

subconnection™ Nutritional Information

Menu Item	Serving size	Weight (gms)	Calories	Calories from fat	Fat (gms)	% Daily Value	Saturated fat (gms)	% Daily Value	Trans fat (gms)**	Cholesterol (mg)	% Daily Value	Carbohydrates (gms)	% Daily Value	Dietary Fiber (gms)	% Daily Value	Sugars (gms)	Protein (gms)	Sodium (mg)	% Daily Value	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
12" Subs																							
<i>The following are analyzed using a white bread sub roll, American cheese (unless specified), without dressings or sauces</i>																							
American	1 sub	505	880	280	32	48	11	57	0	90	30	108	36	5	21	15	43	2820	118	20	30	25	35
on wheat roll		505	870	290	32	49	11	56	0	90	30	103	34	12	47	16	45	2630	110	20	30	30	40
BLT	1 sub	436	860	300	33	51	14	72	0	60	20	104	35	5	21	12	39	2410	101	20	30	25	40
on wheat roll		436	850	300	33	51	14	71	0	60	20	99	33	12	47	13	41	2220	93	20	30	30	45
Capicola	1 sub	505	830	230	25	39	10	50	0	90	29	105	35	5	21	12	47	3040	127	30	30	25	40
on wheat roll		505	830	230	26	39	10	50	0	90	29	101	33	12	47	13	49	2850	119	30	30	30	50
Chicken Salad (includes mayo in the salad recipe)	1 sub	534	950	300	33	50	9	43	0	115	38	104	35	6	22	13	58	2500	104	20	30	30	40
on wheat roll		534	940	300	33	51	9	42	0	115	38	100	33	12	48	13	60	2320	96	20	30	30	45
Ham & Cheese	1 sub	505	780	170	19	29	7	37	0	85	28	108	36	5	21	14	47	2720	114	20	30	25	40
on wheat roll		505	770	170	19	29	7	36	0	85	28	103	34	12	47	15	49	2530	106	20	30	30	45
Italian (provolone)	1 sub	602	1190	480	54	83	25	126	0	175	58	104	35	5	21	11	69	3890	162	35	30	70	45
on wheat roll		602	1180	480	54	83	25	125	0	175	58	99	33	12	47	11	71	3700	154	35	30	70	50
Roast Beef	1 sub	505	800	160	18	28	7	37	0	75	25	106	35	5	21	14	53	3100	129	20	30	25	50
on wheat roll		505	790	160	18	28	7	36	0	75	25	101	34	12	47	15	55	2910	121	20	30	30	60
Salami	1 sub	476	950	350	39	60	16	79	0	90	30	104	35	5	21	12	42	2980	124	20	30	25	35
on wheat roll		476	940	350	39	60	16	79	0	90	30	99	33	12	47	13	44	2790	116	20	30	30	40
Seafood Salad (includes mayo in the salad recipe)	1 sub	540	890	280	31	47	8	40	0	50	17	120	40	6	24	19	35	2940	122	20	30	30	35
on wheat roll		540	890	280	31	48	8	40	0	50	17	115	38	13	50	20	37	2740	114	20	30	30	40
Three Cheese (Amer, prov, Swiss)	1 sub	533	1120	460	51	78	30	149	0	125	41	107	36	5	21	13	64	2470	103	45	30	140	35
on wheat roll		533	1110	460	51	78	30	149	0	125	41	103	34	12	47	13	67	2280	95	45	30	140	40
Tuna Salad (includes mayo in the salad recipe)	1 sub	573	1140	520	58	89	11	57	0	105	35	104	35	5	22	12	53	2700	113	20	30	25	35
on wheat roll		573	1140	520	58	90	11	56	0	105	35	100	33	12	48	13	55	2510	105	20	30	30	40
Tuna Salad (includes mayo in the salad recipe)	1 sub	573	1140	520	58	89	11	57	0	105	35	104	35	5	22	12	53	2700	113	20	30	25	35
on wheat roll		573	1140	520	58	90	11	56	0	105	35	100	33	12	48	13	55	2510	105	20	30	30	40
Turkey and Ham Club	1 sub	527	870	240	26	41	11	55	0	90	30	106	35	5	21	13	52	2970	124	20	30	25	40
on wheat roll		527	860	240	27	41	11	54	0	90	30	101	34	12	47	14	54	2780	116	20	30	30	45
Turkey	1 sub	505	710	120	13	20	6	28	0	50	17	105	35	5	21	13	46	2400	100	20	30	30	35
on wheat roll		505	700	120	13	20	6	28	0	50	17	101	34	12	47	13	48	2210	92	20	30	30	45
<i>The following are analyzed on a white bread sub roll, using the standard recipe which may include a special cheese, dressing, or sauce</i>																							
Baja Chicken	1 sub	612	1200	500	56	86	21	105	0	175	58	107	36	5	21	10	70	3460	144	45	30	70	40
on wheat roll		612	1200	500	56	86	21	104	0	175	58	102	34	12	47	11	72	3260	136	45	30	70	45
BBQ Crispy Chicken	1 sub	578	1020	260	29	44	8	41	0	55	19	145	48	6	24	29	46	3160	132	25	35	30	40
on wheat roll		578	1010	260	29	44	8	40	0	55	19	141	47	13	50	30	48	2970	124	25	35	30	45
Boston Club	1 sub	550	1170	570	64	98	16	80	0	115	39	101	34	5	21	10	45	3070	128	15	35	8	40
on wheat roll		550	1160	570	64	98	16	80	0	115	39	96	32	12	47	10	48	2880	120	15	35	8	45
Buffalo Ranch Chicken	1 sub	628	1210	460	52	79	20	99	0	105	36	126	42	6	24	10	60	4250	177	50	30	70	40
on wheat roll		621	1180	460	51	78	20	98	0	105	35	121	40	13	50	11	61	4000	167	50	30	70	45
Chicken Bacon Ranch	1 sub	565	1090	390	44	67	14	71	0	150	49	105	35	5	21	12	69	2870	120	20	30	30	45
on wheat roll		565	1080	400	44	67	14	70	0	150	49	100	33	12	47	13	71	2680	112	20	30	30	50
Chicken Fajita	1 sub	597	970	260	28	44	13	66	0	155	52	104	35	5	21	12	72	3420	142	30	30	45	40
on wheat roll		596	970	260	29	44	13	66	0	155	50	100	33	12	47	13	74	3030	126	30	30	45	50
Chicken Parmesean	1 sub	564	1160	400	45	69	19	94	0	100	33	128	43	6	26	15	60	3350	140	20	10	70	45
on wheat roll		564	1150	410	45	69	19	94	0	100	33	124	41	13	52	15	62	3161	132	20	10	70	50
Diablo Turkey	1 sub	664	1280	650	72	110	23	114	0	135	46	106	35	6	22	10	55	3510	146	50	125	70	40
on wheat roll		664	1280	650	72	111	23	114	0	135	46	101	34	12	48	10	57	3320	138	50	130	70	45
Louisiana Beef and Cheddar	1 sub	609	1320	630	70	107	28	142	0	175	58	103	34	7	27	12	65	3450	144	35	30	60	50
on wheat roll		609	1310	630	70	107	28	141	0	175	58	99	33	13	53	13	67	3260	136	35	30	70	60
Meatball	1 sub	649	1500	740	82	126	40	200	0	205	68	115	38	16	65	17	75	3570	149	25	15	80	60
on wheat roll		649	1500	740	82	126	40	200	0	205	68	111	37	23	91	17	77	3380	141	25	15	90	70
Roasted Chicken Caesar	1 sub	464	1140	530	59	91	11	56	0	140	47	101	34	5	18	6	59	2800	117	80	15	30	40
on wheat roll		464	1140	530	59	91	11	56	0	140	47	96	32	11	44	7	61	2610	109	75	15	30	45
Santa Fe Turkey	1 sub	607	1160	510	57	88	20	101	0	120	40	104	35	5	21	11	58	2980	124	30	30	70	40
on wheat roll		607	1150	510	57	88	20	100	0	120	40	99	33	12	47	12	61	2790	116	30	30	70	45
Sesame Ginger Chicken	1 sub	595	950	230	25	39	8	37	0	110	36	117	39	6	22	13	65	2980	124	15	10	30	45
on wheat roll		595	940	230	25	39	7	37	0	110	36	112	37	12	48	13	67	2790	116	15	10	30	50
Toasted Classic Italian	1 sub	727	1570	780	87	134	35	174	0	240	80	159	36	5	21	5	80	5940	247	40	30	70	45
Toasted Ham and Swiss with Dijonaise	1 sub	551	1160	500	56	85	21	103	0	140	47	118	36	5	21	12	52	2190	91	30	30	80	35
Ultimate Bacon Ranch	1 sub	485	1130	600	67	103	18	91	0	90	30	100	33	5	20	8	34	2980	124	20	20	10	40
on wheat roll		485	1120	600	67	103	18	90	0	90	30	96	32	11	46	9	36	2790	116	15	25	10	50
Vegetarian	1 sub	620	790	240	27	41	7	36	0	15	5	113	38	7	28	16	29	2210	92	80	220	30	40
on wheat roll		620	790	240	27	41	7	36	0	15	5	109	36	15	58	16	32	2000	83	90	220	30	50
6" Subs																							
<i>The following are analyzed using a white bread sub roll, American cheese (unless specified), without dressings or sauces</i>																							
American	1 sub	252	440	140	16	24	6	28	0	45	15	54	18	3	10	8	21	1410	59	10	15	15	20
on wheat roll		252	440	140	16	24	6	28	0	45	15	52	17	6	23	8	22	1320	55	10	15	15	20
BLT	1 sub	218	430	150	17	25	7	36	0	30	10	52	17	3	10	6	19	1210	50	10	15	15	20
on wheat roll		218	430	150	17	26	7	36	0	30	10	50	17	6	23	6	20	1110	46	10	15	15	25
Capicola	1 sub	252	420	110	13	19	5	25	0	45	15	53	17	3	10	6	23	1520	63	15	15	15	20
on wheat roll		252	410	120	13	20	5	25	0	45	15	50	17	6	23	6	24	1430	59	15	15	15	25
Chicken Salad (includes mayo in the salad recipe)	1 sub	267	470	150	16	25	4.5	21	0	55	19	52	17	3	11	6	29	1250	52	10	15	15	2

on wheat roll		270	440	140	16	24	4	20	0	25	9	58	19	6	25	10	19	1370	57	10	15	15	20
Three Cheese (Amer, prov, Swiss)	1 sub	267	560	230	25	39	15	75	0	60	21	54	18	3	10	6	32	1230	51	25	15	70	20
on wheat roll		267	560	230	25	39	15	74	0	62	21	52	17	6	23	7	33	1140	47	25	15	70	20
Tuna Salad (includes mayo in the salad recipe)	1 sub	287	570	260	29	45	6	28	0	50	18	52	17	3	11	6	26	1350	56	10	15	15	15
on wheat roll		287	570	260	29	45	6	28	0	50	18	50	17	6	24	6	28	1260	52	10	15	15	20
Tuna Salad (includes mayo in the salad recipe)	1 sub	287	570	260	29	45	6	28	0	50	18	52	17	3	11	6	26	1350	56	10	15	15	15
on wheat roll		287	570	260	29	45	6	28	0	50	18	50	17	6	24	6	28	1260	52	10	15	15	20
Turkey and Ham Club	1 sub	264	430	120	13	20	6	28	0	45	15	53	18	3	10	7	26	1480	62	10	15	15	20
on wheat roll		264	430	120	13	20	5.5	27	0	45	15	51	17	6	23	7	27	1390	58	10	15	15	25
Turkey	1 sub	252	360	60	6	10	3	14	0	25	9	53	18	3	10	6	23	1200	50	10	15	15	20
on wheat roll		252	350	60	7	10	3	14	0	25	9	50	17	6	23	7	24	1100	46	10	15	15	20

The following are analyzed on a white bread sub roll, using the standard recipe which may include a special cheese, dressing, or sauce

Baja Chicken	1 sub	306	600	250	28	43	11	52	0	85	29	53	18	3	10	5	35	1730	72	20	15	35	20
on wheat roll		306	600	250	28	43	10	52	0	85	29	51	17	6	23	5	36	1630	68	20	15	35	25
BBQ Crispy Chicken	1 sub	289	510	130	14	22	4	20	0	30	9	73	24	3	12	15	23	1580	66	10	15	15	20
on wheat roll		289	510	130	14	22	4	20	0	30	9	70	23	6	25	15	24	1490	62	10	15	15	20
Boston Club	1 sub	275	590	290	32	49	8	40	0	60	20	50	17	3	11	5	23	1540	64	8	20	4	20
on wheat roll		275	580	290	32	49	8	40	0	60	20	48	16	6	24	5	24	1440	60	8	20	4	25
Buffalo Ranch Chicken	1 sub	314	600	230	26	40	10	50	0	55	18	63	21	3	12	5	30	2120	88	25	15	35	20
on wheat roll		311	590	230	26	39	10	49	0	50	18	60	20	6	25	5	31	2000	83	25	15	35	25
Chicken Bacon Ranch	1 sub	283	540	180	20	31	7	34	0	75	25	54	18	3	10	7	34	1250	60	10	15	15	20
on wheat roll		282	540	200	22	34	7	35	0	75	25	50	17	6	23	6	35	1340	56	10	15	15	25
Chicken Fajita	1 sub	298	490	130	14	22	7	33	0	80	26	52	17	3	10	6	36	1710	71	15	15	25	20
on wheat roll		298	480	130	14	22	7	33	0	80	26	50	17	6	24	6	37	1510	63	15	15	25	25
Chicken Parmesean	1 sub	282	580	200	22	35	9	47	0	50	17	64	21	3	13	7	30	1680	70	10	6	35	20
on wheat roll		282	580	200	23	35	9	47	0	50	17	62	21	7	26	8	31	1580	66	10	6	35	25
Diablo Turkey	1 sub	332	640	320	36	55	11	57	0	70	23	53	18	3	11	5	27	1760	73	25	60	35	20
on wheat roll		332	640	320	36	55	11	57	0	70	23	51	17	6	24	5	29	1660	69	25	60	35	20
Louisiana Beef and Cheddar	1 sub	305	660	310	35	53	14	71	0	85	29	52	17	3	14	6	32	1720	72	15	15	30	25
on wheat roll		305	650	310	35	54	14	71	0	85	29	49	16	7	27	6	34	1630	68	15	15	35	30
Meatball	1 sub	325	480	370	41	63	20	104	0	100	34	58	19	8	23	8	37	1660	74	15	8	40	30
on wheat roll		325	470	370	41	63	20	100	0	100	34	56	18	11	45	9	39	1690	70	15	8	45	35
Roasted Chicken Caesar	1 sub	232	570	270	29	45	6	28	0	70	24	50	17	2	9	3	29	1400	58	40	10	15	20
on wheat roll		232	570	270	30	45	6	28	0	70	24	48	16	6	22	3	31	1300	54	40	10	15	25
Santa Fe Turkey	1 sub	303	580	260	29	44	10	50	0	60	20	52	17	3	10	6	29	1490	62	15	15	35	20
on wheat roll		303	580	260	29	44	10	50	0	60	20	50	17	6	23	6	30	1390	58	15	15	35	25
Sesame Ginger Chicken	1 sub	304	490	120	13	21	4	19	0	55	18	61	20	3	11	6	33	1650	70	8	6	15	20
on wheat roll		304	490	120	14	21	4	20	0	55	18	58	19	6	24	7	34	1550	65	8	6	15	25
Toasted Classic Italian	1 sub	363	780	390	44	67	17	87	0	120	40	55	18	3	10	6	40	2970	124	20	15	35	25
Toasted Ham and Swiss with Dijonaise	1 sub	276	580	250	28	43	10	52	0	70	23	59	20	3	10	11	26	1100	46	15	15	40	20
Ultimate Bacon Ranch	1 sub	243	560	300	33	51	9	51	0	45	15	50	17	3	10	4	17	1490	62	10	10	6	20
on wheat roll		243	560	300	34	52	9	45	0	45	15	48	16	6	23	5	18	1400	58	8	15	6	25
Vegetarian	1 sub	310	400	120	13	21	3.5	18	0	5	3	56	19	4	14	8	15	1100	46	40	110	15	20
on wheat roll		310	400	120	13	21	3.5	18	0	5	3	55	18	7	29	8	16	1000	42	45	110	15	25

Wraps

The following are analyzed using American cheese (unless specified) without dressings or sauces

American	1 wrap	250	510	190	21	32	7	37	0	45	15	59	20	6	23	6	22	1570	65	10	15	30	25
BLT	1 wrap	216	500	200	22	33	9	44	0	30	10	57	19	6	23	4	20	1370	57	10	15	30	25
Capicola	1 wrap	250	480	160	18	27	34	7	0	45	15	58	19	6	23	4	24	1660	70	20	10	30	25
Chicken Salad	1 wrap	265	540	190	22	33	6	30	0	55	19	58	19	6	24	5	30	1410	59	10	15	35	25
Ham & Cheese	1 wrap	250	460	130	15	23	5	27	0	40	14	59	20	6	23	5	24	1520	63	10	15	30	25
Italian (provolone)	1 wrap	299	660	290	32	49	14	72	0	80	29	58	19	6	23	4	35	2110	88	20	15	50	25
Roast Beef	1 wrap	272	520	160	17	27	7	37	0	45	15	61	20	6	23	7	32	2000	83	15	15	45	30
Salami	1 wrap	236	540	220	25	38	10	48	0	45	15	57	19	6	23	4	22	1650	69	10	15	30	20
Seafood Salad	1 wrap	268	510	180	21	32	6	29	0	25	9	66	22	6	25	8	18	1630	68	10	15	35	25
Three Cheese (Amer, prov, Swiss)	1 wrap	264	630	270	31	47	17	83	0	60	21	59	20	6	23	5	33	1390	58	25	15	90	25
Tuna Salad	1 wrap	284	640	310	34	53	7	37	0	50	18	58	19	6	24	5	27	1510	63	10	15	30	20
Turkey	1 wrap	250	420	100	12	18	4.5	23	0	25	9	58	19	6	23	5	24	1360	57	10	15	35	25
Turkey and Ham Club	1 wrap	261	500	170	18	28	7	36	0	45	15	59	20	6	23	5	27	1640	68	10	15	35	25

The following are analyzed using the standard recipe which may include a special cheese, dressing or sauce

Baja Chicken	1 wrap	311	690	320	35	54	12	62	0	85	28	60	20	6	24	4	35	1910	79	20	15	50	25
BBQ Crispy Chicken	1 wrap	287	580	180	20	30	6	29	0	30	9	78	26	6	25	13	24	1740	73	10	15	35	25
Boston Club	1 wrap	273	650	330	37	57	10	49	0	50	20	56	19	6	23	3	24	1700	71	8	20	20	25
Buffalo Ranch Chicken	1 wrap	316	690	300	33	51	12	60	0	55	18	68	23	6	25	3	30	2330	97	25	15	60	25
Reduced Fat Buffalo Ranch Chicken	1 wrap	274	500	140	16	24	4	19	0	65	21	58	19	6	23	4	31	1710	71	20	15	25	25
Chicken Fajita	1 wrap	288	550	170	19	30	8	42	0	80	26	57	19	6	23	4	37	1610	67	15	15	40	25
Chicken Parmesean	1 wrap	280	650	250	28	42	11	56	0	50	17	70	23	7	26	6	31	1840	76	10	6	50	25
Diablo Turkey	1 wrap	330	710	370	41	63	13	66	0	70	23	59	20	6	24	3	28	1910	80	25	60	50	25
Louisiana Beef and Cheddar	1 wrap	302	720	360	40	61	16	80	0	80	29	57	19	7	27	5	33	1890	78	15	15	50	30
Meatball	1 wrap	322	820	410	46	71	22	109	0	100	34	63	21	11	45	7	38	1940	81	15	8	60	35
Roasted Chicken Caesar	1 wrap	274	850	510	57	88	11	55	0	95	31	59	20	6	22	1	33	2190	91	40	10	40	25
Santa Fe Turkey	1 wrap	301	650	300	34	52	12	59	0	60	20	58	19	6	23	4	30	1650	69	15	15	50	25
Sesame Ginger Chicken	1 wrap	331	62																				

12" Wheat Flour Tortilla	1 tortilla	104	290	60	7	11	3	15	0	0	0	50	17	6	24	0	9	750	31	*	*	25	15
12" White Flour Tortilla	1 tortilla	104	310	70	8	12	2.5	13	0	0	0	52	17	5	20	1	9	670	28	*	*	20	20
12" Wheat Sub Roll	1 roll	213	480	50	6	9	1.5	7	0	0	0	88	29	10	40	6	19	830	35	*	*	4	35
12" White Sub Roll	1 roll	213	490	50	6	9	1.5	8	0	0	0	93	31	4	14	6	16	1020	43	*	*	2	30
Specialty 12" Sub Rolls (white rolls unless specified)																							
Cheddar	1 roll	227	550	100	11	16	5	25	0	15	5	93	31	4	14	6	20	1120	47	4	*	10	30
Garlic Parmesan	1 roll	217	500	60	6	9	2	9	0	0	0	93	31	4	14	6	17	1050	44	*	*	4	30
Garlic Black Pepper Cheddar	1 roll	230	550	90	10	16	4.5	23	0	15	5	94	31	4	15	6	20	1110	46	4	*	15	35
Honey Wheat	1 roll	219	490	50	6	9	1.5	7	0	0	0	90	30	10	40	9	19	830	35	*	*	4	35
Italian Herb	1 roll	215	490	50	6	9	1.5	8	0	0	0	94	31	4	16	6	17	1280	53	2	2	4	35
Jalapeno Cheddar	1 roll	228	550	90	10	16	4.5	23	0	15	5	93	31	4	14	6	20	1140	47	4	*	10	30
Parmesan Pepper	1 roll	229	560	90	10	1	4	21	0	15	4	94	30	4	15	6	22	1250	50	4	*	20	35
Parmesan	1 roll	229	550	90	10	15	4	21	0	15	4	93	31	5	14	6	22	1250	52	4	*	20	30
Roasted Onion	1 roll	261	530	70	8	13	2	10	0	20	7	96	32	4	17	7	17	1220	50	2	4	4	30
Rolled Oat and Wheat	1 roll	223	520	60	7	10	1.5	8	0	0	0	95	32	11	44	6	20	830	35	*	*	4	40
Salt and Pepper	1 roll	215	490	50	6	9	1.5	8	0	0	0	93	31	4	15	6	16	1600	67	*	*	2	30
Toasted Sesame	1 roll	224	500	60	7	10	2	9	0	20	7	93	30	4	15	6	17	1040	43	2	*	2	30
Tomato and Italian Herb	1 roll	250	510	60	7	11	2	10	0	0	0	96	32	4	17	6	17	1380	58	6	8	6	35

Nutrients for 6" sub rolls are approximately half those of the 12"

Sauces and Dressings

Baja Sauce	1 T.	16	50	50	6	8	1	4	0	5	2	<1	0	0	0	0	0	190	8	2	*	2	*
BBQ Ranch Dressing	1 T.	15	35	25	3	4	0	2	0	0	1	3	1	0	0	2	0	180	7	*	*	*	*
Chipotle Corn Salsa	2 oz.	57	40	0	0	0	0	0	0	0	0	9	3	1	5	2	1	160	7	4	4	2	6
Creole Mayo	1 T.	15	70	60	7	11	1	5	0	5	2	<1	0	0	2	0	0	85	4	*	*	*	*
Horse radish Sauce	1 T.	14	80	70	8	13	1	6	0	5	3	0	0	0	0	0	0	150	6	*	*	*	*
Mayonnaise	1 T.	14	100	100	11	17	1.5	8	0	10	3	0	0	0	0	0	0	75	3	*	*	*	*
Oil and Vinegar	1 T.	14	80	80	9	14	1	6	0	0	0	0	0	0	0	0	0	0	0	*	*	*	2
Pan-Asian Dressing	2 oz.	57	130	60	6	10	0.5	4	0	0	0	17	6	0	0	0	2	1250	50	4	2	2	2
Santa Fe	2 oz.	60	140	130	14	22	2	10	0	0	0	3	1	0	0	2	0	550	23	4	6	2	*
Southwest Mayo	1 T.	15	100	100	11	17	1.5	8	0	10	3	0	0	0	0	0	0	120	5	*	*	*	*
Spicy Buffalo Blue Cheese	2 oz.	60	240	230	26	39	5	26	0	20	8	2	1	0	0	2	2	1070	44	10	*	6	*
Sweet Pepper Sauce	1 T.	13	80	70	8	13	1	6	0	5	3	0	0	0	0	0	0	90	4	*	2	*	*
Tex Mex Sauce	1 T.	15	60	60	7	11	1	5	0	5	2	0	0	0	0	0	0	100	4	*	*	*	*
Ken's																							
Balsamic Vinaigrette	2 T	30	110	110	12	18	1.5	8	0	0	0	1	0	0	0	1	0	280	12	*	*	*	*
Chunky Bleu Cheese	2 T	30	160	150	17	26	3.5	20	0	15	5	1	0	0	0	1	1	310	13	*	*	4	*
Homestyle Ranch	2 T	30	100	100	11	17	1.5	8	0	10	3	1	0	0	0	0	0	290	12	*	*	2	*
Honey Mustard	2 T	30	130	100	11	17	1.5	8	0	15	5	7	2	0	0	6	0	210	9	*	*	*	*
Lite Italian	2 T	30	50	45	5	65	0.5	3	0	0	0	2	1	0	0	1	0	440	18	*	*	*	*
Northern Italian	2 T	30	130	130	14	22	2	10	0	0	1	0	0	0	0	0	0	340	14	2	6	2	*
Oriental Sesame	2 T	30	90	40	4.5	7	0.5	3	0	0	0	12	4	0	0	0	0	320	13				
Tableside Caesar	2 T	30	140	140	15	23	2.5	13	0	15	5	2	1	0	0	2	0	420	18	*	*	6	*

Toppings

Banana Peppers	1 oz.	28	9	0	0	0	0	0	0	0	0	2	1	11	44	0	0	480	20	*	*	*	*
Black Olives	.25 c	28	35	25	3	5	0	2	0	0	0	2	1	<1	4	0	0	250	10	2	*	2	6
Green Pepper	2 oz.	57	10	0	0	0	0	0	0	0	0	3	1	1	4	1	<1	0	0	4	80	2	2
Jalapeno's	1 T	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	170	7		2	2	2
Lettuce	.25 c	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	2	*	*
Onions	2 T	20	10	0	0	0	0	0	0	0	2	1	0	0	0	<1	0	0	0	*	2	*	*
Pickle Chips	3 each	9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	80	3	*	*	*	*
Sliced tomato	1 slice	0	0	0	0	0	0	0	0	0	0	<1	0	0	0	<1	0	0	0	4	4	*	*
Sweet Peppers	2 T.	28	30	0	0	0	0	0	0	0	0	6	2	0	0	6	0	150	6	*	*	*	*

Notes

Analysis is based on a standard recipe which may include condiments and side dishes

Variability occurs periodically due to adjustments in serving sizes, product availability from food suppliers and recipe formulation. We have attempted to provide as complete a nutrition analysis as possible.

The analysis is comprised of data from our suppliers, the US Dept. of Agriculture, and NutritionistPro nutrient analysis software program from Axxya Systems in Stafford, Texas.

Information is not meant to be a substitute for laboratory analysis.

Labeling regulations allow for rounding of amounts

**trans fats found in beef, lamb, pork, butter, cream and milk are naturally occurring

Updated 6/10