

Pizzas

Serving size for all pizzas, all sizes and types, is 1 slice. Nutritional values for all pizzas are based on 1 slice from a whole pizza (large 14" -- cut in 8 pieces, small 10" cut in 6 pieces, rustic cut in 12 pieces, For pizza sold "By the Slice," values are based on one slice from a 15" pizza cut in 6 pieces. Topping values are added to a large regular slice of cheese pizza. Large and Thick Crust Slice Pizzas are sold by the slice at select locations (15" cut in 6)

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Large Thin Crust Pizza (per slice)																
Cheese	113	230	63	7	4	0	20	630	32	1	2	10	0	17	2	83
Angus Cheeseburger	134	300	99	11	6	0	40	710	34	1	3	15	0	10	2	83
Buffalo Chicken	130	270	72	8	4	0	35	800	32	2	1	16	0	7	2	83
Chicken and Roasted Garlic	135	260	63	7	3.5	0	30	790	34	1	2	14	0	17	1	83
Hawaiian	141	250	63	7	4	0	25	710	36	2	5	11	0	17	2	83
Meat Combo	143	330	144	16	7	0	45	910	32	1	2	16	0	17	2	83
PapaRoni	139	340	144	16	8	0	45	960	32	1	2	15	0	17	3	83
Pepperoni	123	280	99	11	5	0	30	780	32	1	2	12	0	17	2	83
Super Steak	131	280	99	11	3	0	25	660	32	1	2	13	0	33	2	83
Super Veggie	174	250	72	8	4	0	20	680	35	2	3	11	0	83	2	83
Works	166	330	126	14	6	0	45	770	34	2	3	16	0	50	2	83
Small Thin Crust Pizza (per slice)																
Cheese	87	170	45	5	2.5	0	15	470	24	1	2	7	0	17	1	56
Buffalo Chicken	99	190	45	5	2.5	0	25	640	24	1	1	11	0	7	1	56
Cheddar Bruschetta	111	220	81	9	4	0	25	600	26	1	2	10	0	17	2	56
Chicken & Roasted Garlic	104	190	41	5	2	0	20	570	26	1	2	10	0	17	1	56
Hawaiian	108	190	45	5	2.5	0	15	520	27	1	4	8	0	17	1	56
Meat Combo	107	240	99	11	4.5	0	30	670	25	1	2	11	0	17	1	56
PapaRoni	104	240	99	11	5	0	30	690	25	1	2	11	0	17	2	56
Pepperoni	93	200	72	8	3.5	0	20	570	24	1	2	9	0	17	1	56
Super Veggie	137	190	54	6	2.5	0	15	530	27	2	3	8	0	58	1	56
Works	127	220	81	9	4	0	25	560	26	1	2	10	0	50	1	56
Pizza Slices (per slice)																
Cheese	169	330	99	11	6	0	35	920	43	2	3	14	0	33	3	111
Pepperoni	171	340	99	11	6	0	35	950	43	2	3	15	0	33	3	111
Toppings (per large slice)																
Bacon	13	80	63	7	2.5	0	10	250	0	0	0	4	0	0	0	0
Black Olives	11	15	9	1	0	0	0	100	1	0	0	0	0	0	0	11
Broccoli	20	5	0	0	0	0	0	5	1	1	0	1	0	50	0	0
Capicola	6	5	0	0	0	0	5	80	0	0	0	1	0	0	0	0
Extra Cheese	12	35	27	3	2	0	10	110	0	0	0	2	0	0	1	0
Green Pepper	12	0	0	0	0	0	0	0	1	0	0	0	0	25	0	0
Hamburger	13	35	23	3	1	0	10	10	0	0	0	3	0	0	0	11
Mushrooms	12	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	12	5	0	0	0	0	0	0	1	0	1	0	0	3	0	0
Pepperoni	9	45	36	4	1.5	0	10	150	0	0	0	2	0	0	0	11
Sausage	21	70	54	6	2	0	15	125	0	0	0	3	0	0	0	0
Sliced Tomato	7	0	0	0	0	0	0	0	0	0	0	0	0	3	0	0
Rustic																
Cheese	86	210	81	9	4	0	15	520	22	1	1	7	0	13	1	44
Angus Cheeseburger	100	250	108	12	5	0	30	580	23	1	2	10	0	7	2	56
Buffalo Chicken	96	230	81	9	4	0	30	610	23	1	1	11	0	7	2	56
Cheddar Bruschetta	105	250	117	13	6	0	30	620	23	1	2	10	0	13	2	56
Garlic Chicken	100	220	81	9	3.5	0	25	600	23	1	1	10	0	10	1	56
Hawaiian	103	220	81	9	4	0	20	570	25	1	3	8	0	13	1	44
Meat Combo	105	270	135	15	6	0	35	680	23	1	1	11	0	13	2	56

PapaRoni	105	280	144	16	7	0	40	750	23	1	2	12	0	13	2	56
Pepperoni	94	250	108	12	6	0	30	630	22	1	1	10	0	13	2	56
Super Steak	97	240	108	12	4	0	20	540	23	1	1	9	0	25	1	56
Super Veggie	128	230	90	10	4.5	0	20	560	24	2	2	9	0	50	2	56
Works	117	260	117	13	6	0	30	580	23	1	2	11	0	33	2	56

Slice Pizza Large

Cheese	168	350	99	11	6	0	35	950	48	2	3	15	0	25	3	111
Breakfast Bac Egg & Cheese	224	580	270	30	14	0	305	1430	47	2	1	31	0	0	4	139
Breakfast Egg & Cheese	222	490	189	21	10	0	370	1050	47	2	1	26	0	0	4	139
Breakfast Saus Egg & Cheese	217	510	216	24	11	0	300	1110	47	2	1	26	0	3	4	139
Breakfast Veg Egg & Cheese	271	480	171	19	9	0	290	1020	50	3	3	25	0	50	4	139
Buffalo Chicken	185	390	99	11	5	0	50	1130	49	2	3	22	0	10	2	111
Cheddar Bruschetta	203	440	162	18	9	0	50	1170	49	2	3	19	0	33	4	111
Chicken and Roasted Garlic	213	390	90	10	4.5	0	40	1240	52	2	4	19	0	25	1	111
Hawaiian	199	370	90	10	5	0	35	1010	53	2	7	16	0	25	2	111
Meat Combo	198	470	189	21	9	0	60	1300	48	2	3	21	0	25	2	111
PapaRoni	197	480	189	21	11	1	60	1340	49	2	3	21	0	25	3	111
Pepperoni	175	400	135	15	7	0	40	1110	48	2	3	17	0	25	2	111
Super Veggie	245	370	99	11	5	0	30	970	52	3	4	16	0	100	3	139
Works	220	430	153	17	8	0	45	1080	50	3	4	19	0	67	2	111

Slice Pizza Thick Crust

Cheese	201	410	126	14	8	0	45	1350	51	2	2	19	0	25	4	111
Breakfast Bac Egg & Cheese	267	650	288	32	15	0	400	1720	52	2	1	35	0	0	4	139
Breakfast Egg & Cheese	246	520	198	22	11	0	385	1320	52	2	1	28	0	0	4	139
Breakfast Saus Egg & Cheese	260	570	234	26	12	0	395	1400	52	2	1	30	0	3	4	139
Breakfast Veg Egg & Cheese	313	540	198	22	11	0	385	1320	55	3	3	29	1	50	4	139
Buffalo Chicken	206	410	99	11	6	0	50	1430	51	3	1	23	0	10	3	111
Cheddar Bruschetta	241	470	162	18	9	0	60	1490	54	3	3	21	0	42	4	111
Chicken and Roasted Garlic	236	420	90	10	5	0	55	1500	57	3	3	21	0	25	2	111
Garlic Chicken	234	410	90	10	5	0	45	1530	55	3	3	21	0	25	2	111
Hawaiian	220	390	90	10	6	0	35	1310	56	3	6	18	0	25	3	111
Meat Combo	214	470	171	19	9	0	55	1510	51	2	2	22	0	25	3	111
PapaRoni	218	500	198	22	11	1	65	1640	52	2	2	23	0	25	4	111
Pepperoni	199	440	144	16	8	0	45	1410	53	3	2	19	0	25	3	111
Super Veggie	268	390	99	11	6	0	30	1270	55	4	4	17	0	100	3	111
Works	241	450	153	17	8	0	50	1380	53	3	3	21	0	67	3	111

X-large

Cheese	152	310	90	10	6	0	30	860	40	2	3	14	0	25	3	83
Angus Cheeseburger	186	400	144	16	8	1	60	990	43	2	5	21	0	17	3	111
Buffalo Chicken	186	360	99	11	6	0	55	1260	40	3	2	22	0	10	3	83
Cheddar Bruschetta	185	380	144	16	8	0	45	1040	42	2	3	17	0	33	3	83
Chicken and Roasted Garlic	179	350	90	10	5	0	45	1100	42	2	3	19	0	17	2	83
Hawaiian	184	330	99	11	6	0	35	950	45	2	6	15	0	25	3	83
Meat Combo	193	450	198	22	10	0	65	1210	41	2	3	21	0	25	3	111
PapaRoni	191	470	216	24	12	1	70	1360	41	2	3	21	0	25	4	111
Pepperoni	165	380	153	17	8	0	45	1080	40	2	3	16	0	25	3	111
Super Steak	180	380	135	15	4.5	0	35	890	41	2	3	18	0	50	2	111
Super Veggie	231	330	99	11	6	0	30	910	44	3	5	15	0	100	3	111
Works	215	440	180	20	9	1	65	1050	42	2	3	22	0	58	3	111

Appetizers and Snacks

Appetizer values are listed per serving. Small = 2 Servings, Large = 4 Servings. To calculate a small order, multiply values by 2. To calculate a large order, multiply values by 4

*Garlic Bread is only offered as a large

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Large (4 servings)																
Garlic Bread	340	680	162	18	4.5	0	0	1570	108	4	9	21	1	75	1	222
BBQ Chicken Tender																
	117	260	81	9	1.5	0	25	830	30	1	8	14	0	0	0	0
Buffalo Chicken Tender																
	137	330	180	20	3.5	0	35	1150	20	2	2	15	0	0	0	0
Cheese Breadsticks																
	282	620	198	22	10	0	50	1630	79	3	7	25	0	42	4	194
Cheese Garlic Bread																
	97	210	63	7	3	0	10	500	27	1	2	8	0	17	1	56
Chicken Tender																
	94	210	81	9	1.5	0	25	510	18	1	0	14	0	0	0	0
Dessert																
Blondie Brownie	119	500	171	19	8	0	50	270	52	2	52	6	0	3	0	111
Chocolate Brownie	119	490	216	24	6	0	5	180	63	1	50	5	0	0	0	83
Cinnamon Stick Icing	71	230	0	0	0	0	0	15	59	0	55	0	0	0	0	0
Cinnamon Sticks	204	620	171	19	8	0	5	430	100	4	33	11	0	0	0	139
Oatmeal Cranberry																
Walnut Crunch	113	490	171	19	8	0	40	500	75	3	41	6	0	0	0	83
Cookie																
Triple Chocolate																
Chunk Cookie	120	530	216	24	14	1	50	290	73	2	41	6	0	0	1	139
White Chocolate																
Macadamia Nut	113	550	243	27	13	0	35	410	74	1	46	6	0	3	1	83
Cookie																
Zebra Cookie	113	560	252	28	15	0	35	410	73	3	45	6	0	0	1	111
French Fries																
	109	170	63	7	1.5	0	0	180	25	3	1	3	0	13	0	11
Fried Chicken Wings Buffalo																
	169	450	315	35	8	0	90	1800	9	2	3	19	0	0	0	33
Fried Chicken Wings Citrus Chipotle																
	126	290	117	13	3.5	0	70	1160	24	0	15	17	0	7	0	44
Fried Chicken Wings Plain																
	91	220	117	13	3.5	0	70	700	6	0	0	17	0	0	0	33
Fried Chicken Wings Plain w/ Blue Cheese																
	116	350	234	26	6	0	80	910	8	0	2	18	0	0	0	33
Fried Chicken Wings Plain with BBQ																
	134	310	117	13	3.5	0	70	1300	28	0	15	17	0	0	0	33
Fried Chicken Wings Plain with Ranch																
	112	290	189	21	4.5	0	80	890	7	0	0	17	0	0	0	33
Fried Chicken Wings Spicy BBQ																
	134	270	117	13	3.5	0	70	1440	17	1	8	17	0	0	0	33
Mozzarella Twists																
	146	330	144	16	5	0	25	1280	36	2	6	12	0	33	3	33
Toasted Ravioli																
	111	290	144	16	2.5	0	10	430	31	3	4	6	0	17	0	11

Kidz Meals

Serving size for Kidz meals is 1 Kidz Meal. Kidz meals values for meal only. Values do not include drink or dessert.

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Kids																
Cheese Slice	158	330	99	11	6	0	35	890	43	2	3	14	0	25	3	111
Chicken Tender Meal	259	510	189	21	3.5	0	40	960	54	4	1	24	0	13	0	11
Hot Dog Meal	273	620	315	35	9	0	35	1140	64	5	6	17	0	17	1	83
Penne	252	570	45	5	0	0	0	430	116	7	11	20	0	67	0	194
Pepperoni Slice	165	370	126	14	8	0	45	1000	43	2	3	17	0	25	3	111
Spaghetti & Meatball	295	390	126	14	4	0	30	880	56	3	12	14	0	67	1	111

Salads and Dressings

Nutritional values for Salads do not include dressing or breadsticks.

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Salad Side																
Caesar	112	70	32	4	1.5	0	20	135	6	2	1	4	3	67	1	33
Garden	137	70	27	3	0.5	0	0	105	10	2	2	2	1	50	0	22
Dressing																
Balsamic	43	90	81	9	1	0	0	330	4	0	3	0	0	0	0	11
Bleu Cheese	50	250	225	25	4.5	0	25	420	4	0	3	2	0	0	0	0
Caesar	43	200	198	22	3.5	0	15	370	1	0	0	1	0	0	0	0
Fat Free Honey Dijon	43	60	0	0	0	0	0	400	13	1	8	1	0	0	0	0
Honey Mustard	43	220	180	20	3	0	15	250	9	0	9	1	0	0	0	11
Ranch	43	150	135	15	2.5	0	15	380	2	0	1	1	0	0	0	0
Salad																
Antipasto	366	320	198	22	10	0	70	1170	12	4	5	22	3	133	4	56
Buffalo Chicken Tender	351	340	135	15	2	0	35	1010	30	5	4	20	2	83	0	33
Caesar	234	190	90	10	3.5	0	40	380	18	5	3	9	7	133	2	83
Chicken Bacon Cheddar	416	490	243	27	11	0	105	1130	24	4	5	40	3	100	3	83
Chicken Caesar	404	450	135	15	5	0	160	1110	22	5	3	53	7	133	2	111
Chicken Tender	334	330	126	14	2	0	35	650	30	4	4	20	2	83	0	33
Garden	289	180	72	8	1.5	0	0	300	25	5	5	5	3	100	1	56
Greek	332	180	99	11	6	0	30	710	12	4	6	11	3	133	2	56
Single Breadsticks	113	250	81	9	4	0	20	650	31	1	3	10	0	17	2	83

Pasta

Nutritional values for pasta do not include breadsticks.

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Single Breadsticks	113	250	81	9	4	0	20	650	31	1	3	10	0	17	2	83
Entree																
Papa Platter-Penne	629	1020	306	34	12	1	70	1800	145	7	24	40	1	117	3	278
Papa Platter-Spaghetti	629	940	306	34	12	1	70	1800	127	6	24	37	1	117	3	250
Pasta Trio Plate	618	940	288	32	17	0	80	1200	133	7	18	34	1	117	2	222
Penne	476	600	63	7	1.5	0	5	790	118	7	16	22	1	100	1	194
Penne Alfredo	417	880	333	37	22	0	125	560	111	6	3	29	0	3	1	167
Penne AlfredoChixBroc.	588	1070	387	43	26	0	195	1000	118	8	3	54	1	183	1	222
Ravioli	351	560	189	21	12	0	30	930	67	2	16	26	1	83	4	111
Spaghetti	476	520	63	7	1.5	0	5	790	101	6	16	19	1	100	1	194
Spaghetti & Meatballs	561	780	252	28	8	1	60	1700	109	6	22	30	1	117	2	222
Spaghetti AlfredoChixBroc	588	990	387	43	26	0	195	1000	100	7	2	51	1	183	1	194
Spaghetti Alfredo	417	800	324	36	22	0	125	560	94	5	2	26	0	3	1	139
Spaghetti Chicken Parm	642	860	243	27	7	0	75	2040	114	6	20	45	1	133	3	194
Side																
Meatballs (2)	128	280	198	22	7	1	55	1070	12	0	9	12	0	33	1	44
Penne	257	320	41	5	1	0	5	490	61	4	9	12	0	67	1	111
Penne Alfredo	209	440	162	18	11	0	60	280	56	3	1	14	0	0	0	83
Spaghetti	257	280	41	5	1	0	5	490	52	3	9	10	0	67	1	83
Spaghetti Alfredo	209	400	162	18	11	0	60	280	47	2	1	13	0	0	0	83

Subs and Sandwiches

Serving size for subs is 1 sub (small or large). Nutritional values based on subs with toppings according to recipe. For additional toppings, or for large sandwiches served on pocket bread, see bread & toppings page.

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Small																
BLT	293	690	315	35	7	0	30	1620	67	3	4	27	0	25	2	139
Hot Dog w/ Roll	128	400	225	25	7	0	35	900	31	2	4	13	0	0	1	56
Italian	197	590	216	24	8	0	70	1740	64	2	1	30	0	0	2	139
Lobster Roll	234	550	306	34	5	0	100	910	31	2	4	29	0	3	2	83
Meatball	298	750	315	35	11	1	85	2180	81	3	12	30	0	33	2	194
Meatball Parm	319	790	342	38	13	1	95	2300	79	3	13	34	0	42	3	194
Steak	245	610	225	25	9	0	95	750	61	2	0	33	0	0	0	167
Steak & Cheese	273	710	297	33	9	0	95	1220	63	2	1	38	0	0	2	167
Super Steak	422	750	297	33	9	0	95	1170	72	4	5	41	0	117	2	194
Tuna	234	730	351	39	6	0	60	1110	64	3	0	29	0	0	1	139
Turkey	206	410	27	3	1	0	40	1210	63	2	0	31	0	0	0	111
Turkey Club	338	610	189	21	5	0	60	1520	67	3	2	36	0	25	1	139
Large																
BLT	443	1110	522	58	12	0	50	2490	104	5	5	41	1	33	3	194
Chicken Cutlet	367	920	342	38	6	0	70	1890	104	4	2	39	0	3	1	167
Chicken Parm	420	870	243	27	6	0	70	2340	112	4	8	47	0	58	3	194
Italian	303	890	306	34	12	0	95	2540	99	3	1	45	0	0	3	194
Meatball	517	1210	522	58	18	2	140	3690	127	4	23	49	1	83	3	278
Meatball Parm	541	1300	585	65	22	2	160	3870	126	4	23	56	1	83	5	278
Steak	373	930	333	37	14	0	145	1070	95	3	0	50	0	0	1	278
Steak & Cheese	459	1240	558	62	14	0	145	2540	102	3	3	66	0	0	5	278
Super Steak	629	1140	450	50	14	0	145	1790	111	6	7	62	0	183	4	278
Tuna	357	1100	522	58	9	0	90	1700	99	5	0	44	0	0	1	194
Turkey	330	640	41	5	1.5	0	65	1950	98	3	0	50	0	0	1	194
Turkey Club	525	990	342	38	9	0	100	2440	103	5	3	57	0	33	1	194
Vegetarian	448	730	162	18	3.5	0	20	1720	110	6	7	34	0	183	4	194
Sub Papa's Burgers																
Cheddar Bacon	327	920	585	65	19	2	145	990	39	3	4	43	0	25	3	167
Cheddar Bacon Double	451	1280	819	91	30	3	255	1200	39	3	4	75	1	25	5	250
Cheddar Bacon Double with fries	734	1720	981	109	34	3	255	1680	104	10	7	81	1	58	5	278
Cheddar Bacon with fries	611	1360	756	84	23	2	145	1460	104	10	7	50	0	58	3	194
Cheeseburger	191	570	288	32	9	2	95	720	37	2	3	36	0	0	2	167
Cheeseburger Double	294	850	450	50	16	3	185	790	37	2	3	62	0	0	2	250
Cheeseburger Double with fries	687	1560	747	83	23	3	270	1620	103	9	6	102	0	33	3	389
Cheeseburger with fries	475	1010	459	51	12	2	95	1190	102	9	6	42	0	33	2	194
Classic	248	710	405	45	11	2	100	950	42	2	6	36	0	3	2	167
Classic Double	364	1040	603	67	18	3	190	1260	43	2	6	65	0	3	3	250
Classic Double with fries	648	1480	774	86	21	3	190	1740	108	9	10	72	0	33	3	278
Classic with fries	532	1150	567	63	14	2	100	1430	107	9	9	43	0	33	2	194
Hamburger	177	520	252	28	9	2	95	480	36	2	2	33	0	0	1	167
Hamburger Double	279	790	414	46	16	3	185	560	36	2	2	60	0	0	2	250

Hamburger Double with fries	563	1230	585	65	19	3	185	1040	101	9	5	66	0	33	2	278
Hamburger with fries	461	960	414	46	12	2	95	960	101	9	5	40	0	33	1	194
Mushroom Swiss	298	920	603	67	19	2	170	830	38	3	3	44	0	3	4	167
Mushroom Swiss Double	428	1300	837	93	31	3	320	1090	39	3	3	79	0	3	7	250
Mushroom Swiss Double with fries	712	1740	999	111	35	3	320	1570	104	9	6	85	0	33	7	278
Mushroom Swiss with fries	581	1360	774	86	23	2	170	1310	104	9	6	50	0	33	4	194

Breads and Toppings

<i>Per Serving (g)</i>	<i>Calories</i>	<i>Fat Calories</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbohydrate (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>	<i>Protein (g)</i>	<i>Vitamin A (%DV)</i>	<i>Vitamin C (%DV)</i>	<i>Calcium (%DV)</i>	<i>Iron (%DV)</i>
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Bread Small

Sub Roll	120	320	18	2	0	0	0	610	61	2	0	13	0	0	0	111
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Bread Large

Sub Roll	187	490	32	4	0	0	0	950	95	3	0	20	0	0	1	194
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Pocket

Pocket	142	340	23	3	0	0	0	750	65	2	1	12	0	0	0	139
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EX

American Cheese	28	100	72	8	0	0	0	470	2	0	1	5	0	0	2	0
Hot Peppers	21	5	0	0	0	0	0	170	1	0	0	0	0	0	0	0
Mayonnaise	28	220	216	24	4	0	20	130	0	0	0	0	0	0	0	0
Mushrooms	28	5	0	0	0	0	0	0	1	0	0	1	0	0	0	0
Onions	14	5	0	0	0	0	0	0	1	0	1	0	0	3	0	0
Pickles	20	5	0	0	0	0	0	180	1	0	0	0	0	0	0	0
Provolone Cheese	28	100	72	8	5	0	30	320	0	0	0	7	0	0	2	0
Sweet Green Pepper	28	5	0	0	0	0	0	0	1	0	1	0	0	67	0	0
Tomato	60	10	0	0	0	0	0	0	2	1	2	1	0	25	0	0