### Nutritional Statement

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### Main Menu

Blimpie Best®
BLT
Buffalo Chicken (with Ciabatta)
Chicken Cheddar Bacon Ranch
Club
Ham & Swiss
Hoboken Hero™
Italian Beef
Meatball Parmigiana
Philly Cheesesteak
Roast Beef & Provolone
Salad Lettuce
Sicilian (with Ciabatta)
The Blimp®
Trio Supreme
Tuna
Turkey Bacon & Cheddar (with Ciabatta)
Turkey & Provolone
Turkey Reuben (with Ciabatta)
Ultimate Club (with Ciabatta)
Original Pizza Sub
Spicy Hawaiian Pizza Sub

### Kid's Subs

Chicken Macaroni and Cheese
Macaroni and Cheese

### Regular Size Local Favorites

Chicken Caesar Salad
Chicken Salad
Chicken Teriyaki
French Dip
Ham, Salami & Cheese
Mediterranean (with Ciabatta)
Pastrami (with Pretzel Bread)
Reuben (with Ciabatta)
Turkey and Avocado
Turkey and Cranberry
Ultimate Club Salad
Veggie & Cheese
VegiMax
Wrap, Buffalo Chicken
Wrap, Chicken Caesar
Wrap, Southwest

### Chips

CHEETOS® Crunchy
DORITOS® Cooler Ranch
DORITOS® Nacho Cheese
Fritos®
LAYS® BAKED BBQ
LAYS® BAKED Original
LAYS® BAKED Sour Cream and Onion
LAYS® Potato Classic
LAYS® Salt and Vinegar
LAYS® Sour Cream and Onion
LAYS® BBQ
Miss Vickie’s® Jalapeno Kettle
OLD GOLD® Pretzels, Classic Thin Style
RUFFLES® Cheddar Sour Cream
SUNCHIPS® Multigrain Harvest Cheddar
SUNCHIPS® Multigrain Original

### Desserts

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## Nutritional Statement

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### Sub Components

#### Meats/Protein

- **Bacon**
  - Weight: 17 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Buffalo Chicken**
  - Weight: 28 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Capicola**
  - Weight: 17 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Chicken Strips**
  - Weight: 85 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Corned Beef**
  - Weight: 85 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Ham**
  - Weight: 28 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Meatballs with Sauce**
  - Weight: 198 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Pastrami**
  - Weight: 85 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Pepperoni**
  - Weight: 9 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Philly Steak & Caramelized Onions**
  - Weight: 99 g
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- **Prosciutto**
  - Weight: 14 g
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- **Roast Beef**
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- **Salami**
  - Weight: 9 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Seafood Salad**
  - Weight: 85 g
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- **Sausage**
  - Weight: 85 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Veal/Manzo**
  - Weight: 85 g
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#### Cheeses

- **American**
  - Weight: 28 g
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- **Cheddar**
  - Weight: 21 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Parmesan (shredded)**
  - Weight: 14 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Pepper Jack**
  - Weight: 21 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Provolone**
  - Weight: 21 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Swiss**
  - Weight: 21 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

#### Toppings

- **Cucumbers**
  - Weight: 28 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Hummus**
  - Weight: 28 g
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- **Lettuce (shredded)**
  - Weight: 43 g
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- **Olives**
  - Weight: 14 g
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- **Onions (sliced)**
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- **Oregano**
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- **Peppers, Green Bell**
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- **Peppers, Hot/Mild Banana Ring**
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- **Peppers, Jalapeno**
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- **Peppers, Red Roasted**
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- **Peppers, Sweet Strips**
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- **Pickles (sliced)**
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- **Pickle, Sweet**
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- **Sauerkraut**
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- **Sauerkraut, Spicy**
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- **Spinach**
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- **Tomato (sliced)**
  - Weight: 40 g
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#### Regular Breads/Wraps

- **Cheddar Jalapeno**
  - Weight: 110 g
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- **Ciabatta**
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- **Everything**
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- **Gluten Free**
  - Weight: 90 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Honey Oat**
  - Weight: 109 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Poppy Seed**
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  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- ** Pretzel**
  - Weight: 113 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

- **Sesame Seed**
  - Weight: 99 g
  - Values for Regular Size Sub/Wrap/Salad, Double Values for Large Size Sub/Wrap/Salad

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**Dressings/Sauces**

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**Soups**

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<tr>
<th>Soup</th>
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<td>Chicken with Wild Rice</td>
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<td>Chili with Beans</td>
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<td>Clam Chowder</td>
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<tr>
<td>Cream of Broccoli with Cheese</td>
<td>245</td>
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### Nutritional Statement

#### 1st Pizza
- **BBQ Chicken**: 252 g Fat (g) 0, Calories (cal) 440, Carbohydrate (g) 30, Added Sugars (g) 2, Protein (g) 6, Sodium (mg) 1050, Trans Fat (g) 0, Cholesterol (mg) 20, Dietary Fiber (g) 1, Sugars (g) 1
- **Classic Combo**: 280 g Fat (g) 0, Calories (cal) 480, Carbohydrate (g) 30, Added Sugars (g) 2, Protein (g) 2, Sodium (mg) 1700, Trans Fat (g) 0, Cholesterol (mg) 20, Dietary Fiber (g) 1, Sugars (g) 1
- **Wisconsin Cheese**: 245 g Fat (g) 0, Calories (cal) 390, Carbohydrate (g) 20, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 1300, Trans Fat (g) 0, Cholesterol (mg) 15, Dietary Fiber (g) 1, Sugars (g) 1

#### 12" Pizza - 1/6th Pizza
- **BBQ Chicken, 1 slice**: 117 g Fat (g) 0, Calories (cal) 600, Carbohydrate (g) 20, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 1500, Trans Fat (g) 0, Cholesterol (mg) 10, Dietary Fiber (g) 1, Sugars (g) 1
- **Classic Combo, 1 slice**: 127 g Fat (g) 0, Calories (cal) 700, Carbohydrate (g) 25, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 1800, Trans Fat (g) 0, Cholesterol (mg) 10, Dietary Fiber (g) 1, Sugars (g) 1
- **Hawaiian, 1 slice**: 122 g Fat (g) 0, Calories (cal) 600, Carbohydrate (g) 20, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 1300, Trans Fat (g) 0, Cholesterol (mg) 15, Dietary Fiber (g) 1, Sugars (g) 1

#### 16" Pizza - 1/8th Pizza
- **BBQ Chicken, 1 slice**: 155 g Fat (g) 0, Calories (cal) 900, Carbohydrate (g) 30, Added Sugars (g) 2, Protein (g) 6, Sodium (mg) 2200, Trans Fat (g) 0, Cholesterol (mg) 15, Dietary Fiber (g) 1, Sugars (g) 1
- **Classic Combo, 1 slice**: 169 g Fat (g) 0, Calories (cal) 900, Carbohydrate (g) 25, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 2000, Trans Fat (g) 0, Cholesterol (mg) 10, Dietary Fiber (g) 1, Sugars (g) 1
- **Hawaiian, 1 slice**: 156 g Fat (g) 0, Calories (cal) 750, Carbohydrate (g) 20, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 1500, Trans Fat (g) 0, Cholesterol (mg) 10, Dietary Fiber (g) 1, Sugars (g) 1

#### Snacks / Sides
- **Blimpie Burger**: 305 g Fat (g) 0, Calories (cal) 1200, Carbohydrate (g) 40, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 2200, Trans Fat (g) 0, Cholesterol (mg) 15, Dietary Fiber (g) 1, Sugars (g) 1
- **Blimpie Dog**: 135 g Fat (g) 0, Calories (cal) 600, Carbohydrate (g) 20, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 1200, Trans Fat (g) 0, Cholesterol (mg) 10, Dietary Fiber (g) 1, Sugars (g) 1
- **Cheese Sauce**: 57 g Fat (g) 0, Calories (cal) 300, Carbohydrate (g) 10, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 1000, Trans Fat (g) 0, Cholesterol (mg) 10, Dietary Fiber (g) 1, Sugars (g) 1

#### 3 Blasts
- **Blimpie Best®**: 4431 g Fat (g) 0, Calories (cal) 500, Carbohydrate (g) 50, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 1500, Trans Fat (g) 0, Cholesterol (mg) 15, Dietary Fiber (g) 1, Sugars (g) 1
- **Club**: 4290 g Fat (g) 0, Calories (cal) 450, Carbohydrate (g) 40, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 1200, Trans Fat (g) 0, Cholesterol (mg) 15, Dietary Fiber (g) 1, Sugars (g) 1
- **Turkey & Provolone**: 4516 g Fat (g) 0, Calories (cal) 500, Carbohydrate (g) 50, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 1500, Trans Fat (g) 0, Cholesterol (mg) 15, Dietary Fiber (g) 1, Sugars (g) 1

#### Small Sliders Trays

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<th>Cholesterol (mg)</th>
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#### Fresh Tossed (No Dressing)
- **Weight (g) 270, Calories (cal) 600, Carbohydrate (g) 20, Added Sugars (g) 1, Protein (g) 6, Sodium (mg) 1500, Trans Fat (g) 0, Cholesterol (mg) 15, Dietary Fiber (g) 1, Sugars (g) 1**
## Nutritional Statement

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<th>Total Calories (cal)</th>
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<th>Saturated Fat (g)</th>
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<th>Cholesterol (mg)</th>
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<th>Sugars (g)</th>
<th>Added Sugars (g)</th>
<th>Protein (g)</th>
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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.

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

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