

## SEAFOOD

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>															
Seafood	160.00	80.00	9.00	1.00	0.00	30.00	800.00	16.00	0.00	7.00	5.00	0.00	4.00	2.00	0.00
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>Seafood on White:</b>	<b>462</b>	<b>131.50</b>	<b>15.15</b>	<b>3.50</b>	<b>0</b>	<b>30</b>	<b>1,330.25</b>	<b>68.25</b>	<b>3</b>	<b>12.75</b>	<b>14.50</b>	<b>10.50</b>	<b>19.75</b>	<b>12.25</b>	<b>7</b>
Seafood	160.00	80.00	9.00	1.00	0.00	30.00	800.00	16.00	0.00	7.00	5.00	0.00	4.00	2.00	0.00
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>Seafood on Wheat:</b>	<b>482</b>	<b>116.50</b>	<b>13.15</b>	<b>1.50</b>	<b>0</b>	<b>30</b>	<b>1,280.25</b>	<b>77.25</b>	<b>6</b>	<b>17.75</b>	<b>19.50</b>	<b>10.50</b>	<b>19.75</b>	<b>6.25</b>	<b>28</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>															
Seafood	240.00	120.00	13.50	1.50	0.00	4.00	1,200.00	24.00	0.00	10.50	7.50	0.00	6.00	3.00	0.00
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>Seafood on White:</b>	<b>825.25</b>	<b>232.25</b>	<b>25.75</b>	<b>6.50</b>	<b>0</b>	<b>4</b>	<b>2,256</b>	<b>127.25</b>	<b>4.75</b>	<b>20.50</b>	<b>26.50</b>	<b>16.50</b>	<b>30.25</b>	<b>21.75</b>	<b>14.75</b>
Seafood	240.00	120.00	13.50	1.50	0.00	4.00	1,200.00	24.00	0.00	10.50	7.50	0.00	6.00	3.00	0.00
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>Seafood on Wheat:</b>	<b>705.25</b>	<b>172.25</b>	<b>19.75</b>	<b>2.50</b>	<b>0</b>	<b>4</b>	<b>1,896</b>	<b>113.25</b>	<b>8.75</b>	<b>27.50</b>	<b>29.50</b>	<b>16.50</b>	<b>30.25</b>	<b>10.75</b>	<b>39.75</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
<b>KING Cheese Slice</b>	<b>110</b>	<b>70</b>	<b>8</b>	<b>5</b>	<b>0</b>	<b>25</b>	<b>400</b>	<b>2</b>	<b>0</b>	<b>1</b>	<b>5</b>	<b>6</b>	<b>0</b>	<b>15</b>	<b>0</b>
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



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