

Nutrition Facts

Wg. Grinders
Anything Else is Half-Baked!



	Calories	Calories From Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Points
6" Specialty Grinders																
Original Italian	540	190	21	7	0	60	1730	63	3	4	28	4	45	0	20	12
Club	580	130	14	2.5	0	70	1960	76	3	11	40	10	15	0	30	
Pizza	570	190	22	10	0	50	1440	65	2	8	35	8	15	6	20	
Veggie	250	25	3	0	0	0	390	49	7	9	11	15	90	2	20	4
Tuna	620	250	30	3.5	0	65	1400	62	3	4	36	15	35	0	25	13
Sausage	600	280	29	10	0	65	1400	65	3	5	25	6	45	4	25	
Meatball	720	310	35	11	0	65	1830	77	3	14	29	15	35	10	35	13
White Pizza w chs, drsng	780	380	42	15	0	60	1480	64	5	3	38	6	4	15	30	
BLT	410	110	13	3.5	0	35	1020	60	3	3	21	8	20	2	35	
6" Chicken Grinders																
Baked Chicken	250	20	2	0	0	30	620	42	2	3	19	6	10	2	15	5
Chicken Cordon Blue	490	90	9	1	0	55	1460	69	3	9	34	10	15	2	25	10
Spicy Chicken	400	35	3.5	0	0	45	930	66	4	5	30	35	60	4	25	7
Buffalo Chicken	380	30	3	0	0	45	1700	61	2	2	29	20	4	2	25	7
Chicken Parmesan	460	50	6	0	0	45	1580	73	2	13	31	15	35	6	30	9
Chicken Salad	650	300	36	4	0	55	1220	63	3	4	27	35	50	2	25	13
6" Beef Grinders																
Sirloin Steak	430	45	4.5	1	0	55	1080	64	3	5	35	4	45	0	35	8
Reuben	220	15	1.5	0	0	0	1380	44	8	1	12	0	6	0	15	4
Roast Beef	470	100	10	2	0	60	1110	62	3	5	35	8	15	0	35	10
Cheesesteak	660	230	25	10	0	115	1630	64	3	5	49	4	45	4	35	
6" Ham/Turkey Grinders																
Ham & Cheese	420	90	10	2.5	0	45	1600	59	2	2	27	4	4	0	20	9
Ham & Turkey	380	50	5	1	0	40	1490	59	2	2	28	4	4	0	20	8
Turkey	370	30	3	0	0	40	1370	62	3	3	28	8	15	0	20	7
Light Turkey	400	30	3	0	0	50	1720	62	3	3	32	8	15	0	20	8
Turkey Reuben w chse, drsing	810	400	44	9	0	85	1960	71	3	11	29	40	30	2	20	13
8 oz Deli Salads																
Pasta Salads	550	270	29	4	0	0	750	58	4	6	10	10	40	2	15	
Cheddar @ Macaroni	970	660	79	17	0	75	1500	59	4	7	17	15	25	4	20	

The preceding nutritional information includes no cheese, no dressing and no mayo