



It's the grilling that makes it great.



Nutritional Guide for Submarines



SMALL	Calories	Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	REGULAR	Calories	Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	LARGE	Calories	Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)
DELI SUBS							DELI SUBS							DELI SUBS						
Famous	464	28	7	19	39	3	Famous	664	39	10	26	55	4	Famous	1007	64	14	28	78	6
Ham & Cheese	401	22	4	19	38	3	Ham & Cheese	568	30	6	27	54	4	Ham & Cheese	882	52	10	27	76	6
Turkey Club	476	27	6	23	36	3	Turkey Club	850	39	9	45	83	6	Turkey Club	1004	66	14	49	55	5
Turkey & Cheese	423	23	5	20	36	3	Turkey & Cheese	626	32	7	34	51	4	Turkey & Cheese	977	59	11	35	71	6
Club Sub	481	29	6	22	36	3	Club Sub	705	41	10	37	53	4	Club Sub	836	68	14	46	12	2
STEAK SUBS							STEAK SUBS							STEAK SUBS						
Mushroom Steak	578	39	13	26	37	3	Mushroom Steak	833	26	6	13	52	4	Mushroom Steak	1235	86	28	41	74	6
Pepper Steak	577	39	13	25	37	3	Pepper Steak	709	46	15	29	52	4	Pepper Steak	1233	86	28	40	75	6
Pizza Steak	585	39	13	25	38	4	Pizza Steak	986	57	20	42	85	7	Pizza Steak	1259	87	28	40	79	7
Steak & Cheese	571	39	18	25	36	3	Steak & Cheese	823	56	20	36	51	4	Steak & Cheese	1221	86	28	39	72	6
Portabella Mushroom	503	28	12	27	39	4	Portabella Mushroom	801	48	22	43	54	5	Portabella Mushroom	1129	67	29	49	79	7
Philly Cheesesteak	476	27	13	26	35	3	Philly Cheesesteak	685	40	19	37	49	4	Philly Cheesesteak	902	50	23	39	70	6
Steak Special	605	39	13	27	42	5	Steak Special	746	46	15	31	58	6	Steak Special	1298	87	28	45	86	10
Steak & Cheddar	576	39	14	25	36	3	Steak & Cheddar	833	56	20	37	52	4	Steak & Cheddar	1728	91	28	47	180	13
BURGER SUBS							BURGER SUBS							BURGER SUBS						
Cheeseburger	591	41	14	25	36	3	Cheeseburger	911	60	21	42	59	9	Cheeseburger	1262	90	29	39	72	6
Big Tub	476	45	16	24	41	3	Big Tub	671	56	21	34	55	4	Big Tub	950	89	32	38	81	6
Pizza Burger	605	41	14	25	38	4	Pizza Burger	929	60	21	43	62	10	Pizza Burger	1299	91	30	40	79	7
All American Cheeseburger	551	32	16	27	40	3	All American Cheeseburger	810	48	24	39	56	4	All American Cheeseburger	1118	64	32	43	82	6
Mushroom Burger	604	41	14	27	38	3	Mushroom Burger	868	59	21	38	53	5	Mushroom Burger	1287	90	30	43	76	7
Burger Special	624	41	14	27	42	5	Burger Special	898	59	21	39	59	6	Burger Special	1337	91	30	45	86	10
Taco	565	32	13	27	47	4	Taco	827	47	20	39	67	5	Taco	849	62	26	43	33	3
CHICKEN SUBS							CHICKEN SUBS							CHICKEN SUBS						
Chicken Fajita	371	7	3	29	38	3	Chicken Fajita	445	12	5	33	57	4	Chicken Fajita	657	16	6	39	88	11
Chicken & Broccoli	480	19	5	31	38	4	Chicken & Broccoli	552	23	6	35	56	5	Chicken & Broccoli	882	39	10	43	88	13
Chicken & Cheddar	471	18	5	30	37	3	Chicken & Cheddar	543	23	6	34	54	4	Chicken & Cheddar	865	39	10	41	85	11
Chicken Club	563	29	7	32	37	3	Chicken Club	705	41	10	37	53	4	Chicken Club	1140	72	15	45	81	11
Chicken Parmesan	354	9	3	28	35	3	Chicken Parmesan	426	14	5	32	51	4	Chicken Parmesan	613	22	7	38	73	6
Grilled Chicken	302	2	0	25	34	3	Grilled Chicken	346	5	0.67	28	52	4	Grilled Chicken	469	6	0.83	26	72	6
SPECIALTY SUBS							SPECIALTY SUBS							SPECIALTY SUBS						
BLT	466	31	6	15	35	3	BLT	636	42	8	21	50	4	BLT	1176	76	14	26	101	7
Italian Sausage	511	32	10	22	40	3	Italian Sausage	729	45	14	32	56	4	Italian Sausage	1101	72	21	33	80	6
Veggie Stir Fry	373	19	5	12	42	6	Veggie Stir Fry	652	27	6	21	89	8	Veggie Stir Fry	962	48	10	18	117	12
Cold Veggie	265	5	3	13	45	5	Cold Veggie	462	14	8	23	66	8	Cold Veggie	651	18	10	22	95	11
Tuna	295	13	3	28	33	3	Tuna	417	18	4	38	47	4	Tuna	589	25	5	46	66	5