

QUAD CREEK CAFE PLAIN SUBS/WRAPS WITHOUT CHEESE (add'l ingredients at bottom of page)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
TURKEY ON											
6" White Sub Roll	215	22	2	1	0	25	805	33	1	2	17
6" Honey Wheat Sub Roll	213	24	3	1	0	25	780	31	2	2	17
6"x 6" Flatbread	316	50	6	1	0	25	1020	47	2	1	20
12" Flour Tortilla	360	68	8	3	0	25	1200	53	2	0	19
12" Wheat Tortilla	340	68	8	3	0	25	1210	51	6	0	20
12" Salsa Tortilla	360	77	9	3	0	25	1280	52	3	6	20
HAM ON											
6" White Sub Roll	206	28	3	1	0	15	930	32	1	2	12
6" Honey Wheat Sub Roll	204	29	4	1	0	15	905	30	2	2	12
6"x 6" Flatbread	307	56	7	1	0	15	1145	46	2	1	15
12" Flour Tortilla	351	74	9	3	0	15	1325	52	2	0	14
12" Wheat Tortilla	331	74	9	3	0	15	1335	50	6	0	15
12" Salsa Tortilla	351	83	10	3	0	15	1405	51	3	6	15
ROAST BEEF ON											
6" White Sub Roll	255	62	7	3	0	25	955	33	1	3	15
6" Honey Wheat Sub Roll	253	64	7	3	0	25	930	31	2	3	15
6"x 6" Flatbread	356	90	10	3	0	25	1170	47	2	2	18
12" Flour Tortilla	400	108	12	5	0	25	1350	53	2	1	17
12" Wheat Tortilla	380	108	12	5	0	25	1360	51	6	1	18
12" Salsa Tortilla	400	117	13	5	0	25	1430	52	3	7	18
TURKEY CLUB ON											
6" White Sub Roll	275	70	8	3	0	35	1058	33	1	2	20
6" Honey Wheat Sub Roll	273	72	8	3	0	35	1033	31	2	2	20
6"x 6" Flatbread	376	98	11	3	0	35	1273	47	2	1	23
12" Flour Tortilla	420	116	13	5	0	35	1453	53	2	0	22
12" Wheat Tortilla	400	116	13	5	0	35	1463	51	6	0	23
12" Salsa Tortilla	420	125	14	5	0	35	1533	52	3	6	23
CLUB COMBO ON											
6" White Sub Roll	255	42	5	1	0	35	1245	33	1	2	20
6" Honey Wheat Sub Roll	253	44	5	1	0	35	1220	31	2	2	20
6"x 6" Flatbread	356	70	8	2	0	35	1460	47	2	1	23
12" Flour Tortilla	400	88	10	4	0	35	1640	53	2	0	22
12" Wheat Tortilla	380	88	10	4	0	35	1650	51	6	0	23
12" Salsa Tortilla	400	97	11	4	0	35	1720	52	3	6	23
ITALIAN COMBO ON											
6" White Sub Roll	233	65	7	2	0	18	755	32	1	2	10
6" Honey Wheat Sub Roll	231	67	7	2	0	18	730	30	2	2	10
6"x 6" Flatbread	334	93	10	3	0	18	970	46	2	1	13
12" Flour Tortilla	378	111	12	5	0	18	1150	52	2	0	12
12" Wheat Tortilla	358	111	12	5	0	18	1160	50	6	0	13
12" Salsa Tortilla	378	120	13	5	0	18	1230	51	3	6	13
VEGGIE ON											
6" White Sub Roll	185	18	2	1	0	0	350	36	2	5	6
6" Honey Wheat Sub Roll	183	20	2	1	0	0	325	35	3	5	7
6"x 6" Flatbread	286	46	5	1	0	0	565	51	3	4	10
12" Flour Tortilla	330	64	7	3	0	0	745	57	3	3	9
12" Wheat Tortilla	310	64	7	3	0	0	755	55	7	3	10
12" Salsa Tortilla	330	73	8	3	0	0	825	56	4	9	10
BLT on											
6" White Sub Roll	298	114	13	5	0	20	858	34	2	4	13
6" Honey Wheat Sub Roll	296	116	13	5	0	20	833	33	3	4	13
6"x 6" Flatbread	399	142	16	5	0	20	1073	49	3	3	16
12" Flour Tortilla	443	160	18	7	0	20	1253	55	3	2	15
12" Wheat Tortilla	423	160	18	7	0	20	1263	53	7	2	16
12" Salsa Tortilla	443	169	19	7	0	20	1333	54	4	8	16
CHICKEN SALAD ON											
6" White Sub Roll	315	89	10	2	0	25	1125	44	1	10	14
6" Honey Wheat Sub Roll	313	91	10	2	0	25	1100	42	2	10	14
6"x 6" Flatbread	416	117	13	2	0	25	1340	58	2	9	17
12" Flour Tortilla	460	135	15	4	0	25	1520	64	2	8	16
12" Wheat Tortilla	440	135	15	4	0	25	1530	62	6	8	17
12" Salsa Tortilla	460	144	16	4	0	25	1600	63	3	14	17
TUNA SALAD ON											
6" White Sub Roll	375	161	18	4	0	35	865	39	1	7	16
6" Honey Wheat Sub Roll	373	163	18	4	0	35	840	37	2	7	16
6"x 6" Flatbread	476	189	21	5	0	35	1080	53	2	6	19
12" Flour Tortilla	520	207	23	7	0	35	1260	59	2	5	18
12" Wheat Tortilla	500	207	23	7	0	35	1270	57	6	5	19
12" Salsa Tortilla	520	216	24	7	0	35	1340	58	3	11	19

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CRAB SALAD ON											
6" White Sub Roll	246	21	2	1	0	15	1055	45	1	7	12
6" Honey Wheat Sub Roll	244	23	2	1	0	15	1030	43	2	7	12
6"x 6" Flatbread	347	49	5	1	0	15	1270	59	2	6	15
12" Flour Tortilla	391	67	7	3	0	15	1450	65	2	5	14
12" Wheat Tortilla	371	67	7	3	0	15	1460	63	6	5	15
12" Salsa Tortilla	381	76	8	3	0	15	1530	64	3	11	15
CHICKEN FILET ON											
6" White Sub Roll	265	27	3	1	0	45	675	34	1	2	24
6" Honey Wheat Sub Roll	263	29	3	1	0	45	650	32	2	2	24
6"x 6" Flatbread	366	55	6	1	0	45	890	48	2	1	27
12" Flour Tortilla	410	73	8	3	0	45	1070	54	2	0	26
12" Wheat Tortilla	390	73	8	3	0	45	1080	52	6	0	27
12" Salsa Tortilla	410	82	9	3	0	45	1150	53	3	6	27
MEATBALLS ON											
6" White Sub Roll	585	202	22	8	1	50	1519	80	9	38	27
6" Honey Wheat Sub Roll	583	203	22	8	1	50	1494	79	10	38	28
6"x 6" Flatbread	686	229	25	8	1	50	1734	95	10	37	31
12" Flour Tortilla	730	247	27	10	1	50	1914	101	10	36	30
12" Wheat Tortilla	710	247	27	10	1	50	1924	99	14	36	31
12" Salsa Tortilla	730	256	28	10	1	50	1994	100	11	42	31
STEAK ON											
6" White Sub Roll	415	147	17	7	0	75	1945	35	1	3	30
6" Honey Wheat Sub Roll	413	149	17	7	0	75	1920	33	2	3	30
6"x 6" Flatbread	516	175	20	7	0	75	2160	49	2	2	33
12" Flour Tortilla	560	193	22	9	0	75	2340	55	2	1	32
12" Wheat Tortilla	540	193	22	9	0	75	2350	53	6	1	33
12" Salsa Tortilla	560	202	23	9	0	75	2420	54	3	7	33
ADDITIONAL INGREDIENTS											
Cheeses											
American	100	81	9	5	0	25	510	1	0	0	5
Swiss	100	72	8	5	0	25	450	1	0	0	6
Condiments, 2 tsp											
BBQ Sauce	17	0	0	0	0	0	403	4	0	3	0
Mustard, Honey	43	33	4	1	0	5	60	2	0	2	0
Mustard, Dijon/Spicy	0	0	0	0	0	0	230	0	0	0	0
Mustard, Yellow	7	4	0	0	0	0	118	1	0	0	0
Ranch Dressing	53	50	6	1	0	2	50	1	0	0	0
Salad Dressing	17	13	2	0	0	2	45	1	0	1	0
Tabasco Sauce	0	0	0	0	0	0	35	0	0	0	0
Garnishments											
Black Olives, 2 tsp	8	8	1	0	0	0	38	0	0	0	0
Banana Peppers, 1 oz	5	0	0	0	0	0	480	1	0	0	0
Carrots, Shredded, 2 tbsp	6	0	0	0	0	0	9	1	0	1	0
Cucumber Slices, 2 tbsp	2	0	0	0	0	0	1	1	0	0	0
Green Pepper Slices, 2	4	0	0	0	0	0	1	1	0	1	0
Jalapeno Slices, 2 tbsp	3	0	0	0	0	0	150	1	0	0	0
Lettuce, 1.5 oz	6	1	0	0	0	0	4	1	1	1	0
Onion, 2 slices	7	0	0	0	0	0	1	2	0	1	0
Pickle Slices, 4	0	0	0	0	0	0	223	0	0	0	0
Tomato Slices, 2	7	1	0	0	0	0	2	2	1	1	0

Nutrient Information Disclaimer

The nutrient information displayed for Sodexo recipes represent the known amount of a particular nutrient in a recipe. The recipes were analyzed using the CBORD Database and additional information from food manufacturers and USDA data base. The data are averages only, and should be used as a guide. The nutrient values are for the edible portion of the recipe. The nutrient information displayed for each item is the result of its exact preparation as stated in the recipe. Any deviation from the recipe such as product substitutions or changes to portion yield will render the information, inaccurate. (Recipes are modified on occasion to better meet local preference in taste, or to accommodate a variety of preparation methods.) Although we strive to make the information as accurate as possible, nutrition analysis is not an exact science. Various factors including diet of an animal, and food processing methods influence the amounts of nutrients in food. However, we hope this information will be useful to you, and assist you in your desire to achieve good health through healthful eating.

SUBS AND WRAPS

Type of Sandwich Meat Only	Calories on Sub Roll	Calories on Flat Bread	Calories on Wrap (wheat wrap – flour/salsa wrap)
Turkey	215	316	340-360
Ham	206	307	331-351
Roast Beef	255	356	380-400
Turkey Club (turkey, bacon)	275	376	400-420
Club Combo (turkey/ham/roast beef)	255	356	380-400
Italian Club (ham/cotto salami/bologna)	233	334	358-378
Veggie	185	386	310-330
BLT	298	399	423-443
Chicken Salad	315	416	440-460
Tuna Salad	375	476	500-520
Crab Salad	246	347	371-391
Hot Chicken Filet	265	366	390-410
Hot Meatballs with Marinara Sauce	225	326	350-370
Hot Steak	415	516	540-560

Minimal Calories Are Added For:
 Banana Peppers
 Carrots, Shredded
 Cucumbers
 Green Peppers
 Jalapeños
 Lettuce
 Onion
 Pickles
 Ripe Olives
 Tomatoes

Sauces (2 tbsp)	Calories
BBQ Sauce	50
Honey Mustard	130
Oil and Vinegar	90
Plain Mustard	25
Ranch Dressing	160
Salad Dressing	50
Spicy Mustard	25

ADD 100 CALORIES FOR CHEESE

Additional information available at
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 under the nutrition section.

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