



Subconnection Nutritionals and Allergens

SANDWICHES	Portion	V/VG	FDA Cal	Allergen	Milk	Eggs	Fish	Shellfish	Wheat	Peanut	Treenuts	Soybean	Gluten	MSG	Mustard	Sesame	Sulphites
Baja Chicken Sub	1/2 Sub (12")		460	Milk, Eggs, Wheat, Soy, Gluten, MSG	Milk	Eggs			Wheat			Soy	Gluten	MSG			
Roasted Veggie Sub	1/2 Sub (12")	V	400	Milk, Eggs, Wheat, Treenuts, Soy, Gluten, Mustard	Milk	Eggs			Wheat		Treenuts	Soy	Gluten		Mustard		
Italian Sub	1/2 12" Sub		660	Milk, Eggs, Wheat, Soy, Gluten, Mustard	Milk	Eggs			Wheat			Soy	Gluten		Mustard		
Turkey Club Sub	1/2 12" Sub		560	Milk, Eggs, Wheat, Soy, Gluten, Mustard	Milk	Eggs			Wheat			Soy	Gluten		Mustard		
Crispy Chicken Sub with Buffalo Ranch	1/2 Sub (12")		530	Milk, Eggs, Wheat, Soy, Gluten, MSG	Milk	Eggs			Wheat			Soy	Gluten	MSG			
Crispy Chicken Sub with BBQ Ranch	1/2 Sub (12")		550	Milk, Eggs, Wheat, Soy, Gluten, MSG, Mustard	Milk	Eggs			Wheat			Soy	Gluten	MSG	Mustard		
Ham and Swiss Sub	1/2 12" Sub		400	Milk, Eggs, Wheat, Soy, Gluten, Mustard	Milk	Eggs			Wheat			Soy	Gluten		Mustard		
Baja Chicken Sub	1 Sandwich (12")		920	Milk, Eggs, Wheat, Soy, Gluten, MSG	Milk	Eggs			Wheat			Soy	Gluten	MSG			
Roasted Veggie Sub	1 Sandwich (12")	V	810	Milk, Eggs, Wheat, Treenuts, Soy, Gluten, Mustard	Milk	Eggs			Wheat		Treenuts	Soy	Gluten		Mustard		
Italian Sub	1 Sandwich (12")		1320	Milk, Eggs, Wheat, Soy, Gluten, Mustard	Milk	Eggs			Wheat			Soy	Gluten		Mustard		
Turkey Club Sub	1 Sandwich (12")		1130	Milk, Eggs, Wheat, Soy, Gluten, Mustard	Milk	Eggs			Wheat			Soy	Gluten		Mustard		
Crispy Chicken Sub with Buffalo Ranch	1 Sandwich (12")		1060	Milk, Eggs, Wheat, Soy, Gluten, MSG	Milk	Eggs			Wheat			Soy	Gluten	MSG			
Crispy Chicken Sub with BBQ Ranch	1 Sandwich (12")		1100	Milk, Eggs, Wheat, Soy, Gluten, MSG, Mustard	Milk	Eggs			Wheat			Soy	Gluten	MSG	Mustard		
Ham and Swiss Sub	1 Sandwich (12")		790	Milk, Eggs, Wheat, Soy, Gluten, Mustard	Milk	Eggs			Wheat			Soy	Gluten		Mustard		

Meatball Marinara Sub	1/2 12" Sub		730	Milk, Wheat, Soy, Gluten	Milk				Wheat			Soy	Gluten				
Tuna Salad Sub	1/2 12" Sub		650	Milk, Eggs, Fish, Wheat, Soy, Gluten, Mustard	Milk	Eggs	Fish		Wheat			Soy	Gluten		Mustard		
BBQ Roast Beef and Cheddar	1/2 12" Sub		420	Milk, Wheat, Soy, Gluten, Mustard	Milk				Wheat			Soy	Gluten		Mustard		
Cheesesteak Sub	1/2 Sandwich		500	Milk, Eggs, Wheat, Soy, Gluten, MSG	Milk	Eggs			Wheat			Soy	Gluten	MSG			
Chicken Caesar Sub	1/2 Sub (12")		380	Milk, Eggs, Fish, Wheat, Soy, Gluten, MSG	Milk	Eggs	Fish		Wheat			Soy	Gluten	MSG			
Classic BLT Sub	1/2 12" Sub		570	Milk, Eggs, Wheat, Soy, Gluten, MSG	Milk	Eggs			Wheat			Soy	Gluten	MSG			
Meatball Marinara Sub	1 Sandwich (12")		1460	Milk, Wheat, Soy, Gluten	Milk				Wheat			Soy	Gluten				
Tuna Salad Sub	1 Sandwich (12")		1300	Milk, Eggs, Fish, Wheat, Soy, Gluten, Mustard	Milk	Eggs	Fish		Wheat			Soy	Gluten		Mustard		
BBQ Roast Beef and Cheddar	1 Sandwich (12")		850	Milk, Wheat, Soy, Gluten, Mustard	Milk				Wheat			Soy	Gluten		Mustard		
Cheesesteak Sub	1 Sandwich (12")		1000	Milk, Eggs, Wheat, Soy, Gluten, MSG	Milk	Eggs			Wheat			Soy	Gluten	MSG			
Chicken Caesar Sub	1 Sandwich (12")		760	Milk, Eggs, Fish, Wheat, Soy, Gluten, MSG	Milk	Eggs	Fish		Wheat			Soy	Gluten	MSG			
Classic BLT Sub	1 Sandwich (12")		1140	Milk, Eggs, Wheat, Soy, Gluten, MSG	Milk	Eggs			Wheat			Soy	Gluten	MSG			
Meatlover's Pizza Sub	1/2 12" Sub		670	Milk, Wheat, Soy, Gluten	Milk				Wheat			Soy	Gluten				
Roasted Veggie Pizza Sub	1/2 12" Sub		490	Milk, Wheat, Soy, Gluten, Mustard	Milk				Wheat			Soy	Gluten		Mustard		
Meatlover's Pizza Sub	1 Sandwich (12")		1340	Milk, Wheat, Soy, Gluten	Milk				Wheat			Soy	Gluten				
Roasted Veggie Pizza Sub	1 Sandwich (12")		990	Milk, Wheat, Soy, Gluten, Mustard	Milk				Wheat			Soy	Gluten		Mustard		
Chicken Bacon Ranch Sub	1/2 Sandwich		1140	Milk, Eggs, Wheat, Soy, Gluten, MSG, Mustard	Milk	Eggs			Wheat			Soy	Gluten	MSG	Mustard		
Chicken Bacon Ranch Sub	1 Sandwich (12")		1140	Milk, Eggs, Wheat, Soy, Gluten, MSG, Mustard	Milk	Eggs			Wheat			Soy	Gluten	MSG	Mustard		
Cheesesteak Sub	1/2 Sandwich		540	Milk, Eggs, Wheat, Soy, Gluten, MSG	Milk	Eggs			Wheat			Soy	Gluten	MSG			

American Cheese	3 Half Slices/.75 oz	V	80	Milk, Soy	Milk								Soy					
American Cheese	6-Half Slices/1.5 oz	V	150	Milk, Soy	Milk								Soy					
VEGETABLES	Portion	V/VG	FDA Cal	Allergen	Milk	Eggs	Fish	Shellfish	Wheat	Peanut	Treenuts	Soybean	Gluten	MSG	Mustard	Sesame	Sulphites	
Pickled Red Onions	1/2 oz	V	5															
Pickled Red Onions	1 oz	V	10															
Fresh Pico de Gallo	2 Tbsp	VG	5															
Fresh Pico de Gallo	4 Tbsp	VG	10															
Roasted Spanish Onions	1/2 oz	VG	15															
Roasted Spanish Onions	1 oz	VG	30															
Iceberg Lettuce	1/2 oz	VG	0															
Iceberg Lettuce	1 oz	VG	0															
Fresh Spanish Onions	.25 oz		0															
Fresh Spanish Onions	1/2 oz		60															
Fresh Tomatoes	1 oz	VG	5															
Fresh Tomatoes	2 oz	VG	10															
Baby Spinach	1/2 oz	VG	0															
Baby Spinach	1 oz	VG	5															
Chopped Romaine Lettuce	1/2 oz	VG	0															
Chopped Romaine Lettuce	1 oz	VG	0															
Sliced Jalapeno Peppers	1 Tbsp (drained)	VG	10															
Sliced Jalapeno Peppers	2 Tbsp (drained)	VG	10															
Dill Pickle Chips	4 Chips	VG	0															
Dill Pickle Chips	8 Chips	VG	0															
Fire Roasted Red Peppers	1 oz (drained)	VG	0															
Fire Roasted Red Peppers	2 oz (drained)	VG	10															
Fresh Cucumbers	1/4 oz (Sliced)	VG	0															
Fresh Cucumbers	1/2 oz	VG	0															
Sliced Black Olives	1 Tbsp (drained)	VG	20															
Sliced Black Olives	2 Tbsp (drained)	VG	35															
Roasted Squash and Mushroom Blend	2 oz		60															
Roasted Squash and Mushroom Blend	4 oz		120															
SAUCES & SEASONINGS	Portion	V/VG	FDA Cal	Allergen	Milk	Eggs	Fish	Shellfish	Wheat	Peanut	Treenuts	Soybean	Gluten	MSG	Mustard	Sesame	Sulphites	
Mustard	1 Tbsp	VG	15	Mustard											Mustard			
Mustard	2 Tbsp	VG	30	Mustard											Mustard			
Pesto Mayonnaise	1 Tbsp	V	90	Milk, Eggs, Treenuts, Soy, Mustard	Milk	Eggs					Treenuts	Soy			Mustard			
Pesto Mayonnaise	2 Tbsp	V	180	Milk, Eggs, Treenuts, Soy, Mustard	Milk	Eggs					Treenuts	Soy			Mustard			

Chipotle Lime Ranch Dressing	2 oz Ladle		190	Milk, Eggs, Soy, Gluten, MSG	Milk	Eggs						Soy	Gluten	MSG			
Chipotle Lime Ranch Dressing	4 oz Ladle		370	Milk, Eggs, Soy, Gluten, MSG	Milk	Eggs						Soy	Gluten	MSG			
Honey Mustard BBQ Sauce	1 Tbsp	V	40	Eggs, Soy, Mustard		Eggs						Soy			Mustard		
Honey Mustard BBQ Sauce	2 Tbsp	V	80	Eggs, Soy, Mustard		Eggs						Soy			Mustard		
Chipotle BBQ Sauce	1 Tbsp	V	25	Mustard											Mustard		
Chipotle BBQ Sauce	2 Tbsp	V	50	Mustard											Mustard		
Mayonnaise	1 Tbsp	V	100	Eggs, Soy, Mustard		Eggs						Soy			Mustard		
Mayonnaise	2 Tbsp	V	200	Eggs, Soy, Mustard		Eggs						Soy			Mustard		
Low Calorie, No Cholesterol Mayonnaise	1 Tbsp	V	40	Eggs, Soy, Mustard		Eggs						Soy			Mustard		
Low Calorie, No Cholesterol Mayonnaise	2 Tbsp	V	80	Eggs, Soy, Mustard		Eggs						Soy			Mustard		
Spicy Brown Mustard	1 Tbsp	VG	20	Mustard											Mustard		
Spicy Brown Mustard	2 Tbsp	VG	35	Mustard											Mustard		
Frank's Red Hot Cayenne Pepper Sauce	1 Tbsp	VG	0														
Frank's Red Hot Cayenne Pepper Sauce	2 Tbsp	VG	5														
HVR Robusto Caesar Salad Dressing	1 Tbsp		60	Milk, Eggs, Fish, Soy, MSG	Milk	Eggs	Fish					Soy		MSG			
HVR Robusto Caesar Salad Dressing	2 Tbsp		130	Milk, Eggs, Fish, Soy, MSG	Milk	Eggs	Fish					Soy		MSG			
Original Ranch Dressing	1 Tbsp	V	45	Milk, Eggs, Soy, Gluten, MSG	Milk	Eggs						Soy	Gluten	MSG			
Original Ranch Dressing	2 Tbsp	V	90	Milk, Eggs, Soy, Gluten, MSG	Milk	Eggs						Soy	Gluten	MSG			
Canola Oil	1 1/2 tsp	VG	60														
Canola Oil	1 Tbsp	VG	120														
Cattlemen's Original BBQ Sauce	1 Tbsp	V	25	Mustard											Mustard		
Cattlemen's Original BBQ Sauce	2 Tbsp	V	50	Mustard											Mustard		
Red Wine Vinegar	1.5 tsp	VG	0														
Red Wine Vinegar	1 Tbsp	VG	0														
Italian Herb Seasoning	1/4 tsp	V	0														
Italian Herb Seasoning	1/2 tsp	V	5														
Kosher Salt	1/8 tsp	VG	0														
Kosher Salt	1/4 tsp	VG	0														
Table Ground Black Pepper	1/8 tsp	VG	0														
Table Ground Black Pepper	1/4 tsp	VG	0														
MEATS	Portion	V/VG	FDA Cal	Allergen	Milk	Eggs	Fish	Shellfish	Wheat	Peanut	Treenuts	Soybean	Gluten	MSG	Mustard	Sesame	Sulphites
Crispy Chicken Tenders	2.5 oz		150	Eggs, Wheat, Gluten		Eggs			Wheat				Gluten				

Crispy Chicken Tenders	5 oz		300	Eggs, Wheat, Gluten		Eggs			Wheat				Gluten				
Bacon Slices	2 Slices		110	Milk	Milk												
Bacon Slices	4 Slices		220	Milk	Milk												
Bacon Slices	8 Slices		440	Milk	Milk												
Roasted Chicken Breast	2 oz		90														
Roasted Chicken Breast	4 oz		180														
Smoked Ham	2 oz		60														
Smoked Ham	4 oz		120														
Genoa Salami	3 Slices		110														
Genoa Salami	6 Slices/2 oz		220														
Capicola Ham	3 Slices		50														
Capicola Ham	6 Slices		110														
Reduced Sodium Italian Meatballs	4 Meatballs/1oz Each		380	Milk, Wheat, Soy, Gluten	Milk				Wheat			Soy	Gluten				
Reduced Sodium Italian Meatballs	8 Meatballs/1oz Each		750	Milk, Wheat, Soy, Gluten	Milk				Wheat			Soy	Gluten				
Roasted Squash and Mushroom Blend	2 oz		60														
Roasted Squash and Mushroom Blend	4 oz		120														
Tuna Salad	2- #24 Scoops		270	Eggs, Fish, Soy, Mustard	Eggs	Fish						Soy				Mustard	
Tuna Salad	4-#24 Scoops		550	Eggs, Fish, Soy, Mustard	Eggs	Fish						Soy				Mustard	
Philly Steak Meat	3 oz		130	Soy, Gluten								Soy	Gluten				
Philly Steak Meat	6 oz		250	Soy, Gluten								Soy	Gluten				
Oven Roasted Turkey Breast	2 oz		50														
Oven Roasted Turkey Breast	4 oz		110														
Smoked Ham	2 oz		60	Gluten									Gluten				
Smoked Ham	4 oz		120	Gluten									Gluten				
Reduced Sodium Cooked Roast Beef	2 oz		90														
Reduced Sodium Cooked Roast Beef	4 oz		180														
SALADS	Portion	V/VG	FDA Cal	Allergen	Milk	Eggs	Fish	Shellfish	Wheat	Peanut	Treenuts	Soybean	Gluten	MSG	Mustard	Sesame	Sulphites
Buffalo Chicken Salad	1 Salad		430	Milk, Eggs, Wheat, Soy, Gluten	Milk	Eggs			Wheat			Soy	Gluten				
Roasted Chicken Caesar Salad	1 Salad		650	Milk, Eggs, Fish, Wheat, Soy, Gluten	Milk	Eggs	Fish		Wheat			Soy	Gluten				
BYO Salad with Protein (Average Cost)	1 Salad		680	Milk, Eggs, Fish, Wheat, Soy, Gluten, MSG, Mustard	Milk	Eggs	Fish		Wheat			Soy	Gluten	MSG	Mustard		

Build Your Own Salad (Average Cost)	1 Salad		430	Milk, Eggs, Fish, Wheat, Treenuts, Soy, Gluten, MSG, Mustard	Milk	Eggs	Fish		Wheat		Treenuts	Soy	Gluten	MSG	Mustard		
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