



Item	Serving Size	Calories	Pro (g)	Cho (g)	Fat (g)
Turkey & Cheese Wrap	1 each	503	46	44	15
Turkey & Cheese	1 each	503	44	60	8
Honey Ham on Sour Dough	1 each	500	53	44	12
Smoked Turkey & Cheese	1 each	465	50	40	11
4" Sub Roll	1 each	150	4	30	2
8" Sub Roll	1 each	300	8	60	3
Tortilla Wrap	1 each	300	9	44	10
8" Vegetarian	1 each	500	22	60	18
Vegetarian Wrap	1 each	500	23	44	25
8" Ham & Cheese	1 each	578	43	60	16
Ham & Cheese Wrap	1 each	578	44	44	23
8" Tuna	1 each	525	22	62	17
Tuna Wrap	1 each	525	27	46	24
8" Turkey Club Deluxe	1 each	585	48	60	16
Turkey Club Wrap	1 each	585	49	44	23
8" Seafood	1 each	525	18	70	16
Seafood Wrap	1 each	525	19	54	24
8" American	1 each	689	61	60	19
American Wrap	1 each	689	61	44	26
8" Li'l Dino	1 each	720	46	60	29
Li'l Dino Wrap	1 each	720	47	44	36
8" Italian	1 each	649	37	60	26
Italian Wrap	1 each	679	38	44	33
Mayonnaise	1 T	100	0	1	11
Honey Mustard	1 T	80	0	1	8
Brown Mustard	1 T	14	1	1	1

Li'l Dino is a great healthy choice. Ask for lean meats such as turkey, roast beef, chicken breast, and ham. If you are concerned about fat, make sure you skip the mayonnaise and the oil. Cheese is about 7-10 grams of fat per ounce. All the veggies available are great, load up on lettuce, tomato, peppers, and onions. You can try the new wraps and save 160 calories over the 8" sub. Mustard or fat-free salad dressings are good sauces to use. Li'l Dino offers a salad that can be lowfat as long as you make sure to use a fat-free dressing or use a small amount of regular salad dressing.