

Sam's SUB: Second to Naan										Updated Fall 2022
Build Your Own										
Choose your base	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Tumeric Rice	4oz	219	7	36	0	3	✓	✓	✓	
Waffle Fries	4oz	280	22	20	2	2	✓	✓	✓	Soy
Spinach	2oz	10	0	2	1	0	✓	✓	✓	
Naan	2oz	123	3	20	1	4		✓		Wheat, Milk, Soy
Proteins	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Chicken Breast (Halal)	4oz	150	6	0	0	18			✓	
Skirt Steak	4oz	288	16	4	0	20			✓	
Beef, Chicken, Cheese Meatballs	3-4oz	286	18	5	0	13				Milk, Wheat, Egg, Soy
Meatless Crumble	4oz	100	6	4.5	3	10.5	✓	✓	✓	
Falafel	3oz	183	7	23	6	7	✓	✓	✓	
Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Lettuce	1oz	6	0.1	0.9	0.6	0.3	✓	✓	✓	
Roasted Corn	1oz	31	0	6	1	1	✓	✓	✓	
Cucumbers	1oz	4	0	1	1	0	✓	✓	✓	
Feta	1oz	74	6	1	0	4		✓	✓	Milk
Pita Chips	1oz	110	6	12	0	2				Wheat, Barley
Tomatoes	1oz	5	0	1	1	0	✓	✓	✓	
Onion	1oz	10	0	2	1	0	✓	✓	✓	
Jalapenos	1oz	8	0	1	1	0	✓	✓	✓	
Hummus	1 oz	64	3.5	5	2	3	✓	✓	✓	
Sauces	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Red Harissa	1oz	86.5	8.5	2	0.5	0.5	✓	✓	✓	
White Sauce	1oz	234	24	2	0	2				Milk, Egg, Soy
Green Chutney	1oz	7	0	1	0	0	✓	✓	✓	
Sides										
Hummus w/ Pita Chips	2 oz	174	10	17	2	5	✓	✓	✓	
Hummus W/ Carrots	1 oz	74.5	3.5	8	3	3	✓	✓	✓	
Naan	2oz	123	3	20	1	4		✓		Wheat, Milk, Soy
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										