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 Nutrition Information	Allergens	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	% Daily Value ++	Saturated Fat (g)	% Daily Value ++	Trans Fat (g)	Cholesterol (mg)	% Daily Value ++	Sodium (mg)	% Daily Value ++	Carbohydrates (g)	% Daily Value ++	Dietary Fiber (g)	% Daily Value ++	Sugars (g)	Protein (g)
		<p style="text-align: center;">DRINKS</p>																

Kid's Beverages

Diet Pepsi Serving Size: 10 oz no ice	n/a	0	0	0	0	0	0	0	0	0	45	2	0	0	0	0	0	0
Dr. Pepper Serving Size: 10 oz no ice	n/a	130	0	0	0	0	0	0	0	0	50	2	33	11	0	0	32	0
Iced Tea Serving Size: 10 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pepsi Serving Size: 10 oz no ice	n/a	120	0	0	0	0	0	0	0	0	25	1	32	11	0	0	32	0
Sierra Mist Serving Size: 10 oz no ice	n/a	130	0	0	0	0	0	0	0	0	30	1	33	11	0	0	33	0
Wild Cherry Serving Size: 10 oz no ice	n/a	130	0	0	0	0	0	0	0	0	25	1	33	11	0	0	33	0

Small Beverages

Diet Pepsi Serving Size: 16 oz no ice	n/a	0	0	0	0	0	0	0	0	0	75	3	0	0	0	0	0	0
Dr. Pepper Serving Size: 16 oz no ice	n/a	200	0	0	0	0	0	0	0	0	80	3	53	18	0	0	51	0
Iced Tea Serving Size: 16 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pepsi Serving Size: 16 oz no ice	n/a	190	0	0	0	0	0	0	0	0	40	2	51	17	0	0	51	0
Sierra Mist Serving Size: 16 oz no ice	n/a	200	0	0	0	0	0	0	0	0	45	2	52	17	0	0	52	0
Wild Cherry Serving Size: 16 oz no ice	n/a	210	0	0	0	0	0	0	0	0	40	2	53	18	0	0	53	0

Medium Beverages

Diet Pepsi Serving Size: 24 oz no ice	n/a	0	0	0	0	0	0	0	0	0	110	5	0	0	0	0	0	0
Dr. Pepper Serving Size: 24 oz no ice	n/a	300	0	0	0	0	0	0	0	0	120	5	79	26	0	0	77	0
Iced Tea Serving Size: 24 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pepsi Serving Size: 24 oz no ice	n/a	290	0	0	0	0	0	0	0	0	55	2	77	26	0	0	77	0
Sierra Mist Serving Size: 24 oz no ice	n/a	300	0	0	0	0	0	0	0	0	70	3	78	26	0	0	78	0
Wild Cherry Serving Size: 24 oz no ice	n/a	320	0	0	0	0	0	0	0	0	60	2	80	27	0	0	80	0

Large Beverages

Diet Pepsi Serving Size: 32 oz no ice	n/a	0	0	0	0	0	0	0	0	0	150	6	0	0	0	0	0	0
Dr. Pepper Serving Size: 32 oz no ice	n/a	400	0	0	0	0	0	0	0	0	160	7	106	35	0	0	102	0
Iced Tea Serving Size: 32 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pepsi Serving Size: 32 oz no ice	n/a	380	0	0	0	0	0	0	0	0	75	3	102	34	0	0	102	0
Sierra Mist Serving Size: 32 oz no ice	n/a	400	0	0	0	0	0	0	0	0	95	4	104	35	0	0	104	0
Wild Cherry Serving Size: 32 oz no ice	n/a	430	0	0	0	0	0	0	0	0	80	3	107	36	0	0	107	0

Bigge Beverages

Diet Pepsi Serving Size: 44 oz no ice	n/a	0	0	0	0	0	0	0	0	0	200	8	0	0	0	0	0	0
Dr. Pepper Serving Size: 44 oz no ice	n/a	550	0	0	0	0	0	0	0	0	220	9	145	48	0	0	141	0
Iced Tea Serving Size: 44 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pepsi Serving Size: 44 oz no ice	n/a	530	0	0	0	0	0	0	0	0	105	4	141	47	0	0	141	0
Sierra Mist Serving Size: 44 oz no ice	n/a	550	0	0	0	0	0	0	0	0	130	5	143	48	0	0	143	0
Wild Cherry Serving Size: 44 oz no ice	n/a	590	0	0	0	0	0	0	0	0	110	5	147	49	0	0	147	0

Kid's eegee's

Lemon Serving Size: 10 oz	n/a	110	0	0	0	0	0	0	0	0	35	1	29	10	0	0	29	0
Pina Colada Serving Size: 10 oz	tree nut	110	0	0	0	0	0	0	0	0	35	1	29	10	0	0	29	0
Skinny Berry Serving Size: 10 oz	n/a	10	0	0	0	0	0	0	0	0	10	0	12	4	8	32	0	0
Strawberry Serving Size: 10 oz	n/a	110	0	0	0	0	0	0	0	0	35	1	29	10	0	0	29	0

Small eegee's

Lemon Serving Size: 16 oz	n/a	170	0	0	0	0	0	0	0	0	55	2	47	16	0	0	47	0
Pina Colada Serving Size: 16 oz	tree nut	170	0	0	0	0	0	0	0	0	55	2	47	16	0	0	47	0
Skinny Berry Serving Size: 16 oz	n/a	15	0	0	0	0	0	0	0	0	20	1	19	6	13	52	0	0
Strawberry Serving Size: 16 oz	n/a	170	0	0	0	0	0	0	0	0	55	2	47	16	0	0	47	0

Medium eegee's

Lemon Serving Size: 24 oz	n/a	260	0	0	0	0	0	0	0	0	80	3	70	23	0	0	70	0
Pina Colada Serving Size: 24 oz	tree nut	260	0	0	0	0	0	0	0	0	80	3	70	23	0	0	70	0
Skinny Berry Serving Size: 24 oz	n/a	20	0	0	0	0	0	0	0	0	30	1	28	9	20	80	0	0
Strawberry Serving Size: 24 oz	n/a	260	0	0	0	0	0	0	0	0	80	3	70	23	0	0	70	0

Large eegee's

Lemon Serving Size: 32 oz	n/a	350	0	0	0	0	0	0	0	0	105	4	93	31	0	0	93	0
Pina Colada Serving Size: 32 oz	tree nut	350	0	0	0	0	0	0	0	0	105	4	93	31	0	0	93	0
Skinny Berry Serving Size: 32 oz	n/a	25	0	0	0	0	0	0	0	0	40	2	37	12	27	108	0	0
Strawberry Serving Size: 32 oz	n/a	350	0	0	0	0	0	0	0	0	105	4	93	31	0	0	93	0

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Bigee eegee's

Lemon Serving Size: 44 oz	n/a	480	0	0	0	0	0	0	0	0	150	6	128	43	0	0	128	0
Pina Colada Serving Size: 44 oz	tree nut	480	0	0	0	0	0	0	0	0	150	6	128	43	0	0	128	0
Skinny Berry Serving Size: 44 oz	n/a	35	0	0	0	0	0	0	0	0	55	2	51	17	37	148	0	0
Strawberry Serving Size: 44 oz	n/a	480	0	0	0	0	0	0	0	0	150	6	128	43	0	0	128	0

Kid's eegee's Fizz

Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	50	0	0	0	0	0	0	0	0	40	2	15	5	0	0	15	0
Diet Pepsi with Skinny Berry Serving Size: 10 oz	n/a	0	0	0	0	0	0	0	0	0	30	1	6	2	4	16	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	120	0	0	0	0	0	0	0	0	40	2	31	10	0	0	31	0
Dr. Pepper with Skinny Berry Serving Size: 10 oz	n/a	70	0	0	0	0	0	0	0	0	30	1	22	7	4	16	16	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	110	0	0	0	0	0	0	0	0	30	1	31	10	0	0	31	0
Pepsi Fizz with Skinny Berry Serving Size: 10 oz	n/a	60	0	0	0	0	0	0	0	0	20	1	22	7	4	16	16	0
Sierra Mist w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	120	0	0	0	0	0	0	0	0	30	1	31	10	0	0	31	0
Sierra Mist with Skinny Berry Serving Size: 10 oz	n/a	70	0	0	0	0	0	0	0	0	20	1	22	7	4	16	16	0
Wild Cherry w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	120	0	0	0	0	0	0	0	0	30	1	31	10	0	0	31	0
Wild Cherry with Skinny Berry Serving Size: 10 oz	n/a	70	0	0	0	0	0	0	0	0	20	1	23	8	4	16	17	0

Small eegee's Fizz

Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	90	0	0	0	0	0	0	0	0	65	3	23	8	0	0	23	0
Diet Pepsi with Skinny Berry Serving Size: 16 oz	n/a	5	0	0	0	0	0	0	0	0	45	2	9	3	7	28	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	190	0	0	0	0	0	0	0	0	65	3	50	17	0	0	49	0
Dr. Pepper with Skinny Berry Serving Size: 16 oz	n/a	110	0	0	0	0	0	0	0	0	50	2	36	12	7	28	26	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	180	0	0	0	0	0	0	0	0	45	2	49	16	0	0	49	0
Pepsi Fizz with Skinny Berry Serving Size: 16 oz	n/a	100	0	0	0	0	0	0	0	0	30	1	35	12	7	28	26	0
Sierra Mist w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	190	0	0	0	0	0	0	0	0	50	2	49	16	0	0	49	0
Sierra Mist with Skinny Berry Serving Size: 16 oz	n/a	110	0	0	0	0	0	0	0	0	35	1	35	12	7	28	26	0
Wild Cherry w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	190	0	0	0	0	0	0	0	0	45	2	50	17	0	0	50	0
Wild Cherry with Skinny Berry Serving Size: 16 oz	n/a	110	0	0	0	0	0	0	0	0	30	1	36	12	7	28	27	0

Medium eegee's Fizz

Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	130	0	0	0	0	0	0	0	0	95	4	35	12	0	0	35	0
Diet Pepsi with Skinny Berry Serving Size: 24 oz	n/a	10	0	0	0	0	0	0	0	0	70	3	14	5	10	40	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	280	0	0	0	0	0	0	0	0	100	4	75	25	0	0	73	0
Dr. Pepper with Skinny Berry Serving Size: 24 oz	n/a	160	0	0	0	0	0	0	0	0	75	3	54	18	10	40	38	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	270	0	0	0	0	0	0	0	0	70	3	73	24	0	0	73	0
Pepsi Fizz with Skinny Berry Serving Size: 24 oz	n/a	150	0	0	0	0	0	0	0	0	45	2	52	17	10	40	38	0
Sierra Mist w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	280	0	0	0	0	0	0	0	0	75	3	74	25	0	0	74	0
Sierra Mist with Skinny Berry Serving Size: 24 oz	n/a	160	0	0	0	0	0	0	0	0	50	2	53	18	10	40	39	0
Wild Cherry w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	290	0	0	0	0	0	0	0	0	70	3	75	25	0	0	75	0
Wild Cherry with Skinny Berry Serving Size: 24 oz	n/a	170	0	0	0	0	0	0	0	0	45	2	54	18	10	40	40	0


Large eegee's Fizz

Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	170	0	0	0	0	0	0	0	0	125	5	47	16	0	0	47	0
Diet Pepsi with Skinny Berry Serving Size: 32 oz	n/a	15	0	0	0	0	0	0	0	0	15	4	19	6	13	52	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	370	0	0	0	0	0	0	0	0	135	6	99	33	0	0	98	0
Dr. Pepper with Skinny Berry Serving Size: 32 oz	n/a	210	0	0	0	0	0	0	0	0	100	4	71	24	13	52	51	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	360	0	0	0	0	0	0	0	0	90	4	98	33	0	0	98	0
Pepsi Fizz with Skinny Berry Serving Size: 32 oz	n/a	200	0	0	0	0	0	0	0	0	60	2	70	23	13	52	51	0
Sierra Mist w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	370	0	0	0	0	0	0	0	0	100	4	99	33	0	0	99	0
Sierra Mist with Skinny Berry Serving Size: 32 oz	n/a	210	0	0	0	0	0	0	0	0	65	3	71	24	13	52	52	0
Wild Cherry w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	390	0	0	0	0	0	0	0	0	95	4	100	33	0	0	100	0
Wild Cherry with Skinny Berry Serving Size: 32 oz	n/a	230	0	0	0	0	0	0	0	0	60	2	72	24	13	52	53	0

Bigee eegee's Fizz

Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	240	0	0	0	0	0	0	0	0	170	7	64	21	0	0	64	0
Diet Pepsi with Skinny Berry Serving Size: 44 oz	n/a	20	0	0	0	0	0	0	0	0	130	5	26	9	18	72	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	510	0	0	0	0	0	0	0	0	180	8	137	46	0	0	135	0
Dr. Pepper with Skinny Berry Serving Size: 44 oz	n/a	290	0	0	0	0	0	0	0	0	135	6	98	33	18	72	70	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	500	0	0	0	0	0	0	0	0	125	5	134	45	0	0	134	0
Pepsi Fizz with Skinny Berry	n/a	280	0	0	0	0	0	0	0	0	80	3	96	32	18	72	70	0

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Nutrition Information																		
Serving Size: 44 oz		290	0	0	0	0	0	0	0	0	140	6	136	45	0	0	136	0
Sierra Mist w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	510	0	0	0	0	0	0	0	0	140	6	136	45	0	0	136	0
Sierra Mist with Skinny Berry Serving Size: 44 oz	n/a	290	0	0	0	0	0	0	0	0	90	4	97	32	18	72	72	0
Wild Cherry w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	530	0	0	0	0	0	0	0	0	130	5	138	46	0	0	138	0
Wild Cherry with Skinny Berry Serving Size: 44 oz	n/a	310	0	0	0	0	0	0	0	0	85	4	99	33	18	72	73	0

Kid's Teagee's

Tea w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	50	0	0	0	0	0	0	0	0	15	1	15	5	0	0	15	0
Tea with Skinny Berry Serving Size: 10 oz	n/a	0	0	0	0	0	0	0	0	0	5	0	6	2	4	0	0	0

Small Teagee's

Tea w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	90	0	0	0	0	0	0	0	0	25	1	23	8	0	0	23	0
Tea with Skinny Berry Serving Size: 16 oz	n/a	5	0	0	0	0	0	0	0	0	10	0	9	3	7	28	0	0

Medium Teagee's

Tea w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	130	0	0	0	0	0	0	0	0	40	2	35	12	0	0	35	0
Tea with Skinny Berry Serving Size: 24 oz	n/a	10	0	0	0	0	0	0	0	0	15	1	14	5	10	40	0	0

Large Teagee's

Tea w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	170	0	0	0	0	0	0	0	0	55	2	47	16	0	0	47	0
Tea with Skinny Berry Serving Size: 32 oz	n/a	15	0	0	0	0	0	0	0	0	20	1	19	6	13	52	0	0

Bigee Teagee's

Tea w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	240	0	0	0	0	0	0	0	0	75	3	64	21	0	0	64	0
Tea with Skinny Berry Serving Size: 44 oz	n/a	20	0	0	0	0	0	0	0	0	25	1	26	9	18	72	0	0

FOOD

Cookies

Chocolate Chip Cookie Serving Size: 1 large cookie	egg, milk, wheat	520	220	25	38	13	65	2	45	15	520	22	60	20	3	12	45	5
Sugar Cookies Serving Size: 2 small cookies	egg, milk, wheat	490	190	21	32	10	50	2.5	60	20	610	25	54	18	1	4	37	5

Fries

Small Fries Serving Size: 1 small fry	n/a	270	80	9	14	1	5	0	0	0	50	2	42	14	4	16	0	4
Large Fries Serving Size: 1 large fry	n/a	320	100	11	17	1	5	0	0	0	60	2	49	16	5	20	0	5
Buffalo Ranch Fries Serving Size: 1 buffalo ranch fries	egg, milk	950	660	78	120	20	100	0	65	22	1350	56	47	16	5	20	0	5
Cheesy Bacon Fries Serving Size: 1 cheesy bacon fries	milk	490	220	24	37	6	30	0	25	8	950	40	49	16	5	20	0	13
Chili Cheese Fries Serving Size: 1 chili cheese fries	milk, wheat	570	260	29	45	10	50	0	50	17	910	38	55	18	6	24	3	21
Pizza Fries Serving Size: 1 pizza fries	milk, soy, wheat	450	150	16	25	4.5	22	0	15	5	750	31	59	20	5	20	12	14
Ranch Fries Serving Size: 1 ranch fries	egg, milk	830	580	68	105	10	50	0	55	18	880	37	52	17	5	20	0	8

Hot Dogs

Hot Dog Serving Size: 1 hot dog	milk, wheat	520	220	25	38	10	50	2	40	13	570	24	11	4	2	8	0	62
Chili Dog Serving Size: 1 chili dog	milk, wheat	730	360	40	62	18	90	2	90	30	1060	44	15	5	3	12	2	74

Kids Meals

Hot Dog Serving Size: 1 kid's hot dog	milk, wheat	330	210	23	35	9	45	1.5	40	13	400	17	20	7	<1	3	1	13
Kid's Ham Sub Serving Size: 1 kid's ham sub	egg, milk, wheat	270	160	19	29	3.5	18	0.5	25	8	730	30	20	7	<1	3	1	8
Kid's Turkey Sub Serving Size: 1 kid's turkey sub	egg, milk, wheat	290	150	18	28	3.5	18	0.5	35	12	910	38	22	7	1	4	1	13
Mac & Cheese Serving Size: 1 kid's mac & cheese	milk, wheat	300	80	9	14	2.5	12	0	15	5	550	23	45	15	2	8	8	10
Kids Fries Serving Size: 1 kid's fries	n/a	120	40	4.5	7	0	0	0	0	0	25	1	19	6	2	8	0	2
Sugar Cookie Serving Size: 1 cookie	egg, milk, wheat	250	100	11	17	5	25	1.5	30	10	300	12	27	9	<1	2	19	3

Pretzels

Plain Pretzel Serving Size: 1 pretzel	wheat	180	10	1	2	0	0	0	0	0	150	6	38	13	1	4	1	6
Salted Pretzel Serving Size: 1 pretzel	wheat	180	10	1	2	0	0	0	0	0	940	39	38	13	1	4	1	6
Cheese Pretzel Serving Size: 1 pretzel	milk, wheat	260	60	7	11	4	20	0	15	5	340	14	38	13	1	4	1	12
Chili Cheese Pretzel Serving Size: 1 pretzel	milk, wheat	460	180	21	32	9	45	0	50	17	990	41	46	15	3	12	4	23
Pizza Pretzel Serving Size: 1 pretzel	milk, soy, wheat	330	70	8	12	4	20	0	15	5	830	35	50	17	1	4	13	16

Salad Dressings


Buffalo Ranch Serving Size: 1.5 oz PC Cup	egg, milk	230	230	28	43	4.5	22	0	25	8	560	23	<1	0	0	0	0	0
Fat Free Italian Serving Size: 1.5 oz PC Cup	n/a	15	0	0	0	0	0	0	0	0	670	28	3	1	0	0	1	0
House Serving Size: 1.5 oz PC Cup	n/a	110	110	13	20	2	10	0	0	0	240	10	<1	0	0	0	0	0
Ranch Serving Size: 1.5 oz PC Cup	egg, milk	230	230	27	42	4	20	0	25	8	330	14	2	1	0	0	0	0

Salads

Nutrition data does not include salad dressing

Antipasto Salad, No Dressing Serving Size: 1 salad	milk	320	200	21	32	9	45	0	50	17	1480	62	13	4	5	20	5	19
Chef Salad, No Dressing Serving Size: 1 salad	egg, milk	350	170	19	29	7	35	0	240	80	1720	72	15	5	5	20	5	30
Cobb Salad, No Dressing Serving Size: 1 salad	egg, milk, wheat	530	290	32	49	12	60	0	255	85	1880	78	23	8	5	20	3	35
Garden Salad, No Dressing	milk	200	120	12	20	6	30	0	20	7	820	34	12	4	5	20	5	10

+ Items may contain or come in contact with the following known allergies: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy.
 ++ 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

		Allergens	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	% Daily Value ++	Saturated Fat (g)	% Daily Value ++	Trans Fat (g)	Cholesterol (mg)	% Daily Value ++	Sodium (mg)	% Daily Value ++	Carbohydrates (g)	% Daily Value ++	Dietary Fiber (g)	% Daily Value ++	Sugars (g)	Protein (g)
Nutrition Information																			
Serving Size: 1 salad			200	120	15	28	6	12	0	0	0	210	9	5	2	1	4	2	10
Side Salad, No Dressing Serving Size: 1 salad		milk	60	40	4	6	1	5	0	0	0	210	9	5	2	1	4	2	<1
Tuna Salad, No Dressing Serving Size: 1 salad		egg, fish, milk	440	290	33	51	9	50	0	55	17	1080	45	15	5	5	20	18	10

Sandwiches - 5" on White

BLT Serving Size: 1 sub	egg, milk, wheat	440	290	33	51	9	45	0.5	45	15	990	41	24	8	1	4	2	13
Club Serving Size: 1 sub	egg, milk, wheat	480	270	31	48	10	50	0.5	70	23	1700	71	26	9	2	8	2	28
Deluxe Grinder Serving Size: 1 sub	milk, wheat	400	220	24	37	9	45	0.5	50	17	1570	65	27	9	1	4	2	20
Ham and Cheese Serving Size: 1 sub	egg, milk, wheat	390	220	26	40	8	40	0.5	45	15	1130	47	24	8	1	4	2	17
Meatball Serving Size: 1 sub	egg, milk, soy, wheat	320	120	13	20	5	25	0.5	25	8	1200	50	33	11	6	24	6	24
Original Grinder Serving Size: 1 sub	milk, wheat	350	170	19	29	8	40	0.5	45	15	1340	56	26	9	1	4	2	18
Pastrami on Rye Serving Size: 1 sub	milk, wheat	190	35	3.5	5	1.5	8	0	25	8	950	40	24	8	1	4	<1	16
Roast Beef Serving Size: 1 sub	egg, milk, wheat	370	180	21	32	4	20	0.5	60	20	1110	46	26	9	1	4	2	21
Roast Beef and Turkey Serving Size: 1 sub	egg, milk, wheat	380	170	21	32	4	20	0.5	65	22	1400	58	27	9	2	8	2	25
Salami and Cheese Serving Size: 1 sub	egg, milk, wheat	460	290	34	52	11	55	0.5	60	20	1110	46	25	8	1	4	2	16
Tuna Serving Size: 1 sub	egg, fish, milk, wheat	360	190	23	35	4	20	0.5	30	10	640	27	26	9	1	4	14	4
Turkey Serving Size: 1 sub	egg, milk, wheat	340	160	19	29	3.5	18	0.5	45	15	1200	50	28	9	2	8	2	19
Turkey, Ham and Cheese Serving Size: 1 sub	egg, milk, wheat	420	220	26	40	8	40	0.5	60	20	1470	61	26	9	2	8	2	25
Veggie Grinder Serving Size: 1 sub	milk, wheat	430	230	26	40	13	65	0.5	50	17	1070	45	27	9	1	4	2	23

Sandwiches - 8" on White

BLT Serving Size: 1 sub	egg, milk, wheat	830	560	65	100	18	90	1	85	28	1880	78	37	12	2	8	3	25
Club Serving Size: 1 sub	egg, milk, wheat	910	520	61	94	19	95	1	140	47	3230	135	42	14	3	12	3	53
Deluxe Grinder Serving Size: 1 sub	milk, wheat	750	430	47	72	18	90	1	100	33	2970	124	44	15	2	8	4	38
Ham and Cheese Serving Size: 1 sub	egg, milk, wheat	720	440	51	78	15	75	1	95	32	2160	90	38	13	2	8	3	32
Meatball Serving Size: 1 sub	egg, milk, soy, wheat	540	190	21	32	9	45	1	45	15	2050	85	55	18	10	40	12	41
Original Grinder Serving Size: 1 sub	milk, wheat	640	330	37	57	15	75	1	85	28	2510	105	42	14	2	8	3	34
Pastrami on Rye Serving Size: 1 sub	milk, wheat	330	60	7	11	2.5	12	0	50	17	1750	73	39	13	2	8	<1	30
Roast Beef Serving Size: 1 sub	egg, milk, wheat	680	350	41	63	7	35	1	115	38	2050	85	41	14	2	8	3	40
Roast Beef and Turkey Serving Size: 1 sub	egg, milk, wheat	710	340	40	62	8	40	1	125	42	2620	109	44	15	3	12	3	49
Salami and Cheese Serving Size: 1 sub	egg, milk, wheat	870	580	67	103	22	110	1	115	38	2040	85	40	13	2	8	3	31
Tuna Serving Size: 1 sub	egg, fish, milk, wheat	670	370	45	69	8	40	1	55	18	1110	46	42	14	2	8	28	7
Turkey Serving Size: 1 sub	egg, milk, wheat	620	310	37	57	7	35	1	85	28	2230	93	45	15	3	12	3	36
Turkey, Ham and Cheese Serving Size: 1 sub	egg, milk, wheat	790	430	51	78	15	75	1	120	40	2770	115	42	14	3	12	3	47
Veggie Grinder Serving Size: 1 sub	milk, wheat	810	460	51	78	26	130	1	100	33	1970	82	43	14	3	12	4	43

Sandwiches - 12" on White

BLT Serving Size: 1 sub	egg, milk, wheat	1230	840	97	149	27	135	1.5	130	43	2790	116	53	18	3	12	4	37
Club Serving Size: 1 sub	egg, milk, wheat	1350	780	91	140	29	145	1.5	210	70	4840	202	60	20	4	16	4	79
Deluxe Grinder Serving Size: 1 sub	milk, wheat	1110	640	71	109	28	140	1.5	155	52	4450	185	62	21	3	12	6	57
Ham and Cheese Serving Size: 1 sub	egg, milk, wheat	1060	650	76	117	23	115	1.5	140	47	3210	134	54	18	3	12	4	48
Meatball Serving Size: 1 sub	egg, milk, soy, wheat	810	300	33	51	14	70	1.5	70	23	3160	132	80	27	15	60	18	63
Original Grinder Serving Size: 1 sub	milk, wheat	930	490	55	85	22	110	1.5	120	40	3600	150	60	20	3	12	5	49
Pastrami on Rye Serving Size: 1 sub	milk, wheat	480	90	10	15	3.5	18	0.5	75	25	2630	110	55	18	3	12	1	45
Roast Beef Serving Size: 1 sub	egg, milk, wheat	1000	520	61	94	11	55	1.5	175	58	3080	128	58	19	3	12	4	60
Roast Beef and Turkey Serving Size: 1 sub	egg, milk, wheat	1050	510	60	92	11	55	1.5	190	63	3930	164	64	21	4	16	4	72
Salami and Cheese Serving Size: 1 sub	egg, milk, wheat	1290	870	100	154	33	165	1.5	175	58	3060	128	57	19	3	12	4	46
Tuna Serving Size: 1 sub	egg, fish, milk, wheat	990	560	67	103	11	55	1.5	85	28	1660	69	59	20	3	12	42	10
Turkey Serving Size: 1 sub	egg, milk, wheat	910	460	55	85	10	50	1.5	130	43	3350	140	64	21	5	20	4	53
Turkey, Ham and Cheese Serving Size: 1 sub	egg, milk, wheat	1170	650	76	117	23	115	1.5	180	60	4150	173	60	20	4	16	4	70
Veggie Grinder Serving Size: 1 sub	milk, wheat	1210	680	76	117	40	200	1.5	150	50	2970	124	63	21	4	16	6	65

Sides

Chili Serving Size: 1 bowl chili	wheat	350	210	24	37	9	45	0	65	22	1140	48	15	5	3	12	6	19
Mac & Cheese Serving Size: 1 mac & cheese	milk, wheat	300	80	9	14	2.5	12	0	15	5	550	23	45	15	2	8	8	10
Potato Chips Serving Size: 1 bag	n/a	240	130	15	23	2	10	0	0	0	250	10	23	8	2	8	1	3
Side Salad, No Dressing Serving Size: 1 salad	milk	60	40	4	6	1	5	0	0	0	210	9	5	2	1	4	2	<1