

## Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
BBQ Rib Sub 12"	1053.9	2104.0	54.8	21.5	2.1	0.4	83.1	0.0	8.2	54.8	5.4	2447.1
Blt sub 12'	543.9	2268.8	16.4	5.6	3.5	3.4	71.9	0.0	5.3	27.2	4.5	1796.3
Breast of Turkey Sub 12"	581.9	2427.6	12.8	5.3	2.8	0.8	73.0	0.0	6.4	42.6	4.0	2422.3
Chicken & bacon ranch sub 12'	863.1	3609.8	35.4	8.7	8.1	13.2	82.5	2.2	9.2	55.6	6.4	3052.4
Chicken breast sub 12"	638.0	2668.0	12.4	5.2	2.9	0.8	78.8	1.7	8.5	52.3	5.5	2405.7
Chipotle southwestern Steak & Cheese Sub 12"	707.2	2850.1	17.7	7.0	4.3	0.7	78.3	1.4	9.7	58.1	5.5	1684.2
Combo sub 12"	705.8	2946.4	25.9	10.6	9.5	1.6	77.7	0.0	8.7	39.2	5.8	2601.0
GDS sub12"	620.7	2594.5	40.2	15.7	16.5	3.1	25.4	0.0	6.9	39.4	3.4	2751.3
Ham & cheese sub 12"	671.7	2804.4	19.3	7.6	6.4	1.2	80.4	0.0	8.3	42.6	6.8	2825.1
Ham and Turkey Sub 12"	636.0	2654.5	16.2	6.5	4.6	1.1	78.9	0.0	8.8	43.0	6.1	2624.1
Italian sub 12"	1008.8	4212.5	54.6	20.0	21.3	3.9	77.2	0.0	8.4	50.6	5.5	3493.7
Roast beef sub 12"	663.5	2769.6	17.8	7.4	5.6	0.6	76.6	0.0	8.3	48.8	5.5	1568.0
Seafood sub 12"	1113.1	4614.2	65.3	4.7	2.1	0.4	95.5	9.0	17.9	35.4	5.6	2792.8
Sub factory club 12"	655.5	2736.2	17.1	6.9	5.1	0.9	78.6	0.0	8.6	46.1	5.9	2272.9
SweetOnionChick.Teri Sub 12"	603.2	2490.6	11.8	4.7	2.6	0.7	75.3	2.0	11.7	48.5	4.9	3182.2
Tuna sub 12"	920.1	3831.2	34.8	8.5	7.8	13.7	77.8	0.1	10.4	70.7	5.9	1496.5
Turkey Bacon Sub 12"	660.0	2754.7	19.6	6.2	4.3	4.8	74.3	0.0	5.7	47.2	4.7	3096.5
Vegetable patty sub 12"	755.4	3151.5	19.6	6.8	4.6	3.3	96.0	8.2	9.8	48.1	12.4	2319.1