

## Mr. Sub

Ingredients	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>REGULAR</b>															
Ham, Salami, Chopped Ham	168.75	118.75	12.00	4.75	0.00	42.00	1,106.25	0.75	0.00	0.75	10.75	0.00	0.00	0.00	3.50
Veggies	22.00	1.50	0.15	0.00	0.00	0.00	10.25	5.25	1.00	3.75	0.50	10.50	15.75	2.25	3.00
Regular French	280.00	50.00	6.00	2.50	0.00	0.00	520.00	47.00	2.00	2.00	9.00	0.00	0.00	8.00	4.00
<b>Mr. Sub on White:</b>	<b>470.75</b>	<b>170</b>	<b>18.15</b>	<b>7.25</b>	<b>0</b>	<b>42</b>	<b>1,637</b>	<b>53.00</b>	<b>3</b>	<b>6.50</b>	<b>20.25</b>	<b>10.50</b>	<b>15.75</b>	<b>10.25</b>	<b>11</b>

Ham, Salami, Chopped Ham	168.75	118.75	12.00	4.75	0.00	42.00	1,106.25	0.75	0.00	0.75	10.75	0.00	0.00	0.00	3.50
Veggies	22.00	1.50	0.15	0.00	0.00	0.00	10.25	5.25	1.00	3.75	0.50	10.50	15.75	2.25	3.00
Regular Wheat	300.00	35.00	4.00	0.50	0.00	0.00	470.00	56.00	5.00	7.00	14.00	0.00	0.00	2.00	25.00
<b>Mr. Sub on Wheat:</b>	<b>490.75</b>	<b>155</b>	<b>16.15</b>	<b>5.25</b>	<b>0</b>	<b>42</b>	<b>1,587</b>	<b>62.00</b>	<b>6</b>	<b>11.50</b>	<b>25.25</b>	<b>10.50</b>	<b>15.75</b>	<b>4.25</b>	<b>32</b>

\*cheese & condiments are not included in these totals, please add them from the chart below as necessary.

Ingredients	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>KING</b>															
Ham, Salami, Chopped Ham	247.50	162.50	16.75	6.50	0.00	65.00	1,830.00	1.50	0.00	1.50	17.50	0.00	0.00	0.00	5.50
Veggies	35.25	2.25	0.25	0.00	0.00	0.00	16.00	8.25	1.75	6.00	1.00	16.50	24.25	3.75	4.75
King French	550.00	110.00	12.00	5.00	0.00	0.00	1,040.00	95.00	3.00	4.00	18.00	0.00	0.00	15.00	10.00
<b>Mr. Sub on White:</b>	<b>832.75</b>	<b>275</b>	<b>29</b>	<b>11.50</b>	<b>0</b>	<b>65.00</b>	<b>2,886.00</b>	<b>104.75</b>	<b>4.75</b>	<b>12</b>	<b>36.50</b>	<b>16.50</b>	<b>24.25</b>	<b>18.75</b>	<b>20.25</b>

Ham, Salami, Chopped Ham	247.50	162.50	16.75	6.50	0.00	65.00	1,830.00	1.50	0.00	1.50	17.50	0.00	0.00	0.00	5.50
Veggies	35.25	2.25	0.25	0.00	0.00	0.00	16.00	8.25	1.75	6.00	1.00	16.50	24.25	3.75	4.75
King Wheat	430.00	50.00	6.00	1.00	0.00	0.00	680.00	81.00	7.00	11.00	21.00	0.00	0.00	4.00	35.00
<b>Mr. Sub on Wheat:</b>	<b>712.75</b>	<b>215</b>	<b>23</b>	<b>7.50</b>	<b>0</b>	<b>65.00</b>	<b>2,526.00</b>	<b>90.75</b>	<b>8.75</b>	<b>19</b>	<b>39.50</b>	<b>16.50</b>	<b>24.25</b>	<b>7.75</b>	<b>45.25</b>

\*cheese & condiments are not included in these totals, please add them from the chart below as necessary.

Ingredients	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>SUPER</b>															
Ham, Salami, Chopped Ham	416.25	281.25	28.75	11.25	0.00	107.00	2,936.25	2.25	0.00	2.25	28.25	0.00	0.00	0.00	9.00
Veggies	35.25	2.25	0.25	0.00	0.00	0.00	16.00	8.25	1.75	6.00	1.00	16.50	24.25	3.75	4.75
King French	550.00	110.00	12.00	5.00	0.00	0.00	1,040.00	95.00	3.00	4.00	18.00	0.00	0.00	15.00	10.00
<b>Super Sub on White:</b>	<b>1,002</b>	<b>393.50</b>	<b>41</b>	<b>16.25</b>	<b>0</b>	<b>107</b>	<b>3,992.25</b>	<b>105.50</b>	<b>4.75</b>	<b>12</b>	<b>47</b>	<b>16.50</b>	<b>24.25</b>	<b>18.75</b>	<b>23.75</b>

Ham, Salami, Chopped Ham	416.25	281.25	28.75	11.25	0.00	107.00	2,936.25	2.25	0.00	2.25	28.25	0.00	0.00	0.00	9.00
Veggies	35.25	2.25	0.25	0.00	0.00	0.00	16.00	8.25	1.75	6.00	1.00	16.50	24.25	3.75	4.75
King Wheat	430.00	50.00	6.00	1.00	0.00	0.00	680.00	81.00	7.00	11.00	21.00	0.00	0.00	4.00	35.00
<b>Super Sub on Wheat:</b>	<b>882</b>	<b>333.50</b>	<b>35</b>	<b>12.25</b>	<b>0</b>	<b>107</b>	<b>3,632.25</b>	<b>91.50</b>	<b>8.75</b>	<b>19</b>	<b>50</b>	<b>16.50</b>	<b>24.25</b>	<b>7.75</b>	<b>48.75</b>

\*cheese & condiments are not included in these totals, please add them from the chart below as necessary.

Ingredients	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>CHEESE &amp; CONDIMENTS</b>															
REG. Cheese Slice	55	35	4	2.5	0	12.5	200	1	0	0.5	2.5	3	0	7.5	0
REG. Sub Dressing	115	110	12.5	2	0	0	85	1	0	0.5	0	0	0	0	0
REG. Mayo	60	45	5	0.75	0	5	150	3	0	2	0	0	0	0	0
REG. Mustard	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0
KING Cheese Slice	110	70	8	5	0	25	400	2	0	1	5	6	0	15	0
KING Sub Dressing	230	220	25	4	0	0	170	2	0	1	0	0	0	0	0
KING Mayo	120	90	10	1.5	0	10	300	6	0	4	0	0	0	0	0
KING Mustard	0	0	0	0	0	0	80	0	0	0	0	0	0	0	0



**Mr. Submarine**  
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