



| | | Arvo per annoskoko | | | | | | | | | | Arvo per 100 Grammaa | | | | | | | | | | |
|--|---|--------------------|--------------|----------------|------------------------|------------------------|--------------------|---------------------|------------------|---------------|-----------|----------------------|--------------|----------------|------------------------|------------------------|--------------------|---------------------|------------------|---------------|-----------|--|
| | | Annoskoko (g) | Energia (kJ) | Energia (kcal) | Rasvan kokonaisuus (g) | Josta vyydytynettä (g) | Hiliihydraatti (g) | Josta sokereita (g) | Ravintokuitu (g) | Proteiini (g) | Suola (g) | Annoskoko (g) | Energia (kJ) | Energia (kcal) | Rasvan kokonaisuus (g) | Josta vyydytynettä (g) | Hiliihydraatti (g) | Josta sokereita (g) | Ravintokuitu (g) | Proteiini (g) | Suola (g) | |
| The "Create your Own" nutritional values are based on a 15 cm portion serving including: Bread, Protein & fresh veggies. Submelts and named products contain cheese. | Ravintoarvot perustuvat 15 cm:n annokseen, joka sisältää: leivän, proteiinin ja tuoret kasvikset. Melts+tuotteet ja nimetyt tuotteet, joissa juusto mainittu, sisältävät juuston. | | | | | | | | | | | | | | | | | | | | | |
| The Signature Series, Submelts and Saver Subs nutritional values are based on a 15 cm portion recommended build. | Signature-series, Submelts- ja Saver Subs -tuotteiden ravintoarvot perustuvat 15 cm osuuden suositeltuun rakenteeseen. | | | | | | | | | | | | | | | | | | | | | |
| Signature Series & SubMelts | Signature Series & SubMelts | | | | | | | | | | | | | | | | | | | | | |
| Legendary Teriyaki Sub | Legendary Teriyaki | 271 | 1599 | 382 | 11 | 5.7 | 45 | 15 | 3.3 | 26 | 2.1 | 100 | 590 | 141 | 3.9 | 2.1 | 17 | 5.7 | 1.2 | 9.8 | 0.8 | |
| Legendary Teriyaki MEATLESS Sub | Meatless Legendary Teriyaki | 271 | 1678 | 401 | 12 | 5.8 | 49 | 15 | 6.7 | 23 | 3 | 100 | 619 | 148 | 4.3 | 2.1 | 18 | 5.5 | 2.5 | 8.7 | 1.1 | |
| Fiesta Fajita Sub | Fiesta Fajita | 265 | 2373 | 567 | 26 | 6.9 | 53 | 9.6 | 5.4 | 27 | 3.9 | 100 | 895 | 214 | 9.9 | 2.6 | 20 | 3.6 | 2.1 | 10 | 1.5 | |
| The Captain Sub | The Captain | 278 | 2226 | 532 | 29 | 7 | 36 | 6.5 | 7.9 | 28 | 3.1 | 100 | 801 | 191 | 11 | 2.5 | 13 | 2.3 | 2.8 | 10 | 1.1 | |
| Chicken Amore Sub | Chicken Amore | 238 | 1735 | 415 | 15 | 5.3 | 42 | 7.6 | 4.4 | 25 | 2.5 | 100 | 729 | 174 | 6.4 | 2.2 | 18 | 3.2 | 1.8 | 11 | 1 | |
| Furious Chicken Sub | Furious Chicken | 267 | 2084 | 498 | 23 | 6.7 | 45 | 8.2 | 4.3 | 27 | 2.7 | 100 | 779 | 186 | 8.5 | 2.5 | 17 | 3.1 | 1.6 | 9.9 | 1 | |
| Mighty B.M.T Sub | Mighty B.M.T.® | 246 | 2196 | 525 | 30 | 11 | 38 | 8.5 | 3.6 | 26 | 3.6 | 100 | 893 | 213 | 12 | 4.5 | 15 | 3.5 | 1.5 | 11 | 1.5 | |
| Steakhouse Desire Sub | Steakhouse Desire | 224 | 1944 | 465 | 24 | 9.7 | 40 | 11 | 4.1 | 22 | 2.4 | 100 | 870 | 208 | 11 | 4.4 | 18 | 5.1 | 1.8 | 10 | 1.1 | |
| ClubHouse Sub | Clubhouse | 287 | 1905 | 455 | 15 | 6.2 | 46 | 14 | 7.6 | 30 | 2.8 | 100 | 665 | 159 | 5.4 | 2.2 | 16 | 4.9 | 2.7 | 10 | 1.0 | |
| Steak Master Sub | The Steakmaster | 224 | 1944 | 465 | 24 | 9.7 | 40 | 11 | 4.1 | 22 | 2.4 | 100 | 870 | 208 | 11 | 4.4 | 18 | 5.1 | 1.8 | 10 | 1.1 | |
| Tasty Tandoori Sub | Tasty Tandoori | 198 | 1636 | 391 | 15 | 5.9 | 40 | 11 | 2.8 | 26 | 2.3 | 100 | 825 | 197 | 7.4 | 3 | 20 | 5.4 | 1.4 | 13 | 1.2 | |
| Grand Cheese Steak SubMelt | Grand Cheesesteak | 220 | 2024 | 484 | 22 | 9.8 | 43 | 13 | 3 | 28 | 2.4 | 100 | 920 | 220 | 10 | 4.5 | 20 | 5.8 | 1.3 | 13 | 1.1 | |
| Chick 'N' Blues SubMelt | Chick'nBlues | 239 | 2327 | 556 | 29 | 12 | 38 | 10 | 2.8 | 35 | 2.8 | 100 | 974 | 233 | 12 | 4.9 | 16 | 4.3 | 1.2 | 15 | 1.2 | |
| Big Mamma Mia SubMelt | Big Mamma Mia | 192 | 2268 | 542 | 33 | 14 | 36 | 7.8 | 2.6 | 25 | 3 | 100 | 1181 | 282 | 17 | 7 | 19 | 4.1 | 1.3 | 13 | 1.6 | |
| Amore Mio SubMelt | Amore Mio | 248 | 2356 | 563 | 32 | 18 | 37 | 9.1 | 3 | 31 | 2.2 | 100 | 950 | 227 | 13 | 7.2 | 15 | 3.6 | 1.2 | 13 | 0.8 | |
| Create Your Own Subs | Rakenna Omasi Subit | | | | | | | | | | | | | | | | | | | | | |
| American Steakhouse Melt Sub | American Steakhouse Melt | 201 | 1301 | 311 | 11 | 6 | 36 | 7.9 | 3.7 | 17 | 1.2 | 100 | 647 | 155 | 5.5 | 3 | 18 | 3.9 | 1.8 | 8.3 | 0.6 | |
| Chicken Fajita Sub | Kana Fajita | 211 | 1343 | 321 | 9.3 | 1.8 | 38 | 9.8 | 3.1 | 21 | 2.3 | 100 | 636 | 152 | 4.4 | 0.9 | 18 | 4.6 | 1.5 | 9.8 | 1.1 | |
| Chicken Teriyaki Sub | Kana Teriyaki | 226 | 1131 | 270 | 3.3 | 1.4 | 38 | 10 | 3 | 22 | 1.3 | 100 | 500 | 120 | 1.5 | 0.6 | 17 | 4.4 | 1.3 | 9.5 | 0.6 | |
| Chicken Tandoori Sub | Kana Tandoori | 209 | 1093 | 261 | 2.9 | 1.3 | 38 | 8.9 | 3.2 | 22 | 1.5 | 100 | 523 | 125 | 1.4 | 0.6 | 18 | 4.3 | 1.5 | 10 | 0.7 | |
| Ham Sub | Kinkku | 194 | 1006 | 240 | 3.6 | 1.4 | 35 | 7.6 | 3.3 | 17 | 1.3 | 100 | 518 | 124 | 1.9 | 0.7 | 18 | 3.9 | 1.7 | 8.6 | 0.7 | |
| Italian B.M.T.® Sub | Italian B.M.T.® | 216 | 1544 | 369 | 16 | 5.7 | 36 | 7.5 | 3.4 | 21 | 2.5 | 100 | 715 | 171 | 7.3 | 2.7 | 17 | 3.5 | 1.5 | 9.8 | 1.2 | |
| Spicy Italian Sub | Spicy Italian | 200 | 1605 | 383 | 19 | 6.9 | 36 | 7.1 | 3.1 | 18 | 2.5 | 100 | 802 | 192 | 9.4 | 3.5 | 18 | 3.6 | 1.5 | 9.1 | 1.2 | |
| Spicy Vegan Patty Sub | Kasvispiihvi | 237 | 1424 | 340 | 9.3 | 2.7 | 42 | 9.5 | 6.9 | 21 | 1.6 | 100 | 601 | 144 | 3.9 | 1.2 | 18 | 4 | 2.9 | 8.7 | 0.7 | |
| Steak & Cheese Sub | Steak & Cheese | 220 | 1273 | 304 | 7.2 | 3.7 | 39 | 9.7 | 3.3 | 20 | 1.7 | 100 | 581 | 139 | 3 | 1.7 | 18 | 4.7 | 1.5 | 10 | 0.7 | |
| Subway Melt Sub | Subway Melt™ | 208 | 1296 | 310 | 9.5 | 4.6 | 36 | 8.2 | 3.3 | 21 | 1.7 | 100 | 622 | 149 | 4.6 | 2.2 | 17 | 3.9 | 1.6 | 10 | 0.8 | |
| NoChicken Teriyaki Sub | NoChicken Teriyaki | 226 | 1210 | 289 | 4.3 | 1.5 | 42 | 9.4 | 6.4 | 19 | 2.2 | 100 | 535 | 128 | 1.9 | 0.6 | 19 | 4.2 | 2.8 | 8.2 | 1.0 | |
| Slow Cooked Chicken Breast Sub | Hitaasti kypsytetty kananrinta | 208 | 1089 | 260 | 4 | 1.2 | 34 | 7.1 | 2.9 | 21 | 1.1 | 100 | 523 | 125 | 1.9 | 0.6 | 17 | 3.4 | 1.4 | 10 | 0.6 | |
| Taco Beef Sub (with Doritos Sweet Chili) | Taco Beef | 214 | 1309 | 313 | 8.4 | 4.2 | 40 | 8.5 | 4.2 | 18 | 1.3 | 100 | 612 | 146 | 3.9 | 1.9 | 19 | 4 | 2 | 8.5 | 0.6 | |
| Tuna Sub (with Lite Mayonaise) | Tonnikala | 226 | 1398 | 334 | 12 | 1.8 | 37 | 8 | 2.9 | 20 | 1.6 | 100 | 619 | 148 | 5.3 | 0.8 | 16 | 3.5 | 1.3 | 8.9 | 0.7 | |
| Turkey Breast Sub | Kalkkuna | 209 | 1027 | 246 | 3 | 1.2 | 35 | 7.6 | 3.2 | 20 | 1.6 | 100 | 492 | 117 | 1.4 | 0.6 | 17 | 3.6 | 1.5 | 9.5 | 0.7 | |
| Veggie Delite® Sub | Veggie Delite® | 162 | 791 | 189 | 2 | 1 | 34 | 7 | 2.9 | 8.5 | 0.6 | 100 | 521 | 124 | 1.3 | 0.6 | 23 | 4.6 | 1.9 | 5.6 | 0.4 | |
| MINI Ham Sub (10cm) | MINI Kinkku | 128 | 744 | 178 | 2.7 | 1.1 | 27 | 4.1 | 3.2 | 11 | 0.9 | 100 | 581 | 139 | 2.1 | 0.8 | 21 | 3.2 | 2.5 | 8.9 | 0.7 | |
| MINI Turkey Breast Sub (10cm) | MINI Kalkkuna | 107 | 631 | 151 | 1.8 | 0.8 | 26 | 3.8 | 2.9 | 7.3 | 0.5 | 100 | 589 | 141 | 1.6 | 0.8 | 24 | 3.6 | 2.8 | 6.8 | 0.5 | |
| MINI Veggie Delite Sub (10cm) | MINI Veggie Delite® | 105 | 608 | 145 | 1.7 | 0.8 | 27 | 4 | 3 | 5.9 | 0.4 | 100 | 581 | 139 | 1.6 | 0.7 | 25 | 3.8 | 2.8 | 5.7 | 0.4 | |
| Saver Subs | Saver Subs | | | | | | | | | | | | | | | | | | | | | |
| Classic Nacho Chicken | Classic Nacho Chicken | 203 | 1711 | 409 | 17 | 4.3 | 45 | 7.8 | 3.3 | 19 | 1.9 | 100 | 843 | 201 | 8.2 | 2.1 | 22 | 3.8 | 1.6 | 9.2 | 1.0 | |
| Hot Nacho Chicken | Hot Nacho Chicken | 203 | 1761 | 421 | 18 | 4.5 | 45 | 8 | 3.4 | 19 | 1.9 | 100 | 867 | 207 | 8.9 | 2.2 | 22 | 3.9 | 1.7 | 9.2 | 1.0 | |
| Holy Guacamoly | Holy Guacamoly | 166 | 1291 | 309 | 18 | 3.9 | 36 | 7.5 | 3.1 | 11 | 1.4 | 100 | 778 | 186 | 11 | 2.4 | 21 | 4.5 | 1.9 | 6.8 | 0.8 | |
| BLT | B.B.L.T. | 148 | 1267 | 303 | 13 | 3.3 | 34 | 7.1 | 2.7 | 14 | 1.5 | 100 | 856 | 205 | 8.5 | 2.2 | 23 | 4.8 | 1.8 | 9.8 | 1 | |
| Salad | Salaatit | | | | | | | | | | | | | | | | | | | | | |
| American Steakhouse Melt Salad (with Cheese) | American Steakhouse Melt | 319 | 1228 | 294 | 11 | 5.9 | 32 | 8.3 | 5.9 | 16 | 1.0 | 100 | 386 | 92 | 3.4 | 1.9 | 10 | 2.6 | 1.9 | 4.9 | 0.3 | |
| Chicken Tandoori | Kana Tandoori | 263 | 442 | 106 | 1.2 | 0.4 | 8.9 | 6.3 | 2.9 | 15 | 0.9 | 100 | 168 | 40 | 0.5 | 0.2 | 3.4 | 2.4 | 1.1 | 5.8 | 0.4 | |
| Chicken Fajita Salad | Kana Fajita | 326 | 1020 | 244 | 3 | 1.3 | 33 | 9.4 | 5.2 | 20 | 1.5 | 100 | 313 | 75 | 0.9 | 0.4 | 10 | 2.9 | 1.6 | 6 | 0.5 | |
| Chicken Teriyaki Salad | Kana Teriyaki | 344 | 1058 | 253 | 3.2 | 1.3 | 35 | 10 | 5.2 | 21 | 1.1 | 100 | 308 | 74 | 0.9 | 0.4 | 10 | 3 | 1.5 | 6 | 0.3 | |
| Ham Salad | Kinkku | 312 | 933 | 223 | 3.5 | 1.3 | 32 | 8 | 5.6 | 16 | 1.1 | 100 | 299 | 72 | 1.1 | 0.4 | 10 | 2.6 | 1.8 | 5 | 0.4 | |
| Italian B.M.T.® Salad | Italian B.M.T.® | 334 | 1471 | 352 | 16 | 5.7 | 33 | 7.9 | 5.6 | 20 | 2.3 | 100 | 441 | 105 | 4.7 | 1.7 | 9.7 | 2.4 | 1.7 | 6.1 | 0.7 | |
| Slow Cooked Chicken Breast Salad | Hitaasti kypsytetty kananrinta | 239 | 428 | 102 | 2.2 | 0.4 | 5.1 | 4.2 | 2.6 | 14 | 0.5 | 100 | 179 | 43 | 0.9 | 0.2 | 2.1 | 1.8 | 1.1 | 5.9 | 0.2 | |
| Spicy Italian Salad | Spicy Italian | 318 | 1532 | 366 | 19 | 6.9 | 33 | 7.5 | 5.4 | 17 | 2.3 | 100 | 482 | 115 | 5.9 | 2.2 | 10 | 2.4 | 1.7 | 5.4 | 0.7 | |
| Spicy Vegan Patty Salad | Kasvispiihvi | 355 | 1351 | 323 | 9.1 | 2.7 | 39 | 9.9 | 9.1 | 20 | 1.4 | 100 | 381 | 91 | 2.6 | 0.8 | 11 | 2.8 | 2.6 | 5.5 | 0.4 | |
| Steak & Cheese Salad | Steak & Cheese | 338 | 1200 | 287 | 7 | 3.9 | 36 | 10 | 5.5 | 19 | 1.5 | 100 | 357 | 85 | 1.9 | 1.1 | 11 | 3.2 | 1.7 | 6.3 | 0.4 | |
| Subway Melt Salad (with Cheese) | Subway Melt™ | 326 | 1223 | 292 | 9.4 | 4.5 | 32 | 8.6 | 5.5 | 20 | 1.5 | 100 | 375 | 90 | 2.9 | 1.4 | 9.9 | 2.6 | 1.7 | 6.1 | 0.5 | |
| No Chicken Teriyaki Salad | No Chicken Teriyaki | 311 | 953 | 228 | 3.2 | 1.2 | 35 | 8.8 | 7.1 | 13 | 1.3 | 100 | 306 | 73 | 1 | 0.4 | 11 | 2.8 | 2.3 | 4.2 | 0.4 | |
| Taco Beef Salad (with Doritos Sweet Chili) | Taco Beef | 332 | 1236 | 295 | 8.2 | 4.1 | 37 | 8.9 | 6.4 | 17 | 1.1 | 100 | 373 | 89 | 2.5 | 1.2 | 11 | 2.7 | 1.9 | 5.2 | 0.3 | |
| Tuna Salad (with Lite Mayonaise) | Tonnikala | 344 | 1325 | 317 | 12 | 1.7 | 33 | 8.4 | 5.1 | 19 | 1.4 | 100 | 386 | 92 | 3.5 | 0.5 | 9.7 | 2.5 | 1.5 | 5.6 | 0.4 | |
| Turkey Breast Salad | Kalkkuna | 280 | 763 | 182 | 2.1 | 0.9 | 31 | 7.5 | 5.2 | 9.8 | 0.6 | 100 | 272 | 65 | 0.7 | 0.3 | 11 | 2.7 | 1.8 | 3.5 | 0.2 | |
| Veggie Delite Salad | Veggie Delite® | 270 | 718 | 172 | 1.9 | 0.9 | 31 | 7.4 | 5.1 | 7.6 | 0.4 | 100 | 266 | 64 | 0.7 | 0.3 | 11 | 2.7 | 1.9 | 2.8 | 0.2 | |
| Wraps | Wrapit | | | | | | | | | | | | | | | | | | | | | |
| American Steakhouse Melt Wrap (with Cheese) | American Steakhouse Melt | 256 | 1986 | 475 | 20 | 8.6 | 49 | 5.7 | 6.3 | 21 | 1.9 | 100 | 776 | 185 | 7.8 | 3.3 | 19 | 2.2 | 2.4 | 8.1 | 0.7 | |
| Chicken Fajita Wrap | Kana Fajita | 282 | 1746 | 417 | 7.7 | 1.5 | 52 | 8.4 | 4.8 | 31 | 3.3 | 100 | 619 | 148 | 2.7 | 0.5 | 19 | 3 | 1.7 | 11 | 1.2 | |
| Chicken Teriyaki Wrap | Kana Teriyaki | 318 | 1822 | 435 | 8.1 | 1.5 | 55 | 10 | 4.8 | 33 | 2.5 | 100 | 573 | 137 | 2.5 | 0.5 | 17 | 3.3 | 1.5 | 10 | 0.8 | |
| Chicken Tandoori | Kana Tandoori | 288 | 1819 | 435 | 7.6 | 1.4 | 57 | 8.3 | 5.5 | 34 | 3 | 100 | 632 | 151 | 2.6 | 0.5 | 20 | 2.9 | 1.9 | 12 | 1.0 | |
| Ham Wrap | Kinkku | 254 | 1572 | 376 | 8.7 | 1.7 | 49 | 5.5 | 5.5 | 23 | 2.5 | 100 | 619 | 148 | 3.4 | 0.7 | 19 | 2.2 | 2.2 | 9.2 | 1.0 | |
| Italian B.M.T.® Wrap | | | | | | | | | | | | | | | | | | | | | | |

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|--|---|-----|------|------|-----|-----|-----|------|------|-----|-----|-----|------|-----|-----|-----|----|-----|-----|-----|-----|
| NoChicken Teriyaki Wrap | NoChicken Teriyaki | 318 | 1980 | 473 | 10 | 1.7 | 63 | 9.2 | 12 | 27 | 4.3 | 100 | 623 | 149 | 3.2 | 0.5 | 20 | 2.9 | 3.7 | 8.5 | 1.4 |
| Taco Beef Wrap (with Doritos Sweet Chili) | Taco Beef | 288 | 2052 | 491 | 17 | 7 | 56 | 7.1 | 7 | 26 | 2.4 | 100 | 713 | 170 | 5.7 | 2.4 | 19 | 2.5 | 2.4 | 9 | 0.8 |
| Tuna Wrap (with Lite Mayonnaise) | Tonnikala | 473 | 2357 | 563 | 26 | 2.4 | 52 | 6.4 | 4.6 | 30 | 3 | 100 | 741 | 177 | 8 | 0.8 | 16 | 2 | 1.5 | 9.5 | 0.9 |
| Turkey Breast Wrap | Kalkkuna | 227 | 1379 | 330 | 6.4 | 0.9 | 48 | 4.9 | 4.9 | 18 | 2.1 | 100 | 608 | 145 | 2.8 | 0.4 | 21 | 2.2 | 2.2 | 8.1 | 0.9 |
| Veggie Delite Wrap | Veggie Delite* | 1.7 | 1143 | 273 | 5.5 | 0.7 | 47 | 4.4 | 4.6 | 6.9 | 1.1 | 100 | 673 | 161 | 3.2 | 0.4 | 28 | 2.6 | 2.7 | 4.1 | 0.7 |
| Footlong Sidekicks | | | | | | | | | | | | | | | | | | | | | |
| Pepperoni & Cheese Dipper | Pepperoni & juusto dipper | 166 | 2328 | 556 | 32 | 8.2 | 51 | 5 | 4.1 | 15 | 3 | 100 | 1402 | 335 | 19 | 5 | 31 | 3 | 2.5 | 9.2 | 1.8 |
| Cheesy Dipper | Juusto dipper | 160 | 2200 | 526 | 29 | 8.2 | 51 | 5.4 | 4 | 14 | 2.5 | 100 | 1375 | 329 | 18 | 5.1 | 32 | 3.4 | 2.5 | 8.7 | 1.6 |
| Turkey & Cheese Dipper | Kalkkuna & juusto dipper | 205 | 2259 | 540 | 26 | 6.2 | 51 | 5.6 | 4.3 | 23 | 3.2 | 100 | 1102 | 263 | 13 | 3 | 25 | 2.7 | 2.1 | 11 | 1.6 |
| Footlong Cookie | Footlong Cookie | 265 | 5621 | 1344 | 68 | 33 | 164 | 94 | 5.8 | 15 | 1.7 | 100 | 2121 | 507 | 26 | 13 | 62 | 36 | 2.2 | 5.5 | 0.7 |
| Footlong Churro | Footlong Churro | 91 | 1234 | 295 | 11 | 4.9 | 49 | 25 | 0.9 | 2 | 0.2 | 100 | 1357 | 324 | 12 | 5.4 | 53 | 27 | 1 | 2.2 | 0.2 |
| Cookies and Pop Dots | | | | | | | | | | | | | | | | | | | | | |
| Cookie & Donitsipalлот | | | | | | | | | | | | | | | | | | | | | |
| Cookie, Chocolate Chunk | Cookie, Chocolate Chunk | 45 | 896 | 214 | 10 | 5.1 | 28 | 16 | 0.4 | 2.3 | 0.3 | 100 | 1992 | 476 | 23 | 11 | 62 | 35 | 0.8 | 5 | 0.6 |
| Cookie, Double Chocolate | Cookie, Double Chocolate | 45 | 875 | 209 | 9.4 | 5.4 | 27 | 17.5 | 0.54 | 2.2 | 0.4 | 100 | 2100 | 502 | 33 | 20 | 45 | 22 | 0.9 | 5.3 | 0.9 |
| Cookie, Rainbow | Cookie, Rainbow | 45 | 894 | 214 | 9.8 | 5 | 28 | 18 | 1.5 | 2.2 | 0.3 | 100 | 1987 | 475 | 22 | 11 | 63 | 40 | 3.4 | 4.9 | 0.6 |
| Cookie, White Chocolate Chip Macadamia Nut | Cookie, White Chocolate Chip Macademian Nut | 45 | 900 | 215 | 10 | 5.1 | 27 | 16 | 0.5 | 2.3 | 0.4 | 100 | 2000 | 478 | 23 | 11 | 61 | 36 | 1.2 | 5.2 | 0.9 |
| Brown Pop Dots (x2) | Donitsipalлот, tumma | 32 | 676 | 162 | 11 | 6.4 | 13 | 5.4 | 0.3 | 1.8 | 0.3 | 100 | 2113 | 505 | 35 | 20 | 42 | 17 | 1 | 5.7 | 1.0 |
| White Pop Dots (x2) | Donitsipalлот, vaalea | 40 | 840 | 201 | 13 | 8 | 18 | 8.8 | 0.4 | 2.1 | 0.4 | 100 | 2100 | 502 | 33 | 20 | 45 | 22 | 0.9 | 5.3 | 0.9 |

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|-------------------------------------|---|---------------|------|-----|-----|-----|-----|-----|-----|------|-----|-----|------|-----|------|------|------|------|-----|------|-----|
| Ingredients | | | | | | | | | | | | | | | | | | | | | |
| Bread | | Leivät | | | | | | | | | | | | | | | | | | | |
| Herbs and Cheese Bread | Juusto-oregano | 75 | 782 | 187 | 2.2 | 1.1 | 33 | 5.2 | 2.6 | 8.4 | 0.7 | 100 | 1043 | 249 | 3 | 1 | 44 | 7 | 3.5 | 11.2 | 0.9 |
| Honey Oat Bread (new recipe) | Hunajakaura (uudistunut resepti) | 94 | 953 | 228 | 2.1 | 0.3 | 39 | 8.1 | 6.0 | 9.6 | 0.5 | 100 | 1014 | 242 | 2 | 0 | 41 | 9 | 6.3 | 10.2 | 0.6 |
| Wholegrain with Seeds (new recipe) | Kokojuvä siemensekoituksella (uudistunut resepti) | 86 | 907 | 217 | 5.9 | 0.9 | 28 | 1 | 6.0 | 10.3 | 0.6 | 100 | 1055 | 252 | 7 | 1 | 33 | 2 | 6.9 | 11.9 | 0.7 |
| Wholegrain Bread (new recipe) | Kokojuvä (uusi leipä) | 76 | 658 | 157 | 0.8 | 0.2 | 27 | 1 | 4.4 | 7.5 | 0.6 | 100 | 866 | 207 | 1 | 0 | 35 | 2 | 5.8 | 9.9 | 0.7 |
| Wheat Bread | Tumma | 76 | 849 | 203 | 2.4 | 1.1 | 37 | 4 | 3.5 | 8.2 | 0.6 | 100 | 1117 | 267 | 3 | 2 | 49 | 5 | 4.6 | 10.8 | 0.8 |
| White Bread | Vaalea | 71 | 728 | 174 | 1.9 | 0.9 | 32 | 5 | 1.9 | 7.8 | 0.6 | 100 | 1025 | 245 | 3 | 1 | 45 | 7 | 2.7 | 11 | 0.9 |
| Wheat Tortilla | Vehnätortilla | 95 | 1152 | 275 | 5.7 | 0.8 | 48 | 3 | 3.8 | 6.6 | 1.1 | 100 | 1213 | 290 | 6 | 1 | 50 | 3 | 4.1 | 7.0 | 1.2 |
| Tomato and Basil Wrap | Tomaattibasiliikatortilla | 89 | 1079 | 258 | 5.3 | 0.7 | 45 | 2.4 | 3.6 | 6.2 | 1.1 | 100 | 1213 | 290 | 6 | 1 | 50 | 3 | 4.1 | 7.0 | 1.3 |
| Gluten Free Bread | Gluteeniton leipä | 110 | 1192 | 285 | 4.5 | 0.4 | 56 | 1.4 | 3.5 | 3.1 | 1.1 | 100 | 1084 | 259 | 4 | 0 | 51 | 1 | 3.2 | 2.8 | 1.0 |
| Cheese | | | | | | | | | | | | | | | | | | | | | |
| Juustot | | | | | | | | | | | | | | | | | | | | | |
| American Processed Cheese, 2 slices | Amerikkalainen juusto | 12 | 177 | 42 | 3.5 | 2.3 | 0 | 0.4 | 0.0 | 2.3 | 0.3 | 100 | 1477 | 353 | 29 | 19 | 3.5 | 3.5 | 0 | 19.5 | 2.5 |
| Blue Cheese | Sinhomejuusto | 14 | 199 | 48 | 4.0 | 2.2 | 0 | 0.0 | 0.1 | 2.5 | 0.4 | 100 | 1422 | 340 | 29 | 16 | 0 | 0 | 1 | 18 | 3.1 |
| Pepperjack Cheese, 2 slices | Pepper Jack -juusto | 14 | 189 | 45 | 3.8 | 2.4 | 0 | 0.3 | 0.2 | 2.5 | 0.5 | 100 | 1351 | 323 | 27 | 17 | 2.1 | 2.1 | 1.3 | 18 | 3.3 |
| Shredded Mozzarella & Cheddar | Mozzarella-cheddar-raaste | 14 | 187 | 45 | 3.4 | 2.2 | 1 | 0.1 | 0.0 | 3.2 | 0.2 | 100 | 1339 | 320 | 25 | 16 | 4.6 | 0.8 | 0 | 23 | 1.4 |
| Mozzarella | Mozzarella | 28 | 294 | 70 | 5.3 | 3.3 | 0 | 0.3 | 0.0 | 5.3 | 0.2 | 100 | 1050 | 251 | 19 | 12 | 1.0 | 1 | 0 | 19 | 0.6 |
| Proteins | | | | | | | | | | | | | | | | | | | | | |
| Proteiinit | | | | | | | | | | | | | | | | | | | | | |
| Chicken Strips | Kananrinta | 56 | 281 | 67 | 1 | 0.3 | 1.2 | 0.6 | 0.3 | 13 | 0.7 | 100 | 502 | 120 | 1.5 | 0.6 | 2.1 | 1 | 0.5 | 23 | 1.2 |
| Slow Cooked Chicken Breast | Hitaasti kypsytetty kananrinta | 56 | 297 | 71 | 2 | 0.3 | 0.1 | 0.1 | 0.0 | 12 | 0.5 | 100 | 531 | 127 | 3.5 | 0.51 | 0.21 | 0.21 | 0 | 22 | 0.9 |
| Churrasco Beef Patty, 2 patties | American Steakhouse naudan jauhelihapihvi, 2 pihviä | 64 | 575 | 138 | 9.4 | 4.8 | 1.5 | 0.8 | 1.4 | 10 | 0.4 | 100 | 899 | 215 | 15 | 7.5 | 0.4 | 1.2 | 2.2 | 16 | 0.7 |
| Ham, 2 slices | Kinkku, 2 siivua | 28 | 143 | 34 | 1 | 0.3 | 0.7 | 0.4 | 0.3 | 5.4 | 0.5 | 100 | 510 | 122 | 3.8 | 1.1 | 2.5 | 1.4 | 1 | 19 | 1.6 |
| Maple Bacon, 2 slices | Pekoni, 2 siivua | 9 | 154 | 37 | 2.8 | 1 | 0.2 | 0.3 | 0 | 3 | 0.2 | 100 | 1715 | 410 | 32 | 11 | 2.5 | 3.1 | 1 | 34 | 2.5 |
| Pepperoni, 3 slices | Pepperoni, 3 siivua | 18 | 305 | 73 | 6.3 | 2.0 | 0.6 | 0 | 0 | 3.6 | 0.7 | 100 | 1694 | 405 | 35 | 11 | 3.5 | 0.2 | 0.5 | 20 | 4 |
| Philly Style Steak | Steak naudan suikaleet | 56 | 309 | 74 | 1.1 | 0.4 | 5.3 | 2.9 | 0.4 | 11 | 0.6 | 100 | 552 | 132 | 2 | 0.8 | 9.5 | 5.2 | 0.8 | 20 | 1.1 |
| Salami, 3 slices | Salami, 3 siivua | 18 | 304 | 73 | 6.3 | 2.6 | 0.3 | 0 | 0 | 3.6 | 0.7 | 100 | 1692 | 404 | 35 | 14 | 1.9 | 0.5 | 0 | 20 | 3.8 |
| Spicy Vegan Patty | Kasvispihvi | 85 | 633 | 151 | 7.2 | 1.8 | 7.7 | 2.4 | 4.0 | 12 | 0.9 | 100 | 744 | 178 | 8.5 | 2.1 | 9.1 | 2.9 | 4.7 | 14 | 1.1 |
| Taco Beef | Naudan jauheliha | 56 | 391 | 94 | 4.8 | 3 | 2.5 | 1.3 | 1.1 | 9 | 0.6 | 100 | 698 | 167 | 8.5 | 5.5 | 4.4 | 2.3 | 2 | 17 | 1 |
| Tuna (with Lite Mayonnaise) | Tonnikala sis. majoneesi | 74 | 606 | 145 | 10 | 0.9 | 2.5 | 1 | 0 | 12 | 0.9 | 100 | 819 | 196 | 14 | 1.1 | 3.3 | 1.3 | 0 | 16 | 1.2 |
| Turkey, 2 slices | Kalkkuna, 2 siivua | 38 | 157 | 38 | 0.6 | 0.1 | 0.4 | 0.4 | 0.2 | 7.6 | 0.6 | 100 | 414 | 99 | 1.6 | 0.4 | 0.9 | 1 | 0.5 | 20 | 1.6 |
| Vegan Soy Strips (NoChicken) | NoChicken | 56 | 318 | 76 | 1.4 | 0.2 | 3.3 | 0.6 | 3.4 | 10 | 1.0 | 100 | 569 | 136 | 2.5 | 0.4 | 6 | 1 | 6.1 | 18 | 1.7 |
| Sauces & Condiments | | | | | | | | | | | | | | | | | | | | | |
| Kastikkeet & mausteet | | | | | | | | | | | | | | | | | | | | | |
| Chipotle | Southwest (mieta chili kastike) | 14 | 258 | 62 | 6.1 | 0.4 | 1.2 | 0.9 | 0.1 | 0.2 | 0.2 | 100 | 1845 | 441 | 44 | 3 | 9 | 7.1 | 1 | 1.1 | 1.7 |
| BBQ Sauce | BBQ | 14 | 99 | 24 | 0 | 0 | 5.6 | 4.9 | 0.1 | 0.1 | 0.1 | 100 | 711 | 170 | 0 | 0 | 40 | 35 | 0.8 | 1 | 1.4 |
| Honey & Wholegrain Mustard | Hunajasinappi | 14 | 122 | 29 | 1.8 | 0.1 | 2.6 | 2.3 | 0.2 | 0.3 | 0 | 100 | 870 | 208 | 13 | 1 | 20 | 16 | 0.9 | 1.8 | 1.5 |
| Hot Sauce | Tulinen | 14 | 61 | 15 | 0 | 0 | 0.6 | 0.5 | 0.1 | 0.2 | 1.5 | 100 | 438 | 105 | 0 | 0 | 4.5 | 3.3 | 0.9 | 1.1 | 1.1 |
| Lite Mayonnaise | Kevytmajoneesi | 14 | 201 | 48 | 4.8 | 0.3 | 1.2 | 0.5 | 0 | 0 | 0.2 | 100 | 1438 | 344 | 35 | 2 | 8.8 | 3.6 | 0 | 0.2 | 1.8 |
| Olive Oil | Oliiviöljy | 3.5 | 118 | 28 | 3.2 | 0.5 | 0 | 0 | 0 | 0 | 0 | 100 | 3378 | 807 | 91 | 13 | 0 | 0 | 0 | 0 | 0 |
| Red Wine Vinegar | Punaviinietikka | 3.5 | 4 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 117 | 28 | 0 | 0 | 1.2 | 0.1 | 0.1 | 0.2 | 0.3 |
| Sticky Sweet Chili Sauce | Makea chili kastike | 14 | 127 | 30 | 0 | 0 | 7.5 | 6.5 | 0 | 0 | 0.2 | 100 | 908 | 217 | 0.5 | 0 | 54 | 47 | 0.5 | 0.4 | 1.7 |
| Sweet Onion Sauce | Makea sipulikastike | 14 | 91 | 22 | 0.2 | 0 | 4.9 | 4.2 | 0 | 0 | 0.1 | 100 | 649 | 155 | 1.4 | 0 | 35 | 31 | 0.5 | 0.5 | 0.7 |
| Vegan Garlic Aioli | Valkosipulikastike (vegaaninen) | 14 | 286 | 68 | 7 | 0.5 | 1.2 | 0.8 | 0 | 0 | 0.2 | 100 | 2042 | 488 | 50 | 4 | 9 | 5.4 | 0.5 | 0.4 | 1.6 |
| Chili Flakes | Chili hiutaleet | 1 | 16 | 4 | 0.1 | 0 | 0.4 | 0 | 0.2 | 0.1 | 0 | 100 | 1573 | 376 | 14 | 1 | 43 | 0 | 16 | 14 | 0 |
| Crispy Onions | Paahdettu sipuli | 7 | 172 | 41 | 3 | 1 | 2.9 | 0.6 | 0.3 | 0.4 | 0.1 | 100 | 2450 | 586 | 43 | 14 | 42 | 8.9 | 3.7 | 6.1 | 1.1 |
| Peppercom | Pippuri | 1 | 14 | 3 | 0.1 | 0 | 0.6 | 0 | 0.2 | 0.1 | 0 | 100 | 1448 | 346 | 7.7 | 1 | 55 | 0 | 16 | 10 | 0 |
| Sea Salt | Suola | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 98 |
| Extra Spicy Southwest | Extra tulinen Southwest | 14 | 251 | 60 | 6 | 0.5 | 1.1 | 0.7 | 0 | 0.1 | 0 | 100 | 1794 | 429 | 43.7 | 3 | 8 | 5 | 0.7 | 1.2 | 2 |
| Chocolate Sauce | Suklaakastike | 36 | 426 | 101 | 0.6 | 0.3 | 23 | 17 | 0.5 | 0.3 | 0 | 100 | 1184 | 283 | 1.8 | 1 | 65 | 46 | 1.4 | 1 | 0 |
| Vegetables | | | | | | | | | | | | | | | | | | | | | |
| Kasvikset | | | | | | | | | | | | | | | | | | | | | |
| Lettuce | Salaatti | 14 | 6 | 2 | 0.0 | 0 | 0.2 | 0.2 | 0.2 | 0.2 | 0 | 100 | | | | | | | | | |