

Our Favorite Subs

Serving size : 1 Sandwich

Sandwiches are broken down by bread choice.

Nutritional information for sandwiches does not include mayo, please add using the nutritional information below.

Add Regular Mayo

Total calories: 164, Total Fat: 18g, Sat Fat: 2g, Sodium: 131mg, Total Carbohydrate: 0g, Fiber: 0g, Protein: 0g, Cholesterol: 8g, Iron: 0mg

Add Low Fat Mayo

Total calories: 34, Total Fat: 1g, Sat Fat: 2g, Sodium: 189mg, Total Carbohydrate: 5g, Fiber: 0g, Protein: 0g, Cholesterol: 0g, Iron: 0mg

Comet Morehouse

Lean Ham, provolone cheese, lettuce, tomato, and mayo

On Original French Sub

Total calories: 543, Total Fat: 12g, Sat Fat: 4g, Sodium: 1545mg, Total Carbohydrate: 75g, Fiber: 1.6g, Protein: 31g, Cholesterol: 55g, Iron: 8mg

On Honey Wheat Sub

Total calories: 533, Total Fat: 14.5g, Sat Fat: 4g, Sodium: 1545mg, Total Carbohydrate: 72g, Fiber: 3.6g, Protein: 27g, Cholesterol: 55g, Iron: 5mg

On Sliced Honey Wheat

Total calories: 333, Total Fat: 15g, Sat Fat: 4g, Sodium: 1055mg, Total Carbohydrate: 33g, Fiber: 3.6g, Protein: 22g, Cholesterol: 55g, Iron: 2mg

Halleys Comet

Prime Roast Beef, lettuce, tomato, and mayo

On Original French Sub

Total calories: 434, Total Fat: 2g, Sat Fat: 0g, Sodium: 1296mg, Total Carbohydrate: 74g, Fiber: 2g, Protein: 27g, Cholesterol: 37g, Iron: 9mg

On Honey Wheat Sub

Total calories: 524, Total Fat: 4.5g, Sat Fat: 0g, Sodium: 1296mg, Total Carbohydrate: 71g, Fiber: 4g, Protein: 23g, Cholesterol: 37g, Iron: 6mg

On Sliced Honey Wheat

Total calories: 324, Total Fat: 5g, Sat Fat: 0g, Sodium: 806mg, Total Carbohydrate: 32g, Fiber: 4g, Protein: 18g, Cholesterol: 37g, Iron: 3mg

Bornk

An extra special Tuna Salad with onions and celery, topped with lettuce, tomato, and sprouts

On Original French Sub

Total calories: 664, Total Fat: 19g, Sat Fat: 0g, Sodium: 2015mg, Total Carbohydrate: 77g, Fiber: 2g, Protein: 42g, Cholesterol: 73g, Iron: 9mg

On Honey Wheat Sub

Total calories: 654, Total Fat: 21.5g, Sat Fat: 0g, Sodium: 2015mg, Total Carbohydrate: 74g, Fiber: 4g, Protein: 38g, Cholesterol: 73g, Iron: 6mg

On Sliced Honey Wheat

Total calories: 454, Total Fat: 22g, Sat Fat: 0g, Sodium: 1525mg, Total Carbohydrate: 35g, Fiber: 4g, Protein: 33g, Cholesterol: 73g, Iron: 3mg

Boney Billy

Real Turkey Breast, sprouts, lettuce, tomato, and mayo

On Original French Sub

Total calories: 433, Total Fat: 1g, Sat Fat: 0g, Sodium: 1152mg, Total Carbohydrate: 75g, Fiber: 2g, Protein: 29g, Cholesterol: 31g, Iron: 8mg

On Honey Wheat Sub

Total calories: 423, Total Fat: 3.5g, Sat Fat: 0g, Sodium: 1152mg, Total Carbohydrate: 72g, Fiber: 4g, Protein: 25g, Cholesterol: 31g, Iron: 5mg

On Sliced Honey Wheat

Total calories: 223, Total Fat: 4g, Sat Fat: 0g, Sodium: 662mg, Total Carbohydrate: 33g, Fiber: 4g, Protein: 20g, Cholesterol: 31g, Iron: 2mg

Tappy

Capicola Ham, Genoa Salami, provolone cheese, lettuce, tomato, onion, oregano and a special oil & vinegar dressing

On Original French Sub

Total calories: 699, Total Fat: 25g, Sat Fat: 10g, Sodium: 1887mg, Total Carbohydrate: 81g, Fiber: 3g, Protein: 34g, Cholesterol: 68g, Iron: 8mg

On Honey Wheat Sub

Total calories: 689, Total Fat: 27.5g, Sat Fat: 10g, Sodium: 1887mg, Total Carbohydrate: 78g, Fiber: 5g, Protein: 30g, Cholesterol: 68g, Iron: 5mg

On Sliced Honey Wheat

Total calories: 489, Total Fat: 28g, Sat Fat: 10g, Sodium: 1397mg, Total Carbohydrate: 39g, Fiber: 5g, Protein: 25g, Cholesterol: 68g, Iron: 2mg

Jacob Bluefinger

Vegetarian with double the provolone cheese, avocado, lettuce, tomato, sprouts and mayo

On Original French Sub

Total calories: 619, Total Fat: 21g, Sat Fat: 8g, Sodium: 1352mg, Total Carbohydrate: 78g, Fiber: 2g, Protein: 33g, Cholesterol: 48g, Iron: 9mg

On Honey Wheat Sub

Total calories: 609, Total Fat: 23.5g, Sat Fat: 8g, Sodium: 1352mg, Total Carbohydrate: 75g, Fiber: 4g, Protein: 29g, Cholesterol: 48g, Iron: 6mg

On Sliced Honey Wheat

Total calories: 409, Total Fat: 24g, Sat Fat: 8g, Sodium: 862mg, Total Carbohydrate: 36g, Fiber: 4g, Protein: 24g, Cholesterol: 48g, Iron: 3mg

Our Specialty Subs

Serving size : 1 Sandwich

Shortcake

Double Ham, provolone cheese, lettuce, tomato, mayo

On Original French Sub

Total calories: 612, Total Fat: 16g, Sat Fat: 6g, Sodium: 2074mg, Total Carbohydrate: 76g, Fiber: 2g, Protein: 38g, Cholesterol: 82g, Iron: 9mg

On Honey Wheat Sub

Total calories: 602, Total Fat: 18.5g, Sat Fat: 6g, Sodium: 2074mg, Total Carbohydrate: 73g, Fiber: 4g, Protein: 34g, Cholesterol: 82g, Iron: 6mg

On Sliced Honey Wheat

Total calories: 472, Total Fat: 20.5g, Sat Fat: 6g, Sodium: 1714mg, Total Carbohydrate: 48g, Fiber: 5g, Protein: 32g, Cholesterol: 82g, Iron: 3mg

Comet Candy

Prime Roast Beef, lean Ham, provolone cheese, lettuce, tomato, mayo, and Dijon mustard.

On Original French Sub

Total calories: 616, Total Fat: 15g, Sat Fat: 5g, Sodium: 2235mg, Total Carbohydrate: 76g, Fiber: 2g, Protein: 42g, Cholesterol: 84g, Iron: 10mg

On Honey Wheat Sub

Total calories: 606, Total Fat: 17.5g, Sat Fat: 5g, Sodium: 2235mg, Total Carbohydrate: 73g, Fiber: 4g, Protein: 38g, Cholesterol: 84g, Iron: 7mg

On Sliced Honey Wheat

Total calories: 476, Total Fat: 19.5g, Sat Fat: 5g, Sodium: 1875mg, Total Carbohydrate: 48g, Fiber: 5g, Protein: 36g, Cholesterol: 84g, Iron: 4mg

Flash

Capicola Ham, Genoa Salami, lean Ham, provolone cheese, lettuce, onion, tomato, oregano, mayo, and our oil & vinegar dressing.

On Original French Sub

Total calories: 769, Total Fat: 29g, Sat Fat: 10g, Sodium: 2417mg, Total Carbohydrate: 82g, Fiber: 3g, Protein: 41g, Cholesterol: 103g, Iron: 9mg

On Honey Wheat Sub

Total calories: 759, Total Fat: 31.5g, Sat Fat: 10g, Sodium: 2417mg, Total Carbohydrate: 79g, Fiber: 5g, Protein: 37g, Cholesterol: 103g, Iron: 6mg

On Sliced Honey Wheat

Total calories: 629, Total Fat: 33.5g, Sat Fat: 10g, Sodium: 2057mg, Total Carbohydrate: 54g, Fiber: 6g, Protein: 35g, Cholesterol: 103g, Iron: 3mg

Tullius

Double Roast beef, provolone cheese, onion, lettuce, tomato, mayo.

On Original French Sub

Total calories: 621, Total Fat: 12g, Sat Fat: 4g, Sodium: 2085mg, Total Carbohydrate: 80g, Fiber: 3g, Protein: 46g, Cholesterol: 85g, Iron: 10mg

On Honey Wheat Sub

Total calories: 611, Total Fat: 14.5g, Sat Fat: 4g, Sodium: 1885mg, Total Carbohydrate: 77g, Fiber: 5g, Protein: 42g, Cholesterol: 85g, Iron: 7mg

On Sliced Honey Wheat

Total calories: 481, Total Fat: 16.5g, Sat Fat: 4g, Sodium: 1525mg, Total Carbohydrate: 52g, Fiber: 6g, Protein: 40g, Cholesterol: 85g, Iron: 4mg

Girf

Lean ham, real Turkey Breast, provolone cheese, onion, lettuce, tomato, mayo.

On Original French Sub

Total calories: 599, Total Fat: 13g, Sat Fat: 4g, Sodium: 1934mg, Total Carbohydrate: 76g, Fiber: 2g, Protein: 42g, Cholesterol: 78g, Iron: 8mg

On Honey Wheat Sub

Total calories: 589, Total Fat: 15.5g, Sat Fat: 4g, Sodium: 1934mg, Total Carbohydrate: 73g, Fiber: 4g, Protein: 38g, Cholesterol: 78g, Iron: 5mg

On Sliced Honey Wheat

Total calories: 459, Total Fat: 17.5g, Sat Fat: 4g, Sodium: 1574mg, Total Carbohydrate: 48g, Fiber: 5g, Protein: 36g, Cholesterol: 78g, Iron: 2mg

Narmer

Real Turkey Breast, avocado, provolone cheese, lettuce, tomato, sprouts, mayo.

On Original French Sub

Total calories: 675, Total Fat: 22g, Sat Fat: 8g, Sodium: 1741mg, Total Carbohydrate: 78g, Fiber: 2g, Protein: 44g, Cholesterol: 71g, Iron: 9mg

On Honey Wheat Sub

Total calories: 665, Total Fat: 24.5g, Sat Fat: 8g, Sodium: 1741mg, Total Carbohydrate: 75g, Fiber: 4g, Protein: 40g, Cholesterol: 71g, Iron: 6mg

On Sliced Honey Wheat

Total calories: 535, Total Fat: 26.5g, Sat Fat: 8g, Sodium: 1381mg, Total Carbohydrate: 50g, Fiber: 5g, Protein: 38g, Cholesterol: 71g, Iron: 3mg

Geeter

Chopped Seafood topped with bacon, lettuce, tomato, sprouts, and mayo.

On Original French Sub

Total calories: 453, Total Fat: 2g, Sat Fat: 0g, Sodium: 1592mg, Total Carbohydrate: 83g, Fiber: 2g, Protein: 26g, Cholesterol: 25g, Iron: 9mg

On Honey Wheat Sub

Total calories: 443, Total Fat: 4.5g, Sat Fat: 0g, Sodium: 1592mg, Total Carbohydrate: 80g, Fiber: 4g, Protein: 22g, Cholesterol: 25g, Iron: 6mg

On Sliced Honey Wheat

Total calories: 243, Total Fat: 5g, Sat Fat: 0g, Sodium: 1102mg, Total Carbohydrate: 41g, Fiber: 4g, Protein: 17g, Cholesterol: 25g, Iron: 3mg

Pudder

PB & J- creamy peanut butter with strawberry jam or grape jelly.

On Original French Sub

Total calories: 819, Total Fat: 32g, Sat Fat: 5g, Sodium: 1053mg, Total Carbohydrate: 107g, Fiber: 4g, Protein: 33g, Cholesterol: 0g, Iron: 8mg

On Honey Wheat Sub

Total calories: 809, Total Fat: 34.5g, Sat Fat: 5g, Sodium: 1053mg, Total Carbohydrate: 104g, Fiber: 6g, Protein: 29g, Cholesterol: 0g, Iron: 5mg

On Sliced Honey Wheat

Total calories: 609, Total Fat: 35g, Sat Fat: 5g, Sodium: 563mg, Total Carbohydrate: 65g, Fiber: 6g, Protein: 24g, Cholesterol: 0g, Iron: 2mg

Cookies

Serving size : 1 Cookie

Chocolate Chip

Total calories: 180, Total Fat: 9g, Sat Fat: 3g, Sodium: 105mg, Total Carbohydrate: 26g, Fiber: 1g, Protein: 2g, Cholesterol: 15g

Chocolate Chip/M&M

Total calories: 180, Total Fat: 8g, Sat Fat: 3g, Sodium: 105mg, Total Carbohydrate: 26g, Fiber: 1g, Protein: 2g, Cholesterol: 15g

Oatmeal Raisin

Total calories: 160, Total Fat: 6g, Sat Fat: 1.5g, Sodium: 95mg, Total Carbohydrate: 27g, Fiber: 1g, Protein: 2g, Cholesterol: 15g

Peanut Butter

Total calories: 200, Total Fat: 12g, Sat Fat: 3g, Sodium: 90 mg, Total Carbohydrate: 22g, Fiber: 0g, Protein: 3g, Cholesterol: 15g

White Chocolate Chunk

Total calories: 190, Total Fat: 11g, Sat Fat: 4g, Sodium: 110mg, Total Carbohydrate: 23g, Fiber: 3g, Protein: 2g, Cholesterol: 15g

Our Famous Deli Pickle

Serving size : 1 Pickle

Pickle

Total calories: 30, Total Fat: 0g, Sat Fat: 0g, Sodium: 1800mg, Total Carbohydrate: 6g, Fiber: 0g, Protein: 0g, Cholesterol: 0g

Allergy Information

Please note that we serve peanut butter in our stores and there is potential for residual contact with peanut butter in our foods. Additionally, peanuts and peanut oils may be contained in our desserts. Gluten is present in breads, desserts and some soups. Soy is present in mayo and other foods. Milk or milk products are contained in cream soups and cheeses. Please alert our staff if you have any of these major food allergies and consult the complete food ingredient list available upon request if you have any additional allergy concerns.

For more information: 1-800-283-5241