

The Bab (with cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	250	128	250	128	173	138
Calories	570	290	570	290	430	320
Total Fat (g)	19	10	19	10	16	14
Saturated Fat (g)	10	5	10	5	6	5
Trans Fat (g)	0.4	0.2	0.4	0.1	0.2	0.2
Cholesterol (mg)	75	40	75	40	40	40
Sodium (mg)	2190	1120	2190	1120	1500	1240
Total Carbohydrate (g)	65	33	65	33	51	32
Dietary Fibre (g)	4	2	5	3	3	4
Sugar (g)	3	2	4	2	1	1
Protein (g)	34	18	35	18	19	18
Vitamin A	10%	6%	10%	6%	4%	4%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	20%	10%	20%	10%	10%	10%
15%Iron	40%	20%	45%	20%	25%	15%

* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap, ham and pepperoni. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

The % Daily Value is based on a 2000 calorie diet. Nutrition calculations follow government regulations regarding the rounding off of data.

Please consult our Nutritional Guide for information on toppings.

The Bab (without cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	220	113	220	113	158	123
Calories	460	240	460	240	380	260
Total Fat (g)	10	6	10	6	12	9
Saturated Fat (g)	4	2.5	4	2.5	3	2.5
Trans Fat (g)	0.2	0.1	0.2	0.1	0.1	0.1
Cholesterol (mg)	50	30	50	30	30	55
Sodium (mg)	1980	1020	1980	1020	1390	1130
Total Carbohydrate (g)	65	33	65	33	51	32
Dietary Fibre (g)	4	2	5	3	3	4
Sugar (g)	3	2	4	2	1	1
Protein (g)	27	14	28	15	16	14
Vitamin A	2%	2%	2%	2%	0%	0%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	4%	2%	4%	2%	2%	2%
Iron	40%	20%	45%	20%	20%	15%

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The Beef (with cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	240	120	240	120	165	130
Calories	530	270	530	270	410	290
Total Fat (g)	12	6	12	6	12	10
Saturated Fat (g)	7	3.5	7	3	4	3.5
Trans Fat (g)	0.4	0.4	0.4	0.2	0.2	0.2
Cholesterol (mg)	80	40	80	31	40	40
Sodium (mg)	1920	960	1920	960	1340	1080
Total Carbohydrate (g)	62	31	62	31	49	30
Dietary Fibre (g)	4	2	5	3	3	4
Sugar (g)	2	1	3	2	1	1
Protein (g)	42	21	43	22	23	21
Vitamin A	30%	15%	30%	15%	15%	15%
Vitamin C	10%	6%	10%	6%	2%	2%
Calcium	20%	10%	20%	10%	10%	10%
15%Iron	60%	30%	60%	30%	35%	25%

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Nutritional information includes bread/wrap, beef and cheese. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

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Please consult our Nutritional Guide for information on toppings.

The Beef (without cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	210	105	210	105	150	115
Calories	420	210	420	210	350	240
Total Fat (g)	3	1.5	3	1.5	8	5
Saturated Fat (g)	1	0.5	1	0.5	1	0.5
Trans Fat (g)	0.2	0.1	0.2	0.1	0.1	0.1
Cholesterol (mg)	55	30	55	30	30	30
Sodium (mg)	1710	855	1710	855	1230	970
Total Carbohydrate (g)	62	31	62	31	49	30
Dietary Fibre (g)	4	2	5	3	3	4
Sugar (g)	2	1	3	2	1	1
Protein (g)	35	18	36	18	19	18
Vitamin A	20%	10%	20%	10%	10%	10%
Vitamin C	10%	6%	10%	6%	2%	0%
Calcium	6%	4%	6%	4%	4%	4%
Iron	60%	30%	60%	30%	35%	25%

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The Cheese

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	185	92	185	92	137	102
Calories	580	290	580	290	430	310
Total Fat (g)	24	12	24	12	18	16
Saturated Fat (g)	15.5	8	16	8	8	8
Trans Fat (g)	0.5	0.3	0.5	0.3	0.3	0.3
Cholesterol (mg)	60	30	60	30	30	30
Sodium (mg)	1180	590	1180	590	960	700
Total Carbohydrate (g)	60	30	60	30	48	29
Dietary Fibre (g)	3	2	4	2	2	3
Sugar (g)	1	1	2	1	0	0
Protein (g)	29	14	30	14	16	14
Vitamin A	20%	10%	20%	10%	10%	10%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	40%	20%	40%	20%	20%	20%
Iron	30%	15%	35%	15%	20%	15%

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Nutritional information includes bread/wrap and cheese. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

The % Daily Value is based on a 2000 calorie diet. Nutrition calculations follow government regulations regarding the rounding off of data.

Please consult our Nutritional Guide for information on toppings.

The Club (with cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	275	130	275	130	175	140
Calories	550	270	550	270	410	290
Total Fat (g)	12	6	13	6	12	10
Saturated Fat (g)	7	3.5	7	3.5	4.5	3.5
Trans Fat (g)	0.3	0.2	0.3	0.2	0.2	0.2
Cholesterol (mg)	85	40	85	40	40	40
Sodium (mg)	2360	1110	2360	1110	1480	1220
Total Carbohydrate (g)	64	32	64	32	50	31
Dietary Fibre (g)	5	2	6	3	3	4
Sugar (g)	3	1	4	2	1	1
Protein (g)	44	21	45	21	22	21
Vitamin A	20%	10%	20%	10%	10%	10%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	20%	10%	20%	10%	8%	10%
15%Iron	45%	25%	50%	25%	30%	20%

* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap, ham turkey, beef and cheese. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

The % Daily Value is based on a 2000 calorie diet. Nutrition calculations follow government regulations regarding the rounding off of data.

Please consult our Nutritional Guide for information on toppings.

The Club (without cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	245	115	245	115	160	125
Calories	440	210	440	210	350	240
Total Fat (g)	3.5	1	3.5	2	8	6
Saturated Fat (g)	1	0.5	1	0.5	1.5	0.5
Trans Fat (g)	0.1	0	0.1	0	0.1	0
Cholesterol (mg)	60	30	60	30	30	30
Sodium (mg)	2150	1000	2150	1000	1380	1120
Total Carbohydrate (g)	64	32	64	32	50	31
Dietary Fibre (g)	5	2	6	3	3	4
Sugar (g)	3	1	4	2	1	1
Protein (g)	37	17	38	18	19	17
Vitamin A	12%	6%	12%	6%	6%	6%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	6%	2%	6%	2%	2%	2%
Iron	45%	25%	50%	25%	30%	20%

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Nutritional information includes bread/wrap, ham, turkey and beef. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

The % Daily Value is based on a 2000 calorie diet. Nutrition calculations follow government regulations regarding the rounding off of data.

Please consult our Nutritional Guide for information on toppings.

The Dagwood (with cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	255	135	255	135	180	145
Calories	650	350	650	350	490	370
Total Fat (g)	29	16	29	16	23	20
Saturated Fat (g)	14	7	14	7	8	8
Trans Fat (g)	0.4	0.2	0.4	0.2	0.2	0.2
Cholesterol (mg)	100	55	100	55	55	55
Sodium (mg)	2250	1210	2250	1210	1590	1330
Total Carbohydrate (g)	64	32	64	32	50	31
Dietary Fibre (g)	4	3	5	3	3	4
Sugar (g)	2	1	3	2	1	1
Protein (g)	37	20	38	20	21	20
Vitamin A	10%	6%	10%	6%	4%	4%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	20%	10%	20%	10%	10%	10%
15%Iron	40%	20%	45%	20%	25%	20%

* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap, ham, mortadella, pepperoni, salami and cheese. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

The % Daily Value is based on a 2000 calorie diet. Nutrition calculations follow government regulations regarding the rounding off of data.

Please consult our Nutritional Guide for information on toppings.

The Dagwood (without cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	225	120	225	120	165	130
Calories	540	290	540	290	430	320
Total Fat (g)	20	12	20	12	18	16
Saturated Fat (g)	8	4	8	4	5	5
Trans Fat (g)	0.2	0.2	0.2	0.2	0.1	0.1
Cholesterol (mg)	75	45	75	45	45	45
Sodium (mg)	2040	1110	2040	1110	1480	1220
Total Carbohydrate (g)	64	32	64	32	50	31
Dietary Fibre (g)	4	3	5	3	3	4
Sugar (g)	2	1	3	2	1	1
Protein (g)	30	16	31	17	18	17
Vitamin A	2%	2%	2%	2%	0%	0%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	6%	2%	6%	2%	2%	2%
Iron	40%	20%	45%	20%	25%	15%

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Nutritional information includes bread/wrap, ham, mortadella, pepperoni and salami. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

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Please consult our Nutritional Guide for information on toppings.

The Gino (with cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	240	120	240	120	165	130
Calories	710	360	710	360	500	380
Total Fat (g)	33	16	33	16	23	20
Saturated Fat (g)	15	8	15	8	8	8
Trans Fat (g)	0.5	0.3	0.5	0.3	0.3	0.3
Cholesterol (mg)	110	55	110	55	55	55
Sodium (mg)	2120	1060	2120	1060	1440	1180
Total Carbohydrate (g)	64	32	64	32	50	31
Dietary Fibre (g)	4	2	5	3	3	4
Sugar (g)	2	1	3	1	0	0
Protein (g)	39	19	40	20	21	19
Vitamin A	10%	6%	10%	6%	4%	4%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	20%	10%	20%	10%	10%	10%
15%Iron	45%	20%	50%	20%	25%	20%

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Nutritional information includes bread/wrap, pepperoni, salami and cheese. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

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Please consult our Nutritional Guide for information on toppings.

The Gino (without cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	210	105	210	105	150	115
Calories	600	300	600	300	440	330
Total Fat (g)	24	12	24	12	18	16
Saturated Fat (g)	9	5	9	5	5	6
Trans Fat (g)	0.3	0.2	0.3	0.2	0.2	0.2
Cholesterol (mg)	85	45	85	45	45	45
Sodium (mg)	1910	960	1910	960	1330	1070
Total Carbohydrate (g)	64	32	64	32	50	31
Dietary Fibre (g)	4	2	5	3	3	4
Sugar (g)	2	1	3	1	0	0
Protein (g)	32	16	33	16	17	16
Vitamin A	2%	2%	2%	2%	0%	0%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	6%	2%	6%	2%	2%	2%
Iron	45%	20%	50%	20%	25%	20%

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Nutritional information includes bread/wrap, pepperoni and salami. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

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Please consult our Nutritional Guide for information on toppings.

The Chicken (with cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	260	130	260	130	175	140
Calories	580	290	580	290	430	320
Total Fat (g)	15	8	15	8	14	11
Saturated Fat (g)	7	3.5	7	3.5	4.5	4
Trans Fat (g)	0.2	0.1	0.2	0.1	0.1	0.1
Cholesterol (mg)	85	45	85	45	45	45
Sodium (mg)	1390	700	1390	700	1070	810
Total Carbohydrate (g)	65	33	65	33	50	32
Dietary Fibre (g)	3	2	4	2	2	3
Sugar (g)	1	1	2	1	0	0
Protein (g)	45	23	46	23	24	23
Vitamin A	10%	6%	10%	6%	4%	4%
Vitamin C	10%	6%	10%	6%	2%	0%
Calcium	20%	10%	20%	10%	10%	10%
15%Iron	40%	20%	40%	20%	25%	15%

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Nutritional information includes bread/wrap, chicken and cheese. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

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Please consult our Nutritional Guide for information on toppings.

The Chicken (without cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	230	115	230	115	160	125
Calories	470	240	470	240	380	260
Total Fat (g)	6	3	6	3	9	7
Saturated Fat (g)	1	0.5	1	0.5	1.5	0.5
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	60	30	60	30	30	30
Sodium (mg)	1180	590	1180	590	970	700
Total Carbohydrate (g)	65	33	65	33	51	32
Dietary Fibre (g)	3	2	4	2	2	3
Sugar (g)	1	1	2	1	0	0
Protein (g)	38	19	39	20	21	19
Vitamin A	2%	0%	2%	0%	0%	0%
Vitamin C	10%	6%	10%	6%	2%	0%
Calcium	6%	4%	6%	4%	4%	4%
Iron	40%	20%	45%	20%	25%	15%

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Nutritional information includes bread/wrap and chicken. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

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Please consult our Nutritional Guide for information on toppings.

The Ham (with cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	220	110	220	110	155	120
Calories	480	240	480	240	380	270
Total Fat (g)	13	6	13	6	13	10
Saturated Fat (g)	7	3.5	7	3.5	4.5	4
Trans Fat (g)	0.2	0.1	0.2	0.1	0.1	0.1
Cholesterol (mg)	55	25	35	25	25	25
Sodium (mg)	1900	950	1900	950	1330	1070
Total Carbohydrate (g)	63	32	63	31	50	31
Dietary Fibre (g)	4	2	5	2	2	4
Sugar (g)	2	1	4	2	1	1
Protein (g)	29	15	30	15	16	15
Vitamin A	10%	6%	10%	6%	4%	4%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	20%	10%	20%	10%	10%	10%
15%Iron	30%	15%	40%	15%	20%	15%

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Please consult our Nutritional Guide for information on toppings.

The Ham (without cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	190	95	190	95	140	105
Calories	370	190	370	190	330	210
Total Fat (g)	3.5	2	3.5	2	8	6
Saturated Fat (g)	1.5	0.5	1.5	0.5	1.5	1
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	30	15	30	15	15	14
Sodium (mg)	1690	845	1690	845	1220	960
Total Carbohydrate (g)	63	32	63	32	50	31
Dietary Fibre (g)	4	2	5	2	2	4
Sugar (g)	3	1	4	2	1	1
Protein (g)	22	11	23	12	13	11
Vitamin A	2%	0%	2%	0%	0%	0%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	4%	2%	4%	2%	2%	2%
Iron	35%	15%	40%	15%	20%	15%

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The Tuna (with cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	340	170	340	170	215	180
Calories	730	370	730	370	510	390
Total Fat (g)	20	10	20	10	17	14
Saturated Fat (g)	8	4	8	4	5	4
Trans Fat (g)	0.2	0.1	0.2	0.1	0.1	0.1
Cholesterol (mg)	95	50	95	50	50	50
Sodium (mg)	1740	870	1740	870	1250	990
Total Carbohydrate (g)	64	32	64	32	50	31
Dietary Fibre (g)	3	2	4	2	2	3
Sugar (g)	1	0	2	1	0	0
Protein (g)	70	35	71	36	37	35
Vitamin A	10%	6%	10%	6%	4%	4%
Vitamin C	20%	10%	20%	10%	0%	6%
Calcium	20%	10%	20%	10%	10%	10%
15%Iron	45%	25%	50%	25%	30%	20%

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Nutritional information includes bread/wrap, tuna and cheese. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

The % Daily Value is based on a 2000 calorie diet. Nutrition calculations follow government regulations regarding the rounding off of data.

Please consult our Nutritional Guide for information on toppings.

The Tuna (without cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	310	155	310	155	200	165
Calories	620	310	620	310	450	340
Total Fat (g)	11	6	11	6	12	10
Saturated Fat (g)	2	1	2	1	2	1
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	70	35	70	35	35	35
Sodium (mg)	1530	770	1530	770	1140	880
Total Carbohydrate (g)	64	32	64	32	50	31
Dietary Fibre (g)	3	2	4	2	2	3
Sugar (g)	1	1	2	1	0	0
Protein (g)	63	32	64	32	33	32
Vitamin A	2%	2%	2%	2%	0%	0%
Vitamin C	20%	10%	20%	10%	6%	6%
Calcium	4%	4%	4%	4%	2%	2%
Iron	45%	25%	50%	25%	30%	20%

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Please consult our Nutritional Guide for information on toppings.

The Turkey (with cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	245	115	245	115	160	125
Calories	500	250	500	250	390	270
Total Fat (g)	11	5	11	5	12	9
Saturated Fat (g)	7	3.5	7	3.5	4	3.5
Trans Fat (g)	0.2	0.1	0.2	0.1	0.1	0.1
Cholesterol (mg)	70	35	70	35	35	35
Sodium (mg)	1910	880	1910	880	1260	1000
Total Carbohydrate (g)	63	31	63	31	49	30
Dietary Fibre (g)	5	2	6	3	3	4
Sugar (g)	2	1	3	1	0	0
Protein (g)	37	17	38	18	19	17
Vitamin A	10%	6%	10%	6%	4%	4%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	20%	10%	20%	10%	10%	10%
15%Iron	35%	20%	40%	20%	20%	15%

* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap, turkey and cheese. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

The % Daily Value is based on a 2000 calorie diet. Nutrition calculations follow government regulations regarding the rounding off of data.

Please consult our Nutritional Guide for information on toppings.

The Turkey (without cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	215	100	215	100	145	110
Calories	390	190	390	190	330	220
Total Fat (g)	2	1	2	1	7	5
Saturated Fat (g)	0.5	0.5	0.5	0.5	1	0.4
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	45	20	45	20	20	20
Sodium (mg)	1700	775	1700	775	1150	890
Total Carbohydrate (g)	63	31	63	31	49	30
Dietary Fibre (g)	5	2	6	3	3	4
Sugar (g)	2	1	3	1	0	0
Protein (g)	30	14	31	14	15	14
Vitamin A	2%	0%	2%	0%	0%	0%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	4%	2%	4%	2%	2%	2%
Iron	35%	15%	40%	15%	20%	15%

* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap and turkey. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

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Please consult our Nutritional Guide for information on toppings.

The Veggie (with cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	258	129	258	129	174	139
Calories	430	215	430	215	360	240
Total Fat (g)	11	5	11	5	12	9
Saturated Fat (g)	7	3	7	3	4	3
Trans Fat (g)	0.2	0.1	0.2	0.2	0.1	0.1
Cholesterol (mg)	25	15	25	15	15	40
Sodium (mg)	870	440	870	440	810	550
Total Carbohydrate (g)	64	32	64	32	50	31
Dietary Fibre (g)	5	3	6	3	3	4
Sugar (g)	2	1	3	2	1	0
Protein (g)	19	10	20	10	11	10
Vitamin A	130%	70%	130%	70%	70%	70%
Vitamin C	60%	30%	60%	30%	25%	25%
Calcium	25%	10%	25%	10%	10%	10%
15%Iron	35%	20%	40%	20%	25%	15%

* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap, lettuce and cheese. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

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Please consult our Nutritional Guide for information on toppings.

The Veggie (without cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	228	114	228	114	159	124
Calories	320	160	320	160	300	190
Total Fat (g)	1.5	1	1.5	1	7	5
Saturated Fat (g)	0.5	0.5	0.5	0.5	1	0.4
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	0	0	0	0	0	0
Sodium (mg)	660	330	660	330	710	450
Total Carbohydrate (g)	64	32	64	32	50	31
Dietary Fibre (g)	5	3	6	3	3	4
Sugar (g)	2	1	3	2	1	1
Protein (g)	12	6	13	7	8	6
Vitamin A	120%	60%	120%	60%	60%	60%
Vitamin C	60%	30%	60%	30%	25%	25%
Calcium	8%	4%	8%	4%	4%	4%
Iron	35%	20%	40%	20%	25%	15%

* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap and lettuce. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

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Dagwoods Sauce



Nutritional Information	0.75oz	1oz	1.5oz			
Serving size (oz)	0.75	1oz	1.5oz			
Calories	130	170	260			
Total Fat (g)	14	19	28			
Saturated Fat (g)	1.5	2	3			
Trans Fat (g)	0.2	0.3	0.4			
Cholesterol (mg)	0	0	0			
Sodium (g)	70	95	140			
Total Carbohydrate (g)	1	1	2			
Dietary Fibre (g)	0	0	0			
Sugar (g)	1	1	1			
Protein (g)	0.1	0.1	0.2			
Vitamin A	0%	0%	0%			
Vitamin C	0%	0%	0%			
Calcium	0%	0%	0%			
Iron	0%	0%	0%			

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[Download the complete Dagwoods nutritional guide here](#)

Soups

Nutritional Information	Autumn Butternut Squash	Garden Vegetable	Harvest Mushroom Bisque	Roasted Garlic Tomato	Spring Asparagus
Serving size (g)	250	250	250	250	250
Calories	190	100	140	250	210
Total Fat (g)	10	0.5	7	18	15
Saturated Fat (g)	6	0.1	4	9	8
Trans Fat (g)	0	0	0	0.2	0.3
Cholesterol (mg)	30	0	20	50	45
Sodium (g)	980	970	1000	790	1050
Total Carbohydrate (g)	24	20	15	18	14
Dietary Fibre (g)	2	3	2	2	2
Sugar (g)	2	4	4	5	3
Protein (g)	9	4	4	5	6
Vitamin A	50%	20%	2%	10%	10%
Vitamin C	10%	25%	8%	15%	40%
Calcium	6%	6%	4%	10%	10%
Iron	8%	6%	6%	4%	6%

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Please consult our Nutritional Guide for information on toppings.

Soups

Nutritional Information	Loaded Baked Potato	Asiago Cheese Bisque	Old Fashioned Tomato	Roasted Red Pepper & Tomato Bisque
Serving size (g)	250	250	250	250
Calories	270	260	140	300
Total Fat (g)	15	18	6	23
Saturated Fat (g)	8	9	2.5	14
Trans Fat (g)	0	0.2	0.5	1
Cholesterol (mg)	45	55	10	80
Sodium (g)	760	800	1030	940
Total Carbohydrate (g)	22	17	19	19
Dietary Fibre (g)	1	1	2	3
Sugar (g)	4	3	6	7
Protein (g)	7	6	4	4
Vitamin A	4%	15%	20%	30%
Vitamin C	10%	6%	10%	100%
Calcium	10%	8%	8%	8%
Iron	15%	4%	8%	8%

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Please consult our Nutritional Guide for information on toppings.

Chili

Nutritional Information	
Serving size (g)	250ml
Calories	210
Total Fat (g)	6
Saturated Fat (g)	2
Trans Fat (g)	0.5
Cholesterol (mg)	25
Sodium (g)	810
Total Carbohydrate (g)	28
Dietary Fibre (g)	9
Sugar (g)	6
Protein (g)	13
Vitamin A	4%
Vitamin C	4%
Calcium	8%
Iron	20%

- Nutrition calculations follow government regulations regarding the rounding off of data.

Salads (with cheese)

Nutritional Information	Grilled Chicken	Ham	Turkey	Italian	Garden	Tuna
Serving size (g)	208	173	178	153	133	213
Calories	180	110	120	140	80	200
Total Fat (g)	7	6	4.5	9	4.5	9
Saturated Fat (g)	3.5	3.5	3	4.5	3	3.5
Trans Fat (g)	0.1	0.1	0.1	0.1	0.1	0.1
Cholesterol (g)	50	25	35	30	15	40
Sodium (mg)	450	640	570	460	120	470
Total Carbohydrate (g)	7	6	5	4	4	6
Dietary Fibre (g)	2	3	3	3	2	3
Sugar (g)	1	2	2	1	1	1
Protein (g)	22	11	13	10	5	26
Vitamin A	130%	130%	130%	130%	130%	130%
Vitamin C	50%	45%	45%	45%	45%	50%
Calcium	15%	10%	10%	10%	10%	10%
Iron	10%	8%	8%	8%	6%	15%

* Nutrition Information is approximate and rounded for clarity.

Please consult our Nutritional Guide for information on toppings.

Salads (without cheese)

Nutritional Information	Grilled Chicken	Ham	Turkey	Italian	Garden	Tuna
Serving size (g)	193	158	163	138	118	198
Calories	130	60	60	90	20	150
Total Fat (g)	3	1	0.2	5	0	4
Saturated Fat (g)	0.5	0.4	0	105	0	0.5
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	40	15	20	20	0	30
Sodium (g)	340	530	460	350	10	450
Total Carbohydrate (g)	7	6	5	4	4	6
Dietary Fibre (g)	2	3	3	3	2	3
Sugar (g)	1	2	2	1	1	1
Protein (g)	18	7	10	7	1	22
Vitamin A	120%	120%	120%	130%	120%	120%
Vitamin C	50%	45%	45%	45%	45%	50%
Calcium	6%	4%	4%	4%	4%	4%
Iron	10%	8%	8%	8%	6%	15%

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Please consult our Nutritional Guide for information on toppings.

Cookies

Nutritional Information	Oatmeal Raisin	Key Lime & White Chocolate	Triple Crown	Double Chocolate Chunk
Serving size (g)	1 cookie, 35 g	1 cookie, 35 g	1 cookie, 35g	1 cookie, 35g
Calories	140	160	150	150
Total Fat (g)	6	8	7	7
Saturated Fat (g)	2	3.5	2.5	3
Trans Fat (g)	0.1	0.1	1	0.1
Cholesterol (mg)	10	10	10	10
Sodium (g)	110	100	100	110
Total Carbohydrate (g)	21	20	21	21
Dietary Fibre (g)	1	0	1	1
Sugar (g)	13	13	13	13
Protein (g)	2	2	2	2
Vitamin A	4%	4%	6%	4%
Vitamin C	0%	0%	0%	0%
Calcium	0%	2%	2%	0%
Iron	4%	4%	6%	6%

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Two Bite Brownies

Nutritional Information	Two Bite Brownies
Serving size (g)	38
Calories	180
Total Fat (g)	10
Saturated Fat (g)	4
Trans Fat (g)	0
Cholesterol (mg)	25
Sodium (g)	95
Total Carbohydrate (g)	20
Dietary Fibre (g)	1
Sugar (g)	1
Protein (g)	2
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	8%

- Nutrition calculations follow government regulations regarding the rounding off of data. The % Daily Value is based on a 2000 calorie diet.

Brownies

Nutritional Information	
Serving size (g)	60
Calories	231
Total Fat (g)	11
Saturated Fat (g)	2.6
Trans Fat (g)	0
Cholesterol (mg)	37
Sodium (g)	183
Total Carbohydrate (g)	34
Dietary Fibre (g)	2
Sugar (g)	25
Protein (g)	3
Vitamin A	6%
Vitamin C	0%
Calcium	2%
Iron	15%

Nutrition calculations follow government regulations regarding the rounding off of data. The % Daily Value is based on a 2000 calorie diet.