



# Sub Information

## 2010

CURRENTLY INCLUDES ONLY TITAN & POMPEII SUBS

# TITAN

## Ingredients

Pesto spice, Turkey, Provolone Cheese, Cucumber, Sun-dried tomato, Mayonnaise, Lettuce, Tomato.

ITEM	SERVING SIZE	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEINS (G)	VITAMIN A (%)	VITAMIN C (%)	CALCIUM (%)	IRON (%)
Titan (on Wheat)	1	693	220	28.13	6.54	0	14 g	1.6 g	82.03	5.2	7.97	30.18	25	12	20	8
Turkey	2 oz	50	5	0.5	0	0	25	490	1	0	1	9				2
Provolone Cheese	28 g	100	70	8	4.5	0	20	200	1	0	0	7	4	0	20	0
Cucumber	1 oz	4	0	0.03	0.01		0	1	1.03	0.1	0.47	0.18	1	1	0	0
Sun-dried Tomato	0.5 oz	40	0	0	0		0	15	8	2	4	2	6	0	0	4
Mayonnaise	20 g	143	143	16	2	0	14 g	121	0			0				
Lettuce	2 oz	8	0	0.1	0.01		0	3	2	0.6	1	0.5	6	2	0	2
Tomato	1.5 oz	8	2	1	0.02		0	2	2	0.5	1.5	0.5	8	9	0	0
French Bread	4 oz	350		0	0		0	750	70	0		15				
Wheat Bread	4 oz	340		2.5	0		0	750	67	2		11				

# POMPEII

## Ingredients

Chicken strips, Bacon slices, Chili sauce, Celery, Red Onion, Sprouts, Mayonnaise, Lettuce, Tomato.

ITEM	SERVING SIZE	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEINS (G)	VITAMIN A (%)	VITAMIN C (%)	CALCIUM (%)	IRON (%)
<b>Pompeii (on Wheat)</b>	1	840	360	42.75	8.05	0	90	2,012	78.13	3.6	8.19	35.94	12	15	4	5
Chicken Strips	3.3 oz	111	33	4	1	0	50	567	0			18				2
Bacon Slices	14 g	90	70	7	3		15	340	0	0	0	5				
Chili Sauce	10.4 ml	21				0		128	6	0	5					
Celery	1 tbsp	1	0	0.01	0.003		0	6	0.22	0.1	0.14	0.05	1	0	0	0
Red Onion	12 g	4	0	0	0		0	0	1	0	1	0	0	1	3	0
Sprouts	1 oz	8	2	0.2	0.02		0	2	1.07	0.7	0.05	1.13	0	4	1	2
Mayonnaise	135 g	253	253	28	4	0	25	214	0			0				
Lettuce	1 oz	4	0	0.04	0.01		0	3	0.84	0.3	0.5	0.26	3	1	0	1
Tomato	1.5 oz	8	2	1	0.03		0	2	2	0.5	1.5	0.5	8	9	0	0
French Bread	4 oz	350		0	0		0	750	70	0		15				
Wheat Bread	4 oz	340		2.5	0		0	750	67	2		11				