

Old Fashioned Style  
**Primo Hoagies**  
 Italian Specialty Sandwiches

Item Name	QTY	Measure	Cals		Fat Cals		Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
			Wgt (g)	(kcal)	(kcal)										
<b>SMALL SIZE</b>															
Abruzzi	1	Serving	243.76	540	280	31	14	0	65	860	42	4	3	31	
American	1	Serving	240.31	410	140	15	7	0	80	1970	42	4	4	28	
Audiablo	1	Serving	240.31	370	80	9	4.5	0	60	1280	42	4	5	33	
Audie	1	Serving	241.04	370	90	10	4.5	0	60	1270	42	4	4	34	
Bada Bing	1	Serving	275.51	530	170	19	7	0	60	1290	59	5	3	33	
Bada Boom	1	Serving	257.37	620	240	28	8	0	60	1270	58	4	6	32	
Beef Diablo	1	Serving	240.31	400	90	10	4.5	0	55	1120	42	4	5	34	
Big T	1	Serving	240.31	360	90	10	5	0	65	1700	42	4	4	31	
Big T Diablo	1	Serving	240.31	370	80	9	4.5	0	60	1570	43	4	6	30	
Bologna and Cheese	1	Serving	240.31	530	270	30	13	0	65	1630	43	4	6	24	
Buffalo Chicken	1	Serving	225.61	660	330	37	10	0	85	1340	54	4	5	27	
Buffalo Cutlet	1	Serving	275.51	630	290	32	8	0	75	2640	57	4	4	29	
Cheese Deluxe	1	Serving	240.31	610	310	35	20	0	90	1410	45	4	4	36	
Chicken Colette	1	Serving	252.83	560	190	21	8	0	80	1380	57	4	3	38	
Chicken Diablo	1	Serving	262.99	530	180	20	7	0	70	1290	59	5	5	30	
Chicken Parmigiana	1	Serving	275.51	540	170	19	7	0	60	1380	61	5	6	31	
Chicken Suprimo	1	Serving	293.65	610	230	25	11	0	85	1340	57	4	4	36	
Corned Beef and Swiss	1	Serving	244.85	540	110	12	6	0	75	1460	42	4	4	38	
Crusher	1	Serving	219.66	430	170	19	6	0	65	1670	41	3	3	34	
Eggplant Parmigiana	1	Serving	361.69	590	180	20	9	0	120	1670	80	8	11	27	
Gianna	1	Serving	230.15	540	170	19	7	0	50	1860	41	3	4	36	
Ham and Cheese	1	Serving	240.31	370	90	10	5	0	70	1970	42	4	4	28	
Ham and Cheese Diablo	1	Serving	240.31	380	90	10	4.5	0	55	1700	43	4	7	28	
Healthy Cheese	1	Serving	240.31	610	310	34	21	0	100	630	41	4	4	36	
Healthy Ham and Cheese	1	Serving	240.31	380	90	10	4.5	0	55	1170	43	4	6	29	
Italian	1	Serving	240.31	440	140	15	6	0	65	1600	43	4	5	30	
Italian Diablo	1	Serving	240.31	420	120	14	6	0	60	1630	43	4	5	31	
Italian Sausage	1	Serving	261.9	470	210	23	9	0	55	1370	45	5	5	19	
Italian Tuna	1	Serving	211.96	380	100	11	3	0	55	1040	41	4	4	30	
Knuckle	1	Serving	216.54	450	190	21	11	0	50	1220	44	3	5	24	
Milano	1	Serving	266.44	540	240	27	17	0	85	1000	41	3	5	29	
Mild Italian	1	Serving	240.31	440	140	15	6	0	65	1600	43	4	5	30	
Mild Sharp Italian	1	Serving	240.31	440	140	15	6	0	65	1640	43	4	5	30	
Napolitano	1	Serving	240.31	550	190	22	8	0	60	1850	42	4	4	36	
Nellie	1	Serving	230.15	530	280	31	14	0	65	880	41	3	4	29	
New Yorker	1	Serving	230.15	570	270	30	11	0	100	2310	40	3	4	36	
Nonnas Veggie	1	Serving	293.65	450	110	12	5	0	85	1230	67	7	7	21	
Old Fashioned Meatball	1	Serving	243.76	530	220	24	9	0	130	1770	50	4	5	28	
Old Italian	1	Serving	240.31	550	190	21	8	0	50	1910	42	4	4	36	
Old World Style Meatball	1	Serving	261.9	590	260	29	12	0	140	1890	51	4	5	32	
Pal Joey	1	Serving	198.4	540	250	28	14	0	90	1500	39	3	3	31	
Pescara	1	Serving	247.16	470	150	17	7	0	70	1360	42	3	5	36	
Pork Diablo	1	Serving	240.31	530	280	31	14	0	70	1000	42	4	5	28	

R Special	1 Serving	219.66	470	170	19	4.5	0	70	1890	42	3	5	29
Roast Beef and Cheese	1 Serving	240.31	400	90	10	4.5	0	55	1110	42	4	4	35
Roast Beef													
Schwartzie	1 Serving	270.97	580	230	26	8	0	65	1040	52	4	14	37
Schwartzie	1 Serving	270.97	700	240	26	9	0	80	1680	52	4	14	37
Sharp Italian	1 Serving	240.31	440	140	15	6	0	65	1640	43	4	5	30
Sicilian	1 Serving	240.31	670	360	40	17	0	150	2230	42	4	4	33
Slim T	1 Serving	240.31	350	70	8	4	0	55	1380	43	4	6	31
Soprano	1 Serving	230.15	350	80	9	4	0	55	1330	41	3	4	34
Sopressata & Sharp	1 Serving	240.31	580	280	31	12	0	95	2080	42	4	4	36
Sulmona	1 Serving	219.66	690	380	43	18	0	135	1790	41	3	3	31
Suprimo	1 Serving	230.15	530	190	21	11	0	60	1410	40	3	4	31
Tavern & Swiss	1 Serving	244.85	400	100	11	5	0	60	1380	42	4	6	31
Tuna Delight	1 Serving	201.43	340	70	8	4.5	0	45	750	40	3	4	28
Tuna Diablo	1 Serving	234.64	470	150	17	7	0	75	1420	42	4	5	34
Turkey and Cheese	1 Serving	240.31	350	90	10	4.5	0	60	1430	42	4	4	33
Turkey Diablo	1 Serving	240.31	350	80	9	4.5	0	60	1440	42	4	5	33
Turkey Schwartzie	1 Serving	270.97	530	220	25	8	0	75	1350	52	4	14	35
Veggie Diablo	1 Serving	285.37	530	160	19	7	0	85	1150	66	7	8	22
Whacked Chicken	1 Serving	270.97	620	250	28	8	0	65	1570	60	5	5	32
White Tuna	1 Serving	188.91	260	15	1.5	0.5	0	25	650	41	4	4	22

PRIMO SIZE	QTY	Measure	Cals		Fat Cals		Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
			Wgt (g)	(kcal)	(kcal)										
Abruzzi	1	Serving	439.98	900	480	53	24	0	115	1280	65	6	2	54	
American	1	Serving	399.16	720	280	31	14	0	145	3250	64	4	3	48	
Audiablo	1	Serving	399.16	620	140	16	8	0	105	2080	64	4	5	57	
Audie	1	Serving	399.16	620	160	18	8	0	105	2060	64	4	3	58	
Bada Bing	1	Serving	521.63	990	340	38	13	0	120	2400	102	10	6	63	
Bada Boom	1	Serving	480.81	1150	470	53	16	0	120	2180	97	5	8	62	
Beef Diablo	1	Serving	399.16	660	150	17	8	0	100	1800	64	4	5	58	
Big T	1	Serving	399.16	590	160	18	9	0	115	2790	64	4	3	53	
Big T Diablo	1	Serving	399.16	610	140	16	8	0	105	2570	65	4	6	51	
Bologna and Cheese	1	Serving	399.16	880	460	51	22	0	120	2670	67	4	6	41	
Buffalo Chicken	1	Serving	394.63	1030	540	60	16	0	180	2130	63	3	5	58	
Buffalo Cutlet	1	Serving	498.95	1100	490	55	14	0	140	4670	95	6	3	53	
Cheese Deluxe	1	Serving	399.16	1010	540	60	34	0	160	2280	69	4	3	61	
Chicken Colette	1	Serving	471.74	1020	360	39	15	0	160	2400	95	5	2	72	
Chicken Diablo	1	Serving	471.74	960	340	38	13	0	140	2220	98	6	5	57	
Chicken Parmigiana	1	Serving	521.63	970	330	37	12	0	120	2410	104	7	7	60	
Chicken Suprimo	1	Serving	562.45	1120	430	48	22	0	175	2340	97	5	4	69	
Corned Beef and Swiss	1	Serving	408.23	910	190	21	11	0	130	2290	64	4	3	66	
Crusher	1	Serving	378.18	750	320	35	11	0	115	2820	64	3	1	60	
Eggplant Parmigiana	1	Serving	680.39	1070	340	38	17	0	235	2940	140	12	18	50	
Gianna	1	Serving	408.23	910	300	33	13	0	85	3060	64	3	4	61	
Ham and Cheese	1	Serving	399.16	610	170	18	10	0	125	3250	64	4	3	49	
Ham and Cheese															
Diablo	1	Serving	399.16	630	150	17	8	0	100	2790	67	4	7	47	
Healthy Cheese	1	Serving	399.16	1020	520	58	36	0	180	880	62	4	3	61	
Healthy Ham and Cheese	1	Serving	399.16	630	150	17	8	0	100	1790	65	4	6	50	
Italian	1	Serving	399.16	730	230	26	11	0	120	2550	66	4	5	52	
Italian Diablo	1	Serving	399.16	710	230	25	11	0	110	2650	66	4	5	53	

Italian Sausage	1 Serving	489.88	840	390	44	18	0	110	2380	71	6	5	36
Italian Tuna	1 Serving	369.68	670	170	19	5	0	110	1730	62	4	3	58
Knuckle	1 Serving	417.3	810	360	40	22	0	95	2140	70	4	6	46
Milano	1 Serving	517.1	990	460	51	34	0	170	1680	65	4	6	54
Mild Italian	1 Serving	399.16	730	230	26	11	0	120	2550	66	4	5	52
Mild Sharp Italian	1 Serving	399.16	730	230	26	11	0	120	2620	66	4	5	52
Napolitano	1 Serving	399.16	920	340	38	15	0	105	3010	64	4	3	61
Nellie	1 Serving	408.23	880	470	52	24	0	115	1390	64	3	4	50
New Yorker	1 Serving	408.23	950	460	51	18	0	180	3860	62	3	4	61
Nonnas Veggie	1 Serving	557.92	810	200	22	10	0	170	2120	115	11	9	38
Old Fashioned													
Meatball	1 Serving	453.59	960	410	46	17	0	255	3180	82	4	5	54
Old Italian	1 Serving	399.16	930	320	36	14	0	90	3120	64	4	3	62
Old World Style													
Meatball	1 Serving	489.88	1080	510	57	23	0	285	3420	83	4	5	62
Pal Joey	1 Serving	335.66	900	430	47	23	0	160	2510	59	3	1	54
Pescara	1 Serving	433.18	830	290	32	12	0	140	2310	64	3	4	69
Pork Diablo	1 Serving	399.16	880	470	53	25	0	125	1600	64	4	5	47
R Special	1 Serving	378.18	800	320	35	8	0	125	3180	65	3	4	51
Roast Beef and													
Cheese	1 Serving	399.16	680	170	18	8	0	100	1590	64	4	5	60
Roast Beef													
Schwartzie	1 Serving	485.34	1040	460	51	15	0	125	1680	85	5	23	64
Schwartzie	1 Serving	485.34	1250	470	52	16	0	150	2740	85	5	23	64
Sharp Italian	1 Serving	399.16	730	230	26	11	0	120	2620	66	4	5	52
Sicilian	1 Serving	399.16	1120	610	67	28	0	255	3700	64	4	3	57
Slim T	1 Serving	399.16	570	120	13	7	0	95	2230	65	4	6	53
Soprano	1 Serving	408.23	580	140	15	7	0	100	2150	64	3	4	59
Sopressata & Sharp	1 Serving	399.16	960	470	53	21	0	170	3380	64	4	3	61
Sulmona	1 Serving	378.18	1190	690	77	32	0	245	3070	62	3	1	53
Suprimo	1 Serving	408.23	880	310	34	17	0	105	2350	62	3	4	55
Tavern & Swiss	1 Serving	399.16	660	170	19	10	0	105	2070	64	4	5	53
Tuna Delight	1 Serving	378.01	590	120	14	8	0	90	1170	62	3	4	53
Tuna Diablo	1 Serving	415.04	830	290	32	13	0	150	2490	64	4	5	66
Turkey and Cheese	1 Serving	399.16	580	150	17	8	0	110	2340	64	4	3	57
Turkey Diablo	1 Serving	399.16	580	140	15	8	0	110	2350	64	4	5	55
Turkey Schwartzie	1 Serving	485.34	970	440	49	15	0	135	2200	85	5	23	61
Veggie Diablo	1 Serving	532.27	950	310	35	12	0	170	1930	113	10	12	40
Whacked Chicken	1 Serving	508.02	1130	480	53	15	0	125	2790	102	6	5	61
White Tuna	1 Serving	323.58	430	10	1	0	0	50	950	62	4	3	42

WRAP	QTY Measure	Cals		Fat Cals		Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
		Wgt (g)	(kcal)	(kcal)										
Abruzzi	1 Serving	399.91	800	530	59	25	0.5	115	1550	29	13	3	60	
American	1 Serving	359.08	620	330	37	16	0.5	145	3530	29	11	4	54	
Audiablo	1 Serving	359.08	520	200	22	10	0.5	105	2350	29	11	5	63	
Audie	1 Serving	359.08	520	210	24	10	0.5	105	2340	29	11	4	64	
Bada Bing	1 Serving	481.55	870	380	42	14	0.5	120	2510	64	15	3	69	
Bada Boom	1 Serving	440.73	1050	530	59	17	0.5	120	2460	61	12	9	68	
Beef Diablo	1 Serving	359.08	560	210	23	10	0.5	100	2080	29	11	5	64	
Big T	1 Serving	359.08	490	210	24	10	0.5	115	3070	29	11	4	59	
Big T Diablo	1 Serving	359.08	500	200	22	10	0.5	105	2850	30	11	7	57	
Bologna and Cheese	1 Serving	359.08	780	520	57	23	0.5	120	2940	31	11	6	47	
Buffalo Chicken	1 Serving	354.55	930	590	66	17	0.5	180	2410	28	10	6	64	
Buffalo Cutlet	1 Serving	458.87	990	550	61	15	0.5	140	4950	60	13	3	59	
Cheese Deluxe	1 Serving	359.08	910	590	66	35	0.5	160	2560	34	11	4	67	
Chicken Colette	1 Serving	431.66	920	410	46	16	0.5	160	2670	60	12	3	78	

Chicken Diablo	1 Serving	431.66	860	390	44	15	0.5	140	2500	63	13	5	63
Chicken Parmigiana	1 Serving	481.55	870	380	43	14	0.5	120	2690	69	14	8	66
Chicken Supremo	1 Serving	522.38	1020	490	54	23	0.5	175	2610	61	13	5	75
Corned Beef and Swiss	1 Serving	368.16	810	240	27	13	0.5	130	2560	29	11	4	72
Crusher	1 Serving	338.1	640	370	41	13	0.5	115	3100	29	10	2	66
Eggplant Parmigiana	1 Serving	640.31	970	390	44	19	0.5	235	3220	104	19	18	56
Gianna	1 Serving	368.16	810	350	39	14	0.5	85	3330	28	11	4	67
Ham and Cheese	1 Serving	359.08	500	220	24	11	0.5	125	3520	29	11	4	55
Ham and Cheese													
Diablo	1 Serving	359.08	530	210	23	10	0.5	100	3070	31	11	8	53
Healthy Cheese	1 Serving	359.08	920	580	64	37	0.5	180	1150	27	11	4	67
Healthy Ham and Cheese													
Cheese	1 Serving	359.08	530	210	23	10	0.5	100	2060	30	11	6	56
Italian	1 Serving	359.08	630	290	32	12	0.5	120	2830	31	11	6	58
Italian Diablo	1 Serving	359.08	610	280	31	12	0.5	110	2920	31	11	6	59
Italian Sausage	1 Serving	449.8	740	450	50	19	0.5	110	2660	36	13	6	42
Italian Tuna	1 Serving	329.6	560	230	25	7	0.5	110	2010	27	11	4	64
Knuckle	1 Serving	377.23	700	410	46	23	0.5	95	2410	34	11	6	52
Milano	1 Serving	477.02	890	520	58	35	0.5	170	1960	30	11	6	60
Mild Italian	1 Serving	359.08	630	290	32	12	0.5	120	2830	31	11	6	58
Mild Sharp Italian	1 Serving	359.08	630	290	32	13	0.5	120	2900	31	11	6	58
Napolitano	1 Serving	359.08	820	390	44	16	0.5	105	3280	29	11	4	67
Nellie	1 Serving	368.16	780	530	59	25	0.5	115	1670	28	11	4	56
New Yorker	1 Serving	368.16	850	510	57	19	0.5	180	4140	27	11	4	67
Nonnas Veggie	1 Serving	517.84	700	250	28	11	0.5	170	2400	80	18	10	44
Old Fashioned													
Meatball	1 Serving	413.51	860	470	52	19	0.5	255	3460	46	11	6	60
Old Italian	1 Serving	359.08	820	380	42	15	0.5	90	3400	29	11	4	68
Old World Style													
Meatball	1 Serving	449.8	980	570	63	25	0.5	285	3700	48	11	6	68
Pal Joey	1 Serving	295.58	800	480	53	24	0.5	160	2790	24	10	2	60
Pescara	1 Serving	393.1	730	340	38	14	0.5	140	2580	29	11	5	75
Pork Diablo	1 Serving	359.08	780	530	59	26	0.5	125	1870	29	11	5	53
R Special	1 Serving	338.1	700	370	41	10	0.5	125	3460	30	10	5	57
Roast Beef and Cheese	1 Serving	359.08	570	220	24	10	0.5	100	1870	29	11	5	66
Roast Beef													
Schwartzie	1 Serving	581.34	1230	520	58	16	0.5	125	2580	109	15	25	81
Schwartzie	1 Serving	445.27	1150	520	58	18	0.5	150	3020	50	12	24	70
Sharp Italian	1 Serving	359.08	630	290	32	13	0.5	120	2900	31	11	6	58
Sicilian	1 Serving	359.08	1020	660	73	30	0.5	255	3980	29	11	4	64
Slim T	1 Serving	359.08	470	170	19	8	0.5	95	2500	30	11	7	59
Soprano	1 Serving	368.16	480	190	21	9	0.5	100	2430	28	11	4	65
Sopressata & Sharp	1 Serving	359.08	860	530	59	23	0.5	170	3660	29	11	4	67
Sulmona	1 Serving	338.1	1090	750	83	33	0.5	245	3350	27	10	2	59
Suprimo	1 Serving	368.16	770	360	40	19	0.5	105	2630	27	11	4	61
Tavern & Swiss	1 Serving	359.08	550	230	25	11	0.5	105	2340	29	11	6	59
Tuna Delight	1 Serving	337.93	490	180	20	10	0.5	90	1450	27	11	4	59
Tuna Diablo	1 Serving	374.96	730	340	38	15	0.5	150	2770	29	11	5	72
Turkey and Cheese	1 Serving	359.08	480	210	23	10	0.5	110	2610	29	11	4	63
Turkey Diablo	1 Serving	359.08	480	190	21	10	0.5	110	2630	29	11	5	61
Turkey Schwartzie	1 Serving	445.27	860	500	55	16	0.5	135	2480	50	12	24	67
Veggie Diablo	1 Serving	492.19	850	370	41	14	0.5	170	2210	78	17	12	46
Whacked Chicken	1 Serving	467.95	1030	540	59	17	0.5	125	3060	67	13	5	67
White Tuna	1 Serving	283.5	320	60	7	1.5	0.5	50	1220	27	11	4	48

2,000 calories a day is used for general nutrition advice, but calorie needs vary.