



CANADA NUTRITION INFORMATION

September 2025

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Calcium % DV	Iron % DV
SANDWICHES													
6" Steak Subs Double values for footlong nutrition information (one footlong = two 6" servings)													
Steak'n Bacon	257	600	32	11	1	80	1480	46	3	6	31	2	10
Bourbon Brisket	248	690	34	10	1	95	1600	63	3	16	34	10	4
Bourbon BBQ Steak & Cheddar	231	520	18	8	0	80	1230	55	3	9	31	10	10
6" Chicken Subs													
Chicken Rancher	285	560	26	10	0	90	1140	45	3	6	36	15	10
Teriyaki Crunch	298	540	15	6	0	70	1340	67	3	20	29	10	10
Piri-Piri Chicken	231	510	23	8	0	75	1170	44	2	5	31	10	6
Nashville-Style Hot Chicken	271	590	27	8	0	75	1270	53	3	7	32	2	10
6" Classics Subs													
Black Forest Ham	216	290	5	1	0	25	870	44	4	7	18	2	15
Cold Cut Combo	226	400	18	6	0	35	930	43	3	6	17	2	15
Italian B.M.T.®	233	410	17	6	0	45	1400	46	3	6	21	2	25
Meatball Marinara	212	460	18	8	1	45	1170	51	4	7	24	6	15
Pizza Sub	146	430	20	8	0	40	1500	44	3	6	18	6	40
Rotisserie-Style Chicken	233	320	5	2	0	45	650	43	3	5	26	2	6
Steak & Cheese	167	360	10	5	0	50	1120	43	2	5	24	4	6
Sweet Onion Chicken Teriyaki	261	370	5	2	0	50	920	59	3	19	24	2	6
Tuna (includes Mayonnaise)	226	450	22	4	0	40	690	42	3	5	20	0	4
Turkey Breast	222	290	5	1	0	30	860	44	4	7	19	2	20
Veggie Delite®	162	220	3	1	0	0	360	40	4	6	10	2	15
Veggie Patty	247	390	12	2	0	0	680	57	12	8	16	4	25
6" Deli Subs													
Great Canadian Club	235	480	20	8	0	70	1390	49	2	8	27	10	6
Smashed Avocado & Turkey	293	550	28	8	0	65	1240	50	5	7	24	10	6
6" Veggie Subs													
Big Veggie	264	540	25	7	1	30	1080	60	10	7	20	10	10
6" Limited Time Offer/Regional Subs**													
B.L.T.	156	360	13	6	0	30	930	42	2	4	19	0	4
Grilled Chicken	226	280	4	1	0	30	690	41	5	6	21	2	15
Snackwiches Values include ciabatta, select vegetables and sauces as noted.													
Honey Mustard Ham	171	320	13	4	0	25	970	42	2	4	13	4	2
Turkey Ranch	160	350	15	4	0	30	980	40	2	2	14	4	4
BLT	149	400	22	7	0	35	800	38	2	1	14	4	2
Three Cheese	113	350	16	8	0	35	780	37	2	1	14	15	0
WRAPS													
Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives.													
Chicken Rancher	317	650	31	10	0	90	1340	56	4	5	37	20	25
Grilled Chicken	271	450	17	3	0	35	1030	55	4	5	21	6	20
Rotisserie-Style Chicken	278	490	19	3	0	55	960	55	3	4	26	6	25
Steak & Cheese	213	510	22	6	1	50	1420	55	3	5	25	10	20
Sweet Onion Teriyaki	292	460	10	2	0	50	1110	70	3	18	24	6	20
Veggie Delite®	207	390	15	2	0	0	710	54	3	4	9	6	20
SALADS													
Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.													
Black Forest Ham	341	130	3	1	0	25	590	13	4	6	11	4	10
Cold Cut Combo	351	240	17	6	0	35	620	12	5	5	12	4	15
Italian B.M.T.®	359	240	16	6	0	45	1080	13	4	6	15	4	30
Meatball Marinara	426	290	16	7	1	45	800	22	6	9	18	8	20
Pizza Sub Melt	362	270	19	8	0	40	1190	15	5	8	13	8	50
Rotisserie-Style Chicken	358	150	4	1	0	45	340	10	4	5	20	4	15
Steak & Cheese	358	160	6	2	0	40	620	13	4	6	17	4	15
Sweet Onion Chicken Teriyaki	400	240	4	1	0	50	760	34	4	26	18	4	10
Tuna (includes Mayonnaise)	358	280	21	4	0	40	380	10	4	5	14	4	10
Turkey Breast	347	120	3	1	0	30	570	13	4	6	12	4	10
Veggie Delite®	287	50	1	0	0	0	75	9	4	5	3	4	8

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Veggie Patty	372	220	10	1	0	0	390	26	12	7	9	6	20
6" Limited Time Offer/Regional Salads**													
Grilled Chicken	351	110	2	1	0	30	410	10	5	5	14	4	8
POWER BOWLS													
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Classic Grilled Chicken	354	550	27	6	1	55	1130	56	7	4	23	8	10
Classic Rotisserie-Style Chicken	361	590	29	7	0	75	1060	56	7	4	29	10	15
Classic Steak	361	580	27	7	1	60	1350	59	7	5	26	10	20
Classic Sweet Onion chicken Teriyaki	374	530	12	4	0	65	1270	79	7	24	27	10	15
Classic Tuna	361	720	45	9	1	55	1140	56	7	4	23	8	15
Classic Veggie Delite	374	610	30	6	0	15	1200	73	12	5	16	10	20
Bourbon BBQ Steak & Cheddar	393	600	19	6	1	50	1670	80	7	19	26	10	20
Smashed Avocado & Turkey	328	510	26	6	0	55	1100	52	6	4	18	8	10
Southwest Steak & Avocado	399	650	34	8	1	60	1540	62	9	6	26	10	20
Piri-Piri Chicken	378	620	31	7	0	70	1330	59	7	6	29	10	15
BREAKFAST													
6" Breakfast Sandwiches													
Values include 6" Italian, scrambled egg patty and Canadian cheddar cheese. Double values for footlong nutrition information (one footlong=two 6" servings)													
Bacon & Egg	233	550	31	8	0	255	1130	44	3	5	22	4	4
Cheese & Egg	223	500	28	7	0	240	950	44	3	5	19	4	2
Ham & Egg	250	540	29	7	0	255	1210	46	3	6	23	4	4
Sausage & Egg	273	650	41	11	0	275	1290	44	3	5	27	6	2
Sausage & Cheese	188	500	29	9	0	55	1000	41	2	4	19	6	2
Breakfast Wraps													
Values include wrap, scrambled egg patty and Canadian cheddar cheese													
Bacon & Egg	264	640	37	8	0	255	1330	55	3	4	23	10	20
Cheese & Egg	254	590	33	7	0	240	1150	55	3	4	19	10	20
Ham & Egg	281	630	34	7	0	255	1400	57	3	5	23	10	20
Sausage & Egg	304	740	46	11	0	275	1490	55	3	4	27	10	20
Sausage & Cheese	219	590	34	9	0	55	1190	52	3	3	19	10	20
Breakfast Ciabatta													
Values include Ciabatta, scrambled egg patty and Canadian cheddar cheese													
Bacon & Egg	177	450	25	7	0	140	980	39	2	2	16	4	2
Cheese & Egg	168	400	22	5	0	130	800	39	2	2	13	4	2
Ham & Egg	186	420	22	5	0	135	970	40	2	2	16	4	2
Sausage & Egg	218	550	35	10	0	165	1140	39	2	2	21	6	2
Sausage & Cheese	175	470	29	8	0	50	1000	37	2	1	17	6	2
BREADS & CONDIMENTS													
Breads													
Double values for footlong nutrition information (one footlong=two 6" servings)													
6" Italian	71	210	2	1	0	0	380	39	1	3	8	0	0
6" Multigrain	71	200	3	1	0	0	350	36	3	4	9	0	10
6" Flatbread	45	140	3	0	0	0	220	24	1	2	4	0	8
6" Italian Herbs & Cheese	82	250	5	3	0	10	580	41	2	3	10	4	2
English Muffin **	57	120	1	0	0	0	210	23	1	1	5	2	10
Ciabatta	76	210	5	1	0	0	410	36	2	0	6	0	0
Gluten Free Bread (as packaged)**	120	330	12	1	0	0	890	55	7	1	3	2	8
Potato Bun	39	110	2	0	0	15	190	20	1	3	3	0	6
Wrap	102	300	8	1	0	0	580	50	2	2	8	4	15
Sandwich Condiments & Add ons													
Values are for amounts on 6-inch sandwich or wrap. Double values for footlong and salad nutrition information (one footlong=two 6" servings).													
Barrel Bourbon BBQ Sauce	14	20	0	0	0	0	150	5	0	5	0	0	0
Chipotle Southwest Sauce	14	60	6	1	0	5	110	1	0	0	0	0	0
Garlic Aioli Sauce	14	70	7	1	0	5	115	1	0	1	0	0	0
House Sandwich Sauce	14	70	8	1	0	0	125	1	0	1	0	0	0
Mayonnaise	14	100	11	2	0	10	70	0	0	0	0	0	0
Mustard, Yellow	14	10	1	0	0	0	170	1	0	0	1	0	0
Nashville-Style Hot Sauce	14	35	3	0	0	0	210	3	0	2	0	0	0
Peppercorn Ranch Sauce	14	80	8	1	0	10	105	1	0	0	0	0	0
Piri Piri Style Sauce	14	45	4	1	0	0	180	1	0	1	0	0	0
Smoky Honey Mustard Sauce	14	45	5	1	0	5	115	3	0	3	0	0	0
Sweet Onion Teriyaki Sauce	14	35	0	0	0	0	160	8	0	7	0	0	0
Wild Rice (4 oz)	113	200	3	1	0	0	290	41	2	0	4	0	4
Seasonings (amount on 6-Inch sub, salad or wrap)													
Salt	0	0	0	0	0	0	160	0	0	0	0	0	0
Pepper	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-Inch sub or wrap)													
Avocado, Smashed	35	70	6	1	0	0	130	3	2	0	1	0	0

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Nutrition information compiled from the following data: Nutrition analysis from approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

*Some sandwiches contain trans fat that is found naturally in meat and cheese. These sandwiches do not contain any artificial trans fat (partially-hydrogenated oil).

***Regional and Limited Time Offer subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between restaurants. Nutritional information for these sandwiches is based on the most common formulas and ingredients.

¹ The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.