

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"	562.9	1123.8	29.2	11.5	1.1	0.2	44.4	0.0	4.4	29.3	2.9	1307.0
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 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
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 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
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
Breast of Turkey wrap 12"	360.7	1508.1	13.0	6.4	4.1	1.3	27.7	0.0	5.0	34.2	1.2	1928.2
Breast of Turkey wrap 6"	196.3	825.7	5.3	2.7	1.5	0.6	21.0	16.4	2.8	17.7	1.5	948.2
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 & 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 & bacon ranch wrap 6"	426.3	1791.5	25.2	5.8	6.1	11.3	27.8	18.8	4.8	25.7	2.9	1452.6
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
Chicken breast sub 6"	319.0	1334.0	6.2	2.6	1.4	0.4	39.4	0.9	4.2	26.2	2.7	1202.8
chicken salad sub & manwich	187.6	784.9	8.3	1.8	2.6	2.6	0.2	0.0	0.0	26.5	0.1	168.4
Chicken salad sub 12"	460.5	1920.3	15.3	2.5	1.1	0.2	42.0	0.0	5.2	36.9	3.2	890.4
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 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
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 12"	705.8	2946.3	25.9	10.6	9.5	1.6	77.7	0.0	8.7	39.2	5.8	2600.9
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
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
GDS wrap 12"	668.4	2795.1	42.6	16.8	17.8	3.5	31.5	0.0	6.6	39.9	2.9	2806.1
GDS wrap 6"	349.1	1465.0	19.8	7.8	8.2	1.7	23.5	16.6	3.8	20.5	2.4	1374.3
Ham & cheese sub 12"	350.8	1464.7	10.1	4.0	3.3	0.6	42.0	0.0	4.3	22.2	3.5	1475.5
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 12"	386.9	1615.0	9.8	4.0	2.8	0.6	48.0	0.0	5.3	26.1	3.7	1596.5
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
Ham and Turkey wrap 12"	414.8	1735.0	16.4	7.6	5.9	1.5	33.5	0.0	7.4	34.5	3.3	2130.0
Ham and Turkey wrap 6"	224.3	943.0	7.0	3.3	2.4	0.7	24.2	16.6	4.0	17.9	2.5	1050.1
Italian sub 12"	1008.8	4212.6	54.6	20.0	21.3	3.9	77.2	0.0	8.4	50.6	5.5	3493.8
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

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Italian wrap 12"	783.4	3275.6	54.7	21.1	22.6	4.3	31.1	0.0	7.0	42.0	2.6	2991.1
Italian wrap 6"	408.6	1713.3	26.1	10.0	10.8	2.1	22.9	16.6	3.8	21.7	2.2	1480.7
Meatball sub 12"	819.0	2230.3	21.0	11.5	2.1	0.5	92.2	0.1	13.1	47.5	7.0	2346.5
Meatball wrap 12"	597.8	1310.8	21.2	12.6	3.4	0.9	46.8	0.1	11.7	39.0	4.2	1852.4
Pizza sub 12"	858.3	3582.2	39.1	14.9	16.3	2.8	82.3	0.0	11.5	44.3	6.5	3090.7
Pizza sub 6"	435.1	1815.3	19.6	7.5	8.2	1.4	42.5	0.0	6.6	22.4	3.5	1557.7
Pizza wrap 12"	632.4	2642.8	39.3	16.0	17.6	3.2	36.0	0.0	10.1	35.7	3.6	2586.8
Pizza wrap 6"	339.0	1421.1	18.5	7.5	8.3	1.5	26.8	16.6	6.3	18.8	3.0	1290.9
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
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
Roast beef wrap 12"	438.1	1832.6	18.0	8.5	6.9	1.1	30.4	0.0	6.8	40.1	2.6	1065.3
Roast beef wrap 6"	235.9	991.8	7.8	3.7	2.9	0.5	22.6	16.6	3.8	20.7	2.2	517.8
Seafood sub 12"	596.1	2471.1	35.0	2.5	1.1	0.2	51.1	4.8	9.6	18.9	3.0	1495.6
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
Seafood wrap 12"	887.7	3677.1	65.5	5.8	3.3	0.8	49.3	9.0	16.5	26.8	2.7	2290.1
Seafood wrap 6"	460.7	1914.2	31.5	2.4	1.1	0.3	32.1	21.1	8.6	14.1	2.3	1130.2
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	2272.8
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 12"	430.2	1799.3	17.3	8.0	6.4	1.4	32.4	0.0	7.2	37.5	3.1	1770.2
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 12"	598.4	2490.6	11.8	4.7	2.6	0.7	75.1	2.0	10.9	47.3	4.9	2359.1
SweetOnionChick.Teri Sub 6"	334.4	1393.0	6.6	2.6	1.4	0.4	42.1	1.1	6.3	26.3	2.7	1323.7
SweetOnionChick.Teri wrap 12"	493.1	2053.6	14.9	7.1	4.6	1.3	41.9	2.5	12.0	49.2	2.9	2375.5
SweetOnionChick.Teri wrap 6"	237.3	993.7	5.4	2.6	1.5	0.5	26.1	17.7	5.7	22.7	2.2	1047.2
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
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
Tuna wrap 12"	848.7	3535.6	42.7	11.8	11.1	17.2	38.7	0.1	11.0	75.8	3.8	1214.6
Tuna wrap 6"	365.3	1527.0	16.3	4.3	4.0	7.0	23.3	16.7	4.8	31.8	2.5	483.8
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
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
Turkey Bacon wrap 12"	589.9	2467.2	26.6	9.8	7.5	7.1	39.0	0.0	5.8	52.1	2.5	3498.9
Turkey Bacon wrap 6"	235.6	990.5	8.6	3.1	2.2	2.5	21.9	16.6	2.5	20.0	1.8	1283.3
Vegetable patty sub 12"	755.4	3151.4	19.6	6.8	4.6	3.3	96.0	8.2	9.8	48.1	12.4	2319.1
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	1163.8

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Vegetable patty wrap 12"	534.2	2232.0	19.8	7.9	5.9	3.7	50.6	8.2	8.4	39.7	9.6	1825.1
Vegetable patty wrap 6"	284.0	1191.6	8.7	3.4	2.4	1.8	32.7	20.7	4.5	20.5	5.7	897.6