

# NUTRITIONAL INFORMATION

JANUARY 2022  
UNITED KINGDOM & IRELAND

Values include suggested bread and select vegetables.  
Double values for footlong nutrition information  
(one footlong = two 6" servings) - excluding salads

	Per Serving size								Per 100g											
	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Sandwiches</b>																				
B.L.T. Sub	177	1246	299	7.8	2.9	40	6.6	4.8	14	1.3	100	704	169	4.4	1.6	23	3.7	3	8.0	0.7
Cheesy Pepperoni Sub	224	1675	400	16	7.6	43	7.8	5.2	20	1.8	100	748	179	7.1	3.4	19	3.5	2	8.7	0.8
Chicken & Bacon Sub	253	1638	392	10	4.6	42	7.8	4.8	31	2.0	100	647	155	3.9	1.8	16	3.1	2	12.0	0.8
Roast Chicken Breast Sub	230	1297	310	3.9	1.4	41	7.2	4.7	25	1.4	100	564	135	1.7	0.6	18	3.1	2	11	0.6
Chicken Pizzola Sub	298	1887	451	14	6	47	11	5.6	31	2.6	100	633	151	4.7	2	16	3.7	2	10	0.9
Chicken Teriyaki Sub	251	1370	328	4.1	1.4	44	9.2	4.8	26	2.2	100	546	131	1.6	0.6	18	3.7	2	10	0.9
Chicken Tikka Sub	199	1151	275	3.3	1.1	40	6.3	4.7	19	0.9	100	579	138	1.6	0.5	20	3.2	2	9.3	0.5
Nacho Chicken Sub	231	1652	395	9.6	1.7	54	6.3	5.5	20	1.5	100	715	171	4.2	0.8	23	2.7	2	8.6	0.7
Ham Sub	215	1227	293	4.6	1.5	41	6.6	5.3	20	1.5	100	571	136	2.1	0.7	19	3.1	3	9.1	0.7
Italian B.M.T.® Sub	223	1694	405	16	5.8	41	6.3	5	21	2.5	100	760	182	7.2	2.6	18	2.8	2	9.5	1.1
Meatball Marinara Sub	308	2091	500	20	9.1	54	13	7.9	25	2.0	100	679	162	6.5	2.9	17	4.4	3	8.1	0.6
Meatless Meatball Marinara Sub	306	1708	408	8.7	3.4	55	12	12	23	2.1	100	558	133	2.8	1.1	18	4	4	7.4	0.7
Mega Meat® Sub	346	2595	621	30	12	55	13	8.1	33	3.3	100	750	179	8.6	3.3	16	3.8	2	9.4	1.0
Spicy Italian Sub	219	1958	468	23	8.5	41	5.9	4.7	21	3.0	100	894	214	11	3.9	19	2.7	2	9.4	1.4
Steak & Cheese Sub	242	1510	361	7.4	3.7	47	9.9	5.3	25	1.7	100	624	149	3	1.5	19	4.1	2	10	0.7
Subway Melt™ Sub	215	1444	345	9.8	4.5	41	7	5.1	21	1.8	100	671	161	4.5	2.1	19	3.3	2	9.6	0.8
Tuna Sub	233	1543	369	13	1.8	41	6.7	4.8	20	1.6	100	662	158	5.4	0.8	18	2.9	2	8.7	0.7
Turkey Breast Sub	170	986	236	2.6	0.9	39	5.9	4.7	11	0.8	100	580	139	1.6	0.5	23	3.5	3	8.4	0.4
Turkey Breast and Ham Sub	194	1114	266	3.6	1.2	40	6.2	5	16	1.2	100	573	137	1.9	0.6	21	3.2	3	6.0	0.6
Plant Patty Sub	244	1649	394	11	1.7	50	7.4	7.5	20	1.7	100	676	161	4.6	0.7	20	3	3	8.1	0.7
Veggie Delite® Sub	159	941	225	2.5	0.9	39	5.8	4.7	8.6	0.6	100	592	141	1.6	0.6	25	3.7	3	5.4	0.4
Kid's Pak™ - Roast Chicken Breast	147	828	198	2.4	0.9	27	4.7	3.2	15	0.9	100	564	135	1.7	0.6	18	3.2	2	10	0.6
Kid's Pak™ - Ham	135	770	184	2.7	0.9	27	4.3	3.4	11	0.8	100	571	137	2	0.7	20	3.2	3	8.3	0.6
Kid's Pak™ - Turkey Breast	114	657	157	1.8	0.6	26	3.9	3.2	7.2	0.5	100	576	138	1.5	0.5	23	3.5	3	6.3	0.4
Kid's Pak™ - Veggie Delite®	107	628	150	1.6	0.6	26	3.9	3.2	5.8	0.4	100	587	140	1.5	0.6	25	3.7	3	5.4	0.4
Toasted Bite - Cheese	70	632	151	7.3	4.5	14	0.7	0.7	9.1	0.7	100	903	216	10	6.4	20	1.1	1	13	1.0
Toasted Bite - Ham & Cheese	76	489	117	3.3	1.5	14	1.1	1	8.7	0.9	100	643	154	4.3	2	18	1.4	1	11	1.2
Toasted Bite - Steak & Cheese	63	429	102	2.5	1.3	15	1.5	0.8	6.2	0.6	100	681	163	4	2.1	23	2.3	1	9.9	1.0
Toasted Bite - Tuna Melt	73	550	131	5.6	1.5	14	1	0.7	7.2	0.8	100	753	180	7.7	2.1	19	1.3	1	9.8	1.1
Toasted Bite - Vegan Cheese	52	377	90	2.8	2.2	15	0.5	0.7	2.1	0.5	100	724	173	5.3	4.2	29	0.9	1	4.0	1.0
T.L.C.® Sub	230	1395	334	5.3	1.3	46	6.5	9.1	21	1.8	100	607	145	2.3	0.6	20	2.8	3.9	9.3	0.8
T.L.C.® Tikka Sub	230	1354	324	5	0.9	46	5.8	4.7	21	1.8	100	589	141	2.2	0.4	20	2.5	2.1	9.2	0.8
T.L.S.™ Sub	230	1328	317	5.9	1.2	45	8.1	6.8	18	1.4	100	577	138	2.6	0.5	20	3.5	3.0	7.8	0.6
<b>Salad</b>																				
BLT Salad	237	464	112	5.6	2.1	7.6	6.2	1.6	7.3	0.8	100	196	47	2.4	0.9	3.2	2.6	1	3.1	0.3
Cheesy Pepperoni Salad	284	892	213	14	6.7	10	7.4	1.9	13	1.2	100	314	75	4.8	2.4	3.7	2.6	1	4.5	0.4
Chicken & Bacon Salad (with Shredded Cheese)	322	1008	242	10	4.7	9.5	7.7	1.6	27	1.8	100	313	75	3.3	1.5	3	2.4	1	8.3	0.6
Chicken Breast Salad	290	515	123	1.7	0.5	8.2	6.8	1.5	18	0.9	100	178	42	0.6	0.2	2.8	2.4	1	6.2	0.3
Chicken Pizzola Salad	358	1105	264	12	5.1	14	11	2.4	24	2.1	100	309	74	3.3	1.4	3.9	2.9	1	6.8	0.6
Chicken Teriyaki Salad	311	588	141	1.9	0.6	11	8.8	1.6	19	1.6	100	189	45	0.6	0.2	3.6	2.8	1	6.1	0.5
Chicken Tikka Salad	259	368	88	1.1	0.3	7.7	5.9	1.5	12	0.4	100	142	34	0.4	0.1	3	2.3	1	4.5	0.2
Nacho Chicken Salad	291	869	208	7.4	0.9	21	5.9	2.2	13	1.0	100	299	71	2.6	0.3	7.2	2	1	4.5	0.3
Ham Salad	275	444	106	2.4	0.7	8.1	6.2	2.1	13	0.9	100	162	39	0.9	0.2	2.9	2.3	1	4.6	0.3
Italian B.M.T.® Salad	283	912	218	14	4.9	8.2	5.9	1.8	14	1.9	100	322	77	4.9	1.7	2.9	2.1	1	5.1	0.7
Meatball Marinara Salad	368	1309	313	18	8.2	21	13	4.7	18	1.4	100	356	85	4.8	2.2	5.7	3.5	1	4.9	0.4
Meatless Meatball Marinara Salad	366	926	221	6.5	2.6	23	12	8.4	16	1.6	100	253	60	1.8	0.7	6.2	3.2	2	4.3	0.4
Mega Meat® Salad	406	1813	434	27	11	22	13	4.8	26	2.8	100	447	107	6.8	2.6	5.4	3.2	1	6.3	0.7
Spicy Italian Salad	279	1175	281	21	7.7	8.1	5.5	1.5	14	2.4	100	421	101	7.6	2.8	2.9	2	1	5.0	0.9
Steak & Cheese Salad	302	728	174	5.2	2.9	14	9.5	2.1	18	1.1	100	241	58	1.7	1	4.6	3.2	1	6.1	0.4
Subway Melt™ Salad	275	661	158	7.6	3.7	8.3	6.6	1.8	14	1.3	100	240	58	2.8	1.3	3	2.4	1	5.0	0.5
Tuna Salad	293	761	182	10	0.9	8.6	6.3	1.5	13	1.0	100	260	62	3.6	0.3	2.9	2.2	1	4.6	0.3
Turkey Breast Salad	230	204	49	0.5	0.1	6.8	5.5	1.5	4	0.2	100	89	21	0.2	0	2.9	2.4	1	1.7	0.1
Turkey Breast & Ham Salad	254	331	79	1.5	0.4	7.4	5.8	1.8	8.7	0.6	100	130	31	0.6	0.2	2.9	2.3	1	3.4	0.2
Plant Patty Salad	304	866	207	9.1	0.9	17	7	4.2	13	1.1	100	285	68	3	0.3	5.6	2.3	1	4.3	0.4
Veggie Delite® Salad	219	159	38	0.3	0.1	6.7	5.4	1.5	1.8	0	100	72	17	0.1	0	3	2.5	1	0.8	0
T.L.C.® Salad	290	613	147	3.2	0.5	13	6.1	5.8	15	1.2	100	211	51	1.1	0.2	4.6	2.1	2	5.0	0.4
T.L.C.® Tikka Salad	290	572	137	2.8	0.1	14	5.4	1.5	14	1.2	100	197	47	1	0	4.8	1.9	1	4.9	0.4
T.L.S.™ Salad	290	634	152	5	0.8	14	7.9	3.9	11	0.8	100	219	52	1.7	0.3	4.9	2.7	1	3.8	0.3
<b>Wraps</b>																				
BLT Wrap	171	1272	305	11	4.3	38	4.8	2.4	12	1.2	100	746	179	6.4	2.5	22	2.8	1	7.2	0.7
Cheesy Pepperoni Wrap	218	1700	406	19	8.9	41	6	2.8	18	1.7	100	781	187	8.7	4.1	19	2.8	1	8.1	0.8
Chicken & Bacon Wrap	247	1663	398	13	5.9	40	6	2.4	29	1.9	100	675	161	5.3	2.4	16	2.4	1	12	0.8
Roast Chicken Breast Wrap	224	1323	316	7	2.7	39	5.5	2.3	23	1.3	100	592	141	3.1	1.2	17	3.1	2	10	0.6
Chicken Pizzola Wrap	292	1912	457	17	7.3	45	9.2	3.2	29	2.5	100	656	157	5.9	2.5	15	3.2	1	10	0.9
Chicken Teriyaki Wrap	245	1395	334	7.2	2.7	42	7.5	2.4	24	2.1	100	571	137	2.9	1.1	17	3	1	9.7	0.9
Chicken Tikka Wrap	192	1176	281	6.4	2.4	38	4.5	2.3	17	0.8	100	612	146	3.3	1.3	20	2.4	1	8.7	0.4
Nacho Chicken Wrap	225	1677	401	13	3.1	52	4.6	3	18	1.4	100	747	179	5.7	1.4	23	2	1	8.0	0.6
Ham Wrap	209	1252	299	7.7	2.9	39	4.8	2.9	18	1.4	100	600	144	3.7	1.4	19	2.3	1	8.4	0.7
Italian B.M.T.® Wrap	217	1719	411	19	7.1	39	4.5	2.6	19	2.4	100	794	190	8.9	3.3	18	2.1	1	8.9	1.1
Meatball Marinara Wrap	302	2116	506	23	10	52	12	5.5	23	1.9	100	702	168	7.6	3.5	17	3.9	2	7.7	0.6
Meatless Meatball Marinara Wrap	300	1733	414	12	4.7	53	10	9.2	21	2.0	100	579	138	3.9	1.6	17	3.5	3	6.9	0.7
Mega Meat® Wrap	340	2621	627	33	13	52	12	5.7	31	3.2	100	772	185	9.6	3.8	15	3.4	2	9.0	1.0
Spicy Italian Wrap	213	1983	474	27	9.9	39	4.2	2.3	19	2.9	100	933	223	12	4.6	18				

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Double values for footlong nutrition information  
(one footlong = two 6" servings) - excluding salads

	Per Serving size								Per 100g											
	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Sandwiches (HALAL)</b>																				
TLT Sub	197	1214	290	5.3	1.8	40	5.8	4.8	18	1.4	100	615	147	2.7	0.9	20	2.9	2.4	9.2	0.7
Cheesy Pepperoni Sub	224	1675	400	16	7.6	43	7.8	5.2	20	1.8	100	748	179	7.1	3.4	19	3.5	2.3	8.7	0.8
Chicken & Turkey Rasher Sub	263	1621	388	8.8	4	41	7.4	4.8	33	2.1	100	616	147	3.3	1.5	16	2.8	1.8	13	0.8
Roast Chicken Breast Sub	230	1297	310	3.9	1.4	41	7.2	4.7	25	1.4	100	564	135	1.7	0.6	18	3.1	2.1	11	0.6
Chicken Pizziola Sub	298	1887	451	14	6	47	11	5.6	31	2.6	100	633	151	4.7	2	16	3.7	1.9	10	0.9
Chicken Teriyaki Sub	251	1370	328	4.1	1.4	44	9.2	4.8	26	2.2	100	546	131	1.6	0.6	18	3.7	1.9	10	0.9
Chicken Tikka Sub	230	1315	314	3.9	1.2	41	6.7	4.7	26	1.2	100	572	137	1.7	0.5	18	2.9	2.1	11	0.5
Nacho Chicken Sub	231	1694	405	11	2.1	53	6.5	5.7	19	1.6	100	733	175	4.7	0.9	23	2.8	2.5	8.3	0.7
Turkey Ham Sub	135	748	179	2.8	0.9	27	4.1	3.3	9.7	0.8	100	555	133	2	0.7	20	3	2.4	7.2	0.6
Italian B.M.T.® Sub	223	1672	400	16	5.8	41	6	4.9	20	2.5	100	750	179	7.3	2.6	18	2.7	2.2	8.9	1.1
Meatball Marinara Sub	308	2091	500	20	9.1	54	13	7.9	25	2	100	679	162	6.5	2.9	17	4.4	2.6	8.1	0.6
Meatless Meatball Marinara Sub	300	1733	414	12	4.7	53	10	9.2	21	2	100	579	138	3.9	1.6	18	3.5	3.1	6.9	0.7
Mega Meat® Sub	346	2584	618	30	12	54	13	8	32	3.3	100	747	179	8.6	3.3	16	3.8	2.3	9.2	1.0
Spicy Italian Sub	219	1958	468	23	8.5	41	5.9	4.7	21	3	100	894	214	11	3.9	19	2.7	2.2	9.4	1.4
Steak & Cheese Sub	242	1510	361	7.4	3.7	47	9.9	5.3	25	1.7	100	624	149	3	1.5	19	4.1	2.2	10	0.7
Subway Melt™ Sub	209	1469	351	13	5.9	39	5.3	2.7	19	1.7	100	704	168	6.2	2.8	19	2.5	1.3	9	0.8
Tuna Sub	227	1569	375	16	3.1	39	5	2.4	18	1.4	100	693	166	6.9	1.4	17	2.2	1	8.1	0.6
Turkey Breast Sub	216	1198	286	3.9	1.5	40	6.1	5	20	1.4	100	555	133	1.8	0.7	19	2.8	2.3	9.3	0.6
Turkey Breast & Turkey Ham Sub	225	1233	295	4.5	1.6	40	6.2	5.1	20	1.6	100	548	131	2	0.7	18	2.7	2.2	9	0.7
Plant Patty Sub	244	1649	394	11	1.7	50	7.4	7.5	20	1.7	100	676	161	4.6	0.7	20	3	3.1	8.1	0.7
Veggie Delite® Sub	159	941	225	2.5	0.9	39	5.8	4.7	8.6	0.6	100	592	141	1.6	0.6	25	3.7	3	5.4	0.4
Kid's Pak™ - Roast Chicken Breast	147	828	198	2.4	0.9	27	4.7	3.2	15	0.9	100	564	135	1.7	0.6	18	3.2	2.1	10	0.6
Kid's Pak™ - Turkey Ham	135	748	179	2.8	0.9	27	4.1	3.3	9.7	0.8	100	555	133	2	0.7	20	3	2.4	7.2	0.6
Kid's Pak™ - Turkey Breast	145	799	191	2.6	1	27	4.1	3.3	13	0.9	100	552	132	1.8	0.7	18	2.8	2.3	9.2	0.6
Kid's Pak™ - Veggie Delite®	107	628	150	1.6	0.6	26	3.9	3.2	5.8	0.4	100	587	140	1.5	0.6	25	3.7	3	5.4	0.4
Toasted Bite - Cheese	70	632	151	7.3	4.5	14	0.7	0.7	9.1	0.7	100	903	216	10	6.4	20	1.1	1	13	1.0
Toasted Bite - Turkey Ham & Cheese	76	467	112	3.3	1.6	14	0.8	0.8	7.2	0.9	100	614	147	4.4	2.1	18	1.1	1.1	9.4	1.2
Toasted Bite - Steak & Cheese	63	429	102	2.5	1.3	15	1.5	0.8	6.2	0.6	100	681	163	4	2.1	23	2.3	1.3	9.9	1.0
Toasted Bite - Tuna Melt	73	550	131	5.6	1.5	14	1	0.7	7.2	0.7	100	753	180	7.7	2.1	19	1.3	1	9.8	1.1
Toasted Bite - Vegan Cheeze	52	377	90	2.8	2.2	15	0.5	0.7	2.1	0.5	100	724	173	5.3	4.2	29	0.9	1.3	4	1.0
T.L.C.® Sub	230	1395	334	5.3	1.3	46	6.5	9.1	21	1.8	100	607	145	2.3	0.6	20	2.8	3.9	9.3	0.8
T.L.C.® Tikka Sub	230	1354	324	5	0.9	46	5.8	4.7	21	1.8	100	589	141	2.2	0.4	20	2.5	2.1	9.2	0.8
T.L.S.™ Sub	230	1328	317	5.9	1.2	45	8.1	6.8	18	1.4	100	577	138	2.6	0.5	20	3.5	3.0	7.8	0.6
<b>Salad (HALAL)</b>																				
TLT Salad	257	432	103	3.2	1	6.9	5.4	1.6	11	0.9	100	168	40	1.2	0.4	2.7	2.1	0.6	4.4	0.4
Cheesy Pepperoni Salad	284	892	213	14	6.7	10	7.4	1.9	13	1.2	100	314	75	4.8	2.4	3.7	2.6	0.7	4.5	0.4
Chicken & Turkey Rasher Salad with Shredded Cheese	323	839	201	6.6	3.2	8.7	7	1.5	26	1.5	100	260	62	2	1	2.7	2.2	0.5	8.1	0.5
Roast Chicken Breast Salad	290	515	123	1.7	0.5	8.2	6.8	1.5	18	0.9	100	178	42	0.6	0.2	2.8	2.4	0.5	6.2	0.3
Chicken Pizziola Salad	358	1105	264	12	5.1	14	11	2.4	24	2.1	100	309	74	3.3	1.4	3.9	2.9	0.7	6.8	0.6
Chicken Teriyaki Salad	311	588	141	1.9	0.6	11	8.8	1.6	19	1.6	100	189	45	0.6	0.2	3.6	2.8	0.5	6.1	0.5
Chicken Tikka Salad	259	368	88	1.1	0.3	7.7	5.9	1.5	12	0.4	100	142	34	0.4	0.1	3	2.3	0.6	4.5	0.2
Nacho Chicken Salad	291	912	218	8.8	1.2	21	6	2.5	12	1	100	313	75	3	0.4	7.1	2.1	0.9	4.2	0.4
Turkey Ham Salad	275	400	96	2.6	0.8	7.5	5.7	1.8	9.7	1.0	100	145	35	0.9	0.3	2.7	2.1	0.6	3.5	0.3
Italian B.M.T.® Salad	283	889	213	14	5	7.9	5.6	1.6	13	1.9	100	314	75	5	1.8	2.8	2	0.6	4.6	0.7
Meatball Marinara Salad	368	1309	313	18	8.2	21	13	4.7	18	1.4	100	356	85	4.8	2.2	5.7	3.5	1.3	4.9	0.4
Meatless Meatball Marinara Salad	366	926	221	6.5	2.6	23	12	8.4	16	1.6	100	253	60	1.8	0.7	6.2	3.2	2.3	4.3	0.4
Mega Meat® Salad	406	1802	431	27	11	22	13	4.8	25	2.8	100	444	106	6.8	2.6	5.3	3.1	1.2	6.2	0.7
Spicy Italian Salad	279	1175	281	21	7.7	8.1	5.5	1.5	14	2.4	100	421	101	7.6	2.8	2.9	2	0.5	5	0.9
Steak & Cheese Salad	302	728	174	5.2	2.9	14	9.5	2.1	18	1.1	100	241	58	1.7	1	4.6	3.2	0.7	6.1	0.4
Subway Melt™ Salad	316	765	183	7.3	3.5	8.1	6.2	1.9	20	1.7	100	242	58	2.3	1.1	2.5	1.9	0.6	6.5	0.6
Tuna Salad	293	761	182	10	0.9	8.6	6.3	1.5	13	1	100	260	62	3.6	0.3	2.9	2.2	0.5	4.6	0.3
Turkey Breast Salad	276	416	99	1.7	0.6	7.4	5.7	1.8	13	0.8	100	151	36	0.6	0.2	2.7	2.1	0.6	4.8	0.3
Turkey Breast & Turkey Ham Salad	285	451	108	2.4	0.8	7.5	5.7	1.8	13	1.0	100	158	38	0.8	0.3	2.6	2	0.6	4.7	0.4
Plant Patty Salad	304	866	207	9.1	0.9	17	7	4.2	13	1.1	100	285	68	3	0.3	5.6	2.3	1.4	4.3	0.4
Veggie Delite® Salad	219	159	38	0.3	0.1	6.7	5.4	1.5	1.8	0	100	72	17	0.1	0	3	2.5	0.7	0.8	0
T.L.C.® Salad	290	613	147	3.2	0.5	13	6.1	5.8	15	1.2	100	211	51	1.1	0.2	4.6	2.1	2	5	0.4
T.L.C.® Tikka Salad	290	572	137	2.8	0.1	14	5.4	1.5	14	1.2	100	197	47	1	0	4.8	1.9	0.5	4.9	0.43
T.L.S.™ Salad	290	634	152	5	0.8	14	7.9	3.9	11	0.8	100	219	52	1.7	0.3	4.9	2.7	1.3	3.8	0.3
<b>Wraps (HALAL)</b>																				
TLT Wrap	191	1239	296	8.4	3.2	37	4.1	2.4	16	1.3	100	649	155	4.4	1.7	20	2.1	1.3	8.6	0.7
Cheesy Pepperoni Wrap	218	1700	406	19	8.9	41	6	2.8	18	1.7	100	781	187	8.7	4.1	19	2.8	1.3	8.1	0.8
Chicken & Turkey Rasher Wrap	257	1647	394	12	5.4	39	5.6	2.4	31	2	100	641	153	4.6	2.1	15	2.2	0.9	12	0.8
Roast Chicken Breast Wrap	224	1323	316	7	2.7	39	5.5	2.3	23	1.3	100	592	141	3.1	1.2	17	2.4	1	10	0.6
Chicken Pizziola Wrap	292	1912	457	17	7.3	45	9.2	3.2	29	2.5	100	656	157	5.9	2.5	15	3.2	1.1	10	0.9
Chicken Teriyaki Wrap	245	1395	334	7.2	2.7	42	7.5	2.4	24	2.1	100	571	137	2.9	1.1	17	3	1	9.7	0.9
Chicken Tikka Wrap	224	1340	320	7	2.6	39	4.9	2.3	24	1.1	100	600	143	3.1	1.2	17	2.2	1	11	0.5
Nacho Chicken Wrap	225	1719	411	14	3.4	51	4.7	3.3	17	1.5	100	766	183	6.3	1.5	23	2.1	1.5	7.7	0.7
Turkey Ham Wrap	209	1207	289	7.8	3	38	4.3	2.6	15	1.4	100	579	138	3.7	1.4	18	2.1	1.2	7	0.7
Italian B.M.T.® Wrap	217	1697	406	19	7.2	39	4.3	2.5	18	2.4	100	784	187	8.9	3.3	18	2	1.1	8.3	1.1
Meatball Marinara Wrap	302	2116	506	23	10	52	12	5.5	23	1.9	100	702	168	7.6	3.5	17	3.9	1.8	7.7	0.6
Meatless Meatball Marinara Wrap	300	1733	414	12	4.7	53	10	9.2	21	2	100	579	138	3.9	1.6	18	3.5	3.1	6.9	0.7
Mega Meat® Wrap	340	2609	624	33	13	52	11	5.6	30	3.2	100	769	184	9.6	3.8	15	3.4	1.6	8.8	1.0
Spicy Italian Wrap	213	198																		