz (283 g)	510	31	40	11	55	0	170	57	1080	47	3	1	0	0	0	0	0	57	0	4	15	20

<b>Sub Shop</b>	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Spicy Ham - Small	2 oz (57g)	50	1	1	0.5	3	0	25	8	540	23	1	0	0	0	1	1	2	10	0	0	0	4
Spicy Ham - Medium	4 oz (113g)	100	2	3	1	5	0	50	17	1070	47	2	1	0	0	2	2	4	20	0	2	6	8
Spicy Ham - Large	8 oz (227g)	200	4	5	2	10	0	100	33	2150	93	4	1	0	0	5	5	10	40	6	2	10	15
Tuna Salad - Small	2 oz (57g)	130	9	12	1.5	8	0	30	10	240	10	0	0	0	0	0	0	0	12	6	0	0	2
Tuna Salad - Medium	4 oz (113g)	260	18	23	3	15	0	60	20	480	21	1	0	0	0	1	0	0	23	10	0	6	4
Tuna Salad - Large	8 oz (227g)	510	36	46	6	30	0	120	40	960	42	1	0	0	0	1	0	0	46	15	2	10	10
Turkey - Small	2 oz (57g)	50	1	1	0	0	0	20	7	470	20	1	0	0	0	1	0	0	10	0	0	0	10
Turkey - Medium	4 oz (113g)	100	1	1	0	0	0	40	13	930	40	2	1	0	0	0	0	0	20	0	0	0	20
Turkey - Large	8 oz (227g)	200	2	3	0	0	0	80	27	1860	81	4	1	0	0	0	0	0	41	0	0	0	40
<b>Cheese</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
American - Small	.375 oz (11g)	40	3	4	2.5	13	0	10	3	135	6	0	0	0	0	0	0	0	2	0	6	0	0
American - Medium	.75 oz (21g)	80	6	8	4.5	23	0	20	7	270	12	1	0	0	0	0	0	0	5	0	10	0	0
American - Large	1.5 oz (43g)	150	12	15	9	45	0	40	13	550	24	2	1	0	0	0	0	0	9	0	20	0	0
Mozzarella - Small	.375 oz (11g)	30	2	3	1.5	8	0	10	3	70	3	1	0	0	0	0	0	0	3	0	6	0	0
Mozzarella - Medium	.75 oz (21g)	60	4	5	2.5	13	0	15	5	140	6	1	0	0	0	0	0	0	5	0	10	0	0
Mozzarella - Large	1.5 oz (43g)	120	8	10	5	25	0	30	10	280	12	2	1	0	0	0	0	0	10	0	25	0	2
Pepper Jack - Small	.375 oz (11g)	40	3	4	2	10	0	10	3	70	3	0	0	0	0	0	0	0	3	15	6	0	0
Pepper Jack - Medium	.75 oz (21g)	80	6	8	4	20	0	20	7	135	6	0	0	0	0	0	0	0	5	25	10	0	0
Pepper Jack - Large	1.5 oz (43g)	160	12	15	8	40	0	40	13	270	12	0	0	0	0	0	0	0	10	50	25	0	0
Provolone - Small	.375 oz (11g)	35	3	4	2	10	0	10	3	90	4	0	0	0	0	0	0	0	3	0	6	0	0
Provolone - Medium	.75 oz (21g)	70	6	8	3.5	18	0	15	5	180	8	0	0	0	0	0	0	0	5	0	10	0	0
Provolone - Large	1.5 oz (43g)	140	12	15	7	35	0	30	10	360	16	0	0	0	0	0	0	0	10	0	25	0	2
Queso Sauce - Small	1 oz (28g)	50	4	5	2.5	13	0	10	3	280	12	2	1	0	0	2	0	0	3	2	6	0	2
Queso Sauce - Medium	2 oz (57g)	110	8	10	5	25	0	25	8	580	25	4	1	0	0	4	0	0	6	2	15	0	2
Queso Sauce - Large	4 oz (113g)	220	16	21	10	50	0	45	15	1150	50	9	3	0	0	7	0	0	12	4	30	2	6

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Swiss - Small	.375 oz (11g)	40	3.5	4	2	10	0	10	3	20	1	0	0	0	0	0	0	0	3	0	8	0	0
Swiss - Medium	.75 oz (21g)	80	7	9	4	20	0	20	7	40	2	0	0	0	0	0	0	0	6	0	15	0	0
Swiss - Large	1.5 oz (43g)	160	14	18	8	40	0	40	13	80	3	0	0	0	0	0	0	0	12	0	30	0	0