

NUTRITION FACTS

SUBS
SALADS
PIZZAS
BREAKFAST



NUTRITIONAL ANALYSIS

This analysis is provided to assist our customers in making sensible decisions in their diets. Leading health organizations recommend moderate consumption of a variety of foods with an average of less than 30% calories from fat, less than 10% from saturated fat, 300 milligrams of cholesterol and 2,300 milligrams of sodium per day. Based on a 2,000-calorie diet, 30% of calories from fat would be approximately 65 grams of fat. Adjustments are necessary for calorie levels above or below this reference.



Calories for Under 500 subs are based on 6" subs on white or wheat sub rolls with American cheese and without dressings, unless specified.

	WEIGHT (g)	CALORIES	PROTEIN	CARBS	FAT	SAT. FAT	CHOLESTEROL	SODIUM	VIT A	VIT C	CALCIUM	IRON	FIBER	SUGARS	
SIGNATURE SUBS <i>Subs on 6" wheat sub roll and include all sauces and toppings</i>															
6" Chicken Fajita Sub	255.9	420	28	43	15	7	65	1320	718	10	244	4	5	5	
6" Chicken Caesar Sub	185.6	370	22	39	14	3	45	720	1904	0	67	3	5	3	
6" Chicken Parmesan Sub	266.4	530	30	58	19	9	50	1530	590	4	370	4	6	7	
6" Buffalo Ranch Chicken Sub	276.6	550	30	54	24	10	60	1950	1036	6	362	4	5	5	
6" BBQ Chicken Sub	275.6	530	29	58	20	9	60	1430	806	6	342	4	7	8	
6" Baja Chicken Sub	262.2	510	31	42	24	10	80	970	860	6	351	4	5	5	
BUILD YOUR OWN SUBS <i>Subs on 6" wheat sub rolls and include lettuce, tomato, onions and cheese</i>															
6" Ham Sub	202.7	300	19	42	6	2	35	930	346	6	27	3	5	5	
6" Meatball Sub	308.9	760	35	50	46	21	95	1400	702	6	409	5	6	7	
6" Roast Beef Sub	224.0	370	26	41	11	6	50	1010	672	6	147	4	5	5	
6" Salami Sub	209.8	450	21	41	23	10	50	1520	672	6	141	4	5	5	
6" Tuna Salad Sub	257.9	570	26	42	32	9	60	1190	732	6	154	4	5	5	
6" Turkey Sub	224.0	350	24	41	10	5	45	1150	672	6	144	3	5	5	
6" Turkey & Ham Club Sub	244.1	460	28	42	20	9	65	1570	676	6	146	4	5	5	
6" Vegetarian Sub	252.6	330	14	46	10	5	20	900	3038	56	170	4	6	7	
6" Crispy Chicken Sub	181.4	280	14	46	5	1	10	640	348	6	29	3	5	4	
6" Roasted Chicken Sub	174.3	260	14	40	5	1	20	430	350	6	25	3	5	4	
6" Italian Sub	272.2	540	35	43	25	12	70	1850	718	6	347	4	5	5	
6" American Sub	224.0	420	21	43	18	8	55	1350	676	6	152	3	5	6	
6" Chicken Salad Sub	255.7	480	27	42	22	7	75	1170	756	6	151	3	5	5	
6" Cheesesteak Sub	273.6	510	31	42	23	12	70	1250	718	6	352	4	5	5	
12" SUB ROLLS															
Cheddar Sub Roll	194.9	470	17	79	10	4	15	960	142	0	120	5	3	5	
Flatbread	170.1	470	13	79	11	2	0	920	0	0	145	5	3	5	
Tomato & Italian Herb Sub Roll	218.1	440	15	82	6	2	0	1160	274	4	58	5	4	6	
Salt & Pepper Sub Roll	182.5	420	14	79	5	1	0	1360	4	0	20	5	3	5	
Rolled Oat & Wheat Sub Roll	190.9	450	15	86	6	1	0	870	0	0	22	5	4	5	
Roasted Onion Sub Roll	202.0	440	14	81	6	1	0	1000	2	0	23	5	3	6	
Parmesan Sub Roll	195.7	480	20	79	9	4	10	1120	130	0	205	5	3	5	
Parmesan Pepper Sub Roll	196.8	480	20	80	9	4	10	1120	136	0	210	5	3	5	
Jalapeno Cheddar Sub Roll	196.0	470	17	79	10	4	15	980	160	0	120	5	3	5	
Italian Herb Sub Roll	183.1	420	14	80	5	1	0	1090	22	0	34	5	3	5	
Honey Wheat Sub Roll	185.8	420	14	81	5	1	0	870	0	0	18	5	3	7	
Garlic Black Pepper Cheddar Sub Roll	197.9	480	18	81	10	4	15	960	148	0	126	5	3	5	
Garlic and Parmesan Sub Roll	184.3	430	15	80	5	2	0	900	14	0	40	5	3	5	
Pretzel Roll	220.3	410	14	79	5	1	0	2380	0	0	19	5	3	5	
White Sub Roll	180.7	410	14	79	5	1	0	870	0	0	17	5	3	5	
Wrap	103.9	310	8	52	7	3	0	740	0	0	236	3	2	0	

BUILD YOUR OWN SALADS

Salad base contains lettuce, cucumbers, and carrots

Tossed Salad Base	218.6	45	2	9	1	0	0	35	1432	10	69	2	4	4
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SIGNATURE SALADS

Does not include dressing

Buffalo Chicken Salad	414.5	500	17	31	36	5	50	2970	16780	42	129	3	6	8
Roasted Chicken Caesar Salad	312.8	650	29	36	43	8	90	1650	10068	6	248	2	4	5

DRESSINGS

Individual PC packets

Newman's Own Two Thousand Island Dressing	42.5	210	1	7	20	3	15	390	50	2	4	0	0	6
Newman's Own Creamy Light Italian Dressing	42.5	35	< 1	< 1	4	1	0	160	0	0	0	0	0	0
Newman's Own Parmesan Peppercorn Dressing	42.5	250	1	3	26	4	10	400	14	0	26	0	0	2
Newman's Own Blue Cheese Dressing	42.5	220	2	2	23	4	25	460	70	0	32	0	0	2
Newman's Own Ranch Dressing	42.5	220	1	3	23	4	15	400	64	0	15	0	0	2

PIZZAS

On 6" white sub roll

Cheese Pizza	182.9	370	20	53	9	5	30	960	374	2	389	4	3	7
Pepperoni Pizza	105.5	260	13	27	11	4.5	30	710	188	1	197	2	2	2
Vegetable Pizza	220.6	400	21	55	10	5	50	1150	1094	14	402	4	4	8

BREAKFAST SANDWICHES

on 6" flatbread

Roast Beef, Egg & Cheese Sandwich	281.6	730	32	82	30	12	160	1710	566	0	483	6	3	7
Ham, Egg, Cheese	281.6	730	32	82	30	12	165	1690	568	0	476	6	3	7
Canadian Bacon, Egg & Cheese Sandwich	274.5	710	30	82	29	11	160	1630	566	0	475	6	3	7
Egg and Cheese Sandwich	253.3	690	27	81	28	11	150	1400	566	0	474	6	3	6
Sausage, Egg & Cheese Sandwich	295.8	860	33	81	44	17	180	1760	614	0	484	6	3	6
Turkey Sausage, Egg & Cheese Sandwich	272.8	690	33	80	27	11	65	1400	430	0	461	6	3	5
Turkey, Egg & Cheese Sandwich	281.6	710	33	81	28	11	160	1710	566	2	487	7	3	6
Veggie, Egg White & Cheese Sandwich	301.5	700	28	83	28	11	150	1410	1516	8	486	6	4	7
Western Egg & Cheese Sandwich	317.1	720	32	84	29	11	160	1710	670	24	480	6	4	8

BREAKFAST A LA CARTE

Puffed Egg White Patty	49.6	30	5	2	0	0	0	170	0	0	136	0	0	0
Egg Patty	42.5	70	4	1	5	1	110	140	164	0	29	1	0	1
Sliced Plain Bagel	113.4	280	10	57	1	0	0	590	0	4	21	3	2	3
Ham	28.3	40	5	1	2	1	20	300	0	0	2	0	0	1
Canadian Bacon	23.2	30	4	< 1	1	0	15	290	0	0	1	0	0	0
Crisp Bacon	20.6	110	5	< 1	10	4	20	370	0	0	2	0	0	0
Turkey Sausage Patty	29.1	60	6	< 1	4	1	30	80	28	0	13	0	0	0
Roast Beef	28.3	40	7	< 1	1	0	15	140	0	0	3	1	0	0
Turkey Breast	28.3	30	6	< 1	0	0	10	210	0	0	1	0	0	0
Mini Sub Roll	57.2	140	5	24	3	1	0	120	0	0	10	1	2	3

MEATS

for 6" subs, wraps, flatbread, and salads

Tuna Salad	137.0	430	19	3	37	6	65	750	110	0	22	1	0	1
Turkey Breast	56.7	55	11	< 1	1	0	25	420	0	0	3	0	0	0
Roast Beef	56.7	80	13	1	2	1	30	270	0	0	6	1	0	0
Meatballs	113.4	350	17	8	28	10	65	610	16	0	4	0	1	0
Genoa Salami	21.3	80	4	< 1	7	2	15	390	0	0	0	0	0	0
Sandwich Style Sliced Pepperoni	28.3	140	6	< 1	12	5	30	460	2	0	5	0	0	0
Capicola Ham	34.0	55	6	1	3	1	5	440	0	0	0	1	0	0
Ham	56.7	80	10	2	3	1	35	570	2	0	3	0	0	1
Crisp Bacon	20.6	110	5	< 1	10	4	20	370	0	0	2	0	0	0
Crispy Chicken	70.9	140	10	12	5	1	20	560	10	0	12	0	0	0
Roasted Chicken Breast	56.7	90	12	< 1	4	1	40	150	14	0	3	0	0	0

SAUCES AND DRESSINGS

BBQ Sauce 1 oz ladle	V	34.0	40	1	9	0	0	0	340	100	2	11	0	2	7
Horseradish Sauce 1 Tbsp	V	13.9	80	<1	1	8	1	10	140	12	0	6	0	0	0
Hot Sauce 1 Tbsp	VG	16.0	5	<1	1	0	0	0	540	350	0	2	0	0	0
Peanut Sauce 1 Tbsp	V	16.4	50	1	5	3	1	0	65	56	0	13	0	0	4
Baja Sauce 1 Tbsp	V	15.0	50	<1	1	5	1	5	170	82	0	6	0	0	0
Sweet Pepper Sauce 1 Tbsp	V	14.9	90	<1	1	9	1	10	95	28	2	2	0	0	0
Tex Mex Sauce 1 Tbsp	V	14.2	70	<1	1	7	1	5	85	52	0	2	0	0	0
Spaghetti Sauce with Tomato Bits 1 oz ladle	V	31.3	15	<1	3	0	0	0	120	102	0	10	0	1	2
Chipotle Mayonnaise 1 Tbsp	V	16.9	110	<1	1	11	2	10	70	44	2	2	0	0	0
Green Curry Mayonnaise 1 Tbsp	V	14.9	60	<1	4	5	1	5	95	38	0	2	0	0	3
Creole Mayonnaise 1 Tbsp	V	14.8	70	<1	1	7	1	10	55	40	0	3	0	0	1
Southwest Mayonnaise 1 Tbsp	V	14.4	100	<1	1	11	2	10	95	38	0	4	0	0	0
Mayonnaise 1 Tbsp	V	13.5	100	<1	1	11	2	10	55	12	0	1	0	0	0
Low Calorie, No Cholesterol Mayonnaise 1 Tbsp	V	15.0	45	<1	2	4	1	0	130	0	0	0	0	0	1
Balsamic Vinaigrette 1 oz ladle	V	30.2	110	<1	3	11	2	0	190	26	0	7	0	0	2
Chunky Blue Cheese Dressing 1 oz ladle	V	28.7	140	1	2	15	3	20	270	50	0	28	0	0	1
Traditional Caesar Dressing 1 oz ladle	V	26.4	130	1	1	14	3	10	210	0	0	203	0	0	0
Honey Dijon Dressing 1 Tbsp	V	15.4	80	<1	4	7	1	5	110	8	0	4	0	0	4
Golden Italian Dressing 1 oz ladle	V	29.4	140	<1	2	14	2	0	290	24	0	2	0	0	2
Oil and Vinegar Dressing 1 Tbsp	V	15.2	90	<1	<1	10	1	0	0	2	0	2	0	0	0
Pan-Asian Dressing 1 oz ladle	V	30.5	70	1	10	3	0	0	600	38	0	5	0	0	7
Original Ranch Dressing 1 oz ladle	V	28.7	90	1	1	10	2	10	240	24	0	11	0	0	1
Santa Fe Salad Dressing 1 oz ladle	V	29.8	70	<1	2	7	1	0	270	140	6	10	0	0	1
Spicy Buffalo Blue Cheese Dressing 1 oz ladle	V	29.5	110	1	2	11	2	15	470	214	0	22	0	0	1
Honey Glaze 1 Tbsp	V	17.7	35	<1	9	0	0	0	0	0	0	1	0	0	9
Spicy Brown Mustard 1 Tbsp	VG	15.0	20	1	1	1	0	0	240	22	0	29	1	1	0
Yellow Mustard 1 Tbsp	VG	16.8	10	1	1	0	0	0	210	22	0	9	0	1	0
Salsa 1 oz ladle	VG	30.6	10	<1	1	0	0	0	220	130	4	9	0	1	2

TOPPINGS

for 6" subs, wraps, flatbread, and salads

Mild Sliced Banana Peppers	VG	28.3	10	<1	3	0	0	0	40	660	22	3	0	0	2
Sliced Black Olives	VG	30.5	35	<1	2	3	0	0	220	124	0	27	1	1	0
Cucumbers	VG	28.0	5	<1	1	0	0	0	0	30	0	4	0	0	0
Dill Pickle Chips	VG	12.5	0	<1	<1	0	0	0	110	24	0	5	0	0	0
Green Onions	VG	28.3	10	1	2	0	0	0	5	284	6	20	0	1	1
Green Peppers	V	27.2	10	<1	2	0	0	0	0	128	20	2	0	0	1
Hard Cooked Eggs	V	101.1	160	13	1	11	3	380	130	526	0	51	1	0	1
Sliced Jalapeno Peppers	VG	10.3	0	<1	<1	0	0	0	170	176	0	2	0	0	0
Sliced Mushrooms	VG	20.7	10	<1	1	0	0	0	0	0	0	1	0	0	0
Sliced Red & Green Peppers	VG	28.3	10	<1	3	0	0	0	45	660	22	3	0	0	2
Shredded Lettuce	VG	21.3	0	<1	1	0	0	0	0	108	0	4	0	0	0
Romaine & Leaf Lettuce Mix	VG	21.3	0	<1	1	0	0	0	0	1852	0	7	0	0	0
Chopped Romaine Lettuce	VG	21.3	0	<1	1	0	0	0	0	1852	0	7	0	0	0
Shredded Carrots	VG	13.7	5	<1	1	0	0	0	10	2298	0	5	0	0	1
Spanish Onions	V	6.0	0	<1	1	0	0	0	0	0	0	1	0	0	0
Roasted Sweet Red Peppers	VG	27.2	5	<1	1	0	0	0	65	408	28	4	0	0	1
Tomatoes	VG	30.1	5	<1	1	0	0	0	0	250	4	3	0	0	1

CHEESE

for 6" subs, wraps, flatbread, and salads

American Cheese	V	14.2	50	3	<1	4	3	15	260	220	0	79	0	0	0
Mild Cheddar Cheese	V	14.2	60	4	<1	5	3	15	90	142	0	102	0	0	0
Pepper Jack Cheese	V	14.2	55	3	<1	4	3	15	75	110	0	106	0	0	0
Provolone Cheese	V	21.3	75	5	<1	6	4	15	190	188	0	161	0	0	0
Parmesan Cheese	V	5.0	20	2	<1	1	1	5	85	44	0	63	0	0	0
Swiss Cheese	V	14.2	55	4	1	4	3	15	30	118	0	112	0	0	0

Calories for Under 500 subs are based on 6" subs on white or wheat sub rolls with American cheese and without dressings, unless specified. The analysis is based on standard recipes. Variability occurs periodically due to adjustments in serving sizes, product availability from food suppliers and recipe formulation. We have attempted to provide as complete a nutritional analysis as possible. The analysis is comprised of data from our suppliers, the US Department of Agriculture and CBORD nutrient analysis program from the CBORD Group in Ithaca, New York.

