

## BBQ BEEF 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>															
Roast Beef	105.00	26.25	2.75	1.75	0.00	43.75	1,137.50	0.00	0.00	0.00	17.50	0.00	0.00	0.00	10.50
BBQ Sauce	70.00	0.00	0.00	0.00	0.00	0.00	270.00	16.00	1.00	14.00	0.00	2.00	8.00	0.00	0.00
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>BBQ Beef on White:</b>	<b>455</b>	<b>76.25</b>	<b>8.75</b>	<b>4.25</b>	<b>0</b>	<b>43.75</b>	<b>1,927.50</b>	<b>63</b>	<b>3</b>	<b>16</b>	<b>26.50</b>	<b>2</b>	<b>8</b>	<b>8</b>	<b>14.50</b>
Roast Beef	105.00	26.25	2.75	1.75	0.00	43.75	1,137.50	0.00	0.00	0.00	17.50	0.00	0.00	0.00	10.50
BBQ Sauce	70.00	0.00	0.00	0.00	0.00	0.00	270.00	16.00	1.00	14.00	0.00	2.00	8.00	0.00	0.00
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>BBQ Beef on Wheat:</b>	<b>475</b>	<b>61.25</b>	<b>6.75</b>	<b>2.25</b>	<b>0</b>	<b>43.75</b>	<b>1,877.50</b>	<b>72</b>	<b>6</b>	<b>21</b>	<b>31.50</b>	<b>2</b>	<b>8</b>	<b>2</b>	<b>35.50</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>															
Roast Beef	165.00	41.25	4.25	2.75	0.00	68.75	1,787.50	0.00	0.00	0.00	27.50	0.00	0.00	0.00	16.50
BBQ Sauce	105.00	0.00	0.00	0.00	0.00	0.00	405.00	24.00	1.50	21.00	0.00	3.00	12.00	0.00	0.00
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>BBQ Beef on White:</b>	<b>820</b>	<b>151.25</b>	<b>16.25</b>	<b>7.75</b>	<b>0</b>	<b>68.75</b>	<b>3,232.50</b>	<b>119</b>	<b>4.50</b>	<b>25</b>	<b>45.50</b>	<b>3</b>	<b>12</b>	<b>15</b>	<b>26.50</b>
Roast Beef	165.00	41.25	4.25	2.75	0.00	68.75	1,787.50	0.00	0.00	0.00	27.50	0.00	0.00	0.00	16.50
BBQ Sauce	105.00	0.00	0.00	0.00	0.00	0.00	405.00	24.00	1.50	21.00	0.00	3.00	12.00	0.00	0.00
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>BBQ Beef on Wheat:</b>	<b>700</b>	<b>91.25</b>	<b>10.25</b>	<b>3.75</b>	<b>0</b>	<b>68.75</b>	<b>2,872.50</b>	<b>105</b>	<b>8.50</b>	<b>32.00</b>	<b>48.50</b>	<b>3</b>	<b>12</b>	<b>4</b>	<b>51.50</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**

est. 1975

[www.mrschicago.com](http://www.mrschicago.com)