

Firehouse Subs Canada Nutrition Information

	Cal	Fat Cal	Total	Sat	Trans	Cholest	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calc	Iron
			Fat	Fat	Fat			Carbs							
Soups															
Broccoli & Cheese Soup	330	140	16	7	0	35	2240	31	5	9	12	4	25	25	4
Butternut Squash Soup	220	90	10	6	0	40	940	29	3	11	4	15	0	8	8
Chili	300	150	15	6	0	40	850	22	5	5	18	10	60	6	15
Classic Chicken Noodle Soup	190	35	3.5	1	0	35	2110	26	2	5	14	4	4	4	10
Tomato Bisque w/Basil	330	210	24	7	0.5	35	920	25	5	19	5	10	25	4	10

Subs

Chicken Breast - Large	1110	480	54	12	0	200	2330	88	6	9	67	25	20	45	40
Chicken Breast - Medium	690	320	35	8	0	110	1520	54	4	7	38	15	15	30	25
Chicken Breast - Small	350	160	18	4	0	60	930	28	2	4	20	8	6	15	10
Club on a Sub - Large	1380	650	72	20	0	175	3700	107	6	26	79	30	20	45	35
Club on a Sub - Medium	770	360	40	10	0	85	2040	63	4	15	39	20	15	30	20
Club on a Sub - Small	390	180	20	5	0	45	1170	32	2	8	20	10	6	15	10
Corned Beef - Large	1140	530	58	14	0	135	3280	87	6	9	68	25	20	45	40
Corned Beef - Medium	740	350	39	9	0	90	2240	53	4	7	45	15	15	30	25
Corned Beef - Small	370	170	19	4.5	0	45	1270	27	2	4	23	8	6	15	15
Engineer - Large	1110	480	54	13	0	115	3430	99	9	13	66	15	20	50	40
Engineer - Medium	690	320	35	8	0	65	2030	59	6	9	37	15	15	40	25
Engineer - Small	350	160	18	4	0	35	1150	30	3	5	19	6	8	20	10
Ham - Large	1170	510	57	13	0	105	2910	111	6	31	56	25	20	45	35
Ham - Medium	760	340	38	8	0	70	2000	69	4	21	37	15	15	30	20
Ham - Small	380	170	19	4	0	35	1150	35	2	11	19	8	6	15	10
Hero - Large	1210	510	57	13	0	125	3250	105	6	25	68	25	20	45	40
Hero - Medium	800	340	38	8	0	90	2340	63	4	15	48	15	15	30	25
Hero - Small	400	170	19	4	0	45	1320	32	2	8	24	8	6	15	15
Hook & Ladder - Large	1140	500	56	14	0	130	3040	101	5	23	62	25	15	40	35
Hook & Ladder - Medium	720	330	36	9	0	75	1900	62	4	15	36	20	15	30	20
Hook & Ladder - Small	360	160	18	4.5	0	40	1100	32	2	8	18	10	6	15	10
Italian - Large	1450	730	81	21	0	160	4050	115	7	33	69	30	20	50	40
Italian - Medium	940	520	58	15	0	105	2670	65	5	16	39	20	15	35	25

	Cal	Fat Cal	Total Fat	Sat Fat	Trans Fat	Cholest	Sodium	Total Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc	Iron
Italian - Small	470	260	29	8	0	50	1480	33	2	8	20	10	6	20	10
Meatball - Large	1320	710	79	31	0	155	3010	98	6	13	58	60	70	60	60
Meatball - Medium	840	450	50	20	0	100	1910	61	4	9	37	45	45	45	40
Meatball - Small	460	260	29	11	0	55	1050	31	2	5	21	20	20	25	20
New York Steamer - Large	1190	570	64	16	0	165	3830	80	3	8	74	6	0	40	40
New York Steamer - Medium	720	360	40	9	0	90	2150	48	2	5	40	4	0	30	25
New York Steamer - Small	360	180	20	4.5	0	45	1070	24	1	3	20	2	0	15	10
Pastrami - Large	1110	510	57	14	0	135	3470	90	6	12	59	25	20	45	40
Pastrami - Medium	720	340	38	9	0	90	2370	55	4	9	39	15	15	30	25
Pastrami - Small	360	170	19	4.5	0	45	1340	28	2	5	20	8	6	15	15
Roast Beef - Large	1140	500	55	13	0	120	2820	87	6	9	62	25	20	45	45
Roast Beef - Medium	740	330	37	8	0	80	1940	53	4	7	41	15	15	30	30
Roast Beef - Small	370	160	18	4	0	40	1120	27	2	4	21	8	6	15	15
Smoke. Beef Brisket - Large	1510	920	102	33	0	195	2980	95	3	22	55	15	0	35	45
Smoke. Beef Brisket - Medium	890	530	59	18	0	110	1710	59	2	15	31	10	0	25	25
Smoke. Beef Brisket - Small	450	270	30	9	0	55	850	30	1	8	15	6	0	15	10
Steak & Cheese - Large	1390	750	83	23	0	205	3930	89	4	10	69	10	60	40	45
Steak & Cheese - Medium	830	460	51	13	0	110	2310	53	2	6	38	6	30	30	25
Steak & Cheese - Small	410	220	25	7	0	55	1300	27	1	3	19	2	15	15	10
Sweet & Spicy Meatball - Large	1380	690	79	31	0	150	3750	118	6	27	59	40	40	60	50
Sweet & Spicy Meatball - Med	880	440	50	20	0	95	2380	76	4	17	37	30	25	40	30
Sweet & Spicy Meatball - Small	480	250	29	11	0	55	1290	39	2	9	21	15	15	20	15
Tuna - Large	1550	870	97	17	0	150	2990	100	6	18	71	35	20	45	45
Tuna - Medium	910	510	57	10	0	85	1840	60	4	11	39	25	15	30	25
Tuna - Small	460	250	28	5	0	40	1070	30	2	6	20	10	8	15	15
Turkey - Large	1040	480	53	11	0	90	2820	93	6	12	53	25	20	45	35
Turkey - Medium	680	310	35	7	0	60	1940	58	4	9	35	15	15	30	20
Turkey - Small	340	160	17	3.5	0	30	1120	29	2	5	18	8	6	15	10
Turkey Bacon Ranch - Large	1450	750	83	21	0	180	4030	100	7	16	78	35	20	40	35
Turkey Bacon Ranch - Medium	830	430	48	11	0	90	2270	60	4	10	39	25	15	30	20
Turkey Bacon Ranch - Small	420	220	24	6	0	45	1290	31	2	6	20	15	10	15	10
Veggie - Large	1070	570	63	17	0	75	2550	93	8	12	34	35	50	60	30
Veggie - Medium	720	400	45	12	0	60	1760	57	5	8	24	30	30	50	20
Veggie - Small	360	200	22	6	0	30	1040	29	2	4	12	15	20	25	10

Salads	Cal	Fat Cal	Total	Sat	Trans	Cholest	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calc	Iron
			Fat	Fat	Fat			Carbs							
Chopped Salad w/ Chicken	310	120	14	6	0	115	1780	13	5	4	35	310	60	30	15
Chopped Salad with Honey Ham	350	130	15	5	0	60	2180	28	5	18	30	310	60	25	15
Chopped Salad with Turkey	290	120	14	5	0	55	2160	16	6	6	29	310	60	30	15
Firehouse Chopped Side Salad	60	25	3	1.5	0	10	90	5	2	2	5	150	30	15	6
Hook & Ladder Chopped Salad	320	130	14	5	0	60	2170	22	5	12	30	310	60	30	15
House Salad Chopped	190	110	12	5	0	25	1440	12	5	4	11	310	60	30	10

Salad Dressings

Light Italian Dressing	90	80	9	2	0	0	510	2	0	2	0	4	0	4	0
Oil & Vinegar	250	260	28	4	0	0	0	0	0	0	0	0	0	0	0
Peppercorn Ranch	190	150	17	3	0	20	600	4	0	2	2	0	0	0	0
Balsamic Dressing	110	80	9	1	0	0	340	7	0	7	0	0	0	0	0
Honey Mustard Dressing	300	250	28	4.5	0	20	260	15	0	15	2	0	0	0	0
Italian Dressing	170	140	15	2	0	0	930	8	0	6	0	0	0	0	0

Kid's Meals

Kid's Grilled Cheese	440	250	27	9	0	30	720	32	0	2	12	30	0	20	0
Kid's Ham Sub	260	70	8	2.5	0	30	750	30	1	9	18	2	0	15	10
Kid's Meatball Sub	360	190	21	8	0	40	790	27	1	3	16	10	10	20	15
Kid's Roast Beef	250	60	7	2.5	0	35	720	22	1	2	20	2	0	15	15
Kid's Turkey Sub	220	60	6	2	0	25	720	24	1	2	17	2	0	15	10
1% Chocolate Milk	150	25	2.5	1.5	0	10	170	26	1	23	7	8	4	25	0
1% Milk	90	20	2	1.5	0	10	105	10	0	10	7	8	4	25	0
Apple Juice	100	0	0	0	0	0	15	24	0	2	0	0	100	0	0
Rice Krispies Treat	45	10	1	0	0	0	55	9	0	4	0	2	0	0	0

Desserts

Brownie	430	180	20	6	0	75	240	61	1	38	4	25	0	2	20
Chocolate Chip Cookie	310	140	15	8	0	30	170	44	2	26	4	8	0	0	10
Lemon Cookie	330	140	16	7	0	25	210	43	1	25	4	15	0	2	6
Oatmeal Cookie	290	100	11	4.5	0	25	135	45	2	25	4	10	0	2	6

Cheeses

Swiss Cheese Large	150	110	12	8	0	40	90	2	0	0	12	0	0	40	0
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	Cal	Fat Cal	Total Fat	Sat Fat	Trans Fat	Cholest	Sodium	Total Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc	Iron
Swiss Cheese Medium	100	70	8	5	0	25	60	1	0	0	8	0	0	30	0
Swiss Cheese Small	50	35	4	2.5	0	15	30	<1	0	0	4	0	0	15	0
Monterey Jack Cheese Large	150	110	12	8	0	45	260	0	0	0	11	10	0	30	0
Monterey Jack Cheese Med	100	70	8	5	0	30	170	0	0	0	7	8	0	20	0
Monterey Jack Cheese Small	50	35	4	2.5	0	15	85	0	0	0	4	4	0	10	0
Pepper Jack Cheese Large	150	110	12	8	0	35	240	0	0	0	11	10	0	35	4
Pepper Jack Cheese Med	100	70	8	5	0	25	160	0	0	0	7	6	0	25	2
Pepper Jack Cheese Samll	50	35	4	2.5	0	10	80	0	0	0	4	4	0	10	2
Cheddar Cheese Large	170	120	14	8	0	45	270	2	0	0	11	15	0	25	0
Cheddar Cheese Medium	110	80	9	5	0	30	180	1	0	0	7	10	0	20	0
Cheddar Cheese Small	60	40	4.5	2.5	0	15	90	<1	0	0	4	6	0	10	0
Provolone Cheese Large	150	110	12	6	0	30	360	2	0	0	11	6	0	30	0
Provolone Cheese Medium	100	70	8	4	0	20	240	1	0	0	7	4	0	20	0
Provolone Cheese Small	50	35	4	2	0	10	120	<1	0	0	4	2	0	10	0

Boxed Lunches

Boxed Lunch - Chicken	520	160	18	6	0	90	1710	56	4	11	37	15	15	30	20
Boxed Lunch - Corned Beef	550	200	22	8	0	80	2170	54	4	9	35	15	15	30	25
Boxed Lunch - Ham	560	150	17	6	0	70	1510	70	4	23	37	15	15	30	20
Boxed Lunch - Pastrami	510	160	18	7	0	70	1990	56	4	9	33	15	15	30	25
Boxed Lunch - Roast Beef	530	150	17	6	0	80	1690	54	4	9	39	15	15	30	30
Boxed Lunch - Turkey	490	130	15	5	0	50	1730	58	4	11	37	15	15	30	20

Catering

Catering Salad Chopped	100	45	5	2.5	0	15	270	8	3	3	8	210	35	20	8
Catering Salad Chopped Deluxe	150	60	7	3	0	45	620	9	3	4	16	210	35	20	10
Catering Salad Chopped Deluxe	170	60	7	3	0	35	540	14	3	9	16	210	35	20	10
Catering Salad Chopped Deluxe	230	140	16	4	0	25	470	11	3	5	13	210	35	20	10
Catering Salad Chopped Deluxe	140	50	6	2.5	0	25	630	10	3	4	16	210	35	20	10
Catering Salad Platter	35	0	0	0	0	0	15	8	3	4	2	150	35	4	6
Catering Sub Deluxe Platter	450	120	14	5	0	60	1500	50	3	13	34	15	15	20	20
Catering Sub Platter	430	110	12	4	0	60	1440	51	3	14	34	15	15	20	20

Sub Toppings and Add-ons

Au Jus Bell Peppers - Large	0	0	0	0	0	0	95	1	0	0	0	2	35	0	0
Au Jus Bell Peppers - Medium	0	0	0	0	0	0	70	<1	0	0	0	2	25	0	0
Au Jus Bell Peppers - Small	0	0	0	0	0	0	35	0	0	0	0	0	15	0	0
Au Jus Mushrooms - Large	10	0	0	0	0	0	260	2	1	0	1	0	2	0	4
Au Jus Mushrooms - Medium	5	0	0	0	0	0	135	<1	<1	0	<1	0	0	0	2
Au Jus Mushrooms - Small	0	0	0	0	0	0	60	0	0	0	0	0	0	0	0
Au Jus Onions - Large	5	0	0	0	0	0	95	2	0	<1	0	0	2	0	0
Au Jus Onions - Medium	5	0	0	0	0	0	70	1	0	0	0	0	2	0	0
Au Jus Onions - Small	0	0	0	0	0	0	35	<1	0	0	0	0	0	0	0
Avocado - Large	160	0	15	2	0	0	5	9	7	<1	2	2	15	2	4
Avocado - Medium	80	0	7	1	0	0	0	4	3	0	1	2	8	0	2
Avocado - Small	40	0	3.5	0.5	0	0	0	2	2	0	<1	0	4	0	0
Balsamic Dressing - Large	50	35	4	0	0	0	150	3	0	3	0	0	0	0	0
Balsamic Dressing - Medium	30	25	2.5	0	0	0	100	2	0	2	0	0	0	0	0
Balsamic Dressing - Small	15	10	1.5	0	0	0	50	1	0	1	0	0	0	0	0
Banana Peppers - Large	0	0	0	0	0	0	470	0	0	0	0	0	0	0	0

	Cal	Fat Cal	Total Fat	Sat Fat	Trans Fat	Cholest	Sodium	Total Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc	Iron
Banana Peppers - Medium	0	0	0	0	0	0	230	0	0	0	0	0	0	0	0
Banana Peppers - Small	0	0	0	0	0	0	230	0	0	0	0	0	0	0	0
Black Olives - Large	50	45	5	1	0	0	140	1	1	0	0	0	0	0	0
Black Olives - Medium	25	25	2.5	0	0	0	70	<1	<1	0	0	0	0	0	0
Black Olives - Small	25	25	2.5	0	0	0	70	<1	<1	0	0	0	0	0	0
Captain Sorensen's Datil Sauce	40	0	0	0	0	0	300	11	0	9	0	10	25	0	0
Captain Sorensen's Datil Sauce	30	0	0	0	0	0	200	8	0	6	0	8	15	0	0
Captain Sorensen's Datil Sauce	15	0	0	0	0	0	100	4	0	3	0	4	8	0	0
Pickle Spear	5	0	0	0	0	0	240	1	0	0	0	0	0	0	0
Cherry Pepper Rings - Large	10	0	0	0	0	0	740	2	0	0	0	0	0	0	0
Cherry Pepper Rings - Medium	5	0	0	0	0	0	500	1	0	0	0	0	0	0	0
Cherry Pepper Rings - Small	0	0	0	0	0	0	250	<1	0	0	0	0	0	0	0
Chicken Breast - Large	200	25	2.5	1	0	145	560	2	0	0	38	0	0	4	10
Chicken Breast - Medium	130	15	2	0.5	0	95	370	1	0	0	25	0	0	2	8
Chicken Breast - Small	70	10	1	0	0	50	200	<1	0	0	13	0	0	2	4
Chopped Green Peppers - L	5	0	0	0	0	0	0	1	0	<1	0	2	40	0	0
Chopped Green Peppers - M	0	0	0	0	0	0	0	<1	0	0	0	2	20	0	0
Chopped Green Peppers - S	0	0	0	0	0	0	0	<1	0	0	0	2	20	0	0

Chopped Pickle Spear - Large	15	0	0	0	0	0	680	3	0	0	0	0	0	0	0
Chopped Pickle Spear - Medium	5	0	0	0	0	0	340	1	0	0	0	0	0	0	0
Chopped Pickle Spear - Small	5	0	0	0	0	0	340	1	0	0	0	0	0	0	0
Honey Mustard - Large	110	90	10	1.5	0	10	95	6	0	6	<1	0	0	0	0
Honey Mustard - Medium	80	60	7	1	0	5	65	4	0	4	<1	0	0	0	0
Honey Mustard - Small	40	30	3.5	0.5	0	<5	30	2	0	2	0	0	0	0	0
Iceberg Lettuce - Large	15	0	0	0	0	0	25	2	1	<1	1	8	4	2	2
Iceberg Lettuce - Medium	10	0	0	0	0	0	15	2	<1	0	<1	6	2	2	2
Iceberg Lettuce - Small	0	0	0	0	0	0	10	<1	0	0	0	2	2	0	0
Italian Salad Dressing	45	35	4	0	0	0	240	2	0	2	0	0	0	0	0
Italian Salad Dressing	30	25	2.5	0	0	0	160	1	0	1	0	0	0	0	0
Italian Salad Dressing	15	10	1.5	0	0	0	80	<1	0	<1	0	0	0	0	0
Italian Seasoning - Large	15	10	1	0.5	0	<5	25	<1	<1	0	<1	4	0	6	4
Italian Seasoning - Medium	15	10	1	0.5	0	<5	25	<1	<1	0	<1	4	0	6	4
Italian Seasoning - Small	10	0	0.5	0	0	0	15	0	0	0	0	2	0	4	2
Jalapeno Peppers Large	0	0	0	0	0	0	470	0	0	0	0	0	0	0	0
Jalapeno Peppers Medium	0	0	0	0	0	0	230	0	0	0	0	0	0	0	0

	Total	Sat	Trans	Total											
	Cal	Fat Cal	Fat	Fat	Fat	Cholest	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc	Iron
Jalapeno Peppers Small	0	0	0	0	0	0	230	0	0	0	0	0	0	0	0
Jalapeno Peppers	0	0	0	0	0	0	230	0	0	0	0	0	0	0	0
Light Mayonnaise - Large	110	100	11	1	0	20	220	2	0	0	0	0	0	0	0
Light Mayonnaise - Medium	70	60	7	0.5	0	15	150	1	0	0	0	0	0	0	0
Light Mayonnaise - Small	35	30	3.5	0	0	5	75	<1	0	0	0	0	0	0	0
Marinara Sauce - Large	45	0	0	0	0	0	330	11	3	7	2	50	70	2	8
Marinara Sauce - Medium	30	0	0	0	0	0	220	8	2	4	1	35	45	2	6
Marinara Sauce - Small	15	0	0	0	0	0	110	4	<1	2	<1	20	20	0	2
Mayonnaise - Large	300	300	33	4.5	0	15	200	3	0	0	0	0	0	0	0
Mayonnaise - Medium	200	200	22	3	0	10	130	2	0	0	0	0	0	0	0
Mayonnaise - Small	100	100	11	1.5	0	5	65	1	0	0	0	0	0	0	0
Oil and Vinegar Dressing - L	60	60	7	1	0	0	0	0	0	0	0	0	0	0	0
Oil and Vinegar Dressing - M	40	40	4.5	0.5	0	0	0	0	0	0	0	0	0	0	0
Oil and Vinegar Dressing - S	20	20	2	0	0	0	0	0	0	0	0	0	0	0	0
Onion - Large	20	0	0	0	0	0	0	4	<1	2	<1	0	4	0	0
Onion - Medium	10	0	0	0	0	0	0	2	0	1	0	0	2	0	0
Onion - Small	0	0	0	0	0	0	0	1	0	<1	0	0	0	0	0
Pepper Bacon	100	70	8	3	0	20	280	<1	0	0	7	0	0	0	0

Pepper Bacon	50	35	4	1.5	0	10	140	0	0	0	4	0	0	0	0
Pepper Bacon	25	15	2	0.5	0	5	70	0	0	0	2	0	0	0	0
Peppercorn Ranch Dressing	140	110	13	2	0	15	450	3	0	1	1	0	0	0	0
Peppercorn Ranch Dressing	90	80	9	1.5	0	10	300	2	0	<1	<1	0	0	0	0
Peppercorn Ranch Dressing	45	40	4.5	0.5	0	<5	150	<1	0	0	0	0	0	0	0
Tomato - Large	15	0	0	0	0	0	0	3	<1	2	<1	10	15	0	0
Tomato - Medium	10	0	0	0	0	0	0	2	<1	2	<1	8	10	0	0
Tomato - Small	5	0	0	0	0	0	0	1	0	<1	0	4	4	0	0
Tuna Salad - Large	660	420	46	6	0	105	1260	13	0	8	45	10	0	2	15
Tuna Salad - Medium	330	210	23	3	0	55	630	7	0	4	23	6	0	2	8
Tuna Salad - Small	160	100	12	1.5	0	25	320	3	0	2	11	2	0	0	4
Sriracha Sauce	30	0	0	0	0	0	510	6	0	6	0	0	0	0	0
Sriracha Sauce	20	0	0	0	0	0	340	4	0	4	0	0	0	0	0
Sriracha Sauce	10	0	0	0	0	0	170	2	0	2	0	0	0	0	0
Sweet Baby Ray's BBQ Sauce	80	0	0	0	0	0	330	20	0	18	0	0	0	0	0
Sweet Baby Ray's BBQ Sauce	50	0	0	0	0	0	220	13	0	12	0	0	0	0	0
Sweet Baby Ray's BBQ Sauce	25	0	0	0	0	0	110	7	0	6	0	0	0	0	0

	Total	Sat	Trans	Total											
	Cal	Fat Cal	Fat	Fat	Fat	Cholest	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc	Iron
Sweet Mustard	0	0	0	0	0	0	0	0	0	0	0	2	4	2	2
Sweet Mustard	0	0	0	0	0	0	0	0	0	0	0	2	4	2	2
Sweet Mustard	0	0	0	0	0	0	0	0	0	0	0	2	4	2	2
Spicy Deli Mustard - Large	0	0	0	0	0	0	70	0	0	0	0	0	0	0	0
Spicy Deli Mustard - Medium	0	0	0	0	0	0	50	0	0	0	0	0	0	0	0
Spicy Deli Mustard - Small	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0

Meats

Smoked Honey Ham	270	50	6	1.5	0	60	1190	24	0	21	30	0	0	0	6
Smoked Honey Ham	180	35	4	1	0	40	790	16	0	14	20	0	0	0	4
Smoked Honey Ham	90	20	2	0.5	0	20	400	8	0	7	10	0	0	0	2
Smoked Turkey Breast Roast	150	20	2	0	0	45	1090	6	0	3	27	0	0	0	6
Smoked Turkey Breast Roast	100	10	1.5	0	0	30	730	4	0	2	18	0	0	0	4
Smoked Turkey Breast Roast	50	5	0.5	0	0	15	360	2	0	<1	9	0	0	0	2
Beef Brisket	430	340	37	15	0	100	1050	0	0	0	24	0	0	0	15
Beef Brisket	280	220	25	10	0	70	700	0	0	0	16	0	0	0	10
Beef Brisket	140	110	12	5	0	35	350	0	0	0	8	0	0	0	4
Corned Beef Brisket	240	70	8	3	0	90	1550	0	0	0	42	0	0	0	10

Corned Beef Brisket	160	45	5	2	0	60	1030	0	0	0	28	0	0	0	8
Corned Beef Brisket	80	25	2.5	1	0	30	520	0	0	0	14	0	0	0	4
Pastrami - Large	210	50	6	3	0	90	1740	3	0	3	33	0	0	0	10
Pastrami - Medium	140	35	4	2	0	60	1160	2	0	2	22	0	0	0	8
Pastrami - Small	70	20	2	1	0	30	580	1	0	1	11	0	0	0	4
Roast Beef - Large	240	40	4.5	1.5	0	75	1090	0	0	0	36	0	0	0	20
Roast Beef - Medium	160	25	3	1	0	50	730	0	0	0	24	0	0	0	10
Roast Beef - Small	80	15	1.5	0.5	0	25	360	0	0	0	12	0	0	0	6
Pepperoni - Large	100	80	9	3	0	20	370	0	0	0	5	0	0	0	0
Pepperoni - Medium	100	80	9	3	0	20	370	0	0	0	5	0	0	0	0
Pepperoni - Small	50	40	4.5	1.5	0	10	180	0	0	0	2	0	0	0	0
Meatballs - Large	720	550	61	24	0	120	1520	13	0	3	32	0	0	15	20
Meatballs - Medium	450	340	38	15	0	75	950	8	0	2	20	0	0	10	15
Meatballs - Small	230	170	19	8	0	40	480	4	0	<1	10	0	0	6	6
Salami Large	130	90	10	4	0	30	500	<1	0	<1	7	0	0	0	0
Salami Medium	130	90	10	4	0	30	500	<1	0	<1	7	0	0	0	0
Salami Small	60	45	5	2	0	15	250	0	0	0	4	0	0	0	0

	Cal	Fat Cal	Total Fat	Sat Fat	Trans Fat	Cholest	Sodium	Total Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc	Iron
Sauteed Steak Large	530	290	32	12	0	160	1940	8	0	4	45	0	0	0	20
Sauteed Steak Medium	260	150	16	6	0	80	970	4	0	2	22	0	0	0	10
Sauteed Steak Small	130	70	8	3	0	40	490	2	0	1	11	0	0	0	4

Sub Rolls

Wheat Sub Roll Large	390	40	4.5	0.5	0	0	740	73	5	8	14	0	0	220	25
Wheat Sub Roll Medium	240	25	3	0	0	0	460	45	3	5	9	0	0	2	15
Wheat Sub Roll - Small	120	15	1.5	0	0	0	230	23	2	3	5	0	0	2	8
White Sub Roll Large	390	45	5	0.5	0	0	770	71	3	4	13	0	0	10	25
White Sub Roll Medium	240	25	3	0	0	0	470	43	2	3	8	0	0	8	15
White Sub Roll Small	120	15	1.5	0	0	0	240	22	1	2	4	0	0	4	8