

Sub Shop	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Builder																						
Bread/Wrap																						
White - Small	1 ea (72g)	180	15	2	3	0	0	0	5	2	330	14	32	11	1	4	1	7	0	0	0	10
White - Medium	1 ea (143g)	350	35	3.5	5	0.5	3	0	10	3	670	28	65	22	3	12	1	13	0	0	2	20
White - Large	1 ea (286g)	700	70	7	11	1.5	8	0	20	7	1330	55	129	43	5	20	3	27	0	0	4	45
White Seeded - Small	1 ea (75g)	200	30	3.5	5	0.5	3	0	5	2	330	14	33	11	2	8	1	7	0	0	4	15
White Seeded - Medium	1 ea (150g)	390	60	7	11	1	5	0	10	3	670	28	66	22	3	12	1	15	0	0	8	30
White Seeded - Large	1 ea (300g)	790	130	14	22	2.5	13	0	20	7	1340	56	133	44	7	28	3	29	0	0	20	60
Wheat - Small	1 ea (71g)	180	25	2.5	4	0	0	0	0	0	350	15	30	10	3	12	5	7	0	0	2	4
Wheat - Medium	1 ea (142g)	350	50	5	8	1	5	0	0	0	700	29	61	20	6	24	10	15	0	0	4	8
Wheat - Large	1 ea (284g)	700	100	11	17	2	10	0	5	2	1390	58	121	40	13	52	20	30	0	0	6	15
Everything - Small	1 ea (75g)	190	25	2.5	4	0	0	0	5	2	450	19	34	11	2	8	1	7	0	0	2	10
Everything - Medium	1 ea (150g)	380	45	5	8	0.5	3	0	10	3	890	37	68	23	3	12	2	14	0	0	4	25
Everything - Large	1 ea (300g)	760	90	10	15	0	0	0	20	7	1780	74	136	45	7	28	3	29	0	2	10	50
Rustic Ciabatta White - Small	1 ea (46g)	160	5	0.5	1	0	0	0	0	0	380	16	33	11	2	8	1	6	0	0	0	15
Rustic Ciabatta White - Medium	1 ea (144g)	320	15	1.5	2	0	0	0	0	0	760	32	67	22	4	16	1	13	0	0	2	25
Rustic Ciabatta White - Large	1 ea (287g)	630	25	3	5	0.5	3	0	0	0	1530	64	133	44	7	28	3	25	0	0	4	50
Wrap - Wheat	1 ea (100g)	230	45	5	8	1	5	0	0	0	520	22	44	15	6	24	1	9	0	0	10	15
Wrap - Spinach	1 ea (100g)	260	45	5	8	1	5	0	0	0	520	22	48	16	2	8	1	8	0	0	10	15
Condiments																						
Signature Oil - Small	.2 oz (6g)	40	40	4.5	7	0.5	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Signature Oil - Medium	.4 oz (11g)	80	80	9	14	1	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Signature Oil - Large	.75 oz (21g)	150	150	17	26	2.5	13	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Organic Mustard (Yellow) - Small	.25 oz (7g)	0	0	0	0	0	0	0	0	0	115	5	0	0	0	0	0	0	0	0	0	0
Organic Mustard (Yellow) - Medium	.5 oz (14g)	0	0	0	0	0	0	0	0	0	230	10	0	0	0	0	0	0	0	0	0	0
Organic Mustard (Yellow) - Large	1 oz (28g)	0	0	0	0	0	0	0	0	0	450	19	0	0	0	0	0	0	0	0	0	0
Mustard (Honey) - Small	.4 oz (11g)	35	0	0	0	0	0	0	0	0	55	2	7	2	0	0	7	0	0	0	0	0
Mustard (Honey) - Medium	.75 oz (21g)	70	0	0	0	0	0	0	0	0	105	4	14	5	0	0	14	0	0	0	0	0
Mustard (Honey) - Large	1.5 oz (43g)	140	0	0	0	0	0	0	0	0	210	9	27	9	0	0	27	0	0	0	0	0
Organic Mustard (Spicy Brown) - Small	.25 oz (7g)	0	0	0	0	0	0	0	0	0	115	5	0	0	0	0	0	0	0	0	0	0
Organic Mustard (Spicy Brown) - Medium	.5 oz (14g)	0	0	0	0	0	0	0	0	0	230	10	0	0	0	0	0	0	0	0	0	0
Organic Mustard (Spicy Brown) - Large	1 oz (28g)	0	0	0	0	0	0	0	0	0	450	19	0	0	0	0	0	0	0	0	0	0

Ranch Dressing - Small	.25 oz (7g)	25	20	2.5	4	0	0	0	0	5	2	95	4	0	0	0	0	0	0	0	0	0
Ranch Dressing - Medium	.5 oz (14g)	45	40	4.5	7	0	0	0	0	5	2	190	8	1	0	0	0	1	0	0	0	0
Ranch Dressing - Large	1 oz (28g)	90	80	9	14	1	5	0	0	10	3	380	16	2	1	0	0	2	0	0	0	2
Organic Blue Cheese Dressing - Small	.4 oz (11g)	45	45	5	8	1	5	0	0	5	2	80	3	0	0	0	0	0	0	0	0	0
Organic Blue Cheese Dressing - Medium	.8 oz (23g)	90	90	10	15	2	10	0	0	10	3	160	7	1	0	0	0	1	1	0	0	2
Organic Blue Cheese Dressing - Large	1.6 oz (45g)	180	170	19	29	3.5	18	0	0	20	7	330	14	2	1	0	0	1	1	0	0	2
Mayonnaise - Small	.4 oz (11g)	80	80	9	14	1.5	8	0	0	10	3	55	2	0	0	0	0	0	0	0	0	0
Mayonnaise - Medium	.75 oz (21g)	160	150	17	26	3	15	0	0	15	5	105	4	0	0	0	0	0	0	0	0	0
Mayonnaise - Large	1.5 oz (43g)	320	300	33	51	6	30	0.5	0	30	10	210	9	0	0	0	0	0	1	0	0	0
Mayonnaise (Horseradish) - Small	.25 oz (7g)	40	40	4	6	0.5	3	0	0	5	2	35	1	0	0	0	0	0	0	0	4	0
Mayonnaise (Horseradish) - Medium	.5 oz (14g)	80	80	8	12	1	5	0	0	10	3	75	3	1	0	0	0	0	0	0	8	0
Mayonnaise (Horseradish) - Large	1 oz (28g)	160	150	17	26	2.5	13	0	0	15	5	150	6	1	0	0	0	0	0	0	15	0
Spicy Mayonnaise - Small	.25 oz (7g)	20	20	2	3	0	0	0	0	0	0	45	2	0	0	0	0	0	0	0	0	0
Spicy Mayonnaise - Medium	.5 oz (14g)	40	40	4.5	7	0.5	3	0	0	5	2	85	4	1	0	0	0	1	0	0	0	0
Spicy Mayonnaise - Large	1 oz (28g)	80	80	9	14	1.5	8	0	0	5	2	170	7	1	0	0	0	1	0	0	0	0
Buffalo Sauce - Small	1.5 oz (28g)	30	25	3	5	0	0	0	0	0	0	310	13	1	0	0	0	0	0	2	0	0
Buffalo Sauce - Medium	1 oz (57g)	60	50	6	9	0	0	0	0	0	0	620	26	2	1	0	0	0	0	2	0	0
Buffalo Sauce - Large	2 oz (113g)	110	100	11	17	0	0	0	0	0	0	1250	52	4	1	0	0	0	0	4	2	0
Seasoned Tomato Sauce - Small	1 oz (28g)	15	5	1	2	0	0	0	0	0	0	115	5	2	1	0	0	1	0	4	10	2
Seasoned Tomato Sauce - Medium	2 oz (57g)	30	15	1.5	2	0	0	0	0	0	0	230	10	4	1	1	4	1	1	6	20	2
Seasoned Tomato Sauce - Large	4 oz (113g)	60	25	3	5	0	0	0	0	0	0	450	19	7	2	1	4	2	1	15	40	4
Hot Pepper Spread - Small	.25 oz (7g)	0	0	0	0	0	0	0	0	0	0	100	4	0	0	0	0	0	0	0	0	0
Hot Pepper Spread - Medium	.5 oz (14g)	5	0	0	0	0	0	0	0	0	0	200	8	1	0	0	0	0	0	0	0	0
Hot Pepper Spread - Large	1 oz (28g)	5	0	0	0	0	0	0	0	0	0	390	16	1	0	1	4	1	1	2	2	0
Toppings																						
Lettuce - Small	.75 oz (21g)	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	0
Lettuce - Medium	1.5 oz (43g)	5	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	2	2	0
Lettuce - Large	3 oz (85g)	15	0	0	0	0	0	0	0	0	0	0	0	2	1	1	4	2	1	4	6	2
Organic Green Leaf Blend (Arcadian) - Small	.75 oz (21g)	5	0	0	0	0	0	0	0	0	0	20	1	1	0	1	4	0	0	2	10	2
Organic Green Leaf Blend (Arcadian) - Medium	1.5 oz (43g)	15	0	0	0	0	0	0	0	0	0	40	2	2	1	1	4	1	1	2	20	4
Organic Green Leaf Blend (Arcadian) - Large	3 oz (85g)	25	0	0	0	0	0	0	0	0	0	80	3	4	1	2	8	1	1	6	40	6
Tomato - Small	.75 oz (21g)	5	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	4	4	0
Tomato - Medium	1.5 oz (43g)	10	0	0	0	0	0	0	0	0	0	0	0	2	1	1	4	1	0	8	10	0

Tomato - Large	3 oz (85g)	15	0	0	0	0	0	0	0	0	0	0	3	1	1	4	2	1	15	20	0	2
Onions - Small	.4 oz (11g)	5	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	2	0	0
Onions - Medium	.75 oz (21g)	10	0	0	0	0	0	0	0	0	0	0	2	1	0	0	1	0	0	2	0	0
Onions - Large	1.5 oz (43g)	15	0	0	0	0	0	0	0	0	0	0	4	1	1	4	2	0	0	6	0	0
Sweet Peppers - Small	.75 oz (21g)	5	0	0	0	0	0	0	0	0	210	9	1	0	0	0	0	0	0	25	2	0
Sweet Peppers - Medium	1.5 oz (43g)	10	0	0	0	0	0	0	0	0	430	18	2	1	1	4	0	0	0	50	4	0
Sweet Peppers - Large	3 oz (85g)	15	0	0	0	0	0	0	0	0	850	35	3	1	2	8	0	0	0	100	6	0
Banana Peppers - Small	.4 oz (11g)	5	0	0	0	0	0	0	0	0	210	9	1	0	1	4	0	0	0	6	0	0
Banana Peppers - Medium	.75 oz (21g)	5	0	0	0	0	0	0	0	0	400	17	1	0	1	4	0	0	0	10	0	0
Banana Peppers - Large	1.5 oz (43g)	15	0	0	0	0	0	0	0	0	790	33	3	1	3	12	0	0	0	25	4	0
Dill Pickles - Small	.437 oz (12g)	5	0	0	0	0	0	0	0	0	115	5	0	0	1	4	0	0	0	0	0	0
Dill Pickles - Medium	.875 oz (25g)	10	0	0	0	0	0	0	0	0	230	10	0	0	2	8	0	0	0	0	0	0
Dill Pickles - Large	1.75 oz (50g)	15	0	0	0	0	0	0	0	0	460	19	0	0	3	12	0	0	0	0	0	0
Cucumbers - Small	.5 oz (14g)	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
Cucumbers - Medium	1 oz (28g)	5	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	2	0	0
Cucumbers - Large	2 oz (57g)	10	0	0	0	0	0	0	0	0	0	0	2	1	0	0	1	0	2	2	0	0
Black Olives - Small	.5 oz (14g)	25	20	2	3	0	0	0	0	0	125	5	0	0	0	0	0	0	0	0	0	0
Black Olives - Medium	1 oz (28g)	50	40	4.5	7	0	0	0	0	0	250	10	0	0	0	0	0	0	0	0	0	0
Black Olives - Large	2 oz (57g)	110	80	9	14	0	0	0	0	0	500	21	0	0	0	0	0	0	0	0	0	0
Cheese																						
Provolone - Small	.5 oz (14g)	50	30	3.5	5	2.5	13	0	10	3	125	5	0	0	0	0	0	4	2	0	10	0
Provolone - Medium	.75 oz (21g)	80	50	5	8	4	20	0	15	5	190	8	0	0	0	0	0	5	4	0	15	0
Provolone - Large	1.5 oz (43g)	150	100	11	17	8	40	0	30	10	380	16	1	0	0	0	0	11	8	0	30	2
Pepperjack - Small	.75 oz (16g)	60	40	4.5	7	3	15	0	15	0	15	5	100	4	1	0	0	4	4	0	10	0
Pepperjack - Medium	1.12 oz (32g)	120	80	9	14	6	30	0	35	12	200	8	2	1	0	0	0	8	6	0	20	0
Pepperjack - Large	2.25 oz (64g)	240	170	18	28	11	55	0	65	22	400	17	4	1	0	0	1	15	15	0	45	0
American - Small	.75 oz (21g)	80	50	6	9	4.5	23	0	20	7	270	11	1	0	0	0	0	5	4	0	15	0
American - Medium	1.12 oz (32g)	110	80	9	14	7	35	0	30	10	410	17	1	0	0	0	0	7	7	0	20	0
American - Large	2.25 oz (84g)	230	160	18	28	14	70	0	55	18	820	34	2	1	0	0	0	14	14	0	40	0
Swiss - Small	.75 oz (21g)	80	50	6	9	4	20	0	20	7	45	2	0	0	0	0	0	6	4	0	20	0
Swiss - Medium	1.12 oz (32g)	120	80	9	14	6	30	0	30	10	70	3	0	0	0	0	0	9	6	0	30	0
Swiss - Large	2.25 oz (64g)	240	160	18	28	12	60	0	60	20	135	6	0	0	0	0	0	18	10	0	60	0
Mozzarella - Small	.75 oz (21g)	60	40	4.5	7	2.5	13	0	10	3	130	5	0	0	0	0	0	6	2	0	15	0

Mozzarella - Medium	1.12 oz (32g)	90	60	7	11	4	20	0	15	5	200	8	0	0	0	0	0	9	4	0	25	0
Mozzarella - Large	2.25 oz (64g)	180	120	14	22	8	40	0	30	10	390	16	0	0	0	0	0	18	6	0	45	0
Cheddar - Small	.75 oz (21g)	80	60	7	11	4	20	0	20	7	135	6	0	0	0	0	0	5	0	0	15	0
Cheddar - Medium	1.12 oz (32g)	120	100	11	17	6	30	0	30	10	210	9	0	0	0	0	0	8	0	0	25	0
Cheddar - Large	2.25 oz (84g)	240	190	21	32	12	60	0	60	20	410	17	0	0	0	0	0	15	0	0	45	0
Meats / Proteins																						
Turkey - Small	2 oz (57g)	50	10	1	2	0	0	0	20	7	490	20	0	0	0	0	0	10	0	0	0	0
Turkey - Medium	4 oz (113g)	100	20	2	3	0	0	0	40	13	970	40	0	0	0	0	0	20	0	0	0	0
Turkey - Large	8 oz (227g)	200	35	4	6	0	0	0	80	27	1940	81	0	0	0	0	0	40	0	0	0	0
Roast Beef - Small	2 oz (57g)	80	20	2	3	0.5	3	0	35	12	330	14	1	0	0	0	1	14	0	0	0	8
Roast Beef - Medium	4 oz (113g)	160	35	4	6	1	5	0	70	23	670	28	2	1	0	0	1	28	0	0	0	15
Roast Beef - Large	8 oz (227g)	320	70	8	12	2	10	0	140	47	1340	56	4	1	0	0	2	57	0	0	0	30
Ham - Small	2 oz (57g)	60	10	1	2	0	0	0	35	12	540	23	1	0	0	0	1	12	0	10	0	2
Ham - Medium	4 oz (113g)	120	20	2	3	0	0	0	70	23	1070	45	2	1	0	0	2	24	0	20	0	6
Ham - Large	8 oz (227g)	240	35	4	6	0	0	0	140	47	2150	90	4	1	0	0	4	49	0	40	0	10
Salami - Small	2 oz (57g)	200	160	18	28	7	35	0	60	20	850	35	0	0	0	0	0	10	0	0	0	4
Salami - Medium	4 oz (113g)	400	330	36	55	14	70	0	120	40	1700	71	0	0	0	0	0	20	0	0	0	8
Salami - Large	8 oz (227g)	810	660	73	112	28	140	0	245	82	3400	142	0	0	0	0	0	40	0	0	0	15
Capicola - Small	2 oz (57g)	70	15	1.5	2	1	5	0	15	5	310	13	3	1	0	0	0	9	0	4	0	2
Capicola - Medium	4 oz (113g)	140	25	3	5	2	10	0	30	10	630	26	6	2	0	0	0	18	0	8	0	6
Capicola - Large	8 oz (227g)	280	50	6	9	4	20	0	60	20	1260	53	12	4	0	0	0	36	0	15	0	10
Spicy Ham - Small	2 oz (57g)	60	25	2.5	4	1	5	0	25	8	480	20	1	0	0	0	0	9	0	0	0	2
Spicy Ham - Medium	4 oz (113g)	120	45	5	8	2	10	0	50	17	950	40	2	1	0	0	0	18	0	0	0	6
Spicy Ham - Large	8 oz (227g)	240	90	10	15	4	20	0	100	33	1900	79	4	1	0	0	0	36	0	0	0	10
Grilled Chicken Salad - Small	2 oz (57g)	170	120	13	20	1	5	0	40	13	260	11	1	0	0	0	1	10	0	0	0	0
Grilled Chicken Salad - Medium	4 oz (113g)	330	230	26	40	2.5	13	0	80	27	520	22	2	1	0	0	1	20	2	0	2	0
Grilled Chicken Salad - Large	8 oz (227g)	660	470	52	80	4.5	23	0	160	53	1040	43	5	2	0	0	2	41	2	0	2	0
Grilled Chicken - Small	2 oz (57g)	80	35	4	6	0.5	3	0	30	10	270	11	1	0	0	0	1	10	0	2	0	2
Grilled Chicken - Medium	4 oz (113g)	160	70	8	12	1.5	8	0	55	18	530	22	2	1	0	0	2	19	0	2	0	2
Grilled Chicken - Large	8 oz (227g)	310	140	16	25	3	15	0	115	38	1060	44	4	1	0	0	3	38	2	4	0	4
Tuna Salad - Small	2 oz (57g)	110	110	13	20	2	10	0	30	10	260	11	0	0	0	0	0	10	0	0	0	0
Tuna Salad - Medium	4 oz (113g)	230	230	25	38	4	20	0	60	20	520	22	0	0	0	0	0	19	0	0	0	0
Tuna Salad - Large	8 oz (227g)	450	450	50	77	8	40	0.5	120	40	1040	43	0	0	0	0	0	38	0	0	0	0

Chicken Tenders - Small	3 oz (85g)	130	25	2.5	4	0	0	0	30	10	500	21	13	4	0	0	1	14	0	2	2	4
Chicken Tenders - Medium	6 oz (170g)	260	45	5	8	1	5	0	65	22	1000	42	26	9	1	4	2	28	2	4	2	8
Chicken Tenders - Large	12 oz (340g)	520	90	11	17	2	10	0	130	43	2010	84	51	17	1	4	3	56	4	8	4	15
Meatballs - Small	3 oz (85g)	240	160	18	28	7	35	1	45	23	540	23	9	3	2	8	0	13	0	4	2	8
Meatballs - Medium	6 oz (170g)	470	320	36	55	15	75	1.5	90	30	1070	45	17	6	5	20	0	25	2	8	6	15
Meatballs - Large	12 oz (340g)	950	650	72	111	29	145	3	180	60	2150	90	34	11	9	36	0	51	4	15	10	30
Portabella Cutlet - Small	2 oz (57g)	80	30	3	5	0.5	3	0	0	0	240	10	11	4	1	4	1	2	0	2	0	8
Portabella Cutlet - Medium	4 oz (113g)	170	60	6	9	1	5	0	0	0	480	20	22	7	1	4	3	4	0	4	2	15
Portabella Cutlet - Large	8 oz (227g)	330	120	13	20	2	10	0	5	2	950	40	45	15	3	12	6	9	0	10	4	35
Applewood Bacon 1 Slice - Small	.38 oz (11g)	35	20	2	3	1	5	0	5	2	280	12	1	0	0	0	1	3	0	0	0	0
Applewood Bacon 2 Slices - Medium	.75 oz (22g)	70	40	4.5	7	1.5	8	0	5	2	550	23	2	1	0	0	2	5	0	0	0	2
Applewood Bacon 4 Slices - Large	1.5oz (44g)	140	80	9	14	3	15	0	10	3	1100	46	4	1	0	0	4	10	0	0	0	4
Favorites / Sandwiches																						
Meatball - Small	201g	460	200	23	35	9	45	1	55	18	1140	48	44	15	5	20	2	24	6	15	15	20
Meatball - Medium	402g	910	410	45	69	19	95	1.5	105	35	2280	95	88	29	9	36	3	48	10	30	35	45
Meatball - Large	804g	1820	820	91	140	38	190	3	215	72	4550	190	176	59	18	72	7	96	25	60	70	90
Chicken Tender Traditional - Small	157g	310	40	4.5	7	1	5	0	35	12	840	35	45	15	2	8	2	21	0	2	2	15
Chicken Tender Traditional - Medium	313g	610	80	9	14	1.5	8	0	75	25	1670	70	90	30	3	12	3	41	2	4	4	30
Chicken Tender Traditional - Large	626g	1230	160	18	28	3	15	0	145	48	3340	139	181	60	6	24	6	82	4	8	8	60
Chicken Tender Parmesan - Small	185g	320	45	5	8	1	5	0	35	12	960	40	47	16	2	8	3	21	4	10	4	15
Chicken Tender Parmesan - Medium	370g	640	90	10	15	2	10	0	75	25	1910	80	94	31	4	16	5	42	8	25	8	30
Chicken Tender Parmesan - Large	740g	1280	180	20	31	3.5	18	0	145	48	3820	159	188	63	8	32	11	84	15	45	15	60
Chicken Tender - Buffalo Style - Small	171g	330	70	7	11	0	0	0	35	12	1150	48	46	15	2	8	2	21	2	2	2	15
Chicken Tender - Buffalo Style Medium	341g	670	130	15	23	1.5	8	0	75	25	2300	96	92	31	3	12	4	41	4	4	4	30
Chicken Tender - Buffalo Style Large	683g	1340	260	29	45	3	15	0	145	48	4590	191	184	61	6	24	6	82	8	8	8	60
Grilled Lemon Garlic Chicken - Small	194g	340	130	14	22	2.5	13	0	40	13	770	32	35	12	3	12	3	17	6	8	2	15
Grilled Lemon Garlic Chicken - Medium	388g	690	260	29	45	5	25	0	80	27	1540	64	69	23	5	20	5	34	10	15	4	25
Grilled Lemon Garlic Chicken - Large	775g	1380	510	57	88	10	50	0.5	165	55	3070	128	139	46	10	40	10	67	20	30	8	50
Portabella Cutlet Parmesan - Small	163g	290	80	9	14	1	5	0	5	2	690	29	47	16	3	12	3	10	4	10	8	20
Portabella Cutlet Parmesan - Medium	326g	590	170	19	29	2.5	13	0	10	3	1390	58	93	31	7	28	6	20	8	25	15	45
Portabella Cutlet Parmesan - Large	652g	1180	330	37	57	5	25	0	20	7	2770	115	186	62	13	52	12	40	15	50	30	90
Dannys Favorite - Small	175g	390	160	18	28	6	30	0	45	15	980	41	35	12	2	8	1	20	4	2	15	20
Dannys Favorite - Medium	350g	780	320	36	55	12	60	0	90	30	1970	82	70	23	4	16	2	40	6	6	25	35

Dannys Favorite - Large	700g	1550	650	72	111	24	120	0	185	62	3940	164	141	47	8	32	5	79	10	10	50	70
Wegmans Assorted - Small	198g	380	150	17	26	6	30	0	55	18	1060	44	33	11	4	16	7	24	10	10	15	8
Wegmans Assorted - Medium	395g	770	310	34	52	11	55	0	105	35	2130	89	66	22	7	28	13	48	20	20	25	20
Wegmans Assorted - Large	790g	1540	610	68	105	22	110	0.5	215	72	4260	178	132	44	15	60	26	95	45	40	50	35
Traditional Turkey - Small	190g	320	90	10	15	3.5	18	0	40	13	1060	44	35	12	2	8	1	22	2	10	15	20
Traditional Turkey - Medium	380g	630	180	20	31	7	35	0	80	27	2110	88	70	23	5	20	2	43	4	20	35	40
Traditional Turkey - Large	761g	1260	360	40	62	14	70	0	160	53	4220	176	139	46	9	36	5	86	8	45	70	80