

Zero's Subs Nutrition Facts

Sandwich	Size	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Dietary Fiber(g)	Protein(g)	Weight Watchers Points
B.L.T.	6"	411	173	19	1	35	928	48	3	12	9
B.L.T.	12"	822	348	39	2	71	1858	96	6	24	
B.L.T., no mayo	6"	330	111	12	0	30	780	43	3	12	7
B.L.T., no mayo	12"	658	222	25	0	60	1559	86	6	24	
Cosmo Vegetarian Deluxe	6"	488	221	25	11	39	1067	48	4	21	11
Cosmo Vegetarian Deluxe	12"	923	407	45	20	68	2008	95	9	39	
Cosmo Vegetarian Deluxe, no cheese, no oil & vinegar	6"	235	31	3	0	0	530	47	4	7	4
Cosmo Vegetarian Deluxe, no cheese, no oil & vinegar	12"	468	61	7	0	0	1060	93	9	13	
Cosmo Vegetarian	6"	469	211	23	11	39	937	46	4	20	11
Cosmo Vegetarian	12"	885	388	43	20	68	1748	91	7	37	
Cosmo Vegetarian, no cheese, no oil & vinegar	6"	216	21	2	0	0	401	45	4	6	4
Cosmo Vegetarian, no cheese, no oil & vinegar	12"	430	42	5	0	0	800	88	7	12	
Grilled Veggie Sub	6"	394	126	14	7	29	1702	52	6	19	8
Grilled Veggie Sub	12"	733	217	24	12	49	3207	102	11	34	
Grilled Veggie Sub, no cheese, no oil & vinegar	6"	244	24	3	0	0	1329	51	6	8	4
Grilled Veggie Sub, no cheese, no oil & vinegar	12"	484	48	5	0	0	2586	100	11	16	
Grinder	6"	557	282	31	12	68	1530	48	3	23	13
Grinder	12"	1062	529	59	22	126	2935	94	6	42	
Grinder, multigrain	6"	559	286	32	12	68	1455	50	4	20	13
Grinder, multigrain	12"	1065	538	60	22	126	2784	99	8	36	
Grinder, multigrain, no cheese, no oil & vinegar	6"	401	161	18	5	47	1145	49	4	12	9
Grinder, multigrain, no cheese, no oil & vinegar	12"	799	321	36	11	94	2288	98	8	24	
Grinder, no cheese, no oil & vinegar	6"	399	156	17	5	47	1220	47	3	15	9
Grinder, no cheese, no oil & vinegar	12"	796	312	35	11	94	2439	93	6	30	
Ham & Cheese	6"	439	171	19	8	51	1299	44	3	24	10
Ham & Cheese	12"	810	301	33	13	86	2350	87	6	43	
Ham & Cheese, no cheese, no oil & vinegar	6"	286	49	5	1	31	1011	43	3	17	6
Ham & Cheese, no cheese, no oil & vinegar	12"	554	92	10	2	56	1898	86	6	32	
Hot Italian Sausage	6"	663	335	37	14	120	1643	45	3	35	16
Hot Italian Sausage	12"	1326	670	74	27	239	3286	90	6	71	32
Meatball & Cheese	6"	565	269	30	14	87	1189	50	4	22	13
Meatball & Cheese	12"	1080	504	56	25	164	2255	100	7	40	
Meatball & Cheese, no cheese	6"	465	201	22	9	68	941	50	4	15	10
Meatball & Cheese, no cheese	12"	930	402	45	18	135	1882	100	7	30	

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Pepperoni & Cheese	6"	545	275	31	15	63	1510	42	2	26	13
Pepperoni & Cheese	12"	991	482	54	24	107	2771	84	4	44	
Pepperoni & Cheese, no cheese	6"	346	139	15	5	24	1013	41	2	11	8
Pepperoni & Cheese, no cheese	12"	692	278	31	10	48	2027	82	4	23	
Philly Chicken & Cheese	6"	402	89	10	4	67	1732	48	3	32	8
Philly Chicken & Cheese	12"	804	179	20	9	133	3464	95	6	64	
Philly Chicken & Cheese, no cheese	6"	319	35	4	1	51	1350	45	3	27	6
Philly Chicken & Cheese, no cheese	12"	639	70	8	1	102	2701	90	6	54	
Philly Chicken & Cheese w/ M&GP	6"	410	90	10	4	67	1733	49	4	32	8
Philly Chicken & Cheese w/ M&GP	12"	821	181	20	9	133	3466	99	7	65	
Philly Chicken & Cheese w/ M&GP, no cheese	6"	328	36	4	1	51	1351	47	4	28	6
Philly Chicken & Cheese w/ M&GP, no cheese	12"	656	72	8	1	102	2703	94	7	56	
Philly Steak & Cheese	6"	492	189	21	9	73	1140	49	3	27	11
Philly Steak & Cheese	12"	983	378	42	18	145	2281	97	6	55	
Philly Steak & Cheese w/ M&GP	6"	500	190	21	9	73	1141	50	4	28	11
Philly Steak & Cheese w/ M&GP	12"	1000	380	42	18	145	2283	101	7	56	
Philly Steak & Cheese w/ M&GP, no cheese	6"	418	136	15	5	57	760	48	4	23	9
Philly Steak & Cheese w/ M&GP, no cheese	12"	836	271	30	10	114	1520	96	7	47	
Philly Steak & Cheese, no cheese	6"	409	135	15	5	57	759	46	3	23	9
Philly Steak & Cheese, no cheese	12"	819	269	30	10	114	1518	92	6	46	
Roast Beef & cheese	6"	460	170	19	8	62	1526	45	3	29	10
Roast Beef & Cheese	12"	867	305	34	13	113	2928	90	6	54	
Roast Beef & Cheese, no cheese, no oil & vinegar	6"	307	48	5	1	42	1238	45	3	21	6
Roast Beef & Cheese, no cheese, no oil & vinegar	12"	611	95	11	2	84	2476	89	6	43	
The Club	6"	514	208	23	7	68	1604	44	3	31	12
The Club	12"	938	374	42	12	113	2780	87	6	52	
The Club, no cheese, no oil & vinegar	6"	361	86	10	1	49	1316	43	3	24	7
The Club, no cheese, no oil & vinegar	12"	682	164	18	1	84	2328	86	6	41	
Tuna & Cheese	6"	519	232	26	8	46	1008	47	3	26	12
Tuna & Cheese	12"	986	430	48	15	82	1890	93	6	49	
Tuna & Cheese, no cheese, no oil & vinegar	6"	366	110	12	2	26	720	46	3	19	8
Tuna & Cheese, no cheese, no oil & vinegar	12"	730	220	24	4	53	1438	92	6	38	
Turkey & Cheese	6"	454	149	17	6	50	1406	44	3	30	10
Turkey & Cheese	12"	833	263	29	10	82	2508	87	6	51	

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Turkey & Cheese, no cheese, no oil & vinegar	6"	301	27	3	0	30	1118	43	3	22	6
Turkey & Cheese, no cheese, no oil & vinegar	12"	577	53	6	0	52	2056	86	6	40	

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