

OMIN FOOD CONCEPTS 2016

	Calories	Calories From Fat	Total Fat	Saturated Fat	Polyunsaturated fat	Monounsaturated Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Net Carbs
LOWFAT SANDWICHES													
6" Club	440	18%	5.3	1	1	1	39	2683	40	1	2	30	38.93
6" Grilled Chicken	641	12%	3.5	2	1	1	45	970	35	1	1	26	34
6" Ham	461	23%	7.2	3	1	1	41	1221	36	1	2	18	35.38
6" Philly Steak	485	10%	2.5	1	1	1	14	645	38	1	2	12	36.25
6" Roast Beef	425	11%	2.9	1	1	1	9	1613	38	1	1	17	36.7
6" Turkey	413	8%	1.8	1	1	1	21	938	36	1	2	14	35
6" Veggie	441	5%	1.0	1	1	1	0	320	32	1	1	6	31
LOWCARB WRAPS													
10" Veggie	263	26%	4	0	0	0	0	460	23	11	1	14	12
10" Turkey	319	23%	4.6	0	0	0	21	928	24.2	11	1.6	13.8	13.2
10" Chicken	533	29%	6.5	1	0	0	45	810	20	11	1	14	9
10" Philly Steak	371	27%	5.5	0.75	0	0	13.75	635	25.5	11.25	1.5	11.75	14.25
10" Roast Beef	323	23%	5	1	0	0	10	1730	26	11	1	18	15
10" Club	323	28%	9.1	2.1	0	0	57	2340	26	11	2.1	30	15
10" Ham	343	38%	10.75	2.25	0	0	45	1435	24.5	11	3.25	19.5	13.5

Nutritional information based on a 6" sub on wheat bread or 10" lowcarb tortilla with lettuce, tomato, onion, green peppers, pickles, olives ***Lowfat sandwiches and wraps highlighted under 7.2 grams of fat

SUB EXPRESS SLICED ROAST BEEF:

Beef, water, sodium lactate, isolated soy protein, salt, corn syrup, sodium phosphates, sugar, flavorings and hydrolyzed soy protein.

Coated with: salt, dextrose, hydrolyzed soy protein, carmel color added, onion and garlic powder and other spices.

SUB EXPRESS SLICED TURKEY:

Turkey breast, turkey broth, dextrose, salt, modified food starch, sodium phosphates, carrageenan.

SUB EXPRESS CHICKEN BREAST:

Chicken breast meat, water seasoning (salt, sugar, garlic, powder, maltedextrin, autolyzed yeast, corn syrup solids, spices soy sauce solids [soybeans, wheat, salt], onion powder, modified corn starch, dextrose, lemon juice solids, natural flavor [spice extractives and extractives of lemon], grill flavor [from partially hydrogenated vegetable oil], citric acid, vinegar solids, beef extract, carmel color, natural smoke flavor), modified food starch, dextrose, sodium phosphate, caramel color.

SUB EXPRESS PHILLY STEAK:

Beef, water, modified food starch, hydrolyzed soy protein, brown sugar, sodium phosphate, salt, corn syrup solids, dextrose, autolyzed yeast, onions and peppers. Seasoned with: salt, brown sugar, corn syrup solids, dextrose, modified corn starch, tomato powder, lemon powder (lemon juice, maltodextrin), caramel color, hydrolyzed soy protein, onion powder, garlic powder, citric acid, spices, tri-calcium phosphate, grill flavor (in vegetable oil), dehydrated onions.

SUB EXPRESS WHEAT BUN:

Enriched unbleached flour (flour malt, niacin, ferrous sulfate, thiamine hydrochloride, riboflavin, folic acid), water, whole wheat flour, may contain two percent or less of; rye flour, yeast, salt, wheat gluten, corn syrup, soybean oil, malt, dextrose honey, dough conditioners (sodium stearoyl lactylate, and/or DATEM, L-cysteine, ascorbic acid, azodicarbonamide (ADA), fungal enzyme), corn starch, guar gum, invert sugar, soy flour, vinegar and/or calcium propionate (to retard spoilage), yeast nutrients (calcium sulfate, tricalcium phosphate, ammonium chloride, sodium chloride).

SMOKED COOKED HAM:

Cured with: water, dextrose, salt, sodium phosphate, sodium erythorbate, sodium nitrite