




Blimpie Nutritional Statement

																		
	Weight	Calories	Cals From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)		
Sandwiches/Wraps																		
BLMP - Blimpie Best, 12" Regular	20.8 oz	840	249	28	12	0	110	99	6	19	50	1254	19	2743	367	7		
BLMP - Blimpie Best, 4"	6.7 oz	268	75	8	4	0	34	33	2	6	16	347	6	910	103	2		
BLMP - Blimpie Best, 6" Regular	10.4 oz	420	124	14	6	0	55	49	3	10	25	627	9	1371	183	4		
BLMP - Blimpie Best, 6" SS	12.8 oz	523	167	19	8	0	95	52	3	12	37	627	9	2128	183	4		
BLMP - Blimpie Best, 12" SS	25.6 oz	1045	335	37	16	0	189	104	6	24	73	1241	19	4256	364	8		
BLMP - Blimpie Trio, 6" SS	13.5 oz	488	108	12	5	0	93	52	3	11	41	678	9	1773	240	4		
BLMP - Blimpie Trio, 12" SS	26.0 oz	970	215	24	10	0	187	102	6	21	82	1287	18	3542	476	9		
BLMP - BLT, 12" Regular	15.9 oz	692	196	22	7	0	34	93	6	15	31	938	19	1744	60	6		
BLMP - BLT, 6" Regular	8.0 oz	346	98	11	3	0	17	46	3	7	15	469	10	872	30	3		
BLMP - Chicken Cheddar Bacon Ranch, 6" Regular	12.8 oz	642	302	34	10	0	89	48	3	8	36	1001	9	1648	185	3		
BLMP - Chicken Cheddar Bacon Ranch, 12" Regular	19.0 oz	967	392	44	15	0	108	94	6	15	50	1676	18	2485	292	6		
BLMP - Chicken Teriyaki, 6" Regular	7.8 oz	428	80	9	4	0	58	50	1	12	35	195	1	1315	185	3		
BLMP - Chicken Teriyaki, 12" Regular	15.1 oz	838	160	18	9	0	115	96	3	19	69	391	2	2446	370	6		
BLMP - Ciabatta, Buffalo Chicken	11.6 oz	583	247	27	7	0	69	50	3	5	32	871	16	2050	207	3		
BLMP - Ciabatta, Grilled Chicken Caesar	10.5 oz	617	220	24	6	0	65	63	3	4	34	455	17	1584	188	4		
BLMP - Ciabatta, Roast Beef, Turkey & Cheddar	10.9 oz	588	269	30	9	0	74	51	3	6	28	880	17	1941	214	4		
BLMP - Ciabatta, Sicilian	11.1 oz	637	225	25	7	0	71	68	3	10	33	1367	28	2520	218	5		
BLMP - Ciabatta, Tuscan	10.2 oz	600	204	23	7	0	55	65	3	6	29	1417	28	2150	218	5		
BLMP - Ciabatta, Turkey Italiano	10.3 oz	502	98	11	4	0	50	64	3	5	30	1331	28	2164	210	4		
BLMP - Ciabatta, Ultimate Club	7.1 oz	480	189	21	6	0	60	47	2	5	27	211	9	1538	252	3		
BLMP - Club, 12" Regular	20.5 oz	773	178	20	9	0	95	99	6	18	49	1357	19	2127	479	7		
BLMP - Club, 4"	6.7 oz	254	54	6	3	0	32	33	2	6	16	374	6	743	133	2		
BLMP - Club, 6" Regular	10.2 oz	386	89	10	4	0	47	49	3	9	25	678	9	1063	240	3		
BLMP - Cuban, 12" Regular	16.4 oz	827	190	21	9	0	131	86	3	12	59	493	0	3256	449	7		
BLMP - Cuban, 6" Regular	8.2 oz	413	95	11	5	0	65	43	1	6	29	247	0	1628	224	3		
BLMP - Ham & Swiss, 12" Regular	20.0 oz	783	186	21	9	0	101	99	6	20	49	1357	19	2052	479	6		
BLMP - Ham & Swiss, 4"	6.6 oz	257	56	6	3	0	33	33	2	7	16	374	6	724	133	2		
BLMP - Ham & Swiss, 6" Regular	10.0 oz	391	93	10	5	0	50	50	3	10	25	678	9	1026	240	3		
BLMP - Ham, Salami & Cheese, 12" Regular	20.2 oz	887	292	32	15	0	112	99	6	18	50	1254	19	2612	367	7		
BLMP - Ham, Salami & Cheese, 6" Regular	10.1 oz	443	146	16	7	0	56	49	3	9	25	627	9	1306	183	3		
BLMP - Meatball 12" Regular	21.1 oz	1185	561	62	26	0	157	101	8	12	55	1787	6	4007	479	10		
BLMP - Meatball 6" Regular	10.8 oz	607	292	32	14	0	82	51	4	6	28	934	3	2072	259	5		
BLMP - Pastrami, 12" Regular	22.0 oz	908	299	33	15	0	122	96	6	17	61	1254	19	2749	367	8		
BLMP - Pastrami, 6" Regular	11.0 oz	454	150	17	7	0	61	48	3	8	30	627	9	1375	183	4		
BLMP - Philly Steak & Onion, 12" Regular	14.4 oz	981	414	46	19	0	139	90	3	13	50	653	2	2415	391	8		
BLMP - Philly Steak & Onion, 6" Regular	7.3 oz	499	213	24	10	0	72	45	1	6	26	331	1	1233	196	4		
BLMP - Reuben, 12" Regular	19.0 oz	1143	428	48	14	0	151	107	6	16	67	508	8	2442	491	10		
BLMP - Reuben, 6" Regular	9.5 oz	571	214	24	7	0	75	54	3	8	34	254	4	1221	245	5		
BLMP - Roast Beef & Provolone, 12" Regular	22.0 oz	817	199	22	9	0	124	93	6	14	61	1325	19	2102	383	9		
BLMP - Roast Beef & Provolone, 4"	7.1 oz	262	59	7	3	0	39	31	2	5	20	366	6	676	107	3		
BLMP - Roast Beef & Provolone, 6" Regular	11.0 oz	408	99	11	5	0	62	47	3	7	31	663	9	1051	192	5		
BLMP - Roast Beef, Turkey & Cheddar, 12" Regular	20.9 oz	1142	544	60	19	0	149	95	5	16	54	1848	16	3537	381	8		
BLMP - Roast Beef, Turkey & Cheddar, 6" Regular	10.5 oz	571	272	30	9	0	74	48	3	8	27	924	8	1769	190	4		
BLMP - Seafood, 12" Regular	20.6 oz	666	124	14	3	0	38	111	7	17	25	967	21	1680	89	6		
BLMP - Seafood, 6" Regular	10.3 oz	333	62	7	1	0	19	56	4	9	13	484	10	840	44	3		
BLMP - Tuna, 12" Regular	20.6 oz	965	380	42	6	0	109	92	6	14	50	951	19	1551	63	6		
BLMP - Tuna, 4"	6.2 oz	282	99	11	2	0	27	31	2	5	14	266	6	458	22	2		
BLMP - Tuna, 6" Regular	10.3 oz	483	190	21	3	0	55	46	3	7	25	475	9	776	32	3		
BLMP - Turkey Bacon, 6" SS	oz	582	218	24	11	0	65	48	2	8	40	919	7	2622	171	4		
BLMP - Turkey Bacon, 12" SS	oz	1165	436	48	21	0	129	96	5	16	80	1837	14	5244	343	8		
BLMP - Turkey & Provolone, 12" Regular	22.0 oz	787	176	20	9	0	91	99	6	17	52	1254	19	2810	367	7		
BLMP - Turkey & Provolone, 4"	6.9 oz	247	51	6	2	0	26	33	2	5	16	347	6	858	103	2		
BLMP - Turkey & Provolone, 6" Regular	11.0 oz	393	88	10	4	0	46	49	3	8	26	627	9	1405	183	3		
BLMP - Veggie Supreme, 12"	20.6 oz	1106	505	56	33	0	73	96	6	14	58	3074	19	2831	1247	6		
BLMP - Veggie Supreme, 6"	10.3 oz	553	252	28	16	0	36	48	3	7	29	1537	9	1415	623	3		
BLMP - VegiMax, 6"	8.8 oz	522	179	20	6	0	15	56	5	8	28	947	7	1272	192	3		
BLMP - Wrap, Chicken Caesar, Regular	10.1 oz	607	260	29	9	0	61	56	4	5	30	738	6	1586	376	5		
BLMP - Wrap, Roast Beef & Cheddar, Regular	12.0 oz	684	326	36	12	0	85	59	6	5	32	937	8	1928	372	6		
BLMP - Wrap, Southwestern Regular	10.1 oz	530	195	22	6	0	54	61	4	10	23	592	6	1771	255	5		
BLMP - Wrap, Steak & Onion, Regular	11.3 oz	774	419	47	15	0	84	62	6	7	28	596	8	1795	388	5		
BLMP - Wrap, Zesty, Regular	9.8 oz	569	231	26	10	0	69	59	6	6	28	577	6	1979	364	5		
Salads																		
BLMP - Salad, Antipasto w/ dressing	13.1 oz	423	286	32	8	0	59	16	4	9	20	5884	25	2042	230	3		
BLMP - Salad, Chef Regular	8.9 oz	176	65	7	4	0	47	10	2	5	18	3899	19	805	245	1		
BLMP - Salad, Chicken Caesar w/ dressing	11.0 oz	400	258	29	7	0	72	8	3	4	26	5210	23	978	163	1		
BLMP - Salad, Garden	6.5 oz	29	4	0	0	0	0	6	3	3	2	5484	25	16	45	1		
BLMP - Salad, Seafood, Regular	9.0 oz	122	38	4	1	0	19	17	3	5	6	3704	20	582	49	1		
BLMP - Salad, Tuna, Regular	9.0 oz	272	166	18	3	0	55	7	2	3	18	3696	19	517	37	1		
BLMP - Salad, Ultimate Club w/ dressing	11.9 oz	514	362	40	12	0	82	12	3	7	25	6091	25	1571	370	2		
BLMP - Salad, Cole Slaw side	3.9 oz	160	81	9	2	0	5	20	2	17	1	500	5	240	40	1		
BLMP - Salad, Macaroni side	5.1 oz	330	198	22	5	0	15	28	2	8	5	0	0	790	0	2		
BLMP - Salad, Northwest Potato side	4.9 oz	260	153	17	4	0	25	22	3	3	3	0	0	390	0	1		
BLMP - Salad, Potato side	4.8 oz	230	108	12	3	0	10	28	3	8	3	0	0	490	0	1		

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Soups																	
BLMP - Soup, Bean w/ Ham	8.6 oz	140	9	1	0	0	0	23	11	2	8	2250	1	1070	80	1	
BLMP - Soup, Beef Steak & Noodle	8.6 oz	120	27	3	2	0	30	14	0	4	8	1250	2	780	20	1	
BLMP - Soup, Beef Stew	8.6 oz	170	32	4	2	0	45	18	2	2	17	8500	5	890	20	2	
BLMP - Soup, Captain's Corn Chowder	8.6 oz	210	63	7	3	0	5	29	4	7	6	500	1	890	100	0	
BLMP - Soup, Chicken & Dumpling	8.6 oz	170	45	5	3	0	50	19	3	4	11	300	1	970	80	1	
BLMP - Soup, Chicken Gumbo	8.6 oz	90	18	2	0	0	10	13	2	4	6	200	2	1280	20	0	
BLMP - Soup, Chicken Noodle	8.6 oz	130	32	4	1	0	30	18	2	5	7	1500	2	1040	20	0	
BLMP - Soup, Chicken w/ White & Wild Rice	8.6 oz	250	90	10	3	0	30	15	4	4	14	750	2	1030	60	0	
BLMP - Soup, Crm of Broccoli w/ Cheese	8.6 oz	190	72	8	5	0	15	15	3	5	6	400	9	940	150	0	
BLMP - Soup, Crm of Potato	8.6 oz	190	81	9	3	0	5	24	3	3	5	500	1	860	100	0	
BLMP - Soup, French Onion	8.6 oz	80	32	4	1	0	0	11	1	6	2	200	2	1020	20	0	
BLMP - Soup, Grande Chili w/ Bean & Beef	8.6 oz	250	81	9	5	0	40	30	18	7	18	1500	4	1230	100	3	
BLMP - Soup, Harvest Vegetable	8.6 oz	100	9	1	0	0	0	19	3	4	4	3000	6	920	40	1	
BLMP - Soup, Italian Style Wedding	8.6 oz	130	32	4	2	0	10	17	0	0	7	500	1	900	20	1	
BLMP - Soup, Minestrone	8.6 oz	90	23	3	0	0	0	14	4	4	4	2250	2	1150	80	1	
BLMP - Soup, New England Clam Chowder	8.6 oz	170	27	3	2	0	25	28	2	5	7	100	4	1060	150	0	
BLMP - Soup, Pasta Fagioli w/ Sausage	8.6 oz	150	41	5	2	0	20	22	4	2	7	1750	6	910	40	1	
BLMP - Soup, Pilgrim Turkey Vegetables w/ Rice	8.6 oz	110	14	2	1	0	20	19	2	2	4	400	0	800	20	0	
BLMP - Soup, Seafood Gumbo	8.6 oz	100	14	2	1	0	20	16	2	3	4	500	2	850	40	0	
BLMP - Soup, Split Pea w/ Ham	8.6 oz	130	14	2	0	0	5	21	6	1	8	3500	1	1090	40	1	
BLMP - Soup, Tomato Basil w/ Raviolini	8.6 oz	110	9	1	0	0	10	22	0	5	4	750	0	720	20	1	
BLMP - Soup, Yankee Pot Roast	8.6 oz	80	14	2	1	0	10	12	2	2	5	4000	4	750	60	1	
Kid's Meals																	
BLMP - Kids Meal, 3" Ham & American Cheese	5.8 oz	262	78	9	5	0	15	32	2	6	15	545	5	901	118	2	
BLMP - Kids Meal, 3" Tuna	5.6 oz	277	99	11	2	0	27	30	2	4	14	245	5	457	18	2	
BLMP - Kids Meal, 3" Turkey	5.4 oz	187	20	2	0	0	12	31	2	5	10	245	5	598	18	2	
Chips/Snacks																	
BLMP - Chips, Cheddar Sour Cream	1.5 oz	240	135	15	5	0	0	21	2	3	3	0	9	285	0	1	
BLMP - Chips, Cheetos Crunchy	1.0 oz	160	90	10	3	0	0	15	1	1	2	0	0	290	17	1	
BLMP - Chips, Doritos Cooler Ranch	1.8 oz	245	110	12	3	0	0	32	2	2	4	0	0	297	72	1	
BLMP - Chips, Doritos Nacho Cheese	1.8 oz	245	110	12	3	0	0	30	2	4	4	0	0	332	77	1	
BLMP - Chips, Fritos	2.0 oz	320	180	20	2	0	0	30	2	0	4	0	0	210	90	1	
BLMP - Chips, KC Master BBQ	1.5 oz	240	135	15	5	0	0	23	2	3	3	0	9	300	15	1	
BLMP - Chips, KC Master BBQ Baked	1.1 oz	135	30	3	0	0	0	25	2	2	2	0	1	236	45	0	
BLMP - Chips, Multigrain Harvest Cheddar	1.5 oz	210	81	9	2	0	0	29	3	3	3	0	0	285	0	1	
BLMP - Chips, Multigrain Original	1.5 oz	209	81	9	1	0	0	29	4	3	3	0	0	139	9	1	
BLMP - Chips, Potato Baked	1.1 oz	124	15	2	0	0	0	26	2	2	2	0	1	169	45	0	
BLMP - Chips, Potato Regular	1.5 oz	225	135	15	5	0	0	23	2	0	3	0	9	270	9	1	
BLMP - Snacks, Pretzels Classic Thin Style	2.0 oz	223	18	2	0	0	0	47	2	2	4	0	0	--	0	4	
Breakfast Items																	
BLMP - Bluffin, Plain	2.0 oz	129	9	1	0	0	0	25	2	2	5	0	1	242	93	2	
BLMP - Biscuit, Bacon Egg & Cheese	5.5 oz	432	218	24	17	0	158	37	1	3	17	446	0	1579	151	3	
BLMP - Biscuit, Egg & Cheese	5.2 oz	385	185	21	15	0	150	37	1	3	14	443	0	1377	150	2	
BLMP - Biscuit, Plain	3.1 oz	263	102	11	10	0	1	34	1	3	6	1	0	830	27	2	
BLMP - Biscuit, Ham Egg & Cheese	6.2 oz	420	192	21	16	0	165	39	1	5	19	443	0	1655	150	3	
BLMP - Biscuit, Sausage Egg & Cheese	6.7 oz	535	311	35	20	0	180	37	1	3	20	443	0	1687	170	3	
BLMP - Bluffin, Bacon Egg & Cheese	4.5 oz	293	122	14	7	0	157	27	2	2	16	444	1	973	216	3	
BLMP - Bluffin, Egg & Cheese	4.2 oz	245	90	10	5	0	149	27	2	2	13	441	1	771	215	3	
BLMP - Bluffin, Ham Egg & Cheese	5.2 oz	280	97	11	6	0	164	29	2	4	18	441	1	1049	215	3	
BLMP - Bluffin, Sausage Egg & Cheese	5.7 oz	395	216	24	10	0	179	27	2	2	19	441	1	1081	235	3	
BLMP - Burrito, Bacon Egg & Cheese	10.3 oz	553	212	24	12	0	8	56	5	3	31	1161	0	2095	438	6	
BLMP - Burrito, Egg & Cheese	10.0 oz	506	180	20	11	0	0	56	5	3	28	1158	0	1892	437	6	
BLMP - Burrito, Ham Egg & Cheese	11.5 oz	559	190	21	11	0	23	58	5	5	36	1158	0	2310	437	6	
BLMP - Burrito, Sausage Egg & Cheese	11.5 oz	656	306	34	16	0	30	56	5	3	34	1158	0	2202	457	6	
BLMP - Croissant, Bacon Egg & Cheese	5.0 oz	396	347	115	12	0	165	30	1	4	16	445	0	1026	135	2	
BLMP - Croissant, Egg & Cheese	4.7 oz	349	314	111	11	0	157	30	1	4	12	442	0	823	134	2	
BLMP - Croissant, Ham Egg & Cheese	5.6 oz	384	321	112	11	0	172	31	1	6	17	442	0	1102	134	2	
BLMP - Croissant, Plain	2.5 oz	233	233	102	6	0	8	28	1	4	5	0	0	295	12	2	
BLMP - Croissant, Sausage Egg & Cheese	6.2 oz	499	440	125	16	0	187	30	1	4	18	442	0	1133	154	3	
BLMP - Cinnamon Roll	5.0 oz	449	180	20	9	0	30	60	2	17	9	0	0	729	40	4	
BLMP - Panini Breakfast, 4"	8.3 oz	494	122	14	5	0	181	67	2	7	26	313	0	1408	134	5	
BLMP - Panini Breakfast, 6"	13.4 oz	773	215	24	9	0	360	96	3	10	43	572	0	2368	242	8	
Desserts																	
BLMP - Brownie	2.0 oz	182	64	7	3	0	15	28	1	19	2	22	0	115	6	1	
BLMP - Cookie, Chocolate Chunk	1.5 oz	196	87	10	4	0	13	25	0	16	2	54	0	153	9	1	
BLMP - Cookie, Oatmeal Raisin Walnut	1.5 oz	170	60	7	3	0	9	26	1	15	2	95	0	142	19	1	
BLMP - Cookie, Peanut Butter	1.5 oz	198	111	12	5	0	9	20	1	12	3	95	0	161	19	1	
BLMP - Cookie, Sugar	2.5 oz	327	149	17	6	0	29	41	1	22	3	124	0	286	8	1	
BLMP - Cookie, White Chocolate Macadamia Nut	1.5 oz	198	111	12	5	0	9	20	1	12	3	95	0	161	19	1	
BLMP - Turnover, Apple	3.7 oz	340	189	21	10	0	0	35	1	11	4	0	0	190	20	1	
BLMP - Turnover, Cherry	3.7 oz	350	189	21	10	0	0	35	1	14	4	0	0	190	20	1	

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Sandwich Components																	
Meats/Protein																	
BLMP - Bacon	0.7 oz	105	71	8	3	--	17	0	0	0	0	7	7	0	447	1	0
BLMP - Cappacola	0.6 oz	18	5	1	0	0	9	0	--	0	3	0	0	0	164	0	0
BLMP - Chicken Strips	2.5 oz	93	27	3	1	0	42	0	0	0	16	0	0	253	0	0	
BLMP - Corned Beef	3.0 oz	106	21	2	1	0	46	2	0	2	18	0	0	759	0	2	
BLMP - Egg	1.5 oz	45	27	3	1	--	149	2	0	0	4	141	0	188	22	1	
BLMP - Ham	1.0 oz	35	7	1	0	0	15	2	--	2	5	0	0	278	0	0	
BLMP - Meatballs	4.0 oz	292	191	21	8	0	60	11	3	3	15	664	3	1342	53	2	
BLMP - Pastrami	2.5 oz	114	57	6	3	0	38	1	0	1	14	0	0	633	0	1	
BLMP - Pepperoni	0.5 oz	66	50	6	3	0	13	1	--	--	3	51	0	233	0	0	
BLMP - Philly Steak & Onion	3.5 oz	210	135	15	6	0	55	5	--	3	13	100	1	630	20	1	
BLMP - Prosciuttini	0.5 oz	13	3	0	0	0	6	1	0	1	2	0	0	177	0	0	
BLMP - Roast Beef	1.5 oz	46	10	1	0	0	23	0	0	0	8	0	0	220	0	1	
BLMP - Salami	0.3 oz	36	27	3	1	0	9	0	0	0	2	0	0	137	0	0	
BLMP - Seafood Salad	3.0 oz	92	35	4	1	0	19	10	1	2	4	8	1	415	13	0	
BLMP - Tuna	3.0 oz	241	163	18	2	--	55	0	0	0	16	0	0	350	0	0	
BLMP - Turkey	1.2 oz	30	3	0	0	0	12	1	--	1	5	--	--	316	--	0	
Cheese																	
BLMP - Cheese, American Y&W	1.0 oz	104	81	9	6	0	--	1	--	--	6	448	0	507	149	0	
BLMP - Cheese, Cheddar, serving	0.8 oz	75	57	6	4	0	19	1	--	0	4	402	0	382	117	0	
BLMP - Cheese, Parmesan Shredded, serving	0.5 oz	52	34	4	2	0	11	1	0	0	4	122	0	145	129	0	
BLMP - Cheese, Mild Cheddar Shredded, serving	1.0 oz	114	85	9	6	0	30	0	0	0	7	284	0	176	204	19	
BLMP - Cheese, Pepper Jack, serving	0.8 oz	77	61	7	4	0	24	0	0	0	6	290	0	135	145	0	
BLMP - Cheese, Provolone, serving	0.8 oz	76	55	6	4	0	15	0	--	--	5	152	0	190	152	0	
BLMP - Cheese, Swiss, serving	0.8 oz	79	53	6	4	0	20	0	0	0	6	203	0	44	208	0	
Toppings																	
BLMP - Guacamole	1.0 oz	45	36	4	1	0	0	2	1	0	0	100	2	135	0	0	
BLMP - Lettuce, serving	1.5 oz	6	0	0	0	0	0	1	0	1	0	85	2	4	0	0	
BLMP - Olives, serving	0.5 oz	16	14	2	0	0	0	1	0	0	0	57	0	124	12	0	
BLMP - Onion, serving	3.0 pc	11	0	0	0	0	0	3	0	1	0	1	2	1	6	0	
BLMP - Peppers, Hot Ring, 12pcs	1.0 oz	0	0	0	0	0	0	1	0	0	0	0	0	450	0	0	
BLMP - Peppers, Jalapeno, 18pcs	1.0 oz	10	0	0	0	0	0	1	0	0	0	0	0	486	0	0	
BLMP - Peppers, Red Roasted, serving	1.7 oz	11	0	0	0	0	0	2	0	1	0	723	22	112	7	0	
BLMP - Peppers, Sweet Strips, 6pcs	1.0 oz	20	0	0	0	0	0	5	0	5	0	0	0	116	0	0	
BLMP - Tomato, serving	2.0 pc	7	1	0	0	0	0	2	0	1	0	333	5	2	4	0	
Breads/Wraps																	
BLMP - Bread, Cheddar Jalapeno, 12"	7.8 oz	539	99	11	4	0	15	91	3	8	20	250	0	1096	138	6	
BLMP - Bread, Cheddar Jalapeno, 6"	3.1 oz	213	39	4	2	0	6	36	1	3	8	99	0	434	55	2	
BLMP - Bread, Ciabatta, serving	3.5 oz	230	23	3	0	0	0	43	2	2	8	0	9	590	40	3	
BLMP - Bread, Honey Oat 12"	7.5 oz	518	135	15	3	0	0	82	10	11	20	14	0	809	44	6	
BLMP - Bread, Honey Oat 6"	3.7 oz	259	68	8	1	0	0	41	5	5	10	7	0	405	22	3	
BLMP - Bread, Marble Rye 12"	7.5 oz	484	44	5	1	0	0	93	5	4	18	92	0	--	58	6	
BLMP - Bread, Marble Rye 6"	3.7 oz	242	22	2	1	0	0	46	2	2	9	46	0	--	29	3	
BLMP - Bread, Wheat, 12"	7.0 oz	431	71	8	2	0	0	76	10	5	20	14	0	809	44	6	
BLMP - Bread, Wheat, 6"	3.1 oz	190	32	4	1	0	0	34	4	2	9	6	0	357	19	2	
BLMP - Bread, White, 12"	6.2 oz	426	51	6	1	0	0	79	3	7	15	87	0	835	33	5	
BLMP - Bread, White, 6"	3.1 oz	213	25	3	1	0	0	40	1	3	7	43	0	418	16	3	
BLMP - Bread, Zesty Parmesan, 12"	6.3 oz	471	80	9	4	0	12	77	3	7	19	133	1	975	186	5	
BLMP - Bread, Zesty Parmesan, 6"	3.2 oz	236	40	4	2	0	6	39	2	4	9	67	0	488	93	3	
BLMP - Wrap, Spinach Herb 12"	3.7 oz	310	72	8	3	0	0	52	3	3	9	200	0	840	250	5	
BLMP - Wrap, Traditional 12"	3.7 oz	310	72	8	3	0	0	52	5	1	9	--	--	670	200	4	
Dressings/Sauces																	
BLMP - Dressing, Blue Cheese	1.5 oz	230	216	24	5	0	25	2	--	2	2	0	0	440	20	0	
BLMP - Dressing, Buttermilk Ranch	1.5 oz	230	216	24	4	0	10	2	--	1	1	0	0	380	0	0	
BLMP - Dressing, Creamy Caesar	1.5 oz	210	189	21	4	0	10	2	--	1	1	0	0	520	0	0	
BLMP - Dressing, Creamy Italian	1.5 oz	180	162	18	3	0	0	4	0	3	0	100	0	420	0	0	
BLMP - Dressing, Dijon Honey Mustard	1.5 oz	180	153	17	3	0	15	8	--	7	1	0	0	240	0	0	
BLMP - Dressing, Fat-Free Italian	1.5 oz	25	0	0	--	0	0	5	0	3	0	100	1	390	0	0	
BLMP - Dressing, Light Buttermilk Ranch	1.5 oz	70	36	4	1	0	0	8	--	3	1	0	0	310	0	0	
BLMP - Dressing, Light Italian	1.5 oz	20	9	1	0	0	0	2	--	2	0	0	0	770	0	0	
BLMP - Dressing, Special	0.7 oz	70	63	7	1	0	0	0	--	--	0	0	0	0	0	0	
BLMP - Dressing, Thousand Island	1.5 oz	210	180	20	3	0	15	6	0	6	0	0	0	350	0	0	
BLMP - Mayonnaise	1.0 oz	202	200	22	3	0	20	0	0	0	0	0	0	202	0	0	
BLMP - Mustard, Deli Style	0.5 oz	5	0	0	0	0	--	0	0	0	0	0	0	60	0	0	
BLMP - Mustard, Honey	1.0 oz	43	10	1	0	0	0	7	1	5	1	1376	1	168	18	0	
BLMP - Mustard, Spicy Brown	0.5 oz	5	0	0	0	0	0	0	--	0	0	0	0	60	0	0	
BLMP - Oil, Blend	0.5 oz	130	126	14	2	0	--	0	0	0	0	0	0	0	0	0	
BLMP - Red Wine Vinegar	0.5 oz	5	0	0	0	0	0	1	0	0	0	0	0	0	0	0	
BLMP - Sauce, Red Hot Original	1.0 oz	10	4	0	0	0	0	2	0	0	0	531	0	760	6	0	

The Nutritional Information Blimpie has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.