



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
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
8" Ham, Cheese and Salami	1 each	617	33	63	25
8" Cappacolla and Cheese	1 each	482	27	61	14
8" Pepperoni and Cheese	1 each	664	27	63	33
8" Roast Beef and Cheese	1 each	535	35	62	14
8" Turkey, Bacon and Cheese	1 each	542	31	62	19
8" Bacon, Lettuce and Tomato	1 each	492	21	65	17
Mayonnaise	1 T	100	0	1	11
Honey Mustard	1 T	80	0	1	8
Spicy Brown Mustard	1 T	14	1	1	1