

Nutritional Information



Calories

Protein/gm

Carbohydrate/gm

Fiber/gm

Cholesterol/mg

Fat/gm

Saturated Fat/gm

Sodium/mg

Deli Subs: Nutritional values of subs based on Italian roll with lettuce, onion, pickles, tomatoes, green bell peppers and black olives

Signature Deli Regular 6 Inch*	418	18	42	2	61	19	8	1511
Signature Deli Regular 8 Inch	568	25	56	3	85	26	10	2124
Signature Deli Super 12 Inch	835	36	83	4	121	38	15	3022
Tuna Sub Regular 6 Inch*	298	22	41	3	34	5	1	849
Tuna Sub Regular 8 Inch	397	29	55	3	46	6	1	1132
Tuna Sub Super 12 Inch	596	43	82	5	68	9	2	1698
Turkey Sub Regular 6 Inch*	274	18	40	2	31	5	1	1085
Turkey Sub Regular 8 Inch	374	25	53	3	46	6	1	1556
Turkey Sub Super 12 Inch	547	35	79	4	61	9	2	2170
Ham Sub Regular 6 Inch*	292	17	42	2	31	7	2	1279
Ham Sub Regular 8 Inch	401	23	57	3	46	9	3	1847
Ham Sub Super 12 Inch	584	33	84	4	61	13	4	2558
Roast Beef Sub Regular 6 Inch*	353	20	40	2	37	13	4	721
Roast Beef Sub Regular 8 Inch	492	29	53	3	55	18	6	1009
Roast Beef Sub Super 12 Inch	705	40	79	4	73	25	8	1441
Club Sub Regular 6 Inch*	323	19	41	2	38	9	3	1327
Club Sub Regular 8 Inch	468	28	55	3	61	15	5	1992
Club Sub Super 12 Inch	645	38	82	4	76	18	6	2654
American Trio Regular 6 Inch*	317	20	41	2	37	9	3	1103
American Trio Regular 8 Inch	423	26	54	3	49	11	3	1471
American Trio Super 12 Inch	634	39	82	4	73	17	5	2206
Chicken Classic Regular 6 Inch*	303	22	39	2	36	7	2	844
Chicken Classic Regular 8 Inch	418	31	52	3	54	9	3	1195
Chicken Classic Super 12 Inch	606	43	78	4	72	13	4	1688

Steak Sub: Nutritional values of subs based on Italian roll and cooked with onions

Steak Sub Regular 6 Inch*	348	19	42	3	33	12	5	816
Steak Sub Regular 8 Inch	463	25	56	3	43	15	5	1088
Steak Sub Super 12 Inch	695	37	84	5	65	23	7	1632

Cuban: Nutritional values of subs based on Cuban roll with mustard, pickles, Swiss cheese and garlic butter

Cuban Regular 6 Inch*	432	26	41	3	75	19	11	1664
Cuban Regular 8 Inch	648	37	67	4	101	26	15	2426
Cuban Super 12 Inch	864	51	82	5	150	37	22	3329

Meatball: Nutritional values of subs based on Italian roll with Sobik's Marinara Sauce

Italian Meatball Regular 6 Inch*	485	19	46	5	76	24	7	1092
Italian Meatball Regular 8 Inch	647	25	61	6	100	32	9	1460
Italian Meatball Super 12 Inch	969	38	91	9	151	48	14	2183
Tossed Salad	96	3	16	5	1	3	1	393
Chef Salad	240	19	19	5	51	11	5	1506

* Regular 6 Inch only available at Sobik's Express Locations

