

Cold Sandwiches

The nutrition information in these tables is derived from Fresh Baking conducted in accredited labs, published resources, and from data provided by the suppliers who manufacture food and beverage items for Wawa, Inc. Serving sizes may vary from those used to calculate nutrition information. The nutritional information for each product may be affected by product changes, new product introductions or Fresh Baking, variations in sources of supply, regional differences, and/or seasonal differences. Data is rounded to meet current U.S. FDA NLEA guidelines.

Name	Calories (kcal)	Carbohydrates (g)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Protein (g)	Dietary Fiber (g)	Trans Fatty Acid (g)
Cold Sandwiches								
American Junior	230	31	6	2	920	14	1	0
American Junior- Fresh Baked Roll	280	43	6	2.5	1000	15	2	0
American Shorti	350	44	9	3.5	1530	23	2	0
American Shorti- Fresh Baked Roll	430	57	11	4	1670	26	2	0
American Classic	530	67	14	6	2310	35	3	0
American Classic-Fresh Baked Roll	640	85	16	6	2500	39	3	0
American 2ft (4 servings)	170	19	5	2	700	12	2	0
American Wheat Junior	300	42	8	2	860	17	4	0
American Wheat Shorti	400	46	12	4	1420	26	4	0
American Rye Bread	360	44	10	3.5	1670	22	2	0
American Wheat Bread	340	38	10	3.5	1390	24	4	0
American White Bread	320	34	10	3.5	1530	22	2	0
American Plain Bagel	450	62	9	3.5	1650	26	3	0
American Everything Bagel	470	58	14	4.5	1580	26	3	0
BLT Junior	210	30	6	2	650	10	1	0
BLT Junior-Fresh Baked Roll	260	42	6	2	720	12	2	0
BLT Shorti	310	44	9	3.5	1030	17	2	0
BLT Shorti- Fresh Baked Roll	380	56	10	3.5	1130	19	2	0
BLT Classic	505	74	14	5	1650	27	3	0
BLT Classic-Fresh Baked Roll	560	83	15	5	1690	29	3	0
BLT 2ft (4 servings)	160	19	6	2	430	8	2	0
BLT Wheat Junior	270	41	7.5	1.5	590	14	4	0
BLT Wheat Shorti	330	44	9.5	3	920	19	4	0
BLT Rye Bread	290	45	7	2	1000	16	2	0
BLT Wheat Bread	290	39	8	2	780	18	4	0
BLT White Bread	250	30	8.5	3	750	16	2	0
BLT Plain Bagel	400	61	8	2.5	1110	20	3	0
BLT Everything Bagel	420	57	13	3.5	1040	20	3	0
Bologna Junior	270	31	13	4.5	820	10	1	0
Bologna Junior -Fresh Baked Roll	330	43	13	5	900	12	2	0
Bologna Shorti	450	45	24	9	1390	16	2	0
Bologna Shorti-Fresh Baked Roll	520	45	25	9	1480	18	2	0
Bologna Classic	720	75	37	13	2200	25	3	0
Bologna Classic-Fresh Baked Roll	770	86	37	14	2210	27	3	0
Bologna 2 ft (4 servings)	220	20	12	4.5	600	8	2	0
Bologna Wheat Junior	340	42	15	4.5	770	13	4	0
Bologna Wheat Shorti	480	45	24	9	1290	18	4	0
Bologna Rye Bread	460	48	24	9	1480	15	2	0
Bologna Wheat Bread	460	42	25	9	1260	17	4	0
Bologna White Bread	390	30	23.5	9	1110	15	2	0
Bologna Plain Bagel	540	63	23	9	1460	19	3	0
Bologna Everything Bagel	560	59	28	10	1390	19	3	0
Chicken Salad Junior	320	33	16	2.5	700	14	1	0
Chicken Salad Junior- Fresh Baked roll	380	45	17	3	780	16	2	0
Chicken Salad Shorti	540	46	31	5	1140	24	2	0
Chicken Salad Shorti-Fresh Baked Roll	610	61	32	5	1230	26	3	0
Chicken Salad Classic	850	77	47	7	1820	37	4	0
Chicken Salad Classic-Fresh Baked Roll	920	91	48	8	1840	39	4	0
Chicken Salad 2ft (4 servings)	270	21	12	2.5	480	12	2	0
Chicken Salad Wheat Junior	390	43	18	2.5	640	17	4	0
Chicken Salad Wheat Shorti	580	50	33	5	980	26	5	0
Chicken Salad Rye Bread	540	48	31	4.5	1230	23	3	0
Chicken Salad Wheat Bread	520	42	31	4.5	950	25	5	0
Chicken Salad White Bread	500	38	31	4.5	1090	23	3	0
Chicken Salad Plain Bagel	630	66	30	4.5	1210	27	4	0
Chicken Salad Everything Bagel	650	62	35	5	1140	27	4	0
New Chicken Salad								
Chicken Salad Junior	310	32	16	3	670	12	1	0
Chicken Salad Junior- Fresh Baked roll	380	45	17	3	780	16	2	0

Chicken Salad Shorti	530	45	30	6	1080	21	2	0
Chicken Salad Shorti-Fresh Baked Roll	610	61	32	5	1230	26	3	0
Chicken Salad Classic	830	75	46	9	1740	33	3	0
Chicken Salad Classic-Fresh Baked Roll	920	91	48	8	1840	39	4	0
Chicken Salad 2ft (4 servings)	260	21	15	3	450	11	2	0
Chicken Salad Wheat Junior	390	43	18	3	620	16	4	0
Chicken Salad Wheat Shorti	570	49	32	6	930	24	4	0
Chicken Salad Rye Bread	530	47	30	5	1170	20	2	0
Chicken Salad Wheat Bread	510	41	30	5	890	22	4	0
Chicken Salad White Bread	490	37	30	5	1030	20	2	0
Chicken Salad Plain Bagel	620	65	29	5	1150	24	3	0
Chicken Salad Everything Bagel	640	61	34	6	1080	24	3	0
Cooked Salami Junior	250	35	10	3	850	10	1	0
Cooked Salami Junior- Fresh Baked Roll	310	35	10	3.5	930	12	2	0
Cooked Salami Shorti	400	43	18	6	1440	17	2	0
Cooked Salami Shorti-Fresh Baked Roll	470	58	19	6	1540	20	2	0
Cooked Salami Classic	640	72	27	9	2280	28	3	0
Cooked Salami Classic-Fresh Baked Roll	710	86	28	10	2300	29	3	0
Cooked Salami 2ft (4 servings)	200	20	9	3	630	9	2	0
Cooked Salami Wheat Junior	320	35	12	3.5	800	14	4	0
Cooked Salami Wheat Shorti	440	47	20	6	1290	20	4	0
Cooked Salami Rye Bread	400	45	18	6	1530	16	2	0
Cooked Salami Wheat Bread	380	39	18	6	1250	18	4	0
Cooked Salami White Bread	360	35	18	6	1390	16	2	0
Cooked Salami Plain Bagel	490	63	17	6	1510	20	3	0
Cooked Salami Everything Bagel	510	59	22	7	1440	20	3	0
Egg Salad Junior	290	29	17	3.5	410	9	1	0
Egg Salad Junior- Fresh Baked Roll	390	44	19	4	620	13	2	0
Egg Salad Shorti	560	47	34	7	770	18	2	0
Egg Salad Shorti-Fresh Baked Roll	640	60	36	8	910	21	2	0
Egg Salad Classic	880	77	53	11	1340	29	3	0
Egg Salad Classic-Fresh Baked Roll	950	90	54	11	1360	31	4	0
Egg Salad 2ft (4 servings)	280	21	18	3.5	320	9	2	0
Egg Salad Wheat Junior	400	43	20	4	490	14	4	0
Egg Salad Wheat Shorti	600	49	37	7	660	21	4	0
Egg Salad Rye Bread	560	48	35	7	910	17	2	0
Egg Salad Wheat Bread	540	42	35	7	630	19	4	0
Egg Salad White Bread	520	38	35	7	770	17	2	0
Egg Salad Plain Bagel	650	66	34	7	890	21	3	0
Egg Salad Everything Bagel	670	62	39	8	820	21	3	0
New Egg Salad								
Egg Salad Junior	320	33	18	4	690	11	1	0
Egg Salad Junior- Fresh Baked Roll	390	44	19	4	620	13	2	0
Egg Salad Shorti	550	46	35	8	1120	18	2	0
Egg Salad Shorti-Fresh Baked Roll	640	60	36	8	910	21	2	0
Egg Salad Classic	870	77	53	11	1790	28	3	0
Egg Salad Classic-Fresh Baked Roll	950	90	54	11	1360	31	4	0
Egg Salad 2ft (4 servings)	270	21	18	4	470	9	2	0
Egg Salad Wheat Junior	400	43	20	4	640	14	4	0
Egg Salad Wheat Shorti	590	50	37	8	960	20	4	0
Egg Salad Rye Bread	550	48	35	7	1210	17	2	0
Egg Salad Wheat Bread	530	42	35	7	930	19	4	0
Egg Salad White Bread	510	38	35	7	1070	17	2	0
Egg Salad Plain Bagel	640	66	34	7	1190	21	3	0
Egg Salad Everything Bagel	660	62	39	8	1120	21	3	0
Genoa Junior	170	30	4	1	510	7	1	0
Genoa Junior- Fresh Baked Roll	230	42	4.5	1.5	580	9	2	0
Genoa Shorti	250	40	7	2	750	10	2	0
Genoa Shorti-Fresh Baked Roll	320	55	7	2.5	850	12	2	0
Genoa Classic	420	68	11	3	1240	16	3	0
Genoa Classic-Fresh Baked Roll	480	82	11	3.5	1260	18	3	0
Genoa 2ft (4 servings)	120	18	3.5	1	290	5	2	0
Genoa Wheat Junior	250	40	6	1	450	10	4	0
Genoa Wheat Shorti	290	44	9	2	590	12	4	0
Genoa Rye Bread	250	42	7	1.5	840	9	2	0
Genoa Wheat Bread	230	36	7	1.5	560	11	4	0
Genoa White Bread	210	32	7	1.5	700	9	2	0
Genoa Plain Bagel	340	60	6	1.5	820	13	3	0
Genoa Everything Bagel	360	56	11	2.5	750	13	3	0
Grilled Chicken Junior	210	30	3	0.5	550	16	1	0

Grilled Chicken Junior- Fresh Baked Roll	260	42	3.5	1	630	18	2	0
Grilled Chicken Shorti	320	41	4.5	1	840	29	2	0
Grilled Chicken Shorti-Fresh Baked Roll	390	56	5	1.5	930	31	2	0
Grilled Chicken Classic	520	70	7	1.5	1360	45	3	0
Grilled Chicken Classic-Fresh Baked Roll	580	83	8	2	1390	47	3	0
Grilled Chicken 2ft (4 servings)	150	19	2	0.5	330	14	2	0
Grilled Chicken Wheat Junior	280	41	5	1	490	20	4	0
Grilled Chicken Wheat Shorti	360	45	7	1	680	31	4	0
Grilled Chicken Rye Bread	320	43	4.5	0.5	930	28	2	0
Grilled Chicken Wheat Bread	300	37	4.5	0.5	650	30	4	0
Grilled Chicken White Bread	280	33	4.5	0.5	790	28	2	0
Grilled Chicken Plain Bagel	410	61	3.5	0.5	910	32	3	0
Grilled Chicken Everything Bagel	430	57	8	1.5	840	32	3	0
Ham Junior	190	31	3	1	770	12	1	0
Ham Junior- Fresh Baked Roll	250	42	3.5	1.5	840	14	2	0
Ham Shorti	290	41	5	2	1270	20	2	0
Ham Shorti-Fresh Baked Roll	360	56	6	2	1370	23	2	0
Ham Classic	470	70	8	3	2020	32	3	0
Ham Classic-Fresh Baked Roll	530	84	8	3.5	2040	34	3	0
Ham 2ft (4 servings)	140	19	2.5	1	550	10	2	0
Ham Wheat Junior	260	41	5	1	710	15	4	0
Ham Wheat Shorti	330	45	7	2	1110	22	4	0
Ham Rye Bread	290	43	5	1.5	1360	19	2	0
Ham Wheat Bread	270	37	5	1.5	1080	21	4	0
Ham White Bread	250	33	5	1.5	1220	19	2	0
Ham Plain Bagel	380	61	4	1.5	1340	23	3	0
Ham Everything Bagel	400	57	9	2.5	1270	23	3	0
Honey Smoked Turkey Junior	190	33	2	0	800	13	1	0
Honey Smoked Turkey Junior- Fresh	250	44	2.5	0.5	880	15	2	0
Honey Smoked Turkey Shorti	290	46	3	0.5	1340	22	2	0
Honey Smoked Turkey Shorti-Fresh	360	61	4	1	1440	25	2	0
Honey Smoked Turkey Classic	480	77	5	0.5	2120	35	3	0
Honey Smoked Turkey Classic-Fresh	540	90	6	1	2140	37	3	0
Honey Smoked Turkey 2ft (4 servings)	140	21	1.5	0	580	11	2	0
Honey Smoked Turkey Wheat Junior	270	43	4.5	0	750	16	4	0
Honey Smoked Turkey Wheat Shorti	330	50	5	0	1180	25	4	0
Honey Smoked Turkey Rye Bread	290	48	3	0	1430	21	2	0
Honey Smoked Turkey Wheat Bread	270	42	3	0	1150	23	4	0
Honey Smoked Turkey White Bread	250	38	3	0	1290	21	2	0
Honey Smoked Turkey Plain Bagel	380	66	2	0	1410	25	3	0
Honey Smoked Turkey Everything Bagel	400	62	7	1	1340	25	3	0
Import Ham Junior	190	31	2.5	0.5	720	13	1	0
Import Ham Junior- Fresh Baked Roll	250	43	3	1	800	15	2	0
Import Ham Shorti	290	42	4.5	1.5	1180	22	2	0
Import Ham Shorti-Fresh Baked Roll	360	57	5	1.5	1280	24	2	0
Import Ham Classic	470	71	7	1.5	1890	34	3	0
Import Ham Classic-Fresh Baked Roll	530	85	8	2	1910	36	3	0
Import Ham 2ft (4 servings)	140	19	2	0.5	500	11	2	0
Import Ham Wheat Junior	260	41	5	1	670	16	4	0
Import Ham Wheat Shorti	330	46	6	1	1020	24	4	0
Import Ham Rye Bread	290	44	4	0.5	1270	21	2	0
Import Ham Wheat Bread	270	38	4	0.5	990	23	4	0
Import Ham White Bread	250	34	4	0.5	1130	21	2	0
Import Ham Plain Bagel	380	62	3	0.5	1250	25	3	0
Import Ham Everything Bagel	400	58	8	1.5	1180	25	3	0
Italian Junior	230	31	7	2.5	870	12	1	0
Italian Junior - Fresh Baked Roll	290	43	8	2.5	940	14	2	0
Italian Shorti	360	42	13	5	1470	21	2	0
Italian Shorti-Fresh Baked Roll	430	57	14	5	1570	24	2	0
Italian Classic	580	72	20	7	2320	34	3	0
Italian Classic-Fresh Baked Roll	640	85	20	7	2340	35	4	0
Italian 2ft (4 servings)	180	19	6	2.5	650	11	2	0
Italian Wheat Junior	300	42	9	2.5	810	16	4	0
Italian Wheat Shorti	400	46	15	4.5	1310	24	4	0
Italian Rye Bread	360	44	13	4	1560	20	2	0
Italian Wheat Bread	340	38	13	4	1280	22	4	0
Italian White Bread	320	34	13	4	1420	20	2	0
Italian Plain Bagel	450	62	12	4	1540	24	3	0

Italian Everything Bagel	470	58	17	5	1470	24	3	0
Liverwurst Junior	290	31	13	3	780	11	1	0
Liverwurst Junior- Fresh Baked Roll	340	42	14	3.5	860	13	2	0
Liverwurst Shorti	470	42	25	6	1300	19	2	0
Liverwurst Shorti-Fresh Baked Roll	550	57	26	6	1400	22	2	0
Liverwurst Classic	750	71	38	9	2060	31	3	0
Liverwurst Classic-Fresh Baked Roll	820	84	39	10	2090	33	3	0
Liverwurst 2ft (4 servings)	230	19	12	3	560	10	2	0
Liverwurst Wheat Junior	360	41	15	3.5	730	15	4	0
Liverwurst Wheat Shorti	520	46	27	6	1140	22	4	0
Liverwurst Rye Bread	480	44	25	6	1390	18	2	0
Liverwurst Wheat Bread	460	38	25	6	1110	20	4	0
Liverwurst White Bread	440	34	25	6	1250	18	2	0
Liverwurst Plain Bagel	570	62	24	6	1370	22	3	0
Liverwurst Everything Bagel	590	58	29	7	1300	22	3	0
oven roasted turkey Junior	190	30	2.5	0	740	13	1	0
oven roasted turkey Junior- Fresh Baked	250	42	3	1	810	15	2	0
oven roasted turkey Shorti	270	42	2.5	0.5	1160	23	2	0
Oven roasted turkey Shorti-Fresh Baked	350	56	4	1	1300	26	3	0
oven roasted turkey Classic	460	70	6	1	1920	36	3	0
Oven Roasted Turkey Classic-Fresh	520	83	6	1.5	1950	38	3	0
oven roasted turkey 2ft (4 servings)	140	19	1.5	0	520	12	2	0
oven roasted turkey Wheat Junior	260	41	4.5	0.5	680	17	4	0
oven roasted turkey Wheat Shorti	320	45	6	1	1050	26	4	0
oven roasted turkey Rye Bread	280	43	3.5	0	1300	22	2	0
oven roasted turkey Wheat Bread	260	37	3.5	0	1020	24	4	0
oven roasted turkey White Bread	240	33	3.5	0	1160	22	2	0
oven roasted turkey Plain Bagel	370	61	2.5	0	1280	26	3	0
oven roasted turkey Everything Bagel	390	57	7	1.5	1210	26	3	0
Pepperoni Junior	310	31	16	6	1050	13	1	0
Pepperoni Junior- Fresh Baked Roll	370	42	17	6	1120	14	2	0
Pepperoni Shorti	520	41	31	12	1830	22	2	0
Pepperoni Shorti-Fresh Baked Roll	600	56	32	12	1920	24	2	0
Pepperoni Classic	830	71	48	17	2850	34	3	0.5
Pepperoni Classic-Fresh Baked Roll	890	84	48	18	2880	36	3	0
Pepperoni 2 ft (4 servings)	260	19	16	6	825	11	2	0
Pepperoni Wheat Junior	380	41	18	6	990	16	4	0
Pepperoni Wheat Shorti	570	46	33	12	1670	24	4	0
Pepperoni Rye Bread	530	44	31	11	1920	20	2	0
Pepperoni Wheat Bread	510	38	31	11	1640	22	4	0
Pepperoni White Bread	490	34	31	11	1780	20	2	0
Pepperoni Plain Bagel	620	62	30	11	1900	24	3	0
Pepperoni Everything Bagel	640	58	35	12	1830	24	3	0
Roast Beef Junior	210	31	3	0.5	580	16	1	0
Roast Beef Junior- Fresh Baked Roll	260	42	3.5	1	660	18	2	0
Roast Beef Shorti	310	42	4.5	1.5	900	28	2	0
Roast Beef Shorti-Fresh Baked Roll	390	57	5	1.5	1000	31	2	0
Roast Beef Classic	510	71	7	2	1470	44	3	0
Roast Beef Classic-Fresh Baked Roll	570	84	8	2.5	1490	46	3	0
Roast Beef 2ft (4 servings)	150	20	2.5	0.5	360	14	2	0
Roast Beef Wheat Junior	280	41	5	1	530	19	4	0
Roast Beef Wheat Shorti	350	46	7	1.5	750	31	4	0
Roast Beef Rye Bread	310	44	4.5	1	1000	27	2	0
Roast Beef Wheat Bread	290	38	4.5	1	720	29	4	0
Roast Beef White Bread	270	34	4.5	1	860	27	2	0
Roast Beef Plain Bagel	400	62	3.5	1	980	31	3	0
Roast Beef Everything Bagel	420	58	8	2	910	31	3	0
Tuna Junior	360	34	20	3.5	750	12	2	0
Tuna Junior- Fresh Baked Roll	410	46	20	3.5	820	14	2	0
Tuna Shorti	610	49	39	7	1230	21	3	0
Tuna Shorti-Fresh Baked Roll	690	64	40	7	1330	23	4	0.5
Tuna Classic	960	81	59	10	1960	33	5	0
Tuna Classic-Fresh Baked Roll	1020	95	59	10	1980	35	5	0
Tuna 2ft (4 servings)	300	23	20	3	525	11	3	0
Tuna Wheat Junior	430	45	22	3.5	690	16	4	0
Tuna Wheat Shorti	650	53	41	7	1070	23	5	0
Tuna Rye Bread	610	51	39	6	1320	20	3	0
Tuna Wheat Bread	590	45	39	6	1040	22	4	0
Tuna White Bread	570	41	39	6	1180	20	3	0

Tuna Plain Bagel	700	69	38	6	1300	24	4	0
Tuna Everything Bagel	720	65	43	7	1230	24	4	0
New Tuna Salad								
Tuna Junior	350	34	20	3	690	11	2	0
Tuna Junior- Fresh Baked Roll	410	46	20	3.5	770	13	2	0
Tuna Shorti	600	48	39	6	1120	19	3	0.5
Tuna Shorti-Fresh Baked Roll	670	63	39	7	1210	21	3	0.5
Tuna Classic	1000	94	59	10	1810	32	5	1
Tuna Classic-Fresh Baked Roll	1020	95	59	10	1980	35	5	0
Tuna 2ft (4 servings)	300	22	19	3	470	9	3	0
Tuna Wheat Junior	420	45	22	3.5	640	15	4	0
Tuna Wheat Shorti	640	52	41	6	960	21	5	0.5
Tuna Rye Bread	600	50	39	6	1210	18	3	0.5
Tuna Wheat Bread	580	44	39	6	930	20	5	0.5
Tuna White Bread	560	40	39	6	1070	18	3	0.5
Tuna Plain Bagel	690	68	38	6	1190	22	4	0.5
Tuna Everything Bagel	710	64	43	7	1120	22	4	0.5
Turkey Junior	190	32	2.5	0	870	11	1	0
Turkey Junior - Fresh Baked Roll	240	43	3	0.5	950	13	2	0
Turkey Shorti	280	44	3.5	0.5	1480	19	2	0
Turkey Shorti-Fresh Baked Roll	350	59	1	0	1580	22	2	0
Turkey Classic	860	74	6	0.5	2330	30	3	0
Turkey Classic-Fresh Baked Roll	520	87	6	1	2360	32	3	0
Turkey 2ft (4 servings)	125	20	1.5	0	530	8	2	0
Turkey Wheat Junior	260	42	4.5	0	820	15	4	0
Turkey Wheat Shorti	320	48	6	0	1320	21	4	0
Turkey Rye Bread	280	46	3.5	0	1570	18	2	0
Turkey Wheat Bread	260	40	3.5	0	1290	20	4	0
Turkey White Bread	240	36	3.5	0	1430	18	2	0
Turkey Plain Bagel	370	64	2.5	0	1550	22	3	0
Turkey Everything Bagel	390	60	8	1	1480	22	3	0

Information as of 10/5/12