

NUTRITIONAL INFORMATION	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)
Sandwiches																				
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	2.7	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	2.3	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	1.9	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	2.1	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	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	2.4	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	2.4	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	2.5	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	2.2	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	2.6	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	3.8	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	2.3	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	2.2	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	215	1444	345	9.8	4.5	41	7	5.1	21	1.8	100	671	161	4.5	2.1	19	3.3	2.3	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	2.8	6.4	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	2.6	8.0	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	3.1	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™ - 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	2.5	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	2.8	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	1.3	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	1.3	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 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	4.0	1.0
FESTIVE Tiger Pig Sub	240	1741	416	15	5.4	46	8.1	5.5	22	2.7	100	725	173	6.1	2.2	19	3.4	2.3	9.3	1.1
FESTIVE Brie Sub	209	1702	407	18	12	40	6.8	4.7	17	1.4	100	815	195	8.8	5.9	19	3.3	2.3	8.2	0.7
FESTIVE Turkey Breast SubStack®	225	1306	312	6	1.3	49	6.4	6.1	12	1.1	100	580	139	2.7	0.6	22	2.9	2.7	5.3	0.5
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
Salad																				
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	0.7	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	0.7	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	0.5	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	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	869	208	7.4	0.9	21	5.9	2.2	13	1.0	100	299	71	2.6	0.3	7.2	2	0.8	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	0.8	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	0.6	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	1.3	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	1813	434	27	11	22	13	4.8	26	2.8	100	447	107	6.8	2.6	5.4	3.2	1.2	6.3	0.7

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Sandwiches (HALAL)																				
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 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	1.3	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
FESTIVE Brie Sub	209	1702	407	18	12	40	6.8	4.7	17	1.4	100	815	195	8.8	5.9	19	3.3	2.3	8.2	0.7
FESTIVE Turkey SubStack Sub	271	1516	362	7.2	1.8	50	6.7	6.3	21	1.7	100	559	134	2.7	0.7	18	2.5	2.3	7.8	0.6
Salad (HALAL)																				
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		