

PLANET SUB NUTRITIONAL INFORMATION	STYLE	Serving Size (ounces)	Serving Size (Grams)	Calories	Fat Cal	Fat (Grams)	Sat. Fat	Choles	Sodium	Carbo (Grams)	Protein (Grams)	Fiber (Grams)	Sugar (Grams)
Beefeater	6 Inch	11.25	318.94	519.03	182.48	20.78	10.94	71.37	1169.21	28.46	43.16	2.12	3.67
B L T	6 Inch	9.00	255.15	613.03	324.47	35.12	19.19	67.50	1345.44	26.96	33.66	2.12	3.67
Buffalo Chicken	6 Inch	13.00	368.55	663.63	187.32	26.47	11.31	200.84	1034.23	32.61	61.60	3.27	4.68
Cheese Steak	6 Inch	10.00	283.50	630.80	281.47	32.22	8.69	62.50	1192.05	31.54	39.28	3.59	3.67
Cheesy Crab	6 Inch	10.25	290.59	515.53	165.55	18.87	9.69	48.25	802.94	38.61	34.49	2.12	6.17
Chicken BBQ	6 Inch	13.75	389.81	652.83	177.32	19.86	10.31	195.75	1166.63	44.47	60.47	3.27	14.20
Chicken Club	6 Inch	12.25	347.29	697.42	242.17	26.87	14.31	210.75	1158.20	35.33	64.83	3.62	6.19
Chicken Parmesan	6 Inch	9.88	280.10	726.49	234.52	25.65	15.69	214.27	1474.00	33.58	71.88	2.42	6.19
Creamy Club	6 Inch	11.00	311.85	523.50	214.21	23.46	12.19	86.37	1341.91	28.81	38.91	1.72	3.67
Creamy Crab	6 Inch	10.25	290.59	481.53	157.48	17.53	9.44	42.12	926.71	38.61	32.49	2.12	6.17
Dagwood's Dream	6 Inch	11.25	318.94	561.53	116.75	25.66	7.87	60.75	1227.40	34.04	37.16	3.12	5.33
Green Turkey	6 Inch	12.00	340.20	524.22	197.35	21.71	10.46	78.87	1549.73	34.55	37.66	3.67	5.70
Ham and Cheese	6 Inch	10.75	304.76	462.53	142.05	15.61	7.69	61.00	1300.44	33.95	32.64	2.12	8.65
Hoagie	6 Inch	11.75	333.11	686.45	349.05	39.31	11.69	79.00	1933.36	33.32	32.98	3.12	6.99
Italian	6 Inch	10.38	294.27	681.09	292.06	32.11	16.07	78.52	2744.42	39.80	42.64	5.94	7.18
Meatball Grinder	6 Inch	11.38	322.62	1041.43	566.89	60.69	29.21	158.52	2134.85	33.25	67.71	1.27	5.18
Meatless Masterpiece	6 Inch	10.75	304.76	544.51	232.24	26.51	15.44	73.87	384.55	30.24	36.38	2.72	3.67
Mega Roast Beef	6 Inch	11.00	311.85	608.89	206.22	23.20	11.69	77.50	1312.13	41.93	42.65	2.05	13.19
Planet BBQ	6 Inch	8.75	248.06	435.10	83.16	8.93	2.94	51.50	1526.24	43.27	31.53	0.92	16.51
Planet Sub	6 Inch	11.75	333.11	549.53	205.81	22.70	11.44	79.50	1450.44	30.79	38.32	2.12	5.33
Roast Beef	6 Inch	9.75	276.41	373.03	70.55	8.12	2.69	37.50	775.44	28.46	32.16	2.12	3.67
Roast Beef Club	6 Inch	10.50	297.68	493.03	167.69	18.62	8.69	60.00	1210.44	28.46	38.16	2.12	3.67
Southwest Chicken	6 Inch	12.25	347.29	615.96	188.05	20.86	11.57	200.75	946.23	33.62	61.47	3.27	6.18
Super Hero	6 Inch	10.25	290.59	726.53	385.01	45.22	12.19	82.50	1454.72	33.18	39.80	3.07	5.17
Tijuana Taxi	6 Inch	11.25	318.94	468.03	132.55	15.52	6.69	57.50	1315.44	28.71	36.16	2.37	3.67
Tuna	6 Inch	10.75	304.76	470.97	53.26	15.42	2.52	62.22	649.40	33.71	37.08	2.39	7.67
Tuna Bacon Melt	6 Inch	12.25	347.29	650.97	188.02	30.42	11.52	102.22	999.40	33.71	47.08	2.39	7.67
Turkey	6 Inch	9.75	276.41	343.03	70.55	7.37	1.94	45.00	805.44	29.96	26.16	2.12	3.67
Turkey Club	6 Inch	10.50	297.68	463.03	167.69	17.87	7.94	67.50	1240.44	29.96	32.16	2.12	3.67
Veggie	6 Inch	10.25	290.59	541.09	215.31	24.85	13.69	60.00	730.16	30.84	33.58	3.52	3.67
Veggie Grinder	6 Inch	10.38	294.27	481.80	143.40	15.77	10.57	38.52	755.45	33.60	34.44	3.87	5.18