

Zero's Subs

Menu Item	Serv	SPts	Org		Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
			Pts +	Pts							
B.L.T. sub, 12"	1 ea	n/a	22	19	822	39	2	6	24	96	n/a
B.L.T. sub, 6"	1 ea	n/a	11	9	411	19	1	3	12	48	n/a
B.L.T., no mayo sub, 12"	1 ea	n/a	17	14	658	25	0	6	24	86	n/a
B.L.T., no mayo sub, 6"	1 ea	n/a	9	7	330	12	0	3	12	43	n/a
Cosmo Vegetarian Deluxe sub, 12"	1 ea	n/a	25	21	923	45	20	9	39	95	n/a
Cosmo Vegetarian Deluxe sub, 6"	1 ea	n/a	13	11	488	25	11	4	21	48	n/a
Cosmo vegetarian Deluxe, no cheese, no oil & vinegar sub, 6"	1 ea	n/a	6	4	235	3	0	4	7	47	n/a
Cosmo Vegetarian Deluxe, no cheese, no oil sub, 12"	1 ea	n/a	12	9	468	7	0	9	13	93	n/a
Cosmo Vegetarian sub, 12"	1 ea	n/a	24	20	885	43	20	7	37	91	n/a
Cosmo Vegetarian sub, 6"	1 ea	n/a	12	10	469	23	11	4	20	46	n/a
Cosmo vegetarian, no cheese, no oil & vinegar sub, 12"	1 ea	n/a	11	8	430	5	0	7	12	88	n/a
Cosmo Vegetarian, no cheese, no oil & vinegar sub, 6"	1 ea	n/a	6	4	216	2	0	4	6	45	n/a
Grilled Veggie Sub sub, 12"	1 ea	n/a	19	16	733	24	12	11	34	102	n/a
Grilled Veggie Sub sub, 6"	1 ea	n/a	11	8	394	14	7	6	19	52	n/a
Grilled veggie sub, no cheese, no oil & vinegar sub, 12"	1 ea	n/a	13	9	484	5	0	11	16	100	n/a
Grilled Veggie Sub, no cheese, no oil & vinegar sub, 6"	1 ea	n/a	7	4	244	3	0	6	8	51	n/a
Grinder sub, 12"	1 ea	n/a	29	25	1062	59	22	6	42	94	n/a
Grinder sub, 6"	1 ea	n/a	15	13	557	31	12	3	23	48	n/a
Grinder, multigrain sub, 12"	1 ea	n/a	29	26	1065	60	22	8	36	99	n/a
Grinder, multigrain sub, 6"	1 ea	n/a	15	13	559	32	12	4	20	50	n/a
Grinder, multigrain, no cheese, no oil & vinegar sub, 12"	1 ea	n/a	21	18	799	36	11	8	24	98	n/a
Grinder, multigrain, no cheese, no oil & vinegar sub, 6"	1 ea	n/a	11	9	401	18	5	4	12	49	n/a
Grinder, no cheese, no oil & vinegar sub, 12"	1 ea	n/a	21	18	796	35	11	6	30	93	n/a
Grinder, no cheese, no oil & vinegar sub, 6"	1 ea	n/a	11	9	399	17	5	3	15	47	n/a
Ham & Cheese sub, 12"	1 ea	n/a	21	18	810	33	13	6	43	87	n/a
Ham & Cheese sub, 6"	1 ea	n/a	12	10	439	19	8	3	24	44	n/a
Ham & Cheese, no cheese, no oil & vinegar sub, 12"	1 ea	n/a	14	11	554	10	2	6	32	86	n/a
Ham & Cheese, no cheese, no oil & vinegar sub, 6"	1 ea	n/a	7	6	286	5	1	3	17	43	n/a
Hot Italian Sausage sub, 12"	1 ea	n/a	35	32	1326	74	27	6	71	90	n/a
Hot Italian Sausage sub, 6"	1 ea	n/a	17	16	663	37	14	3	35	45	n/a
Meatball & Cheese sub, 12"	1 ea	n/a	28	25	1080	56	25	7	40	100	n/a
Meatball & Cheese sub, 6"	1 ea	n/a	15	13	565	30	14	4	22	50	n/a
Meatball & Cheese, no cheese sub, 12"	1 ea	n/a	25	22	930	45	18	7	30	100	n/a
Meatball & Cheese, no cheese sub, 6"	1 ea	n/a	12	10	465	22	9	4	15	50	n/a
Pepperoni & Cheese sub, 12"	1 ea	n/a	27	24	991	54	24	4	44	84	n/a
Pepperoni & Cheese sub, 6"	1 ea	n/a	15	13	545	31	15	2	26	42	n/a
Pepperoni & Cheese, no cheese sub, 12"	1 ea	n/a	19	16	692	31	10	4	23	82	n/a
Pepperoni & Cheese, no cheese sub, 6"	1 ea	n/a	9	8	346	15	5	2	11	41	n/a
Philly Chicken & Cheese sub, 12"	1 ea	n/a	21	17	804	20	9	6	64	95	n/a
Philly Chicken & Cheese sub, 6"	1 ea	n/a	10	8	402	10	4	3	32	48	n/a
Philly Chicken & Cheese, no cheese sub, 12"	1 ea	n/a	16	13	639	8	1	6	54	90	n/a
Philly Chicken & Cheese, no cheese sub, 6"	1 ea	n/a	8	6	319	4	1	3	27	45	n/a
Philly Chicken & Cheese, with M & GP sub, 12"	1 ea	n/a	21	17	821	20	9	7	65	99	n/a
Philly Chicken & Cheese, with M & GP sub, 6"	1 ea	n/a	11	8	410	10	4	4	32	49	n/a
Philly Chicken & Cheese, with M & GP, no cheese sub, 12"	1 ea	n/a	17	13	656	8	1	7	56	94	n/a
Philly Chicken & Cheese, with M & GP, no cheese sub, 6"	1 ea	n/a	8	6	328	4	1	4	28	47	n/a
Philly Steak & Cheese sub, 12"	1 ea	n/a	26	22	983	42	18	6	55	97	n/a
Philly Steak & Cheese sub, 6"	1 ea	n/a	13	11	492	21	9	3	27	49	n/a
Philly Steak & Cheese, no cheese sub, 12"	1 ea	n/a	21	18	819	30	10	6	46	92	n/a
Philly Steak & Cheese, no cheese sub, 6"	1 ea	n/a	11	9	409	15	5	3	23	46	n/a
Philly Steak & Cheese, with M & GP sub, 12"	1 ea	n/a	26	23	1000	42	18	7	56	101	n/a
Philly Steak & Cheese, with M & GP sub, 6"	1 ea	n/a	13	11	500	21	9	4	28	50	n/a
Philly Steak & Cheese, with M & GP, no cheese sub, 12"	1 ea	n/a	22	18	836	30	10	7	47	96	n/a
Philly Steak & Cheese, with M & GP, no cheese sub, 6"	1 ea	n/a	11	9	418	15	5	4	23	48	n/a
Roast Beef & Cheese sub, 12"	1 ea	n/a	23	19	867	34	13	6	54	90	n/a

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<i>Menu Item</i>	<i>Serv</i>	<i>SPts</i>	<i>Pts +</i>	<i>Org Pts</i>	<i>Cal</i>	<i>Tfat</i>	<i>Sfat</i>	<i>Fib</i>	<i>Pro</i>	<i>Carb</i>	<i>Sug</i>
Roast Beef & Cheese sub, 6"	1 ea	n/a	12	10	460	19	8	3	29	45	n/a
Roast Beef & Cheese, no cheese, no oil & vinegar sub, 12"	1 ea	n/a	16	12	611	11	2	6	43	89	n/a
Roast Beef & Cheese, no cheese, no oil & vinegar sub, 6"	1 ea	n/a	8	6	307	5	1	3	21	45	n/a
The Club sub, 12"	1 ea	n/a	25	21	938	42	12	6	52	87	n/a
The Club sub, 6"	1 ea	n/a	13	12	514	23	7	3	31	44	n/a
The Club, no cheese, no oil & vinegar sub, 12"	1 ea	n/a	17	14	682	18	1	6	41	86	n/a
The Club, no cheese, no oil & vinegar sub, 6"	1 ea	n/a	9	7	361	10	1	3	24	43	n/a
Tuna & Cheese sub, 12"	1 ea	n/a	26	23	986	48	15	6	49	93	n/a
Tuna & Cheese sub, 6"	1 ea	n/a	14	12	519	26	8	3	26	47	n/a
Tuna & Cheese, no cheese, no oil & vinegar sub, 12"	1 ea	n/a	19	16	730	24	4	6	38	92	n/a
Tuna & Cheese, no cheese, no oil & vinegar sub, 6"	1 ea	n/a	10	8	366	12	2	3	19	46	n/a
Turkey & Cheese sub, 12"	1 ea	n/a	21	18	833	29	10	6	51	87	n/a
Turkey & Cheese sub, 6"	1 ea	n/a	12	10	454	17	6	3	30	44	n/a
Turkey & Cheese, no cheese, no oil & vinegar sub, 12"	1 ea	n/a	14	11	577	6	0	6	40	86	n/a
Turkey & Cheese, no cheese, no oil & vinegar sub, 6"	1 ea	n/a	7	6	301	3	0	3	22	43	n/a