

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%
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.



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