

Nutritional Information - Sandwiches



Menu Item	Serving Size	Nutritional Information														Additional info									
		Calories	Cal from fat	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free		Egg	Dairy	Soy	Tree Nuts	Peanuts	Fish	Shellfish		
Breads																									
Ciabatta roll	1 roll	100	0	19	1	0	0	0	260	0	0	3	X	X											
Hoagie roll	1 roll	360	30	70	4	0	0	0	680	4	6	14	X	X											
Kaiser roll	1 roll	180	15	38	2	0	0	0	480	2	1	6	X												
Rye	2 slices	220	10	48	2	0	0	0	660	2	2	6	X	X											
South Philly Loaf	1 roll	240	25	45	2.5	0.5	0	0	460	0	2	8	X												
Tortilla	1 tortilla	150	40	26	4.5	2	0	0	300	1	2	4	X	X											
Wheat	2 slices	200	20	36	3	0	0	0	360	6	8	10	X	X											
Hoagies																									
Chicken Salad Hoagie	1 hoagie = 2 pcs	781	375	53	43	6	0	27	1064	4	11	45													
Grilled Portabella	1 hoagie = 2 pcs	422	148	67	17	2	0	5	558	7	9	15													
Grilled Vegetable	1 hoagie = 2 pcs	410	145	57	17	2	0	5	551	7	11	12	X											X2	
Ham and Cheese Hoagie	1 hoagie = 2 pcs	680	216	65	23	10	0	155	3612	4	22	54													
Italian	1 hoagie = 2 pcs	810	346	59	38	18	0	167	3523	3	15	60												X2	
Mixed Cheese	1 hoagie = 2 pcs	550	299	54	34	19	0	92	1298	3	8	38	X											X2	
Roast Beef	1 hoagie = 2 pcs	567	121	48	15	4	0	160	1813	3	6	66												X2	
Tuna	1 hoagie = 2 pcs	806	432	48	49	6	0	19	1471	3	5	42												X2; Contains: Tuna	
Turkey	1 hoagie = 2 pcs	488	41	57	5	0	0	120	2253	3	14	54												X2	
Sandwiches & Wraps																									
Buffalo Chicken (Tortilla) Shredded buffalo chicken, cucumber blue cheese, green leaf	1 wrap = 2 halves	458	121	31	14	4	0	156	916	2	6	49													X1
Californian (Tortilla) Avocado with bacon, lettuce, tomato	1 sandwich = 2 halves	409	210	39	23	7	0	6	751	8	8	15													
Cheese and Roasted Peppers (Ciabatta) Roasted pepper, cheddar, lettuce, tomato	1 sandwich = 2 halves	306	121	23	17	7	0	32	633	3	1	13	X												
Grilled Chicken Caesar (Tortilla)	1 wrap = 2 halves	498	176	27	20	6	0	153	746	2	2	51													Contains: Anchovies
Chicken Fajita (Tortilla) Grilled chicken, avocado, lettuce, cilantro	1 wrap = 2 halves	493	176	29	20	6	0	150	483	4	3	49													
Chicken Salad (Croissant)	1 sandwich = 2 halves	675	363	46	40	13	0	57	776	2	11	29													
Grilled Chicken with lettuce and tomato	1 sandwich = 2 halves	411	61	39	7	0	0	135	551	2	2	46													X1
Grilled Portabella (Ciabatta)	1 sandwich = 2 halves	278	127	38	15	2	0	5	367	4	5	8	X												
Grilled Veggie (Ciabatta)	1 sandwich = 2 halves	242	100	24	14	2	0	5	461	3	2	6	X												
Ham and Swiss Club Bacon, lettuce, tomato	1 sandwich = 2 halves	483	122	72	13	6	0	53	1073	4	5	22													
Ham and Swiss (Kaiser) with lettuce and tomato	1 sandwich = 2 halves	426	121	48	13	6	0	91	2119	2	9	34													X1
Insalada (Tortilla) Fresh mozzarella cheese, roasted peppers, grilled eggplant, basil pesto, romaine	1 wrap = 2 halves	605	352	35	42	20	0	63	541	4	6	27	X												
Mediterranean (Tortilla) Romaine, tomato, balsamic caramelized red onion, cucumber, feta cheese	1 wrap = 2 halves	475	257	33	30	18	0	100	1355	3	8	21	X												
Middle Eastern (Tortilla) Hummus, romaine, thinly sliced carrots and red peppers	1 wrap = 2 halves	242	95	33	11	3	0	0	361	4	5	6	X												
Muffelatta Ham, salami, olive tapenade, roasted peppers, provolone cheese	1 sandwich = 2 halves	513	221	47	24	8	0	93	2434	3	9	34													
Roast Beef with lettuce and tomato	1 sandwich = 2 halves	387	78	39	10	3	0	100	1332	2	2	41													X1
Roast Beef Deluxe Horseradish mayo, provolone cheese, roasted peppers	1 sandwich = 2 halves	538	210	40	24	6	0	115	1627	2	2	45													X1
Sicilian Asiago, broccoli, roasted peppers, pesto	1 sandwich = 2 halves	726	394	44	52	22	0	97	1849	4	7	37	X												X1
Southwest Chicken Marinated grilled chicken, cheddar cheese, chopped tomato, chipotle mayo	1 sandwich = 2 halves	567	200	39	23	5	0	155	733	2	2	50													X1
Tuna Salad	1 sandwich = 2 halves	536	273	39	31	4	0	12	1119	3	2	26													X1; Contains: Tuna
Turkey with lettuce and tomato	1 sandwich = 2 halves	337	28	44	3	0	0	75	1607	3	7	34													X1
Turkey Club Bacon, lettuce, tomato	1 sandwich = 2 halves	326	63	25	7	2	0	80	1678	0	6	36													
Turkey Deluxe Romaine lettuce, cranberry relish, green apple slices, dijon mayo	1 sandwich = 2 halves	441	127	45	14	2	0	80	1701	3	8	34													X1
Veggie Muffelatta Olive tapenade, roasted peppers, fresh mozzarella cheese, romaine	1 sandwich = 2 halves	447	229	25	28	17	0	60	553	1	2	24	X												X1
X1	Nutrition facts of these items are calculated using a standard Kaiser roll. Actual roll may vary; please see bread selections above for nutrition facts of other breads.																								
X2	Nutrition facts of these items are calculated using an Amoroso hoagie roll. These items are always made with hoagie rolls, which can be found in the bread selection above.																								
Mini Sandwiches	Mini sandwiches are equivalent to 1/3 of the nutrition of a regular sized sandwich.																								
DISCLAIMER																									
Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.																									