



CANADA NUTRITION INFORMATION

November 2019

	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
SANDWICHES													
6-inch Sandwiches (Less than 330 calories and low in saturated fat) Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.													
Black Forest Ham	219	260	4	1	0	20	700	43	5	5	16	2	15
Oven Roasted Chicken	226	280	4	1	0	40	560	42	5	7	22	2	15
Roast Beef	219	260	4	1	0	20	680	42	5	6	18	2	20
Subway Club®	233	270	4	1	0	25	790	43	5	6	19	2	20
Sweet Onion Chicken Teriyaki	265	330	4	1	0	50	760	52	5	14	23	4	20
Turkey Breast	219	250	3.5	0.5	0	20	690	42	5	6	17	2	20
Veggie Delite®	162	200	2	0.4	0	0	280	39	5	5	9	2	15
6" Sandwiches Values include Italian bread and select vegetables. Double values for footlong nutrition information (one footlong=two 6" servings).													
Chicken & Bacon Ranch Melt	347	470	19	6	0.2	70	920	45	6	9	32	10	20
Cold Cut Combo	220	400	20	7	0.1	40	920	41	3	5	15	2	20
Italian B.M.T.®	213	380	16	6	0.3	45	1140	41	3	5	17	2	15
Meatball Marinara	205	430	18	7	1.0	40	1040	48	4	8	20	4	20
Pizza Sub Melt	140	400	20	8	0.4	50	1210	40	2	5	16	8	15
Steak & Cheese	161	340	10	4.5	0.4	45	1040	39	2	5	23	6	20
Tuna	223	450	25	4	0.3	45	630	38	2	5	19	2	20
Kids' Meal Sandwiches on Mini 9-Grain Wheat Values include lettuce, tomatoes, onions, green peppers and cucumbers.													
Black Forest Ham	137	160	2	0.5	0	10	390	28	3	4	9	2	10
Roast Beef	146	170	2.5	1	0	10	450	28	3	4	12	2	15
Turkey Breast	146	170	2.5	0.4	0	15	460	28	3	4	11	2	10
Veggie Delite®	108	130	1.5	0.3	0	0	180	26	3	4	6	2	10
Kids' Meal Sandwiches on Mini Ciabatta Values include lettuce, tomatoes, onions, green peppers and cucumbers.													
Black Forest Ham	174	270	4.0	1.0	0	10	480	47	2	4	13	4	20
Roast Beef	184	280	4.5	1.0	0	10	540	47	2	5	15	4	20
Turkey Breast	184	280	4.0	0.5	0	15	550	47	2	5	14	4	20
Veggie Delite®	146	240	3.0	0.4	0	0	270	45	2	4	9	2	20
Grilled Ciabattas													
Grilled Cheese & Bacon	185	590	26	11	0.4	60	1290	62	3	1	26	20	25
Garlic Steak & Bacon	261	660	29	9	0.5	75	1660	67	3	4	32	10	30
Smoky Honey Mustard Chicken & Bacon	289	650	27	8	0.3	80	1360	66	4	5	36	10	30
Grilled Wraps (Regular)													
Chicken Caesar	266	590	29	7	0.4	70	1170	54	3	4	30	15	20
Chipotle Steak & Guac	307	610	30	8	0.5	55	1390	60	5	6	27	10	25
Turkey, Bacon & Guac	291	590	29	6	0.2	45	1590	60	5	6	23	10	20
Grilled Wraps, Signature Values include select vegetables and footlong meat.													
Chicken Caesar	337	690	32	8	0.4	115	1440	54	3	4	47	15	25
Chipotle Steak & Guac	377	720	35	9	1.0	95	1930	64	5	8	41	10	30
Turkey, Bacon & Guac	356	690	33	8	0.2	75	2150	64	5	7	34	10	25
Mighty Melts													
Chicken Mighty Melt	174	370	11	4	0.2	55	690	45	2	4	22	8	20
Roast Beef Mighty Melt	156	350	11	4	0.2	25	800	46	2	4	17	8	20
Turkey Mighty Melt	171	380	13	4	0.2	35	910	47	2	4	19	8	20
6" Limited Time Offer/Regional Subs** Values include Italian bread (unless another bread is specified) and select vegetables. Double													
BBQ Rib	173	470	24	8	0	45	1090	46	2	12	19	4	20
BBQ Rib Melt	187	530	28	10	0	60	1190	46	2	12	22	10	20
B.L.T.	146	320	11	4	0	30	770	38	2	5	17	2	15
Buffalo Chicken	222	350	12	2	0.1	50	1090	39	3	5	20	2	15
Chicken Cordon Bleu	251	380	10	3.5	0.2	65	810	44	2	8	30	10	20
Chicken Pizziola Melt	220	420	16	6	0.3	70	1150	41	3	6	28	8	20
Chicken Strips	226	270	4	1	0.0	45	460	40	5	5	22	2	15
Egg Salad	150	350	16	4	0.1	265	540	36	1	4	15	2	15
Falafel	276	550	24	4	0.3	10	1050	68	13	7	19	2	20
Genoa Salami	222	430	22	8	0.5	50	1350	42	5	7	20	2	15
Italian Sausage Parmigiana	161	360	12	5	0.2	50	900	42	3	5	22	6	15
Spicy Italian®	208	450	24	9	0.5	60	1340	40	3	5	18	2	20
Subway Melt®	235	350	10	4	0.1	45	1140	42	2	6	21	6	15
Subway Seafood Sensation™	220	390	19	3	0.2	20	830	45	3	7	11	4	15
Turkey Breast & Black Forest Ham	229	260	4	1	0.0	25	760	43	5	6	18	2	15

	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
Veggie Patty (vegan) [†]	247	320	5	0.5	0	0	740	54	9	9	21	6	25
Veggie Patty (vegetarian) [†]	247	360	10	2.5	0	0	800	47	8	7	22	4	15

SALADS

Fresh Fit® Salads		Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.											
Ham	344	110	3	1	0	20	500	15	4	6	10	4	10
Oven Roasted Chicken	351	130	2.5	0.5	0	45	270	11	4	6	16	4	10
Roast Beef	344	120	3	1	0	20	480	13	4	7	11	4	15
Subway Club®	358	130	3	0.5	0	25	590	14	4	7	13	4	10
Sweet Onion Chicken Teriyaki (includes sweet onion dressing)	408	220	3	0.5	0	50	640	32	4	22	17	4	15
Turkey Breast	344	110	2.5	0.4	0	20	490	14	4	7	11	4	10
Veggie Delite®	287	60	1	0.2	0	0	75	11	4	6	3	4	8
Chicken & Bacon Ranch Melt (includes ranch dressing)	486	400	26	7	0.3	75	870	18	5	10	26	10	15
Cold Cut Combo	345	260	19	6	0.1	40	720	12	1	6	9	4	10
Italian B.M.T.®	338	240	15	5	0.3	45	940	12	1	6	11	4	10
Meatball Marinara	330	290	17	7	1	40	840	20	3	9	14	6	15
Pizza Sub Melt	265	260	19	8	0.4	50	1010	11	1	6	10	8	10
Steak & Cheese	286	200	9	4	0.4	45	840	10	0	6	17	8	10
Tuna	348	310	24	3.5	0.3	45	430	10	1	6	13	2	15
Salad Dressings (amount mixed into salad)													
Chipotle Southwest	28	130	13	2	0	10	170	2	0	1	0	2	0
House Sandwich Sauce	28	150	15	2.5	0.2	0	250	2	0	1	0	0	0
Ranch	28	150	15	2.5	0.2	15	300	2	0	1	0	0	0
Sweet Onion Sauce	36	60	0	0	0	0	150	16	0	14	0	0	2

BREAKFAST & PIZZA

Omelet on 6" Flatbread (with Egg White)**		Values include 6" flatbread, egg white and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings).											
Bacon, Egg White & Cheese	194	390	13	4	0.2	20	1030	45	4	3	25	8	15
Egg White & Cheese	186	350	10	3	0.2	15	870	44	4	3	22	8	15
Ham, Egg White & Cheese	214	380	11	2.5	0.2	25	1080	46	4	3	25	8	15
Sausage, Egg White & Cheese	242	490	21	7	0.2	45	1390	45	4	3	32	8	20
Breakfast B.M.T® Melt**	238	480	20	6	0.4	50	1450	47	4	3	30	8	15
Mega**	251	530	24	8	0.2	55	1540	46	4	4	35	8	20
Steak, Egg White & Cheese**	228	420	13	4	0.4	35	1200	46	4	4	30	8	15
Subway Sunrise Melt®**	295	470	15	4.0	0.2	45	1510	50	4	5	34	8	15
Turkey, Egg White & Cheese**	223	390	11	3	0.2	25	1150	46	4	3	27	8	15
Omelet on 6" Flatbread (with Regular Egg)**		Values include 6" flatbread, regular egg and American cheese. Double values for footlong											
Bacon, Egg & Cheese	194	430	18	6	0.3	185	990	44	4	3	24	15	10
Egg & Cheese	186	390	15	5	0.3	175	840	44	4	3	20	15	10
Ham, Egg & Cheese	214	420	16	5	0.3	185	1050	46	4	3	24	15	10
Sausage, Egg & Cheese	242	530	26	9	0.3	205	1350	45	4	3	30	15	15
Breakfast B.M.T® Melt**	238	520	25	9	0.5	210	1420	47	4	3	28	15	15
Mega**	251	570	29	11	0.3	215	1510	45	4	4	33	15	15
Steak, Egg & Cheese**	228	460	18	6	0.5	195	1160	46	4	4	29	15	15
Subway Sunrise Melt®**	295	500	20	7	0.3	210	1470	49	5	5	33	15	15
Turkey, Egg & Cheese	223	430	16	5	0.3	190	1110	46	4	4	26	15	10
Breakfast Sandwiches (ALBERTA only)													
Bacon, Egg & Cheese on English Muffin	109	210	5	2	0.2	60	530	27	3	2	13	4	10
Egg & Cheese on English Muffin	105	190	4	2	0.2	55	450	26	3	2	12	4	10
Ham, Egg & Cheese on English Muffin	119	210	4	2	0.2	60	560	27	3	2	13	6	10
Sausage, Egg & Cheese on English Muffin	190	400	20	8	0.2	105	1230	28	3	3	26	6	15
Bacon, Egg & Cheese on English Muffin	194	400	13	5	0.4	125	830	44	5	3	26	10	15
Egg & Cheese on Flatbread	186	350	10	4	0.4	115	670	44	5	3	22	10	15
Ham, Egg & Cheese on Flatbread	214	380	11	5	0.4	125	880	46	5	3	26	10	15
Sausage, Egg & Cheese on Flatbread	271	560	27	10	0.4	165	1450	45	5	4	37	15	20
Cheese	292	680	22	10	0	60	1120	90	2	8	13	50	35
Bacon	315	760	28	13	0.1	80	1370	91	2	8	20	40	35
Meatball	329	780	29	13	0.5	80	1330	93	3	8	19	40	35
Pepperoni	322	800	32	15	0.4	80	1390	90	2	8	20	40	35
Sausage	335	820	34	15	0.1	90	1460	91	2	8	21	50	35

BREADS & CONDIMENTS

Breads		Double values for footlong nutrition information (one footlong=two 6" servings)											
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	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
6" White Italian	65	180	2	0.4	0	0	310	34	1	3	6	0	10
6" 9-Grain Wheat	71	180	2	0.4	0	0	270	36	4	3	8	0	10
6" Flatbread	87	220	4	0.5	0	0	330	41	4	3	8	0	10
6" 9-Grain Honey Oat**	75	190	2	0.4	0	0	270	39	4	5	8	2	10
6" Hearty Italian**	78	200	2	0.4	0	0	310	37	1	3	7	0	10
6" Italian Herbs & Cheese	76	220	4.5	2	0	5	510	37	2	3	8	4	15
6" Jalapeno Cheese/Cheddar**	88	220	5	2	0	5	660	37	2	3	9	4	15
6" Monterey Cheddar**	75	220	5	2.5	0.1	10	380	35	1	3	9	6	10
6" Parmesan Oregano**	68	190	2.5	0.4	0	0	460	37	2	3	7	0	15
6" Roasted Garlic**	75	210	2.5	0.4	0	0	1230	41	2	4	7	2	15
Ciabatta	125	350	9	1.0	0	0	680	60	3	1	10	2	25
Mini Ciabatta (used for Mighty Melts)	85	230	3	0.4	0	0	270	43	2	3	8	0	15
Mini Italian Bread	43	120	1.5	0.3	0	0	210	23	1	2	4	0	8
Mini Wheat Bread	47	120	1	0.2	0	0	180	24	3	2	5	0	8
Biscuit**	64	210	10	4.5	0	0	620	27	1	1	4	4	8
Deli Roll**	57	170	2	0.2	0	0	200	31	1	3	6	0	10
English Muffin**	65	140	1	0	0	0	220	30	1	1	5	6	10
Gluten Free Bread**	113	340	12	7	0	0	800	52	3	7	6	4	0
Wrap	102	300	8	1	0	0	580	50	2	2	8	4	15
Sandwich Condiments (amount on 6-inch sandwich, grilled ciabatta or wrap) Double values for footlong nutrition information (one footlong=two 6" servings). Double sauce values for salad dressing portion.													
Bacon (2 strips)	9	40	3	1	0	10	150	0	0	0	3	0	0
Basil Pesto	14	60	5	1	0	0	75	1	0	0	1	0	0
Caesar	14	80	9	1.5	0	5	130	0	0	0	0	0	0
Chipotle Southwest	14	60	7	1	0	5	85	1	0	0	0	0	0
Garlic Aioli	14	70	7	1	0	5	125	1	0	1	0	0	0
Herb Garlic Oil	5	40	4	1	0	0	25	0	0	0	0	0	0
House Sandwich Sauce	14	70	8	1	0	0	125	1	0	1	0	0	0
Mustard, Deli Brown	14	15	1	0.1	0	0	260	1	0	0	1	0	0
Mustard, Yellow	14	10	1	0	0	0	170	1	0	0	1	0	0
Light Mayonnaise	14	50	5	1.0	0	15	105	1	0	0	0	0	0
Mayonnaise	14	100	11	1.5	0	10	75	0	0	0	0	0	0
Peppercorn	0	0	0	0	0	0	0	0	0	0	0	0	0
Provençal Herbs	0	0	0	0	0	0	110	0	0	0	0	0	0
Ranch	14	70	8	1.0	0	5	150	1	0	1	0	0	0
Salt	0	0	0	0	0	0	160	0	0	0	0	0	0
Smoky Honey Mustard	14	70	7	1.0	0	10	115	2	0	2	0	0	2
Sub Spice	0	0	0	0.0	0	0	110	0	0	0	0	0	0
BBQ Sauce**	14	25	0	0	0	0	200	6	0	6	0	0	0
Buffalo**	14	0	0	0	0	0	410	1	0	0	0	0	0
Creamy Sriracha	14	40	4	1	0	5	240	2	0	1	0	0	0
Gorgonzola Sauce**	14	70	7	1.5	0	5	140	1	0	0	0	0	0
Guacamole**	35	70	6	1	0	0	95	3	2	0	1	0	0
Hot Sauce**	5	0	0	0	0	0	190	0	0	0	0	0	0
Oil**	4	30	3.5	0.2	0	0	0	0	0	0	0	0	0
Original Sub Sauce**	14	60	7.0	1.0	0	0	80	1	0	1	0	0	0
Pepperoni	18	80	7.0	2.5	0	20	300	1	0	0	3	0	2
Pineapple	20	10	0.0	0.0	0	0	0	4	0	3	0	0	0
Signature Horseradish**	14	70	7	1	0	5	140	2	0	1	0	0	0
Sweet Onion	18	35	0	0	0	0	75	7	0	7	0	0	0
Tzatziki Cucumber Sauce**	14	70	8	1	0	5	80	0	0	0	0	0	0
Vegetables (amount on 6-inch sub, grilled ciabatta or wrap)													
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
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	1	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
Olives, Black	3	3	0	0	0	0	25	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
Avocado**	34	60	5	0.5	0	0	0	3	2	0	1	0	2
Carrots**	7	3	0	0	0	0	0	1	0	0	0	0	0
Olives, Green**	3	4	0	0	0	0	35	0	0	0	0	0	0

	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
Cheese (amount on 6-inch sandwich, grilled ciabatta or wrap)													
Cheddar	11	45	3.5	2.5	0.1	10	80	1	0	0	3	4	0
Cheddar, Processed	11	40	3	2	0.1	10	200	0	0	0	2	4	0
Feta**	14	40	3	2	0.1	10	130	0	0	0	2	0	0
Monterey Cheddar, Shredded	14	50	4	2.5	0.1	15	100	0	0	0	3	6	0
Monterey Jack**	11	40	3	2	0.1	10	70	1	0	0	3	4	0
Mozzarella, Shredded**	14	45	3	2	0.1	15	115	1	0	0	4	6	0
Parmesan	1	5	0	0.3	0	0	30	0	0	0	1	0	0
Swiss**	14	50	3.5	2.5	0.1	15	50	1	0	0	4	8	0
Individual Proteins (amount on 6" sub, regular wrap or salad, double values for footlong or Signature wrap)													
Chicken Cutlette, Oven Roasted	64	80	2	1	0.2	40	290	3	0	2	13	0	0
Chicken Strips,	64	70	1.5	0.5	0	45	190	1	0	0	13	0	2
Chicken Strips, Buffalo**	78	80	1.5	0.5	0	45	600	1	0	0	13	2	2
Chicken Strips, Teriyaki Glazed	85	100	2	0.5	0	50	410	5	0	2	14	2	2
Cold Cut Combo Meats	71	210	18	6	0.1	40	610	3	1	1	8	2	4
Crispy Chicken**	88	190	9	1.0	0.0	30	390	15	1	1	12	2	20
Egg Patty, Regular	85	120	7	3	0.1	160	410	3	0	0	9	4	0
Egg Patty, White	85	80	2	0.3	0	0	440	3	0	0	11	0	4
Egg Salad**	85	170	14	3.5	0.1	265	230	2	0	1	8	2	6
Falafel**	85	200	6	1	0	0	600	28	8	1	9	0	4
Ham, Black Forest	57	50	2	0.5	0	25	560	4	0	0	7	0	2
Italian B.M.T.® Meats	64	180	14	5	0.3	45	820	3	0	0	10	2	4
Meatball	139	250	16	6	1.0	40	700	14	3	5	13	4	10
Rib Patty**	78	260	22	8	0	45	470	4	1	3	12	2	6
Roast Beef	57	60	2	1	0.1	20	410	2	0	1	9	0	4
Rotisserie-Style Chicken	71	100	3	0.5	0	45	260	1	0	0	17	0	4
Salami	59	230	20	7.0	1	50	1070	2	0	1	11	0	2
Sausage Patty, Breakfast**	57	140	11	4.5	0	35	520	1	0	1	10	0	4
Seafood Sensation**	71	190	16	2.5	0.2	20	510	8	0	2	4	2	2
Steak (no cheese)	71	110	5	2	0.3	40	540	3	0	2	14	0	6
Subway Club® Meats	71	70	2	0.5	0	25	510	4	0	1	10	0	4
Tuna	74	250	23	3.5	0.3	45	320	0	0	0	12	0	6
Turkey Breast	57	60	1.5	0.2	0	20	410	3	0	1	8	0	4
Veggie Patty (vegan)**	85	130	2.5	0.3	0	0	460	14	4	3	12	4	10
Veggie Patty (vegetarian)**	85	160	8	2	0	0	520	8	3	2	13	2	0
DESSERTS & SIDES													
Cookies & Desserts													
Chocolate Chip	45	210	10	5	0.1	10	120	29	1	18	2	0	10
Chocolate Chunk**	45	210	10	4.5	0.1	10	95	30	1	17	2	0	8
Double Chocolate**	45	210	9	5	0.2	15	130	30	1	20	2	2	10
Chocolate Chip with M&M® Candies**	45	210	10	5	0.1	15	105	30	1	18	2	0	8
Oatmeal Raisin	45	200	8	3.5	0.1	15	130	30	1	16	3	2	8
Peanut Butter**	45	220	12	5	0.1	10	110	26	1	16	4	2	10
Raspberry Cheesecake**	45	200	9	4.5	0.1	10	120	29	0	16	2	2	4
Sugar**	45	230	12	6	0.1	15	130	28	1	14	2	0	4
White Chip Macadamia Nut	45	220	11	5	0.1	10	130	28	1	17	2	2	6
Apple Pie	71	250	10	2	0	0	290	37	1	25	0	0	4
Apple Banana BuddyFruit®**	90	50	0	0	0	0	10	13	1	12	0	0	2
Brownie**	86	370	17	6	0	30	125	51	1	32	5	0	0
Brownie, Gluten Free**	80	350	16	1.5	0	55	170	48	2	34	3	2	0
Cinnamon Roll**	163	610	27	13.0	0	5	730	83	3	33	9	4	15
Hash Browns, 6 pieces**	108	220	10	2.5	0.2	0	640	30	3	0	2	0	4
Mac & Cheese	227	370	23	12.0	0.5	65	1060	28	1	4	12	0	0
Potato Bites with Dip	172	430	27	6.0	0.3	10	1030	41	4	1	4	0	6
Muffin, Apple Cinnamon**	113	440	23	4.5	0.2	65	390	52	3	24	7	8	15
Muffin, Banana Nut**	113	480	28	4.5	0.2	60	390	50	2	24	7	4	15
Muffin, Blueberry**	113	440	24	4	0.2	70	360	50	1	23	6	4	15
Muffin, Carrot**	113	410	18	3	0.2	65	540	54	2	27	7	6	15
Muffin, Double Chocolate**	113	460	25	5	0.2	65	370	50	3	22	7	6	25
Soup** (8oz/255 ml bowl)													
Beef & Barley	227	90	2	0.5	0	10	790	15	<1	4	5	2	4
Beef Chili	255	360	22	8	1.5	71	800	20	5	6	21	6	20
Black Bean	255	210	1	0	0	0	860	39	15	6	12	8	15
Clam Chowder	225	170	9	6	0	35	800	15	1	2	2	6	6
Cream of Broccoli	255	150	8	5	0	35	790	16	2	4	4	15	4

	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
Cream of Mushroom	243	150	7	4	0	35	850	14	0	4	6	4	4
Creamy Chicken & Dumpling	245	150	4.5	2	0	40	740	20	3	3	8	2	6
Creamy Chicken and Wild Rice	240	170	11	6	0.5	15	820	16	1	3	7	4	2
French Onion(with Cheese and Bread)	218	150	6	3	0.2	30	940	18	1	1	5	20	2
Homestyle Chicken Noodle	255	110	3	1.5	0	35	720	14	1	2	8	2	4
Loaded Baked Potato	255	210	13	7	0	10	800	15	1	4	5	4	2
Mediterranean Vegetable	255	110	3	1.5	0	20	720	14	1	2	8	4	4
Spicy Chicken Tortilla	227	110	4.5	1	0	0	660	11	2	2	6	6	8
Tomato Basil	236	130	6	3.5	0	0	700	15	2	7	4	8	6
Beverages (oz.)													
7Up®	20	260	0	0	0	0	70	73	0	73	0	0	0
Brisk® Lemon Iced Tea	20	130	0	0	0	0	270	38	0	38	0	0	0
Brisk® Lemonade**	20	250	0	0	0	0	110	47	0	47	0	0	0
Crush Orange®**	20	270	0	0	0	0	45	84	0	84	0	0	0
Diet Pepsi® **	20	0	0	0	0	0	25	0	0	0	0	0	0
Dole® Strawberry Kiwi**	20	330	0	0	0	0	80	88	0	88	0	0	0
Dr. Pepper®**	20	230	0	0	0	0	300	66	0	66	0	0	0
Mountain Dew®	20	290	0	0	0	0	80	80	0	80	0	0	0
Mug®**	20	240	0	0	0	0	25	68	0	68	0	0	0
Pepsi® With Real Sugar	20	260	0	0	0	0	80	73	0	73	0	0	0
Schweppes Ginger Ale®**	20	200	0	0	0	0	80	56	0	56	0	0	0

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, Release #19. 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.

*Meat and dairy products naturally occurring trans fat.

**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.

¹The 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.

²Some restaurants offer a vegetarian (non-vegan) patty. It will be identified on menu board as "containing eggs & milk".