Blimpie Nutritional Statement

BLIMPIE America's Sub Shop	Weight		Calories	Cals From Fat (kcal)	Total Fat (g)	Sat Fat (g)	*Trans* Fat (g)	Cholestrol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)
Sandwiches/Wraps																	
Blimpie Best, 12"	593	g	900	310	35	12	0	105	2680	99	6	19	49	25	30	30	40
Blimpie Best, 6"	296	g	450	150	17	6	0	50	1330	49	3	10	24	10	15	15	20
Blimpie Best, 12" Super Stacked	729	g	1100	400	44	15	0	185	4190	104	6	24	71	25	30	30	45
Blimpie Best, 6" Super Stacked	364	g	550	200	22	8	0	90	2090	52	3	12	36	10	15	15	25
Blimpie Trio, 12" Super Stacked	740	g	1030	280	31	10	0	180	3530	102	6	21	80	25	30	40	50
Blimpie Trio, 6" Super Stacked	384	g	510	140	15	4.5	0	90	1760	51	3	11	40	15	15	20	25
BLT, 12"	408	g	870	400	44	10	0	55	1940	86	5	11	30	20	25	4	35
BLT, 6"	204	g	430	200	22	5	0	25	960	43	2	6	15	10	10	2	15
BLT, 12" Super Stacked	472	g	1270	740	82	18	0	110	2870	84	4	10	43	10	15	4	35
BLT, 6" Super Stacked	238	g	640	370	41	9	0	55	1440	43	2	6	22	10	10	2	20
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
Chicken Cheddar Bacon Ranch, 12"	664	g	1190	520	58	19	0	175	3140	95	6	15	72	40	30	35	35
Chicken Cheddar Bacon Ranch, 6"	346	g	600	260	29	10	0	85	1570	48	3	8	36	20	15	20	15
Chicken Teriyaki, 12"	430	g	860	220	25	11	0	130	2370	94	3	19	65	8	0	35	30
Chicken Teriyaki, 6"	249	g	450	110	12	5	0	65	1280	52	2	13	33	4	4	15	15
Chicken Teriyaki, 6" Wheat	260	g	450	120	14	6	0	65	1260	50	5	12	35	4	4	20	15
Ciabatta, Buffalo Chicken	322	g	540	200	23	7	0	65	1970	49	3	5	31	15	25	20	20
Ciabatta, French Dip	394	g	430	100	11	4.5	0	65	1820	49	2	2	31	4	15	25	25
Ciabatta, Grilled Chicken Caesar	289	g	580	180	20	5	0	65	1480	62	3	4	34	10	30	20	20
Ciabatta, Mediterranean	289	g	450	70	8	3	0	35	1720	65	3	6	26	35	60	20	25
Ciabatta, Roast Beef, Turkey & Cheddar	286	g	520	220	24	8	0	65	1780	51	3	6	25	20	30	20	20
Ciabatta, Sicilian	285	g	590	200	22	6	0	60	2170	66	3	9	29	30	45	20	25
Ciabatta, Spicy Chicken & Pepperoni	288	g	710	310	34	11	0	80	2070	65	3	4	33	6	25	25	25
Ciabatta, Tuscan	282	g	570	180	20	6	0	50	2030	65	3	6	28	30	45	20	25
Ciabatta, Ultimate Club	210	g	520	220	24	7	0	65	1600	47	2	5	27	4	15	25	20
Club, 12"	582	g	830	240	27	8	0	90	2110	98	6	18	47	25	30	40	35
Club, 6"	290	g	410	120	13	4	0	45	1050	49	3	9	23	15	15	20	20
Club, 6" Wheat	301	g	410	130	14	4.5	0	45	1040	47	6	8	26	10	15	20	20
Cuban, 12"	465	g	830	190	21	9	0	130	3260	86	3	12	59	10	0	45	40
Cuban, 6"	233	g	410	100	11	4.5	0	65	1630	43	1	6	29	4	0	20	20
French Dip, 12"	576	g	800	200	22	10	0	130	2550	86	3	7	60	10	0	45	45
French Dip, 6"	382	g	410	100	11	5	0	65	1650	46	1	3	30	4	0	20	25
Ham & Swiss, 12"	571	g	840	250	28	9	0	95	2040	99	6	20	47	25	30	40	35
Ham & Swiss, 6"	285	g	420	120	14	4.5	0	45	1020	49	3	10	23	15	15	20	20
Ham & Swiss, 6" Wheat	295	g	420	130	15	4.5	0	45	1000	47	6	9	26	10	15	20	20
Ham, Salami & Provolone, 12"	576	g	940	360	40	14	0	105	2550	99	6	18	48	25	30	30	35
Ham, Salami & Provolone, 6"	287	g	470	180	20	7	0	55	1270	49	3	9	24	10	15	15	20
Meatball 12"	565	g	1140	530	59	25	0	145	3790	100	8	12	53	35	10	45	50
Meatball 6"	286	g	580	280	31	13	0	75	1960	50	4	6	27	20	4	25	25
Hot Pastrami, 12"	413	g	880	290	32	14	0	130	2780	83	3	10	59	10	0	40	40
Hot Pastrami, 6"	204	g	430	140	16	7	0	65	1350	42	1	5	30	4	0	20	20
Hot Pastrami, 12" Super Stacked	583	g	1150	420	47	20	0	220	4290	86	3	13	93	10	0	40	50
Hot Pastrami, 6" Super Stacked	289	g	570	210	23	10	0	110	2110	43	1	7	46	4	0	20	25
Philly Steak & Onion, 12"	448	g	1200	630	70	23	0	155	2830	92	3	14	50	10	4	35	45
Philly Steak & Onion, 6"	223	g	600	310	35	11	0	80	1410	46	1	7	25	6	2	15	25
Pretzel, Turkey Bacon	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
Reuben, 12"	522	g	1060	360	40	12	0	145	3480	105	6	13	67	10	15	50	50
Reuben, 6"	261	g	530	180	20	6	0	70	1740	52	3	7	34	6	6	25	25
Roast Beef & Provolone, 12"	622	g	870	260	29	9	0	115	2010	93	6	14	58	25	30	35	50
Roast Beef & Provolone, 6"	307	g	430	130	14	5	0	55	980	46	3	7	28	15	15	15	25
Roast Beef & Provolone, 6" Wheat	323	g	430	140	16	5	0	60	1000	44	6	6	32	10	15	15	25
Special Vegetarian (Doritos Sub), 12"	670	g	1180	530	59	18	0	70	3540	131	8	20	33	45	60	45	35
Special Vegetarian (Doritos Sub), 6"	335	g	590	270	30	9	0	35	1170	66	4	10	16	20	30	25	20
Tuna, 12"	510	g	940	380	42	6	0	110	1550	85	5	11	49	20	20	4	30
Tuna, 6"	255	g	470	190	21	3	0	55	770	43	2	5	24	10	10	2	15
Turkey and Avocado 12"	639	g	720	130	15	2	0	60	2690	102	8	17	41	20	40	6	40
Turkey and Avocado 6"	319	g	360	70	7	1	0	30	1340	51	4	8	21	10	20	2	20
Turkey and Cranberry 12"	559	g	700	70	7	1.5	0	60	2440	116	6	29	40	6	15	4	35
Turkey and Cranberry 6"	279	g	350	35	4	0.5	0	30	1220	58	3	14	20	2	6	2	20
Turkey and Bacon, 12" Super Stacked	690	g	1250	510	57	21	0	180	5250	96	5	17	79	35	25	35	40
Turkey and Bacon, 6" Super Stacked	367	g	640	260	29	10	0	100	2830	49	2	9	43	20	10	20	20
Turkey & Provolone, 12"	622	g	840	240	27	8	0	85	2690	99	6	17	49	25	30	30	40
Turkey & Provolone, 6"	307	g	410	120	13	4	0	40	1310	49	3	8	24	10	15	15	20
Turkey & Provolone, 6" Wheat	323	g	420	130	14	5	0	45	1350	47	6	8	27	10	15	15	20
Veggie Supreme, 12"	563	g	1080	490	55	26	0	125	2330	96	6	15	51	50	30	110	30
Veggie Supreme, 6"	343	g	550	240	27	13	0	60	1500	50	3	9	26	40	50	60	15
VegiMax, 12"	581	g	1050	370	41	11	0	25	2550	113	11	17	55	35	20	35	40
VegiMax, 6"	291	g	520	180	20	6	0	15	1270	56	5	8	28	20	10	20	20
VegiMax, Wheat 6"	301	g	520	190	21	6	0	15	1250	54	9	7	31	20	10	20	20
Veggie & Cheese,12"	666	g	920	370	42	18	0	80	3290	100	7	18	37	70	100	60	35
Veggie & Cheese, 6"	319	g	460	190	21	9	0	40	1420	50	3	9	19	35	50	30	15
Wrap, Chicken Caesar	277	g	560	220	24	8	0	60	1480	56	4	5	30	15	10	40	25
Wrap, Southwestern	287	g	530	190	22	6	0	55	1770	61	4	10	23	10	10	25	30
Kid's Meals																	
3" Ham & American Cheese	165	g	260	80	8	4.5	0	15	900	32	2	6	14	10	8	10	10
3" Tuna	160	g	280	100	11	1.5	0	25	460	30	2	4	14	4	8	2	10
3" Turkey	152	g	190	20	2.5	0	0	10	600	31	2	5	10	4	8	2	10

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BLIMPIE America's Sub Shop	Weight		Calories	Cals From Fat (kcal)	Total Fat (g)	Sat Fat (g)	*Trans* Fat (g)	Cholestrol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)
Salads																	
Antipasto	330	g	250	130	14	6	0	60	1630	12	4	6	20	120	40	25	15
Buffalo Chicken	220	g	220	80	9	5	0	60	840	10	4	5	25	120	50	20	10
Chicken Caesar	269	g	190	70	8	4	0	65	460	6	3	3	25	100	40	15	6
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	289	g	260	130	14	7	0	65	1070	10	3	5	23	120	40	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	0	15	790	28	2	8	5	0	0	0	10
Northwest Potato Salad, side	140	g	260	160	17	4.0	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	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	0	50	970	19	3	4	11	6	2	8	6
Chicken Gumbo	8.6	oz	90	20	2	0.0	0	10	1280	13	2	4	6	4	4	2	0
Chicken Noodle	8.6	oz	130	30	4	1.0	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
Cream of Broccoli with Cheese	8.6	oz	250	170	19	11.0	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	0	620	14	3	5	5	45	2	0	4
Grande Chili with Bean & Beef	8.6	oz	310	90	9	4.0	0	20	1440	31	9	9	20	20	25	6	15
Harvest Vegetable	8.6	oz	100	10	1	0.0	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	0	1150	14	4	4	4	45	4	8	4
New England Clam Chowder	8.6	oz	170	25	3	2.0	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	0	5	1090	21	6	1	8	70	2	4	4
Tomato Basil with Raviolini	8.6	oz	110	10	1	0.0	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
Chips/Snacks																	
Cheddar Sour Cream	1.5	oz	240	130	15	4.5	0	0	280	21	2	3	3	0	15	0	4
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	0	210	30	2	0	4	0	0	8	4
KC Master BBQ	1.5	oz	240	130	15	4.5	0	0	300	22	1	3	3	0	15	2	4
Baked BBQ	1.1	oz	130	30	3.5	0.0	0	0	240	25	2	2	2	0	2	4	2
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	0	140	29	4	3	3	0	0	0	4
Potato Baked	1.1	oz	120	15	1.5	0.0	0	0	170	26	2	2	2	0	2	4	2
Potato Regular	1.5	oz	220	130	15	4.5	0	0	270	22	1	0	3	0	15	0	4
Pretzels Classic Thin Style	2.0	oz	220	20	2	0.0	0	0	--	47	2	2	4	0	0	0	20
Breakfast Items																	
Bagel	112	g	290	10	1	0	0	0	700	58	3	12	11	2	0	2	25
Biscuit, Bacon Egg & Cheese	176	g	520	270	30	18	0	190	1940	38	1	4	22	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	180	g	420	190	21	15	0	185	1660	39	1	5	19	8	0	15	15
Biscuit, Sausage Egg & Cheese	194	g	530	310	34	20	0	195	1690	37	1	4	19	8	0	20	15
Bluffin, Plain	57	g	130	10	1	0	0	0	240	25	2	2	5	0	2	10	5
Bluffin, Bacon Egg & Cheese	123	g	270	110	12	5	0	170	890	27	2	2	14	8	2	20	15
Bluffin, Egg & Cheese	119	g	240	90	10	5	0	165	770	27	2	2	12	8	2	20	15
Bluffin, Ham Egg & Cheese	147	g	280	90	10	5	0	180	1050	29	2	4	17	8	2	20	15
Bluffin, Sausage Egg & Cheese	162	g	390	210	24	10	0	195	1080	27	2	2	18	8	2	25	20
Burrito, Bacon Egg & Cheese	260	g	580	250	28	12	0	335	2320	57	5	2	26	15	0	40	25
Burrito, Egg & Cheese	246	g	500	200	23	10	0	325	2010	57	5	2	21	15	0	40	25
Burrito, Ham Egg & Cheese	302	g	580	220	24	10	0	355	2560	60	5	5	32	15	0	40	30
Burrito, Sausage Egg & Cheese	331	g	800	450	50	20	0	385	2620	57	5	2	33	15	0	45	30
Burrito, Turkey Egg & Cheese	302	g	560	210	23	10	0	345	2530	59	5	3	29	15	0	40	30
Grilled Breakfast Sandwich, Bacon	216	g	480	210	23	10	0	335	1620	44	1	4	25	15	0	20	20
Grilled Breakfast Sandwich, Ham	258	g	480	170	19	9	0	355	1860	47	1	7	30	15	0	20	25
Grilled Breakfast Sandwich, Sausage	286	g	710	410	45	18	0	385	1920	44	1	4	32	15	0	25	25
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	0	160	650	22	1	2	10	8	0	10	10
Cinnamon Roll	142	g	450	180	20.0	9.0	0	30	730	60	2	17	9	0	0	4	20
Bagel, Cream Cheese	141	g	390	100	11	6	0	30	780	59	3	12	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
Desserts, Snacks and Sides																	
Brownie	2.0	oz	230	100	10.0	4.0	0	22	115	28	1	21	3	0	0	0	6
Chocolate Chunk Cookie	1.5	oz	200	90	10.0	4.5	0	15	150	25	0	16	2	2	0	0	8
Oatmeal Raisin Cookie	1.5	oz	180	70	7.0	3.0	0	10	150	27	< 1	16	2	0	0	0	4
Peanut Butter Cookie	1.5	oz	210	120	13.0	5.0	0	10	170	21	< 1	13	3	0	0	0	4
Sugar Cookie	2.5	oz	320	140	16.0	6.0	0	35	240	42	0	23	3	0	0	0	6
White Chocolate Macadamia Nut Cookie	1.5	oz	200	100	11.0	4.5	0	15	110	25	0	16	2	0	0	0	2

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Sandwich Components																	
Meats/Protein																	
Bacon	0.7	oz	110	70	8.0	3	--	15	450	0	0	0	7	0	0	0	2
Cappacola	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	0	15	250	1	0	1	6	0	0	0	4
Ham	1.0	oz	35	5	1.0	0	0	15	280	2	--	2	5	0	0	0	2
Meatballs	3.0	oz	220	140	16.0	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	6.0	2.5	0	15	230	1	--	--	3	2	0	0	2
Philly Steak & Onion	3.5	oz	210	140	15.0	6	0	55	630	5	0	3	13	2	2	2	8
Prosciuttini	0.5	oz	15	5	0.0	0	0	5	180	1	0	1	2	0	0	0	2
Roast Beef	1.0	oz	30	5	1.0	0	0	15	150	0	0	0	6	0	0	0	4
Salami	0.3	oz	35	25	3.0	1	0	10	135	0	0	0	2	0	0	0	0
Seafood Salad	3.0	oz	90	35	4.0	0.5	0	20	410	10	1	2	4	0	2	2	0
Tuna	3.0	oz	240	160	18.0	2.5	0	55	350	0	0	0	16	0	0	0	0
Turkey	1.2	oz	30	3	0.3	0	0	12	316	1	--	1	5	0	0	0	2
Cheese																	
American	1.0	oz	100	20	9	5	0	25	510	1	--	1	5	8	0	15	0
Smoked Cheddar, serving	0.8	oz	80	60	6	4	0	20	380	1	--	0	4	4	0	10	0
Parmesan Shredded, serving	0.5	oz	50	35	4	2	0	10	150	1	0	0	4	2	0	15	0
Cheddar Shredded, serving	1.0	oz	110	80	9	6	0	30	180	0	0	0	7	6	0	20	110
Pepper Jack, serving	0.8	oz	80	60	7	4	0	25	135	0	0	0	6	6	0	15	0
Provolone, serving	0.8	oz	80	55	6	4	0	15	190	0	--	--	5	4	0	15	0
Swiss, serving	0.8	oz	80	55	6	4	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, serving	3.0	ea	10	0	0	0	0	0	0	3	0	1	0	0	4	0	0
Peppers, Hot Ring, 12pcs	1.0	oz	0	0	0	0	0	0	450	1	0	0	0	0	0	0	0
Peppers, Jalapeno, 18pcs	1.0	oz	10	0	0	0	0	0	490	1	0	0	0	0	0	0	0
Peppers, Red Roasted, serving	1.5	oz	10	0	0	0	0	0	100	2	0	1	0	15	30	0	2
Peppers, Sweet Strips, 6pcs	1.0	oz	20	0	0	0	0	0	115	5	0	5	0	0	0	0	0
Tomato, serving	2.0	ea	5	0	0	0	0	0	0	2	0	1	0	6	8	0	0
Breads/Wraps																	
Bread, Cheddar Jalapeno, 12"	7.8	oz	540	100	11	4	0	15	1180	91	3	8	20	6	0	15	35
Bread, Cheddar Jalapeno, 6"	3.4	oz	210	40	4.5	1.5	0	5	470	36	1	3	8	2	0	6	15
Bread, Ciabatta, serving	3.5	oz	230	20	2.5	0.0	0	0	590	43	2	2	8	0	15	4	15
Bread, Honey Oat 12"	7.5	oz	520	140	15	3	0	0	810	82	10	11	20	0	0	4	30
Bread, Honey Oat 6"	3.7	oz	260	70	8	1.5	0	0	400	41	5	5	10	0	0	2	15
Bread, Marble Rye 12"	7.5	oz	480	45	5	1	0	0	1170	93	5	4	18	2	0	6	30
Bread, Marble Rye 6"	3.7	oz	240	20	2.5	0.5	0	0	590	46	2	2	9	0	0	2	15
Bread, Pretzel	4.0	oz	320	30	4	1	0	0	350	65	2	8	8	0	0	20	4
Bread, Wheat, 12"	7.0	oz	430	70	8	2	0	0	810	76	10	5	20	0	0	4	30
Bread, Wheat, 6"	3.1	oz	210	35	4	1	0	0	400	38	5	3	10	0	0	2	15
Bread, White, 12"	6.5	oz	430	50	6	1	0	0	840	79	3	7	15	2	0	4	30
Bread, White, 6"	3.3	oz	210	25	3	0.5	0	0	420	40	1	4	7	0	0	2	15
Bread, Zesty Parmesan, 12"	6.3	oz	470	80	9	3.5	0	10	980	77	3	7	19	2	2	20	30
Bread, Zesty Parmesan, 6"	3.4	oz	240	40	4.5	2	0	5	490	39	2	4	9	2	0	10	15
Wrap, Spinach Herb 12"	3.7	oz	310	70	8.0	3.0	0	0	840	52	3	3	9	4	0	25	25
Wrap, Traditional 12"	3.7	oz	310	70	8.0	2.5	0	0	670	52	5	1	9	0	0	20	20
Dressings/Sauces																	
Blue Cheese	1.5	oz	230	220	24	4.5	0	25	440	2	--	2	2	0	0	2	0
Buttermilk Ranch	1.5	oz	230	220	24	3.5	0	10	380	2	--	1	1	0	0	0	0
Creamy Caesar	1.5	oz	210	190	21	3.5	0	10	520	2	--	1	1	0	0	0	0
Creamy Italian	1.5	oz	180	160	18	2.5	0	0	420	4	0	3	0	0	0	0	0
Dijon Honey Mustard	1.5	oz	180	150	17	2.5	0	15	240	8	--	7	1	0	0	0	0
Fat-Free Italian	1.5	oz	25	0	0	--	0	0	390	5	0	3	0	0	0	0	0
Light Buttermilk Ranch	1.5	oz	70	35	4	0.5	0	0	310	8	--	3	1	0	0	0	0
Light Italian	1.5	oz	20	10	1	0.0	0	0	770	2	--	2	0	0	0	0	0
Peppercorn	1.5	oz	240	230	26	4.5	--	20	450	1	0	1	1	0	0	0	0
Blimpie Special Sauce	0.5	oz	40	40	4.5	0.0	0	0	0	0	--	--	0	0	0	0	0
Thousand Island	1.5	oz	210	180	20	3.0	0	15	350	6	0	6	0	0	0	0	0
Mayonnaise	1.0	oz	200	200	22	3.0	0	20	200	0	0	0	0	0	0	0	0
Mustard, Yellow Deli Style	0.5	oz	15	0	0	0.0	0	--	170	0	0	0	0	0	0	0	0
Mustard, Honey	0.5	oz	20	5	0.5	0.0	0	0	85	4	1	3	1	15	0	0	2
Mustard, Spicy Brown	0.5	oz	15	0	0	0.0	0	0	170	0	--	0	0	0	0	0	0
Oil, Blend	0.5	oz	130	125	14	2.0	0	--	0	0	0	0	0	0	0	0	0
Red Wine Vinegar	0.5	oz	5	0	0	0.0	0	0	0	1	0	0	0	0	0	0	0
Sauce, Red Hot Original	1.0	oz	10	5	0	0.0	0	0	760	2	0	0	0	10	0	0	2

The Nutritional Information Blimpie has provided is based on standard product formulations. Product variations may occur based on regional differencies, ingredient substitutions, seasonal condition 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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