

Restaurant Foods Nutrition Facts

Chestnut Hill Sub Shop	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Bread	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ciabatta - Small	1 ea (72g)	160	0.5	1	0	0	0	0	0	390	17	33	12	0	0	1	0	0	6	0	0	10	2
Ciabatta - Medium	1 ea (144g)	320	1	1	0	0	0	0	0	770	33	66	24	0	0	2	0	0	11	6	2	20	2
Ciabatta - Large	1 ea (287g)	630	2.5	3	0	0	0	0	0	1550	67	132	48	1	4	3	0	0	23	6	4	45	4
Wrap - Wheat	1 ea (100g)	230	5	6	1	5	0	0	0	520	23	44	16	6	21	1	0	0	9	0	8	15	6
Wrap - Spinach	1 ea (100g)	260	5	6	1	5	0	0	0	520	23	48	17	2	7	1	0	0	8	0	8	15	2
Seven Grain Sourdough Bread	2 slices (114g)	290	3	4	0	0	0	0	0	530	23	57	21	4	14	6	4	8	8	0	2	10	2
Caraway Rye Bread	2 slices (114g)	270	2	3	0	0	0	0	0	700	30	51	19	3	11	1	0	0	11	0	8	15	2
Organic Sprouted Multigrain Bread	2 slices (76g)	190	3.5	4	0	0	0	0	0	240	10	34	12	6	21	5	4	8	8	0	4	10	4
Gluten Free Sub Roll	1 ea (153g)	410	14	18	1.5	8	0	0	0	510	22	64	23	1	4	4	3	6	6	0	2	10	2
Condiments	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Blue Cheese Dressing - Small	.4 oz (11g)	45	5	6	0.5	3	0	5	2	80	3	1	0	0	0	0	0	0	0	0	0	0	0
Blue Cheese Dressing - Medium	.8 oz (23g)	90	10	13	1	5	0	10	3	160	7	1	0	0	0	1	1	2	1	0	2	0	0
Blue Cheese Dressing - Large	1.6 oz (45g)	190	19	24	2	10	0	15	5	320	14	2	1	0	0	1	1	2	1	0	4	0	0
Buffalo Sauce - Small	.5 oz (28g)	30	3	4	0	0	0	0	0	300	13	0	0	0	0	0	0	0	0	0	0	0	0
Buffalo Sauce - Medium	1 oz (57g)	60	6	8	0.5	3	0	0	0	600	26	1	0	0	0	0	0	0	0	0	0	0	0
Buffalo Sauce - Large	2 oz (113g)	110	12	15	1	5	0	0	0	1210	53	2	1	1	4	1	0	0	1	0	0	0	2
Extra Virgin Olive Oil - Small	.12 oz (3.5g)	30	3.5	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil - Medium	.25 oz (7g)	60	7	9	1	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil - Large	.49 oz (14g)	120	14	18	2	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Pepper Spread - Small	.25 oz (7g)	0	0	0	0	0	0	0	0	100	4	0	0	0	0	0	0	0	0	0	0	0	0
Hot Pepper Spread - Medium	.5 oz (14g)	5	0	0	0	0	0	0	0	200	9	1	0	0	0	0	0	0	0	0	0	0	0
Hot Pepper Spread - Large	1 oz (28g)	5	0	0	0	0	0	0	0	390	17	1	0	1	4	1	0	0	1	0	0	0	0
Hot Honey - Small	.4 oz (11g)	30	0	0	0	0	0	0	0	10	0	9	3	0	0	9	9	18	0	0	0	0	0
Hot Honey - Medium	.75 oz (21g)	60	0	0	0	0	0	0	0	15	1	17	6	0	0	17	17	34	0	0	0	0	0
Hot Honey - Large	1.5 oz (43g)	120	0	0	0	0	0	0	0	30	1	34	12	0	0	34	34	68	0	0	0	0	0
Mayonnaise - Small	.4 oz (11g)	80	9	12	1.5	8	0	5	2	55	2	0	0	0	0	0	0	0	0	0	0	0	0

Have questions or comments? Call Wegmans Consumer Care Center:
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Chestnut Hill Sub Shop	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Mayonnaise - Medium	.75 oz (21g)	160	17	22	3	15	0	15	5	105	5	0	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise - Large	1.5 oz (43g)	310	33	42	6	30	0	25	8	210	9	0	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise, Horseradish - Small	.25 oz (7g)	40	4.5	6	0.5	3	0	5	2	25	1	0	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise, Horseradish - Medium	.5 oz (14g)	80	9	12	1.5	8	0	10	3	50	2	1	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise, Horseradish - Large	1 oz (28g)	160	17	22	3	15	0	15	5	105	5	1	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise, Spicy Sriracha - Small	.25 oz (7g)	40	4	5	0.5	3	0	5	2	60	3	1	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise, Spicy Sriracha - Medium	.5 oz (14g)	80	8	10	1.5	8	0	5	2	125	5	1	0	0	0	1	1	2	0	0	0	0	0
Mayonnaise, Spicy Sriracha - Large	1 oz (28g)	160	17	22	2.5	13	0	15	5	250	11	2	1	0	0	2	2	4	0	0	0	0	0
Mustard, Organic Yellow - Small	.25 oz (7g)	5	0	0	0	0	0	0	0	110	5	0	0	0	0	0	0	0	0	0	0	0	0
Mustard, Organic Yellow - Medium	.5 oz (14g)	10	1	1	0	0	0	0	0	220	10	1	0	0	0	0	0	0	1	0	0	0	0
Mustard, Organic Yellow - Large	1 oz (28g)	25	1.5	2	0	0	0	0	0	440	19	1	0	1	4	0	0	0	1	0	0	0	0
Mustard, Honey - Small	.4 oz (11g)	35	0.5	1	0	0	0	0	0	50	2	7	3	0	0	7	7	14	1	0	0	0	0
Mustard, Honey - Medium	.75 oz (21g)	70	1.5	2	0	0	0	0	0	90	4	13	5	0	0	13	12	24	1	0	0	0	0
Mustard, Honey - Large	1.5 oz (43g)	130	2.5	3	0	0	0	0	0	180	8	27	10	1	4	25	24	48	2	0	2	6	2
Mustard, Organic Spicy Brown - Small	.25 oz (7g)	5	0	0	0	0	0	0	0	110	5	0	0	0	0	0	0	0	0	0	0	0	0
Mustard, Organic Spicy Brown - Medium	.5 oz (14g)	10	1	1	0	0	0	0	0	220	10	1	0	0	0	0	0	0	1	0	0	0	0
Mustard, Organic Spicy Brown - Large	1 oz (28g)	25	1.5	2	0	0	0	0	0	450	20	1	0	1	4	0	0	0	1	0	2	0	0
Ranch Dressing - Small	.25 oz (7g)	25	2.5	0	0	0	0	5	2	95	4	1	0	0	0	0	0	0	0	0	0	0	0
Ranch Dressing - Medium	.5 oz (14g)	45	4.5	0	0	0	0	5	2	190	8	1	0	0	0	1	1	2	0	0	2	0	0
Ranch Dressing - Large	1 oz (28g)	90	9	0.5	3	5	0	10	3	380	17	2	1	0	0	2	1	2	0	0	2	0	0
Red Wine Vinegar - Small	.13 oz (3.75g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Red Wine Vinegar - Medium	.26 oz (7.5g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Red Wine Vinegar - Large	.53 oz (15g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Signature Oil - Small	.2 oz (6g)	40	4.5	6	0.5	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Signature Oil - Medium	.4 oz (11g)	80	9	12	1.5	8	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0
Signature Oil - Large	.75 oz (21g)	150	17	22	3	15	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0	0	0
Seasoned Tomato Sauce - Small	1 oz (28g)	15	0.5	1	0	0	0	0	0	120	5	2	1	0	0	1	0	0	0	0	2	0	2
Seasoned Tomato Sauce - Medium	2 oz (57g)	30	1	1	0	0	0	0	0	240	10	4	1	1	4	2	0	0	1	0	4	0	4

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Onions - Large	1.5 oz (43g)	15	0	0	0	0	0	0	0	0	0	4	1	1	4	2	0	0	0	0	0	0	2
Oregano - Small	.25 oz (7g)	20	0	0	0	0	0	0	0	0	0	5	2	3	11	0	0	0	1	0	8	15	2
Oregano - Medium	.5 oz (14g)	40	0.5	1	0	0	0	0	0	0	0	10	4	6	21	1	0	0	1	0	15	30	4
Oregano - Large	1 oz (28g)	80	1	1	0	0	0	0	0	5	0	20	7	12	43	1	0	0	3	0	35	60	8
Sweet Peppers - Small	.75 oz (21g)	5	0	0	0	0	0	0	0	60	3	1	0	0	0	1	0	0	0	0	0	0	0
Sweet Peppers - Medium	1.5 oz (43g)	10	0	0	0	0	0	0	0	120	5	3	1	1	4	1	0	0	0	0	2	0	0
Sweet Peppers - Large	3 oz (85g)	15	0	0	0	0	0	0	0	240	10	5	2	1	4	3	1	2	1	0	2	0	2
Tomato - Small	.625 oz (18g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Tomato - Medium	1.25 oz (35g)	5	0	0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	0	0	0	0	2
Tomato - Large	2.5 oz (71g)	15	0	0	0	0	0	0	0	0	0	3	1	1	4	2	0	0	1	0	0	0	4
Proteins	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bacon 1 Slice - Small	.32 oz (9g)	45	3	4	1	5	0	10	3	135	6	0	0	0	0	0	0	0	4	0	0	0	2
Bacon 2 Slices - Medium	.63 oz (18g)	90	6	8	2	10	0	25	8	270	12	0	0	0	0	1	0	0	8	0	0	0	2
Bacon 4 Slices - Large	1.27 oz (36g)	170	12	15	4	20	0	45	15	550	24	1	0	0	0	1	0	0	17	0	0	0	4
Capicola - Small	2 oz (57g)	110	7	9	1.5	8	0	50	17	610	27	1	0	0	0	0	0	0	11	6	2	6	4
Capicola - Medium	4 oz (113g)	220	14	18	3	15	0	100	33	1210	53	2	1	0	0	1	1	2	22	6	2	10	8
Capicola - Large	8 oz (227g)	450	28	36	6	30	0	200	67	2430	106	4	1	1	4	2	1	2	45	15	6	20	15
Chicken Tenders - Small	3.7 oz (106g)	200	7	9	1.5	8	0	45	15	670	29	18	7	1	4	1	1	2	15	0	0	6	6
Chicken Tenders - Medium	5.6 oz (159g)	290	10	13	2	10	0	65	22	1000	43	27	10	2	7	2	2	4	22	0	2	6	10
Chicken Tenders - Large	11.2 oz (318g)	590	21	27	4	20	0	130	43	2000	87	55	20	3	11	3	3	6	45	0	2	15	20
Grilled Chicken Salad - Small	2 oz (57g)	140	12	15	2	10	0	35	12	240	10	2	1	0	0	0	0	0	8	0	4	0	4
Grilled Chicken Salad - Medium	4 oz (113g)	290	23	29	3.5	18	0	75	25	480	21	3	1	0	0	1	0	0	17	0	8	0	6
Grilled Chicken Salad - Large	8 oz (227g)	580	46	59	7	35	0.5	150	50	960	42	6	2	1	4	1	1	2	34	0	15	6	15
Grilled Lemon Garlic Chicken Breast - Small	2 oz (57g)	80	4.5	6	0.5	3	0	40	13	340	15	0	0	0	0	0	0	0	14	0	0	0	6
Grilled Lemon Garlic Chicken Breast - Medium	4 oz (113g)	170	9	12	1.5	8	0	80	27	690	30	1	0	0	0	0	0	0	28	0	0	6	10
Grilled Lemon Garlic Chicken Breast - Large	8 oz (227g)	330	17	22	3	15	0	155	52	1370	60	2	1	0	0	1	0	0	57	0	2	10	20
Ham - Small	2 oz (57g)	60	1.5	2	0	0	0	25	8	610	27	1	0	0	0	1	1	2	10	0	0	0	4
Ham - Medium	4 oz (113g)	110	3	4	1	5	0	50	17	1210	53	2	1	0	0	1	1	2	19	0	0	6	8

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Ham - Large	8 oz (227g)	220	6	8	2	10	0	100	33	2430	106	3	1	0	0	3	3	6	38	0	2	6	15
Meatballs - Small	3 oz (85g)	240	18	23	7	35	1	45	15	540	23	9	3	2	7	0	0	0	13	0	2	6	6
Meatballs - Medium	6 oz (170g)	470	36	46	15	75	1.5	90	30	1070	47	17	6	5	18	0	0	0	25	0	4	15	15
Meatballs - Large	12 oz (340g)	950	72	92	29	145	3	180	60	2150	93	34	12	9	32	0	0	0	51	0	10	30	25
Roast Beef - Small	2 oz (57g)	60	2.5	3	0.5	3	0	35	12	230	10	1	0	0	0	0	0	0	12	0	0	10	4
Roast Beef - Medium	4 oz (113g)	120	4.5	6	1	5	0	70	23	460	20	1	0	0	0	0	0	0	25	0	2	15	8
Roast Beef - Large	8 oz (227g)	240	9	12	2.5	13	0	135	45	930	40	2	1	0	0	0	0	0	50	0	2	40	15
Roasted Red Pepper Hummus - Small	1 oz (28g)	60	3.5	4	0	0	0	0	0	95	4	6	2	2	7	1	0	0	2	0	2	10	2
Roasted Red Pepper Hummus - Medium	2 oz (57g)	110	7	9	0	0	0	0	0	190	8	11	4	4	14	2	0	0	4	0	2	15	4
Roasted Red Pepper Hummus - Large	4 oz (113g)	230	13	17	0	0	0	0	0	380	17	23	8	8	29	4	0	0	8	0	4	40	6
Salami - Small	2 oz (57g)	200	18	23	9	45	0	60	20	850	37	2	1	0	0	1	1	2	10	0	2	35	4
Salami - Medium	4 oz (113g)	400	36	46	17	85	0	120	40	1700	74	4	1	0	0	2	2	4	20	0	4	70	8
Salami - Large	8 oz (227g)	810	73	94	34	170	0	245	82	3400	148	8	3	0	0	5	5	10	40	0	6	130	15
Shaved Steak - Small	2.5 oz (71g)	130	8	10	3	15	0	45	15	270	12	1	0	0	0	0	0	0	14	0	2	6	4
Shaved Steak - Medium	5 oz (142g)	260	16	21	6	30	0	85	28	540	23	1	0	0	0	0	0	0	28	0	2	10	10
Shaved Steak - Large	10 oz (283 g)	510	31	40	11	55	0	170	57	1080	47	3	1	0	0	0	0	0	57	0	4	15	20
Spicy Ham - Small	2 oz (57g)	50	1	1	0.5	3	0	25	8	540	23	1	0	0	0	1	1	2	10	0	0	0	4
Spicy Ham - Medium	4 oz (113g)	100	2	3	1	5	0	50	17	1070	47	2	1	0	0	2	2	4	20	0	2	6	8
Spicy Ham - Large	8 oz (227g)	200	4	5	2	10	0	100	33	2150	93	4	1	0	0	5	5	10	40	6	2	10	15
Tuna Salad - Small	2 oz (57g)	130	9	12	1.5	8	0	30	10	220	10	0	0	0	0	0	0	0	12	6	0	0	2
Tuna Salad - Medium	4 oz (113g)	260	18	23	2.5	13	0	60	20	440	19	1	0	0	0	1	0	0	23	10	0	6	4
Tuna Salad - Large	8 oz (227g)	520	36	46	5	25	0	120	40	880	38	1	0	0	0	1	0	0	46	15	2	10	10
Turkey - Small	2 oz (57g)	50	0.5	1	0	0	0	20	7	470	20	1	0	0	0	0	0	0	20	0	0	0	10
Turkey - Medium	4 oz (113g)	100	1	1	0	0	0	40	13	930	40	2	1	0	0	0	0	0	40	0	0	0	20
Turkey - Large	8 oz (227g)	200	2	3	0	0	0	80	27	1860	81	4	1	0	0	0	0	0	81	0	0	0	40
Cheese	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
American - Small	.375 oz (11g)	40	3	4	2.5	13	0	10	3	135	6	0	0	0	0	0	0	0	2	0	6	0	0
American - Medium	.75 oz (21g)	80	6	8	4.5	23	0	20	7	270	12	1	0	0	0	0	0	0	5	0	10	0	0

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American - Large	1.5 oz (43g)	150	12	15	9	45	0	40	13	550	24	2	1	0	0	0	0	0	9	0	20	0	0
Grated Parmesan - Small	.25 oz (7g)	30	2	3	1.5	8	0	5	2	135	6	0	0	0	0	0	0	0	3	0	6	0	0
Grated Parmesan - Medium	.5 oz (14g)	60	4.5	6	3	15	0	15	5	270	12	0	0	0	0	0	0	0	6	0	10	0	0
Grated Parmesan - Large	1 oz (28g)	110	9	12	6	30	0	30	10	540	23	0	0	0	0	0	0	0	11	0	25	0	2
Mozzarella - Small	.375 oz (11g)	30	2	3	1.5	8	0	10	3	70	3	1	0	0	0	0	0	0	3	0	6	0	0
Mozzarella - Medium	.75 oz (21g)	60	4	5	2.5	13	0	15	5	140	6	1	0	0	0	0	0	0	5	0	10	0	0
Mozzarella - Large	1.5 oz (43g)	120	8	10	5	25	0	30	10	280	12	2	1	0	0	0	0	0	10	0	25	0	2
Pepper Jack - Small	.375 oz (11g)	40	3	4	2	10	0	10	3	70	3	0	0	0	0	0	0	0	3	15	6	0	0
Pepper Jack - Medium	.75 oz (21g)	80	6	8	4	20	0	20	7	135	6	0	0	0	0	0	0	0	5	25	10	0	0
Pepper Jack - Large	1.5 oz (43g)	160	12	15	8	40	0	40	13	270	12	0	0	0	0	0	0	0	10	50	25	0	0
Provolone - Small	.375 oz (11g)	35	3	4	2	10	0	10	3	90	4	0	0	0	0	0	0	0	3	0	6	0	0
Provolone - Medium	.75 oz (21g)	70	6	8	3.5	18	0	15	5	180	8	0	0	0	0	0	0	0	5	0	10	0	0
Provolone - Large	1.5 oz (43g)	140	12	15	7	35	0	30	10	360	16	0	0	0	0	0	0	0	10	0	25	0	2
Swiss - Small	.375 oz (11g)	40	3.5	4	2	10	0	10	3	20	1	0	0	0	0	0	0	0	3	0	8	0	0
Swiss - Medium	.75 oz (21g)	80	7	9	4	20	0	20	7	40	2	0	0	0	0	0	0	0	6	0	15	0	0
Swiss - Large	1.5 oz (43g)	160	14	18	8	40	0	40	13	80	3	0	0	0	0	0	0	0	12	0	30	0	0