

Counting Calories?

Here is the list of our 6" SUBS and their calorie content

Turkey and Ham	287
Tuna	377
Turkey	278
Ham	278
Veggie Delite	223
Spicy	481
BMT	405
Club	319
Chicken Breast	317
Roast Beef	292
Chicken Tikka	311
Meatball Marinara	444
BLT	297
Pizza	514 (includes marinara sauce & cheese)
Chicken Teriyaki	333
Subway Melt	368
Steak and Cheese	353
Veggie Patty	389
Chicken Bacon Ranch	516 (includes cheese & ranch sauce)
Sweet Chilli Chicken	412 (includes sauce)
Chicken Pizziola	454 (includes marinara sauce)

- all the above calories are based on a 6" sub on wheat bread with lettuce, cucumber, tomato, green peppers and onion - add 40 calories for cheese

SAUCE calories are as following for a 21g portion

Honey Mustard	32
SouthWest	88
Light Mayo (15g)	56
Sweet Onion	34
Ranch	44
Hot Chilli	48
BBQ	37
Sweet Chilli	46
Caesar	90
Ketchup	22

1000 Island	62
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SNACKS

Cookies	222
Cheese Toastie	210
Pepperoni Toastie	249
Garden Side Salad	21
Cheesy Nachos	416
Bowl of Meatballs	317

DRINKS

Pepsi/Club Orange	
16oz	203
21oz	267
Pepsi Max	
16oz	2.4
21oz	3.1