

Sub Connection Nutritionals



Subs

	Nutritional Facts											% Daily Value										Allergens							
	Weight (grams)	Calories	Fat	Saturated Fat	Poly unsaturated fat	Trans Fat	Protein	Cholesterol	Sodium	Carbohydrate	Total Dietary Fiber	Sugars	Calcium	Vitamin A	Vitamin C	Iron	Phosphorus	Potassium	b1	b2	Niacin	b6	Milk Allergen	Eggs Allergen	Fish Allergen	Shellfish Allergen	Wheat Allergen	Peanut Allergen	Treenuts Allergen
American Sub on White	270.35	613	36	12	9	0	25	80	1700	47	2	7	20%	15%	9%	20%	10%	7%	40%	25%	25%	10%	M	E		H			B
American Sub on Wheat	270.35	607	36	12	8	0	26	75	1630	45	5	8	20%	15%	9%	20%	10%	7%	35%	20%	25%	10%	M	E		H			B
Baja Chicken Sub on Wheat	280.57	654	41	13	14	0	30	95	1210	42	5	6	35%	15%	9%	20%	30%	7%	25%	30%	35%	10%	M	E		H			B
Baja Chicken Sub on White	280.57	660	41	13	14	0	29	100	1290	45	2	6	35%	15%	9%	20%	30%	7%	35%	35%	35%	10%	M	E		H			B
BBQ Crispy Chicken Sub on White	267.67	542	23	8	5	0	24	60	1430	62	6	12	15%	15%	9%	20%	20%	8%	30%	25%	40%	8%	M			H			B
BBQ Crispy Chicken Sub on Wheat	267.67	542	23	8	5	0	24	60	1430	61	6	12	15%	15%	9%	20%	20%	8%	30%	25%	40%	8%	M			H			B
BLT Sub on Wheat	201.18	484	27	9	8	0	19	45	1210	41	5	5	15%	15%	8%	20%	10%	5%	30%	20%	30%	5%	M	E		H			B
BLT Sub on White	201.18	490	27	9	9	0	18	45	1280	43	2	4	15%	15%	8%	15%	10%	5%	40%	25%	25%	5%	M	E		H			B
Buffalo Ranch Chicken Sub on Wheat	262.49	593	28	7	8	0	28	65	1630	57	6	5	15%	15%	6%	20%	40%	8%	30%	25%	50%	9%	M	E		H			B
Buffalo Ranch Chicken Sub on White	262.49	599	28	7	8	0	27	70	1710	59	3	4	15%	15%	6%	20%	40%	8%	40%	30%	50%	9%	M	E		H			B
Capicola Sub on White	242.00	496	26	8	8	0	21	60	1650	45	3	4	15%	15%	10%	20%	10%	7%	60%	25%	25%	10%	M	E		H			B
Capicola Sub on Wheat	242.00	491	25	8	8	0	22	60	1580	43	6	5	15%	15%	10%	20%	10%	7%	50%	20%	30%	10%	M	E		H			B
Chicken Fajita Sub on Wheat	273.09	435	17	8	2	0	29	95	1120	42	5	5	25%	15%	15%	20%	25%	6%	25%	25%	40%	15%	M			H			B
Chicken Fajita Sub on White	273.09	441	17	8	3	0	28	95	1190	44	3	4	25%	15%	15%	20%	25%	6%	35%	30%	40%	15%	M	E		H			B
Chicken Parmesan Sub on Wheat	220.89	530	23	7	6	0	25	55	1120	55	5	6	15%	8%	2%	20%	35%	8%	30%	25%	50%	10%	M			H			B
Chicken Parmesan Sub on White	220.89	536	23	7	6	0	24	60	1190	57	2	5	15%	8%	2%	20%	35%	8%	35%	30%	50%	10%	M	E		H			B
Chicken Salad Sub on White	256.18	575	32	9	13	0	27	80	1190	44	2	5	15%	15%	9%	20%	10%	6%	35%	25%	40%	15%	M	E		H			B
Chicken Salad Sub on Wheat	256.18	569	32	9	13	0	28	80	1120	42	5	5	15%	15%	9%	20%	10%	6%	25%	20%	40%	15%	M	E		H			B
Diablo Turkey Sub on Wheat Roll	291.39	639	39	13	14	0	29	75	1320	43	5	6	35%	20%	25%	20%	20%	6%	25%	20%	20%	3%	M	E		H			B
Diablo Turkey Sub on White Roll	291.39	645	39	13	15	0	28	75	1390	45	3	5	35%	20%	25%	20%	20%	6%	30%	25%	20%	3%	M	E		H			B
Ham Sub on White	242.00	473	23	8	8	0	21	60	1650	45	2	5	15%	15%	9%	15%	1%	3%	35%	20%	20%	2%	M	E		H			B
Ham Sub on Wheat	242.00	467	23	7	8	0	22	60	1580	42	5	6	15%	15%	9%	20%	1%	3%	25%	15%	20%	2%	M	E		H			B
Italian Sub on White	305.79	688	39	15	9	0	37	110	2400	46	3	5	35%	15%	10%	20%	35%	9%	60%	35%	30%	20%	M	E		H			B
Italian Sub on Wheat	305.79	682	39	14	9	0	38	105	2320	44	6	5	35%	15%	10%	25%	35%	9%	50%	30%	35%	20%	M	E		H			B
Louisiana Roast Beef & Cheddar Sub (Salt & Pepper Roll)	279.72	611	34	13	10	0	31	90	1460	44	3	5	35%	20%	10%	20%	35%	9%	35%	30%	30%	20%	M	E		H			B
Meatball Sub on Wheat Roll	308.89	729	44	21	2	0	36	110	1620	51	6	10	45%	15%	6%	30%	25%	6%	25%	20%	30%	7%	M	E		H			B
Meatball Sub on White Roll	308.89	735	44	21	2	0	35	110	1690	53	3	9	45%	15%	6%	30%	25%	6%	30%	25%	30%	7%	M	E		H			B
Roast Beef Sub on Wheat	263.26	562	29	11	8	0	32	80	890	42	5	5	35%	15%	8%	25%	35%	8%	30%	25%	30%	20%	M	E		H			B
Roast Beef Sub on White	242.00	484	24	8	8	0	24	63	1260	43	3	4	15%	15%	8%	20%	13%	8%	35%	25%	30%	15%	M	E		H			B
Salami Sub on Wheat	227.82	562	33	11	9	0	23	70	1690	42	5	5	15%	15%	8%	20%	7%	6%	40%	25%	30%	15%	M	E		H			B
Salami Sub on White	227.82	568	34	11	9	0	22	70	1770	44	2	4	15%	15%	8%	20%	7%	6%	50%	25%	30%	15%	M	E		H			B
Santa Fe Turkey Sub (Cheddar Jalapeno Roll)	286.00	580	31	12	10	0	30	70	1420	45	2	5	40%	20%	10%	20%	25%	7%	35%	25%	20%	4%	M	E		H			B
Seafood Salad Sub on Wheat	258.44	537	30	8	13	0	17	45	1500	49	5	9	15%	15%	9%	20%	15%	5%	25%	20%	20%	6%	M	E	F	S	H		B
Seafood Salad Sub on White	258.44	543	30	8	13	0	16	50	1580	51	3	8	15%	15%	9%	15%	15%	5%	35%	25%	20%	6%	M	E	F	S	H		B
Sesame Ginger Chicken Sub	293.16	584	28	6	5	0	28	75	1850	53	3	13	10%	10%	7%	25%	15%	8%	35%	30%	60%	20%	M	E	F	H			B
Three Cheese on White	270.35	715	44	21	9	0	34	100	1370	46	2	5	80%	30%	8%	15%	45%	5%	35%	35%	20%	5%	M	E		H			B
Three Cheese on Wheat	270.35	709	44	21	8	0	35	95	1290	44	5	6	80%	60%	8%	20%	45%	5%	25%	30%	20%	5%	M	E		H			B
Toasted Ham & Swiss Honey Dijonaise Sub on Wheat	279.26	543	22	10	4	0	29	70	1350	57	5	19	35%	15%	9%	20%	25%	4%	25%	20%	20%	4%	M	E		H			B
Toasted Ham & Swiss Honey Dijonaise Sub on White	279.26	548	23	10	4	0	29	70	1420	59	2	18	35%	15%	9%	15%	25%	4%	35%	25%	20%	4%	M	E		H			B
Tuna Salad Sub on Wheat	247.16	570	35	9	16	0	21	55	1200	42	5	6	15%	15%	10%	20%	9%	5%	25%	15%	30%	6%	M	E	F	H			B
Tuna Salad Sub on White	247.16	576	35	9	16	0	20	55	1280	44	2	5	15%	15%	10%	15%	9%	5%	35%	20%	30%	6%	M	E	F	H			B
Turkey Sub on Wheat	242.00	450	21	7	8	0	24	50	1390	41	5	5	15%	15%	9%	20%	1%	6%	25%	15%	20%	2%	M	E		H			B
Turkey Sub on White	242.00	456	22	7	8	0	23	55	1470	43	2	4	15%	15%	9%	15%	1%	6%	35%	20%	20%	2%	M	E		H			B
Turkey & Ham Club Sub on Wheat	249.94	501	26	8	8	0	26	65	1670	42	5	6	15%	15%	9%	20%	6%	6%	25%	15%	25%	4%	M	E		H			B
Turkey & Ham Club Sub on White	249.94	507	26	8	8	0	25	65	1740	44	2	5	15%	15%	9%	15%	6%	6%	35%	20%	20%	4%	M	E		H			B
Vegetarian Sub on Wheat	277.83	501	27	7	10	0	17	30	1120	49	9	5	15%	15%	9%	25%	10%	6%	30%	20%	20%	8%	M	E	F	H			B
Vegetarian Sub on White	277.83	507	27	7	10	0	16	30	1190	51	6	4	15%	15%	9%	25%	10%	6%	40%	20%	20%	8%	M	E	F	H			B

Please Note:

- Nutrient values for 12" subs are twice the 6" subs.
- Subs are analyzed without added cheese or dressing.
- Subs are analyzed using American cheese and mayonnaise as the dressing for subs that offer that choice.
- Signature subs are analyzed using all ingredients.
- Dressings and sauce nutritionals are listed on the Extras tab and are based on 1 tablespoon unless noted.

Sub Connection Nutritionals



Salads

	Nutritional Facts											% Daily Value										Allergens								
	Weight (grams)	Calories	Fat	Saturated Fat	Poly unsaturated fat	Trans Fat	Protein	Cholesterol	Sodium	Carbohydrate	Total Dietary Fiber	Sugars	Calcium	Vitamin A	Vitamin C	Iron	Phosphorous	Potassium	b1	b2	Niacin	b6	Milk Allergen	Eggs Allergen	Fish Allergen	Shellfish Allergen	Wheat Allergen	Peanut Allergen	Treenuts Allergen	Soybean Allergen
Buffalo Chicken Salad	369.39	545	39	7	16	0	20	30	3540	31	5	7	10%	230%	60%	10%	8%	10%	6%	8%	3%	7%	M	E			H			B
Chicken BLT Salad	349.57	669	43	11	14	0	38	110	1560	31	3	6	15%	60%	20%	20%	35%	15%	15%	15%	60%	30%	M	E	F		H		B	
Grilled Chicken Caesar Salad	313.81	765	54	10	25	0	25	45	1520	36	4	4	20%	130%	45%	25%	30%	10%	10%	10%	60%	30%	M	E	F		H		B	
Mandarin Chicken Salad	243.95	492	25	4	5	0	24	55	970	43	3	24	5%	80%	35%	10%	25%	9%	8%	10%	45%	25%			F	H		T	B	
Santa Fe Chicken Salad	426.87	524	35	10	5	0	32	85	890	23	7	5	30%	100%	60%	15%	40%	20%	15%	20%	50%	30%	M		F				B	
Spinach Chicken Salad	234.91	351	21	6	5	0	34	235	670	5	2	2	8%	110%	40%	15%	35%	15%	15%	25%	60%	30%		E	F				B	
Spring Mix Salad	276.32	467	44	10	12	0	9	35	660	11	3	5	20%	210%	45%	10%	15%	9%	7%	10%	4%	9%	M	E					B	

Salads

	Nutritional Facts											% Daily Value										Allergens								
	Weight (grams)	Calories	Fat	Saturated Fat	Poly unsaturated fat	Trans Fat	Protein	Cholesterol	Sodium	Carbohydrate	Total Dietary Fiber	Sugars	Calcium	Vitamin A	Vitamin C	Iron	Phosphorous	Potassium	b1	b2	Niacin	b6	Milk Allergen	Eggs Allergen	Fish Allergen	Shellfish Allergen	Wheat Allergen	Peanut Allergen	Treenuts Allergen	Soybean Allergen
Otis Spunkmeyer Chocolate Chip Cookies (3 cookies)	85.05	378	19	6	2	0	4	20	280	52	2	0	2%	4%	0%	10%	6%	2%	15%	9%	8%	0%					H			
Otis Spunkmeyer Peanut Butter Cookies (3 cookies)	85.05	374	17	4	4	0	6	20	420	51	2	0	2%	10%	0%	8%	8%	3%	15%	9%	15%	0%					H			
Otis Spunkmeyer Sugar Cookies (3 cookies)	85.05	370	16	4	3	0	4	20	320	53	1	0	1%	15%	0%	8%	5%	1%	15%	10%	9%	0%								

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Sub Connection Menu Nutritionals

Please Note:

- Nutrient values for 12" subs are twice the 6" subs.
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- Signature subs are analyzed using all ingredients.
- Dressings and sauce nutritionals are listed on the Extras tab and are based on 1 tablespoon unless noted.

	Weight (g)	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Cholesterol (mg)	Saturated Fat (g)	Sodium (mg)	Dietary Fiber (g)
Dressings/Sauces⁴									
Au Jus	3	2	0	0	0	0	0	245	0
Brown mustard (1 tsp.)	5	5	0	0	0	0	0	68	0
Ken's Tableside Caesar dressing	15	70	1	1	8	8	3	210	0
Ken's Cannonball BBQ Sauce	15	25	0	6	0	0	0	115	0
Creole Mayo	11	63	0	0	7	5	1	56	0
Ken's Dijon Horseradish	64	70	0	3	7	5	1	140	0
Horseradish Cream Sauce	13	45	0	1	5	5	1	144	0
Mayonnaise	14	99	0	0	11	8	2	78	0
Olive oil	14	119	0	0	14	0	2	0	0
Ken's Oriental sesame dressing	15	45	0	6	3	0	0	160	0
Ken's Homestyle Ranch dressing	15	50	0	0	6	5	1	145	0
Southwest Mayo	15	99	0	0	11	8	2	120	0
Tex Mex Spread	15	64	0	1	7	5	1	97	0
Red Wine Vinegar	16	0	0	0	0	0	0	0	0
Cheeses (1.5 oz.)									
American	43	139	8	3	10	27	7	506	0
Provolone	43	149	11	1	11	29	7	373	0
Swiss	43	160	12	1	12	39	8	111	0
Other Toppings									
Tomato (2 slices)	40	8	0	2	0	0	0	4	0
Lettuce (3/4 ounce)	21	3	0	0	0	0	0	2	0
Black Olives (1 Tbsp.)	8	10	0	1	1	0	0	73	0
Onions (1/4 ounce)	7	3	0	1	0	0	0	0	0
Hot Peppers (2 Tbsp.)	17	4	0	1	0	0	0	199	0
Sweet Peppers (2 Tbsp.)	17	5	0	1	0	0	0	0	0
Dill Pickle Slices (2 slices)	12	2	0	0	0	0	0	154	0