

Nutritional Information



		AVG PORTION WEIGHT	ENERGY		PROTEIN	CARBS	OF WHICH SUGARS	FAT	OF WHICH SATURATES	SALT	FIBRE
		(g)	(kcal)	(KJ)	(g)	(g)	(g)	(g)	(g)	(g)	(g)
BLT	Medium Sub	220	578	2409	25.8	51	6.8	29.1	6.5	2.9	4.2
Cajun Chicken Club	Medium Sub	243	489	2042	26.2	51	7.2	19.0	4.3	1.8	4.1
Ham and Chicken	Medium Sub	259	578	2412	32.1	50	6.5	26.7	6.5	2.7	4.2
Sweet Chilli Chicken	Medium Sub	241	482	2013	26.2	49	6.5	18.9	4.3	2.1	4.1
Texan Chicken	Medium Sub	236	392	1643	25.4	59	13.6	5.0	2.5	1.1	4.1
Tuna	Medium Sub	261	561	2343	31.0	54	7.9	23.5	5.5	4.4	4.2
Turkey Ranch	Medium Sub	257	500	2088	29.2	50	6.8	19.4	3.7	2.0	4.1
Veggie	Medium Sub	241	511	2132	26.1	50	7.0	21.7	5.4	1.7	4.5
Meat Feast Melt	Medium Sub	213	433	1848	16.8	49	6.3	18.9	7.2	1.0	4.6
Pulled Pork	Medium Sub	215	643	2681	31.7	53	9.3	32.6	5.0	1.3	4.1
Beef Brisket	Medium Sub	229	535	2230	28.2	49	6.7	24.0	6.9	2.9	4.8
		252	689	2869	33.1	49	6.0	38.9	12.4	2.0	4.3
BREADS											
Italian 6 inch		90	232	981	8.91	44.91	3.51	1.08	0.21	1.26	3.60
Grain 6 inch		90	237	999	9.36	38.34	2.61	3.78	0.46	1.26	6.12
Tomato 6 inch		90	236	999	7.38	44.91	3.60	2.43	0.50	1.61	2.34
Italian 8 inch		120	310	1308	11.88	59.88	4.68	1.44	0.28	1.68	4.80
Grain 8 inch		120	316	1332	12.48	51.12	3.48	5.04	0.61	1.68	8.16
Tomato 8 inch		120	314	1332	9.84	59.88	4.80	3.24	0.67	2.15	3.12
White Wrap		90	257	1088	6.75	54.90	5.76	4.77	0.63	2.70	2.25
Brown Wrap		90	275	1157	7.20	47.82	1.80	6.98	2.70	1.10	2.48
Gluten Free Bap		95	191	808	5.39	36.19	3.08	2.75	0.33	1.24	4.62
Flatbread		60	174	732	5.46	34.80	4.74	1.32	0.36	0.54	1.80
Seeded Thins		65	185	782	8.26	28.99	2.08	3.19	0.49	0.65	3.90

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