



	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
MINI SUBS										
Mini American Sub	380	16	8	0	55	1260	38	4	9	20
Mini Italian Sub	360	14	6	0	50	1230	38	4	8	22
Mini Ham & Cheese Sub	340	11	6	0	50	1300	39	4	10	21
Mini Cheese Sub	490	27	17	0	70	1530	39	4	20	42
Mini Roast & Cheese Beef Sub	340	11	6	0	55	1020	37	5	8	23
Mini Turkey & Cheese Sub	340	10	6	0	55	1060	38	4	9	23
Mini Tuna Salad Sub	370	20	3	0	5	870	35	4	5	12
Mini Chicken Salad Sub	350	17	3	0	30	740	33	4	5	17
Mini Veggie Sub	170	0	0	0	0	350	33	3	6	6
SUPER 6 SUBS										
Super 6 American Sub	480	20	9	0	70	1640	50	5	10	26
Super 6 Italian Sub	480	20	8	0	70	1710	50	5	9	29
Super 6 Ham & Cheese Sub	420	12	6	0	60	1720	51	5	11	28
Super 6 Cheese Sub	650	36	23	0	95	2060	51	5	11	28
Super 6 Roast & Cheese Beef Sub	420	12	6	0	65	1300	48	5	9	31
Super 6 Turkey & Cheese Sub	420	11	6	0	65	1360	49	5	10	31
Super 6 Tuna Salad Sub	510	27	3	0	10	1190	51	7	9	18
Super 6 Chicken Salad Sub	480	23	3	0	45	1020	49	6	9	23
Super 6 Veggie Sub	230	2	0	0	0	490	48	5	8	9
HERITAGE SUBS										
Heritage American Sub	700	31	15	0	110	2560	72	4	13	38
Heritage Italian Sub	710	30	12	0	105	2670	72	4	12	42
Heritage Ham & Cheese Sub	620	19	10	0	90	2670	74	4	15	41
Heritage Cheese Sub	960	54	35	0	145	3190	74	4	15	41
Heritage Roast & Cheese Beef Sub	620	19	10	0	100	2050	69	4	11	45
Heritage Turkey & Cheese Sub	620	17	9	0	100	2130	71	4	13	45
Heritage Tuna Salad Sub	800	46	6	0	15	2000	4	7	11	26
Heritage Chicken Salad Sub	750	38	6	0	70	1710	71	6	11	36
Heritage Veggie Sub	330	3	1	0	0	840	68	5	10	13
HERCULES SUBS										
Serving size = One Half										
Hercules American Sub	700	31	15	0	110	2560	72	4	13	38
Hercules Italian Sub	710	30	12	0	105	2670	72	4	12	42
Hercules Ham & Cheese Sub	620	19	10	0	90	2670	74	4	15	41
Hercules Cheese Sub	960	54	35	0	145	3190	74	4	15	41
Hercules Roast & Cheese Beef Sub	620	19	10	0	100	2050	69	4	11	45
Hercules Turkey & Cheese Sub	620	17	9	0	100	2130	71	4	13	45
Hercules Tuna Salad Sub	800	46	6	0	15	2000	4	7	11	26
Hercules Chicken Salad Sub	750	38	6	0	70	1710	71	6	11	36
Hercules Veggie Sub	330	3	1	0	0	840	68	5	10	13
SANDWICHES - Served On White										
Cold Sandwich Chicken Salad	480	27	4	0	55	1120	36	3	3	22
Cold Sandwich Egg Salad	510	30	6	0	380	1170	42	2	2	15
Cold Sandwich Ham & Cheese	350	12	6	0	60	1690	36	2	6	23
Cold Sandwich Roast Beef & Cheese	350	12	6	0	65	1270	33	2	3	26
Cold Sandwich Tuna Salad	520	33	4	0	10	1340	38	4	3	15
Cold Sandwich Turkey & Cheese	350	10	6	0	65	1330	34	2	4	26
PB&J Sandwich	450	17	3	0	0	600	66	4	29	11



	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
SANDWICHES - Served On Wheat										
Cold Sandwich Chicken Salad	500	28	4	0	55	1000	40	5	7	26
Cold Sandwich Egg Salad	530	31	6	0	380	1050	46	4	6	19
Cold Sandwich Ham & Cheese	370	13	6	0	60	1570	40	4	10	27
Cold Sandwich Roast Beef & Cheese	370	13	6	0	65	1150	37	4	7	30
Cold Sandwich Tuna Salad	540	34	4	0	10	1220	42	6	7	19
Cold Sandwich Turkey & Cheese	370	11	6	0	65	1210	38	4	8	30
PB&J Sandwich	470	18	2.5	0	0	485	70	6	33	15
SANDWICHES - Served On Rye										
Cold Sandwich Chicken Salad	540	28	4	0	55	1320	48	3	3	26
Cold Sandwich Egg Salad	570	31	6	0	380	1370	54	2	2	19
Cold Sandwich Ham & Cheese	410	13	6	0	60	1890	48	2	6	27
Cold Sandwich Roast Beef & Cheese	410	13	6	0	65	1470	45	2	3	30
Cold Sandwich Tuna Salad	580	34	4	0	10	1540	50	4	3	19
Cold Sandwich Turkey & Cheese	410	11	6	0	65	1530	46	2	4	30
PB&J Sandwich	510	18	2.5	0	0	805	78	4	29	15
SANDWICHES - Served On Kaiser Roll										
Cold Sandwich Chicken Salad	470	27	4	0	55	950	33	3	3	23
Cold Sandwich Egg Salad	500	30	6	0	380	1000	39	2	2	16
Cold Sandwich Ham & Cheese	340	12	6	0	60	1520	33	2	6	24
Cold Sandwich Roast Beef & Cheese	340	12	6	0	65	1100	30	2	3	27
Cold Sandwich Tuna Salad	510	33	4	0	10	1170	35	4	3	16
Cold Sandwich Turkey & Cheese	340	10	6	0	65	1160	31	2	4	27
PB&J Sandwich	440	17	3	0	0	435	63	4	29	12
ItsAWrap (Dip Salad-includes Lettuce & Tomato)										
Wraps American	500	24	11	0	70	1750	48	6	11	25
Wraps BLT	370	17	6	0	40	1090	40	6	7	18
Wraps Chicken Buffalo & Chs	550	30	10	0	75	2080	41	5	7	30
Wraps Chicken Caesar	500	21	5	0	80	1320	40	5	6	39
Wraps Chicken Salad	560	31	6	0	55	1250	44	7	8	26
Wraps Ham & Cheese	450	16	8	0	60	1820	49	6	13	27
Wraps Italian	510	23	10	0	70	1820	48	6	10	28
Wraps Pepperoni & Cheese	620	41	22	0	100	2070	37	4	5	23
Wraps Tuna Salad	590	37	6	0	10	1470	46	8	8	18
Wraps Turkey & Cheese	450	14	8	0	65	1460	48	6	11	30
Wraps Turkey Club	500	20	10	0	85	1710	44	6	9	35
Wraps Veggie	250	5	2	0	0	590	45	6	8	8
ANGUS BURGERS										
Hot Sandwich Angus Burger	430	20	7	0	65	640	30	2	2	29
Hot Sandwich Angus Cheeseburger	540	29	13	0	90	1030	31	2	3	34
Hot Sandwich Angus Bacon Cheeseburger	610	35	15	0	110	1280	31	2	3	39
HOT SANDWICHES										
Hot Sandwich Barnburner - KAISER	560	26	6	3	85	2730	43	3	4	38
Hot Sandwich BBQ Pork - KAISER	500	17	0	0	80	1030	58	2	31	31
Hot Sandwich Chicken Breast Club - KAISER	580	28	10	0	125	1490	36	3	7	47
Hot Sandwich Chicken Caesar - KAISER	380	12	2	0	80	870	33	3	4	37
Hot Sandwich Chicken Parmesan - KAISER	550	19	4	3	75	1500	55	6	12	39
Hot Sandwich Ham & Cheese - KAISER	340	12	6	0	60	1520	33	2	6	24
Hot Sandwich Meatball & Cheese - SUPER 6	720	41	18	0	85	1940	55	8	14	33
Hot Sandwich Pork Roll & Cheese - KAISER	520	33	16	0	80	1520	31	2	4	23
Hot Sandwich Roast Beef - SUPER 6	350	6	1	0	58	1347	42	3	3	31
HERI-EGGS										
Kaiser Heri-Eggs										
Heri Egg Bacon	540	31	16	0	445	1300	32	2	3	27
Heri Egg Egg & Cheese Only	470	25	14	0	425	1040	32	2	3	22
Heri Egg Egg Only	360	16	8	0	400	650	31	2	2	17
Heri Egg Ham	490	25	14	0	435	1320	33	2	4	27
Heri Egg Pork Roll	550	32	17	0	445	1320	32	2	3	26
Heri Egg Sausage	620	40	19	0	455	1300	32	2	3	27
Plain Bagel Heri-Eggs										
Heri Egg Bacon	690	31	16	0	445	1460	67	2	9	32
Heri Egg Egg & Cheese Only	620	25	14	0	425	1220	67	2	9	27
Heri Egg Egg Only	510	16	8	0	400	820	66	2	8	22
Heri Egg Ham	640	25	14	0	435	1490	68	2	10	32
Heri Egg Pork Roll	700	32	17	0	445	1490	67	2	9	31
Heri Egg Sausage	770	40	19	0	455	1460	67	2	9	32



	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
BAGELS & ROLLS										
Bagel Plain	300	1	0	0	0	460	64	2	8	10
Bagel Buttered	370	8	5	0	20	520	64	2	8	10
Bagel Cream Cheese	380	8	5	0	20	580	66	2	9	12
Buttered Roll Super 6	260	9	5	0	20	540	38	3	3	7
TWISTERS										
Twister Pepperoni & Cheese	670	37	19	0	90	2270	60	3	1	24
Twister Ham & Cheese	460	13	8	0	50	1890	62	3	3	24
Twister Cheese Only	510	20	13	0	50	1730	61	3	2	20
Twister Chicken Buffalo & Chs	460	13	8	0	55	1740	61	3	1	25
Twister Hot Pepper Cheese	510	20	11	0	60	1460	61	3	2	22
GRILL										
1/4 Hot Dog	410	27	10	0	60	1160	24	1	4	17
Hot Dog	250	14	4	0	25	220	20	1	2	9
Super 6 Ital Sausage & Peppers	540	30	10	0	60	1440	47	5	6	24
Super 6 Ital Sausage Plain	510	30	10	0	60	140	40	3	3	23
Smoked Sausage on S6 Roll	450	23	8	0	55	1330	42	3	6	20
Texan	690	44	18	0	110	2190	43	3	6	32