



baldinos Giant Jersey Subs				Serving (g)	Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Sugars (g)	Protein (g)		
<b>HALF SUBS ON ITALIAN ROLL</b>															
	Italian Roll			roll	R	112	300	40	2	1	0	700	58	2	10
	Wheat Roll			Wh. roll	W	112	300	20	2	0	0	720	58	2	12
	with: Lettuce, Onion & Tomato			produce	P	260	17	0	0	0	0	8	5.3	1.5	1.5
	with grilled: Onions			onions	O	50	21	1	0	0	0	120	5	2.5	0.5
	Mushrooms			mushrms	M	50	10	1	0	0	0	165	2	1	1
	Bell Peppers			B. pep	B	50	10	0	0	0	0	0	2	1	1
<b>1. PRESSED HAM &amp; PROVOLONE CHEESE</b>				TOTAL	incl. R & P	445	607	182	17.8	4.1	42	1350	64.8	1.7	23.7
	cheese					17	60	42	4.8	2.7	12	120	0.5	0	4.2
	meat					56	130	100	11	4	30	530	1	0	8
<b>2. PRESSED HAM, PROVOLONE &amp; HARD SALAMI</b>				TOTAL	incl. R & P	426	478	158	15.3	7	35.4	1260	64.6	1.7	21.4
	cheese					17	60	42	4.8	2.7	12	120	0.5	0	4.2
	meat					37	101	76	8.5	3.3	23.4	432	0.83	0	5.7
<b>3. BOILED HAM, PROVOLONE &amp; HARD SALAMI</b>				TOTAL	incl. R & P	426	443	115.5	10.5	5.2	32.9	1345	65.6	5	20.9
	cheese					17	60	42	4.8	2.7	12	120	0.5	0	4.2
	meat					37	66	33.5	3.75	1.55	20.9	517	1.83	1.5	5.2
<b>4. COMBINATION</b>				TOTAL	incl. R & P	476	591	224.5	22.9	10.7	65	1833	66.8	5	30.1
	cheese					34	120	84	9.6	5.4	24	240	1	0	8.4
	meat					70	154	100.5	11.25	4.25	41	885	2.54	1.5	10.2
<b>5. BOILED HAM &amp; PROVOLONE CHEESE</b>				TOTAL	incl. R & P	445	437	97	6.5	4.2	37	1528	66.8	6.5	22.7
	cheese					17	60	42	4.8	2.7	12	120	0.5	0	4.2
	meat					56	60	15	1.5	0.5	25	700	3	3	7
<b>6. ROAST BEEF</b>				TOTAL	incl. R & P	484	424	53	3.5	1	20	1588	63.3	3.5	32.5
	meat					112	107	13	1.5	0	20	880	0	0	21
<b>7. EXTRA SPECIAL</b>				TOTAL	incl. R & P	498	614	147	14.6	10.9	74.4	2033	67.6	5.8	33.5
	cheese					34	120	84	9.6	5.4	24	240	1	0	8.4
	meat					92	177	23	3	4.45	50.4	1085	3.29	2.25	13.6
<b>8. PREMIUM TURKEY BREAST</b>				TOTAL	incl. R & P	456	407	55	2	1	37.5	1218	63.3	3.5	31.5
	turkey					84	90	15	0	0	37.5	510	0	0	20
<b>9. TURKEY Our original Turkey Roll</b>				TOTAL	incl. R & P	445	434	105	8.5	3.6	39	1188	65.9	3.5	21.5
	turkey roll					73	117	65	6.5	2.6	39	480	2.6	0	10
<b>10. TUNA Chunk Light packed in water, mixed in mayo</b>				TOTAL	incl. R & P	484	617	220	24	4	70	1208	65.3	5.5	37.5
	tuna w/mayo					112	300	180	22	3	70	500	2	2	26
<b>11. PEPPER STEAK</b>				TOTAL	incl. R,O,B	324	571	156	15	5	71	1120	65	5.5	40.2
	meat					112	240	115	13	4	71	300	0	0	29
<b>12. MEATBALLS in Tomato Sauce</b>				TOTAL	incl. R	280	426	100	10	5	16	1244	69	4	14
	meat					112	100	60	8	4	16	320	4	0	4
	sauce					56	26	0	0	0	0	224	7	2	0
<b>13. STEAK</b>				TOTAL	incl. R,P,O	534	578	156	15	5	71	1128	68.3	6	41
	meat					112	240	115	13	4	71	300	0	0	29
<b>14. AMERICAN SPECIAL</b>				TOTAL	incl. R & P	484	454	89.5	7	2.8	42.5	1666	66.3	5	37
	meat					112	137	49.5	4.95	1.75	42.5	958	3	1.5	25.5
<b>15. ITALIAN SPECIAL</b>				TOTAL	incl. R & P	506	623	182	16.6	11.9	71.3	1948	67.1	3.8	31.4
	cheese					34	120	84	9.6	5.4	24	240	1	0	8.4
	meat					100	186	58	5	5.5	47.25	1000	2.79	0.25	11.45
<b>16. SAUSAGE ITALIANO</b>				TOTAL	incl. R,O,B	308	536	140	12	6	40	1724	70	4	35
	meat					140	210	100	10	5	40	800	5	0	25
	sauce					56	26	0	0	0	0	224	7	2	0
<b>17. THE SICILIAN</b>				TOTAL	incl. R & P	462	546	144	18.6	9.3	55	1578	66.3	5	26.7
	cheese					34	120	84	9.6	5.4	24	240	1	0	8.4
	meat					56	109	20	7	2.9	31	630	2	1.5	6.8
<b>18. SMOKED TURKEY BREAST &amp; PROVOLONE</b>				TOTAL	incl. R & P	463	467	97	8.3	3.7	72	1728	65.3	3.5	33.7
	cheese					17	60	42	4.8	2.7	12	120	0.5	0	4.2
	turkey					84	90	15	1.5	0	60	900	1.5	0	18
<b>19. STEAK with mushrooms and onions</b>				TOTAL	incl. R,O,M	324	571	157	15	5	71	1285	65	5.5	40.5
	meat					112	240	115	13	4	71	300	0	0	29
<b>20. CHICKEN ITALIANO</b>				TOTAL	incl. R,O,B	280	460	51	3.1	1	67	1686	68.4	4	37
	chicken - white					112	134	11	1.1	0	67	762	3.4	0	27
	sauce					56	26	0	0	0	0	224	7	2	0
<b>21. CHICKEN L.T</b>				TOTAL	incl. R & P	484	451	51	3.1	1	67	1470	66.7	3.5	38.5
	chicken - white					112	134	11	1.1	0	67	762	3.4	0	27
<b>22. MARINATED CHICKEN SALAD mixed with mayo</b>				TOTAL	incl. R & P	484	551	141	14.1	2.5	77	1540	67.7	4.5	38.5
	chicken breast w/ mayo					112	234	101	12.1	1.5	77	832	4.4	1	27
<b>23. CHICKEN STIR-FRY</b>				TOTAL	R,O,M,B	374	475	53	3	1	67	1747	70	6.5	29.5
	chicken - white					112	134	11	1.1	0	67	762	3.4	0	27
<b>24. ITALIAN BATTALION</b>				TOTAL	incl. R & P	524	692	372	29.4	13.2	98	2441	68.8	7	38.6
	cheese					34	120	84	9.6	5.4	24	240	1	0	8.4
	meat					118	255	248	17.8	6.8	74	1493	4.5	3.5	18.7
<b>25. AMERICAN ARMY</b>				TOTAL	incl. R & P	541	561	165	20	7	63	2204	67.8	7	38.1
	cheese					34	120	84	9.6	5.4	24	240	1	0	8.4
	meat					135	124	41	8.4	0.6	39	1256	3.5	3.5	18.2
<b>26. CHEESESTEAK</b>				TOTAL	R,P,O,M,B	651	658	199	19.8	7.7	83	1413	72.8	8	47.2
	cheese					17	60	42	4.8	2.7	12	120	0.5	0	4.2
	meat					112	240	115	13	4	71	300	0	0	29
<b>27. VEGETARIAN STIR-FRY</b>				TOTAL	R,P,O,M,B	522	358	42	2	1	0	993	72.3	8	14
<b>28. US HERO</b>				TOTAL	incl. R & P	581	752	392	34.4	14	114	2800	69.5	7	46.6
	cheese					34	120	84	9.6	5.4	24	240	1	0	8.4
	meat					175	315	268	22.8	7.6	90	1852	5.2	3.5	26.7
<b>29. THE HOT ITALIAN</b>				TOTAL	incl. R & P	490	582	170	21.6	10.6	41.8	1737	65.7	5	28.4
	cheese					34	120	84	9.6	5.4	24	240	1	0	8.4
	meat					84	145	46	10	4.2	39.4	797	2.3	1.5	8.5
<b>30. THE GRILLED AMERICAN</b>				TOTAL	incl. R & P	492	563	176	20.3	8.4	68.4	1774	65.8	2.5	23
	cheese					34	120	84	9.6	5.4	24	240	1	0	8.4
	meat					86	126	52	8.7	2	44.4	826	1.5	0	3.1
<b>SALAD PLATES</b>															
<i>Shredded Lettuce, Tomatoes, Slice Onions</i>				<i>Topped with:</i>											
	TUNA Chunk Light, packed in water, mixed with mayo					632	334	180	22	3	70	516	12.6	5	29
	AMERICAN Turkey, Boiled Ham, Roastbeef & Provolone					330	128	39	7	2	25	600	12.3	4	14
	ITALIAN Ham, Salami, Cappelacola, Pepperoni & Provolone					522	116	38	5	2.5	22	566	12.3	4.3	6.6
	MARINATED CHICKEN SALAD mixed in mayo					632	268	101	12.1	1.5	77	848	15	4	30
	GRILLED JULIENNE CHICKEN All white meat					632	168	11	1.1	0	67	778	14	3	30
	SMOKED OR BOAR'S HEAD PREMIUM BREAST TURKEY					604	124	15	0	0	37	526	10.6	3	23
	Add: Deli Salad			INGREDIENTS VARY											
	Roll					56	150	20	1	0.5	0	350	29	1	5
<b>CONDIMENTS</b>															
	red wine vinegar					28	5	0	0	0	0	2	0	0	0
	vegetable oil					14	124	124	14	2	0	0	0	0	0
	mayonnaise					14	100	90	11	1.5	10	70	1	1	0