

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 6"	529.0	1060.5	27.4	10.8	1.0	0.2	41.9	0.0	4.1	27.5	2.7	1227.7
Blt sub 6"	271.9	1134.4	8.2	2.8	1.7	1.7	36.0	0.0	2.6	13.6	2.2	898.2
Breast of Turkey Sub 6"	290.9	1213.8	6.4	2.7	1.4	0.4	36.5	0.0	3.2	21.3	2.0	1211.2
Chicken & bacon ranch sub 6"	410.5	1716.9	16.8	4.2	3.8	6.3	39.2	1.0	4.4	26.5	3.0	1451.8
Chicken salad sub 6"	432.3	1802.7	14.4	2.4	1.0	0.2	39.4	0.0	4.8	34.6	3.0	835.9
Chipotle Southwestern Steak & Cheese Sub 6"	353.6	1425.0	8.8	3.5	2.2	0.3	39.1	0.7	4.8	29.1	2.7	842.1
Combo sub 6"	424.8	1773.8	17.2	7.9	5.9	0.9	40.4	0.0	5.9	26.7	2.9	1740.2
GDS Sub 6"	442.8	1849.2	20.9	7.8	8.1	1.5	38.7	0.0	4.1	24.1	2.9	1636.3
Ham & cheese sub 6"	335.8	1402.2	9.7	3.8	3.2	0.6	40.2	0.0	4.1	21.3	3.4	1412.6
Ham and Turkey Sub 6"	318.0	1327.2	8.1	3.2	2.3	0.5	39.4	0.0	4.4	21.5	3.0	1312.0
Italian sub 6"	504.4	2106.2	27.3	10.0	10.6	1.9	38.6	0.0	4.2	25.3	2.7	1746.8
Meatball sub 6"	411.8	1124.5	10.5	5.7	1.0	0.2	46.5	0.0	6.5	23.8	3.5	1177.8
Roast beef sub 6"	329.6	1376.0	8.9	3.7	2.8	0.3	37.9	0.0	4.1	24.3	2.7	779.7
Seafood sub 6"	556.6	2307.1	32.6	2.4	1.0	0.2	47.8	4.5	9.0	17.7	2.8	1396.4
Sub factory club 6"	319.0	1331.4	8.2	3.4	2.4	0.4	38.8	0.0	4.3	22.1	2.9	1098.0
Sub factory club wrap 6"	225.3	947.2	7.1	3.4	2.5	0.6	23.5	16.6	3.9	18.5	2.4	836.1
SweetOnionChick.Teri Sub 6"	337.4	1393.0	6.6	2.6	1.4	0.4	42.2	1.1	6.8	27.1	2.7	1837.6
Tuna sub 6"	440.2	1833.1	16.7	4.1	3.7	6.6	37.2	0.1	5.0	33.8	2.8	716.0
Turkey Bacon Sub 6"	329.3	1374.7	9.7	3.1	2.1	2.4	37.2	0.0	2.8	23.6	2.3	1545.3
Vegetable patty sub 6"	379.8	1584.5	9.8	3.4	2.3	1.6	48.4	4.1	4.9	24.1	6.2	1163.9