



CANADA NUTRITION INFORMATION

April 2026

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Calcium % DV	Iron % DV
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SANDWICHES

6" Steak Subs Double values for footlong nutrition information (one footlong = two 6" servings)

Steak'n Bacon	257	600	32	11	1	80	1480	46	3	6	31	2	20
Bourbon Brisket	248	690	34	10	1	90	1620	63	3	16	34	10	20
Bourbon BBQ Steak & Cheddar	231	520	18	7	0	75	1250	55	3	10	31	10	25

6" Chicken Subs

Chicken Rancher	285	540	25	9	0	85	1150	45	3	6	36	15	20
Teriyaki Crunch	298	540	15	6	0	70	1320	68	3	20	29	10	25
Piri-Piri Chicken	231	500	23	7	0	70	1190	44	2	6	31	10	15
Nashville-Style Hot Chicken	271	590	26	8	0	70	1280	52	3	7	32	2	20

6" Classics Subs

Black Forest Ham	227	420	18	5	0	45	1060	46	3	5	19	6	20
B.L.T.	202	500	27	10	0	50	1180	44	3	5	21	6	20
Cold Cut Combo	237	540	32	10	0	55	1190	45	3	5	19	6	20
Grilled Chicken	237	420	17	5	0	50	980	43	3	5	22	4	15
Italian B.M.T.®	245	550	30	10	1	65	1650	46	3	6	23	6	35
Meatball Marinara	301	510	21	10	1	55	1360	55	5	9	27	10	30
Pizza Sub	223	440	20	8	0	40	1490	47	3	8	18	6	50
Rotisserie-Style Chicken	244	450	18	5	0	60	910	43	3	5	28	6	15
Steak & Cheese	244	470	21	6	1	60	1180	46	3	6	25	6	20
Sweet Onion Chicken Teriyaki	258	410	7	4	0	60	1090	59	3	19	26	6	20
Tuna (includes Mayonnaise)	230	490	25	6	0	50	880	43	3	5	22	6	20
Turkey Breast	233	430	18	5	0	50	1140	46	3	6	20	6	20
Veggie Delite®	188	360	16	5	0	20	650	43	3	5	11	6	15
Veggie Patty	259	520	25	5	0	20	930	57	12	8	18	8	25

6" Deli Subs

Great Canadian Club	235	470	20	8	0	65	1400	49	2	8	27	10	20
Smashed Avocado & Turkey	293	540	28	8	0	60	1250	50	5	7	23	10	20

6" Veggie Subs

Big Veggie	264	540	24	7	1	25	1090	60	11	7	19	15	25
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6" Fresh Fit

Turkey Breast	240	420	19	5	0	50	1000	44	4	7	21	6	15
Rotisserie-Style Chicken	258	450	19	5	0	65	780	41	4	6	30	6	15
Tuna (includes Mayonnaise)	244	490	26	6	0	50	750	41	4	6	24	6	20
Sweet Onion Chicken Teriyaki	272	410	8	4	0	60	960	57	4	20	28	8	20
Steak & Cheese	258	430	17	6	1	55	1090	44	4	8	26	6	20

Snackwiches Values include clabatta, select vegetables and sauces as noted.

Honey Mustard Ham	171	320	13	4	0	25	960	42	2	4	13	4	2
Turkey Ranch	160	350	15	4	0	30	970	40	2	2	14	4	4
BLT	149	400	21	7	0	35	810	38	2	2	14	4	2
Three Cheese	113	350	16	8	0	35	770	38	2	1	14	15	0

WRAPS

Classics Wraps Values include wrap, Processed Cheddar, mayonnaise, lettuce, tomato, onion and cucumber

Black Forest Ham	259	510	23	5	0	45	1160	58	3	4	19	10	20
B.L.T.	234	590	32	10	0	50	1280	56	3	4	22	10	20
Cold Cut Combo	269	630	37	10	0	55	1290	58	4	4	20	15	25
Grilled Chicken	269	510	22	5	0	50	1080	56	4	4	22	10	20
Italian B.M.T.®	245	590	35	8	0	40	1000	57	3	4	14	15	20
Meatball Marinara	254	580	25	10	1	55	1420	64	4	6	26	15	30
Pizza Sub	254	530	25	9	0	40	1590	59	4	6	19	15	60
Rotisserie-Style Chicken	276	540	23	5	0	60	1010	55	3	3	28	10	20
Steak & Cheese	276	560	26	7	1	60	1280	58	3	5	25	10	25
Sweet Onion Teriyaki	290	500	12	4	0	60	1190	71	3	17	26	15	20
Tuna (includes Mayonnaise)	262	580	30	6	0	50	980	55	3	3	22	10	20
Turkey Breast	265	520	23	5	0	50	1240	59	3	5	20	10	20
Veggie Delite®	219	450	21	5	0	20	750	56	3	3	11	10	20
Veggie Patty	304	620	30	5	0	20	1060	72	11	6	17	15	30

SALADS

Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.

Black Forest Ham	341	110	3	1	0	25	500	13	4	5	11	4	10
Cold Cut Combo	351	240	17	6	0	35	620	12	5	5	12	4	15

Italian B.M.T.®	359	240	16	6	0	45	1080	13	4	6	15	4	30
Meatball Marinara	426	290	16	7	1	45	800	22	6	9	18	8	20
Pizza Sub Melt	362	270	19	8	0	40	1180	15	5	8	13	8	50
Rotisserie-Style Chicken	358	140	4	1	0	40	340	10	4	5	20	4	10
Steak & Cheese	358	160	6	2	0	40	620	13	4	6	17	4	15
Sweet Onion Chicken Teriyaki	400	240	4	1	0	50	760	34	4	26	18	4	10
Tuna (includes Mayonnaise)	358	280	21	4	0	40	380	10	4	5	14	4	10
Turkey Breast	347	120	3	1	0	30	570	13	4	6	12	4	10
Veggie Delite®	287	50	1	0	0	0	75	9	4	5	3	4	8
Veggie Patty	372	220	10	1	0	0	390	26	12	7	9	6	20

6* Limited Time Offer/Regional Salads**													
Grilled Chicken	351	110	2	1	0	30	410	10	5	5	14	4	8

POWER BOWLS

Power Bowls

Classic Grilled Chicken	354	540	26	6	1	55	1130	56	7	4	23	8	10
Classic Rotisserie-Style Chicken	361	580	28	6	0	70	1070	56	7	4	29	8	15
Classic Steak	361	570	27	7	1	60	1350	59	7	5	26	8	20
Classic Sweet Onion chicken Teriyaki	374	520	12	4	0	65	1270	79	7	24	27	10	15
Classic Tuna	361	710	45	9	1	55	1140	56	7	4	22	8	15
Classic Veggie Delite	374	610	30	6	0	15	1200	73	12	5	16	10	20
Bourbon BBQ Steak & Cheddar	393	600	18	6	1	50	1660	80	7	19	26	8	20
Smashed Avocado & Turkey	328	500	26	6	0	55	1100	52	6	4	18	8	10
Southwest Steak & Avocado	399	640	33	8	1	60	1540	62	9	6	26	8	20
Piri-Piri Chicken	378	610	30	7	0	65	1340	58	7	6	29	8	15

BREAKFAST

6* Breakfast Sandwiches

Values include 6" Italian, scrambled egg patty and Canadian cheddar cheese. Double values for footlong nutrition information (one footlong=two 6" servings)

Bacon & Egg	233	550	31	8	0	255	1120	45	3	5	22	6	15
Cheese & Egg	223	500	28	7	0	240	940	44	3	5	19	4	15
Ham & Egg	250	540	29	7	0	255	1200	46	3	6	23	6	15
Sausage & Egg	260	630	39	9	0	270	1140	45	3	5	25	6	15
Sausage & Cheese	175	480	27	7	0	50	850	42	2	4	16	6	15

Breakfast Wraps

Values include wrap, scrambled egg patty and Canadian cheddar cheese

Bacon & Egg	264	640	36	9	0	255	1220	57	3	4	23	10	20
Cheese & Egg	254	590	33	7	0	240	1040	57	3	4	19	10	20
Ham & Egg	281	630	34	7	0	255	1290	59	3	4	23	10	20
Sausage & Egg	291	720	44	10	0	270	1240	57	3	4	25	10	20
Sausage & Cheese	206	570	32	7	0	50	950	54	3	3	17	10	20

Breakfast Ciabatta

Values include Ciabatta, scrambled egg patty and Canadian cheddar cheese

Bacon & Egg	177	450	25	7	0	140	970	40	2	2	16	4	2
Cheese & Egg	168	400	22	5	0	130	790	39	2	2	13	4	2
Ham & Egg	186	420	22	5	0	135	960	41	2	2	16	4	2
Sausage & Egg	204	530	33	8	0	160	1000	40	2	2	19	4	2
Sausage & Cheese	162	450	27	6	0	45	850	39	2	2	15	4	2

BREADS & CONDIMENTS

Breads

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

6" Italian	71	210	2	1	0	0	380	39	1	3	8	0	15
6" Multigrain	71	200	3	1	0	0	350	36	3	4	9	0	10
6" Flatbread	45	140	3	0	0	0	220	24	1	2	4	0	8
6" Ghost Pepper Bread	74	220	3	1	0	0	620	40	2	3	8	0	15
6" Italian Herbs & Cheese	82	250	5	3	0	10	580	41	2	3	10	4	15
Ciabatta	76	210	5	1	0	0	410	36	2	0	6	0	0
Gluten Free Bread (as packaged)**	120	330	12	1	0	0	890	55	7	1	3	2	8
Wrap	102	300	7	1	0	0	480	51	2	1	8	8	15

Sandwich Condiments & Add ons

Values are for amounts on 6-inch sandwich or wrap. Double values for footlong and salad nutrition information (one footlong=two 6" servings).

All Dressed Sauce	14	90	10	2	0	10	115	1	0	0	0	0	0
Barrel Bourbon BBQ Sauce	14	20	0	0	0	0	150	5	0	5	0	0	0
Chipotle Southwest Sauce	14	60	6	1	0	5	110	1	0	0	0	0	0
Garlic Aioli Sauce	14	70	7	1	0	5	115	1	0	1	0	0	0
House Sandwich Sauce	14	70	8	1	0	0	125	1	0	1	0	0	0
Hot Honey	14	30	0	0	0	0	115	8	0	7	0	0	0
Mayonnaise	14	100	11	2	0	10	70	0	0	0	0	0	0
Mustard, Yellow	14	10	1	0	0	0	170	1	0	0	1	0	0
Nashville-Style Hot Sauce	14	35	3	0	0	0	210	3	0	2	0	0	0
Peppercorn Ranch Sauce	14	80	8	1	0	10	105	1	0	1	0	0	0
Piri Piri Style Sauce	14	45	4	1	0	0	180	1	0	1	0	0	0
Smoky Honey Mustard Sauce	14	45	5	1	0	5	115	3	0	3	0	0	0
Sweet Onion Teriyaki Sauce	14	35	0	0	0	0	160	8	0	7	0	0	0
Wild Rice (4 oz)	113	200	3	1	0	0	290	41	2	0	4	0	4

Seasonings (amount on 6-Inch sub, salad or wrap)

Salt	0	0	0	0	0	0	160	0	0	0	0	0	0
Pepper	0	0	0	0	0	0	0	0	0	0	0	0	0

Vegetables (amount on 6-Inch sub or wrap)

Avocado, Smashed	35	70	6	1	0	0	130	3	2	0	1	0	0
Banana Peppers	4	1	0	0	0	0	65	0	0	0	0	0	0
Cucumbers	14	2	0	0	0	0	0	1	0	0	0	0	0
Fresh Salsa (Tomatoes, Onions, Green Peppers)	49	10	0	0	0	0	0	2	1	2	0	0	0
Green Peppers	7	1	0	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers**	4	1	0	0	0	0	70	0	0	0	0	0	0
Lettuce	21	3	0	0	0	0	0	0	0	0	0	0	0
Olives, Black	3	3	0	0	0	0	25	0	0	0	0	0	0
Onions, Red	7	3	0	0	0	0	0	1	0	0	0	0	0
Pickles	10	1	0	0	0	0	115	0	0	0	0	0	0
Spinach, Baby	7	2	0	0	0	0	5	0	0	0	0	0	2
Tomatoes	35	5	0	0	0	0	0	1	0	1	0	0	0
Crispy Onions (0.5 oz)	14	80	4	0	0	0	35	7	0	1	1	0	4

Cheese (amount on 6-Inch sandwich, salad or wrap)													
Canadian Cheddar	11	40	4	2	0	10	80	0	0	0	3	4	0
Cheddar, Processed	11	40	3	2	0	10	190	1	0	0	2	4	0
Habanero Jack	11	40	4	2	0	10	80	0	0	0	3	0	0
Monterey Jack & Cheddar Cheese Blend, Shredded	14	50	5	3	0	15	100	1	0	0	3	6	0
Parmesan, Grated	3	10	1	0	0	5	65	0	0	0	1	0	0

Individual Proteins (amount on 6" sub, wrap and salad, double values for footlong)													
Bacon Slices (2 strips)	10	50	4	2	0	10	180	0	0	0	4	0	2
Beans & Corn (1.5 oz)	43	60	3	0	0	0	180	9	3	0	3	2	4
Beef Brisket	85	220	15	4	0	65	630	2	0	0	20	0	0
Chicken, Grilled **	64	60	1	0	0	30	340	1	1	1	11	0	0
Chicken Strips, Plain	71	80	2	1	0	50	210	1	0	0	15	0	2
Chicken Strips, Sweet Onion Teriyaki Glazed	85	110	2	1	0	50	370	9	0	7	15	2	2
Cold Cut Combo Meats	64	190	16	6	0	35	550	3	1	1	9	2	4
Egg Patty, Scrambled	85	150	12	3	0	220	290	3	1	1	8	0	0
Ham, Black Forest	54	60	2	1	0	25	420	3	0	1	8	0	2
Italian B.M.T.® Meats	71	190	14	5	0	45	1000	3	0	1	12	0	20
Meatballs with Marinara	139	240	15	6	1	45	720	12	2	5	15	4	15
Pepperoni (3 slices)	18	80	7	3	0	15	400	1	0	1	4	0	20
Rotisserie-Style Chicken	71	90	3	0	0	40	270	0	0	0	17	0	2
Salami	59	230	20	7	1	50	1070	2	0	1	11	0	2
Sausage Patty, Breakfast (1 patty)	37	130	11	3	0	30	210	1	0	0	6	0	2
Steak (no cheese)	71	110	5	2	0	40	540	3	0	2	14	0	6
Tuna (includes Mayonnaise)	71	230	20	3	0	40	310	0	0	0	11	0	2
Turkey Breast	60	70	2	0	0	30	500	4	0	2	9	0	2
Veggie Patty**	85	170	9	1	0	0	320	17	8	2	6	2	10

DESSERTS & SIDES

Cookies & Desserts													
Chocolate Chunk Cookie	45	210	10	5	0	10	100	29	1	17	2	0	8
Double Chocolate Cookie**	45	210	9	5	0	15	125	29	1	20	2	0	10
Chocolate Chip with M&M® Candies Cookie	45	210	9	5	0	10	110	29	1	17	3	0	8
Oatmeal Raisin Cookie**	45	200	8	4	0	15	110	30	1	16	3	0	6
White Chip Macadamia Nut Cookie	45	210	10	5	0	15	125	28	1	17	2	0	6
Mini Cookie, Chocolate Chunk	11	50	3	1	0	5	25	7	0	4	1	0	2
Mini Cookie, Chocolate Chip with M&M® Candies Cook	11	50	3	1	0	5	25	7	0	4	1	0	2
Mini Cookie, White Chip Macadamia Nut Cookie	11	50	3	2	0	5	30	7	0	4	1	0	2

Sides													
Fiesta Beans & Corn Side Salad	134	140	5	0	0	0	370	19	6	2	6	3	9
Potato Rings (4)	92	150	8	1	0	0	390	19	2	1	2	1	2

Soup** (8oz/255 ml bowl)													
Beef & Barley	100	50	0	0	0	0	330	9	1	1	2	1	1
Chicken Noodle	227	80	2	0	0	23	1000	9	0	0	7	1	3
Cream of Broccoli	227	160	5	2	0	11	750	23	0	9	5	7	3
Cream of Mushroom	243	150	10	5	0	24	870	10	0	5	2	3	1
Loaded Baked Potato	227	180	6	3	0	23	790	27	2	2	7	4	1

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.
 Nutrition information compiled from the following data: Nutrition analysis from approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

*Some sandwiches contain trans fat that is found naturally in meat and cheese. These sandwiches do not contain any artificial trans fat (partially-hydrogenated oil).
 **Regional and Limited Time Offer subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between restaurants. Nutritional information for these sandwiches is based on the most common formulas and ingredients.
 †The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.