

Nutritional Statement

BLIMPIE® America's Sub Shop.™																	
	Weight	Calories	Cals From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %)	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)	
Subs and Wraps																	
Blimpie Best®, Lg	592 g	900	320	35	12	0	105	2670	98	6	19	48	25	30	30	40	
Blimpie Best, Rg	298 g	450	160	18	6	0	50	1330	47	3	10	25	10	15	15	15	
BLT, Lg	410 g	860	400	44	10	0	55	1980	83	5	12	31	15	25	4	30	
BLT, Rg	204 g	430	200	22	5	0	25	960	43	2	6	15	10	10	2	15	
Blimpie Burger	173 g	460	210	24	10	1	70	1280	42	1	4	21	0	0	2	25	
Blimpie Dog	179 g	510	260	29	12	0	55	1420	45	1	7	17	0	10	2	20	
Buffalo Chicken, Ciabatta	322 g	540	200	23	7	0	65	1970	49	3	5	31	15	25	20	20	
Chicken Cheddar Bacon Ranch, Lg	670 g	1200	530	59	19	0	180	3240	91	6	17	77	35	30	30	35	
Chicken Cheddar Bacon Ranch, Rg	335 g	600	260	29	9	0	90	1620	45	3	8	38	15	15	15	15	
Chicken Teriyaki, Lg	512 g	900	210	24	11	0	140	2930	105	4	31	69	6	6	35	30	
Chicken Teriyaki, Rg	257 g	450	110	12	6	0	70	1450	53	2	16	35	4	4	15	15	
Chicken Teriyaki, Rg Wheat	257 g	450	120	13	6	0	70	1330	47	5	12	36	4	4	20	15	
Chicken Teriyaki, Rg no cheese	228 g	370	60	6.0	1.5	0	50	1090	52	2	13	28	0	4	2	15	
Club, Lg	563 g	820	240	27	8	0	85	2110	97	6	18	47	25	30	40	35	
Club, Rg	281 g	410	120	13	4	0	45	1050	49	3	9	23	15	15	20	20	
Club, Rg Wheat	281 g	410	130	14	4.5	0	45	1040	47	6	8	26	10	15	20	20	
Club, Rg no cheese/sauce	269 g	310	35	4.0	1	0	25	1020	49	3	9	18	10	15	4	20	
Cuban, Lg	465 g	810	190	21	9	0	130	3260	83	3	12	59	8	0	45	35	
Cuban, Rg	233 g	410	100	11	4.5	0	65	1630	42	1	6	30	4	0	20	15	
Deli Trio, Rg	284 g	330	40	4.5	1	0	35	1080	49	3	9	22	10	15	2	20	
Deli Trio, Rg Wheat	281 g	320	50	5.0	1.5	0	40	1080	43	6	8	24	8	15	2	20	
French Dip, Lg	576 g	780	200	22	10	0	130	2560	83	3	7	61	8	0	45	45	
French Dip, Rg	382 g	410	100	11	5	0	65	1650	46	1	3	30	4	0	20	25	
French Dip, Ciabatta	394 g	430	100	11	4.5	0	65	1820	49	2	2	31	4	15	25	25	
Grilled Chicken Caesar, Ciabatta	289 g	580	180	20	5	0	65	1480	62	3	4	34	10	30	20	20	
Ham & Swiss, Lg	556 g	820	250	28	10	0	95	2040	94	6	20	47	25	30	40	30	
Ham & Swiss, Rg	278 g	410	130	14	5	0	45	1020	47	3	10	23	10	15	20	15	
Ham & Swiss, Rg Wheat	278 g	410	140	15	5	0	45	970	44	6	9	25	10	15	20	15	
Ham Rg, no cheese/sauce	263 g	310	40	4.5	1	0	30	980	49	3	10	19	10	15	4	20	
Ham and Pepper Relish, Rg Wheat	227 g	300	50	6.0	1.5	0	30	1290	43	5	10	20	10	15	2	20	
Ham, Salami & Provolone, Lg	560 g	930	360	40	14	0	110	2560	94	6	19	49	25	30	30	35	
Ham, Salami & Provolone, Rg	279 g	460	180	20	7	0	55	1270	47	3	9	24	10	15	15	15	
Meatball Parmigiana Lg	530 g	1120	520	58	26	0	145	3640	94	7	12	57	30	8	70	45	
Meatball Parmigiana Rg	265 g	560	260	29	13	0	75	1820	47	3	6	29	15	4	35	20	
Mediterranean, Ciabatta	289 g	450	70	8	2.5	0	35	1720	65	3	6	26	35	60	20	25	
Pastrami, Lg	416 g	860	300	33	15	0	130	2790	81	3	11	61	10	0	40	35	
Pastrami, Rg	207 g	430	140	16	7	0	65	1390	42	1	5	30	4	0	20	20	
Pastrami, Rg Wheat	233 g	440	150	17	7	0	65	1610	38	5	4	32	4	0	20	20	
Philly Cheesesteak, Lg	452 g	1190	630	70	24	0	160	2860	89	3	15	53	10	4	40	40	
Philly Cheesesteak, Rg	223 g	590	310	35	11	0	80	1410	46	1	7	25	6	2	15	20	
Pretzel, Turkey Bacon & Cheddar	264 g	560	160	18	8	0	60	1800	70	3	11	28	15	8	20	25	
Pretzel, Ham and Swiss	310 g	520	130	15	4.5	0	45	940	75	4	14	24	10	15	20	25	
Pretzel, Pastrami	232 g	520	160	18	8	0	65	1050	60	2	9	30	4	0	20	25	
Reuben, Lg	522 g	1060	360	40	12	0	145	3480	105	6	13	67	10	15	50	50	
Reuben, Rg	261 g	530	180	20	6	0	70	1740	52	3	7	34	6	6	25	25	
Roast Beef & Provolone, Lg	613 g	860	270	30	10	0	120	2030	88	6	14	60	25	30	35	45	
Roast Beef & Provolone, Rg	307 g	430	130	15	5	0	60	1020	44	3	7	30	10	15	15	25	
Roast Beef & Provolone, Rg Wheat	307 g	430	140	16	5	0	60	970	41	6	6	31	10	15	15	25	
Roast Beef Rg, no cheese/sauce	292 g	330	45	5.0	1.5	0	45	870	46	3	7	25	10	15	4	25	
Roast Beef, Turkey & Cheddar, Ciabatta	277 g	520	220	24	8	0	65	1780	51	3	6	25	20	30	20	20	
Sicilian, Ciabatta	248 g	520	200	22	7	0	60	1980	51	2	8	26	30	40	20	20	
Special Vegetarian (Doritos Sub), Lg	670 g	1180	530	59	18	0	70	3540	131	8	20	33	45	60	45	35	
Special Vegetarian (Doritos Sub), Rg	335 g	590	270	30	9	0	35	1170	66	4	10	16	20	30	25	20	
Spicy Chicken & Pepperoni, Ciabatta	288 g	710	310	34	11	0	80	2070	65	3	4	33	6	25	25	25	
Tuna, Lg	510 g	920	380	42	6	0	110	1550	82	5	12	50	15	20	4	25	
Tuna, Rg	255 g	460	190	21	3	0	55	780	41	2	6	25	8	10	2	15	
Turkey and Avocado Lg	639 g	720	130	15	2	0	60	2690	102	8	17	41	20	40	6	40	
Turkey and Avocado Rg	319 g	360	70	7	1	0	30	1340	51	4	8	21	10	20	2	20	
Turkey and Cranberry Lg	559 g	700	70	7	1.5	0	60	2440	116	6	29	40	6	15	4	35	
Turkey and Cranberry Rg	279 g	350	35	4	0.5	0	30	1220	58	3	14	20	2	6	2	20	
Turkey & Provolone, Lg	608 g	820	240	26	8	0	85	2740	94	6	17	50	20	30	30	35	
Turkey & Provolone, Rg	304 g	410	120	14	5	0	45	1370	47	3	9	25	10	15	15	15	
Turkey & Provolone, Rg Wheat	304 g	410	130	14	5	0	45	1320	44	6	7	27	10	15	15	20	
Turkey Rg, no cheese/sauce	292 g	320	35	3.5	0.5	0	30	1220	49	3	8	21	10	15	4	20	
Turkey and Sweet/Spicy Mustard, Rg Wheat	295 g	320	40	4.5	1	0	30	1470	46	6	10	23	8	15	2	20	
Tuscan, Ciabatta	245 g	490	180	19	6	0	50	1810	49	2	5	25	30	40	20	20	
Ultimate Club, Ciabatta	284 g	580	250	27	8	0	70	1760	51	3	7	30	10	25	25	20	
Veggie Supreme, Lg	688 g	1090	510	56	28	0	75	3000	97	7	18	53	80	100	110	30	
Veggie Supreme, Rg	345 g	550	250	28	14	0	35	1500	49	3	9	27	40	50	60	15	
VegiMax, Lg	581 g	1040	370	41	11	0	25	2550	110	11	18	55	35	20	30	35	
VegiMax, Rg	292 g	520	190	21	5	0	10	1290	55	5	9	28	20	10	15	15	
VegiMax, Rg Wheat	292 g	530	200	22	6	0	10	1240	52	9	8	29	20	10	15	20	
VegiMax Rg, no cheese/sauce	256 g	390	70	8.0	1	0	0	950	55	5	7	23	15	10	4	20	
Veggie & Cheese, Lg	666 g	920	370	42	18	0	80	3290	100	7	18	37	70	100	60	35	
Veggie & Cheese, Rg	319 g	460	190	21	9	0	40	1420	50	3	9	19	35	50	30	15	
Veggie & Provolone Rg, no sauce	285 g	330	80	9.0	4	0	15	940	49	3	8	14	25	50	20	15	
Veggie Salad, Rg Wheat	281 g	260	50	5.0	1	0	0	820	44	7	7	11	25	50	4	20	
Wrap, Buffalo Chicken Pepperjack	377 g	680	300	34.0	10	0	75	2150	60	5	5	33	20	20	25	20	
Wrap, Chicken Caesar	293 g	590	230	26	8	0	70	1610	56	4	5	34	15	10	40	25	
Wrap, Chicken Cordon Blimpie	232 g	620	280	31	9	0	85	1430	53	3	3	33	4	0	25	15	
Wrap, Southwestern	273 g	490	160	18	4	0	45	1530	57	4	6	23	8	10	4	15	

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Kid's Subs																
3" Ham and Cheese	106 g	240	80	9	4.5	0	15	900	28	1	4	14	6	0	10	10
3" Tuna	101 g	260	100	11	1.5	0	25	450	25	1	3	13	0	0	0	8
3" Turkey and Cheese	118 g	210	45	5.0	2	0	25	830	27	1	4	14	2	0	8	10
Salads - dressing not included																
Antipasto	378 g	250	130	15	6	0	55	1670	14	4	7	19	120	50	25	15
Buffalo Chicken	356 g	200	70	8	4.5	0	60	1200	11	4	4	23	170	20	15	10
Buffalo Chicken Salad, no cheese	341 g	150	30	3.5	1.5	0	45	1110	11	4	4	19	160	20	6	10
Grilled Chicken Caesar	269 g	190	70	7	3.5	0	70	610	6	3	3	27	110	40	20	8
Garden	184 g	30	5	0	0	--	0	15	6	3	3	2	110	40	4	6
Tuna	269 g	270	170	19	2.5	--	55	370	6	3	3	18	110	40	4	6
Ultimate Club	337 g	270	130	14	7	0	65	1070	11	4	7	24	130	50	35	10
Cole Slaw Salad, side	110 g	160	80	9	1.5	0	5	240	20	2	17	1	10	8	4	4
Macaroni Salad, side	145 g	330	200	22	5	0	15	790	28	2	8	5	0	0	0	10
Northwest Potato Salad, side	140 g	260	160	17	4	0	25	390	22	3	3	3	0	0	0	8
Potato Salad, side	135 g	230	110	12	2.5	0	10	490	28	3	8	3	0	0	0	8
Soups																
Bean with Ham	8.6 oz	140	10	1	0	0	0	1070	23	11	2	8	45	2	8	8
Beef Steak & Noodle	8.6 oz	120	35	4	1.5	0	30	780	14	0	4	8	170	8	2	10
Beef Stew	8.6 oz	170	32	4	3.5	0	45	890	18	2	2	17	10	2	10	2
Captain's Corn Chowder	8.6 oz	210	60	7	2.5	0	5	890	29	4	7	6	10	2	10	2
Chicken & Dumpling	8.6 oz	170	60	7	3	0	50	970	19	3	4	11	6	2	8	6
Chicken Gumbo	8.6 oz	90	20	2	0	0	10	1280	13	2	4	6	4	4	2	0
Chicken Noodle	8.6 oz	130	30	4	1	0	30	1040	18	2	5	7	30	4	2	0
Chicken with White & Wild Rice	8.6 oz	250	90	10	2.5	0	30	1030	15	4	4	14	15	4	6	0
Chili with Bean & Beef	8.6 oz	250	80	9	5	0	40	1230	16	18	7	18	20	25	6	15
Cream of Broccoli with Cheese	8.6 oz	250	170	19	11	0	55	1040	13	<1	2	7	25	25	15	2
Cream of Potato	8.6 oz	190	80	9	2.5	0	<5	860	24	3	3	5	10	2	10	2
French Onion	8.6 oz	80	30	4	0.5	0	0	1020	11	1	6	2	4	4	2	2
Garden Vegetable	8.6 oz	80	5	1	0	0	0	620	14	3	5	5	45	2	0	4
Harvest Vegetable	8.6 oz	100	10	1	0	0	0	920	19	3	4	4	60	10	4	4
Italian Style Wedding	8.6 oz	130	30	4	1.5	0	10	900	17	0	0	7	10	2	2	4
Minestrone	8.6 oz	90	25	3	0	0	0	1150	14	4	4	4	45	4	8	4
New England Clam Chowder	8.6 oz	170	25	3	2	0	25	1060	28	2	5	7	2	6	15	2
Pasta Fagioli with Sausage	8.6 oz	150	40	5	1.5	0	20	910	22	4	2	7	35	10	4	6
Split Pea with Ham	8.6 oz	130	15	2	0	0	5	1090	21	6	1	8	70	2	4	4
Tomato Basil with Raviolini	8.6 oz	110	10	1	0	0	10	720	22	0	5	4	15	0	2	4
Vegetable Beef	8.6 oz	80	15	2	0.5	0	5	1010	13	2	3	4	60	2	6	4
Yankee Pot Roast	8.6 oz	80	15	2	0.5	0	10	750	12	2	2	5	80	6	6	4
Breakfast																
Biscuit, Bacon Egg & Cheese	161 g	440	220	25	16	0	160	1610	37	1	3	18	8	0	15	15
Biscuit, Egg & Cheese	151 g	380	180	20	15	0	165	1380	37	1	4	13	8	0	15	15
Biscuit, Ham Egg & Cheese	175 g	400	180	20	15	0	165	1570	38	1	5	18	8	0	10	15
Biscuit, Sausage Egg & Cheese	189 g	520	300	33	19	0	180	1600	37	1	3	19	8	0	15	15
Bluffin®, Plain	57 g	130	10	1	0	0	0	240	25	2	2	5	0	2	10	5
Bluffin, Bacon Egg & Cheese	128 g	300	130	14	6	0	160	960	27	2	2	16	8	2	20	15
Bluffin, Egg & Cheese	100 g	180	35	4	1.5	0	150	400	27	2	2	9	2	2	10	15
Bluffin, Ham Egg & Cheese	142 g	260	80	9	4.5	0	165	930	29	2	4	17	8	0	20	15
Bluffin, Sausage Egg & Cheese	156 g	380	200	22	9	0	180	950	27	2	2	17	8	0	20	20
Burrito, Bacon Egg & Cheese	265 g	620	290	32	13	0	315	2410	54	3	1	28	15	0	25	20
Burrito, Egg & Cheese	244 g	510	220	24	10	0	300	1930	54	3	1	21	15	0	25	15
Burrito, Ham Egg & Cheese	300 g	580	230	25	10	0	330	2490	57	3	4	31	15	0	25	20
Burrito, Sausage Egg & Cheese	329 g	800	460	52	20	0	355	2550	54	3	1	33	15	0	25	20
Burrito, Turkey Egg & Cheese	300 g	560	220	24	10	0	320	2460	56	3	2	29	15	0	25	20
Grilled Breakfast Sandwich, Bacon	223 g	520	240	26	12	0	315	1780	43	2	4	28	15	0	20	20
Grilled Breakfast Sandwich, Ham	258 g	470	170	19	9	0	330	1860	45	1	7	31	15	0	20	20
Grilled Breakfast Sandwich, Sausage	286 g	700	410	45	19	0	355	1920	42	1	4	32	15	0	25	20
Grilled Breakfast Sandwich, Turkey	258 g	460	160	18	8	0	345	1830	46	1	5	28	15	0	20	25
Egg & Cheese on a Roll	101 g	200	80	9	4.5	0	150	650	21	1	2	10	8	0	10	10
Cinnamon Roll	170 g	540	220	24.0	11	0	35	870	72	2	20	11	0	0	4	25
Bagel	113 g	290	10	1	0	0	0	700	58	3	12	11	2	0	2	25
Bagel, Cream Cheese	141 g	390	100	11	5	0	30	790	59	3	13	13	8	0	4	25
Biscuit with Sausage Gravy	214 g	460	240	27	14	0	25	1320	43	2	4	12	0	0	4	15
Chips																
CHEETOS® Crunchy	1.0 oz	160	90	10	2.5	0	0	290	15	1	1	2	0	0	2	4
DORITOS® Cooler Ranch®	1.8 oz	240	110	12	2.5	0	0	300	31	2	2	3	0	0	8	4
DORITOS Nacho Cheese	1.8 oz	240	110	12	2.5	0	0	330	30	2	3	3	0	0	8	4
FRITOS®	2.0 oz	320	180	20	2	0	0	210	30	2	0	4	0	0	8	4
BAKED LAYS®	1.1 oz	120	15	1.5	0	0	0	170	26	2	2	2	0	2	4	2
LAYS Potato Classic	1.5 oz	220	130	15	4.5	0	0	270	22	1	0	3	0	15	0	4
LAYS BBQ	1.5 oz	240	130	15	4.5	0	0	300	22	1	3	3	0	15	2	4
BAKED LAYS BBQ	1.1 oz	130	30	3.5	0	0	0	240	25	2	2	2	0	2	4	2
RUFFLES® Cheddar Sour Cream	1.5 oz	240	130	15	4.5	0	0	280	21	2	3	3	0	15	0	4
SUNCHIPS® Multigrain Harvest Cheddar	1.5 oz	210	80	9	1.5	0	0	280	28	3	3	3	0	0	0	6
SUNCHIPS Multigrain Original	1.5 oz	210	80	9	1	0	0	140	29	4	3	3	0	0	0	4
Pretzels Classic Thin Style	2.0 oz	220	20	2	0	0	0	--	47	2	2	4	0	0	0	20
Desserts and Snacks																
Brownie	2.0 oz	230	100	10	4	0	22	115	28	1	21	3	0	0	0	6
Chocolate Chunk Cookie	1.5 oz	180	90	10	5	0	10	125	24	1	14	2	0	0	0	6
Oatmeal Raisin Cookie	1.5 oz	160	70	8	3.5	0	15	110	23	1	12	2	0	0	2	4
Peanut Butter Cookie	1.5 oz	200	70	8	4.5	0	15	150	20	1	12	4	0	0	0	4
Sugar Cookie	2.5 oz	320	140	15	6	0	30	210	42	1	23	3	8	0	0	8
White Chocolate Macadamia Nut Cookie	1.5 oz	190	90	10	5	0	10	120	23	0	15	2	0	0	2	4
Cotton Candy	2.0 oz	220	0	0	0	0	0	0	56	0	56	3	0	0	0	0

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Nachos	6.0 oz		540	250	28	4	0	10	890	66	6	0	9	8	2	20	15	
Pickle	5.0 oz		25	0	0	0	0	0	1520	5	0	0	0	0	0	0	0	
Popcorn, regular	4.0 oz		590	290	32	6	0	0	0	66	11	1	10	4	0	2	20	
Popcorn, large	8.0 oz		1180	570	64	11	0	0	5	132	23	1	20	6	2	2	35	
Soft Pretzel, plain	6.0 oz		450	25	3	0	0	0	480	93	3	3	12	0	0	0	30	
Soft Pretzel, salted	6.0 oz		480	25	4	0	0	0	2010	93	3	3	12	0	0	0	30	
Soft Pretzel, cinnamon sugar	6.0 oz		510	25	4	0	0	0	480	102	3	12	12	0	0	0	30	
Side, Cheese Sauce	2.0 oz		80	40	4.5	1.5	0	5	470	8	0	0	2	0	0	4	0	
Side, Chili	2.5 oz		70	25	2.5	1.5	0	10	350	9	5	2	5	8	2	2	4	
Sub Components																		
Meats/Protein																		
Bacon	0.7 oz		110	70	8	3	--	15	450	0	0	0	7	0	0	0	2	
Buffalo Chicken	1.0 oz		35	10	1	0.5	0	15	210	1	0	0	6	0	0	0	2	
Capicola	0.6 oz		20	5	0.5	0	0	10	160	0	--	0	3	0	0	0	0	
Chicken (Grilled) Strips	3.0 oz		110	30	3.5	1	0	50	300	0	0	0	19	0	0	0	0	
Corned Beef	1.0 oz		35	5	1	0	0	15	250	1	0	1	6	0	0	0	4	
Ham	1.0 oz		35	5	1	0.5	0	15	280	2	--	2	5	0	0	0	2	
Meatballs with Sauce	3.0 oz		220	140	16	6	0	45	1010	8	2	2	11	10	4	4	10	
Pastrami	1.0 oz		45	25	2.5	1	0	15	250	1	0	1	6	0	0	0	2	
Pepperoni	0.5 oz		70	50	6	2.5	0	15	230	1	--	--	3	2	0	0	2	
Philly Steak & Onion	3.5 oz		210	140	15	6	0	55	630	5	0	3	13	2	2	2	8	
Prosciuttini	0.5 oz		15	5	0	0	0	5	180	1	0	1	2	0	0	0	2	
Roast Beef	1.0 oz		30	5	1	0.5	0	15	150	0	0	0	6	0	0	0	4	
Salami	0.3 oz		35	25	3	1	0	10	135	0	0	0	2	0	0	0	0	
Seafood Salad	3.0 oz		90	35	4	0.5	0	20	410	10	1	2	4	0	2	2	0	
Tuna	3.0 oz		240	160	18	2.5	0	55	350	0	0	0	16	0	0	0	0	
Turkey	1.2 oz		30	3	0	0	0	12	316	1	--	1	5	0	0	0	2	
VegiMax®	3.0 oz		160	45	5	0.5	0	0	520	12	3	2	15	6	0	2	4	
Cheeses																		
American	1.00 oz		100	20	9	5	0	25	510	1	--	1	5	8	0	15	0	
Smoked Cheddar	0.75 oz		80	60	6	4	0	20	380	1	--	0	4	4	0	10	0	
Parmesan, Shredded	0.50 oz		50	35	4	2	0	10	150	1	0	0	4	2	0	15	0	
Pepper Jack	0.75 oz		80	60	7	4	0	25	135	0	0	0	6	6	0	15	0	
Provolone	0.75 oz		80	55	6	4	0	15	190	0	--	--	5	4	0	15	0	
Swiss	0.75 oz		80	55	6	3.5	0	20	45	0	0	0	6	8	0	40	0	
Toppings																		
Guacamole	1.0 oz		45	35	4	0.5	0	0	135	2	1	0	0	2	4	0	2	
Lettuce, serving	1.5 oz		5	0	0	0	0	0	0	1	0	1	0	2	2	0	0	
Olives, serving	0.5 oz		15	15	1.5	0	0	0	125	1	0	0	0	2	0	2	2	
Onion, slices	3.0 ea		10	0	0	0	0	0	0	3	0	1	0	0	4	0	0	
Peppers, Hot_Banana Ring	1.0 oz		0	0	0	0	0	0	450	1	0	0	0	0	0	0	0	
Peppers, Jalapeno	1.0 oz		10	0	0	0	0	0	490	1	0	0	0	0	0	0	0	
Peppers, Red Roasted	1.5 oz		10	0	0	0	0	0	100	2	0	1	0	15	30	0	2	
Peppers, Sweet Strips	1.0 oz		20	0	0	0	0	0	115	5	0	5	0	0	0	0	0	
Tomato, slices	2.0 ea		5	0	0	0	0	0	0	2	0	1	0	6	8	0	0	
Breads/Wraps																		
Cheddar Jalapeno, Lg	7.8 oz		530	100	11	4	0	15	1190	88	3	9	21	4	0	15	30	
Cheddar Jalapeno, Rg	3.9 oz		260	50	5	2	0	10	590	44	2	4	10	2	0	6	15	
Ciabatta, serving	3.5 oz		230	20	2.5	0	0	0	590	43	2	2	8	0	15	4	15	
Honey Oat, Lg	7.5 oz		560	140	15	3	0	0	840	85	11	12	20	0	0	4	30	
Honey Oat, Rg	3.7 oz		280	70	8	1.5	0	0	420	42	5	5	11	0	0	2	15	
Marble Rye, Lg	7.5 oz		480	45	5	1	0	0	1170	93	5	4	18	2	0	6	30	
Marble Rye, Rg	3.7 oz		240	20	2.5	0.5	0	0	590	46	2	2	9	0	0	2	15	
Pretzel, serving	4.0 oz		300	40	4.5	2	0	0	75	58	2	7	8	0	0	2	20	
Wheat, Lg	7.0 oz		430	70	8	2	0	0	810	76	10	5	20	0	0	4	30	
Wheat, Rg	3.5 oz		210	35	4	1	0	0	400	38	5	3	10	0	0	2	15	
White, Lg	6.5 oz		430	50	6	1	0	0	840	79	3	7	15	2	0	4	30	
White, Rg	3.3 oz		210	25	3	0.5	0	0	420	40	1	4	7	0	0	2	15	
Zesty Parmesan, Lg	7.6 oz		550	100	11	4.5	0	15	1180	90	4	9	24	0	0	20	30	
Zesty Parmesan, Rg	3.8 oz		280	50	5	2	0	5	590	45	2	4	12	2	0	10	15	
Wrap, Flour	3.6 oz		310	80	9	2	0	0	600	49	3	1	8	0	0	4	10	
Wrap, Spinach	3.6 oz		290	70	8	2	0	0	650	47	3	2	7	10	0	6	20	
Dressings/Sauces																		
Blue Cheese	1.50 oz		230	220	24	4.5	0	25	440	2	--	2	2	0	0	2	0	
Buttermilk Ranch	1.00 oz		150	140	16	2.5	0	5	250	1	--	1	1	0	0	0	0	
Creamy Caesar	1.50 oz		210	190	21	3.5	0	10	520	2	--	1	1	0	0	0	0	
Creamy Italian	1.50 oz		180	160	18	2.5	0	0	420	4	0	3	0	0	0	0	0	
Dijon Honey Mustard	1.50 oz		180	150	17	2.5	0	15	240	8	--	7	1	0	0	0	0	
Fat-Free Italian	1.50 oz		25	0	0	--	0	0	390	5	0	3	0	0	0	0	0	
Light Buttermilk Ranch	1.50 oz		70	35	4	0.5	0	0	310	8	--	3	1	0	0	0	0	
Light Italian	1.50 oz		20	10	1	0	0	0	770	2	--	2	0	0	0	0	0	
Thousand Island	1.50 oz		210	180	20	3	0	15	350	6	0	6	0	0	0	0	0	
Peppercorn	0.75 oz		120	110	12	2	0	5	210	1	0	1	0	0	0	0	0	
Blimpie Special Sauce	0.50 oz		40	40	4.5	0	0	0	0	0	--	--	0	0	0	0	0	
Mayonnaise	0.50 oz		100	100	11	1.5	0	10	100	0	0	0	0	0	0	0	0	
Mustard, Yellow Deli Style	0.50 oz		15	0	0	0	0	--	170	0	0	0	0	0	0	0	0	
Mustard, Honey	0.50 oz		20	5	0.5	0	0	0	85	4	1	3	1	15	0	0	2	
Mustard, Spicy Brown	0.50 oz		15	0	0	0	0	0	170	0	--	0	0	0	0	0	0	
Oil, Blend	0.25 oz		60	50	6	1	0	--	0	0	0	0	0	0	0	0	0	
Red Wine Vinegar	0.50 oz		5	0	0	0	0	0	0	1	0	0	0	0	0	0	0	
Sauce, Red Hot Original	1.00 oz		10	5	0	0	0	0	760	2	0	0	0	10	0	0	2	
The subs are built as listed on the menu including white bread, unless otherwise stated or pictured.																		

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The Nutritional Information Blimpie has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.

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