

 <b>Name</b>	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes	Possible Allergens	Gluten Free? Yes*/No
	<b>Fan Favorite Sandwiches (Includes Lettuce, Tomato, and Onion Only - Provolone Cheese is Used Unless Otherwise Stated)</b>													
SUB STATION II - Tuna Salad & Cheese, Regular	500	210	23	4.5	0	50	1110	48	3	7	27		W,M,S,F,E	No <sup>+</sup>
SUB STATION II - Tuna Salad & Cheese, Large	1010	420	47	9	0	105	2230	97	7	14	54		W,M,S,F,E	No <sup>+</sup>
SUB STATION II - The Italian - Ham, Salami, Pepperoni & Cheese, Regular	400	140	15	6	0	55	1390	43	3	3	24		W,M,S	No <sup>+</sup>
SUB STATION II - The Italian - Ham, Salami, Pepperoni & Cheese, Large	770	250	28	10	0	100	2550	88	6	7	44		W,M,S	No <sup>+</sup>
SUB STATION II - The Super Special #19 - Ham, Turkey, Salami, Pepperoni, Capicola, Bologna & Cheese, Regular	480	190	21	7	0	75	1760	46	3	6	27		W,M,S	
SUB STATION II - The Super Special #19 - Ham, Turkey, Salami, Pepperoni, Capicola, Bologna & Cheese, Large	880	320	36	12	0	125	3130	92	7	10	50		W,M,S	
SUB STATION II - The Ultimate - Ham, Turkey, Roast Beef & Swiss Cheese, Regular	380	90	10	4	0	65	1320	47	3	3	29		W,M,S	No <sup>+</sup>
SUB STATION II - The Ultimate - Ham, Turkey, Roast Beef & Swiss Cheese, Large	780	170	19	8	0	130	2690	96	7	6	59		W,M,S	No <sup>+</sup>
SUB STATION II - Chicken Salad & Cheese, Regular	530	220	24	5	0	65	930	48	4	7	32		W,M,S,E	
SUB STATION II - Chicken Salad & Cheese, Large	1070	430	48	10	0	125	1880	98	7	15	64		W,M,S,E	
<b>Classic Sandwiches (Includes Lettuce, Tomato, and Onion Only - Provolone Cheese is Used Unless Otherwise Stated)</b>														
SUB STATION II - Ham & Cheese, Regular	340	80	8	3.5	0	55	1240	43	3	3	25		W,M,S	No <sup>+</sup>
SUB STATION II - Ham & Cheese, Large	680	150	17	7	0	110	2490	87	6	6	50		W,M,S	No <sup>+</sup>
SUB STATION II - Bologna & Cheese, Regular	490	220	24	8	0	60	1340	50	3	8	18		W,M,S	
SUB STATION II - Bologna & Cheese, Large	980	440	49	16	0	120	2700	101	7	16	37		W,M,S	
SUB STATION II - Ham, Salami & Cheese, Regular	350	100	11	4	0	45	1170	43	3	3	22		W,M,S	No <sup>+</sup>
SUB STATION II - Ham, Salami & Cheese, Large	690	190	21	8	0	85	2310	87	6	6	43		W,M,S	No <sup>+</sup>
SUB STATION II - Ham, Turkey & Cheese, Regular	340	70	8	2.5	0	50	1280	43	3	3	25		W,M,S	No <sup>+</sup>
SUB STATION II - Ham, Turkey & Cheese, Large	660	140	16	5	0	90	2430	87	6	6	47		W,M,S	No <sup>+</sup>
SUB STATION II - Roast Beef & Cheese, Regular	350	80	8	2.5	0	50	1220	44	3	3	26		W,M,S	No <sup>+</sup>
SUB STATION II - Roast Beef & Cheese, Large	700	150	17	5	0	95	2450	90	6	6	52		W,M,S	No <sup>+</sup>
SUB STATION II - Ham, Pepperoni & Cheese, Regular	360	110	12	4.5	0	50	1180	43	3	3	22		W,M,S	No <sup>+</sup>
SUB STATION II - Ham, Pepperoni & Cheese, Large	710	200	23	8	0	95	2320	88	6	7	43		W,M,S	No <sup>+</sup>
SUB STATION II - Salami, Pepperoni & Cheese, Regular	350	120	14	5	0	30	980	43	3	3	16		W,M,S	No <sup>+</sup>
SUB STATION II - Salami, Pepperoni & Cheese, Large	690	230	26	9	0	55	1880	88	6	7	31		W,M,S	No <sup>+</sup>
SUB STATION II - Capicola, Salami & Cheese, Regular	330	90	10	3.5	0	30	1080	43	3	3	17		W,M,S	No <sup>+</sup>
SUB STATION II - Capicola, Salami & Cheese, Large	640	170	19	6	0	60	2040	88	6	7	33		W,M,S	No <sup>+</sup>
SUB STATION II - Ham, Capicola & Cheese, Regular	330	70	8	3	0	50	1270	43	3	3	23		W,M,S	No <sup>+</sup>
SUB STATION II - Ham, Capicola & Cheese, Large	660	140	16	6	0	100	2480	88	6	7	46		W,M,S	No <sup>+</sup>
SUB STATION II - Turkey & Cheese, Regular	320	60	7	2	0	35	1170	43	3	3	21		W,M,S	No <sup>+</sup>
SUB STATION II - Turkey & Cheese, Large	640	130	14	4	0	70	2360	87	6	6	43		W,M,S	No <sup>+</sup>
SUB STATION II - Three Cheese - Provolone, American & Swiss Cheese, Regular	440	190	21	11	0	60	920	45	3	4	22		W,M,S	No <sup>+</sup>
SUB STATION II - Three Cheese - Provolone, American & Swiss Cheese, Large	820	320	35	18	0	95	1700	91	6	7	40		W,M,S	No <sup>+</sup>
SUB STATION II - Ham, Bologna & Cheese, Regular	440	170	19	7	0	65	1430	47	3	6	24		W,M,S	
SUB STATION II - Ham, Bologna & Cheese, Large	840	300	33	12	0	125	2730	94	7	11	46		W,M,S	



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SUB STATION II - Turkey, Roast Beef & Cheese, Regular	340	70	8	2.5	0	45	1270	44	3	3	25		W,M,S	No <sup>+</sup>
SUB STATION II - Turkey, Roast Beef & Cheese, Large	670	140	16	4.5	0	85	2400	88	6	6	48		W,M,S	No <sup>+</sup>
SUB STATION II - Corned Beef & Cheese, Regular	350	80	9	3.5	0	50	1500	45	3	3	24		W,M,S	No <sup>+</sup>
SUB STATION II - Corned Beef & Cheese, Large	700	160	18	7	0	95	3020	92	6	6	47		W,M,S	No <sup>+</sup>
SUB STATION II - Ham, Roast Beef & Cheese, Regular	350	80	9	3	0	55	1310	44	3	3	27		W,M,S	No <sup>+</sup>
SUB STATION II - Ham, Roast Beef & Cheese, Large	690	150	17	6	0	100	2470	88	6	6	51		W,M,S	No <sup>+</sup>
SUB STATION II - Ham, Bologna, Capicola & Cheese, Regular	400	130	15	5	0	60	1370	46	3	5	23		W,M,S	No <sup>+</sup>
SUB STATION II - Ham, Bologna, Capicola & Cheese, Large	750	230	25	8	0	105	2560	93	7	11	41		W,M,S	No <sup>+</sup>
<b>Kid's Meal Sub (Includes Lettuce Tomato, and Onion Only - Provolone Cheese is Used Unless Otherwise Stated)</b>														
Kid's - SUB STATION II - Kid's Meal, Bologna	300	130	14	4.5	0	35	830	33	2	5	11		W,M,S	
Kid's - SUB STATION II - Kid's Meal, Ham	210	45	5	2	0	30	770	29	2	2	15		W,M,S	
Kid's - SUB STATION II - Kid's Meal, Turkey	200	35	4	1	0	20	730	29	2	2	13		W,M,S	
<b>Hot Sandwiches (Includes Lettuce, Tomato, and Onion Unless Otherwise Stated - Provolone Cheese is Used Unless Otherwise Stated)</b>														
SUB STATION II - Pastrami & Cheese, Regular	440	120	14	3.5	0	55	1940	53	5	4	29		W,M,S	No <sup>+</sup>
SUB STATION II - Pastrami & Cheese, Large	850	220	25	7	0	110	3870	106	10	8	58		W,M,S	No <sup>+</sup>
SUB STATION II - Reuben, Regular (Includes Sauerkraut & Spicy Mustard)	470	140	16	4.5	0	65	2520	55	7	3	31		W,M,S	No <sup>+</sup>
SUB STATION II - Meatball & Cheese, Regular (Includes Parmesan Cheese & Oregano)	600	260	29	11	1	65	1850	59	6	5	27		W,M,S	
SUB STATION II - Meatball & Cheese, Large (Includes Parmesan Cheese & Oregano)	1200	530	59	22	2.5	130	3710	120	13	10	53		W,M,S	
SUB STATION II - Greek Gyro, Regular (includes Onion, Tomato, & Tzatziki Sauce)	820	470	52	25	0	80	1640	59	4	8	29		W,M,S	
SUB STATION II - Steak & Cheese, Regular	400	100	11	4	0	55	1660	47	3	6	30		W,M,S	No
SUB STATION II - Steak & Cheese, Large	800	200	23	8	0	115	3330	95	6	11	60		W,M,S	No
SUB STATION II - Grilled Chicken & Cheese, Regular	420	100	11	3.5	0	85	1000	43	3	3	38		W,M,S	
SUB STATION II - Grilled Chicken & Cheese, Large	850	200	22	7	0	170	2010	87	6	6	76		W,M,S	
<b>Salads (Includes Lettuce, Onion and Tomato - Provolone Cheese is Used Unless Otherwise Stated)</b>														
SUB STATION II - Chef Salad - Ham, Turkey & Provolone Cheese	290	130	15	6	0	255	1280	9	2	5	33	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Grilled Chicken Salad	270	100	11	4.5	0	90	630	8	2	5	34	Analysis does not include guest's choice of dressing.	E,M	
Salad - SUB STATION II - Garden Salad with Cheese	110	60	6	3	0	15	480	9	3	5	7	Analysis does not include guest's choice of dressing.	M	Yes
SUB STATION II - Hard Boiled Egg	80	50	5	1.5	--	185	60	1	0	1	6		E,M	Yes
SUB STATION II - Pickle Spear	5	0	0	0	0	0	280	1	0	0	0			Yes
SUB STATION II - Side Salad	25	5	0	0	0	0	290	5	2	3	1	Analysis does not include guest's choice of dressing.	E,M	



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<b>Fan Favorite Salads (Includes Lettuce, Onion and Tomato - Provolone Cheese is Used Unless Otherwise Stated)</b>														
SUB STATION II - Tuna Salad & Cheese Salad	320	200	22	4.5	0	50	680	13	3	9	21	Analysis does not include guest's choice of dressing.	F,E,M	Yes
SUB STATION II - The Italian - Ham, Salami, Pepperoni & Cheese Salad	230	120	14	6	0	55	960	9	2	5	18	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - The Super Special #19 - Ham, Turkey, Salami, Pepperoni, Capicola, Bologna & Cheese Salad	300	170	19	7	0	75	1330	12	3	7	22	Analysis does not include guest's choice of dressing.	E,M	
SUB STATION II - The Ultimate - Ham, Turkey, Roast Beef & Swiss Cheese Salad	190	70	8	4	0	65	860	9	2	5	23	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Chicken Salad & Cheese Salad	360	200	23	5	0	65	500	14	3	9	26	Analysis does not include guest's choice of dressing.	E,M	
<b>Classic Salads (Includes Lettuce, Onion and Tomato - Provolone Cheese is Used Unless Otherwise Stated)</b>														
SUB STATION II - Ham, Bologna & Cheese Salad	270	150	17	7	0	65	1010	12	3	8	18	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Turkey, Roast Beef & Cheese Salad	170	60	6	2.5	0	45	840	9	2	5	19	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Corned Beef & Cheese Salad	170	70	7	3.5	0	50	1080	11	2	5	18	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Ham, Roast Beef & Cheese Salad	180	60	7	3	0	55	880	9	2	5	22	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Ham, Bologna, Capicola & Cheese Salad	220	120	13	5	0	60	940	11	3	7	17	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Three Cheese - Provolone, American & Swiss Cheese Salad	270	170	19	11	0	60	490	11	2	5	17	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Ham & Cheese Salad	160	60	7	3.5	0	55	810	8	2	5	19	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Bologna & Cheese Salad	310	210	23	8	0	60	910	15	3	10	13	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Ham, Salami & Cheese Salad	170	80	9	4	0	45	750	8	2	5	16	Analysis does not include guest's choice of dressing.	E,M	Yes

A 2000 calorie daily diet is used as the basis for general nutritional advice; however, individual calorie needs may vary.



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SUB STATION II - Salami, Pepperoni & Cheese Salad	180	110	12	5	0	30	560	9	2	5	10	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Roast Beef & Cheese Salad	170	60	7	2.5	0	50	790	9	2	5	20	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Ham, Pepperoni & Cheese Salad	180	90	10	4.5	0	50	750	9	2	5	16	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Capicola, Salami & Cheese Salad	150	80	9	3.5	0	30	650	9	2	5	12	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Ham, Capicola & Cheese Salad	160	60	6	3	0	50	840	9	2	5	18	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Turkey & Cheese Salad	140	50	6	2	0	35	750	8	2	5	16	Analysis does not include guest's choice of dressing.	E,M	Yes
SUB STATION II - Greek Gyro Salad	580	400	44	24	0	80	1290	25	4	10	24	Analysis does not include guests's choice of dressing.	E,M	
<b>Catering</b>														
Catering - SUB STATION II - 3 Foot Party Sub	490	150	17	5	0	55	1640	61	4	4	25	Yields 18 slices; analysis for 1 slice		
Catering - SUB STATION II - Meat Tray	190	100	11	6	0	70	1010	2	0	1	22			
SUB STATION II - Sweet Tea, 1 fl oz	10	0	0	0	0	0	0	2	0	2	0	Bulk recipe; yields 4 gallons; analysis for 1 fl oz.		
<b>Toppings</b>														
SUB STATION II - All the Way, Large (Salt, Pepper, Oregano, Oil & Vinegar)	180	150	17	2.5	0	0	220	8	5	0	1			
SUB STATION II - All the Way, Regular (Salt, Pepper, Oregano, Oil & Vinegar)	90	70	8	1.5	0	0	110	4	2	0	1			
Mayonnaise	100	100	11	1.5	0	10	75	1	0	0	0	1 tbsp serving size	E	
Mustard	5	0	0	0	0	0	60	0	0	0	0	1 tsp serving size		
Spicy Mustard	5	0	0	0	0	0	55	0	0	0	0	1 tsp serving size		
Honey Mustard	140	120	13	2	0	10	170	5	0	5	0	2 tbsp serving size	E	
Banana Peppers	5	0	0	0	0	0	575	0	0	0	0	2 tbsp serving size		
Olives	25	20	2	1.5	0	0	150	less than 1g	0	0	0	2 tbsp serving size		
Jalepeno Peppers	5	0	0	0	0	0	476	0	0	0	0	2 tbsp serving size		
Pepperonchini	15	10	0	0	0	0	550	less than 2g	0	0	0	3 peppers serving size		
Ranch	140	130	14	2	0	10	190	2	0	1	0	2 tbsp serving size	E,M,S	
1000 Dressing	100	80	8	1.5	0	10	250	5	0	4	0	2 tbsp serving size	E	
Spaghetti Sauce	70	15	1.5	0	0	0	620	12	2	3	2	1/2 cup serving size		
Spinach	5	0	0	0	0	0	12	1	less than 1g	0	Less than 1g	1/2 cup serving size		
Crushed Red Pepper	0	0	0	0	0	0	0	0	0	0	0	1/4 tsp serving size		



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<b>Fountain Beverages</b>														
PEPSICO - Pepsi 20oz.	250	0	0	0	0	0	50	70	0	70	0			
PEPSICO - Pepsi 32oz.	400	0	0	0	0	0	80	112	0	112	0			
PEPSICO - Diet Pepsi 20oz.	0	0	0	0	0	0	63	0	0	0	0			
PEPSICO - Diet Pepsi 32oz.	0	0	0	0	0	0	100	0	0	0	0			
PEPSICO - Mt. Dew 20oz.	270	0	0	0	0	0	88	73	0	73	0			
PEPSICO - Mt. Dew 32oz.	440	0	0	0	0	0	140	116	0	116	0			
PEPSICO - Diet Mt. Dew 20oz.	0	0	0	0	0	0	100	0	0	0	0			
PEPSICO - Diet Mt. Dew 32oz.	0	0	0	0	0	0	160	0	0	0	0			
PEPSICO - MUG Rootbeer 20oz.	250	0	0	0	0	0	38	65	0	65	0			
PEPSICO - MUG Rootbeer 32oz.	400	0	0	0	0	0	60	104	0	104	0			
PEPSICO - Tropicana Pink Lemonade 20oz.	250	0	0	0	0	0	263	68	0	68	0			
PEPSICO - Tropicana Pink Lemonade 32oz.	400	0	0	0	0	0	420	108	0	108	0			
PEPSICO - Tropicana Fruit Punch 20oz.	280	0	0	0	0	0	63	75	0	75	0			
PEPSICO - Tropicana Fruit Punch 32oz.	440	0	0	0	0	0	100	120	0	120	0			
PEPSICO - Wild Cherry Pepsi 20oz.	250	0	0	0	0	0	50	70	0	70	0			
PEPSICO - Wild Cherry Pepsi 32oz.	400	0	0	0	0	0	80	112	0	112	0			
PEPSICO - Sierra Mist 20oz.	250	0	0	0	0	0	50	68	0	68	0			
PEPSICO - Sierra Mist 32oz.	400	0	0	0	0	0	80	108	0	108	0			
PEPSICO - Sobe Lifewater Yumberry Pomegranate 20oz.	0	0	0	0	0	0	75	0	0	0	0			
PEPSICO - Sobe Lifewater Yumberry Pomegranate 32oz.	0	0	0	0	0	0	120	0	0	0	0			
DR PEPPER - Dr Pepper 20oz.	240	0	0	0	0	0	75	65	0	64	0			
DR PEPPER - Dr Pepper 32oz.	380	0	0	0	0	0	115	104	0	102	0			
DR PEPPER - Diet Dr Pepper 20oz.	0	0	0	0	0	0	120	0	0	0	0			
DR PEPPER - Diet Dr Pepper 32oz.	0	0	0	0	0	0	190	less than 1g	0	0	0			
SUB STATION II - Sweet Tea, 20oz.	200	0	0	0	0	0	0	40	0	40	0			
SUB STATION II - Sweet Tea, 32oz.	320	0	0	0	0	0	0	64	0	64	0			
<b>Cookie Flavors</b>														
SWEET DISCOVERY - Butter Sugar	160	60	7	3.5	0	15	140	22	0	12	2	-serving size : one cookie	W,E,M,S	No
SWEET DISCOVERY - Chocolate Chip	180	70	8	4	0	10	125	24	1	15	2	-serving size : one cookie	W,E,M,S	No
SWEET DISCOVERY - White Macadamia Nut	170	70	8	4	0	15	120	21	0	13	2	-serving size : one cookie	W,E,M,S	No
SWEET DISCOVERY - Strawberry Shortcake	160	60	7	4	0	10	130	24	0	16	1	-serving size : one cookie	W,E,M,S	No
SWEET DISCOVERY - Double Chocolate Chip	170	70	8	4	0	10	130	22	1	15	2	-serving size : one cookie	W,E,M,S	No
SWEET DISCOVERY - Oatmeal Raisin	160	60	7	4	0	10	135	23	1	12	2	-serving size : one cookie	W,E,M,S	No
SWEET DISCOVERY - Peanut Butter	170	80	9	0.5	0	10	160	19	1	11	3	-serving size : one cookie	W,E,M,S,P	No
SWEET DISCOVERY - Carnival	160	60	7	3	0	10	120	22	1	14	2	-serving size : one cookie	W,E,M,S	No
SWEET DISCOVERY - Chocolate Chunk	170	70	8	4	0	10	135	23	0	14	2	-serving size : one cookie	W,E,M,S	No

\*Item Ingredients are Gluten-Free and remain Gluten-Free if prepared on separate cooking surfaces using separate ingredients. However, we are unable to confirm if products were manufactured in a Gluten Free Facility.

TOP 8 ALLERGENS: Wheat (W), Eggs (E), Milk (M), Shellfish (SF), Peanuts (P), Tree Nuts (TN), Soy (S), Fish (F)

Values listed as "--" indicate that data is not available from suppliers, product labels or the USDA database for that nutrient.

HEALTHY DINING is not responsible for inaccurate nutrition labels. Nutrition analysis is conducted with a nutrient database Genesis R&D, 11.3.265 database structure version 11.3.0. February 2017. Laboratory analysis is conducted by Silliker, Inc. (Merieux NutriSciences) Illinois Laboratory, 3600 Eagle Nest Drive, North Building, Crete, IL, 60417.

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