

PLANT BASED PIZZAS Serving=1 Small Slice. Each Slice is 1/6 of the pizza. (10 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Plant Based Pepperoni	1 Slice	150	3.9	1.8	0.0	0.0	414	25.5	1.6	2.5	5.3	2	0	0	10
Garden pesto	1 Slice	180	7.2	2.1	0.1	0.0	482	26.2	1.9	2.8	4.2	0	2	2	15
Veggie	1 Slice	150	4.3	1.9	0.0	0.0	466	26.3	2.0	3.1	4.3	2	2	2	10
PLANT BASED PIZZAS Serving=1 Medium Slice. Each Slice is 1/8 of the pizza. (12 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Plant Based Pepperoni	1 Slice	170	4.6	2.1	0.0	0.0	466	28.9	1.8	2.9	5.5	2	0	2	10
Garden pesto	1 Slice	210	8.1	2.4	0.1	0.0	548	29.7	2.2	3.2	4.7	0	2	2	15
Veggie	1 Slice	180	5.0	2.2	0.0	0.0	535	29.9	2.3	3.5	4.8	2	2	2	10
PLANT BASED PIZZAS Serving=1 Large Slice. Each Slice is 1/10 of the pizza. (14 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Plant Based Pepperoni	1 Slice	190	5.0	2.3	0.0	0.0	515	31.2	2.0	3.1	6.1	2	0	2	15
Garden pesto	1 Slice	220	9.0	2.7	0.1	0.0	595	31.8	2.3	3.4	5.1	2	4	2	15
Veggie	1 Slice	190	5.4	2.4	0.0	0.0	576	32.0	2.4	3.8	5.2	2	2	2	10
PLANT BASED PIZZAS Serving=1 X-Large Slice. Each Slice is 1/12 of the pizza. (19 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Plant Based Pepperoni	1 Slice	250	6.0	2.6	0.0	0.0	655	43.2	2.7	4.4	8.3	0	0	2	14
Garden pesto	1 Slice	290	10.3	2.9	0.1	0.0	726	43.5	2.9	4.5	7.1	4	3	2	17
Veggie	1 Slice	250	6.4	2.7	0.0	0.0	708	43.8	3.0	4.9	7.3	0	2	2	13
PIZZAS Serving=1 Small Slice. Each Slice is 1/6 of the pizza. (10 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Pepperoni	1 Slice	180	6.6	3.1	0.1	16.0	416	22.1	1.2	2.3	8.3	2	0	2	10
Cup and Char Pepperoni	1 Slice	180	55.7	24.8	1.3	132.7	2035	131.4	7.0	13.6	56.2	2	0	2	8
Cheese	1 Slice	160	4.8	2.4	0.1	11.9	339	21.9	1.2	2.3	7.4	2	0	2	10
Meatball	1 Slice	210	8.6	4.2	0.3	20.0	469	23.7	1.6	2.7	10.4	0	5	2	11
Homage to the hog	1 Slice	240	10.6	4.5	0.2	24.0	772	22.5	1.6	2.2	13.0	0	1	2	10
Deluxe	1 Slice	180	6.6	3.1	0.1	16.0	417	22.9	1.4	2.7	8.6	2	8	2	10
Canadian	1 Slice	220	9.8	4.6	0.2	25.5	524	22.3	1.3	2.4	11.3	2	0	2	10
Hawaiian	1 Slice	200	7.9	3.8	0.2	23.8	510	23.0	1.3	3.2	11.1	2	2	2	10
Meat Lovers	1 Slice	220	9.9	4.3	0.2	21.5	588	22.7	1.5	2.4	10.6	2	0	2	15
Veggie	1 Slice	190	5.9	2.8	0.1	13.4	476	26.1	1.8	3.3	8.7	2	10	2	10
BBQ Chicken	1 Slice	200	6.2	3.2	0.1	20.3	522	26.2	1.4	5.1	11.2	4	0	2	10
Chicken Caesar	1 Slice	230	11.9	3.7	0.2	20.4	446	22.0	1.1	2.4	10.1	2	6	6	10
Classic Greek	1 Slice	190	7.1	3.6	0.2	17.8	551	23.4	1.5	2.7	8.5	4	8	4	15
Bacon Cheeseburger	1 Slice	210	8.8	4.3	0.2	24.0	508	22.5	1.4	2.5	11.2	2	0	2	10
The Works	1 Slice	200	8.2	3.6	0.1	18.3	521	23.6	1.5	3.3	9.0	2	8	2	10
Mardi Gras	1 Slice	220	9.2	4.4	0.2	22.7	610	23.1	1.6	2.7	11.2	2	6	2	10
Chicken Club	1 Slice	250	13.4	4.5	0.2	20.0	574	21.4	1.0	2.2	11.6	10	2	6	10
Basil Pesto	1 Slice	200	8.9	3.5	0.2	17.7	399	22.5	1.2	2.3	8.7	2	4	2	15
Jalapeno Hawaiian	1 Slice	180	6.2	3.2	0.1	18.5	468	22.8	1.3	3.0	9.4	2	4	2	8
PIZZAS Serving=1 Medium Slice. Each Slice is 1/8 of the pizza. (12 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Pepperoni	1 Slice	200	7.2	3.4	0.2	17.5	467	25.0	1.4	2.6	9.3	2	0	2	10
Cup and Char Pepperoni	1 Slice	220	9.4	4.2	0.2	22.4	389	24.8	1.4	2.6	10.1	0	0	2	8
Cheese	1 Slice	180	5.5	2.7	0.1	13.4	389	24.8	1.4	2.6	8.4	2	0	2	10
Meatball	1 Slice	230	9.0	4.4	0.3	21.0	511	26.6	1.8	3.1	11.2	0	6	2	11
Homage to the hog	1 Slice	260	11.5	4.9	0.2	23.5	852	25.5	1.7	2.6	12.8	0	1	2	10
Deluxe	1 Slice	200	7.3	3.4	0.2	17.5	468	25.9	1.6	3.1	9.6	2	8	2	10
Canadian	1 Slice	230	10.3	4.8	0.2	24.0	564	25.3	1.5	2.8	10.9	2	0	2	10
Hawaiian	1 Slice	220	8.4	4.0	0.1	22.2	549	26.1	1.5	3.7	10.7	2	2	2	10
Meat Lovers	1 Slice	250	10.9	4.8	0.2	26.5	671	25.5	1.8	2.7	13.3	2	0	2	15
Veggie Sensation	1 Slice	190	5.9	2.8	0.1	13.4	476	26.1	1.8	3.3	8.7	2	10	2	10
BBQ Chicken	1 Slice	210	6.4	3.3	0.1	18.4	505	28.2	1.5	4.9	10.5	2	0	2	10
Chicken Caesar	1 Slice	260	12.9	4.3	0.2	21.9	512	24.6	1.3	2.7	11.3	4	6	8	10

Classic Greek	1 Slice	210	8.0	4.1	0.2	20.8	636	26.1	1.6	2.9	9.7	4	6	4	15
Bacon Cheeseburger	1 Slice	240	10.4	5.2	0.2	28.5	592	25.5	1.6	2.9	13.0	4	0	2	10
The Works	1 Slice	220	8.8	3.9	0.2	19.8	572	26.5	1.7	3.6	9.9	2	8	2	10
Mardi Gras	1 Slice	250	10.8	4.9	0.2	27.2	706	26.0	1.8	3.1	13.1	2	6	2	10
Chicken Club	1 Slice	260	13.5	4.6	0.2	19.5	584	23.9	1.1	2.3	11.7	10	0	6	10
Basil Pesto	1 Slice	230	10.0	4.1	0.2	20.7	448	25.4	1.4	2.6	9.9	2	4	4	15
Jalapeno Hawaiian	1 Slice	210	6.5	3.4	0.1	19.0	525	26.0	1.5	3.6	10.1	0	4	2	8
PIZZAS Serving=1 Large Slice. Each Slice is 1/10 of the pizza. (14 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Pepperoni	1 Slice	210	7.7	3.6	0.2	18.6	501	26.7	1.5	2.8	9.9	2	0	2	10
Cup and Char Pepperoni	1 Slice	240	10.1	4.5	0.2	24.0	418	26.5	1.5	2.8	10.8	0	0	2	10
Cheese	1 Slice	190	5.8	2.9	0.1	14.3	418	26.5	1.5	2.8	8.9	2	0	2	10
Meatball	1 Slice	240	9.2	4.5	0.3	21.6	535	28.3	1.9	3.3	11.7	0	6	2	11
Homage to the hog	1 Slice	270	12.1	5.1	0.2	27.8	922	27.0	1.8	2.7	14.9	0	1	2	11
Deluxe	1 Slice	220	7.7	3.6	0.2	18.6	501	27.7	1.8	3.3	10.2	2	8	2	10
Canadian	1 Slice	250	11.2	5.2	0.2	25.9	607	27.1	1.6	3.0	11.7	4	0	2	10
Hawaiian	1 Slice	240	9.1	4.4	0.2	24.1	592	28.0	1.6	4.0	11.5	2	2	2	10
Meat Lovers	1 Slice	260	11.7	5.1	0.2	25.3	706	27.4	1.9	2.9	12.7	2	0	2	15
Veggie Sensation	1 Slice	200	6.3	3.0	0.1	14.3	512	27.9	1.9	3.6	9.3	2	10	2	10
BBQ Chicken	1 Slice	220	6.9	3.6	0.2	20.0	544	30.1	1.6	5.2	11.3	2	0	2	10
Chicken Caesar	1 Slice	280	13.7	4.7	0.2	25.9	578	26.2	1.4	2.9	13.6	4	8	8	10
Classic Greek	1 Slice	220	8.4	4.3	0.2	21.4	662	28.0	1.8	3.2	10.2	4	8	4	15
Bacon Cheeseburger	1 Slice	260	11.0	5.5	0.2	30.0	632	27.2	1.8	3.1	13.8	4	2	2	15
The Works	1 Slice	240	9.6	4.2	0.2	23.6	636	28.4	1.9	4.0	11.8	2	8	2	15
Mardi Gras	1 Slice	270	11.9	5.4	0.2	29.9	778	28.0	2.0	3.4	14.4	4	6	2	15
Chicken Club	1 Slice	280	14.3	5.0	0.2	20.8	628	25.5	1.2	2.5	12.5	10	2	8	10
Basil Pesto	1 Slice	240	10.4	4.2	0.2	21.3	472	27.1	1.5	2.8	10.4	2	4	4	15
Jalapeno Hawaiian	1 Slice	220	7.1	3.7	0.2	20.7	567	27.8	1.6	3.9	10.9	2	8	4	10
PIZZAS Serving=1 X-Large Slice. Each Slice is 1/12 of the pizza. (19 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Pepperoni	1 Slice	280	9.0	4.0	0.2	20.4	646	38.5	2.2	4.0	12.6	0	0	2	13
Cup and Char Pepperoni	1 Slice	300	11.3	4.9	0.2	24.7	731	38.3	2.1	4.0	13.7	0	0	2	14
Cheese	1 Slice	280	8.8	4.4	0.2	21.8	630	38.9	2.2	4.2	13.4	2	0	2	15
Meatball	1 Slice	310	9.8	4.3	0.2	28.1	663	40.1	2.3	4.5	15.2	0	7	2	14
Homage to the hog	1 Slice	330	12.9	5.4	0.2	27.6	1058	38.7	2.3	3.8	16.5	0	1	3	14
Deluxe	1 Slice	290	9.0	4.0	0.2	20.4	637	39.5	2.4	4.6	12.9	0	7	2	14
Canadian	1 Slice	320	12.3	5.7	0.2	29.6	743	38.7	2.2	4.2	15.2	0	1	2	14
Hawaiian	1 Slice	310	10.3	4.9	0.2	28.0	728	39.9	2.2	5.3	15.0	0	2	2	13
Meat Lovers	1 Slice	340	14.0	6.3	0.3	32.6	833	39.2	2.4	4.1	16.9	2	0	4	20
Veggie Sensation	1 Slice	290	8.8	4.2	0.2	19.9	710	40.4	2.7	5.0	13.2	4	10	4	15
BBQ Chicken	1 Slice	310	8.6	4.3	0.2	23.5	716	42.7	2.3	7.0	14.6	0	1	2	13
Chicken Caesar	1 Slice	330	15.4	2.2	0.1	18.6	561	38.3	2.1	4.6	12.0	4	15	4	15
Classic Greek	1 Slice	310	11.0	5.4	0.2	26.7	862	40.6	2.7	4.8	14.1	4	10	4	20
Bacon Cheeseburger	1 Slice	330	13.0	6.3	0.3	32.9	726	39.1	2.2	4.3	15.9	0	1	2	14
The Works	1 Slice	300	10.5	4.5	0.2	23.5	759	40.3	2.5	5.3	13.7	0	7	2	14
Mardi Gras	1 Slice	340	13.0	5.8	0.2	30.1	908	39.8	2.7	4.6	16.5	0	5	3	14
Chicken Club	1 Slice	340	15.2	5.3	0.2	20.7	746	37.0	1.7	3.6	14.5	0	1	8	13
Basil Pesto	1 Slice	310	11.5	4.2	0.2	19.7	598	38.8	2.1	3.9	12.2	4	3	3	17
Jalapeno Hawaiian	1 Slice	280	8.1	4.0	0.2	21.6	696	39.4	2.2	5.0	13.3	0	5	3	13
PIZZA CRUST	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Gluten Free	1 Medium Slice	90	1.5	0.2	0.0	0.0	140	18.0	1.0	1.0	1.0	0	0	0	0
Cauliflower	1 Medium Slice	100	1.5	0.1	0.0	0.0	40	21.0	0.0	2.0	1.0	0	4	0	2

OTHERS	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Garlic Bread	2 Slices	330	12.0	2.5	0.0	0.0	600	49.0	3.0	5.0	8.0	6	0	6	25
Garlic Bread w/Cheese	2 Slices	370	15.0	4.5	0.1	10.0	720	49.0	3.0	5.0	12.0	8	0	15	25
Bread Sticks	2 Sticks	230	7.0	1.5	0.0	0.0	400	36.0	2.0	0.0	7.0	8	0	6	15
Bread Sticksw/Cheese	2 Sticks	270	10.0	3.5	0.1	10.0	520	36.0	2.0	0.0	10.0	10	0	15	15
BBQ Wings	3 pcs	190	11.0	3.0	0.0	40.0	910	7.0	0.0	4.0	18.0	2	2	2	6
Honey Garlic Wings	3 pcs	200	11.0	3.0	0.0	40.0	760	3.0	0.0	6.0	18.0	0	2	2	6
Hot Wings	3 pcs	170	11.0	3.0	0.0	40.0	1230	2.0	0.0	0.0	18.0	0	2	2	6
Breaded Wings	3 pcs	230	11.0	4.0	0.2	45.0	650	14.0	0.0	0.0	18.0	2	0	2	6
Breaded Twists	100 g	220	8.0	1.0	0.1	20.0	520	24.0	0.0	1.0	12.0	0	0	2	15
Boneless Chicken	3 pcs	160	5.0	1.0	0.0	35.0	440	11.0	0.0	1.0	16.0	0	0	0	70
Potato Wedges	6 pcs	120	3.5	0.5	0.0	0.0	370	20.0	2.0	0.0	2.0	0	6	2	4
Fries	1 Serving	480	16.0	2.0	0.0	0.0	1160	80.0	0.0	0.0	8.0	0	40	0	15
Poutine	1 Serving	680	29.0	10.0	0.4	40.0	2160	88.0	0.0	0.0	23.0	10	27	23	13
Popcorn Chicken - Small	1 Serving	310	3.8	0.8	0.0	56.7	1135	38.0	0.0	0.0	30.0	0	0	3	17
Popcorn Chicken - Large	1 Serving	620	7.6	1.5	0.0	113.4	2270	76.0	0.0	0.0	60.0	0	0	6	31
Pizza Roll-up	Half	380	13.0	3.5	0.2	25.0	960	49.0	3.0	5.0	17.0	8	2	15	25
Panxo	Half	360	9.0	6.0	0.3	30.0	840	51.0	3.0	2.0	18.0	15	4	25	25
Parmesan Cheese Knots	1 Serving	940	29.0	6.0	0.2	0.0	1600	144.0	6.0	2.0	27.0	35	0	20	60
Cinnamon Sugar Knots	1 Serving	990	30.0	3.5	0.2	0.0	1190	158.0	6.0	16.0	23.0	2	0	4	60
Caesar Salad - Small	1 Serving	110	3.5	1.5	0.1	0.0	250	16.0	5.0	3.0	7.0	150	70	15	15
Caesar Salad - Large	1 Serving	120	4.5	2.0	0.1	5.0	310	14.0	4.0	2.0	7.0	150	70	15	15
Nachos	1 Serving	1090	58.0	21.7	0.6	80.5	2118	112.9	7.3	6.3	32.1	2	54	31	14
Irish Nachos	1 Serving	720	36.1	20.2	0.6	80.5	2850	72.7	7.0	6.3	28.9	2	66	13	11
Meatball Sub White	1 Serving	530	19.0	10.0	0.8	47.8	1380	61.5	3.7	4.8	25.1	21	20	10	35
Meatball Sub Whole Wheat	1 Serving	530	19.2	10.1	0.8	47.8	1325	60.8	5.1	4.8	25.2	22	20	15	35
Baked Meatballs	1 Serving	730	46.8	22.1	2.3	97.1	2457	43.8	15.3	11.6	41.2	1	6	31	72
Penne Pasta	1 Serving	1050	29.9	19.3	0.9	95.1	1425	14.0	2.8	4.6	32.3	24	1	15	8
Apple Fritter	1 Serving	230	10.0	4.0	0.1	0.0	250	31.0	1.0	11.0	4.0	0	0	0	0
SAUCES	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Creamy Garlic Dipping Sauce	1 Cup	160	16.0	1.0	0.2	0.0	480	4.0	0.0	3.0	0.1	0	0	0	0
Ranch Dipping Sauce	1 Cup	190	20.0	1.5	0.3	0.0	300	3.0	0.0	2.0	0.4	0	0	2	0
Marinara Dipping Sauce	1 Cup	30	0.3	0.1	0.1	0.0	530	7.0	0.0	4.0	0.4	2	0	2	2
Cheddar Habenero Dipping Sauce	1 Cup	240	26.0	2.0	0.4	20.0	350	1.0	0.0	1.0	1.0	0	0	2	2
BBQ Dipping Sauce	1 Cup	100	0.2	0.0	0.0	0.0	740	22.0	1.0	20.0	1.0	4	6	2	4
Honey Garlic Dipping Sauce	1 Cup	110	2.5	0.4	0.1	0.0	640	22.0	0.0	18.0	0.2	0	0	0	0
Spicy Buffalo Dipping Sauce	1 Cup	60	2.5	0.4	0.0	0.0	870	10.0	1.0	8.0	0.4	8	4	0	2
Medium Sauce	1 Cup	40	0.0	0.0	0.0	0.0	230	10.0	0.0	9.0	0.0	0	0	0	0
Sweet Chili Thai Sauce	1 Cup	210	12.0	6.0	0.1	5.0	60	24.0	0.0	24.0	0.3	4	0	0	0
Creamy Caesar Dressing	1 Portion	150	16.0	3.0	0.1	15.0	410	2.0	0.0	1.0	1.0	0	0	2	2
Golden Italian Dressing	1 Portion	100	10.0	1.5	0.0	0.0	420	3.0	0.0	3.0	0.1	0	2	0	0
Gravy	1 Serving	25	1.0	0.3	0.0	0.0	260	4.0	0.0	0.0	1.0	0	0	0	0
SUBMARINES W/WHITE BUN	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Assorted	Half	390	10.0	3.5	0.1	25.0	1220	58.0	3.0	5.0	18.0	6	25	8	25
Cheese	Half	430	14.0	6.0	0.3	35.0	1310	59.0	3.0	5.0	18.0	10	25	20	25
Ham	Half	390	9.0	3.0	0.1	25.0	1280	58.0	2.0	4.0	19.0	4	25	8	25
Meatball	Half	520	18.0	10.0	1.0	45.0	1410	61.0	3.0	5.0	25.0	10	25	20	35
Pizza	Half	430	13.0	4.0	0.3	35.0	1320	59.0	3.0	4.0	19.0	8	20	15	25
Salami	Half	380	10.0	3.5	0.1	15.0	1010	57.0	3.0	4.0	14.0	6	25	8	25
BLT	Half	390	11.0	4.0	0.1	20.0	1010	57.0	2.0	4.0	15.0	4	25	8	25
Club	Half	400	10.0	3.5	0.1	25.0	1220	58.0	2.0	5.0	18.0	4	25	8	25
Riverboat	Half	440	12.0	4.0	0.1	35.0	1550	59.0	3.0	5.0	23.0	6	25	8	25
Roast Beef	Half	400	11.0	3.5	0.2	30.0	1190	57.0	2.0	4.0	20.0	4	25	8	30
Turkey	Half	400	10.0	3.0	0.1	25.0	1290	59.0	2.0	5.0	19.0	4	25	8	25
SUBMARINES W/WHOLE WHEAT BUN	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Assorted	Half	390	10.0	3.5	0.1	25.0	1160	57.0	4.0	5.0	18.0	6	25	8	25
Cheese	Half	430	14.0	7.0	0.3	35.0	1250	58.0	4.0	5.0	18.0	10	25	20	25
Ham	Half	390	9.0	3.0	0.1	25.0	1230	57.0	4.0	4.0	19.0	4	25	8	25
Meatball	Half	520	19.0	10.0	1.0	45.0	1360	61.0	5.0	5.0	25.0	10	25	20	35
Pizza	Half	430	13.0	4.0	0.3	35.0	1260	58.0	4.0	4.0	19.0	8	20	15	30
Salami	Half	380	10.0	3.5	0.1	15.0	960	57.0	4.0	4.0	14.0	6	25	8	25
BLT	Half	390	11.0	4.0	0.1	20.0	950	56.0	4.0	4.0	16.0	4	25	8	25
Club	Half	400	11.0	3.5	0.1	25.0	1160	57.0	4.0	5.0	19.0	4	25	8	25
Riverboat	Half	440	12.0	4.0	0.1	35.0	1490	59.0	4.0	5.0	23.0	6	25	8	30

Roast Beef	Half	400	11.0	3.5	0.2	30.0	1130	56.0	4.0	4.0	20.0	4	25	8	30		
Turkey	Half	400	10.0	3.0	0.1	25.0	1240	58.0	4.0	5.0	19.0	4	25	8	25		
			Nutritional information was obtained through analysis by our nutritional software, entitled ESHA Genesis R&D Nutritional Software, and information provided by suppliers. All nutritional information is based on standard ingredient servings and operations. The nutrition information contained in this section is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Certain menu items may vary from store to store and may not be available at all locations. The nutritional information provided includes a selection of the most popular items. It may not include all products found in-store. Information may be subject to change at any time. We continue to update this list to reflect changes that occur in our products. New Orleans Pizza, its franchisees, and employees, do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Please always consult your health care practitioner for questions regarding your diet. Latest Update: June 30, 2025.														