




Nutritional Information

		Weight	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Regular Size Subs <i>Double the values for large sub nutrition information</i>													
Blimpie Best®	309	g	450	15	5	0	50	1430	53	3	7	2	26
BLTA	254	g	580	32	7	0	35	1230	51	4	5	2	19
Buffalo Chicken (with Ciabatta)	307	g	510	19	5	0	70	1920	56	5	7	1	31
Chicken Cheddar Bacon Ranch	350	g	580	25	8	0	85	1420	52	2	6	3	34
Club	303	g	430	14	5	0	50	1200	54	3	7	3	25
Ham & Swiss	298	g	420	13	5	0	45	1130	53	3	7	2	25
Hoboken Hero™	303	g	530	25	9	0	60	1560	53	3	7	2	27
Italian Beef	291	g	540	21	9	0	80	2190	49	2	3	2	41
Meatball Parmigiana	347	g	730	36	16	0.5	100	2040	58	3	7	4	44
Philly Cheesesteak	239	g	560	24	8	0	60	1460	50	2	5	2	33
Roast Beef & Provolone	326	g	440	13	5	0	60	1370	53	3	6	2	31
Salad Lettuce	170	g	25	0	0	0	0	15	5	3	3	0	2
Sicilian (with Ciabatta)	235	g	520	20	6	0	55	1780	58	4	9	4	27
Spicy Italian	304	g	460	19	7	0	45	1580	53	2	6	2	23
The Blimpie®	459	g	810	48	11	0	115	2830	63	3	12	3	38
Trio Supreme	389	g	760	43	10	0	110	2160	55	2	7	3	41
Tuna	267	g	470	21	3.0	0	40	810	48	2	4	2	21
Turkey Bacon & Cheddar (with Ciabatta)	263	g	520	16	6	0	75	1850	54	4	6	0	30
Turkey & Provolone	326	g	440	14	4.0	0	55	1610	56	3	7	4	27
Turkey Reuben (with Ciabatta)	254	g	520	21	5	0	70	1780	58	5	9	4	27
Ultimate Club (with Ciabatta)	277	g	570	27	8	0	65	1570	58	5	8	1	28
Kid's Subs													
3" Ham and Cheese	106	g	190	6	3.0	0	25	720	25	1	3	1	11
3" Turkey and Cheese	112	g	200	7	2.5	0	30	800	25	1	3	2	12
Regular Size Premium Sides <i>Double the values for large side nutrition information</i>													
Buffalo Chicken Macaroni and Cheese	255	g	310	14	8	0	70	2390	27	1	4	0	20
Chicken Macaroni and Cheese	227	g	310	14	8	0	70	1310	27	1	4	0	20
Macaroni and Cheese	170	g	250	13	7	0	45	850	25	1	4	0	10
Regular Size Local Favorites <i>Double the values for large sub or wrap nutrition information</i>													
Chicken Caesar Salad	269	g	160	5	2.5	0	55	660	7	3	3	0	22
Chicken Salad	267	g	420	15	2.0	0	45	1090	49	2	4	2	22
Chicken Teriyaki	262	g	440	8	4.0	0	55	1470	62	2	16	2	31
French Dip	378	g	400	11	5	0	65	1440	47	2	3	2	33
Ham, Salami & Cheese	286	g	450	17	6	0	45	1230	53	3	6	2	23
Mediterranean (with Ciabatta)	254	g	420	7	2.0	0	55	1750	56	4	7	0	30
Pastrami (with Pretzel Bread)	234	g	470	13	6	0	65	1340	57	0	9	8	30
Reuben (with Ciabatta)	319	g	690	37	8	0	90	2170	60	5	10	5	31
Turkey & Avocado	322	g	410	8	1.0	0	45	1660	55	4	7	2	26
Turkey & Cranberry	283	g	480	13	6	0	75	1620	62	2	15	2	26
Ultimate Club Salad	338	g	280	18	8	0	70	1010	11	3	5	1	24
Veggie & Cheese	295	g	430	19	9	0	15	1410	53	3	6	2	20
VegiMax®	308	g	520	20	5	0	15	1320	64	7	9	7	28
Wrap, Buffalo Chicken	337	g	570	29	8	0	70	2190	52	1	4	1	31
Wrap, Chicken Caesar	292	g	570	28	7	0	50	1850	51	0	3	0	29
Wrap, Southwestern	285	g	590	32	6	0	50	2050	54	0	4	2	24
Chips													
CHEETOS® Crunchy	28	g	160	10	1.5	0	0	250	15	1	1	0	2
DORITOS® Cooler Ranch®	50	g	270	14	2.0	0	0	340	32	2	2	0	4
DORITOS® Nacho Cheese	50	g	270	14	2.0	0	0	370	32	2	2	0	4
FRITOS®	57	g	320	20	3.0	0	0	340	32	2	0	0	4
LAY'S® BAKED BBQ	32	g	140	3.5	0.5	0	0	220	25	2	3	0	2
LAY'S® BAKED Original	32	g	130	4.0	0	0	0	170	24	1	2	2	2
LAY'S® BAKED Sour Cream and Onion	32	g	140	3.5	0.5	0	0	190	24	2	3	2	2
LAY'S® Potato Classic	43	g	220	15	5	0	0	270	22	0	0	0	3
LAY'S® Salt and Vinegar	43	g	230	15	2.0	0	0	330	23	2	1	0	2


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Chips														
LAY'S® Sour Cream and Onion	43	g	230	14	2.0	0	0	290	23	2	2	0	0	3
LAY'S® BBQ	43	g	220	15	1.5	0	0	300	22	0	3	0	0	3
Miss Vickie's® Jalapeno Kettle	39	g	200	11	1.5	0	0	170	23	2	2	0	0	3
ROLD GOLD® Pretzels, Classic Thin Style	57	g	220	2.0	0.0	0	0	990	47	2	2	2	2	4
RUFFLES® Cheddar Sour Cream	43	g	240	15	2.5	0	0	270	23	2	2	0	0	3
SUNCHIPS® Multigrain Harvest Cheddar	43	g	210	9	1.0	0	0	300	28	3	3	0	0	3
SUNCHIPS® Multigrain Original	43	g	210	9	1.0	0	0	180	29	4	3	0	0	3
Desserts														
Brownie	100	g	360	14	2.0	0	40	260	58	2	39	39	0	0
Cookie, Chocolate Chunk	57	g	250	12	6	0	15	200	34	1	21	17	3	3
Cookie, Oatmeal Raisin	57	g	230	10	6	0	15	200	34	2	19	15	3	3
Cookie, Peanut Butter	57	g	290	16	5	0	10	240	31	2	17	17	5	5
Cookie, Snickerdoodle	58	g	250	11	6	0	20	220	36	1	20	20	3	3
Cookie, Sugar	57	g	250	11	6	0	20	220	35	1	19	19	3	3
Cookie, Sugar - Frosted	65	g	280	12	7	0	20	240	41	1	24	24	3	3
Cookie, Sugar - Frosted & Sprinkled	66	g	290	12	7	0	20	240	41	1	24	24	3	3
Cookie, Sugar w/ M&M'S®	67	g	300	13	7	0	20	230	43	1	26	25	3	3
Cookie, White Chocolate Macadamia Nut	57	g	270	14	7	0	30	120	32	1	18	17	3	3
Sub Components														
<i>Double the values for large size sub, wrap or salad nutrition information</i>														
Bacon	17	g	90	7	2.5	0	15	380	0	0	0	0	0	6
Buffalo Chicken	28	g	25	0.5	0	0	15	200	1	0	0	0	0	6
Capicola	17	g	20	0.5	0	0	5	180	1	0	1	0	0	3
Chicken Strips	85	g	90	1.5	0	0	40	690	2	0	0	0	0	15
Corned Beef	85	g	110	5	2.5	0	45	940	0	0	0	0	0	15
Ham	28	g	30	1.0	0	0	15	300	1	0	1	0	0	5
Meatballs with Sauce	198	g	320	22	8	0.5	65	1020	13	1	5	2	2	20
Pastrami	85	g	90	2.5	1.0	0	45	700	2	0	2	2	2	15
Pepperoni	9	g	45	4.0	1.5	0	10	160	0	0	0	0	0	2
Philly Steak & Caramelized Onions	99	g	150	6	2.5	0	40	590	4	0	3	0	0	19
Prosciuttini	14	g	15	0.5	0	0	5	150	1	0	0	0	0	2
Roast Beef	85	g	90	2.5	1.0	0	45	700	2	0	0	0	0	17
Salami	9	g	35	2.5	1.0	0	10	130	0	0	0	0	0	2
Tuna	85	g	230	20	2.5	0	40	320	0	0	0	0	0	12
Turkey	85	g	90	4.0	0	0	40	940	5	0	2	2	2	12
VegiMax®	85	g	140	6	1.0	0	0	490	12	5	1	1	1	14
Cheeses <i>Double the values for large size sub, wrap or salad nutrition information</i>														
American	28	g	120	9	5	0	20	340	1	0	1	0	0	4
Cheddar	21	g	80	7	4.0	0	25	135	0	0	0	0	0	5
Parmesan (shredded)	14	g	60	4.0	2.5	0	10	240	0	0	0	0	0	5
Pepper Jack	21	g	80	7	4.0	0	20	140	0	0	0	0	0	5
Provolone	21	g	70	6	3.5	0	15	180	0	0	0	0	0	5
Swiss	21	g	80	7	4.0	0	20	40	0	0	0	0	0	6
Toppings <i>Double the values for large size sub, wrap or salad nutrition information</i>														
Avocado	30	g	60	5	1.0	0	0	105	3	2	0	0	0	1
Cucumbers	28	g	5	0	0	0	0	0	1	0	0	0	0	0
Lettuce (shredded)	43	g	5	0	0	0	0	0	1	0	1	0	0	0
Black Olives	14	g	15	1.5	0	0	0	105	1	0	0	0	0	0
Onions (sliced)	27	g	10	0	0	0	0	0	3	0	1	0	0	0
Oregano	1	g	0	0	0	0	0	0	0	0	0	0	0	0
Peppers, Green Bell	28	g	5	0	0	0	0	0	1	0	1	0	0	0
Peppers, Hot/Mild Banana Ring	28	g	5	0	0	0	0	460	1	0	0	0	0	0
Peppers, Jalapeno	28	g	0	0	0	0	0	470	1	0	0	0	0	0
Peppers, Red Roasted	28	g	20	0	0	0	0	125	2	1	0	0	0	0
Peppers, Sweet Strips	28	g	20	0	0	0	0	130	6	0	5	0	0	0
Pickle (sliced)	28	g	0	0	0	0	0	340	1	0	0	0	0	0


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Toppings <i>Double the values for large size sub, wrap or salad nutrition information</i>													
Sauerkraut	28	g	5	0	0	0	0	190	1	1	0	0	0
Spicy Giardiniera	28	g	35	3.5	0	0	0	310	1	0	0	0	0
Spinach	28	g	5	0	0	0	0	20	1	1	0	0	1
Tomato (sliced)	40	g	5	0	0	0	0	0	2	0	1	0	0
Regular Breads/Wraps <i>Double the values for large bread nutrition information</i>													
Cheddar Jalapeno	110	g	250	3.5	1.5	0	5	590	45	2	3	2	10
Ciabatta	99	g	250	1.5	0	0	0	450	50	0	4	4	9
Everything	99	g	230	1.5	0	0	0	480	45	2	3	2	9
Honey Oat	109	g	300	7	1.0	0	0	430	49	4	7	6	11
Poppy Seed	99	g	230	1.5	0	0	0	480	45	2	3	2	9
Pretzel Roll	113	g	300	4.0	1.5	0	0	420	55	0	7	6	9
Sesame Seed	99	g	230	1.5	0	0	0	480	45	2	3	2	9
Wheat	99	g	240	3.5	0.5	0	0	420	44	3	5	4	10
White	99	g	230	1.5	0	0	0	480	45	2	3	2	9
Wrap, Flour	94	g	300	9	3.0	0	0	540	46	2	0	0	7
Wrap, Salsa	108	g	360	11	3.0	0	0	1000	55	2	1	0	8
Wrap, Spinach	104	g	300	7	2.5	0	0	630	52	2	0	0	8
Wrap, Wheat	104	g	290	7	2.5	0	0	620	49	6	0	0	9
Zesty Parmesan	108	g	260	3.0	1.5	0	5	570	46	2	3	2	11
Dressings/Sauces <i>Double the values for large size sub, wrap or salad nutrition information</i>													
Au Jus	14	g	0	0	0	0	0	70	0	0	0	0	0
Avocado Spread	30	g	60	5.0	1	0	0	105	3	2	0	0	1
Blue Cheese	43	g	180	18	3.5	0	0	410	1	0	1	1	0
Buttermilk Ranch	43	g	200	22	3.0	0	15	280	2	0	2	2	0
Caesar	43	g	220	24	3.5	0	0	420	1	0	0	0	1
Chipotle Mayo	14	g	90	10	1.5	0	5	120	1	0	0	0	0
Frank's® RedHot® Original Sauce	15	g	5	0.5	0	0	0	500	1	0	0	0	0
Italian, Creamy	28	g	150	14	1.5	0	0	360	10	0	8	8	0
Italian, Fat-Free	43	g	15	0	0	0	0	700	4	0	3	0	0
Italian, Light	43	g	40	3.5	0.5	0	0	270	2	0	2	0	0
Mayo	14	g	110	12	1.5	0	10	75	0	0	0	0	0
Mayo, Reduced Calorie	14	g	40	4.0	0	0	10	90	1	0	0	0	0
Mustard, Dijon Honey	14	g	50	5	0.5	0	5	95	2	0	2	2	0
Mustard, Honey	14	g	30	0	0	0	0	130	3	0	3	3	0
Mustard, Yellow Deli Style	14	g	0	0	0	0	0	160	0	0	0	0	0
Mustard, Zesty Brown	14	g	0	0	0	0	0	180	0	0	0	0	0
Oil	14	g	130	14	2.0	0	0	0	0	0	0	0	0
Peppercorn Ranch	43	g	170	17	3.0	0	15	380	1	0	1	0	1
Red Wine Vinegar	14	g	5	0	0	0	0	0	1	0	0	0	0
Spicy Giardiniera	28	g	35	3.5	0	0	0	310	1	0	0	0	0
Sriracha	14	g	15	0	0	0	0	280	3	0	3	3	0
Sweet Baby Rays® BBQ	14	g	25	0	0	0	0	110	7	0	6	0	0
Teriyaki Sauce	15	g	35	0	0	0	0	240	8	0	7	7	0
Thousand Island	43	g	200	19	3.0	0	20	340	6	0	6	4	0

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Optional Items													
Breakfast													
Bagel	113	g	320	1.0	0	0	0	490	64	2	6	0	11
Bagel with Cream Cheese	141	g	420	11	6	0	30	580	66	2	7	0	13
Biscuit, Bacon Egg & Cheese	155	g	420	22	11	0	130	1410	37	0	4	0	15
Biscuit, Egg & Cheese	147	g	370	19	9	0	120	1230	37	0	4	0	12
Biscuit, Ham, Egg & Cheese	175	g	410	20	10	0	135	1530	38	0	4	0	17
Biscuit, Plain	90	g	270	12	6	0	0	840	35	0	3	0	6
Biscuit, Sausage, Egg & Cheese	190	g	560	36	15	0	160	1560	37	0	4	0	20
Biscuit with Sausage Gravy	214	g	460	27	10	0	25	1310	43	2	4	0	12
Bluffin®, Bacon Egg & Cheese	122	g	280	12	5	0	130	840	29	0	1	0	14
Bluffin®, Egg & Cheese	114	g	240	8	3.5	0	120	660	29	0	1	0	11
Bluffin®, Ham, Egg & Cheese	142	g	270	9	4.0	0	135	960	30	0	1	0	15
Bluffin®, Plain	57	g	130	1.0	0	0	0	260	26	0	0	0	4
Bluffin®, Sausage, Egg & Cheese	157	g	430	25	10	0	160	990	29	0	1	0	19
Burrito, Bacon, Egg & Cheese	237	g	580	30	12	0	250	1950	50	0	3	0	25
Burrito, Egg & Cheese	225	g	520	26	10	0	240	1680	50	0	3	0	21
Burrito, Ham, Egg & Cheese	267	g	570	27	10	0	260	2130	51	0	4	0	28
Burrito, Sausage, Egg & Cheese	268	g	710	43	16	0	280	2010	50	0	3	0	29
Cinnamon Roll	170	g	530	22	10	0	0	710	72	0	19	0	12
Croissant, Bacon Egg & Cheese	136	g	380	21	11	0	140	860	30	0	5	0	14
Croissant, Egg & Cheese	128	g	330	18	9	0	130	680	30	0	5	0	11
Croissant, Ham Egg & Cheese	156	g	370	19	10	0	145	980	31	0	5	0	16
Croissant, Plain	71	g	230	11	6	0	10	290	28	0	4	0	5
Croissant, Sausage Egg & Cheese	171	g	520	35	15	0	170	1010	30	0	5	0	19
Soups vary by location													
Chicken Noodle	245	g	160	4.0	1.0	0	40	1710	22	0	0	0	10
Chicken with Wild Rice	245	g	180	10	5	0	30	870	19	0	2	1	5
Chili with Beans	245	g	270	12	5	0.5	45	1060	22	6	7	3	18
Clam Chowder	245	g	180	8	2.0	0	10	870	21	1	4	0	5
Cream of Broccoli with Cheese	245	g	210	14	9	0.5	50	1270	12	1	3	1	9
Cream of Potato with Bacon	245	g	220	11	5	0	30	910	23	1	6	0	6
Tomato Basil	245	g	180	12	6	0	35	760	18	2	11	4	3
Vegetable Beef with Barley	245	g	200	7	3.0	0	10	1630	30	4	6	2	8
Wisconsin Cheese	245	g	220	12	6	0	30	1050	19	1	9	0	10
7" Pizza													
BBQ Chicken	252	g	540	14	7	0	60	1380	76	0	12	0	28
Cheese	203	g	470	13	7	0	40	1010	68	0	6	0	20
Classic Combo	280	g	660	25	11	0	70	1480	73	0	8	0	29
Meatball & Onion	316	g	690	30	13	0.5	90	1530	75	1	8	0	34
Pepperoni	209	g	500	16	8	0	45	1130	68	0	7	0	21
Sausage & Mushroom	260	g	590	22	9	0	80	1240	69	0	7	0	28
Veggie	334	g	530	17	7	0	40	1220	75	2	9	0	21
12" Pizza - 1/6th Pizza													
BBQ Chicken, 1 slice	117	g	250	6	2.5	0	25	660	37	1	7	0	12
Cheese, 1 slice	101	g	220	6	3.0	0	15	490	33	1	3	0	9
Classic Combo, 1 slice	127	g	280	11	5	0	25	670	34	1	4	0	12
Meatball & Onion, 1 slice	139	g	290	11	5	0	35	660	35	1	4	0	14
Pepperoni, 1 slice	104	g	240	7	3.5	0	20	540	33	1	4	0	10
Sausage & Mushroom, 1 slice	120	g	260	9	3.5	0	30	560	33	1	4	0	12
Veggie, 1 slice	149	g	240	7	3.0	0	15	540	35	1	5	0	10
16" Pizza - 1/8th Pizza													
BBQ Chicken, 1 slice	155	g	330	7	3.5	0	30	900	49	0	12	0	15
Cheese, 1 slice	133	g	290	7	3.5	0	20	610	41	0	5	0	12
Classic Combo, 1 slice	169	g	370	14	6	0	45	850	43	0	6	0	16
Meatball & Onion, 1 slice	172	g	370	13	6	0	40	800	44	1	6	0	17
Pepperoni, 1 slice	140	g	330	11	5	0	30	770	42	0	5	0	13
Sausage & Mushroom, 1 slice	154	g	330	11	5	0	35	710	42	0	5	0	15
Veggie, 1 slice	188	g	310	9	4.0	0	20	690	44	1	6	0	13

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	Weight												
Snacks / Sides													
Blimpie Burger	305	g	520	25	9	1.0	65	810	51	3	6	2	24
Blimpie Dog	135	g	330	18	6	1.0	45	960	24	0	4	0	17
Cheese Sauce	57	g	80	5	2.5	0	5	490	6	0	2	0	1
Chili	57	g	60	2.0	1.0	0	5	250	5	0	2	0	4
French Fries, Rg	265	g	570	25	5	0	0	760	70	0	3	0	9
French Fries, Lg	420	g	960	46	9	0	0	1100	109	0	5	0	14
Nachos	170	g	260	15	5	0	10	850	28	1	3	0	4
Peppers, Jalapeno	28	g	0	0	0	0	0	470	1	0	0	0	0
Popcorn, Rg	113	g	530	33	23	0	0	900	57	10	0	0	10
Popcorn, Lg	227	g	1070	67	47	0	0	1800	113	20	0	0	20
Soft Pretzel, Cinnamon & Sugar	146	g	320	2.0	0.5	0	0	310	65	2	5	3	10
Soft Pretzel, Plain	141	g	300	1.0	0	0	0	300	62	2	2	0	10
Soft Pretzel, Salted	144	g	310	2.0	0.5	0	0	830	62	2	2	0	10
Catering													
3' Blasts													
Blimpie Best®	4431	g	7420	228	94	0	855	25310	902	38	95	36	449
Club	4290	g	6660	144	58	0	805	22270	900	38	94	36	430
Turkey & Provolone	4516	g	7090	155	61	0	925	27350	905	38	96	36	473
Small Slider Trays <i>Double the values for large tray nutrition information</i>													
Blimpie Best®	1780	g	2480	71	30	0	280	8510	318	15	42	12	154
Club	1754	g	2430	66	27	0	290	7220	320	15	40	16	151
Turkey & Provolone	1890	g	2470	67	23	0	320	9670	330	15	42	21	161
Small Wrap Trays <i>Double the values for large tray nutrition information</i>													
Blimpie Best®	1485	g	2450	96	39	0	240	7630	282	15	22	0	125
Turkey & Provolone	1590	g	2450	91	32	0	265	8540	292	15	23	8	129
Small Optional Trays <i>Double the values for large tray nutrition information</i>													
Cheese	850	g	3190	265	151	0	765	7480	5	0	0	0	194
Fruit (No Yogurt)	1984	g	830	4.0	0	0	0	95	212	32	162	0	15
Meat & Cheese	1084	g	2760	196	94	0	775	11400	23	0	7	0	219
Vegetable (No Dressing)	2021	g	480	5	1.0	0	0	520	103	34	45	0	24
Yogurt for Fruit Tray	227	g	160	0	0	0	5	125	33	0	27	17	8
Small Salad <i>Double the values for large salad nutrition information</i>													
Fresh Tossed (No Dressing)	1437	g	270	2.0	0	0	0	160	57	22	29	0	15

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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 preparation 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, custom orders, self-service orders and regional menu variations.

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