

White Chunk Macadamia Nut Cookie

PRODUCT	
Weight (oz.)	4.5
Calories	580
Total Fat (g)	31
Sat. Fat (g)	16
Trans Fat (g)	0
Cholesterol (mg)	35
Sodium (mg)	360
Total Carbohydrates (g)	70
Dietary Fiber (g)	1
Sugars (g)	46
Protein (g)	6

Chocolate Chunk Cookie

PRODUCT	
Weight (oz)	4.5
Calories	560
Total Fat (g)	29
Sat. Fat (g)	15
Trans Fat (g)	0
Cholesterol (mg)	35
Sodium (mg)	380
Total Carbohydrates (g)	72
Dietary Fiber (g)	2
Sugars (g)	43
Protein (g)	6

Brownies

PRODUCT	
Weight (oz.)	5
Calories	300
Total Fat (g)	10
Sat. Fat (g)	3
Trans Fat (g)	1
Cholesterol (mg)	10
Sodium (mg)	320
Total Carbohydrates (g)	48
Dietary Fiber (g)	< 1
Sugars (g)	32
Protein (g)	4

Macaroni Salad

PRODUCT	
Weight (g)	145
Calories	330
Total Fat (g)	22
Sat. Fat (g)	5
Trans Fat (g)	0
Cholesterol (mg)	15
Sodium (mg)	800
Total Carbohydrates (g)	28
Dietary Fiber (g)	2
Sugars (g)	8
Protein (g)	5

Whole Dill Pickles

PRODUCT	
Weight (g)	180
Calories	25
Total Fat (g)	0
Sat. Fat (g)	0
Trans Fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	2320
Total Carbohydrates (g)	5
Dietary Fiber (g)	3
Sugars (g)	2
Protein (g)	1

Oatmeal Raisin Cookie

PRODUCT	
Weight (oz.)	4.5
Calories	500
Total Fat (g)	23
Sat. Fat (g)	11
Trans Fat (g)	0
Cholesterol (mg)	40
Sodium (mg)	330
Total Carbohydrates (g)	68
Dietary Fiber (g)	3
Sugars (g)	37
Protein (g)	7

Potato Salad

PRODUCT	
Weight (g)	145
Calories	230
Total Fat (g)	12
Sat. Fat (g)	2.5
Trans Fat (g)	0
Cholesterol (mg)	10
Sodium (mg)	490
Total Carbohydrates (g)	28
Dietary Fiber (g)	3
Sugars (g)	8
Protein (g)	3



A Nutritional Guide to Port of Subs Sliced Fresh Products.

Eating Light?

Try one of our nine five inch subs with five grams of fat or less!

PRODUCT	No. 2 Ham Turkey	No. 5 Smoked Ham Turkey	No. 6 Vegetarian (without cheese)	No. 7 Roast Beef	No. 8 Turkey	No. 9 Peppered Pastrami	No. 10 Roasted Chicken Breast	No. 14 Smoked Ham	No. 18 Roast Beef Turkey
Weight (oz.)	9.5	9.5	7	9	10	8	9	8	9
Calories	328	320	238	315	315	293	304	301	315
Total Fat (g)	5	5	2	4	4	4	3	4	4
Sat. Fat (g)	2	1	1	1	1	2	1	2	1
Trans Fat (g)	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	38	34	0	7	29	8	38	30	18
Sodium (mg)	1327	1343	865	884	1233	708	1130	1184	1059
Total Carbohydrate (g)	46	46	44	43	47	44	44	44	45
Dietary Fiber (g)	3	3	4	3	3	3	3	3	3
Sugars (g)	4	6	3	3	3	4	5	3	4
Protein (g)	22	21	7	23	21	16	24	18	22

The above five inch subs contain five grams of fat or less when served without cheese, oil or mayonnaise.

sliced Fresh

GRILLERS™

PRODUCT	Grilled Chicken Griller	Hot Pastrami Griller	Meatball	BBQ Pork Griller	N.Y. Steak & Cheese Griller	Italian Griller
5" Serving						
Weight (g)	245	245	245	299	245	218
Calories	518	538	440	782	615	553
Total Fat (g)	13	15	31	18	18	21
Sat. Fat (g)	5	7	12.5	8	8	9
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	86	70	70	113	94	68
Sodium (mg)	1848	1824	623	2746	887	2107
Total Carbohydrates (g)	58	58	51	104	57	58
Dietary Fiber (g)	3	3	3	9	3	3
Net Carbs (g)	55	55	48	95	54	55
Sugars (g)	1	1	8	28	1	2
Protein (g)	40	39	25	53	51	30

*Sourdough bread has .8 less grams of fat per five inch sandwich.

Buffalo Chicken Griller

PRODUCT	Served on Ciabatta Bread
5" Griller	
Calories	245
Total Fat (g)*	13
Sat. Fat (g)	5
Trans Fat (g)	0
Cholesterol (mg)	87
Sodium (mg)	1436
Total Carbohydrates (g)	37
Dietary Fiber (g)	1
Sugars (g)	2
Protein (g)	41

Teriyaki Chicken Griller

PRODUCT	Served on Ciabatta Bread
5" Griller	
Calories	259
Total Fat (g)*	15
Sat. Fat (g)	7
Trans Fat (g)	0
Cholesterol (mg)	100
Sodium (mg)	1403
Total Carbohydrates (g)	41
Dietary Fiber (g)	1
Sugars (g)	4
Protein (g)	41

Chipotle Chicken Griller

PRODUCT	Served on Ciabatta Bread
5" Griller	
Calories	261
Total Fat (g)*	12
Sat. Fat (g)	5
Trans Fat (g)	0
Cholesterol (mg)	89
Sodium (mg)	1423
Total Carbohydrates (g)	38
Dietary Fiber (g)	1
Sugars (g)	1
Protein (g)	41

Cold Submarine Sandwiches - Served on a Five Inch White or Wheat Roll*

PRODUCT	No. 1	No. 2	No. 3	No. 4	No. 5	No. 6	No. 7	No. 8	No. 9	No. 10	No. 11	No. 12	No. 13	No. 14	No. 15	No. 16	No. 17	No. 18
	Ham Salami Capicola Pepperoni Provolone	Ham Turkey Provolone	Salami Turkey Provolone	Ham Salami Provolone	Smoked Ham Turkey Smokey Cheddar	Vegetarian (served with Provolone, Swiss & Smokey Cheddar includes: Avocado & Olives)	Roast Beef Provolone	Turkey Provolone	Peppered Pastrami Swiss	Roasted Chicken Breast Provolone	Ham American	Salami Provolone	Peppered Pastrami Turkey Swiss	Smoked Ham Swiss	Salami Pepperoni Provolone	Bacon Lettuce & Tomato	Tuna (without cheese)	Roast Beef Turkey Provolone
Weight (oz.)	10	10	9	9	10	11	10	11	9	10	10	8	8	10	8	8	9	10
Calories	532	434	465	469	431	599	421	421	439	410	382	479	511	447	511	519	422	421
Total Fat (g)	26	15	20	21	15	33	14	14	17	13	20	25	26	17	27	30	18	14
Sat. Fat (g)	10	5	7	8	5	14	4	4	7	4	8	9	13	7	11	7	4	4
Trans Fat (g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	69	48	42	51	50	50	17	38	32	47	80	39	50	54	48	50	17	27
Sodium (mg)	1676	1467	1371	1465	1599	1555	1024	1373	766	1270	1814	1228	834	1242	1265	1205	760	1199
Total Carbohydrate (g)	45	46	46	45	47	49	43	47	44	45	45	45	44	45	45	43	45	45
Dietary Fiber (g)	3	3	3	3	3	4	3	3	3	3	3	3	3	3	3	3	3	3
Sugars (g)	3	4	3	3	6	5	3	3	4	5	5	3	3	3	3	3	5	3
Protein (g)	28	26	23	24	25	24	27	25	21	28	29	22	23	23	26	20	19	26

All cold sandwiches are served with all of the regulars: lettuce, tomatoes, purple onion, oil, vinegar and spices, unless otherwise requested. (No mustard or mayonnaise.) *Sourdough bread has .8 less grams of fat per five inch sandwich.

Fresh Salads

PRODUCT	Caesar Salad**	Grilled Chicken Caesar Salad**	Grilled Chicken Salad*	Garden Salad*	Tuna Salad*	Chef Salad*
Weight (oz.)	6	13	13	8	11	11
Calories	333	541	300	93	311	388
Total Fat (g)	30	34	10	5	23	25
Sat. Fat (g)	7	8	1	1	3	12
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	20	108	89	> 1	38	66
Sodium (mg)	853	1830	1023	45	495	1409
Total Carbohydrates (g)	7	15	16	10	12	13
Dietary Fiber (g)	2	5	3	2	2	2
Net Carbs (g)	5	10	13	8	10	11
Sugars (g)	4	6	6	5	6	5
Protein (g)	3	37	36	2	16	26

*Above information includes vinegar and olive oil. **Above information includes caesar dressing.

Kid's Meal Sandwich

Four Inch White or Wheat Roll*

PRODUCT	Turkey	Ham	Salami	Grilled Cheese
Weight (oz.)	3	3	3	3
Calories	190	200	254	112
Total Fat (g)	3	3	9	10
Sat. Fat (g)	.5	.5	1.9	6
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	20	16	18	25
Sodium (mg)	710	521	599	480
Total Carbohydrates (g)	4	4	4	5
Dietary Fiber (g)	1	1	1	1
Net Carbs	3	3	3	4
Sugars (g)	2	2	2	1
Protein (g)	8	10	9	5

Above information does not include cheese or any of the regulars. *Sourdough bread has .6 less grams of fat per four inch sandwich.