

Sneed									Updated	Fall 2024
Soapsuds Subs and Wraps										
Menu Item Name	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
<u>Bread Options</u>										
Hoagie Bun	1 bun	194	1.5	38	1	7	✓	✓	✓	Milk, Sesame
12" Flour Tortilla	1	310	7	52	2	8	✓	✓		Wheat, Soy
Garlic Herb Tortilla	12" Tortilla	290	7	47	1	8				Wheat
<u>Protein Options</u>										
Turkey	3oz	100	0	0	0	25			✓	
Ham	3oz	158	6	2	0	24			✓	Pork
Bacon	2 slices	74	6	0	0	5			✓	Pork
Fried Chicken	4 oz	255	15	15	0	15				Wheat
<u>Cheese Options</u>										
American Cheese	1 Slice	70	6	1	0	4		✓	✓	Milk, Soy
Pepperjack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
Provolone	1 slice	70	8	0	0	5		✓	✓	Milk
<u>Veggie Options</u>										
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓		
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
Red Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
<u>Dressing Options</u>										
Ranch	1oz	125	13	1	0	1		✓	✓	Milk, Egg, Soy
Chipotle Mayonnaise	1oz	180	20	2	0	0		✓	✓	Egg, Soy
Honey Mustard	2oz	206	14	20	0	0		✓	✓	Egg, Mustard Seed
Buffalo Sauce	2 oz	0	0	2	0	0	✓	✓	✓	