



Menu Items		Serving Size	Net Wt	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Ttl Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Wheat Dough Sub - Half Sub		Values include lettuce, red onion, green pepper and tomato from local sources and cheese. Nutrition values may vary.																	
89134-ITALIAN-HLF-WHT-DGH	Italian	1	7.6 OZ (218g)	500	230	26	9	0	55	1480	44	5	8	3	23	0	129	3	413
89118-HAM-HLF-WHT-DGH	Ham	1	8.0 OZ (227g)	350	80	9	3	0	40	1390	45	5	8	4	22	0	126	2	726
89140-TURKEY-HLF-WHT-DGH	Turkey	1	8.0 OZ (227g)	330	60	7	2	0	35	1020	45	5	7	3	23	0	127	2	500
89113-CLUB-HLF-WHT-DGH	Club Combo	1	9.3 OZ (264g)	390	80	9	3	0	55	1570	47	5	9	4	29	0	129	2	797
89136-RB-HLF-WHT-DGH	Roast Beef & Cheese	1	8.0 OZ (227g)	350	80	9	2.5	0	35	1170	44	5	7	3	23	0	127	3	551
89131-CHKSALAD-HLF-WHT-DGH	Chicken Salad	1	9.4 OZ (269g)	460	140	16	4	0	60	1040	52	6	11	5	28	0	134	3	307
89138-TACO-HLF-WHT-DGH	Taco	1	8.5 OZ (241g)	610	240	27	15	1	70	830	78	5	42	37	14	0	146	2	357
89130-FILLET-HLF-WHT-DGH	Chicken Filet	1	10.0 OZ (284g)	450	90	10	3	0	90	1360	46	5	6	2	43	0	142	3	560
89123-BLT-HLF-WHT-DGH	BLT	1	6.7 OZ (190g)	370	120	14	5	0	40	980	42	5	6	2	20	0	125	2	407
89120-BRISK-HLF-WHT-DGH	BBQ Beef Brisket	1	9.4 OZ (267g)	470	150	17	6	0	50	1290	55	5	16	9	23	0	135	3	716
89121-BBQCHICK-HLF-WHT-DGH	BBQ Chicken	1	9.0 OZ (256g)	400	70	8	2.5	0	40	910	57	6	17	9	25	0	143	3	445
89110-BUF-HLF-WHT-DGH	Buffalo Chicken	1	8.5 OZ (241g)	380	90	10	3	0	40	1210	47	6	8	2	24	0	133	3	331
89119-BIRD-HLF-WHT-DGH	The Bird	1	9.3 OZ (265g)	380	60	7	1.5	0	50	920	50	6	8	3	30	0	82	3	416
89114-EPIC-HLF-WHT-DGH	Epic Meat	1	8.8 OZ (250g)	450	160	18	6	0	60	1610	45	5	8	4	28	0	130	3	646
89112-CBR-HLF-WHT-DGH	Chicken Bacon Garlic Ranch	1	8.6 OZ (246g)	420	110	13	4	0	55	980	49	6	8	3	27	0	168	3	337
89137-SW-SALAD-HLF-WHT-DGH	SW Chicken Salad	1	9.3 OZ (267g)	450	140	16	3.5	0	45	1010	52	7	10	4	25	0	137	3	373
89139-VEG-HLF-WHT-DGH	Veggie	1	6.0 OZ (170g)	280	60	7	2	0	10	650	42	5	6	2	13	0	123	2	307
89111-MUSH-HLF-WHT-DGH	Cheesy Mushroom Brisket	1	7.7 OZ (221g)	520	250	28	10	0	60	1590	43	4	6	2	25	0	201	3	479
Wheat Dough Sub - Full Subs		Values include lettuce, red onion, green pepper and tomato from local sources and cheese. Nutrition values may vary.																	
89134-ITALIAN-WHOLE-WHT-DGH	Italian	1	15.3 OZ (436g)	1000	460	51	18	0	110	2960	87	10	15	5	46	1	259	5	826
89118-HAM-WHOLE-WHT-DGH	Ham	1	16.0 OZ (453g)	700	160	18	6	0	85	2790	90	10	17	8	45	0	252	4	1452
89140-TURKEY-WHOLE-WHT-DGH	Turkey	1	15.9 OZ (453g)	660	120	13	4.5	0	75	2050	90	10	15	6	47	0	254	4	1001
89113-CLUB-WHOLE-WHT-DGH	Club Combo	1	18.6 OZ (528g)	770	160	18	6	0	115	3130	93	10	17	9	59	0	258	5	1593
89136-RB-WHOLE-WHT-DGH	Roast Beef & Cheese	1	15.9 OZ (453g)	700	160	18	5	0	75	2350	88	10	15	6	47	0	254	6	1103
89131-CHKSALAD-WHOLE-WHT-DGH	Chicken Salad	1	18.9 OZ (537g)	910	290	32	8	0	120	2070	104	13	22	10	56	0	269	6	614
89138-TACO-WHOLE-WHT-DGH	Taco	1	17.0 OZ (483g)	1220	490	54	30	2	145	1660	155	10	84	73	29	0	292	4	715
89130-FILLET-WHOLE-WHT-DGH	Chicken Filet	1	20.0 OZ (568g)	910	180	20	6	0	185	2720	92	10	13	4	85	0	283	7	1121
89123-BLT-WHOLE-WHT-DGH	BLT	1	13.4 OZ (380g)	750	260	29	10	0	75	1960	84	10	13	4	40	0	250	5	814
89120-BRISK-WHOLE-WHT-DGH	BBQ Beef Brisket	1	18.8 OZ (534g)	930	310	34	13	0	95	2590	109	11	31	17	47	0	269	6	1433
89121-BBQCHICK-WHOLE-WHT-DGH	BBQ Chicken	1	18.0 OZ (511g)	800	140	16	5	0	85	1830	114	13	34	17	49	0	286	6	889
89110-BUF-WHOLE-WHT-DGH	Buffalo Chicken	1	17.0 OZ (483g)	750	180	20	6	0	85	2430	93	12	15	4	48	0	266	5	662
89119-BIRD-WHOLE-WHT-DGH	The Bird	1	18.6 OZ (529g)	760	120	14	2.5	0	105	1840	99	12	16	7	59	0	164	5	833
89114-EPIC-WHOLE-WHT-DGH	Epic Meat	1	17.6 OZ (500g)	910	320	35	12	0	120	3220	91	10	17	7	55	0	260	5	1291
89112-CBR-WHOLE-WHT-DGH	Chicken Bacon Garlic Ranch	1	17.3 OZ (493g)	830	230	25	8	0	110	1960	97	12	16	5	54	0	336	5	674
89137-SW-SALAD-WHOLE-WHT-DGH	SW Chicken Salad	1	18.8 OZ (535g)	900	290	32	7	0	95	2010	105	14	21	8	50	0	275	6	747
89139-VEG-WHOLE-WHT-DGH	Veggie	1	12.0 OZ (341g)	560	120	13	4.5	0	25	1300	84	10	13	4	26	0	246	4	614
89111-MUSH-WHOLE-WHT-DGH	Cheesy Mushroom Brisket	1	15.5 OZ (442g)	1040	500	55	19	0	125	3180	86	8	11	5	50	0	402	6	958
White Dough Sub - Half Subs		Values include lettuce, red onion, green pepper and tomato from local sources and cheese. Nutrition values may vary.																	
89134-ITALIAN-HLF-WHITE-DGH	Italian	1	7.6 OZ (218g)	500	230	25	9	0	55	1480	46	5	8	3	21	0	133	3	369
89118-HAM-HLF-WHITE-DGH	Ham	1	8.0 OZ (227g)	350	70	8	3	0	40	1390	47	5	8	4	20	0	130	3	682
89140-TURKEY-HLF-WHITE-DGH	Turkey	1	8.0 OZ (227g)	330	50	6	2	0	35	1020	47	5	7	3	21	0	131	3	456
89113-CLUB-HLF-WHITE-DGH	Club Combo	1	9.3 OZ (264g)	390	70	8	3	0	55	1570	49	5	9	4	27	0	133	3	752
89136-RB-HLF-WHITE-DGH	Roast Beef & Cheese	1	8.0 OZ (227g)	350	70	8	2.5	0	35	1170	46	5	7	3	21	0	131	4	507
89131-CHKSALAD-HLF-WHITE-DGH	Chicken Salad	1	9.4 OZ (269g)	460	140	15	4	0	60	1040	54	6	11	5	26	0	138	3	263
89138-TACO-HLF-WHITE-DGH	Taco	1	8.5 OZ (241g)	610	230	26	15	1	70	830	80	5	42	37	12	0	150	3	313
89130-FILLET-HLF-WHITE-DGH	Chicken Filet	1	10.0 OZ (284g)	450	80	9	3	0	90	1360	48	5	6	2	41	0	146	4	516
89123-BLT-HLF-WHITE-DGH	BLT	1	9.9 OZ (283g)	590	140	15	5	0	40	1400	84	9	10	4	26	0	159	5	482
89120-BRISK-HLF-WHITE-DGH	BBQ Beef Brisket	1	9.4 OZ (267g)	470	150	16	6	0	50	1290	57	5	16	9	21	0	139	4	672
89121-BBQCHICK-HLF-WHITE-DGH	BBQ Chicken	1	9.0 OZ (256g)	400	60	7	2.5	0	40	910	59	6	17	9	23	0	147	3	400
89110-BUF-HLF-WHITE-DGH	Buffalo Chicken	1	8.5 OZ (241g)	380	80	9	3	0	40	1210	49	6	8	2	22	0	137	3	287
89119-BIRD-HLF-WHITE-DGH	The Bird	1	9.3 OZ (265g)	380	50	6	1.5	0	50	920	52	6	8	3	28	0	86	3	372
89114-EPIC-HALF-WHITE-DGH	Epic Meat	1	8.8 OZ (250g)	450	150	17	6	0	60	1610	48	5	8	4	26	0	134	3	601

89112-CBR-HLF-WHITE-DGH	Chicken Bacon Garlic Ranch	1	8.6 OZ (246g)	420	110	12	4	0	55	980	51	6	8	3	25	0	172	3	292
89137-SW-SALAD-HLF-WHITE-DGH	SW Chicken Salad	1	9.4 OZ (268g)	450	150	16	3.5	0	45	1010	52	7	10	4	25	0	137	3	373
89139-VEG-HLF-WHITE-DGH	Veggie	1	6.0 OZ (170g)	280	50	6	2	0	10	650	44	5	6	2	11	0	127	3	263
89111-MUSH-HLF-WHITE-DGH	Cheesy Mushroom Brisket	1	7.8 OZ (223g)	530	250	27	10	0	60	1600	46	4	6	2	23	0	206	3	438
White Dough Sub - Full Subs		Values include lettuce, red onion, green pepper and tomato from local sources and cheese. Nutrition values may vary.																	
89134-ITALIAN-WHOLE-WHITE-DGH	Italian	1	15.3 OZ (433g)	1000	440	49	18	0	110	2960	91	10	15	5	42	1	267	7	737
89118-HAM-WHOLE-WHITE-DGH	Ham	1	15.9 OZ (453g)	700	150	16	6	0	85	2790	94	10	17	8	40	0	260	5	1363
89140-TURKEY-WHOLE-WHITE-DGH	Turkey	1	15.9 OZ (453g)	660	100	11	4.5	0	75	2050	94	10	15	6	42	0	262	5	912
89113-CLUB-WHOLE-WHITE-DGH	Club Combo	1	18.6 OZ (528g)	770	150	16	6	0	115	3130	97	10	17	9	55	0	266	6	1505
89136-RB-WHOLE-WHITE-DGH	Roast Beef & Cheese	1	15.9 OZ (453g)	700	150	16	5	0	75	2350	92	10	15	6	42	0	262	7	1014
89131-CHKSALAD-WHOLE-WHITE-DGH	Chicken Salad	1	18.9 OZ (537g)	910	270	30	8	0	120	2070	108	13	22	10	52	0	277	7	525
89138-TACO-WHOLE-WHITE-DGH	Taco	1	17.0 OZ (483g)	1220	470	52	30	2	145	1660	159	10	84	73	25	0	300	5	627
89130-FILLET-WHOLE-WHITE-DGH	Chicken Filet	1	20.0 OZ (568g)	910	170	18	6	0	185	2720	96	10	13	4	81	0	291	8	1032
89123-BLT-WHOLE-WHITE-DGH	BLT	1	13.4 OZ (380g)	750	240	27	10	0	75	1960	88	10	13	4	36	0	258	6	726
89120-BRISK-WHOLE-WHITE-DGH	BBQ Beef Brisket	1	18.8 OZ (534g)	930	290	32	13	0	95	2590	113	11	31	17	43	0	277	8	1344
89121-BBQCHICK-WHOLE-WHITE-DGH	BBQ Chicken	1	18.0 OZ (511g)	800	130	14	5	0	85	1830	118	13	34	17	45	0	294	7	801
89110-BUF-WHOLE-WHITE-DGH	Buffalo Chicken	1	17.0 OZ (483g)	750	170	18	6	0	85	2430	97	12	15	4	44	0	275	7	573
89119-BIRD-WHOLE-WHITE-DGH	The Bird	1	18.6 OZ (529g)	760	110	12	2.5	0	105	1840	103	12	16	7	55	0	172	7	744
89114-EPIC-WHOLE-WHITE-DGH	Epic Meat	1	17.6 OZ (500g)	910	300	33	12	0	120	3220	95	10	17	7	51	0	268	7	1203
89112-CBR-WHOLE-WHITE-DGH	Chicken Bacon Garlic Ranch	1	17.3 OZ (493g)	830	210	23	8	0	110	1960	101	12	16	5	50	0	344	7	585
89137-SW-SALAD-WHOLE-WHITE-DGH	SW Chicken Salad	1	18.8 OZ (535g)	900	270	30	7	0	95	2010	109	14	21	8	46	0	283	7	658
89139-VEG-WHOLE-WHITE-DGH	Veggie	1	12.0 OZ (341g)	560	100	11	4.5	0	25	1300	88	10	13	4	22	0	254	5	525
89111-MUSH-WHOLE-WHITE-DGH	Cheesy Mushroom Brisket	1	15.6 OZ (445g)	1050	480	53	19	0	125	3200	91	9	12	5	46	0	411	7	876
Wheat Sub Prebaked - Half Subs		Values include lettuce, red onion, green pepper and tomato from local sources and cheese. Nutrition values may vary.																	
89134-ITALIAN-HLF-WHT-TNS	Italian	1	7.9 OZ (225g)	540	240	27	9	0	55	1640	51	7	6	1	23	0	131	3	386
89118-HAM-HLF-WHT-TNS	Ham	1	8.2 OZ (234g)	390	90	10	3	0	40	1550	53	7	6	2	22	0	128	3	699
89140-TURKEY-HLF-WHT-TNS	Turkey	1	8.2 OZ (234g)	370	70	8	2	0	35	1180	53	7	5	1	23	0	129	3	473
89113-CLUB-HLF-WHT-TNS	Club Combo	1	9.5 OZ (272g)	420	90	10	3	0	55	1720	54	7	7	2	29	0	131	3	770
89136-RB-HLF-WHT-TNS	Roast Beef & Cheese	1	8.2 OZ (234g)	390	90	10	2.5	0	35	1330	52	7	5	1	23	0	129	4	525
89131-CHKSALAD-HLF-WHT-TNS	Chicken Salad	1	9.7 OZ (276g)	490	160	17	4	0	60	1190	60	8	9	3	28	0	136	3	280
89138-TACO-HLF-WHT-TNS	Taco	1	8.7 OZ (249g)	650	250	28	15	1	70	990	86	7	40	35	14	0	148	3	331
89130-FILLET-HLF-WHT-TNS	Chicken Filet	1	10.3 OZ (291g)	490	100	11	3	0	90	1520	54	7	4	0	43	0	144	4	533
89123-BLT-HLF-WHT-TNS	BLT	1	6.9 OZ (198g)	410	140	15	5	0	40	1140	50	7	4	0	20	0	127	3	380
89120-BRISK-HLF-WHT-TNS	BBQ Beef Brisket	1	9.7 OZ (274g)	500	170	18	6	0	50	1450	62	7	14	7	23	0	136	4	689
89121-BBQCHICK-HLF-WHT-TNS	BBQ Chicken	1	9.2 OZ (263g)	440	80	9	2.5	0	40	1070	65	8	15	7	25	0	145	3	418
89110-BUF-HLF-WHT-TNS	Buffalo Chicken	1	8.7 OZ (249g)	410	100	11	3	0	40	1370	54	8	6	0	24	0	135	3	304
89119-BIRD-HLF-WHT-TNS	The Bird	1	9.5 OZ (272g)	420	70	8	1.5	0	50	1080	57	8	6	1	29	0	84	3	390
89114-EPIC-HALF-WHT-TNS	Epic Meat	1	9.1 OZ (258g)	490	180	19	6	0	60	1770	53	7	6	2	28	0	132	3	619
89112-CBR-HLF-WHT-TNS	Chicken Bacon Garlic Ranch	1	8.9 OZ (254g)	450	130	14	4	0	55	1140	56	8	6	1	27	0	170	3	310
89137-SWCHK-SALAD-HLF-WHT-TNS	SW Chicken Salad	1	9.7 OZ (275g)	490	160	17	3.5	0	45	1160	60	9	8	2	25	0	139	4	346
89139-VEG-HLF-WHT-TNS	Veggie	1	6.2 OZ (178g)	320	70	8	2	0	10	810	50	7	4	0	13	0	125	3	280
89111-MUSH-HLF-WHT-TNS	Cheesy Mushroom Brisket	1	7.8 OZ (221g)	520	250	28	10	0	60	1590	43	4	6	2	25	0	201	3	479
Wheat Sub Prebaked - Full Subs		Values include lettuce, red onion, green pepper and tomato from local sources and cheese. Nutrition values may vary.																	
89134-ITALIAN-WHOLE-WHT-TNS	Italian	1	15.9 OZ (451g)	1080	480	53	18	0	110	3270	103	14	11	1	46	1	262	7	772
89118-HAM-WHOLE-WHT-TNS	Ham	1	16.5 OZ (468g)	780	180	20	6	0	85	3100	106	14	12	4	44	0	256	5	1398
89140-TURKEY-WHOLE-WHT-TNS	Turkey	1	16.5 OZ (468g)	740	140	15	4.5	0	75	2360	106	14	10	2	46	0	258	5	947
89113-CLUB-WHOLE-WHT-TNS	Club Combo	1	19.1 OZ (543g)	850	180	20	6	0	115	3450	109	14	13	5	58	0	262	6	1540
89136-RB-WHOLE-WHT-TNS	Roast Beef & Cheese	1	16.5 OZ (468g)	780	180	20	5	0	75	2660	104	14	10	2	46	0	258	7	1049
89131-CHKSALAD-WHOLE-WHT-TNS	Chicken Salad	1	19.4 OZ (552g)	990	310	34	8	0	120	2390	120	16	18	6	55	0	272	7	560
89138-TACO-WHOLE-WHT-TNS	Taco	1	17.5 OZ (498g)	1290	500	56	30	2	145	1970	171	14	80	69	29	0	296	5	661
89130-FILLET-WHOLE-WHT-TNS	Chicken Filet	1	20.5 OZ (583g)	990	200	22	6	0	185	3030	108	14	8	0	85	0	287	8	1067
89123-BLT-WHOLE-WHT-TNS	BLT	1	13.9 OZ (395g)	820	280	31	10	0	75	2270	100	14	9	0	39	0	254	6	761
89120-BRISK-WHOLE-WHT-TNS	BBQ Beef Brisket	1	19.4 OZ (549g)	1010	320	36	13	0	95	2900	125	15	27	13	47	0	273	8	1379
89121-BBQCHICK-WHOLE-WHT-TNS	BBQ Chicken	1	18.5 OZ (526g)	880	160	18	5	0	85	2140	130	17	30	13	49	0	290	7	836
89110-BUF-WHOLE-WHT-TNS	Buffalo Chicken	1	17.5 OZ (498g)	830	200	22	6	0	85	2740	109	16	11	0	48	0	270	7	608
89119-BIRD-WHOLE-WHT-TNS	The Bird	1	19.1 OZ (544g)	830	140	16	2.5	0	105	2150	115	16	12	3	59	0	168	6	779
89114-EPIC-WHOLE-WHT-TNS	Epic Meat	1	18.1 OZ (515g)	980	330	37	12	0	120	3530	107	14	13	3	55	0	263	7	1237
89112-CBR-WHOLE-WHT-TNS	Chicken Bacon Garlic Ranch	1	17.9 OZ (508g)	910	240	27	8	0	110	2270	113	16	12	1	54	0	339	7	620
89137-SW-SALAD-WHOLE-WHT-TNS	SW Chicken Salad	1	19.4 OZ (550g)	980	300	33	7	0	95	2330	120	18	17	4	50	0	278	7	693
89139-VEG-WHOLE-WHT-TNS	Veggie	1	12.5 OZ (356g)	640	140	15	4.5	0	25	1620	100	14	8	0	26	0	250	5	560

89111-MUSH-WHOLE-WHT-TNS	Cheesy Mushroom Brisket	1	16.2 OZ (460g)	1130	510	57	19	0	125	3510	103	13	7	1	50	0	407	7	910
White Sub Prebaked - Half Subs		Values include lettuce, red onion, green pepper and tomato from local sources and cheese. Nutrition values may vary.																	
89134-ITALIAN-HLF-WHITE-TNS	Italian	1	7.9 OZ (225g)	560	240	27	9	0	55	1620	55	5	8	5	23	0	131	4	340
89118-HAM-HLF-WHITE-TNS	Ham	1	8.2 OZ (234g)	410	90	10	3	0	40	1530	57	5	8	6	22	0	128	3	653
89140-TURKEY-HLF-WHITE-TNS	Turkey	1	8.2 OZ (234g)	390	70	8	2	0	35	1160	57	5	7	5	23	0	129	3	427
89113-CLUB-HLF-WHITE-TNS	Club Combo	1	9.5 OZ (272g)	440	90	10	3	0	55	1700	58	5	9	6	29	0	131	4	724
89136-RB-HLF-WHITE-TNS	Roast Beef & Cheese	1	8.2 OZ (234g)	410	90	10	2.5	0	35	1310	56	5	7	5	23	0	129	4	479
89131-CHKSALAD-HLF-WHITE-TNS	Chicken Salad	1	9.7 OZ (276g)	510	150	17	4	0	60	1170	64	6	11	7	28	0	136	4	234
89138-TACO-HLF-WHITE-TNS	Taco	1	8.7 OZ (249g)	670	250	28	15	1	70	970	90	5	42	39	14	0	148	3	285
89130-FILLET-HLF-WHITE-TNS	Chicken Filet	1	10.2 OZ (291g)	510	100	11	3	0	90	1500	58	5	6	4	43	0	144	5	487
89123-BLT-HLF-WHITE-TNS	BLT	1	6.9 OZ (198g)	430	140	15	5	0	40	1120	54	5	6	4	20	0	127	3	334
89120-BRISK-HLF-WHITE-TNS	BBQ Beef Brisket	1	9.6 OZ (274g)	520	160	18	6	0	50	1430	66	5	16	11	23	0	136	4	643
89121-BBQCHICK-HLF-WHITE-TNS	BBQ Chicken	1	9.2 OZ (263g)	460	80	9	2.5	0	40	1050	69	6	17	11	25	0	145	4	372
89110-BUF-HLF-WHITE-TNS	Buffalo Chicken	1	8.7 OZ (249g)	430	100	11	3	0	40	1350	58	6	8	4	24	0	135	4	258
89119-BIRD-HLF-WHITE-TNS	The Bird	1	9.5 OZ (272g)	440	70	8	1.5	0	50	1060	61	6	8	5	29	0	84	4	344
89114-EPIC-HALF-WHITE-TNS	Epic Meat	1	9.1 OZ (258g)	510	170	19	6	0	60	1750	57	5	8	6	28	0	132	4	573
89112-CBR-HLF-WHITE-TNS	Chicken Bacon Garlic Ranch	1	8.9 OZ (254g)	470	130	14	4	0	55	1120	60	6	8	5	27	0	170	4	264
89137-SW-SALAD-HLF-WHITE-TNS	SW Chicken Salad	1	9.7 OZ (275g)	510	150	17	3.5	0	45	1140	64	7	10	6	25	0	139	4	300
89139-VEG-HLF-WHITE-TNS	Veggie	1	6.2 OZ (178g)	340	70	8	2	0	10	790	54	5	6	4	13	0	125	3	234
89111-MUSH-HLF-WHITE-TNS	Cheesy Mushroom Brisket	1	8.1 OZ (230g)	590	260	29	10	0	60	1740	55	4	6	4	25	0	204	4	409
White Sub Prebaked- Full Subs		Values include lettuce, red onion, green pepper and tomato from local sources and cheese. Nutrition values may vary.																	
89134-ITALIAN-WHOLE-WHITE-TNS	Italian	1	15.9 OZ (451g)	1120	480	53	18	0	110	3230	111	10	15	9	46	1	262	8	680
89118-HAM-WHOLE-WHITE-TNS	Ham	1	16.5 OZ (468g)	820	180	20	6	0	85	3060	114	10	16	12	44	0	256	6	1306
89140-TURKEY-WHOLE-WHITE-TNS	Turkey	1	16.5 OZ (468g)	780	140	15	4.5	0	75	2320	114	10	14	10	46	0	258	6	855
89113-CLUB-WHOLE-WHITE-TNS	Club Combo	1	19.1 OZ (543g)	890	180	20	6	0	115	3410	117	10	17	13	58	0	262	7	1448
89136-RB-WHOLE-WHITE-TNS	Roast Beef & Cheese	1	16.5 OZ (468g)	820	180	20	5	0	75	2620	112	10	14	10	46	0	258	8	957
89131-CHKSALAD-WHOLE-WHITE-TNS	Chicken Salad	1	19.4 OZ (552g)	1030	300	34	8	0	120	2350	128	12	22	14	55	0	272	8	468
89138-TACO-WHOLE-WHITE-TNS	Taco	1	17.0 OZ (483g)	1220	470	52	30	2	145	1660	159	10	84	73	25	0	300	5	627
89130-FILLET-WHOLE-WHITE-TNS	Chicken Filet	1	20.5 OZ (583g)	1030	200	22	6	0	185	2990	116	10	12	8	85	0	287	9	975
89123-BLT-WHOLE-WHITE-TNS	BLT	1	13.9 OZ (395g)	860	280	31	10	0	75	2230	108	10	13	8	39	0	254	7	669
89120-BRISK-WHOLE-WHITE-TNS	BBQ Beef Brisket	1	19.3 OZ (549g)	1050	320	36	13	0	95	2860	133	11	31	21	47	0	273	9	1287
89121-BBQCHICK-WHOLE-WHITE-TNS	BBQ Chicken	1	19.0 OZ (526g)	920	160	18	5	0	85	2100	138	13	34	21	49	0	290	8	744
89110-BUF-WHOLE-WHITE-TNS	Buffalo Chicken	1	18.0 OZ (498g)	870	200	22	6	0	85	2700	117	12	15	8	48	0	270	8	516
89119-BIRD-WHOLE-WHITE-TNS	The Bird	1	19.1 OZ (544g)	870	140	16	2.5	0	105	2110	123	12	16	11	59	0	168	8	687
89114-EPIC-WHOLE-WHITE-TNS	Epic Meat	1	18.1 OZ (515g)	1020	330	37	12	0	120	3490	115	10	17	11	55	0	263	8	1145
89112-CBR-WHOLE-WHITE-TNS	Chicken Bacon Garlic Ranch	1	17.9 OZ (508g)	950	240	27	8	0	110	2230	121	12	16	9	54	0	339	8	528
89137-SW-SALAD-WHOLE-WHITE-TNS	SW Chicken Salad	1	19.4 OZ (550g)	1020	290	33	7	0	95	2290	128	14	21	12	50	0	278	8	601
89139-VEG-WHOLE-WHITE-TNS	Veggie	1	12.5 OZ (356g)	680	130	15	4.5	0	25	1580	108	10	12	8	26	0	250	6	468
89111-MUSH-WHOLE-WHITE-TNS	Cheesy Mushroom Brisket	1	16.2 OZ (460g)	1170	510	57	19	0	125	3470	111	9	11	9	50	0	407	8	818
CHOPZ Subs - White Dough																			
88990	Italian Combo Sub	1	5.1 OZ (147g)	440	180	20	9	0	50	1420	42	2	5	2	19	0.2	130	8.9	200
88991	Ham & Cheese Sub	1	5.7 OZ (162g)	340	70	8	4	0	40	1380	43	2	6	4	20	0	120	2.9	560
88992	Turkey Sub	1	5.6 OZ (159g)	310	45	5	3	0	35	1000	43	2	6	3	20	0	120	2.4	330
88993	Club Combo Sub	1	7.0 OZ (198g)	370	60	7	4	0	60	1540	44	2	6	4	27	0	120	3.2	550
CHOPZ Subs - Baked White Subs																			
88982	Italian Combo Sub	1	5.5 OZ (156g)	530	230	26	9	0	55	1580	53	4	6	2	21	0.4	110	9.5	220
88983	Ham & Cheese Sub	1	6.0 OZ (170g)	400	90	10	3	0	40	1530	52	4	6	4	22	0	90	3.4	530
88984	Turkey & Cheese Sub	1	6.0 OZ (170g)	380	60	7	2	0	35	1150	54	4	6	3	23	0	90	2.9	310
88985	Club Combo Sub	1	7.3 OZ (207g)	430	80	9	3	0	60	1690	54	4	6	4	29	0	90	3.7	520
CHOPZ Subs - Wheat Dough																			
88994	Italian Combo Sub	1	5.2 OZ (147g)	470	220	24	9	0	55	1430	41	4	6	2	21	0.4	150	8.4	290
88995	Ham & Cheese Sub	1	5.6 OZ (159g)	330	80	9	3	0	40	1360	40	4	6	3	21	0	130	2.2	600
88996	Turkey Sub	1	5.6 OZ (159g)	310	50	6	2	0	35	1000	41	4	6	3	22	0	130	1.8	370
88997	Club Combo Sub	1	7.0 OZ (198g)	370	70	8	3	0	60	1550	42	4	6	4	29	0	130	2.6	590
CHOPZ Subs - Baked Wheat Subs																			
88986	Italian Combo Sub	1	5.5 OZ (156g)	510	230	26	9	0	55	1600	49	4	4	0	21	0.4	140	9	270
88987	Ham & Cheese Sub	1	6.0 OZ (170g)	380	90	10	3	0	40	1550	48	4	4	2	22	0	120	2.9	580
88988	Turkey Sub	1	6.0 OZ (170g)	360	60	7	2	0	35	1170	50	4	4	1	23	0	120	2.4	350
88989	Club Combo Sub	1	7.3 OZ (207g)	410	80	9	3	0	60	1710	50	4	4	2	29	0	120	3.2	570
Epic Meat Subs																			

89002	Epic Meat on Baked Wheat Sub	1	6.9 OZ (196g)	500	190	21	7	0	65	1850	50	4	4	1	28	0.3	130	7.4	430
89003	Epic Meat on Baked White Sub	1	6.9 OZ (196g)	520	190	21	7	0	65	1830	54	4	6	3	28	0.3	100	7.8	390
89004	Epic Meat on Wheat Dough Sub	1	6.5 OZ (187g)	460	170	19	7	0	65	1690	42	4	6	3	28	0.3	140	6.7	460
89005	Epic Meat on White Dough Sub	1	6.6 OZ (189g)	460	170	19	8	0	70	1710	44	2	6	3	26	0.3	130	7.4	420
Wraps																			
88998	Italian Combo Wrap	1	5.1 OZ (145g)	530	260	29	11	0	55	1720	48	4	4	0	18	0.4	180	10.5	300
89001	Club Combo Wrap	1	6.9 OZ (196g)	430	120	13	5	0	60	1840	49	4	4	2	26	0	160	4.8	590
89006	Epic Meat Wrap	1	6.6 OZ (189g)	530	230	25	10	0	70	2020	50	4	4	1	25	0.3	170	9.1	470
Wraps																			
Values include lettuce, red onion, green pepper and tomato from local sources. Nutrition values may vary.																			
89134-ITALIAN-WRAP	Italian	1	7.5 OZ (215g)	560	280	31	12	0	55	1840	49	3	4	1	19	0	121	4	348
89118-HAM-WRAP-SALSA	Ham & Cheese	1	7.9 OZ (224g)	410	130	14	6	0	40	1760	50	3	5	2	19	0	118	3	661
89140-TURKEY-WRAP	Turkey & Cheese	1	7.9 OZ (224g)	390	110	12	5	0	35	1380	50	3	4	1	20	0	119	3	435
89113-CLUB-WRAP-SALSA	Club Combo	1	9.2 OZ (262g)	450	130	14	6	0	55	1930	52	3	5	2	26	0	121	3	732
89136-RB-WRAP	Roast Beef & Cheese	1	7.9 OZ (224g)	410	130	14	5	0	35	1530	49	3	4	1	20	0	119	4	486
89131-CHKSALAD-WRAP	Chicken Salad	1	9.4 OZ (266g)	520	190	21	7	0	60	1400	57	4	7	3	24	0	126	4	242
89138-TACO-WRAP	Taco	1	8.4 OZ (239g)	670	290	32	18	1	70	1190	83	3	38	35	11	0	138	3	292
89130-FILLET-WRAP	Chicken Filet	1	9.9 OZ (281g)	520	140	15	6	0	90	1720	51	3	3	0	39	0	134	4	495
89123-BLT-WRAP	BLT	1	6.6 OZ (188g)	430	180	20	7	0	40	1340	47	3	3	0	16	0	117	3	342
89120-BRISK-WRAP	BBQ Beef Brisket	1	9.3 OZ (264g)	530	200	22	9	0	50	1660	60	3	12	7	20	0	127	4	651
89121-BBQCHICK-WRAP	BBQ Chicken	1	8.9 OZ (253g)	460	120	13	5	0	40	1280	62	4	13	7	21	0	135	4	380
89110-BUF-WRAP	Buffalo Chicken	1	8.4 OZ (239g)	440	140	15	5	0	40	1570	52	4	4	0	21	0	125	4	266
89119-BIRD-WRAP-SALSA	The Bird	1	9.2 OZ (262g)	440	110	12	4	0	50	1280	55	4	5	1	26	0	74	4	351
89114-EPIC-WRAP-SALSA	Epic Meat	1	8.7 OZ (248g)	510	210	23	9	0	60	1970	51	3	5	2	24	0	122	4	580
89112-CBR-WRAP-SALSA	Chicken Bacon Garlic Ranch	1	8.6 OZ (244g)	480	160	18	7	0	55	1340	54	4	5	1	24	0	160	4	272
89137-SW-SALAD-WRAP	SW Chicken Salad	1	9.3 OZ (265g)	510	190	21	6	0	45	1370	58	5	7	2	22	0	129	4	308
89139-VEG-WRAP	Veggie	1	5.9 OZ (168g)	340	110	12	5	0	10	1010	47	3	3	0	10	0	115	3	242
Burritos																			
Values include lettuce, red onion, green pepper and tomato from local sources. Nutrition values may vary.																			
89142-SW-BURRITO	SW Beef	1	10.8 OZ (308g)	840	400	45	20	1	75	1280	95	4	40	36	13	0	162	3	309
89139-VEG-BURRITO	Veggie	1	10.3 OZ (294g)	580	230	26	7	0	15	1180	69	6	7	1	14	0	151	3	408
89122-BEEF-BRISK-BURRITO	Savory Brisket	1	10.7 OZ (305g)	660	310	35	11	0	55	1620	61	3	4	1	22	0	139	4	530
11115	SW Veggie	1	9.5 OZ (269g)	600	270	30	9	0	30	1400	64	5	7	1	16	0	248	3	341
89142-CHK-BURRITO	Pollo	1	10.3 OZ (294g)	590	230	26	7	0	45	1240	63	5	6	1	23	0	147	3	258
Salads																			
Values include lettuce, red onion, green pepper and tomato from local sources. Nutrition values may vary.																			
89105	Garden Salad	1	6.2 OZ (177g)	90	40	5	3	0	15	110	7	4	3	0	5	0	128	1	102
89109	Grilled Chicken Salad	1	10.2 OZ (291g)	260	70	8	3.5	0	95	810	11	2	3	0	35	0	146	3	356
89106	Chef Salad	1	8.2 OZ (233g)	150	50	6	3.5	0	40	650	9	4	4	1	15	0	131	2	388
89138-TACO-SALAD	Taco Salad	1	11.0 OZ (312g)	560	330	37	17	1	80	630	50	5	42	36	8	0	160	2	261
89137-SW-CHKSALAD	Southwest Chicken Salad	1	9.9 OZ (282g)	290	150	17	4.5	0	50	530	18	6	7	2	17	0	143	2	177
89142-SPICY-CHK-TACO-SALAD	Spicy Chicken Taco Salad	1	10.5 OZ (298g)	240	110	12	4	0	45	990	17	6	6	1	17	0	155	2	205
89122-BBQ-BRISKET-SALAD	BBQ Ranch Brisket Salad	1	9.7 OZ (274g)	320	70	23	8	0	55	830	15	4	8	4	15	0	133	2	443
89107	Epic Meat Salad	1	9.0 OZ (257g)	260	140	16	7	0	65	1060	10	4	5	2	20	0	134	2	441
89108	Italian Combo Salad	1	7.9 OZ (225g)	310	220	24	10	0	60	940	8	4	4	1	15	0	134	2	208
Bowls																			
89314-SW-BRISKET-BOWL	SW Brisket Bowl	1	8.5 OZ (241g)	440	250	28	8	0	45	1420	42	2	15	1	15	0	131	1	368
89314-SW-CHICKEN-BOWL	SW Chicken Bowl	1	8.5 OZ (241g)	400	190	21	4.5	0	55	1570	42	2	15	2	19	0	136	1	334
89314-SW-PORK-BOWL	SW Pork Bowl	1	8.5 OZ (241g)	460	260	29	8	0	55	1190	41	2	15	1	17	0	140	1	282
Garnishes Half Sub																			
89062	Jalapeno Tray	1 tray	0.4 OZ (10g)	5	0	0	0	0	0	70	1	0	0	0	0	0	0	0	0
87747	Black Olives	1 tray	0.1 OZ (4g)	10	0	0.5	0	0	0	30	0	0	0	0	0	0	0	0	0
85837	Pickle Chips	1 tray	0.3 OZ (9g)	0	0	0	0	0	0	125	0	0	0	0	0	0	1	0	9
88961	Banana Peppers	1 tray	0.3 OZ (9g)	0	0	0	0	0	0	150	0	0	0	0	0	0	0	0	0
Garnishes Full Sub																			
89062	Jalapeno Tray	1 tray	0.8 OZ (20g)	5	0	0	0	0	0	135	1	0	1	1	0	0	0	0	0
87747	Black Olives	1 tray	0.2 OZ (8g)	15	10	1.5	0	0	0	55	0	0	0	0	0	0	0	0	0
85837	Pickle Chips	1 tray	0.6 OZ (18g)	0	0	0	0	0	0	250	0	0	0	0	0	0	2	0	18
88961	Banana Peppers	1 tray	0.6 OZ (18g)	5	0	0	0	0	0	290	1	0	0	0	0	0	0	0	0
Sauces/Dressings Half Sub																			
89140	Spicy Mustard	0.5 cup	0.5 OZ (14g)	15	10	1	0	0	0	170	0	0	0	0	1	0	18	0	21
72743	Sandwich Dressing	0.5 cup	0.5 OZ (14g)	45	40	4.5	1	0	5	125	3	0	2	2	0	0	0	0	0
88959	Yellow Mustard	0.5 cup	0.5 OZ (14g)	15	0	0	0	0	0	170	0	0	0	0	0	0	0	0	0

89137	Salad Oil	0.5 cup	0.2 OZ (8g)	70	70	8	1	0	0	0	0	0	0	0	0	0	0	0
86642	Buffalo Sauce	0.5 cup	0.5 OZ (14g)	20	20	2	0	0	0	420	1	0	0	0	0	0	2	0
86640	Garlic Ranch Sauce	0.5 cup	0.5 OZ (14g)	40	20	2.5	1	0	5	110	2	0	1	1	1	0	36	0
86641	Sweet & Sassy Sauce	0.5 cup	0.5 OZ (14g)	25	0	0	0	0	0	60	5	0	5	4	0	0	6	0
85788	Buttermilk Ranch	0.5 cup	0.5 OZ (14g)	70	60	7	1	0	5	140	1	0	0	0	0	0	13	0
65502	Ranch Dressing	0.5 cup	0.5 OZ (14g)	60	50	6	1	0	5	120	1	0	1	0	0	0	2	0
Sauces/Dressings Full Sub																		
89140	Spicy Mustard	1 cup	1.0 OZ (28g)	25	10	1.5	0	0	0	350	2	1	0	0	1	0	37	0
72743	Sandwich Dressing	1 cup	1.0 OZ (28g)	90	80	9	2	0	10	250	6	0	4	4	0	0	0	0
88959	Yellow Mustard	1 cup	1.0 OZ (28g)	25	0	0	0	0	0	330	0	0	0	0	0	0	0	0
89137	Salad Oil	1 cup	0.4 OZ (14g)	120	130	14	2	0	0	0	0	0	0	0	0	0	0	0
86642	Buffalo Sauce	1 cup	1.0 OZ (28g)	40	40	4	0.5	0	0	840	1	0	0	0	0	0	4	0
86640	Garlic Ranch Sauce	1 cup	1.0 OZ (28g)	80	40	5	2	0	10	220	5	0	2	1	3	0	72	0
86641	Sweet & Sassy Sauce	1 cup	1.0 OZ (28g)	45	0	0	0	0	0	125	11	1	9	8	0	0	11	0
85788	Buttermilk Ranch	1 cup	1.0 OZ (28g)	140	130	14	2.5	0	15	280	2	0	1	1	0	0	26	0
65502	Ranch Dressing	1 cup	1.0 OZ (28g)	110	110	12	1.5	0	10	240	2	0	2	0	0	0	4	0

Nutritional Information is based on Orion's product formulations and are compiled from nutritional information from the following sources: Suppliers, nutritional analysis using industry standard software, published resources, testing conducted by accredited laboratories, and the USDA Nutrient Database for Standard Reference. The data is expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutritional values for each product, such as variations in serving size, preparation techniques, differences in product assembly at the retail location, seasonal influences, and area of country. Substitutions of ingredients may alter nutritional values. All information is intended for general knowledge and is not a substitute for medical advice or treatment for specific medical conditions. This data reflects US products and builds only.

Nutrient values calculated using the following software:

EZ Form Nutrition and Compliance Label Software

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