




	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
TASTY COLD SUBS (on white bread)																
Mother Lode - small (5")	303	597	276	30.3	8.8	0.0	85	1992	46.3	1.0	1	33.9	9	17	18	20
Mother Lode - medium (8")	512	1028	498	54.8	17.5	0.0	167	3737	69.7	1.5	2	62.7	13	28	32	34
Mother Lode - large (11")	726	1461	720	79.3	25.9	0.0	249	5482	93.4	1.9	3	91.6	18	40	46	48
Georgetown - small (5")	225	447	170	18.8	5.2	0.0	45	1214	45.7	1.6	1	23.6	9	8	17	13
Georgetown - medium (8")	351	710	278	30.8	8.9	0.0	79	2026	68.5	2.3	1	39.6	13	10	31	20
Georgetown - large (11")	483	962	368	42.6	12.7	0.0	113	2834	91.5	3.1	2	55.6	17	14	45	27
Tombstone - small (5")	234	409	134	14.4	3.2	0.0	42	1202	44.4	1.0	1	24.1	9	9	18	14
Tombstone - medium (8")	380	667	228	24.6	6.5	0.0	82	2156	66.6	1.4	1	43.0	13	12	31	21
Tombstone - large (11")	532	926	321	34.8	9.4	0.0	122	3110	89.0	1.9	1	62.0	18	16	45	27
Dodge City - small (5")	238	618	344	37.7	12.4	0.0	73	1480	45.6	1.0	1	22.8	9	17	18	17
Dodge City - medium (8")	371	1014	587	64.5	22.3	0.0	129	2517	68.4	1.5	1	38.4	13	28	32	27
Dodge City - large (11")	510	1410	829	91.3	31.9	0.0	185	3554	91.3	1.9	1	54.1	18	40	46	36
Lawless Leadville - small (5")	228	415	140	15.3	3.9	0.0	43	1247	44.8	0.8	1	23.5	9	8	18	15
Lawless Leadville - medium (8")	370	681	241	26.3	7.8	0.0	84	2245	67.5	1.1	2	41.9	13	10	31	24
Lawless Leadville - large (11")	518	947	341	37.3	11.5	0.0	125	3244	90.4	1.5	3	60.4	17	14	45	33
King Bullion - small (5")	228	412	138	14.9	3.8	0.0	42	1161	44.1	0.8	1	23.8	9	8	17	16
King Bullion - medium (8")	370	674	237	25.5	7.5	0.0	82	2073	66.2	1.1	1	42.6	13	10	31	26
King Bullion - large (11")	518	937	335	36.2	11.0	0.0	122	2986	88.4	1.5	1	61.4	17	14	45	35
Caribou - small (5")	231	453	178	19.5	5.7	0.0	39	1046	46.1	1.8	1	22.6	11	9	28	14
Caribou - medium (8")	368	745	308	34.0	11.3	0.0	76	1822	69.4	2.6	1	40.0	17	12	51	21
Caribou - large (11")	511	1038	439	48.5	16.6	0.0	112	2597	92.9	3.5	2	57.3	23	16	75	27
California Gulch - small (5")	266	546	249	27.2	7.3	0.0	54	996	46.3	1.3	1	27.7	11	10	33	17
California Gulch - medium (8")	450	972	489	53.6	14.7	0.0	108	1763	70.4	2.1	1	50.2	17	14	61	27
California Gulch - large (11")	638	1399	729	80.0	22.0	0.0	162	2531	94.6	2.9	2	72.9	23	19	90	37
Silver City - small (5")	245	540	260	28.7	8.3	0.0	59	1433	46.3	1.0	1	23.6	9	17	18	18
Silver City - medium (8")	396	914	467	51.7	16.4	0.0	115	2619	69.7	1.5	2	42.1	13	28	32	28
Silver City - large (11")	552	1289	674	74.7	24.3	0.0	171	3805	93.4	1.9	3	60.6	18	40	46	39
Comstock - small (5")	232	440	162	17.3	5.4	0.0	52	1140	44.1	0.8	1	25.0	11	8	20	19
Comstock - medium (8")	370	694	256	27.5	9.1	0.0	92	1972	66	1.1	1	42.6	15	10	31	32
Comstock - large (11")	513	948	351	37.6	12.6	0.0	132	2803	87	1.5	1	60.2	19	14	41	44
Virginia City - small (5")	232	447	165	18.1	5.7	0.0	54	1312	45	0.8	2	24.3	11	8	21	17
Virginia City - medium (8")	370	707	264	29.0	9.7	0.0	96	2316	69	1.1	3	41.2	15	10	31	28
Virginia City - large (11")	513	968	363	39.9	13.4	0.0	137	3319	91	1.5	4	58.2	19	14	42	38
TASTY WARM SUBS (on white bread)																
Cripple Creek - small (5")	240	487	184	20.7	6.3	0.0	65	1077	46.5	0.8	2	28.2	10	9	19	16
Cripple Creek - medium (8")	359	757	296	33.3	10.6	0.0	103	1670	69.7	1.1	3	44.0	15	12	33	24
Cripple Creek - large (11")	484	1017	390	45.8	14.9	0.0	141	2259	93.1	1.5	4	59.8	20	16	47	32
Santa Fe Trail (Teriyaki Chicken) - Small	258	442	102	11.6	4.1	0.0	57	1069	55.2	0.9	8	27.9	6	6	19	21
Santa Fe Trail (Teriyaki Chicken) - Medium	402	646	152	17.1	6.5	0.0	70	1594	83.8	1.4	13	37.6	10	8	34	31
Santa Fe Trail (Teriyaki Chicken) - Large	544	892	219	24.6	9.5	0.0	100	2209	113.1	1.7	20	52.3	14	11	49	42
Buffalo Stampede - small (5")	229	400	98	11.2	4.1	0.0	57	1697	45.8	0.5	2	27.2	6	4	19	17
Buffalo Stampede - medium (8")	356	626	165	18.8	7.3	0.0	90	2597	69.0	0.8	3	42.6	10	6	34	25
Buffalo Stampede - large (11")	481	848	231	26.5	10.5	0.0	123	3492	91.3	0.2	4	58.2	10	5	47	33
Frontier - small (5")	221	456	132	15.2	5.5	0.0	62	1150	51.5	0.5	7	27.9	5	3	20	18
Frontier - medium (8")	343	716	215	24.8	9.3	0.0	98	1815	79.7	0.2	13	43.9	10	8	34	27
Frontier - large (11")	464	970	298	34.5	13.2	0.0	135	2471	106.0	0.2	17	59.6	8	4	49	37
Silver Plume - small (5")	248	476	170	18.9	5.1	0.0	63	891	46.9	0.8	3	27.5	11	10	19	17
Silver Plume - medium (8")	372	742	276	30.8	9.3	0.0	100	1389	70.4	1.1	4	42.9	15	13	34	26
Silver Plume - large (11")	501	1008	382	42.7	13.2	0.0	137	1887	94.0	1.5	5	58.4	21	17	48	34
Steam Engine - small (5")	241	515	192	21.2	6.4	0.0	47	1234	54	3.2	2	29.3	6	28	18	30
Steam Engine - medium (8")	383	818	316	34.9	10.5	0.0	77	1978	82	5.3	2	47.0	11	44	29	48
Steam Engine - large (11")	524	1120	441	48.6	14.6	0.0	107	2722	110	7.4	3	64.7	15	60	40	65
Homestake - small (5")	210	429	94	14.3	6.7	0.0	61	931	45.7	1.4	3	27.6	7	2	22	60
Homestake - medium (8")	326	684	168	24.5	11.9	0.0	100	1475	69.1	2.1	4	43.9	12	3	41	91
Homestake - large (11")	440	933	241	34.5	17.1	0.0	137	2006	92.3	2.7	5	59.6	18	4	59	120
Coeur D'Alene - small (5")	189	366	80	8.5	4	0.0	48	1303	42	0.0	0	28.2	2	0	17	21
Coeur D'Alene - medium (8")	290	574	138	14.8	7	0.0	77	2005	64	0.0	0	44.1	4	0	30	32
Coeur D'Alene - large (11")	391	783	196	21.1	10	0.0	106	2706	85	0.0	0	60.0	6	0	43	42
Boomtown - small (5")	212	550	264	30.1	8.9	0.0	73	1301	44.1	0.8	1	27.6	9	8	17	13



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TASTY WRAPS (on white bread) continued...																
Boomtown - medium (8")	317	852	417	47.6	15.0	0.0	115	2004	66.2	1.1	1	43.1	13	10	31	20
Boomtown - large (11")	428	1156	571	65.1	20.8	0.0	158	2706	88.4	1.5	1	58.6	17	14	45	27
Outlaw - small (5")	254	430	145	15.6	4.7	0.0	54	1456	44.1	0.8	1	28.5	9	8	17	22
Outlaw - medium (8")	380	672	239	25.8	8.7	0.0	86	2237	66.2	1.1	1	44.4	13	10	31	34
Outlaw - large (11")	512	916	334	36.0	12.4	0.0	119	3018	88.4	1.5	1	60.4	17	14	45	45
WRAPS (on white 12" tortilla wrap)																
Ghost Town Wrap	336	725	330	37.5	13.5	0.0	100	1709	59.7	4.3	3	36.4	109	31	44	23
Claim Jumper Wrap	286	678	336	37.8	13.5	0.0	82	1690	57.1	4.3	2	27.2	109	29	42	21
Stagecoach Wrap	319	683	249	29.0	12.2	0.0	95	1857	69.4	4.0	12	36.1	104	24	46	27
Prospector Wrap	362	664	288	32.4	11.4	0.0	84	1699	61.4	4.5	3	29.5	111	32	33	24
VEGGIE SUBS (on white bread)																
Pikes Peak Or Bust - small (5")	202	427	172	19.0	5.7	0.0	26	746	46.1	1.8	1	17.4	11	9	28	14
Pikes Peak Or Bust - medium (8")	310	693	298	32.9	11.3	0.0	50	1221	69.4	2.6	1	29.7	17	12	51	21
Pikes Peak Or Bust - large (11")	424	960	423	46.9	16.6	0.0	73	1697	92.9	3.5	2	41.8	23	16	75	27
Tombstone - small (5")	211	288	28	2.7	0.0	0.0	26	1057	43.9	1.0	1	20.5	7	9	8	14
Tombstone - medium (8")	338	457	47	4.6	0.0	0.0	52	1887	65.6	1.4	1	36.0	9	12	11	21
Tombstone - large (11")	471	627	67	6.5	0.0	0.0	78	2715	87.5	1.9	1	51.4	12	16	15	27
Lawless Leadville - small (5")	205	295	34	3.5	0.7	0.0	27	1102	44.3	0.8	1	20.0	7	8	8	15
Lawless Leadville - medium (8")	328	471	60	6.3	1.4	0.0	54	1976	66.6	1.1	2	34.9	9	10	12	24
Lawless Leadville - large (11")	457	648	86	9.0	2.0	0.0	81	2849	88.9	1.5	3	49.9	12	14	15	33
King Bullion - small (5")	205	291	33	3.1	0.5	0.0	26	1016	43.6	0.8	1	20.3	7	8	7	16
King Bullion - medium (8")	328	464	56	5.5	1.1	0.0	52	1804	65.2	1.1	1	35.6	9	10	11	26
King Bullion - large (11")	457	638	80	7.8	1.6	0.0	78	2591	86.9	1.5	1	50.9	12	14	15	35
Caribou - small (5")	194	282	37	3.8	0.2	0.0	13	801	45.1	1.8	1	15.6	7	9	8	14
Caribou - medium (8")	298	435	58	6.0	0.3	0.0	26	1352	67.4	2.6	1	25.9	9	12	11	21
Caribou - large (11")	408	589	79	8.1	0.4	0.0	39	1903	89.9	3.5	2	36.2	12	16	15	27
Comstock - small (5")	205	296	37	3.6	1.1	0.0	26	975	43.6	0.8	1	20.3	7	8	7	19
Comstock - medium (8")	328	474	66	6.5	2.1	0.0	52	1722	65.2	1.1	1	35.6	9	10	11	32
Comstock - large (11")	457	652	95	9.3	3.2	0.0	78	2468	86.9	1.5	1	50.9	12	14	15	44
Virginia City - small (5")	205	303	41	4.4	1.4	0.0	28	1147	45.0	0.8	2	19.6	7	8	8	17
Virginia City - medium (8")	328	487	74	8.0	2.7	0.0	56	2066	67.9	1.1	3	34.2	9	10	11	28
Virginia City - large (11")	457	672	107	11.6	4.1	0.0	84	2984	91.0	1.5	4	48.8	12	14	16	38
Pikes Peak Or Bust - small (5")	165	256	31	3.3	0.2	0.0	0	501	45.1	1.8	1	10.4	7	9	8	14
Pikes Peak Or Bust - medium (8")	240	383	47	4.9	0.3	0.0	0	752	67.4	2.6	1	15.6	9	12	11	21
Pikes Peak Or Bust - large (11")	321	511	63	6.5	0.4	0.0	0	1003	89.9	3.5	2	20.7	12	16	15	27
Coeur D'Alene - small (5")	175	316	45	4.5	2	0.0	38	1203	42.0	0.0	0	24.7	0	0	7	21
Coeur D'Alene - medium (8")	262	474	68	6.8	2	0.0	57	1805	63.0	0.0	0	37.1	0	0	10	32
Coeur D'Alene - large (11")	349	633	91	9.1	3	0.0	76	2407	84.0	0.0	0	49.4	0	0	13	42
SOUP & CHILI plus RELATED ITEMS																
Broccoli Cheese (8 oz cup)	224	134	78	9.0	4.5	0.0	34	1165	11.2	<1	4	4.5	179	35	13	0
Broccoli Cheese (16 oz bowl)	448	268	156	18.0	9.0	0.0	68	2330	22.4	<1	9	9.0	358	70	27	0
Chili (8 oz cup)	250	280	110	13.0	5.0	0.0	55	1150	20.0	4.0	4	21.0	10	4	4	15
Chili (16 oz bowl)	500	560	220	26.0	10.0	0.0	110	2300	40.0	8.0	8	42.0	20	8	8	30
Side of White Bread	91	227	16	1.6	0.0	0.0	0	453	42.0	0.0	0	9.7	0	0	7	13
Side of Wheat Bread	91	227	13	3.3	0.0	0.0	0	421	42.0	3.3	3	9.7	0	0	7	13
Oyster crackers (1 package)	14	60	20	2.0	0.0	0.0	0	140	10.0	0.0	0	1.0	0	0	0	4
SALADS & SALAD RELATED ITEMS																
Grilled Chicken Salad	430	321	147	16.1	7.3	0.0	88	559	17.8	8.1	4	25.4	362	96	31	21
Chef Salad	448	290	123	12.9	6.4	0.0	84	1488	15.6	8.1	3	27.9	359	93	29	20
Chicken Caesar Feta Salad	444	379	198	21.1	11.0	0.0	100	828	18.3	8.1	4	27.9	365	95	37	20
Garden Salad	332	169	88	9.1	5.0	0.0	30	198	14.3	8.1	2	7.9	359	93	29	16
Side Salad	93	18	2	0.1	0.0	0.0	0	6	3.5	2.5	1	0.5	103	30	3	5
Cucumbers (x2) - Side Salad	6	2	0	0.1	0.0	0.0	0	0	0.2	0.2	0	0.2	0	1	0	0
Cucumbers (x4)-Grilled Chicken, Chef, Gard	22	3	1	0.1	0.0	0.0	0	0	0.8	0.2	0	0.2	1	1	1	1
Tomato Wedges (x2) - Side Salad	31	6	0	0.0	0.0	0.0	0	2	1.3	0.3	1	0.3	5	7	1	1
Tomato Wedges (x4)-Grilled Chix,Chef,Gard	62	11	0	0.0	0.0	0.0	0	3	2.5	0.5	2	0.5	10	13	1	1
Romaine Lettuce -Side Salad, Wraps	56	10	2	0.0	0.0	0.0	0	4	2.0	2.0	0	0.0	98	22	2	4
Romaine Lettuce- Grilled Chix, Chef, CCF &	196	35	7	0.0	0.0	0.0	0	14	7.0	7.0	0	0.0	343	77	7	14
Grilled Chicken Meat on Grilled Chix Salad	98	152	58	7.0	2.3	0.0	58	362	3.5	0.0	2	17.5	2	2	2	5
Grilled Chicken Meat on Chicken Caesar Fe	84	130	50	6.0	2.0	0.0	50	310	3.0	0.0	2	15.0	2	2	2	4

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SALADS & SALAD RELATED ITEMS continued...																
Croutons (1 packet)	7	30	10	1.0	0.0	0.0	0	100	5	0.0	0	1.0	0	0	0	2
Ranch Dressing - 1.5 oz packet	42	250	240	26.0	4.0	0.0	15	370	2.0	0.0	1	0.0	0	0	0	0
Fat Free Ranch Dressing - 1.5 oz packet	42	60	0	0.0	0.0	0.0	0	410	14.0	0.0	3	0.0	0	0	0	0
Golden Italian Dressing - 1.5 oz packet	42	105	90	10.5	2.0	0.0	0	310	2.0	0.0	2	0.0	0	0	0	0
Blue Cheese Dressing - 1.5 oz packet	42	200	190	21.0	4.0	0.0	20	420	2.0	0.0	1	1.0	2	0	4	0
Honey Mustard (1.5oz cup)	42	182	168	18.2	2.8	0.0	14	308	5.6	0.0	6	0.0	0	0	0	0
Raspberry Vinaigrette - 1.5 oz packet	42	40	0	0.0	0.0	0.0	0	380	9.0	0.0	9	0.0	0	0	0	0
Caesar Creamy - 1.5 oz packet	42	180	160	18.0	3.5	0.0	20	460	3.0	0.0	2	2.0	0	0	6	0
1000 Island - 1.5 oz packet	42	210	180	20.0	3.5	0.0	15	390	7.0	0.0	6	<1	2	0	0	0
SIDES																
Frito Lay Chips (vary by location)																
Variety of flavors served - please visit www.fritolay.com for nutritional information																
Whole Dill Pickle	135	5	0	0.0	0.0	0.0	1	1543	0.0	0.0	0	0.0	0	8.0	0	0.0
Fruit Cup	112	80	0	0.0	0.0	0.0	0	10.0	19.0	1.0	17	0.0	0	40.0	0	0.0
Potato Salad	156	262	125	13.7	2.9	0.0	11	616.0	31.9	3.4	9	3.4	0	0.0	0	7.0
DESSERTS																
Chocolate Chunk Cookie	85	387	137	15.3	7.4	0.0	3	371.0	59.1	1.3	35	4.9	1	0.0	3	9.0
White Chunk Macadamia Cookie	85	390	140	15.0	7.0	0.0	15	370.0	59.0	1.0	35	5.0	0	0.0	4	10.0
Deluxe Fudge Brownie	85	430	200	22.0	6.0	0.0	35	260.0	57.0	3.0	37	6.0	2	0.0	4	10.0
BEVERAGES																
Coke - Regular (22oz)	-	300	0	0.0	0.0	0.0	0	105.0	81.0	0.0	81	0.0	0	0.0	0	0.0
Coke - Large (32oz)	-	400	0	0.0	0.0	0.0	0	140.0	108.0	0.0	108	0.0	0	0.0	0	0.0
Diet Coke - Regular (22oz)	-	0	0	0.0	0.0	0.0	0	90.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Diet Coke - Large (32oz)	-	0	0	0.0	0.0	0.0	0	120.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Sprite - Regular (22oz)	-	300	0	0.0	0.0	0.0	0	135.0	78.0	0.0	78	0.0	0	0.0	0	0.0
Sprite - Large (32oz)	-	400	0	0.0	0.0	0.0	0	180.0	104.0	0.0	104	0.0	0	0.0	0	0.0
Chocolate Milk Lowfat 1% Organic 8oz	-	150	25	2.5	1.5	0.0	15	290.0	25.0	1.0	22	9.0	10	0.0	30	4.0
White Milk Lowfat 1% Organic 8oz	-	110	20	2.5	1.5	0.0	15	130.0	13.0	0.0	12	8.0	10	0.0	30	0.0
Variety of flavors served - please visit www.coca-cola.com for nutritional information on additional items																
KID'S SUBS (on white bread) & KIDS RELATED ITEMS																
Ham & Provolone Cheese	43	84	47	5.4	2.9	0.0	24	444.8	1.2	0.0	1	8.3	2	0.0	10	2.0
Ham & Cheddar Cheese	48	108	66	7.4	4.0	0.0	34	464.9	1.2	0.0	1	9.5	4	0.0	13	2.0
Turkey & Provolone Cheese	43	76	40	4.5	2.2	0.0	23	399.9	0.5	0.0	0	8.7	2	0.0	10	0.0
Turkey & Cheddar Cheese	48	99	59	6.5	3.3	0.0	33	420.0	0.5	0.0	0	9.8	4	0.0	13	0.0
Fruit Snacks	25	80	0	0.0	0.0	0.0	0	5.0	19.0	0.0	13	1.0	0	100.0	0	0.0
Goldfish Crackers	21	100	30	3.5	1.0	0.0	<5	170.0	14.0	1.0	0	3.0	0	0.0	2	2.0
MEATS																
Turkey - Small & Kid's Meal	29	26	5	0.5	0.0	0.0	13	300.1	0.0	0.0	0	5.2	0	0.0	0	0.0
Turkey- double sm, med, Chef Salad or Cla	58	52	11	1.1	0.0	0.0	26	600.3	0.0	0.0	0	10.3	0	0.0	0	0.0
Turkey - large	87	78	16	1.6	0.0	0.0	39	900.4	0.0	0.0	0	15.5	0	0.0	0	0.0
Turkey - double medium	116	104	21	2.1	0.0	0.0	52	1200.5	0.0	0.0	0	20.7	0	0.0	0	0.0
Turkey - double large	174	157	32	3.2	0.0	0.0	78	1800.8	0.0	0.0	0	31.0	0	0.0	0	0.0
Grilled Chicken - small Cripple/Frontier	56	87	33	4.0	1.3	0.0	33	206.7	2.0	0.0	1	10.0	1	1.3	1	2.7
Grilled Chicken- small Silver Plume & Buff S	78	121	47	5.6	1.9	0.0	47	289.2	2.8	0.0	2	14.0	2	1.9	2	3.7
Grilled Chicken- Med Cripple Creek, Frontier	84	130	50	6.0	2.0	0.0	50	310.0	3.0	0.0	2	15.0	2	2.0	2	4.0
Grilled Chicken- Med Silver Plume & Buff St	118	182	70	8.4	2.8	0.0	70	434.0	4.2	0.0	3	21.0	3	2.8	3	5.6
Grilled Chicken - Large Cripple Creek & Fro	112	173	67	8.0	2.7	0.0	67	413.3	4.0	0.0	3	20.0	3	2.7	3	5.3
Grilled Chicken- Large SPlume & Buff Starn	157	243	93	11.2	3.7	0.0	93	578.5	5.6	0.0	4	28.0	4	3.7	4	7.5
Roast Beef - 1/2 small cold	29	31	10	1.0	0.5	0.0	13	259.0	0.0	0.0	0	5.2	0	0.0	0	2.9
Roast Beef - small or 1/2 medium cold	58	62	20	2.0	1.1	0.0	26	518.0	0.0	0.0	0	10.3	0	0.0	0	5.8
Roast Beef - 1/2 large cold	87	93	30	3.0	1.6	0.0	39	777.0	0.0	0.0	0	15.5	0	0.0	0	8.7
Roast Beef - small Coeur D'Alene	84	90	29	2.9	1.5	0.0	38	750.1	0	0.0	0	15.0	0	0.0	0	8.4
Roast Beef - medium cold	116	124	41	4.1	2.1	0.0	52	1036.0	0.0	0.0	0	20.7	0	0.0	0	11.6
Roast Beef - medium Coeur D'Alene	126	134	44	4.4	2.3	0.0	57	1125.3	0	0.0	0	22.5	0	0.0	0	12.6
Roast Beef - large cold	174	186	61	6.1	3.2	0.0	78	1554.0	0.0	0.0	0	31.0	0	0.0	0	17.4
Roast Beef - large Coeur D'Alene	168	179	59	5.9	3.1	0.0	76	1500.4	0	0.0	0	30.0	0	0.0	0	16.8
Ham - 1/2 small, Kid's Meal, Claim Jumper V	29	34	12	1.4	0.7	0.0	14	345.0	0.7	0.0	1	4.8	0	0.0	0	2.0
Ham - small, 1/2 medium, or Chef Salad	58	69	24	2.8	1.4	0.0	28	690.0	1.4	0.0	1	9.7	0	0.0	0	3.9
Ham - 1/2 large	87	103	36	4.2	2.0	0.0	42	1035.0	2.0	0.0	2	14.5	0	0.0	0	5.9



	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
MEATS CONTINUED																
Ham - medium	116	137	48	5.6	2.7	0.0	56	1380.0	2.7	0.0	2	19.3	0	0.0	0	7.8
Ham - large	174	206	73	8.4	4.1	0.0	84	2070.0	4.1	0.0	3	29.0	0	0.0	1	11.7
Salami - 1/2 small	28	119	98	10.9	4.2	0.0	28	486.8	0.0	0.0	0	5.2	0	7.7	0	1.9
Salami - small or 1/2 medium	56	238	196	21.8	8.3	0.0	57	973.6	0.0	0.0	0	10.3	0	15.5	0	3.9
Salami - 1/2 large	84	358	295	32.7	12.5	0.0	85	1460.5	0.0	0.0	0	15.5	0	23.2	0	5.8
Salami - medium	112	477	393	43.6	16.6	0.0	113	1947.3	0.0	0.0	0	20.6	0	30.9	0	7.7
Salami - large	168	715	589	65.3	24.9	0.0	170	2921.0	0.0	0.0	0	30.9	0	46.4	0	11.6
Pastrami - small	84	75	22	2.2	1.5	0.0	37	854.0	0.0	0.0	0	15.0	0	0.0	0	9.0
Pastrami - medium	126	113	34	3.4	2.3	0.0	56	1282.3	0.0	0.0	0	22.5	0	0.0	0	13.5
Pastrami - large	168	150	45	4.5	3.0	0.0	75	1709.2	0.0	0.0	0	30.0	0	0.0	0	18.0
Pepperoni - 1/2 small	22	112	96	10.4	4.8	0.0	28	392.0	0.0	0.0	0	4.0	0	0.0	0	1.6
Pepperoni - 1/2 medium	34	168	144	15.6	7.2	0.0	42	588.0	0.0	0.0	0	6.0	0	0.0	0	2.4
Pepperoni - small or 1/2 large	45	224	192	20.8	9.6	0.0	56	784.0	0.0	0.0	0	8.0	0	0.0	0	3.2
Pepperoni - medium	67	336	288	31.2	14.4	0.0	84	1176.0	0.0	0.0	0	12.0	0	0.0	0	4.8
Pepperoni - large	90	448	384	41.6	19.2	0.0	112	1568.0	0.0	0.0	0	16.0	0	0.0	0	6.4
Bacon - 2 strips (small 1/2 meat)	14	65	47	5.6	1.9	0.0	19	233.0	0.0	0.0	0	4.7	0	0.0	0	0.0
Bacon - 3 strips (medium 1/2 meat) & Wrap	21	98	71	8.4	2.9	0.0	29	349.5	0.0	0.0	0	7.1	0	0.0	0	0.0
Bacon - 4 strips (large 1/2 meat)	28	130	94	11.2	3.8	0.0	38	466.0	0.0	0.0	0	9.4	0	0.0	0	0.0
Bacon - 6 strips (small boomtown)	42	195	141	16.8	5.7	0.0	57	699.0	0.0	0.0	0	14.1	0	0.0	0	0.0
Bacon - 9 strips (medium boomtown)	63	293	212	25.2	8.6	0.0	86	1048.5	0.0	0.0	0	21.2	0	0.0	0	0.0
Bacon - 12 strips (large boomtown)	84	390	282	33.6	11.4	0.0	114	1398.0	0.0	0.0	0	28.2	0	0.0	0	0.0
Meatballs - small	84	260	170	19.0	6.0	0.0	45	670.0	7.0	2.0	0	18.0	4	2.0	10	15.0
Meatballs - medium	140	433	283	31.7	10.0	0.0	75	1116.6	11.7	3.3	0	30.0	7	3.3	17	25.0
Meatballs - large	196	607	397	44.3	14.0	0.0	105	1563.3	16.3	4.7	0	42.0	9	4.7	23	35.0
Philly Cheesesteak - small	70	125	25	6.7	2.9	0.0	46	333.3	2.5	0.8	3	13.3	0	0.0	0	46.7
Philly Cheesesteak - medium	106	190	38	10.1	4.4	0.0	70	506.7	3.8	1.3	4	20.3	0	0.0	0	70.9
Philly Cheesesteak - large	140	250	50	13.3	5.8	0.0	92	666.7	5.0	1.7	5	26.7	0	0.0	0	93.3
Tuna Salad - small	100	260	196	21.5	5.1	0.0	44	438.9	1.9	0.3	0	14.0	2	1.0	15	3.2
Tuna Salad - medium	199	519	393	43.1	10.2	0.0	88	877.8	3.8	0.7	0	27.9	4	2.0	30	6.5
Tuna Salad - large	299	779	589	64.6	15.3	0.0	132	1316.8	5.7	1.0	1	41.9	6	3.0	45	9.7
CHEESES																
Provolone Cheese - small or kid's meal	14	50	35	4.0	2.2	0.0	10	99.8	0.5	0.0	0	3.5	2	0.0	10	0.0
Provolone Cheese - medium, double small	28	100	70	8.0	4.5	0.0	20	199.5	1.0	0.0	0	7.0	4	0.0	20	0.0
Provolone Cheese - large	42	150	105	12.0	6.7	0.0	30	299.6	1.5	0.0	0	10.5	6	0.0	30	0.0
Provolone Cheese - double medium	56	200	141	16.0	9.0	0.0	40	399.4	2.0	0.0	0	14.1	7	0.0	40	0.0
Provolone Cheese - double large	84	300	211	24.1	13.4	0.0	60	599.2	3.0	0.0	0	21.1	11	0.0	60	0.0
Pepper Jack Cheese - small or kid's meal	11	38	26	3.0	1.9	0.0	8	71.3	0.4	0.0	0	2.3	2	0.0	8	0.0
Pepper Jack Cheese - med or double small	21	75	53	6.0	3.8	0.0	15	142.5	0.8	0.0	0	4.5	5	0.0	15	0.0
Pepper Jack Cheese - large	32	113	79	9.0	5.6	0.0	23	213.8	1.1	0.0	0	6.8	7	0.0	23	0.0
Pepper Jack Cheese - double medium	42	150	105	12.0	7.5	0.0	30	285.0	1.5	0.0	0	9.0	9	0.0	30	0.0
Pepper Jack Cheese - double large	63	225	158	18.0	11.3	0.0	45	427.5	2.3	0.0	0	13.5	14	0.0	45	0.0
Cheddar Cheese - small or kid's meal	19	73	53	6.0	3.3	0.0	20	119.9	0.5	0.0	0	4.7	4	0.0	13	0.0
Cheddar Cheese - medium or double small	28	110	80	9.0	5.0	0.0	30	180.0	1.0	0.0	0	7.0	6	0.0	20	0.0
Cheddar Cheese - large	37	147	107	12.0	6.7	0.0	40	239.9	0.5	0.0	0	9.3	7	0.0	26	0.0
Cheddar Cheese - double medium	56	220	161	18.0	10.0	0.0	60	360.0	2.1	0.0	0	14.0	11	0.0	39	0.0
Cheddar Cheese - double large	75	293	214	24.0	13.3	0.0	80	480.0	2.7	0.0	0	18.7	15	0.0	52	0.0
Parmesan Cheese - small	1.5	6	3.8	0.4	0.4	0.0	1.5	13.5	0.0	0.0	0	0.5	0	2.0	0	0.0
Parmesan Cheese - medium	2.0	8	5	0.5	0.5	0.0	2	18.0	0.0	0.0	0	0.7	0	2.7	0	0.0
Parmesan Cheese - large	2.5	10	6.3	0.6	0.6	0.0	2.5	22.5	0.0	0.0	0	0.9	0	3.4	0	0.0
Feta Cheese - Small Sub	14	40	30.0	3.0	2.0	0.0	10	160.0	0.5	0.0	0	2.5	2	0.0	3	0.0
Feta Cheese - Chix Caesar Feta Wrap, Med	28	80	60.0	6.0	4.0	0.0	20	320.0	1.0	0.0	0	5.0	4	0.0	6	0.0
Feta Cheese - Large Sub	42	120	90.0	9.0	6.0	0.0	30	480.0	1.5	0.0	0	7.5	6	0.0	9	0.0
VEGGIES																
Lettuce - small	28	3	0.5	0.0	0.0	0.0	0	2.5	0.5	0.5	0	0.0	2	2.1	1	0.5
Lettuce - medium	42	4	0.8	0.0	0.0	0.0	0	3.8	0.8	0.8	0	0.0	3	3.1	1	0.8
Lettuce - large	56	5	1.1	0.0	0.0	0.0	0	5.1	1.1	1.1	0	0.0	4	4.1	1	1.1
Tomato - small	28	5	0.6	0.0	0.0	0.0	0	1.4	1.1	0.2	1	0.2	5	5.9	0	0.2
Tomato - medium Sub and Wraps	34	6	0.7	0.0	0.0	0.0	0	1.7	1.4	0.3	1	0.3	6	7.2	0	0.3
Tomato - large	46	8	0.9	0.0	0.0	0.0	0	2.3	1.9	0.4	1	0.4	8	9.6	0	0.4



	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
VEGGIES continued...																
Sprouts - small	6	2	0.4	0.1	0.0	0.0	0	0.4	0.2	0.2	0	0.2	0	0.8	0	0.3
Sprouts - medium	10	3	0.6	0.1	0.0	0.0	0	0.6	0.4	0.3	0	0.4	0	1.4	0	0.5
Sprouts - large	14	4	0.8	0.1	0.0	0.0	0	0.8	0.6	0.4	0	0.6	0	2.0	0	0.7
Cucumbers - small	17	3	0.0	0.0	0.0	0.0	0	0.0	0.7	0.1	0	0.1	0	1.0	0	0.0
Cucumbers - medium & Chix Caesar Feta V	28	4	1.0	0.1	0.0	0.0	0	0.0	1.0	0.2	0	0.2	1	1.0	1	1.0
Cucumbers - large	39	6	1.0	0.1	0.0	0.0	0	0.0	1.4	0.2	1	0.2	1	2.0	1	1.0
Red Onions - small	12	5	0.1	0.0	0.0	0.0	0	0.0	1.5	0.2	0	0.1	0	1.2	0	0.2
Red Onions - medium	18	7	0.2	0.0	0.0	0.0	0	0.6	2.2	0.4	0	0.2	0	1.8	0	0.2
Red Onions - large & Grilled Chix, Chef & G	24	10	0.3	0.0	0.0	0.0	0	0.8	2.9	0.5	0	0.2	0	2.4	1	0.3
Red Onions - tuna scoop	8	3	0.1	0.0	0.0	0.0	0	0.3	1.0	0.2	0	0.1	0	0.8	0	0.1
Green Peppers - small	14	3	0.1	0.0	0.0	0.0	0	0.4	0.7	0.3	0	0.1	1	18.8	0	0.3
Green Peppers - medium	22	5	0.2	0.0	0.0	0.0	0	0.7	1.1	0.4	0	0.2	2	30.0	0	0.4
Green Peppers - large	31	6	0.3	0.0	0.0	0.0	0	1.0	1.5	0.6	1	0.3	2	41.3	0	0.6
Mushrooms - small	14	3	0.4	0.0	0.0	0.0	0	0.6	0.4	0.1	0	0.4	0	0.6	0	0.4
Mushrooms - medium	22	5	0.7	0.0	0.0	0.0	0	0.9	0.7	0.2	0	0.7	0	0.9	0	0.7
Mushrooms - large	31	7	1.0	0.0	0.0	0.0	0	1.2	1.0	0.3	1	1.0	0	1.2	0	1.0
Sliced Pickles - small	26	0	0.0	0.0	0	0.0	0	361.7	0.0	0.0	0	0.0	0	0.0	0	0.0
Sliced Pickles - medium	44	0	0.0	0.0	0.0	0.0	0	613.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Sliced Pickles- large	64	0	0.0	0.0	0	0.0	0	891.6	0.0	0.0	0	0.0	0	0.0	0	0.0
Hot Banana Peppers - small	12	0	0.0	0.0	0.0	0.0	0	197.3	0.4	0.0	0	0.0	0	0.0	0	0.0
Hot Banana Peppers - medium	18	0	0.0	0.0	0.0	0.0	0	296.0	0.6	0.0	0	0.0	0	0.0	0	0.0
Hot Banana Peppers - large	24	0	0.0	0.0	0.0	0.0	0	394.7	0.8	0.0	0	0.0	0	0.0	0	0.0
Jalapenos - small	14	3	0.0	0.0	0.0	0.0	0	254.8	0.5	0.5	0	0.0	3	2.1	1	2.1
Jalapenos - medium	20	4	0.0	0.0	0.0	0.0	0	364.0	0.7	0.7	0	0.0	4	3.0	1	3.0
Jalapenos - large	28	6	0.0	0.0	0.0	0.0	0	509.6	1.0	1.0	0	0.0	6	4.2	1	4.2
Black Olives - small	26	49	40.7	4.1	0.0	0.0	0	162.3	1.7	0.0	0	0.0	0	0.0	0	0.0
Black Olives - medium	44	83	69.0	6.9	0.0	0.0	0	275.0	2.8	0.0	0	0.0	0	0.0	0	0.0
Black Olives - large	64	121	100	10.0	0.0	0.0	0	400.0	4.1	0.0	0	0.0	0	0.0	0	0.0
SANDWICH DRESSINGS																
Mayonnaise - small	9	71	71	7.7	1.0	0.0	6	45.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Mayonnaise - medium	14	110	110	12.0	2.0	0.0	10	70.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Mayonnaise - large	19	149	149	16.3	2.7	0.0	14	95.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Mayo - tuna scoop	20	157	157	17.1	2.9	0.0	14	100.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Ranch Dressing - small	9	51	51	5.5	0.8	0.0	3	80.4	0.3	0.0	0	0.0	0	0.0	0	0.0
Ranch Dressing - medium	14	80	80	8.5	1.3	0.0	5	125.0	0.5	0.0	0	0.0	0	0.0	0	0.0
Ranch Dressing - large	19	97	90	11.3	1.7	0.0	6	166.8	0.7	0.0	0	0.0	0	0.0	0	0.0
Blue Cheese Dressing - small	9	42	39	4.5	0.8	0.0	5	90.0	0.3	0.0	1	<1	0	0.0	1	0.0
Blue Cheese Dressing - medium	14	65	60	7.0	1.3	0.0	8	140.0	0.5	0.0	1	<1	0	0.0	2	0.0
Blue Cheese Dressing - large	19	97	90	9.3	1.7	0.0	6	186.8	0.7	0.0	1	<1	0	0.0	3	0.0
Creamy Caesar Dressing - Chicken Caesar	28	124	114	13.3	2.4	0.0	14	323.7	1.0	0.0	0	1.0	0	0.0	2	0.0
Avocado - small	12	20	14	1.6	0.2	0.0	0	44.0	1.2	0.8	0.2	0.2	0	0.0	0	0.0
Avocado - medium	18	30	21	2.4	0.3	0.0	0	66.0	1.8	1.2	0.3	0.3	0	0.0	0	0.0
Avocado - large	24	40	28	3.2	0.4	0.0	0	88.0	2.4	1.6	0.4	0.3	0	0.0	0	0.0
Dijon Mustard - small	10	10	0	0.0	0.0	0.0	0	240.0	0.0	0.5	0	0.0	0	0.0	0	0.0
Dijon Mustard - medium	15	15	0	0.0	0.0	0.0	0	360.0	0.0	0.5	0	0.0	0	0.0	0	0.0
Dijon Mustard - large	20	20	0	0.0	0.0	0.0	0	480.0	0.0	1.0	0	0.0	0	0.0	0	0.0
Yellow Mustard - small	10	0	0	0.0	0.0	0.0	0	110.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Yellow Mustard - medium	15	0	0	0.0	0.0	0.0	0	165.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Yellow Mustard - large	20	0	0	0.0	0.0	0.0	0	220.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Honey Mustard - small	10	43	40	4.3	0.7	0.0	3	73.3	1.3	0.0	1	0.0	0	0.0	0	0.0
Honey Mustard - medium	15	65	60	6.5	1.0	0.0	5	110.0	2.0	0.0	2	0.0	0	0.0	0	0.0
Honey Mustard - large	20	87	80	8.7	1.3	0.0	7	146.6	2.7	0.0	3	0.0	0	0.0	0	0.0
Oil - small	3	27	27	3.1	0.2	0.0	0	0.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Oil - medium	5	40	40	4.7	0.3	0.0	0	0.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Oil - large	6	53	53	6.3	0.4	0.0	0	0.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Vinegar - small	3	0	0	0.0	0.0	0.0	0	0.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Vinegar - medium	5	0	0	0.0	0.0	0.0	0	0.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Vinegar - large	6	0	0	0.0	0.0	0.0	0	0.0	0.0	0.0	0	0.0	0	0.0	0	0.0



	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
SANDWICH DRESSINGS continued...																
Oregano - small	0	0	0	0.0	0.0	0.0	0	0.0	0.0	0.0	0	0.0	0	0.1	0	0.1
Oregano - medium	0	0	0	0.0	0.0	0.0	0	0.0	0.0	0.0	0	0.0	0	0.1	0	0.1
Oregano - large	0	0	0	0.0	0.0	0.0	0	0.0	0.0	0.0	0	0.0	0	0.2	0	0.2
Frank's Red Hot Sauce - small	18	0	0	0.0	0.0	0.0	0	853.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Franks Red Hot Sauce - medium	32	0	0	0.0	0.0	0.0	0	1280.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Franks Red Hot Sauce - large	45	0	0	0.0	0.0	0.0	0	1707.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Teriyaki Sauce - small	18	34	4	0.4	0.0	0.0	0	225.0	7.2	0.0	6	0.4	0	0.0	0	4.0
Teriyaki Sauce - medium	32	61	6	0.6	0.0	0.0	0	400.0	12.8	0.0	11	0.6	0	0.0	0	6.0
Teriyaki Sauce - large	45	86	9	0.9	0.0	0.0	0	563.0	18.0	0.0	16	0.9	0	0.0	0	9.0
BREADS AND TORTILLA WRAPS																
White - small (5") or "side of white"	91	227	16	1.6	0.0	0.0	0	452.9	42.0	0.0	0	9.7	0	0.0	7	12.7
White - medium (8")	136	340	24	2.4	0.0	0.0	0	680.0	63.0	0.0	0	14.6	0	0.0	10	19.0
White - large (11")	181	453	32	3.2	0.0	0.0	0	906.4	84.0	0.0	0	19.5	0	0.0	13	25.3
Wheat - small (5") or "side of wheat"	91	227	13	3.3	0.0	0.0	0	420.6	42.0	3.3	3	9.7	0	0.0	7	12.7
Wheat- medium (8")	136	340	20	4.9	0.0	0.0	0	631.0	63.0	4.9	5	14.6	0	0.0	10	19.0
Wheat - large (11")	181	453	27	6.5	0.0	0.0	0	841.3	84.0	6.5	7	19.5	0	0.0	13	25.3
12" White Flour Tortilla Wrap	104	310	60	7.0	3.0	0.0	0	740.0	52.0	2.0	0	8.0	0	0.0	20	15.0
12" Spinach Herb Tortilla Wrap	104	310	60	7.0	3.0	0.0	0	740.0	51.0	2.0	0	9.0	0	0.0	25	20.0
OTHER SANDWICH ITEMS & EXTRAS																
BBQ Sauce - small	18	25	0	0.0	0.0	0.0	0	154.7	6.5	0.0	6	0.0	0	0.0	1	2.3
BBQ Sauce - medium	32	44	0	0.0	0.0	0.0	0	275.0	11.6	0.0	10	0.0	0	0.0	2	4.0
BBQ Sauce - large	45	62	0	0.0	0.0	0.0	0	385.0	16.2	0.0	14	0.0	0	0.0	3	5.6
Marinara Sauce - small	25	12	2	0.2	0.0	0.0	0	97.0	2.0	0.6	1	0.4	1	3.0	1	1.4
Marinara Sauce - medium	42	20	3	0.3	0.0	0.0	0	161.6	3.3	1.0	2	0.7	2	5.0	1	2.3
Marinara Sauce - large	59	28	4	0.5	0.0	0.0	0	226.3	4.7	1.4	2	0.9	3	7.0	2	3.3
Tuna per scoop	44	47	4	0.4	0.0	0.0	20	196.4	0.0	0.0	0	10.2	0	0.0	0	3.1
Celery - tuna scoop	12	2	0	0.0	0.0	0.0	0	9.6	0.4	0.2	0	0.1	0	0.0	5	0.0
Soy Sauce - tuna scoop	15	0	0	0.0	0.0	0.0	0	32.9	0.0	0.0	0	0.1	0	0.0	0	0.0
Lemon Juice - tuna scoop	1	0	0	0.0	0.0	0.0	0	0.0	0.0	0.0	0	0.0	0	0.2	0	0.0
Au Jus Sauce - side of	140	25	0	0.0	0.0	0.0	0	925.0	5.0	0.0	3	0.0	0	0.0	0	0.0
Mayonnaise Packet	12	90	90	10.0	1.5	0.0	<5	65.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Yellow Mustard Packet	5	5	0	0.0	0.0	0.0	0	55.0	0.0	0.0	0	0.0	0	0.0	0	0.0
Lemon Packet	4	0	0	0.0	0.0	0.0	0	0.0	0.0	0.0	0	0.0	0	2.0	0	0.0
Cholula Hot Sauce	7	30	0	0.0	0.0	0.0	0	85.0	0.0	0.0	0	0.0	0	0.0	0	3.0

NET CARBOHYDRATES GRAMS = TOTAL CARBOHYDRATE GRAMS MINUS DIETARY FIBER GRAMS

% DV (DAILY VALUE) FOR VITAMIN A, VITAMIN C, CALCIUM, AND IRON ARE BASED N A 2,000 CALORIE DIET

The nutritional information listed above is based on Silver Mine Subs' recipes and product formulations. Slight variations may exist due to small differences in product assembly, location and/or region, possible supplier changes, and time of the year. This was compiled from analysis of Silver Mine approved products from various manufacturers as well as reference information from nutritiondata.com., caloriecounter.com., thedailyplate.com and other related websites. If manufacturer supplied nutritional information lists nutrients in the "not a significant source" category, then these nutrients have been averaged between zero and the highest level they can still be listed as "not a significant source".

PRODUCTS MAY VARY BY MARKET OR GEOGRAPHICAL REGION