

	Serving Size	Calories	Calories from fat	Total Fat grams	Saturated Fat %DV	Saturated Fat grams	Trans Fat %DV	Trans Fat grams	Cholesterol mg	Sodium %DV	Sodium mg	Total Carbs grams	Dietary Fiber %DV	Dietary Fiber grams	Sugar grams	Protein grams	Vitamin %DV	Vitamin %DV	Calcium %DV	Iron %DV
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Cookies																													
Walnut Cookie	1	450	220	25	39	11	53	0	25	8	280	12	52	17	2	10	33	6	0	0	4	6	X		x	x	x	x	x
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	X		x	x		x	
Oatmeal Cookie	1	310	140	15	23	7	35	0	5	1	160	6	58	19	3	12	31	5	0	0	2	10	x			x		x	
White Chocolate Macadamia Nut	1	450	230	25	39	11	55	0	30	11	220	9	53	18	1	4	33	4	0	0	4	15	x	x	x	x	x	x	

Prepared composite salads

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			x	x		x	
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	x		x	x		x	
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	x		x	x		x	

Items based on menu description

Salads (made with Romaine and Iceberg lettuce)

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

Subs

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 DiBella's Dip	1	540	70	8	12	2.5	13	0	65	22	2380	99	80	27	4	16	5	38	10	60	6	35							
Med. DiBella's Dip	1	740	100	11	17	3.5	18	0	95	32	3080	128	108	36	5	20	7	53	15	90	10	50							
Large DiBella's Dip	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	1180	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	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							
Small Cowboy	1	842	220	25	40	10	55	0	151	51	2278	94	91	31	3	12	11	61	25	150	25	30							
Med. Cowboy	1	1226	330	37	56	15	80	0	226	40	3450	145	130	41	4	16	22	89	35	260	45	45							
Large Cowboy	1	1771	475	53	82	22	110	0	314	105	4930	188	193	63	6	24	33	124	50	290	50	60							

Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbs		Dietary Fiber		Sugar	Protein	Vitamin	Vitamin	Calcium	Iron
		from fat	grams	%DV	grams	%DV	grams	mg	%DV	mg	%DV	grams	%DV	grams	%DV	grams	grams	%DV	%DV	%DV

Based on meat, lettuce, tomato, and white bread

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

DiBella's Submarines nutritional information has been determined by an independent service using FDA approved guidelines and regulations. The data is based on our standard recipes and product preparation procedures. Due to nutritional variances in ingredients from our product suppliers, the customizable nature of our menu items, changes in recipes, procedures, and ingredients, some variations in these nutritional values may occur.

Our guests are able to determine the amount of any item on their sub sandwich so this will affect the portion sizes shown in this information. For that reason, these nutritional values should be considered approximations. Any guest with special food sensitivities or dietary needs should not rely solely on this information to decide whether to consume a particular item.