

PORT OF SUBS[®]

Sliced Fresh Sandwiches![™]

A Nutritional Guide to Port of Subs Quality Products.

Eating Light?

Try one of our nine five inch subs with five grams of fat or less!

PRODUCT	No. 2 Ham Turkey	No. 5 Smoked Ham Turkey	No. 6 Vegetarian (without cheese)	No. 7 Roast Beef	No. 8 Turkey	No. 9 Peppered Pastrami	No. 10 Roasted Chicken Breast	No. 14 Smoked Ham	No. 18 Roast Beef Turkey
Weight (oz.)	9.5	9.5	7	9	10	8	9	8	9
Calories	328	320	238	315	315	293	304	301	315
Total Fat (g)	5	5	2	4	4	4	3	4	4
Sat. Fat (g)	2	1	1	1	1	2	1	2	1
Trans Fat (g)	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	38	34	0	7	29	8	38	30	18
Sodium (mg)	1327	1343	865	884	1233	708	1130	1184	1059
Total Carbohydrate (g)	46	46	44	43	47	44	44	44	45
Dietary Fiber (g)	3	3	4	3	3	3	3	3	3
Sugars (g)	4	6	3	3	3	4	5	3	4
Protein (g)	22	21	7	23	21	16	24	18	22



The above five inch subs contain five grams of fat or less when served on white or wheat bread and **not** served with cheese, oil, mayo, olives or avocado.

Cold Submarine Sandwiches - Served on a Five Inch White or Wheat Roll*

PRODUCT	No. 1 Ham Salami Capicola Pepperoni Provolone	No. 2 Ham Turkey Provolone	No. 3 Salami Turkey Provolone	No. 4 Ham Salami Provolone	No. 5 Smoked Ham Turkey Smokey Cheddar	No. 6 Vegetarian (served with Provolone, Swiss & Smokey Cheddar includes: Avocado & Olives.	No. 7 Roast Beef Provolone	No. 8 Turkey Provolone	No. 9 Peppered Pastrami Swiss	No. 10 Roasted Chicken Breast Provolone	No. 11 Ham American	No. 12 Salami Provolone	No. 13 Peppered Pastrami Turkey Swiss	No. 14 Smoked Ham Swiss	No. 15 Salami Pepperoni Provolone	No. 16 Bacon Lettuce & Tomato	No. 17 Tuna (without cheese)	No. 18 Roast Beef Turkey Provolone
Weight (oz.)	10	10	9	9	10	11	10	11	9	10	10	8	8	10	8	8	9	10
Calories	532	434	465	469	431	599	421	421	439	410	382	479	511	447	511	519	422	421
Total Fat (g)	26	15	20	21	15	33	14	14	17	13	20	25	26	17	27	30	18	14
Sat. Fat (g)	10	5	7	8	5	14	4	4	7	4	8	9	13	7	11	7	4	4
Trans Fat (g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	69	48	42	51	50	50	17	38	32	47	80	39	50	54	48	50	17	27
Sodium (mg)	1676	1467	1371	1465	1599	1555	1024	1373	766	1270	1814	1228	834	1242	1265	1205	760	1199
Total Carbohydrate (g)	45	46	46	45	47	49	43	47	44	45	45	45	44	45	45	43	45	45
Dietary Fiber (g)	3	3	3	3	3	4	3	3	3	3	3	3	3	3	3	3	3	3
Sugars (g)	3	4	3	3	6	5	3	3	4	5	5	3	3	3	3	3	5	3
Protein (g)	28	26	23	24	25	24	27	25	21	28	29	22	23	23	26	20	19	26

All cold sandwiches are served with all of the regulars: lettuce, tomatoes, purple onion, oil, vinegar and spices, unless otherwise requested. (No mustard or mayonnaise.) *Sourdough bread has .8 less grams of fat per five inch sandwich.

Fresh Salads

PRODUCT	Macaroni Salad	Potato Salad	Caesar Salad**	Grilled Chicken Caesar Salad**	Grilled Chicken Salad*	Garden Salad*	Tuna Salad*	Chef Salad*
Weight (oz.)	8	8	6	13	13	8	11	11
Calories	440	360	333	541	300	93	311	388
Total Fat (g)	30	26	30	34	10	5	23	25
Sat. Fat (g)	5	4	7	8	1	1	3	12
Trans Fat (g)	0	0	0	0	0	0	0	0
Cholesterol (mg)	20	20	20	108	89	> 1	38	66
Sodium (mg)	1027	980	853	1830	1023	45	495	1409
Total Carbohydrates (g)	36	54	7	15	16	10	12	13
Dietary Fiber (g)	3	6	2	5	3	2	2	2
Net Carbs (g)	33	48	4	10	13	7	9	11
Sugars (g)	11	14	4	6	6	5	6	5
Protein (g)	7	4	3	37	36	2	16	26

*Above information includes vinegar and olive oil. **Above information includes caesar dressing.

Hot Sandwiches

Served on an Eight Inch White or Wheat Roll*

PRODUCT	Hot Pastrami	Meatball	Grilled Chicken
Weight (oz.)	9	9	9
Calories	758	653	563
Total Fat (g)	17	25	11
Sat. Fat (g)	7	10	3
Trans Fat (g)	0	0	0
Cholesterol (mg)	158	58	80
Sodium (mg)	1853	1648	1194
Total Carbohydrates (g)	62	76	68
Dietary Fiber (g)	3	4	3
Sugars (g)	4	6	5
Protein (g)	42	29	43



*Sourdough bread has .8 less grams of fat per five inch sandwich.
The above information does not include cheese.

Wraps Made with 12" Tortilla

PRODUCT	Turkey & Bacon Ranch	Chicken Caesar	Hot Grilled Chicken & Smokey Cheddar	Tortilla Only
Weight (oz.)	11	11	10	4
Calories	589	632	484	200
Total Fat (g)	38	34	18	7
Sat. Fat (g)	8	5	4	> 1
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	59	105	105	0
Sodium (mg)	1771	1711	1782	520
Total Carbohydrates (g)	34	35	35	27
Dietary Fiber (g)	17	18	18	17
Net Carbs (g)	17	17	17	10
Sugars (g)	1	4	1	0
Protein (g)	43	56	59	21



Campbell's Soup

PRODUCT	Minestrone		Broccoli Cheese		Roasted Chicken Noodle		Boston Clam Chowder	
	Med.	Lg.	Med.	Lg.	Med.	Lg.	Med.	Lg.
Weight (oz.)	6	10	6	10	6	10	6	10
Calories	53	88	120	200	83	138	105	175
Total Fat (g)	1	1	6	10	2	3	4	6
Sat. Fat (g)	0	0	3	5	1	1	1	2
Trans Fat (g)	0	0	0	0	0	0	0	0
Cholesterol (mg)	4	6	4	6	23	38	8	13
Sodium (mg)	773	1288	743	1238	623	1038	795	1325
Total Carbohydrates (g)	8	14	13	21	9	15	13	21
Dietary Fiber (g)	2	3	2	4	1	1	1	1
Sugars (g)	2	3	2	3	1	1	1	1
Protein (g)	2	4	5	8	7	11	4	6

Kid's Meal Sandwich

Four Inch White or Wheat Roll*

PRODUCT	Turkey	Ham	Salami
Weight (oz.)	3	3	3
Calories	190	200	254
Total Fat (g)	3	3	9
Sat. Fat (g)	.5	.5	1.9
Trans Fat (g)	0	0	0
Cholesterol (mg)	20	16	18
Sodium (mg)	710	521	599
Total Carbohydrates (g)	4	4	4
Dietary Fiber (g)	1	1	1
Sugars (g)	2	2	2
Protein (g)	8	10	9

Above information does not include cheese or any of the regulars.
*Sourdough bread has .6 less grams of fat per four inch sandwich.

Mayonnaise & Mustard

PRODUCT	Mayo	Mustard	Mayo & Mustard Mix
Amount	2 Tbsp.	2 Tbsp.	2 Tbsp.
Calories	130	0	108
Total Fat (g)	14	0	12
Sat. Fat (g)	2	0	1
Trans Fat (g)	0	0	0
Cholesterol (mg)	28	0	23
Sodium (mg)	52	0	43
Total Carbohydrates (g)	0	0	0
Dietary Fiber (g)	0	0	0
Sugars (g)	0	0	0
Protein (g)	3	0	3

Brownies

PRODUCT	
Weight (oz.)	5
Calories	300
Total Fat (g)	10
Sat. Fat (g)	3
Trans Fat (g)	1
Cholesterol (mg)	10
Sodium (mg)	320
Total Carbohydrates (g)	48
Dietary Fiber (g)	< 1
Sugars (g)	32
Protein (g)	4