



Nutrition Guide



Nutrition information

DESSERTS, SIDES & BEVERAGES

Cookies & Desserts

	Serving size (g)	Cal.	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit. A % DV	Vit. C % DV	Calcium % DV	Iron % DV
Chocolate Chip	45	220	90	10	5	0	15	130	30	1	18	2	6	0	0	6
Chocolate Chunk**	45	220	90	10	5	0	10	100	30	<1	17	2	0	0	0	6
Double Chocolate Chip**	45	210	80	9	5	0	15	130	30	1	20	2	6	0	2	4
M&M®**	45	210	90	10	5	0	15	100	32	<1	18	2	0	0	2	6
Oatmeal Raisin	45	200	70	8	4	0	15	130	30	1	17	3	0	0	2	6
Peanut Butter**	45	220	110	12	5	0	10	130	26	1	16	4	4	0	2	6
Raspberry Cheesecake	45	200	80	9	4.5	0	15	120	29	0	16	2	6	0	2	4
Sugar**	45	220	110	12	6	0	15	130	28	<1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0	15	130	29	<1	18	2	6	0	2	4
Apple Slices - 1 package	71	35	0	0	0	0	0	0	9	2	7	0	0	30	4	0
Yogurt Parfait	164	160	20	2	1	0	10	75	30	2	24	6	2	20	15	2

Chips

Baked Lay's®	32	130	15	2	0	0	0	200	23	2	2	2	0	2	4	2
Baked Lay's®** Sour Cream & Onion	32	140	30	3.5	0.5	0	0	240	24	2	3	3	0	4	4	2
Doritos Nacho	50	250	120	13	2.5	0	<5	310	30	2	2	4	0	0	8	2
Lays® Classic	43	230	140	15	1.5	0	0	270	23	2	0	3	0	15	0	2
Sunchips Harvest Cheddar	43	210	80	9	1.5	0	0	240	29	3	3	4	0	0	2	2
Chips, 1 bag	25-57	75-340	0-220	0-22	0-4.5	0	0-35	150-940	13-36	0-3	0-9	0-7	0-20	0-20	0-15	0-10

Beverages*

	(oz)															
Bottled Juice/Drink	15	0-300	0	0	0	0	0	40-160	54-68	0	48-64	0	0	0-200	0	0
Fountain Drink/Sweetened Tea, Regular - 16 oz, no ice	16	120-240	0	0	0	0	0	0-110	34-66	0	34-66	0	0	0-210	0	0
Fountain Drink, Diet/Unsweetened Tea - 16 oz, no ice	16	0-10	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 21 oz, no ice	21	160-320	0	0	0	0	0	0-140	45-87	0	45-87	0	0	0-270	0	0
Fountain Drink, Diet/Unsweetened Tea - 21 oz, no ice	21	0-15	0	0	0	0	0	0-80	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 30 oz, no ice	30	230-460	0	0	0	0	0	0-200	65-120	0	65-120	0	0	0-380	0	0
Fountain Drink, Diet/Unsweetened Tea - 30 oz, no ice	30	0-25	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 40 oz, no ice	40	310-620	0	0	0	0	0	0-260	90-160	0	90-160	0	0	0-500	0	0
Fountain Drink, Diet/Unsweetened Tea - 40 oz, no ice	40	0-30	0	0	0	0	0	0-100	0	0	0	0	0	0	0	0
Juice Box	6	100	0	0	0	0	0	15	24	0	21	0	0	100	10	2
Milk, Low Fat***	12	160	35	3.5	2.5	0	20	180	19	0	17	12	15	6	45	0
Milk, Chocolate Flavored Reduced Fat***	12	300	70	8	5	0	35	300	43	<1	43	15	15	6	45	4
Milk, Strawberry Flavored Reduced Fat**	12	300	70	7	4.5	0	35	220	44	0	42	15	15	6	50	0

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Noteworthy Nutrition Facts about SUBWAY® Sandwiches

A 6" SUBWAY® sandwich made with the "Fresh Veggies" is . . .

- Packed with Protein.** A sub with meat, poultry or seafood provides at least 30% of daily protein needs.
- Fiber-Friendly.** When made on 9-grain wheat bread a sub provides 5 g fiber or 20% of your daily fiber needs.
- Free of Artificial Trans Fat (partially hydrogenated oil).**
- Loaded With Essential Vitamins and Minerals.** Every 6" Sub contains as much calcium as a glass of milk, 20% of the daily value for vitamin C and D and 15% daily value of iron!
- Filled with Nutrient-Packed Fresh Veggies.** You get 1 cup or 1/3 of your veggie requirement.
- Rich in Energy Boosting Complex Carbs.** The fuel that your body and brain needs to function throughout the day!
- Better for the Heart.** Our 8 sandwiches with 6 g of fat or less are also low in saturated fat and cholesterol and free of artificial trans fat.
- Easy on the Calories.** SUBWAY® Restaurants offer 10 regular 6" subs with 400 calories or less.
- Great with our Better-for-You Sides and Beverages.** Add baked chips, fresh apples slices or low fat yogurt as a guilt-free, delicious side.
- Reduced In Sodium!** Over the last 2 years SUBWAY® Restaurants has reduced sodium by 25% in our low fat Subs.

For the most current ingredient, allergy or nutrition information on regional products visit:

subway.com

Watching Calories, Fat, or Sodium?

Make the Right Choices!

Watching Calories?

Start with This:

Any 6"
SUBWAY FRESH FIT® Sub
on 9-Grain Wheat
or Italian Bread
or
SUBWAY FRESH FIT® Salad

Watching Saturated Fat and Fat?

Start with This:

Any 6"
SUBWAY FRESH FIT® Sub
on 9-Grain Wheat
or Italian Bread
or
SUBWAY FRESH FIT® Salad

Watching Sodium?

Start with This:

6" Roast Beef
6" Oven Roasted Chicken Breast
6" Veggie Delite®
on 9-Grain Wheat
or Italian Bread
or
Salads with
Roast Beef or
Chicken Strips



Add:

Fresh Veggies
&
low calorie toppings like:
Pickles
Jalapeños
Banana Peppers
Vinegar
Mustard

Add:

Fresh Veggies
&
Fat-Free toppings like:
Pickles
Jalapeños
Banana Peppers
Vinegar
Mustard
Honey Mustard Sauce
Sweet Onion Sauce
or other
Fat-Free Salad Dressings

Add:

Fresh Veggies
&
Vinegar
Oil



Limit:

Bacon, Cheese,
Mayonnaise,
Full Flavor Sauces &
Salad Dressings
(Southwest, Ranch), Oil,
Double Meat

Limit:

Bacon, Cheese,
Mayonnaise,
Full Flavor Sauces
(Southwest, Ranch), Oil,

Limit:

Bacon, Cheese,
Mayonnaise, Mustard,
Pickles, Olives, Jalapeños,
Banana Peppers,
Ranch Dressing,
Chipotle Southwest,
Double Meat

Visit subway.com for detailed
nutrition information



Nutrition information

BREADS & CONDIMENTS

	Serving size (g)	Cal. (g)	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit. A % DV	Vit. C % DV	Calcium % DV	Iron % DV
Breads																
6" Italian (White) Bread	71	200	20	2	0.5	0	0	290	38	1	5	7	0	0	30	12
6" 9-Grain Wheat Bread	78	210	20	2	0.5	0	0	310	40	4	5	8	0	0	30	15
6" Parmesan Oregano Bread	75	220	25	2.5	1	0	0	440	40	2	5	8	0	0	35	15
6" Honey Oat	89	260	25	3	0.5	0	0	330	48	5	9	9	0	0	30	15
6" Hearty Italian Bread**	75	210	20	2.5	0.5	0	0	290	41	2	5	7	0	0	30	15
6" Monterey Cheddar**	82	240	50	6	2.5	0	10	360	38	2	5	10	2	0	40	15
6" Italian Herbs & Cheese	82	250	45	5	2.5	0	10	490	40	2	5	9	2	0	40	15
6" Roasted Garlic**	82	230	25	2.5	0.5	0	0	1260	45	2	7	8	4	45	35	15
6" Flatbread	87	220	40	4.5	1	0	0	450	38	2	2	7	0	0	8	15
Light Wheat English Muffin	57	100	5	0.5	0	0	0	170	22	5	1	6	0	0	12	6
Mini Italian Bread	47	130	10	1.5	0	0	0	190	25	1	3	5	0	0	20	8
Mini Wheat Bread	52	140	10	1.5	0	0	0	200	27	3	3	5	0	0	20	8
Wrap**	103	310	70	8	2.5	0	0	610	51	1	0	8	0	0	6	15
Sandwich Condiments (amount on 6-inch sub or flatbread)																
Bacon (2 strips)	9	45	30	3.5	1.5	0	10	190	0	0	0	3	0	0	0	0
Chipotle Southwest Sauce	21	100	90	10	1.5	0	10	220	1	0	0	0	0	0	0	0
Honey Mustard Sauce, Fat Free	21	30	0	0	0	0	0	120	7	0	6	0	0	0	0	0
Light Mayonnaise (1 T)	15	50	45	5	1	0	5	100	<1	0	0	0	0	0	0	0
Mayonnaise (1 T)	15	110	110	12	2	0	10	80	0	0	0	0	0	0	0	0
Mustard yellow or deli brown (2 tsp)	10	5	0	0	0	0	0	115	<1	0	0	0	0	0	0	0
Olive Oil Blend (1 tsp)	5	45	45	5	0	0	0	0	0	0	0	0	0	0	0	0
Pepperoni, 3 slices	18	80	60	7	2.5	0	15	400	1	0	0	4	0	0	0	0
Ranch Dressing	21	110	100	11	1.5	0	5	200	1	0	1	0	0	0	0	0
Red Wine Vinaigrette, Fat Free**	21	30	3	0	0	0	0	340	6	0	3	0	0	0	0	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	85	9	0	8	0	0	0	0	0
Vinegar (1 tsp)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sub or 6" flatbread)																
Banana Peppers (3 rings)	4	0	0	0	0	0	0	20	0	0	0	0	0	0	6	0
Cucumbers (3 slices)	17	<5	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0
Jalapeno Peppers (3 rings)	4	<5	0	0	0	0	0	70	0	0	0	0	0	0	4	0
Lettuce	21	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	7	<5	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	9	0	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Olives (3 rings)	3	<5	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	0	4	10	0
Cheese (amount on 6-inch sub, 6" flatbread or salad)																
American, Processed	11	40	30	3.5	2	0	10	200	1	0	0	2	2	0	8	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0	15	90	1	0	0	3	4	0	10	0
Mozzarella, Shredded	14	40	25	3	2	0	10	100	0	0	0	3	2	0	8	0
Natural Cheddar**	15	60	45	5	3	0	15	100	0	0	0	4	4	0	8	0
Pepperjack**	14	50	35	4	2.5	0	15	140	0	0	0	3	4	4	10	0
Provolone**	14	50	35	4	2	0	10	125	0	0	0	4	2	0	10	0
Swiss**	14	50	35	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from DAI approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference, release #23. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

*Products contain no artificial trans fat (partially-hydrogenated oil). Some products contain naturally occurring trans fat.

**At participating locations. Nutrition information for these items are based on the most common formulas and ingredients.

***Nutrition information for fountain beverages does not include ice and is based on full cup size. Due to large variety of possible fountain beverage offerings, nutrition ranges are provided in this brochure.
†Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed. Nutrition Information for milk in California is different, check milk container for exact information.

subway.com





Nutrition information

Serving size (g) Cal. Cal. From Fat Fat (g) Total Fat (g) Sat. Fat (g) Trans. Fat (g)* Chol. (mg) Sodium (mg) Carb. (g) Dietary Fiber (g) Sugars (g) Protein (g) Vit. A % DV Vit. C % DV Calcium % DV Iron % DV

SANDWICHES

6" FRESH FIT® Sandwiches with 6 Grams of Fat or Less

Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate FOOTLONG™ nutrition.

6" Black Forest Ham	219	290	40	4.5	1	0	25	830	46	5	8	18	8	20	30	15
6" Oven Roasted Chicken	233	320	45	5	1.5	0	25	640	47	5	8	23	8	30	30	15
6" Roast Beef	233	320	40	5	1.5	0	45	700	45	5	7	24	8	20	30	25
6" Subway Club®	240	310	40	4.5	1.5	0	40	880	46	5	7	23	8	20	30	20
6" Sweet Onion Chicken Teriyaki	276	380	40	4.5	1	0	50	900	59	5	18	26	8	30	35	20
6" Turkey Breast	219	280	30	3.5	1	0	20	810	46	5	7	18	8	20	30	15
6" Turkey Breast & Black Forest Ham	219	280	35	4	1	0	20	820	46	5	8	18	8	20	30	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	310	44	5	6	8	8	20	30	15

6" Flatbread Sandwiches with 7 Grams of Fat or Less

Values include 6" flatbread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate FOOTLONG™ nutrition.

Black Forest Ham on Flatbread	228	300	60	7	1.5	0	25	980	44	3	5	17	8	20	10	15
Oven Roasted Chicken on Flatbread	242	330	60	7	1.5	0	25	790	45	3	6	22	8	30	10	15
Roast Beef on Flatbread	242	330	60	7	2.0	0	45	840	43	3	4	23	8	20	10	25
Subway Club® on Flatbread	249	320	60	7	2	0	40	1030	44	3	5	22	8	20	10	20
Sweet Onion Chicken Teriyaki on Flatbread	284	390	60	7	1.5	0	50	1050	57	3	16	25	8	30	12	20
Turkey Breast on Flatbread	228	290	50	6	1.5	0	20	950	44	3	4	17	8	20	10	15
Turkey Breast & Black Forest Ham on Flatbread	228	290	60	6	1.5	0	25	970	44	3	5	17	8	20	10	15
Veggie Delite® on Flatbread	171	240	40	4.5	1	0	0	450	42	3	4	8	8	20	8	15

Other Favorite 6" Sandwiches

Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, and cucumbers. Double values for approximate FOOTLONG™ nutrition.

6" Big Philly Cheesesteak	297	500	150	17	9	1	85	1310	51	6	8	38	15	20	50	25
6" BLT	153	320	80	9	4	0	20	680	43	5	6	15	8	8	30	15
6" Buffalo Chicken (with regular Ranch dressing)	268	420	140	15	3	0	55	1190	46	5	8	25	8	25	30	20
6" Chicken & Bacon Ranch Melt	292	570	250	28	10	0.5	95	1080	47	5	8	35	15	25	50	20
6" Cold Cut Combo	233	370	120	13	4	0	50	1140	46	5	7	18	10	20	35	20
6" Italian B.M.T.®	226	410	150	16	6	0	45	1300	46	5	8	20	8	20	30	15
6" Meatball Marinara	301	480	160	18	7	0.5	30	950	59	8	12	21	25	35	35	25
6" Spicy Italian	222	480	220	24	9	0.5	50	1520	46	5	8	20	8	20	30	20
6" Steak & Cheese	245	380	90	10	4.5	0	50	1060	48	5	8	26	10	20	40	20
6" Subway Melt®	240	370	100	11	5	0	45	1210	47	5	8	23	10	20	40	15
6" Tuna	233	470	210	24	4	0	35	620	44	5	6	20	8	20	30	20

Kids Meal Sandwiches

Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Veggie Delite®	108	150	15	1.5	0	0	0	210	29	3	4	6	6	15	20	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	470	30	3	5	10	6	15	20	10
Roast Beef	146	200	25	3	1	0	25	410	30	4	5	14	6	15	20	10
Turkey Breast	136	180	20	2	0.5	0	10	460	30	3	5	10	6	15	20	10

6" Limited Time Offer/Regional Subs**

Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

6" Barbecue Rib Patty	240	430	160	18	6	0	50	620	47	5	8	19	8	20	30	20
6" Barbecue Chicken	233	310	45	5	1.5	0	35	900	52	6	15	15	15	180	35	20
6" Chicken Pizziola (includes cheese)	291	450	140	15	6	0	75	1250	50	6	10	31	20	30	40	20
6" Pastrami, Big (includes cheese)	297	580	260	28	9	0	65	1700	49	5	7	31	12	20	40	15
6" Subway Seafood Sensation®	233	410	170	19	3	0	17	740	50	5	8	13	10	20	35	15
6" Turkey Bacon Avocado (includes cheese)	268	420	130	15	5	0	40	1200	49	7	8	24	12	25	40	20
6" Veggie Patty	247	390	70	7	1	0	10	830	56	8	8	23	15	20	35	15



Nutrition information

	Serving size (g)	Cal.	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit. A % DV	Vit. C % DV	Calcium % DV	Iron % DV
SALADS																
Salads with 6 g of fat or Less																
Values include lettuce, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or croutons.																
Black Forest Ham	328	110	25	3	1	0	25	590	11	4	6	12	25	45	6	8
Oven Roasted Chicken Breast	342	130	25	2.5	0.5	0	50	270	9	4	4	19	25	50	6	10
Roast Beef	342	140	30	3.5	1	0	45	450	10	4	5	18	25	45	6	15
Subway Club®	349	140	30	3.5	1	0	40	640	11	4	5	17	25	45	6	15
Sweet Onion Chicken Teriyaki	385	200	25	3	1	0	50	660	24	4	16	20	25	50	6	10
Turkey Breast	328	110	20	2	0.5	0	20	570	11	4	5	12	25	45	6	10
Turkey Breast & Ham	328	110	25	2.5	0.5	0	20	580	11	4	5	12	25	45	6	8
Veggie Delite®	271	50	10	1	0	0	0	65	9	4	4	3	25	45	4	6
Salad Dressing																
Fat Free Italian	57	35	0	0	0	0	0	720	7	0	4	1	0	0	2	0
Ranch	57	290	270	30	4.5	0.5	15	540	3	0	3	1	0	0	0	0
BREAKFAST & PIZZA																
Egg Muffin Melts (with Egg White)																
Values include light wheat English muffin, egg white and cheese.																
Egg (White) & Cheese	105	150	30	3.5	1.5	0	5	480	24	5	1	12	2	0	25	6
Egg (White) & Cheese (with ham)	119	170	35	4	1.5	0	10	610	24	5	1	14	2	0	25	6
Breakfast B.M.T.® Melt	142	220	70	8	3	0	20	860	25	5	2	16	4	2	25	6
Bacon, Egg (White) & Cheese	110	180	45	5	2	0	10	580	24	5	1	13	2	0	25	6
Mega**	138	300	150	17	7	0	30	840	24	5	1	17	2	0	25	8
Sausage, Egg (White) & Cheese**	133	270	140	15	6	0	25	740	24	5	1	15	2	0	25	8
Steak, Egg (White) & Cheese	122	180	40	4	1.5	0	15	620	25	5	1	15	2	0	25	8
Sunrise Melt	149	210	50	6	2.5	0	20	830	26	5	2	18	4	2	25	8
Egg (White) with Cheese (with ham, peppers and onion)	124	170	35	4	1.5	0	10	610	25	5	1	14	2	4	25	6
Egg Muffin Melts (with Regular Egg)																
Values include light wheat English muffin, regular egg and cheese.																
Egg & Cheese	105	170	50	6	2	0	115	460	24	6	1	12	4	0	20	8
Egg & Cheese (with ham)	119	190	50	6	2	0	120	590	24	6	2	14	4	0	20	8
Breakfast B.M.T.® Melt	142	240	90	10	4	0	130	830	25	6	2	16	6	2	20	8
Bacon, Egg & Cheese	110	200	70	7	3	0	120	550	24	6	1	13	4	0	20	8
Mega**	138	320	170	19	7	0	140	810	24	6	2	17	4	0	20	10
Sausage, Egg & Cheese**	133	290	160	17	7	0	130	720	24	6	1	15	4	0	20	10
Steak, Egg & Cheese	122	200	60	6	2.5	0	125	610	25	6	2	15	4	0	20	10
Sunrise Melt	149	230	70	8	3	0	130	810	26	6	2	18	6	2	20	8
Egg with Cheese (with ham, peppers and onion)	124	190	50	6	2	0	120	590	25	6	2	14	4	4	20	8
6" Omelet Sandwich (with Egg White)																
Values include 9-grain wheat bread, egg white and cheese.																
6" Egg (White) & Cheese	174	320	70	8	3	0	10	940	44	4	5	19	4	0	60	15
6" Egg (White) & Cheese (with ham)	203	350	80	9	3.5	0	25	1200	45	4	6	24	4	0	60	15
6" Breakfast B.M.T.® Melt	261	460	160	17	7	0	45	1680	48	5	7	29	9	8	60	15
6" Bacon, Egg (White) & Cheese	184	370	100	11	4.5	0	20	1120	45	4	5	23	4	0	60	15
6" Mega**	240	610	310	35	14	0	55	1640	45	4	5	30	4	2	60	20
6" Sausage, Egg (White) & Cheese**	231	570	280	31	12	0	45	1460	45	4	5	26	4	2	60	20
6" Steak, Egg (White) & Cheese	217	390	90	10	4	0	35	1300	47	4	6	28	4	0	60	20
6" Sunrise Melt	275	430	120	13	5	0	45	1640	48	4	7	32	10	8	60	20
6" Egg (White) & Cheese (with ham, peppers and onion)	212	350	80	9	3.5	0	25	1200	46	4	6	24	4	6	60	15
6" Omelet Sandwiches (with Regular Egg)																
Values include 9-grain wheat bread, regular egg and cheese.																
6" Egg & Cheese	174	360	110	12	4.5	0	230	890	44	5	6	19	8	0	40	20
6" Egg & Cheese (with ham)	203	390	120	13	5	0	240	1150	45	5	7	24	8	0	40	20
6" Breakfast B.M.T.® Melt	261	500	200	22	8	0	265	1640	47	5	9	29	15	8	45	20
6" Bacon, Egg & Cheese	184	410	140	16	6	0	240	1080	45	5	6	23	8	0	40	20
6" Mega**	240	650	350	39	15	0	275	1600	45	5	7	30	8	2	45	25
6" Sausage, Egg & Cheese**	231	610	320	36	14	0	265	1410	45	5	6	26	8	2	40	20
6" Steak, Egg & Cheese	217	430	130	15	5	0	255	1260	47	5	7	28	8	0	40	20
6" Sunrise Melt	275	470	160	17	7	0	260	1590	48	5	8	32	13	8	45	20
6" Egg & Cheese (with ham, peppers and onions)	212	390	120	13	5	0	240	1150	46	5	7	24	8	6	40	20
8" Pizza**																
Cheese	293	680	200	22	9	0	40	1070	96	4	7	32	25	4	45	30
Cheese & Veggies	381	740	230	25	11	0	50	1270	100	5	9	36	35	30	60	30
Pepperoni	323	790	290	32	13	0	60	1350	96	4	8	38	30	4	60	30
Sausage	336	820	310	34	14	0	70	1420	97	4	8	39	30	4	60	30