

# Healthy Menu

Wg. Grinders<sup>®</sup>  
Anything Else is Half-Baked!

## 8 Grinders Under 400 Calories

	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
Veggie	250	25	3	0	0	0	390	49	7	9	11	15	90	2	20	4
Baked Chicken	250	20	2	0	0	30	620	42	2	3	19	6	10	2	15	5
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
Reuben	220	15	1.5	0	0	0	1380	44	8	1	12	0	6	0	15	4
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

The preceding nutritional information includes no cheese, no dressing, no mayo and is based on 6" Grinder Size.

