

Prepared Foods Nutrition Facts

	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				grams	%DV	grams	%DV		grams	mg	%DV	mg	%DV	grams	%DV	grams						
Specialty Subs																						
Small Chicken Parmesan	1	770	190	21	32	7	35	0	60	20	2140	89	101	34	11	44	7	34	15	60	25	45
Med. Chicken Parmesan	1	1040	260	29	45	9	45	0	85	28	2910	121	137	46	14	56	10	47	25	80	35	60
Large Chicken Parmesan	1	1560	400	44	68	15	75	0	130	43	4320	180	201	67	21	84	14	71	35	110	60	90
Small Meatball	1	950	410	46	71	18	90	0	110	37	2390	100	87	29	5	20	4	48	25	60	35	45
Med. Meatball	1	1290	560	62	95	25	125	0	150	50	3250	135	118	39	7	28	6	65	35	90	50	60
Large Meatball	1	1930	850	95	146	38	190	0	230	77	4840	202	173	58	11	44	9	98	50	130	80	90
Small Tuna	1	580	130	14	22	2.5	13	0	50	17	1210	50	72	24	3	12	0	35	2	50	6	30
Med. Tuna	1	670	180	20	31	3.5	18	0	20	7	1230	51	97	32	4	16	0	23	2	70	10	35
Large Tuna	1	1270	310	35	54	6	30	0	130	43	2640	110	143	48	7	28	1	80	4	100	15	60
Small Chicken Caesar	1	840	340	38	58	7	35	0	95	32	2250	94	76	25	4	16	3	49	40	60	10	30
Med. Chicken Caesar	1	1200	510	57	88	10	50	0	145	48	3290	137	103	34	5	20	4	72	60	80	15	40
Large Chicken Caesar	1	1670	680	76	117	14	70	0	190	63	4490	187	151	50	7	28	5	97	80	120	25	60
Small Cheese Steak	1	680	170	19	29	8	40	0	90	30	1290	54	79	26	5	20	2	52	25	150	25	40
Med. Cheese Steak	1	1090	240	26	40	11	55	0	125	42	1770	74	145	48	14	56	20	75	35	260	45	60
Large Cheese Steak	1	1400	360	40	62	18	90	0	190	63	2660	111	158	53	10	40	5	106	50	290	50	80
Small Red Osier	1	540	70	8	12	2.5	13	0	65	22	2380	99	80	27	4	16	5	38	10	60	6	35
Med. Red Osier	1	740	100	11	17	3.5	18	0	95	32	3080	128	108	36	5	20	7	53	15	90	10	50
Large Red Osier	1	1090	140	16	25	5	25	0	135	45	4220	176	160	53	8	32	11	78	30	140	15	80
Small Provolone Cheese	1	800	340	38	58	18	90	0	85	28	1810	75	75	25	3	12	0	45	15	50	90	25
Med. Provolone Cheese	1	1120	490	54	83	26	130	0	125	42	2540	106	102	34	4	16	0	64	25	70	130	35
Large Provolone Cheese	1	1650	710	79	122	38	190	0	180	60	3720	155	150	50	6	24	0	94	35	100	190	50
Small Chicken Philly	1	650	120	14	22	5	25	0	110	37	1860	78	81	27	5	20	2	53	25	150	25	30
Med. Chicken Philly	1	1090	190	21	32	8	40	0	170	57	2720	113	148	49	14	56	20	82	35	260	45	45
Large Chicken Philly	1	1340	280	31	48	12	60	0	230	77	3800	158	162	54	10	40	5	108	50	290	50	60
Small Buffalo Chicken	1	840	270	30	46	16	80	0	155	52	4080	170	79	26	3	12	0	64	10	50	50	30
Med. Buffalo Chicken	1	1210	400	45	69	23	115	0	235	78	6040	252	107	36	4	16	0	94	20	70	80	40
Large Buffalo Chicken	1	1720	570	63	97	33	165	0	315	105	8250	344	157	52	6	24	1	130	25	100	110	60
Small American Cheese	1	770	300	34	52	19	95	0	100	33	2320	97	81	27	3	12	9	38	20	50	80	30
Med. American Cheese	1	180	440	49	75	28	140	0	140	47	3280	137	110	37	4	16	13	53	25	70	110	40
Large American Cheese	1	1590	640	71	109	40	200	0	205	68	4800	200	161	54	6	24	19	77	40	100	160	60
Small Veggie	1	430	30	3.5	5	1	5	0	0	0	1340	56	83	28	6	24	4	17	35	190	10	30
Med. Veggie	1	580	45	5	8	1.5	8	0	0	0	1900	79	114	38	8	32	6	23	50	270	20	40
Large Veggie	1	850	60	7	11	2	10	0.5	0	0	2680	112	167	56	12	48	9	34	70	380	25	60
Small Veggie - lettuce only	1	370	25	3	5	1	5	0	0	0	770	32	72	24	3	12	1	15	2	50	6	25
Med. Veggie - lettuce only	1	510	35	4	6	1.5	8	0	0	0	1040	43	97	32	5	20	1	21	4	70	8	35
Large Veggie - lettuce only	1	740	50	6	9	2	10	0	0	0	1540	64	143	48	7	28	1	30	6	100	15	50

*Note: Specialty Subs information includes formulations as described on DiBella's Menu. Submarine info includes roll, meat, lettuce and tomato unless otherwise specified

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	Serving Siz	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat grams	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar grams	Protein grams	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
				grams	%DV	grams	%DV		mg	%DV	mg	%DV	grams	%DV	grams	%DV						
Submarines																						
Small Ham & Salami	1	670	230	26	40	9	45	0	1045	348	2550	106	75	25	4	16	3	39	10	60	6	30
Med. Ham & Salami	1	930	330	37	57	12	60	0	1505	502	3620	151	101	34	5	20	4	55	15	90	10	40
Large Ham & Salami	1	1360	480	54	83	18	90	0	2205	735	5290	220	147	49	7	28	4	80	15	120	15	60
Small Dagwood	1	530	70	8	12	2.5	13	0	55	18	1940	81	77	26	4	16	2	37	10	60	6	35
Med. Dagwood	1	720	100	11	17	3.5	18	0	80	27	2720	113	104	35	5	20	4	52	15	90	10	45
Large Dagwood	1	1050	140	16	25	5	25	0	115	38	3990	166	151	50	7	28	4	76	15	120	15	70
Small Spicy Ham	1	500	50	5	8	2	10	0	65	22	2170	90	74	25	4	16	2	37	15	60	15	25
Med. Spicy Ham	1	680	70	8	12	2.5	13	0	95	32	3070	128	100	33	5	20	3	52	20	90	20	35
Large Spicy Ham	1	1010	100	11	17	4	20	0	140	47	4500	188	150	50	8	32	5	76	40	140	25	50
Small Godfather	1	640	190	21	32	7	35	0	730	243	2470	103	75	25	4	16	2	41	10	60	8	30
Med. Godfather	1	900	270	30	46	11	55	0	1050	350	3490	145	101	34	5	20	3	58	15	90	10	35
Large Godfather	1	1310	400	44	68	16	80	0	1535	512	5110	213	147	49	7	28	3	84	20	120	15	50
Small Capicola	1	620	140	16	25	6	30	0	85	28	2420	101	76	25	4	16	2	44	10	60	6	30
Med. Capicola	1	860	210	23	35	9	45	0	125	42	3420	143	103	34	5	20	3	62	15	90	8	40
Large Capicola	1	1280	300	34	52	13	65	0	180	60	5020	209	155	52	8	32	5	91	30	140	15	60
Small Spicy Ham & Salami	1	660	210	24	37	8	40	0	1050	350	2490	104	74	25	4	16	2	39	15	60	10	25
Med. Spicy Ham & Salami	1	910	310	34	52	11	55	0	1515	505	3520	147	100	33	5	20	3	55	20	90	15	35
Large Spicy Ham & Salami	1	1330	450	50	77	17	85	0	2215	738	5160	215	146	49	7	28	3	81	20	120	20	50
Small Ham	1	520	80	9	14	3	15	0	55	18	2300	96	75	25	4	16	3	36	10	70	8	30
Med. Ham	1	720	120	13	20	4.5	23	0	80	27	3250	135	102	34	5	20	5	51	15	90	10	45
Large Ham	1	1070	170	19	29	7	35	0	120	40	4770	199	153	51	8	32	8	75	30	140	15	60
Small Roast Beef & Corned Beef	1	540	80	9	14	3	15	0	65	22	1780	74	78	26	4	16	3	37	10	60	6	40
Med Roast Beef & Corned Beef	1	750	110	12	18	4	20	0	95	32	2490	104	107	36	5	20	5	53	15	90	8	60
Large Roast Beef & Corned Beef	1	1090	160	18	28	6	30	0	140	47	3650	152	155	52	7	28	6	77	15	120	15	80
Small Roast Beef, Turkey & Ham	1	510	60	7	11	2	10	0	55	18	1900	79	77	26	4	16	3	37	10	60	6	30
Med. Roast Beef, Turkey & Ham	1	710	90	10	15	3	15	0	80	27	2680	112	104	35	5	20	5	52	15	90	10	45
Large Roast Beef, Turkey & Ham	1	1030	130	14	22	4.5	23	0	115	38	3920	163	151	50	7	28	6	76	15	120	15	60
Small Turkey	1	490	40	4	6	1	5	0	45	15	1680	70	76	25	4	16	2	37	10	60	6	25
Med. Turkey	1	680	50	6	9	1.5	8	0	60	20	2360	98	103	34	5	20	3	53	15	90	8	35
Large Turkey	1	1010	80	9	14	2	10	0	90	30	3470	145	155	52	8	32	5	78	30	140	15	50
Small Turkey & Ham	1	510	60	7	11	2	10	0	50	17	1990	83	76	25	4	16	3	37	10	60	6	30
Med. Turkey & Ham	1	700	80	9	14	3	15	0	70	23	2800	117	103	34	5	20	4	52	15	90	10	40
Large Turkey & Ham	1	1020	120	14	22	4.5	23	0	105	35	4110	171	149	50	7	28	4	75	15	120	15	60
Small Corned Beef	1	560	90	10	15	3	15	0	65	22	1830	76	78	26	4	16	2	38	10	60	6	45
Med. Corned Beef	1	770	120	14	22	4.5	23	0	95	32	2560	107	107	36	5	20	3	53	15	90	8	60
Large Corned Beef	1	1150	180	20	31	7	35	0	140	47	3770	157	159	53	8	32	5	78	30	140	15	90
Small Salami	1	820	380	42	65	14	70	0	2030	677	2810	117	74	25	4	16	2	42	10	60	6	25
Med. Salami	1	1140	540	60	92	20	100	0	2935	978	3980	166	100	33	5	20	3	59	15	90	8	35
Large Salami	1	1690	800	88	135	29	145	0	4285	1428	5840	243	150	50	8	32	5	87	30	140	15	50
Small Old Fashioned	1	610	170	18	28	6	30	0	710	237	2260	94	75	25	4	16	2	38	10	60	6	30
Med. Old Fashioned	1	850	240	26	40	9	45	0	1025	342	3200	133	102	34	5	20	4	54	15	90	10	40
Large Old Fashioned	1	1240	350	39	60	13	65	0	1500	500	4680	195	148	49	7	28	4	79	15	120	15	50
Small Italian Assorted	1	720	260	29	45	10	50	0	1060	353	2610	109	75	25	4	16	2	43	10	60	6	30
Med. Italian Assorted	1	1000	370	42	65	15	75	0	1530	510	3700	154	102	34	5	20	3	60	15	90	8	40
Large Italian Assorted	1	1460	550	61	94	21	105	0	2235	745	5410	225	148	49	7	28	3	88	15	120	15	60

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				grams	%DV	grams	%DV	grams	mg	%DV	mg	%DV	grams	%DV	grams	%DV	grams	grams	%DV	%DV	%DV	%DV
Green Salads																						
Chicken Caesar	1	610	240	27	42	10	50	0	100	33	2540	106	47	16	2	8	3	52	10	10	35	20
Garden	1	350	80	9	14	0	0	0	0	0	770	32	61	20	6	24	9	14	70	45	4	25
Italian	1	660	350	39	60	11	55	0	1145	382	2300	96	57	19	5	20	6	33	20	25	20	25

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				grams	%DV	grams	%DV		grams	mg	%DV	mg	%DV	grams	%DV	grams							%DV
Individual Ingredients																							
Meatball Sauce	1 oz	10	0	0	0	0	0	0	0	0	60	3	3	1	0	0	2	0	4	2	0	4	
Dibella's Oil Dressing	1 oz	220	220	24	37	3.5	18	0	0	0	15	1	1	0	0	0	0	0	0	0	2	2	
Heinz Yellow Mustard	1 tsp	0	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	0	0	0	0	0	
Sharp & Creamy Mustard	1 tsp	15	5	0.5	1	0	0	0	0	0	90	4	3	1	0	0	1	0	0	0	0	0	
Horseradish	1 tsp	0	0	0	0	0	0	0	0	0	25	2	0	0	0	0	0	0	0	0	0	0	
BBQ Sauce	2 tbsp	60	0	0	0	0	0	0	0	0	390	16	15	8	0	0	13	0	2	0	0	0	
Honey Mustard	2 tbsp	130	115	13	20	2	10	0	10	3	220	9	4	1	0	0	4	0	0	0	0	0	
Black Olives	2 tbsp	25	20	2.5	4	0	0	0	0	0	115	5	1	0	0	0	0	0	0	0	0	0	
Red Roasted Peppers	1 oz	10	0	0	0	0	0	0	0	0	80	3	2	1	0	0	1	0	20	35	0	2	
Red & Green Pepper Strips	4.5 oz	22	0	0	0	0	0	0	0	0	4	0	6	2	2	8	0	1	48	200	0	2	
Frank's Red Hot Sauce	1 tbsp	5	0	0	0	0	0	0	0	0	380	16	1	0	0	0	0	0	0	0	0	0	
Chunky Blue Cheese	2 tbsp	160	150	17	26	3.5	17	0	15	6	270	11	1	0	0	0	1	1	0	0	4	0	
Creamy Caesar	2 tbsp	150	150	16	25	2.5	13	0	0	0	270	11	1	0	0	0	1	1	2	0	2	0	
Parmesan Cheese	1 tbsp	25	10	1	2	1	5	0	5	2	50	2	0	0	0	0	0	4	0	0	4	0	
Hot Banana Pepper Rings	1 oz	5	0	0.14	0	0	0	0	0.1	0	282	12	0.95	0	0	0	0	0	0	14	2	0	
Mayonnaise	1 tbsp	100	100	11	17	1.5	6	0	10	3	75	3	0	0	0	0	0	0	0	0	0	0	
Small White Roll	5.75 oz	370	30	3	5	1	5	0	0	0	770	32	71	24	3	12	1	15	0	60	6	25	
Med. White Roll	7.75oz	500	35	4	6	1.5	7	0	0	0	1040	43	96	32	4	17	2	20	0	70	6	35	
Large White Roll	11.5oz	740	60	6	10	2	10	0	0	0	1540	64	142	48	6	24	2	30	0	120	12	50	
Small Multi Grain Roll	5.75oz	400	50	5	8	1.5	7	0	0	0	730	31	76	25	8	25	8	14	0	35	4	25	
Med. Multi Grain Roll	7.75oz	540	70	7	11	2	10	0.5	0	0	990	41	102	34	8	34	12	19	0	50	6	30	
Large Multi Grain Roll	11.5oz	800	100	10	16	3	14	0	0	0	1460	62	152	50	16	50	9	14	0	70	8	50	
Walnut Cookie	1	450	220	25	39	11	53	0	25	8	280	12	52	17	2	10	33	6	0	0	4	6	
Plain Chocolate Chip Cookie	1	440	200	22	34	12	58	0	25	9	290	12	58	19	2	9	38	4	0	0	4	6	
Rotelli Pasta Salad	5 oz	310	190	22	33	3	16	0	0	0	830	35	25	8	2	6	3	4	30	30	2	8	
Macaroni Salad	5 oz	280	130	15	23	2.5	12	0	30	11	900	37	32	11	1	4	12	4	2	0	2	6	
Potato Salad	5 oz	220	100	11	16	2	9	0	10	5	450	19	27	9	2	6	9	2	2	35	2	4	
American Cheese	1 slice	70	60	6	9	3.5	18	0	15	4	240	10	0	0	0	0	0	4	4	10	0	0	
Swiss Cheese	1 slice	100	70	8	12	5	23	0	25	9	60	2	1	0	0	0	0	8	6	25	0	0	
Mozzarella Cheese	1 slice	90	60	7	11	4.5	22	0	25	8	150	6	0	0	0	0	0	6	4	20	0	0	
Provolone Cheese	1 slice	100	70	8	12	4	22	0	20	7	240	10	1	0	0	0	0	7	4	20	0	0	
Dibella's Au Jus	1 oz	5	0	0	0	0	0	0	0	0	160	7	0	0	0	0	0	0	0	0	0	0	
Grilled Chicken	3oz	100	20	2.5	4	0.5	2	0	55	18	520	22	1	0	0	0	0	14	0	0	0	2	
Genoa Salami	1oz	100	80	9	14	3	15	0	470	20	25	9	0	0	0	0	0	0	0	0	0	0	
Shredded Parmesan Cheese	1 tbsp	20	10	1	2	1	5	0	5	2	50	2	0	0	0	0	0	4	0	0	4	0	
Sliced Olives	2 tbsp	25	20	2.5	4	0	0	0	0	0	115	5	1	0	0	0	0	0	0	0	0	0	
Chick Peas	1/2 c	120	20	2	3	0	0	0	0	0	260	11	18	6	6	25	1	7	2	4	4	8	
Croutons	6 pieces	30	10	1	2	0	0	0	0	0	90	4	5	2	0	1	0	1	0	0	0	2	
Crumbled Bacon	1 tbsp	30	20	2	3	1	4	0	5	2	190	8	0	0	0	0	0	3	0	0	0	0	
Banana Peppers	1 oz	5	0	0	0	0	0	0	0	0	282	12	1	0	0	0	0	0	0	14	2	0	
Meatballs	2 meatballs	320	230	25	39	9	43	0	60	21	890	37	7	2	1	4	1	18	4	4	10	10	
Breaded Chicken Tenders	2 tenders	220	80	9	14	1.5	8	0	30	10	400	33	19	5	5	20	3	10	0	0	2	10	
Pizza sauce	1/4 c	30	0	0	0	0	0	0	0	0	180	8	6	2	1	5	3	1	15	8	0	6	
Tuna	1/4 c	60	5	0.5	1	0	0	0	30	10	250	10	0	0	0	0	0	14	0	0	0	4	
Cesar Dressing	2 tbsp	150	140	16	25	2.5	13	0	0	0	300	12	1	0	0	0	1	1	2	0	2	0	
Hot Sauce	1 tbsp	5	0	0	0	0	0	0	0	0	380	16	1	0	0	0	0	0	0	0	0	0	
Philly Style Steak	6oz	200	80	9	14	4	19	0	75	26	320	13	0	0	0	0	0	30	0	0	0	15	
Bell Pepper Strips	about 1/2c	22	0	0	0	0	0	0	0	0	4	0	5	2	2	8	0	1	48	200	0	2	
Swiss Cheese	1oz	100	70	8	12	5	23	0	25	9	60	2	1	0	0	0	0	8	6	0	25	0	
Mozzarella Cheese	1oz	90	60	7	11	4.5	22	0	25	8	150	6	0	0	0	0	0	6	4	0	20	0	
American Cheese	1oz	70	60	6	9	3.5	18	0	15	4	240	10	0	0	0	0	0	4	4	0	10	0	
Ham Slice	3.5oz	115	45	5	8	2	9	0	46	15	1245	52	0	0	0	0	0	17	0	2	0	4	
Sliced Oven Roasted Turkey	2oz	50	5	0.5	1	0	0	0	20	2	420	18	1	0	0	0	0	10	0	0	0	8	
Hot Ham	2oz	50	10	1	2	0	0	0	30	10	640	27	0	0	0	0	0	10	0	0	0	2	
Deli Beef	3oz	100	30	3	5	1	5	0	45	15	660	28	3	1	0	0	2	15	0	0	0	8	
Hot Capicola	2oz	110	60	6	10	2.5	11	0	40	14	760	32	1	0	0	0	0	13	0	0	0	2	
Corned Beef	2oz	80	25	3	6	1	5	0	30	10	480	20	2	1	0	0	0	10	0	0	0	8	