




# NUTRITIONAL INFORMATION

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	<b>COLD SUB SANDWICHES (on white bread)</b>															
Mother Lode - small (5")	309	610	284	31.2	9.2	0.0	88	2048	46.0	0.9	2	34.9	9	17	19	21
Mother Lode - medium (8")	524	1053	514	56.6	18.3	0.0	173	3848	68.9	1.3	3	64.7	13	28	33	34
Mother Lode - large (11")	744	1497	744	81.9	27.1	0.0	258	5648	91.9	1.7	4	94.5	19	41	48	48
Georgetown - small (5")	227	455	170	17.7	5.6	0.0	46	1248	47.3	1.2	1	23.8	11	12	18	13
Georgetown - medium (8")	355	724	280	29.3	9.0	0.0	82	2085	70.4	1.7	2	40.8	16	16	33	20
Georgetown - large (11")	489	982	370	40.7	13.2	0.0	117	2919	93.7	2.3	2	56.6	22	22	47	27
Tombstone - small (5")	237	414	136	14.8	3.4	0.0	44	1230	44.4	1.0	1	24.7	9	9	18	14
Tombstone - medium (8")	386	677	233	25.3	6.8	0.0	85	2212	66.1	1.4	1	44.2	14	12	33	21
Tombstone - large (11")	541	941	329	35.8	9.9	0.0	127	3194	88.0	1.9	1	63.8	19	16	47	27
Dodge City - small (5")	247	656	376	41.2	14.0	0.0	81	1603	45.3	0.9	1	24.2	9	17	18	18
Dodge City - medium (8")	386	1074	637	70.0	24.8	0.0	143	2712	67.5	1.3	2	40.8	13	28	33	27
Dodge City - large (11")	530	1494	898	98.8	35.3	0.0	204	3821	89.8	1.7	2	57.4	19	41	48	37
Lawless Leadville - small (5")	231	421	143	15.6	4.1	0.0	45	1276	44.8	0.8	1	24.1	9	8	18	15
Lawless Leadville - medium (8")	376	692	246	27.0	8.2	0.0	87	2305	67.1	1.1	2	43.1	13	10	33	24
Lawless Leadville - large (11")	527	963	349	38.4	12.0	0.0	130	3332	89.5	1.5	3	62.2	18	14	47	33
King Bullion - small (5")	231	417	141	15.2	4.0	0.0	44	1187	44.1	0.8	1	24.5	9	8	18	16
King Bullion - medium (8")	376	685	242	26.2	7.9	0.0	85	2127	65.7	1.1	1	43.8	13	10	33	26
King Bullion - large (11")	527	953	343	37.2	11.6	0.0	127	3065	87.4	1.5	1	63.3	18	14	47	36
Caribou - small (5")	234	464	180	18.7	6.3	0.0	41	1087	47.2	1.4	1	23.1	13	13	29	14
Caribou - medium (8")	374	766	314	33.1	11.6	0.0	80	1895	70.3	2.0	2	41.6	20	18	54	21
Caribou - large (11")	520	1069	448	47.5	17.6	0.0	118	2703	93.6	2.7	2	59.0	28	24	79	27
California Gulch - small (5")	235	458	175	18.8	5.2	0.0	39	980	50.0	1.5	5	22.0	11	12	18	17
California Gulch - medium (8")	387	796	341	36.7	10.4	0.0	77	1732	77.3	1.9	9	38.8	17	18	33	27
California Gulch - large (11")	544	1135	507	54.6	15.6	0.0	116	2484	104.8	2.4	13	55.7	23	25	47	36
Silver City - small (5")	249	551	268	29.6	8.7	0.0	61	1470	46.0	0.9	2	24.2	9	17	19	18
Silver City - medium (8")	404	935	482	53.4	17.2	0.0	119	2691	68.9	1.3	3	43.3	13	28	33	28
Silver City - large (11")	564	1320	696	77.1	25.4	0.0	177	3912	91.9	1.7	4	62.4	19	41	48	39
Comstock - small (5")	231	422	146	15.7	4.5	0.0	44	1145	44.1	0.8	1	24.5	9	8	18	19
Comstock - medium (8")	376	695	252	27.2	9.0	0.0	85	2042	65.7	1.1	1	43.8	13	10	33	32
Comstock - large (11")	527	968	358	38.7	13.2	0.0	127	2938	87.4	1.5	1	63.3	18	14	47	45
Virginia City - small (5")	231	429	150	16.5	4.8	0.0	46	1323	45.5	0.8	2	23.8	9	8	19	17
Virginia City - medium (8")	376	709	260	28.8	9.6	0.0	89	2398	68.5	1.1	3	42.4	13	10	33	28
Virginia City - large (11")	527	989	370	41.1	14.1	0.0	133	3472	91.6	1.5	4	61.2	18	14	47	39
Boomtown - small (5")	213	553	266	30.4	9.1	0.0	74	1308	44.1	0.8	1	27.9	9	8	18	13
Boomtown - medium (8")	319	860	422	48.2	15.4	0.0	117	2018	65.7	1.1	1	43.6	13	10	33	20
Boomtown - large (11")	431	1166	577	66.0	21.3	0.0	160	2728	87.4	1.5	1	59.4	18	14	47	27
<b>HOT SUB SANDWICHES (on white bread)</b>																
Cripple Creek - small (5")	241	491	186	21.0	6.5	0.0	66	1084	46.5	0.8	2	28.5	10	9	19	16
Cripple Creek - medium (8")	361	765	301	33.9	11.0	0.0	105	1684	69.2	1.1	3	44.5	15	12	35	24
Cripple Creek - large (11")	487	1027	397	46.6	15.4	0.0	143	2281	92.1	1.5	4	60.6	21	16	50	32
Buffalo Chicken - small (5")	236	413	104	11.9	4.4	0.0	61	1725	46.0	0.5	2	28.5	6	4	20	17
Buffalo Chicken - medium (8")	366	646	174	20.0	7.8	0.0	96	2643	68.8	0.8	3	44.6	10	6	35	26
Buffalo Chicken - large (11")	495	879	245	28.1	11.2	0.0	132	3560	91.5	1.1	4	60.8	15	8	50	34
Frontier - small (5")	222	459	134	15.5	5.6	0.0	63	1157	51.5	0.5	7	28.2	6	3	20	18
Frontier - medium (8")	345	722	220	25.4	9.7	0.0	100	1832	78.9	0.8	12	44.2	9	5	36	28
Frontier - large (11")	467	984	306	35.3	13.7	0.0	137	2497	105.8	1.1	17	60.2	13	7	52	37
Silver Plume - small (5")	255	488	175	19.6	5.4	0.0	67	919	47.1	0.8	3	28.8	11	10	20	17
Silver Plume - medium (8")	382	762	285	32.0	9.8	0.0	106	1435	70.2	1.1	4	44.9	16	13	36	26
Silver Plume - large (11")	515	1036	395	44.4	13.9	0.0	146	1950	93.4	1.5	5	61.2	22	18	51	35
Pepper Jack Chicken - small (5")	202	408	103	11.7	4.7	0.0	59	938	47.0	0.6	3	25.8	6	7	20	17
Pepper Jack Chicken - medium (8")	322	607	159	18.1	7.9	0.0	84	1389	70.4	1.0	4	36.7	11	10	35	25
Pepper Jack Chicken - large (11")	442	828	225	25.6	11.4	0.0	117	1891	94.3	1.4	5	50.0	15	13	50	34


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	<b>HOT SUB SANDWICHES (on white bread) CONTINUED</b>															
Steam Engine - small (5")	255	563	226	25.1	8.4	0.0	56	1328	53.8	3.1	2	32.6	9	26	29	30
Steam Engine - medium (8")	411	917	386	43.0	14.8	0.0	96	2174	82.1	5.1	3	53.9	15	41	50	48
Steam Engine - large (11")	567	1271	546	60.9	21.2	0.0	137	3020	110.4	7.2	4	75.2	21	57	72	65
Homestake - small (5")	246	388	84	8.9	3.4	0.0	51	1214	48.1	1.8	5	27.8	9	10	28	23
Homestake - medium (8")	368	607	145	15.5	6.3	0.0	81	1875	71.7	2.6	7	43.4	13	13	48	35
Homestake - large (11")	496	827	206	22.1	9.2	0.0	112	2535	95.4	3.5	9	59.2	18	18	67	47
Coeur D'Alene - small (5")	203	346	55	5.5	2.1	0.0	50	1453	42.0	0.0	0	29.7	0	0	7	24
Coeur D'Alene - medium (8")	304	519	83	8.3	3.1	0.0	76	2181	63.0	0.0	0	44.6	0	0	10	36
Coeur D'Alene - large (11")	405	692	110	11.0	4.1	0.0	101	2907	84.0	0.0	0	59.4	0	0	13	48
Outlaw - small (5")	231	586	317	35.2	13.0	0.0	62	855	44.7	0.8	1	22.8	9	8	18	17
Outlaw - medium (8")	376	1023	594	66.2	26.0	0.0	121	1462	66.9	1.1	2	40.4	13	10	33	27
Outlaw - large (11")	527	1460	871	97.2	38.7	0.0	181	2068	89.2	1.5	3	58.2	18	14	47	38
<b>VEGGIE SUB SANDWICHES (on white bread)</b>																
Pikes Peak Or Bust - small (5")	204	438	175	18.2	6.3	0.0	28	776	47.2	1.4	1	17.7	13	13	29	14
Pikes Peak Or Bust - medium (8")	314	713	303	32.0	11.6	0.0	53	1274	70.3	2.0	2	30.9	20	18	54	21
Pikes Peak Or Bust - large (11")	430	989	432	45.8	17.6	0.0	78	1772	93.6	2.7	2	42.9	28	24	79	27
<i>Miner's Choice - this sandwich depends upon the customer's choices and is built by adding individual items together</i>																
<b>LOWFAT SUB SANDWICHES (on white bread) these subs have cheese and mayo removed to achieve 8.5g of fat or less for MEDIUM size</b>																
Tombstone - small (5")	213	290	28	2.8	0.0	0.0	27	1078	43.9	1.0	1	20.9	7	9	8	14
Tombstone - medium (8")	342	460	48	4.7	0.0	0.0	54	1928	65.6	1.4	1	36.7	9	12	11	21
Tombstone - large (11")	477	631	68	6.6	0.0	0.0	81	2778	87.5	1.9	1	52.5	12	16	15	27
Lawless Leadville - small (5")	207	297	35	3.6	0.7	0.0	28	1124	44.3	0.8	1	20.3	7	8	8	15
Lawless Leadville - medium (8")	332	475	62	6.4	1.4	0.0	56	2021	66.6	1.1	2	35.6	9	10	12	24
Lawless Leadville - large (11")	463	653	88	9.2	2.1	0.0	84	2916	89.0	1.5	3	50.9	12	14	15	33
King Bullion - small (5")	207	293	33	3.2	0.6	0.0	27	1035	43.6	0.8	1	20.7	7	8	7	16
King Bullion - medium (8")	332	468	58	5.6	1.1	0.0	54	1843	65.2	1.1	1	36.3	9	10	11	26
King Bullion - large (11")	463	643	82	8.0	1.7	0.0	81	2649	86.9	1.5	1	52.0	12	14	15	36
Caribou - small (5")	195	287	35	2.4	0.5	0.0	14	828	46.7	1.4	1	15.6	9	13	8	14
Caribou - medium (8")	300	442	55	3.9	0.0	0.0	27	1397	69.8	2.0	2	26.6	12	18	11	21
Caribou - large (11")	411	599	75	5.4	0.5	0.0	41	1966	93.1	2.7	2	36.5	15	24	15	27
Comstock - small (5")	207	298	38	3.7	1.1	0.0	27	993	43.6	0.8	1	20.7	7	8	7	19
Comstock - medium (8")	332	478	68	6.6	2.2	0.0	54	1758	65.2	1.1	1	36.3	9	10	11	32
Comstock - large (11")	463	659	97	9.5	3.3	0.0	81	2522	86.9	1.5	1	52.0	12	14	15	45
Virginia City - small (5")	207	305	42	4.5	1.4	0.0	29	1171	45.0	0.8	2	20.0	7	8	8	17
Virginia City - medium (8")	332	492	76	8.2	2.8	0.0	58	2114	68.0	1.1	3	34.9	9	10	11	28
Virginia City - large (11")	463	680	109	11.9	4.2	0.0	87	3056	91.1	1.5	4	49.9	12	14	15	39
Pikes Peak Or Bust - small (5")	165	260	29	1.9	0.5	0.0	0	517	46.7	1.4	1	10.2	9	13	8	14
Pikes Peak Or Bust - medium (8")	240	389	44	2.8	0.0	0.0	0	776	69.8	2.0	2	15.9	12	18	11	21
Pikes Peak Or Bust - large (11")	321	519	59	3.7	0.5	0.0	0	1035	93.1	2.7	2	20.4	15	24	15	27
<i>Miner's Choice - this sandwich made with only veggies and without mayo or ranch added as a sandwich dressing unless requested</i>																
Homestake - small (5")	231	334	47	4.6	1.0	0.0	40	1107	47.6	1.8	5	24.0	7	10	17	23
Homestake - medium (8")	338	500	71	6.9	1.5	0.0	60	1661	71.2	2.6	7	35.9	9	13	26	35
Homestake - large (11")	451	667	94	9.2	2.0	0.0	80	2214	94.9	3.5	9	47.9	12	18	35	47
Coeur D'Alene - small (5")	203	346	55	5.5	2	0.0	50	1453	42.0	0.0	0	29.7	0	0	7	24
Coeur D'Alene - medium (8")	304	519	83	8.3	3	0.0	76	2181	63.0	0.0	0	44.6	0	0	10	36
Coeur D'Alene - large (11")	405	692	110	11.0	4	0.0	101	2907	84.0	0.0	0	59.4	0	0	13	48

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	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	<b>SOUP &amp; CHILI &amp; RELATED ITEMS</b>															
Broccoli Cheese (8 oz cup)	224	134	78	9.0	4.5	0.0	34	1165	11.2	<1	4	4.5	179	35	13	0
Broccoli Cheese (16 oz bowl)	448	268	156	18.0	9.0	0.0	68	2330	22.4	<1	9	9.0	358	70	27	0
Chili (8 oz cup)	250	280	110	13.0	5.0	0.0	55	1150	20.0	4.0	4	21.0	10	4	4	15
Chili (16 oz bowl)	500	560	220	26.0	10.0	0.0	110	2300	40.0	8.0	8	42.0	20	8	8	30
Side of White Bread	91	227	16	1.6	0.0	0.0	0	453	42.0	0.0	0	9.7	0	0	7	13
Side of Wheat Bread	91	227	13	3.3	0.0	0.0	0	421	42.0	3.3	3	9.7	0	0	7	13
Oyster crackers (1 package)	14	60	15	2.0	0.0	0.0	0	140	10.0	0.0	0	1.0	0	0	0	4
<b>SALADS &amp; SALAD RELATED ITEMS</b>																
Grilled Chicken Salad	378	201	66	7.1	2.3	0.0	58	379	13.8	7.7	4	18.2	356	93	11	20
Chef Salad	400	174	44	4.1	1.4	0.0	56	1352	11.7	7.7	3	21.4	354	91	9	20
Garden Salad	280	49	8	0.1	0.0	0.0	0	17	10.3	7.7	2	0.7	354	91	9	16
Side Salad	93	17	2	0.1	0.0	0.0	0	6	3.5	2.4	1	0.5	103	29	3	5
Cucumbers (x2) - Side Salad	6	2	0	0.1	0.0	0.0	0	0	0.2	0.2	0	0.2	0	1	0	0
Cucumbers (x4)-Grilled Chicken, Chef, Garden	22	3	1	0.1	0.0	0.0	0	0	0.8	0.2	0	0.2	1	1	1	1
Tomato Wedges (x2) - Side Salad	31	6	0	0.0	0.0	0.0	0	2	1.3	0.3	1	0.3	5	7	1	1
Tomato Wedges (x4)-Grilled Chix, Chef, Garden	62	11	0	0.0	0.0	0.0	0	3	2.5	0.5	2	0.5	10	13	1	1
Romaine Lettuce - Side Salad	56	10	2	0.0	0.0	0.0	0	4	2.0	2.0	0	0.0	98	22	2	4
Romaine Lettuce - Grilled Chix, Chef, Garden	196	35	7	0.0	0.0	0.0	0	14	7.0	7.0	0	0.0	343	77	7	14
Grilled Chicken Meat on Grilled Chix Salad	98	152	58	7.0	2.3	0	58	362	3.5	0.0	2	17.5	2	2	2	5
Croutons (1 packet)	14	60	20	2.5	0.0	0.0		170	9	0.0	1	1.0	0	0	0	4
Ranch Dressing - 1 oz packet	28	160	160	18.0	2.5	0.0	10	250	1.0	0.0	<1	0.0	0	0	0	0
Fat Free Ranch Dressing - 1.5 oz pkt	43	60	0	0.0	0.0	0.0	0	410	14.0	0.0	3	0.0	0	0	0	0
Golden Italian Dressing - 1 oz packet	28	70	60	7.0	1.0	0.0	0	310	2.0	0.0	2	0.0	0	0	0	0
Blue Cheese Dressing - 1 oz packet	28	140	130	14.0	2.5	0.0	15	280	1.0	0.0	<1	<1	0	0	2	0
Honey Mustard (1.5oz cup)	42	182	168	18.2	2.8	0.0	14	308	5.6	0.0	6	0.0	0	0	0	0
<b>SIDES</b>																
Lays Potato Chips (1.5oz)	42	230	140	15.0	2.0	0.0	0	270	23.0	2.0	0	3.0	0	15	0	2
Baked Lays (1.13oz)	32	130	15	2.0	0.0	0.0	0	200	26.0	2.0	2	2.0	0	4	2	2
Baked BBQ Lays (1.13oz)	32	140	35	3.5	0.0	0.0	0	240	24.0	2.0	3	2.0	0	4	2	0
Harvest Cheddar Sun Chips (1.5oz)	42	210	90	10.0	1.5	0.0	0	300	29.0	4.0	3	3.0	2	0	0	2
Garden Salsa Sun Chips (1.5oz)	42	210	80	9.0	1.5	0.0	0	260	29.0	4.0	3	3.0	0	0	0	2
Nacho Cheese Doritos (1.75oz)	49	260	120	14.0	2.5	0.0	<5	310	30.0	3.0	2	4.0	0	0	4	2
Cool Ranch Doritos (1.75oz)	49	260	120	13.0	2.0	0.0	0	320	31.0	3.0	2	4.0	0	0	4	2
Miss Vickies Jalapeno (1.375oz)	39	200	100	11.0	3.0	0.0	0	270	22.0	2.0	1	3.0	0	15	2	6
Miss Vickies Salt & Vinegar (1.375oz)	39	200	100	11.0	3.0	0.0	0	340	22.0	3.0	2	3.0	0	15	2	4
Miss Vickies BBQ (1.375oz)	39	210	100	11.0	3.0	0.0	0	300	23.0	2.0	1	3.0	2	15	2	6
<i>Variety of flavors served - please visit <a href="http://www.fritolay.com">www.fritolay.com</a> for nutritional information on additional items</i>																
Whole Dill Pickle	135	5	0	0.0	0.0	0.0	1	1543	0.0	0.0	0	0.0	0	8	0	0
Fruit Cup	112	80	0	0.0	0.0	0.0	0	10	19.0	1.0	17	0.0	0	40	0	0
Potato Salad	156	262	125	13.7	2.9	0.0	11	616	31.9	3.4	9	3.4	0	0	0	7
<b>DESSERTS</b>																
Chocolate Chunk Cookie	85	387	137	15.3	7.4	0.0	3	371	59.1	1.3	35	4.9	1	0	3	9
Deluxe Fudge Brownie	85	430	200	22.0	6.0	0.0	35	260	57.0	3.0	37	6.0	2	0	4	10
<b>BEVERAGES</b>																
Coke - Small (20oz)	-	233	0	0.0	0.0	0.0	0	75	65.0	0.0	65	0.0	0	0	0	0
Coke - Medium (32oz)	-	373	0	0.0	0.0	0.0	0	120	104.0	0.0	104	0.0	0	0	0	0
Coke - Large (44oz)	-	513	0	0.0	0.0	0.0	0	165	143.0	0.0	143	0.0	0	0	0	0

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	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>BEVERAGES CONTINUED</b>																
Diet Coke - Small (20oz)	-	3	0	0.0	0.0	0.0	0	67	<1	0.0	<1	0.0	0	0	0	0
Diet Coke - Medium (32oz)	-	4	0	0.0	0.0	0.0	0	107	<1	0.0	<1	0.0	0	0	0	0
Diet Coke - Large (44oz)	-	6	0	0.0	0.0	0.0	0	147	<1	0.0	<1	0.0	0	0	0	0
Sprite - Small (20oz)	-	233	0	0.0	0.0	0.0	0	108	63.3	0.0	63	0.0	0	0	0	0
Sprite - Medium (32oz)	-	373	0	0.0	0.0	0.0	0	173	101.3	0.0	101	0.0	0	0	0	0
Sprite - Large (44oz)	-	513	0	0.0	0.0	0.0	0	238	139.3	0.0	139	0.0	0	0	0	0
<i>Variety of flavors served - please visit <a href="http://www.coca-cola.com">www.coca-cola.com</a> for nutritional information on additional items</i>																
<b>KID'S SUBS (on white bread) &amp; KIDS RELATED ITEMS</b>																
Ham & Provolone Cheese	45	89	50	5.8	3.1	0.0	25	464	1.2	0.0	1	8.8	2	0	11	2
Ham & Cheddar Cheese	50	114	70	7.8	4.3	0.0	36	485	1.2	0.0	1	10.0	4	0	14	2
Turkey & Provolone Cheese	45	80	43	4.9	2.4	0.0	24	418	0.5	0.0	0	9.2	2	0	11	0
Turkey & Cheddar Cheese	50	105	63	6.9	3.6	0.0	35	439	0.5	0.0	0	10.3	4	0	14	0
Fruit Snacks	25	80	0	0.0	0.0	0.0	0	5	19.0	0.0	13	1.0	0	100	0	0
Goldfish Crackers	21	100	30	3.5	1.0	0.0	<5	180	14.0	<1	0	2.0	0	0	2	2
<b>MEATS</b>																
Turkey - Small, Kid's Meal, Chef Salad	30	27	6	0.6	0.0	0.0	14	311	0.0	0.0	0	5.4	0	0	0	0
Turkey - double small or medium	60	54	11	1.1	0.0	0.0	27	621	0.0	0.0	0	10.7	0	0	0	0
Turkey - large	90	80	17	1.7	0.0	0.0	41	932	0.0	0.0	0	16.1	0	0	0	0
Turkey - double medium	120	107	22	2.2	0.0	0.0	54	1242	0.0	0.0	0	21.4	0	0	0	0
Turkey - double large	180	161	33	3.3	0.0	0.0	81	1863	0.0	0.0	0	32.1	0	0	0	0
Grilled Chicken - small Cripple/Frontier	56	87	33	4.0	1.3	0.0	33	207	2.0	0.0	1	10.0	1	1	1	3
Grilled Chicken - sm Pepper Jack Chix	70	108	42	5.0	1.7	0.0	42	258	2.5	0.0	2	12.5	2	2	2	3
Grilled Chix-med Crip/Fro,sm SPLume/BufChix	84	130	50	6.0	2.0	0.0	50	310	3.0	0.0	2	15.0	2	2	2	4
Grilled Chix - lrg Cripple/Frontier, med Peprjack	112	173	67	8.0	2.7	0.0	67	413	4.0	0.0	3	20.0	3	3	3	5
Grilled Chicken - med SPLume & BuffaloChix	126	195	75	9.0	3.0	0.0	75	465	4.5	0.0	3	22.5	3	3	3	6
Grilled Chicken - large Pepper Jack Chix	154	238	92	11.0	3.7	0.0	92	568	5.5	0.0	4	27.5	4	4	4	7
Grilled Chicken - large SPLume & Buff Chix	168	260	100	12.0	4	0.0	100	620	6.0	0.0	4	30.0	4	4	4	8
Grilled Chicken - Grilled Chicken Salad	84	130	50	6.0	2.0	0.0	50	310	3.0	0.0	0	15.0	0	0	0	4
Roast Beef - 1/2 small cold	30	32	11	1.1	0.6	0.0	14	268	0.0	0.0	0	5.4	0	0	0	3
Roast Beef - small or 1/2 medium cold	60	64	21	2.1	1.1	0.0	27	536	0.0	0.0	0	10.7	0	0	0	6
Roast Beef - 1/2 large cold	90	96	32	3.2	1.7	0.0	41	804	0.0	0.0	0	16.1	0	0	0	9
Roast Beef - small hot	112	119	39	3.9	2.1	0.0	50	1000	0.0	0.0	0	20.0	0	0	0	11
Roast Beef - medium cold	120	128	42	4.2	2.2	0.0	54	1072	0.0	0.0	0	21.4	0	0	0	12
Roast Beef - medium hot	168	179	59	5.9	3.1	0.0	76	1501	0.0	0.0	0	30.0	0	0	0	17
Roast Beef - large cold	180	192	63	6.3	3.3	0.0	81	1608	0.0	0.0	0	32.1	0	0	0	18
Roast Beef - large hot	224	239	78	7.8	4.1	0.0	101	2001	0.0	0.0	0	39.9	0	0	0	22
Ham - 1/2 small, Kid's Meal, Chef Salad	30	36	13	1.5	0.7	0.0	15	357	0.7	0.0	1	5.0	0	0	0	2
Ham - small or 1/2 medium	60	71	25	2.9	1.4	0.0	29	714	1.4	0.0	1	10.0	0	0	0	4
Ham - 1/2 large	90	107	38	4.4	2.1	0.0	44	1071	2.1	0.0	2	15.0	0	0	0	6
Ham - medium	120	142	50	5.8	2.8	0.0	58	1428	2.8	0.0	2	20.0	0	0	0	8
Ham - large	180	213	75	8.7	4.2	0.0	87	2142	4.2	0.0	3	30.0	0	0	0	12
Salami - 1/2 small	30	123	102	11.2	4.3	0.0	29	504	0.0	0.0	0	5.3	0	8	0	2
Salami - small or 1/2 medium	60	247	203	22.5	8.6	0.0	59	1007	0.0	0.0	0	10.7	0	16	0	4
Salami - 1/2 large	90	370	305	33.8	12.9	0.0	88	1511	0.0	0.0	0	16.0	0	24	0	6
Salami - medium	120	493	407	45.0	17.2	0.0	117	2015	0.0	0.0	0	21.3	0	32	0	8
Salami - large	180	740	610	67.5	25.8	0.0	176	3022	0.0	0.0	0	32.0	0	48	0	12
Pastrami - small	60	228	192	21.6	9.6	0.0	45	246	0.6	0.0	1	9.0	0	0	0	4
Pastrami - medium	120	456	384	43.2	19.2	0.0	90	492	1.2	0.0	1	18.0	0	0	0	7
Pastrami - large	180	684	576	64.8	28.8	0.0	135	738	1.8	0.0	2	27.0	0	0	0	11

# NUTRITIONAL INFORMATION




	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>MEATS CONTINUED</b>																
Pepperoni - 1/2 small	28	140	120	13.0	6.0	0.0	35	490	0.0	0.0	0	5.0	0	0	0	2
Pepperoni - 1/2 medium	42	210	180	19.5	9.0	0.0	53	735	0.0	0.0	0	7.5	0	0	0	3
Pepperoni - small or 1/2 large	56	280	240	26.0	12.0	0.0	70	980	0.0	0.0	0	10.0	0	0	0	4
Pepperoni - medium	84	420	360	39.0	18.0	0.0	105	1470	0.0	0.0	0	15.0	0	0	0	6
Pepperoni - large	112	560	480	52.0	24.0	0.0	140	1960	0.0	0.0	0	20.0	0	0	0	8
Bacon - 2 strips (small 1/2 meat)	14	65	47	5.6	1.9	0.0	19	233	0.0	0.0	0	4.7	0	0	0	0
Bacon - 3 strips (medium 1/2 meat)	21	98	71	8.4	2.9	0.0	29	350	0.0	0.0	0	7.1	0	0	0	0
Bacon - 4 strips (large 1/2 meat)	28	130	94	11.2	3.8	0.0	38	466	0.0	0.0	0	9.4	0	0	0	0
Bacon - 6 strips (small boomtown)	42	195	141	16.8	5.7	0.0	57	699	0.0	0.0	0	14.1	0	0	0	0
Bacon - 9 strips (medium boomtown)	63	293	212	25.2	8.6	0.0	86	1049	0.0	0.0	0	21.2	0	0	0	0
Bacon - 12 strips (large boomtown)	84	390	282	33.6	11.4	0.0	114	1398	0.0	0.0	0	28.2	0	0	0	0
Meatballs - small	84	260	170	19.0	6.0	0.0	45	670	7.0	2.0	0	18.0	4	2	10	15
Meatballs - medium	140	433	283	31.7	10.0	0.0	75	1117	11.7	3.3	0	30.0	7	3	17	25
Meatballs - large	196	607	397	44.3	14.0	0.0	105	1563	16.3	4.7	0	42.0	9	5	23	35
Philly Cheesesteak - small	84	100	30	3.0	1.0	0.0	40	650	4.0	1.0	4	14.0	0	2	10	10
Philly Cheesesteak - medium	126	150	45	4.5	1.5	0.0	60	975	6.0	1.5	6	21.0	0	3	15	15
Philly Cheesesteak - large	168	200	60	6.0	2.0	0.0	80	1300	8.0	2.0	8	28.0	0	4	20	20
Tuna Salad - small	67	168	120	12.8	2.8	0.0	28	416	5.6	0.5	4	8.0	2	3	0	3
Tuna Salad - medium	134	336	240	25.6	5.6	0.0	56	832	11.2	0.5	8	16.0	3	6	0	6
Tuna Salad - large	202	504	360	38.4	8.4	0.0	84	1248	16.8	0.5	12	24.0	5	9	0	9
<b>CHEESES</b>																
Provolone Cheese - small or kid's meal	15	54	37	4.3	2.4	0.0	11	107	0.5	0.0	0	3.8	2	0	11	0
Provolone Cheese - medium or double small	30	107	75	8.6	4.8	0.0	21	214	0.5	0.0	0	7.5	4	0	21	0
Provolone Cheese - large	45	161	112	12.9	7.2	0.0	32	321	0.5	0.0	0	11.3	7	0	32	0
Provolone Cheese - double medium	60	214	149	17.2	9.6	0.0	43	428	0.5	0.0	0	15.0	9	0	43	0
Provolone Cheese - double large	90	321	224	25.8	14.4	0.0	64	642	0.5	0.0	0	22.5	13	0	64	0
Pepper Jack Cheese - small or kid's meal	15	54	38	4.3	3	0.0	16	97	0.6	0.0	0	3.2	3	0	11	0
Pepper Jack Cheese - med or double small	30	107	75	8.6	5.4	0.0	32	193	1.1	0.0	0	6.4	6	0	21	0
Pepper Jack Cheese - large	45	161	113	12.9	8	0.0	48	290	1.7	0.0	0	9.6	9	0	32	0
Pepper Jack Cheese - double medium	60	214	150	17.2	11	0.0	64	386	2.2	0.0	0	12.8	12	0	42	0
Pepper Jack Cheese - double large	90	321	225	25.8	16	0.0	96	579	3.3	0.0	0	19.2	18	0	63	0
Cheddar Cheese - small or kid's meal	20	78	58	6.4	3.6	0.0	21	128	0.5	0.0	0	5.0	4	0	14	0
Cheddar Cheese - medium or double small	30	118	86	9.6	5.4	0.0	32	193	0.5	0.0	0	7.5	6	0	21	0
Cheddar Cheese - large	40	157	115	12.8	7.2	0.0	43	257	0.5	0.0	0	10.0	9	0	29	0
Cheddar Cheese - double medium	60	235	173	19.2	10.8	0.0	64	385	1.0	0.0	0	15.0	13	0	43	0
Cheddar Cheese - double large	80	314	230	25.6	14.4	0.0	86	514	1.3	0.0	0	20.0	17	0	57	0
Parmesan Cheese - small	1.5	8	5.4	0.6	0.4	0.0	1.5	33	0.0	0.0	0	0.0	0	1.8	0	0
Parmesan Cheese - medium	2.0	10	7	0.8	0.5	0.0	2	44	0.0	0.0	0	0.0	0	2.4	0	0
Parmesan Cheese - large	2.5	13	9.0	1.0	0.6	0.0	2.5	55	0.0	0.0	0	0.0	0	3.0	0	0
<b>VEGGIES</b>																
Lettuce - small	28	3	1	0.0	0.0	0.0	0	3	0.5	0.5	0	0.0	2	2	1	1
Lettuce - medium	42	4	1	0.0	0.0	0.0	0	4	0.8	0.8	0	0.0	3	3	1	1
Lettuce - large	56	5	1	0.0	0.0	0.0	0	5	1.1	1.1	0	0.0	4	4	1	1
Tomato - small	28	5	1	0.0	0.0	0.0	0	1	1.1	0.2	1	0.2	5	6	0	0
Tomato - medium	34	6	1	0.0	0.0	0.0	0	2	1.4	0.3	1	0.3	6	7	0	0
Tomato - large	46	8	1	0.0	0.0	0.0	0	2	1.9	0.4	1	0.4	8	10	0	0
Sprouts - small	6	2	0	0.1	0.0	0.0	0	0	0.2	0.2	0	0.2	0	1	0	0
Sprouts - medium	10	3	1	0.1	0.0	0.0	0	1	0.4	0.3	0	0.4	0	1	0	1
Sprouts - large	14	4	1	0.1	0.0	0.0	0	1	0.6	0.4	0	0.6	0	2	0	1

# NUTRITIONAL INFORMATION

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	<b>VEGGIES CONTINUED</b>															
Cucumbers - small	17	3	0	0.0	0.0	0.0	0	0	0.7	0.1	0	0.1	0	1	0	0
Cucumbers - medium	28	4	1	0.1	0.0	0.0	0	0	1.0	0.2	0	0.2	1	1	1	1
Cucumbers - large	39	6	1	0.1	0.0	0.0	0	0	1.4	0.2	1	0.2	1	2	1	1
Onions - small	12	5	0	0.0	0.0	0.0	0	0	1.2	0.1	0	0.1	0	1	0	0
Onions - medium	18	8	0	0.0	0.0	0.0	0	1	1.8	0.2	1	0.2	0	2	0	0
Onions - large	24	10	0	0.0	0.0	0.0	0	1	2.4	0.3	1	0.3	0	3	1	0
Green Peppers - small	14	3	0	0.0	0.0	0.0	0	0	0.7	0.3	0	0.1	1	19	0	0
Green Peppers - medium	22	5	0	0.0	0.0	0.0	0	1	1.1	0.4	0	0.2	2	30	0	0
Green Peppers - large	31	6	0	0.0	0.0	0.0	0	1	1.5	0.6	1	0.3	2	41	0	1
Mushrooms - small	14	3	0	0.0	0.0	0.0	0	1	0.4	0.1	0	0.4	0	1	0	0
Mushrooms - medium	22	5	1	0.0	0.0	0.0	0	1	0.7	0.2	0	0.7	0	1	0	1
Mushrooms - large	31	7	1	0.0	0.0	0.0	0	1	1.0	0.3	1	1.0	0	1	0	1
Sliced Pickles - small	26	0	0	0.0	0	0.0	0	343	0.0	0.0	0	0.0	0	0	0	0
Sliced Pickles - medium	44	0	0	0.0	0.0	0.0	0	581	0.0	0.0	0	0.0	0	0	0	0
Sliced Pickles- large	64	0	0	0.0	0	0.0	0	845	0.0	0.0	0	0.0	0	0	0	0
Hot Banana Peppers - small	12	0	0	0.0	0.0	0.0	0	193	0.4	0.0	0	0.0	0	0	0	0
Hot Banana Peppers - medium	18	0	0	0.0	0.0	0.0	0	289	0.6	0.0	0	0.0	0	0	0	0
Hot Banana Peppers - large	24	0	0	0.0	0.0	0.0	0	385	0.8	0.0	0	0.0	0	0	0	0
Jalapenos - small	14	2	0	0.0	0.0	0.0	0	135	0.5	0.5	0	0.0	2	0	0	0
Jalapenos - medium	20	3	0	0.0	0.0	0.0	0	193	0.7	0.7	0	0.0	3	0	0	0
Jalapenos - large	28	5	0	0.0	0.0	0.0	0	270	1.0	1.0	0	0.0	4	0	0	0
Black Olives - small	26	41	32	4.1	0.0	0.0	0	203	1.7	0.0	0	0.0	0	0	0	0
Black Olives - medium	44	69	55	6.9	0.0	0.0	0	344	2.8	0.0	0	0.0	0	0	0	0
Black Olives - large	64	100	80	10.0	0.0	0.0	0	500	4.1	0.0	0	0.0	0	0	0	0
<b>SANDWICH DRESSINGS</b>																
Mayonnaise - small	9	71	71	7.7	1.0	0.0	6	45	0.0	0.0	0	0.0	0	0	0	0
Mayonnaise - medium	14	110	110	12.0	2.0	0.0	10	70	0.0	0.0	0	0.0	0	0	0	0
Mayonnaise - large	19	149	149	16.3	2.7	0.0	14	95	0.0	0.0	0	0.0	0	0	0	0
Ranch Dressing - small	9	51	51	5.5	0.8	0.0	3	80	0.3	0.0	0	0.0	0	0	0	0
Ranch Dressing - medium	14	80	80	8.5	1.3	0.0	5	125	0.5	0.0	0	0.0	0	0	0	0
Ranch Dressing - large	19	97	90	11.3	1.7	0.0	6	167	0.7	0.0	0	0.0	0	0	0	0
Blue Cheese Dressing - small	9	42	39	4.5	0.8	0.0	5	90	0.3	0.0	<1	<1	0	0	1	0
Blue Cheese Dressing - medium	14	65	60	7.0	1.3	0.0	8	140	0.5	0.0	<1	<1	0	0	2	0
Blue Cheese Dressing - large	19	97	90	9.3	1.7	0.0	6	187	0.7	0.0	<1	<1	0	0	3	0
Avocado - small	12	24	12	0.2	0.5	0.0	0	60	2.8	0.4	1	0.0	2	4	0	0
Avocado - medium	18	36	18	0.3	0.0	0.0	0	90	4.2	0.6	1	0.6	2	6	0	0
Avocado - large	24	48	24	0.4	0.5	0.0	0	120	5.6	0.8	1	0.0	3	8	0	0
Dijon Mustard - small	10	10	0	0.0	0.0	0.0	0	240	0.0	0.5	0	0.0	0	0	0	0
Dijon Mustard - medium	15	15	0	0.0	0.0	0.0	0	360	0.0	0.5	0	0.0	0	0	0	0
Dijon Mustard - large	20	20	0	0.0	0.0	0.0	0	480	0.0	0.5	0	0.0	0	0	0	0
Yellow Mustard - small	10	0	0	0.0	0.0	0.0	0	110	0.0	0.0	0	0.0	0	0	0	0
Yellow Mustard - medium	15	0	0	0.0	0.0	0.0	0	165	0.0	0.0	0	0.0	0	0	0	0
Yellow Mustard - large	20	0	0	0.0	0.0	0.0	0	220	0.0	0.0	0	0.0	0	0	0	0
Honey Mustard - small	10	43	40	4.3	0.7	0.0	3	73	1.3	0.0	1	0.0	0	0	0	0
Honey Mustard - medium	15	65	60	6.5	1.0	0.0	5	110	2.0	0.0	2	0.0	0	0	0	0
Honey Mustard - large	20	87	80	8.7	1.3	0.0	7	147	2.7	0.0	3	0.0	0	0	0	0

# NUTRITIONAL INFORMATION

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	<b>SANDWICH DRESSINGS CONTINUED</b>															
Oil - small	3	29	29	3.3	0.3	0.0	0	0	0.0	0.0	0	0.0	0	0	0	0
Oil - medium	5	43	43	5.0	0.4	0.0	0	0	0.0	0.0	0	0.0	0	0	0	0
Oil - large	6	57	57	6.7	0.5	0.0	0	0	0.0	0.0	0	0.0	0	0	0	0
Vinegar - small	3	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0	0.0	0	0	0	0
Vinegar - medium	5	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0	0.0	0	0	0	0
Vinegar - large	6	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0	0.0	0	0	0	0
Oregano - small	0	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0	0.0	0	0	0	0
Oregano - medium	0	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0	0.0	0	0	0	0
Oregano - large	0	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0	0.0	0	0	0	0
Frank's Red Hot Sauce - small	18	0	0	0.0	0.0	0.0	0	853	0.0	0.0	0	0.0	0	0	0	0
Franks Red Hot Sauce - medium	32	0	0	0.0	0.0	0.0	0	1280	0.0	0.0	0	0.0	0	0	0	0
Franks Red Hot Sauce - large	45	0	0	0.0	0.0	0.0	0	1707	0.0	0.0	0	0.0	0	0	0	0
<b>BREADS AND TORTILLA WRAPS</b>																
White - small (5") or "side of white"	91	227	16	1.6	0.0	0.0	0	453	42.0	0.0	0	9.7	0	0	7	13
White - medium (8")	136	340	24	2.4	0.0	0.0	0	680	63.0	0.0	0	14.6	0	0	10	19
White - large (11")	181	453	32	3.2	0.0	0.0	0	906	84.0	0.0	0	19.5	0	0	13	25
Wheat - small (5") or "side of wheat"	91	227	13	3.3	0.0	0.0	0	421	42.0	3.3	3	9.7	0	0	7	13
Wheat - medium (8")	136	340	20	4.9	0.0	0.0	0	631	63.0	4.9	5	14.6	0	0	10	19
Wheat - large (11")	181	453	27	6.5	0.0	0.0	0	841	84.0	6.5	7	19.5	0	0	13	25
10" White Flour Tortilla Wrap	71	210	45	5.0	2.0	0.0	0	510	35.0	1.0	0	6.0	0	0	15	15
<b>OTHER SANDWICH ITEMS &amp; EXTRAS</b>																
BBQ Sauce - small	18	25	0	0.0	0.0	0.0	0	155	6.5	0.0	6	0.0	0	0	1	2
BBQ Sauce - medium	32	44	0	0.0	0.0	0.0	0	275	11.6	0.0	10	0.0	0	0	2	4
BBQ Sauce - large	45	62	0	0.0	0.0	0.0	0	385	16.2	0.0	14	0.0	0	0	3	6
Marinara Sauce - small	25	12	2	0.2	0.0	0.0	0	97	2.0	0.6	1	0.4	1	3	1	1
Marinara Sauce - medium	42	20	3	0.3	0.0	0.0	0	162	3.3	1.0	2	0.7	2	5	1	2
Marinara Sauce - large	59	28	4	0.5	0.0	0.0	0	226	4.7	1.4	2	0.9	3	7	2	3
Au Jus Sauce - side of	140	9	1	0.1	0.0	0.0	1	665	0.4	0.0	1	0.6	0	0	0	0
Mayonnaise Packet	12	69	69	7.7	0.0	0.0	0	56	0.0	0.0	0	0.0	0	0	0	0
Yellow Mustard Packet	5	5	0	0.0	0.0	0.0	0	55	0.0	0.0	0	0.0	0	0	0	0
Lemon Packet	4	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0	0.0	0	2	0	0
Cholula Hot Sauce	7	30	0	0.0	0.0	0.0	0	85	0.0	0.0	0	0.0	0	0	0	3

NET CARBOHYDRATES GRAMS = TOTAL CARBOHYDRATE GRAMS MINUS DIETARY FIBER GRAMS

The nutritional information listed above is based on Silver Mine Subs' recipes and product formulations. Slight variations may exist due to small differences in product assembly, location and/or region, possible supplier changes, and time of the year. This was compiled from analysis of Silver Mine approved products from various manufacturers as well as reference information from nutritiondata.com., caloriecounter.com., thedailyplate.com and other related websites. If manufacturer supplied nutritional information lists nutrients in the "not a significant source" category, then these nutrients have been averaged between zero and the highest level they can still be listed as "not a significant source".

% DV (Daily Value) numbers for Vitamin A, Vitamin C, Calcium, and Iron are based on a 2,000 calorie diet

PRODUCTS MAY VARY BY MARKET OR GEOGRAPHICAL REGION (Version sms2011revJuly)