



NUTRITIONAL INFORMATION

All listed nutritional information is based on 7.5” sub sizes. Menu items and individual ingredients may vary by location. Last Update 05/21/2026	Serving Size (g)	Calories	Calories from Fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Allergens
CHICKEN CHEESE STEAK	359	490	140	16	8	0	100	1280	44	3	3	38	Wheat, Milk
STEAK CHEESE STEAK	369	510	130	16	9	0	90	1350	46	3	3	45	Wheat, Milk
CHICKEN PHILLY	346	560	130	25	10	0	100	1480	49	3	2	35	Wheat, Milk
STEAK PHILLY	356	570	120	25	10	0	90	1560	50	3	2	42	Wheat, Milk
CHICKEN BACON CHEDDAR	372	560	150	23	10	0	120	1270	45	3	3	42	Wheat, Milk
STEAK BACON CHEDDAR	381	580	140	23	11	0	110	1350	46	3	3	48	Wheat, Milk
CHICKEN WI CHEESE STEAK	382	710	190	37	16	0	135	1800	47	3	2	46	Wheat, Milk
STEAK WI CHEESE STEAK	392	730	180	37	16	0	125	1870	49	3	2	52	Wheat, Milk
DBL CHICKEN CHEESE STEAK	533	740	270	30	16	0	200	1940	44	3	3	66	Wheat, Milk
DBL STEAK CHEESE STEAK	553	770	250	29	17	0	180	2090	47	3	3	79	Wheat, Milk
CLUB	348	620	290	32	9	0	80	1710	47	3	4	36	Wheat, Milk, Egg, Soy
ITALIAN SPECIAL	329	810	360	52	17	0	90	2090	47	3	4	37	Wheat, Milk, Soy
PEPPERONI MELT	316	670	360	40	12	0	85	1770	46	3	5	30	Wheat, Milk, Egg, Soy
MEATBALL & PROVOLONE	310	740	360	40	17	0	100	1950	55	5	4	40	Wheat, Milk, Egg, Soy
TUNA	305	610	320	36	6	0.5	35	960	45	3	4	26	Wheat, Fish, Egg, Soy
BLT	241	630	210	42	10	0	60	1250	43	3	3	23	Wheat, Egg, Soy
HAM & PROVOLONE	298	590	290	32	9	0	65	1470	46	3	5	29	Wheat, Milk, Egg, Soy
TURKEY BREAST	290	500	220	25	4	0	40	1250	46	3	3	24	Wheat, Egg, Soy
VEGGIE	228	320	70	8	5	0	20	650	46	4	3	17	Wheat, Milk
ROAST BEEF & CHEDDAR	326	700	340	37	11	0.5	80	1060	46	3	4	42	Wheat, Milk, Egg, Soy
CHICKEN CHEDDAR DELUXE	343	710	310	42	12	0.5	105	1740	47	3	5	41	Wheat, Milk, Egg, Soy
PROVOLONE	268	640	340	39	14	0	60	1100	45	3	3	26	Wheat, Milk, Egg, Soy
GENOA & CHEESE	264	650	360	40	13	0	50	1310	44	3	3	25	Wheat, Milk, Soy
HOT VEGGIE	265	550	230	27	11	0	50	1050	49	4	3	26	Wheat, Milk



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GRILLED TO ORDER BOWLS	- All listed nutritional information is based on 7.5" sub sizes. - Menu items and individual ingredients may vary by location. - Last Update 05/21/2026	Serving Size (g)	Calories	Calories from Fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Allergens
	CHICKEN CHEESE STEAK	291	280	130	14	8	0	100	840	6	2	1	30	Milk
	STEAK CHEESE STEAK	301	290	120	14	8	0	90	920	7	2	1	36	Milk
	CHICKEN PHILLY	321	350	120	23	9	0	100	1050	12	3	<1	27	Milk
	STEAK PHILLY	330	360	110	23	9	0	90	1120	13	3	<1	34	Milk
	CHICKEN BACON CHEDDAR	304	350	140	21	9	0	120	840	7	2	1	33	Milk
	STEAK BACON CHEDDAR	313	370	130	21	10	0	110	910	8	2	1	40	Milk
	CHICKEN WI CHEESE STEAK	357	500	170	35	15	0	135	1370	10	2	<1	38	Milk
	STEAK WI CHEESE STEAK	366	520	160	35	15	0	125	1440	11	2	<1	44	Milk
	DBL CHICKEN CHEESE STEAK	465	530	250	28	15	0	200	1510	6	2	1	58	Milk
CLASSICS BOWLS	DBL STEAK CHEESE STEAK	485	560	230	27	16	0	180	1650	9	2	1	71	Milk
	CLUB	253	210	70	8	4.5	0	90	1500	9	3	2	28	Milk
	ITALIAN SPECIAL	240	410	150	29	13	0	90	1650	8	2	3	28	Milk
	PEPPERONI MELT	220	260	150	16	8	0	75	1170	7	2	3	21	Milk
	MEATBALL & PROVOLONE	285	540	340	38	16	0	100	1520	18	4	3	32	Wheat, Milk, Egg, Soy
	TUNA	238	400	310	34	5	0.5	35	530	6	2	2	18	Egg, Fish
DELI FRESH BOWLS	BLT	145	220	70	18	6	0	50	650	5	2	<1	14	N/A
	HAM & PROVOLONE	216	190	80	9	4.5	0	60	1010	7	2	3	20	Milk
	TURKEY BREAST	211	100	10	1	0	0	35	740	8	2	1	19	N/A
	VEGGIE	174	110	50	6	4	0	20	210	7	3	2	8	Milk
	ROAST BEEF & CHEDDAR	231	290	120	13	7	0	70	460	8	2	1	33	Milk
SECRET BOWLS	CHICKEN CHEDDAR DELUXE	247	300	100	18	8	0	95	1130	8	2	3	32	Milk
	PROVOLONE	172	230	130	15	10	0	50	500	6	2	1	17	Milk
	GENOA & CHEESE	175	240	150	17	9	0	50	870	6	2	1	16	Milk
	HOT VEGGIE	239	340	210	25	10	0	50	620	11	4	2	18	Milk



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	- Menu items and individual ingredients may vary by location. - Last Page Update 04/17/2026												
	Serving Size (g)	Calories	Calories from Fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Allergens
FRENCH FRIES (REG)	131	240	110	12	2.5	0	0	210	29	2	0	3	Wheat, Milk
FRENCH FRIES (LG)	262	470	220	24	4.5	0	0	420	57	3	0	6	Wheat, Milk
CHILI CHEESE FRIES	533	820	310	44	13	0	60	1770	80	7	8	26	Wheat, Milk, Soy
CHEESE SAUCE ON THE SIDE	57	110	0	9	4.5	0	20	530	3	0	<1	5	Wheat, Milk
WI CHEESE CURDS (REG)	146	680	510	56	27	0	105	860	13	0	0	30	Wheat, Milk, Egg
WI CHEESE CURDS (LG)	295	1380	1030	113	54	0	215	1730	26	0	0	61	Wheat, Milk, Egg
CHIPS— COUSINS PLAIN	42.5	230	130	15	2	0	0	300	23	2	2	2	N/A
CHIPS— COUSINS SC & ONION	42.5	230	120	14	2	0	0	330	23	1	3	2	Milk
CHIPS— COUSINS BBQ	42.5	230	120	14	2	0	0	310	24	1	4	2	N/A
CHIPS— PARTY SIZE PLAIN	336	1800	1080	120	18	0	0	2400	180	12	12	12	N/A
CHILI (BOWL)	337	380	150	17	6	0.5	60	1290	32	7	11	25	Wheat, Soy
CHILI (CUP)	214	240	100	11	4	0	40	820	20	4	7	16	Wheat, Soy
BROCCOLI CHEESE (BOWL)	319	220	110	17	6	0	25	1180	12	1	2	5	Milk, Soy
BROCCOLI CHEESE (CUP)	203	140	70	11	4	0	15	750	8	<1	2	3	Milk, Soy
CHOCOLATE CHIP	43	180	80	8	4.5	0	10	220	27	<1	18	2	Wheat, Milk, Egg, Soy
PB W/REESE'S PIECES	43	200	100	11	4.5	0	15	180	22	<1	10	4	Wheat, Milk, Egg, Soy, Peanuts
WHITE CHOC. CHUNK MACADAMIA	43	200	90	10	4.5	0	10	135	25	0	10	2	Wheat, Milk, Egg, Soy, Tree Nuts
WI MAC & CHEESE (BOWL)	275	410	190	21	12	0	60	1460	36	0	6	19	Wheat, Milk, Egg
WI MAC & CHEESE (CUP)	193	290	130	15	9	0	45	1020	25	0	4	13	Wheat, Milk, Egg

FRIES, CURDS, CHIPS

SOUPS & CHILI

COOKIES

MAC & CHZ



NUTRITIONAL INFORMATION

- Menu items and individual ingredients may vary by location.
- Last Update 10/22/2025

	Serving Size (g)	Calories	Calories from Fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Allergens
DIET COKE (LG)	907	0	0	0	0	0	0	135	0	0	0	0	N/A
DIET COKE (REG)	567	0	0	0	0	0	0	85	0	0	0	0	N/A
COKE (LG)	907	430	0	0	0	0	0	95	116	0	116	0	N/A
COKE (REG)	567	270	0	0	0	0	0	60	73	0	73	0	N/A
CHERRY COKE (LG)	907	450	0	0	0	0	0	110	122	0	122	0	N/A
CHERRY COKE (REG)	567	280	0	0	0	0	0	70	76	0	76	0	N/A
HI-C FRUIT PUNCH (LG)	907	450	0	0	0	0	0	150	123	0	120	0	N/A
HI-C FRUIT PUNCH (REG)	567	280	0	0	0	0	0	95	77	0	75	0	N/A
HI-C PINK LEMONADE (LG)	907	410	0	0	0	0	0	280	114	0	109	0	N/A
HI-C PINK LEMONADE (REG)	567	260	0	0	0	0	0	180	72	0	68	0	N/A
HI-C ORANGE (LG)	907	470	0	0	0	0	0	110	131	0	127	0	N/A
HI-C ORANGE (REG)	567	300	0	0	0	0	0	70	82	0	80	0	N/A
MELLO YELLOW (LG)	907	460	0	0	0	0	0	130	123	0	123	0	N/A
MELLO YELLOW (REG)	567	290	0	0	0	0	0	80	77	0	77	0	N/A
MINUTE MAID LEMONADE (LG)	907	420	0	0	0	0	0	280	115	0	109	0	N/A
MINUTE MAID LEMONADE (REG)	567	260	0	0	0	0	0	180	72	0	68	0	N/A
FANTA ORANGE (LG)	907	460	0	0	0	0	0	140	122	0	122	0	N/A
FANTA ORANGE (REG)	567	290	0	0	0	0	0	85	76	0	76	0	N/A
BARQS ROOT BEER (LG)	907	480	0	0	0	0	0	200	130	0	130	0	N/A
BARQS ROOT BEER (REG)	567	300	0	0	0	0	0	120	81	0	81	0	N/A
SPRECHER ROOT BEER (LG)	907	440	-	-	-	-	-	-	-	-	-	-	N/A
SPRECHER ROOT BEER (REG)	567	275	-	-	-	-	-	-	-	-	-	-	N/A
SPRITE (LG)	907	420	0	0	0	0	0	190	112	0	112	0	N/A
SPRITE (REG)	567	260	0	0	0	0	0	120	70	0	70	0	N/A
DIET SPRITE ZERO (LG)	907	10	0	0	0	0	0	120	0	0	0	0	N/A
DIET SPRITE ZERO (REG)	567	5	0	0	0	0	0	75	0	0	0	0	N/A
DR.PEPPER (LG)	907	360	0	0	0	0	0	-	-	0	-	0	N/A
DR. PEPPER (REG)	567	220	0	0	0	0	0	-	-	0	-	0	N/A
DIET DR.PEPPER (LG)	907	10	0	0	0	0	0	-	0	0	0	0	N/A
DIET DR. PEPPER (REG)	567	5	0	0	0	0	0	-	0	0	0	0	N/A



NUTRITIONAL INFORMATION

SHAKES & FLOATS

- Menu items and individual ingredients may vary by location. - Last Update 02/27/2026	Serving Size (g)	Calories	Calories from Fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Allergens
VANILLA (SMALL)	289	510	160	22	16	0.5	50	160	68	0	56	9	Milk
VANILLA ((REGULAR)	446	770	250	33	22	1	80	260	105	<1	87	14	Milk
CHOCOLATE (SMALL)	346	650	150	21	15	0.5	45	170	109	0	91	8	Milk
CHOCOLATE ((REGULAR)	524	970	240	31	21	1	75	270	165	<1	138	13	Milk
STRAWBERRY (SMALL)	296	550	150	21	15	0.5	45	160	79	0	68	8	Milk
STRAWBERRY ((REGULAR)	482	870	250	33	22	1	80	260	130	<1	111	14	Milk
MINT (SMALL)	296	540	180	20	13	0.5	60	160	81	0	54	8	Milk
MINT ((REGULAR)	481	870	280	31	21	1	95	260	134	<1	87	14	Milk
FLOAT W/O SODA (SMALL)	114	190	70	8	4.5	0	20	70	27	0	23	4	Milk
FLOAT W/O SODA ((REGULAR)	186	310	110	12	8	0	35	115	44	0	37	6	Milk
MAYONNAISE	1 oz.	203	202	22	3	<1	10	170	<1	0	<1	<1	Egg, Soy
OIL	.5 oz.	132	132	14	2	0	0	0	0	0	0	0	N/A
LETTUCE	1 oz.	4	<1	<1	<1	<1	0	3	1	<1	1	<1	N/A
SPRING MIX	1 oz.	7	0	0	0	0	0	8	1	1	0	1	N/A
ONIONS	.5 oz.	6	0	0	0	0	0	<1	1	<1	1	<1	N/A
TOMATOES (3 SLICES)		6	1	0	0	0	0	2	1	<1	1	<1	N/A
BACON (2 SLICES)	17	80	0	7	2.5	0	20	250	0	0	0	5	N/A

INGREDIENT PORTIONS



NUTRITIONAL INFORMATION

KID'S SUBS

- Menu items and individual ingredients may vary by location. - Last Update 05/21/2026	Serving Size (g)	Calories	Calories from Fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Allergens
HAM & PROVOLONE	179	340	150	17	4.5	0	35	880	31	2	3	16	Wheat, Egg, Soy, Milk
TURKEY BREAST	180	300	110	13	2.5	0	25	850	31	2	2	16	Wheat, Egg, Soy
SALAMI & PROVOLONE	156	390	210	23	6	0	25	800	30	2	2	13	Wheat, Soy, Milk
TUNA	175	350	160	18	3	0	20	560	30	2	2	15	Wheat, Fish, Egg, Soy
MEATBALL & PROVOLONE	163	370	160	17	7	0	40	970	35	3	2	19	Wheat, Egg, Soy, Milk
VEGGIE	138	200	35	4.5	2.5	0	10	410	31	2	2	10	Wheat, Milk
ITALIAN SPECIAL	184	460	210	28	8	0	40	1140	31	2	2	18	Wheat, Soy, Milk
CLUB	201	360	150	17	4.5	0	40	980	31	2	3	20	Wheat, Egg, Soy, Milk
PROVOLONE	163	380	190	21	8	0	35	690	30	2	2	16	Wheat, Egg, Soy, Milk