Quiznos®

Nutrition Information

Updated as of August 30, 2014

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
New CIABATTA TOASTIES™											
HONEY DIJON HAM - Ham, Swiss cheese, tomatoes, onions, lettuce, honey mustard dressing											
	630	250	28	7	0	45	1320	72	4	18	24
Base*	400	65	7	2	0	15	1085	64	4	12	20
Cheese	50	35	4	2.5	0	15	25	1	0	0	4
Dressing	180	150	17	2.5	0	15	210	7	0	6	0
PESTO TURKEY - Turkey, mozzarella, tomatoes, onions, lettuce, basil pesto, red wine vinaigrette											
	580	220	25	5	0	35	1550	65	5	11	26
Base*	400	65	8	1	0	25	1160	63	5	10	21
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	140	130	14	2	0	0	330	2	0	1	1
VEGGIE CAPRESE - Double mozzarella, tomatoes, onions, lettuce, olives, cucumbers, fat-free balsamic vinaigrette											
	470	100	11	4.5	0	20	1000	77	4	19	18
Base*	340	50	5	1	0	0	600	63	4	11	11
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	50	0	0	0	0	0	280	13	0	8	0
TOASTY® PASTAS											
MAC & CHEESE	580	240	27	15	0.5	80	620	64	2	4	20
MAC & CHEESE WITH BACON	700	320	36	19	0.5	100	1040	64	2	4	29
MEATBALL MARINARA	640	210	24	7	0	50	1040	76	6	11	32
CHICKEN PESTO	740	340	38	10	0	15	1340	64	4	3	32
STEAK SUBS											
BOURBON STEAK SUB - Black Angus steak, mozzarella, bacon, crunchy onions, bourbon sauce											
Small	**660**	**250**	**28**	**9**	**0**	**85**	**2010**	**61**	**2**	**13**	**42**
Base*	575	225	25	7	0	75	1450	50	2	4	37
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	45	0	0	0	0	0	500	11	0	9	1
Regular	1010	360	40	13	0.5	125	3130	97	4	21	65
Base*	870	320	35.5	10.5	0.5	110	2210	78	4	6	59
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	80	0	0	0	0	0	830	18	0	15	1
Large	1380	480	54	18	1	170	4320	136	5	30	87
Base*	1190	425	48	14.5	1	150	3040	110	5	10	78
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	110	5	0	0	0	0	1160	25	0	20	2
BLACK ANGUS STEAK - with mozzarella, cheddar, mushrooms & onions, honey bourbon mustard, grille sauce on rosemary parmesan											
Small	550	190	21	9	0	85	1430	52	2	12	39
Base	405	115	12.5	4	0	60	1110	42	2	4	32
Cheese	100	70	8	5	0	25	150	1	0	0	7
Dressing	45	5	0.5	0	0	0	170	9	0	8	0
Regular	860	290	32	14	0.5	130	2230	83	4	20	59
Base	640	180	20	7	0.5	95	1730	67	4	6	47
Cheese	150	100	11	7	0	35	220	1	0	0	11
Dressing	70	10	1	0	0	0	280	15	0	14	1
Large	1190	390	44	20	1	170	3080	119	5	29	80
Base	890	235	27.5	10	1	125	2390	97	5	9	65
Cheese	200	140	15	10	0	45	300	1	0	1	14
Dressing	100	15	1.5	0	0	0	390	21	0	19	1
ROAST BEEF & HORSERADISH - Black Angus roast beef with cheddar, sautéed onions, lettuce, tomato											
Small	640	220	25	9	0	85	1330	65	14	10	39
Base*	500	120	13.5	5	0	60	1110	61	14	6	35
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	80	60	7	1	0	10	130	4	0	4	0

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
ROAST BEEF & HORSERADISH - Black Angus roast beef with cheddar, sautéed onions, lettuce, tomato (continued)											
Regular	850	320	36	13	0	135	2060	77	5	14	54
Base*	630	160	18	6.5	0	95	1710	70	4	8	49
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	130	100	11	2	0	20	220	7	1	6	0
Large	1180	450	49	18	0.5	180	2860	111	7	20	73
Base*	880	230	24	9.5	0.5	125	2370	101	6	12	65
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	190	140	16	2.5	0	25	310	10	1	8	1
PEPPERCORN PRIME RIB - with mozzarella, sautéed onions, peppercorn sauce											
Small	550	270	30	9	0.5	55	1680	47	2	6	25
Base*	360	105	11	4.5	0.5	30	1420	45	2	5	21
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	150	140	16	2.5	0	15	200	2	0	1	0
Regular	880	430	48	14	1	85	2610	75	3	9	39
Base*	570	160	17.5	7.5	1	45	2190	71	3	8	33
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	250	230	26	4	0	25	330	3	0	1	1
Large	1230	600	67	19	1.5	115	3590	107	5	12	53
Base*	800	220	25	9.5	1	60	3010	102	5	11	45
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	350	330	36	6	0.5	35	460	4	0	1	1
FRENCH DIP - Prime rib with mozzarella, sautéed bell peppers & onions, peppercorn sauce, side of Au Jus											
Small	580	270	30	9	0.5	55	2250	52	2	6	26
Base*	360	105	11	4.5	0.5	30	1420	44	2	4	21
Au Jus	30	0	0	0	0	0	570	6	0	1	1
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	150	140	16	2.5	0	15	200	2	0	1	0
Regular	910	430	48	14	1	85	3180	80	3	9	39
Base*	570	160	17.5	7.5	1	45	2190	70	3	7	32
Au Jus	30	0	0	0	0	0	570	6	0	1	1
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	250	230	26	4	0	25	330	3	0	1	1
Large	1260	600	67	19	1.5	115	4160	112	5	13	54
Base*	800	220	25	9.5	1	60	3010	101	5	11	45
Au Jus	30	0	0	0	0	0	570	6	0	1	1
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	350	330	36	6	0.5	35	460	4	0	1	1
DOUBLE SWISS PRIME RIB - with sautéed onions, mayo											
Small	530	220	25	10	0.5	60	1820	48	2	6	29
Base*	370	105	12	7.5	0.5	50	1605	44	2	5	21
Cheese	110	70	8	1.5	0	5	15	2	0	0	8
Dressing	50	45	5	1	0	5	200	2	0	1	0
Regular	830	350	38	16	1	95	2830	78	3	10	44
Base*	580	160	17	12.5	1	75	2465	73	3	9	33
Cheese	160	110	12	2	0	10	25	2	0	0	11
Dressing	90	80	9	1.5	0	10	340	3	0	1	0
Large	1150	470	52	22	1.5	125	3890	111	4	13	61
Base*	800	220	24	17	1.5	95	3375	104	4	11	46
Cheese	220	140	16	3	0	15	35	3	0	0	15

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
DOUBLE SWISS PRIME RIB - with sautéed onions, mayo (continued)											
Dressing	130	110	12	2	0	15	480	4	0	2	0
CHICKEN SUBS											
MESQUITE - with bacon, cheddar, lettuce, tomatoes, onions, ranch											
Small	550	240	27	13	0	35	1350	44	2	6	32
Base*	390	110	12.5	8.5	0	15	1100	43	2	5	28
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	100	90	10	1.5	0	5	160	1	0	1	0
Regular	910	390	43	22	0.5	55	2280	72	4	9	57
Base*	650	170	19	15	0.5	30	1890	71	4	8	52
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	170	160	17	2.5	0	5	260	1	0	1	0
Large	1290	540	60	32	0.5	75	3260	103	6	13	82
Base*	950	240	27	22.5	0.5	35	2710	101	6	12	74
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	230	220	24	3.5	0	10	370	2	0	1	1
PESTO CAESAR - with mozzarella, 3-cheese blend, seasonal greens, tomatoes, basil pesto, peppercorn caesar on rosemary parmesan											
Small	490	180	20	12	0	20	1220	39	3	4	36
Base*	320	45	5	8	0	0	905	37	3	4	29
Cheese	100	90	10	2	0	5	190	1	0	0	1
Dressing	70	45	5	3	0	15	125	1	0	0	6
Regular	780	300	33	18	0.5	35	1950	62	4	7	56
Base*	500	80	9	10.5	0.5	0	1320	59	4	6	44
Cheese	160	150	16	2.5	0	10	320	2	0	1	1
Dressing	120	70	8	5	0	25	310	1	0	0	11
Large	1070	410	46	25	1	55	2690	86	6	9	77
Base*	680	90	11	14.5	1	10	1790	81	5	7	60
Cheese	220	210	23	3.5	0	10	450	3	1	1	2
Dressing	170	110	12	7	0	35	450	2	0	1	15
BAJA - with bacon, cheddar, onions, BBQ sauce, chipotle mayo											
Small	520	210	23	13	0	35	1470	45	2	8	32
Base*	380	110	11.5	9	0	15	1100	41	2	4	28
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	80	60	7	1	0	5	280	4	0	4	0
Regular	860	340	38	21	0	55	2480	74	3	12	56
Base*	630	170	19	14.5	0	25	1880	67	3	6	51
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	140	110	12	2	0	10	470	7	0	6	0
Large	1230	470	52	30	0.5	75	3540	107	4	18	81
Base*	930	240	26	21.5	0.5	35	2700	97	4	9	74
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	190	150	17	2.5	0	10	660	10	0	9	0
CARBONARA - with bacon, mozzarella, Sautéed mushrooms, parmesan alfredo sauce											
Small	580	270	30	13	0.5	35	1390	44	2	5	33
Base*	410	135	15	9	0.5	10	1100	42	2	4	28
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	130	110	12	2	0	15	230	2	0	1	1
Regular	950	430	48	22	1	55	2340	71	3	9	58
Base*	690	210	23.5	16	1	25	1930	66	3	7	51
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	200	180	20	3.5	0	15	320	4	0	2	2

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CARBONARA - with bacon, mozzarella, Sautéed mushrooms, parmesan alfredo sauce (continued)											
Large	1350	600	66	31	1	75	3340	103	4	12	84
Base*	960	300	32	22.5	0.5	20	2690	98	4	9	74
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	310	250	28	5	0.5	35	530	4	0	3	3
HONEY MUSTARD - with bacon, Swiss, lettuce, tomatoes, onions											
Small	550	230	26	12	0	40	1260	48	2	9	33
Base*	390	105	12	8	0	15	1110	43	2	5	29
Cheese	50	35	4	2.5	0	15	25	1	0	0	4
Dressing	110	90	10	1.5	0	10	125	4	0	4	0
Regular	910	370	41	21	0.5	60	2130	77	3	14	57
Base*	650	170	18	14.5	0.5	25	1880	69	3	8	51
Cheese	80	50	6	4	0	20	40	1	0	0	6
Dressing	180	150	17	2.5	0	15	210	7	0	6	0
Large	1300	520	57	30	1	80	3060	112	5	20	82
Base*	940	240	26	21.5	1	35	2715	100	5	11	73
Cheese	110	70	8	5	0	25	55	2	0	0	8
Dressing	250	210	23	3.5	0	20	290	10	0	9	1
HONEY BOURBON CHICKEN - with seasonal greens, tomatoes, onions, honey bourbon mustard, grille sauce											
Small	360	60	6	6	0	5	1000	51	2	13	23
Base*	315	55	6	6	0	5	830	42	2	5	23
Dressing	45	5	1	0	0	0	170	9	0	8	0
Regular	610	100	11	12	0	5	1750	84	4	21	43
Base*	540	90	10	12	0	5	1470	69	4	7	42
Dressing	70	10	1	0	0	0	280	15	0	14	1
Large	880	150	16	18	0	10	2550	121	6	30	63
Base*	780	135	15	18	0	10	2160	100	6	11	62
Dressing	100	15	2	0	0	0	390	21	0	19	1
TURKEY SUBS											
TURKEY, RANCH & SWISS - with lettuce, tomatoes, onions											
Small	470	200	22	7	0	45	1410	45	3	6	24
Base*	320	75	8	3	0	25	1225	43	3	5	20
Cheese	100	90	10	1.5	0	5	160	1	0	1	0
Dressing	50	35	4	3	0	15	25	1	0	0	4
Regular	750	320	36	11	0.5	70	2200	72	4	9	37
Base*	500	110	13	5	0.5	45	1900	70	4	8	31
Cheese	170	160	17	2.5	0	5	260	1	0	1	0
Dressing	80	50	6	4	0	20	40	1	0	0	6
Large	1050	440	49	15	0.5	100	3040	103	6	13	51
Base*	710	150	17	7	0.5	65	2615	99	6	12	42
Cheese	230	220	24	3.5	0	10	370	2	0	1	1
Dressing	110	70	8	5	0	25	55	2	0	0	8
TURKEY BACON GUACAMOLE - with mozzarella, lettuce, tomatoes, onions, ranch											
Small	590	290	32	9	0	55	1820	48	4	6	30
Base*	450	175	19	6	0	40	1600	47	4	5	26
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	100	90	10	2	0	5	160	1	0	1	0
Regular	940	450	51	15	0.5	85	2820	77	7	10	47
Base*	710	250	29.5	10	0.5	65	2470	75	7	9	42
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	170	160	17	3	0	5	260	1	0	1	0

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TURKEY BACON GUACAMOLE - with mozzarella, lettuce, tomatoes, onions, ranch (continued)											
Large	1300	620	69	20	1	115	3870	109	9	14	63
Base*	990	350	39	13	1	85	3380	106	9	13	55
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	230	220	24	4	0	10	370	2	0	1	1
TURKEY LITE - with lettuce, tomatoes, onions, cucumbers, fat-free balsamic vinaigrette on artisan wheat											
Small	310	50	6	1.5	0	25	1270	48	6	11	20
Base*	275	45	6	2	0	25	1070	40	6	6	20
Dressing	35	5	0	0	0	0	200	8	0	5	0
Regular	490	80	9	2	0	40	1960	76	9	18	31
Base*	430	75	8.5	2	0	40	1620	63	9	10	31
Dressing	60	5	0.5	0	0	0	340	13	0	8	0
Large	770	130	15	3	0	55	2680	122	24	25	46
Base*	680	120	14	3	0	55	2200	103	24	14	46
Dressing	90	10	1	0	0	0	480	19	0	11	0
ULTIMATE CLUB - with bacon, cheddar, lettuce, tomatoes, mayo											
Small	500	210	24	9	0	65	1790	45	3	5	30
Base*	390	125	14.5	5	0	45	1500	43	3	4	26
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	50	45	5	1	0	5	200	2	0	1	0
Regular	790	330	37	14	0	100	2780	72	4	9	45
Base*	610	190	21	8	0	70	2310	69	4	8	40
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	90	80	9	2	0	10	340	3	0	1	0
Large	1100	450	50	19	0	130	5820	103	5	12	62
Base*	860	260	29	11	0	85	5160	99	5	10	55
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	130	110	12	2	0	15	480	4	0	2	0
DELI CLASSICS											
CLASSIC ITALIAN - Pepperoni, salami, capicola, ham, mozzarella, black olives, lettuce, tomatoes, onions, red wine vinaigrette											
Small	550	270	30	10	0.5	55	1560	46	3	7	24
Base*	420	165	18	6.5	0.5	45	1280	44	3	6	20
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	90	80	9	1.5	0	0	220	2	0	1	0
Regular	870	420	47	16	1	85	2440	74	4	12	37
Base*	660	240	27.5	11	0.5	70	1990	70	4	10	32
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	150	140	15	3	0.5	0	360	3	0	2	0
Large	1210	580	64	22	1	115	3370	106	6	17	51
Base*	920	340	37	15	1	95	2740	101	6	14	44
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	210	190	21	4	0	0	510	4	0	3	0
THE TRADITIONAL - Roast beef, turkey breast, ham, cheddar, lettuce, black olives,tomatoes, onions, ranch											
Small	480	210	23	8	0	50	1330	45	3	6	24
Base*	320	80	8.5	4	0	30	1080	44	3	5	18
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	100	90	10	2	0	5	160	1	0	1	0
Regular	760	330	37	12	0	75	2080	73	4	10	36
Base*	500	110	13	5	0	50	1690	72	4	9	31
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	170	160	17	2.5	0	5	260	1	0	1	0

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
THE TRADITIONAL - Roast beef, turkey breast, ham, cheddar, lettuce, black olives,tomatoes, onions, ranch (continued)											
Large	1070	460	51	17	0	105	2890	104	6	14	50
Base*	730	160	18	7.5	0	65	2340	102	6	13	42
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	230	220	24	3.5	0	10	370	2	0	1	1
SPICY MONTEREY-Turkey, ham, mozzarella, pickles, lettuce, tomatoes, mayo, four pepper chili sauce											
Small	400	120	13	5	0	40	1480	48	3	9	23
Base*	320	70	7.5	3	0	25	1260	43	3	6	19
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	40	25	2.5	0	0	5	160	5	0	3	0
Regular	630	180	20	8	0	60	2320	78	4	15	36
Base*	500	100	11	5	0	40	1970	69	4	10	31
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	70	40	4.5	0.5	0	5	260	8	0	5	0
Large	880	250	28	11	0.5	80	3220	112	6	21	49
Base*	700	140	16	6.5	0.5	55	2740	100	6	13	42
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	100	60	6	1	0	5	360	11	0	8	0
HONEY BACON CLUB Turkey, ham, bacon, Swiss, lettuce, tomatoes,onions, honey-french dressing											
Small	540	220	25	9	0	55	1590	53	2	14	29
Base*	390	115	13	7.5	0	50	1410	44	2	7	25
Cheese	100	70	8	1	0	0	170	8	0	7	0
Dressing	50	35	4	0.5	0	5	10	1	0	0	4
Regular	860	350	39	14	0.5	80	2470	85	4	22	44
Base*	610	190	20	11	1	75	2165	70	4	10	38
Cheese	170	110	13	2	0	0	290	14	0	12	0
Dressing	80	50	6	1	0	5	15	1	0	0	6
Large	1200	480	53	19	0.5	110	3400	121	5	31	61
Base*	860	250	27	15	0.5	105	2985	100	5	14	53
Cheese	230	160	18	2.5	0	0	400	19	0	17	0
Dressing	110	70	8	1.5	0	5	15	2	0	0	8
TUNA- Tuna, cheddar, lettuce, tomatoes, red wine vinaigrette											
Small	**500**	**210**	**23**	**8**	**0**	**45**	**1250**	**46**	**2**	**6**	**27**
Base*	350	90	9.5	3.5	0	30	940	44	2	5	23
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	90	80	9	1.5	0	0	220	2	0	1	0
Regular	**790**	**330**	**37**	**12**	**0**	**70**	**1970**	**74**	**3**	**10**	**41**
Base*	550	130	15	5	0	50	1480	71	3	8	36
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	150	140	15	3	0	0	360	3	0	2	0
Large	1100	460	51	16	0.5	95	2740	108	5	15	57
Base*	780	190	21	7	0.5	65	2050	104	5	12	50
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	210	190	21	4	0	0	510	4	0	3	0
ITALIAN MEATBALL SUB - with double mozzarella, marinara											
Small	630	290	33	11	0	70	1450	52	5	7	34
Base*	515	220	25	7.5	0	50	1235	47	4	5	26
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	35	20	2	0	0	0	95	4	1	2	1
Regular	1110	530	59	20	0.5	130	2580	86	8	11	62
Base*	945	425	47	14.5	0.5	105	2275	80	7	7	50

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
ITALIAN MEATBALL SUB - with double mozzarella, marinara (continued)											
Cheese	120	80	9	5	0	25	180	1	0	1	11
Dressing	45	25	3	0.5	0	0	125	5	1	3	1
Large	1530	730	81	28	0.5	175	3580	122	11	16	86
Base*	1310	600	66.5	20.5	0	140	3190	114	10	12	71
Cheese	160	100	11	7	0.5	35	240	2	0	1	14
Dressing	60	30	3.5	0.5	0	0	150	6	1	3	1
VEGGIE GUACAMOLE - guacamole, cheddar, mozzarella, choice of veggies, red wine vinaigrette											
Small	450	230	25	8	0	20	940	44	3	5	13
Base*	290	100	11	3	0	5	615	42	3	4	9
Cheese	90	80	9	1.5	0	0	220	2	0	1	0
Dressing	70	50	5	4	0	15	105	0	0	0	4
Regular	760	390	43	14	0.5	40	1570	71	5	9	24
Base*	460	150	17	5	1	5	990	67	5	7	13
Cheese	150	140	15	2.5	0	0	360	3	0	2	0
Dressing	150	100	11	7	0	35	220	1	0	0	11
Large	1060	530	59	20	1	55	2210	102	6	12	34
Base*	650	200	23	7	1	10	1400	97	6	8	20
Cheese	210	190	21	3.5	0	0	510	4	0	3	0
Dressing	200	140	15	10	0	45	300	1	0	1	14
AVAILABLE AT SELECT LOCATIONS											
SOUTHERN BBQ PULLED PORK SUB - Pulled pork, mozzarella & cheddar cheese, pickles, yellow mustard, BBQ sauce											
Small	450	140	16	8	0	60	1620	51	2	14	25
Base	310	65	7.5	3	0	35	1010	41	2	6	17
Cheese	100	70	8	5	0	25	150	1	0	0	7
Dressing	40	5	0.5	0	0	0	460	9	0	8	1
Regular	750	240	27	13	0	105	2770	84	3	24	43
Base	530	130	15	6	0	70	1780	68	2	11	31
Cheese	150	100	11	7	0	35	220	1	0	0	11
Dressing	70	10	1	0	0	0	770	15	1	13	1
Large	1070	340	37	19	0	150	3960	121	5	34	62
Base	770	190	21	9	0	105	2580	100	4	15	47
Cheese	200	140	15	10	0	45	300	1	0	1	14
Dressing	100	10	1	0	0	0	1080	20	1	18	1
SPICY BBQ PULLED PORK SUB - Pulled pork, bacon, cheddar cheese, cilantro-Jalapeño slaw, BBQ sauce, on Jalapeño cheddar bread											
Small	520	180	20	9	0	65	1860	56	2	18	27
Base	410	140	15.5	6	0	50	1240	44	2	7	23
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	50	0	0	0	0	0	530	12	0	11	0
Regular	850	300	33	14	0	115	3120	92	3	31	46
Base	680	240	26	9.5	0	95	2100	72	3	12	41
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	80	0	0	0	0	0	890	20	0	19	0
Large	1210	410	46	20	0	165	4440	132	5	44	66
Base	980	330	37	14	0	135	3020	103	5	18	58
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	120	0	0	0	0	0	1240	29	0	26	1
LOBSTER & SEAFOOD SUB - Signature Lobster & Seafood salad and crisp lettuce on butter-toasted artisan bread											
Small	470	230	25	13	1	70	1160	47	2	5	15
Regular	760	370	41	22	1.5	115	1820	75	4	8	23
Large	1060	520	58	31	2	160	2540	108	6	11	33

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
LOBSTER & SEAFOOD SALAD - Signature Lobster & Seafood Salad, diced tomatoes, seasonal lettuce blend and buttermilk ranch dressing											
Small	330	270	30	4.5	0	25	700	9	1	4	5
Salad*	70	20	2	0	0	15	280	7	1	2	4
Dressing	260	250	28	4.5	0	10	420	2	0	2	1
Large	**650**	**540**	**60**	**9**	**1**	**45**	**1410**	**16**	**3**	**7**	**10**
Salad*	120	40	4	0	0	20	570	12	3	4	9
Dressing	530	500	56	9	1	25	840	4	0	3	1
Wrap	720	370	41	10	0	35	1720	69	4	8	17
Wrap**	460	120	13	5.5	0	25	1300	67	4	6	16
Dressing	260	250	28	4.5	0	10	420	2	0	2	1
*Salad represents product before adding dressing **Wrap represents product before adding dressing											
MAC & CHEESE WITH LOBSTER & SEAFOOD	630	250	28	15	0.5	95	940	68	3	4	26
PASTRAMI ON PRETZEL BREAD - Pastrami, Swiss cheese, onions, brown mustard, mayonnaise											
Small	610	190	22	7	0	15	1790	70	5	7	35
Base	520	125	14.5	4.5	0	0	1495	67	5	7	30
Cheese	50	35	4	2.5	0	13	25	1	0	0	4
Dressing	40	30	3.5	0	0	2	270	2	0	0	1
Regular	950	300	33	11	0	25	2800	112	8	11	53
Base	810	200	22	6.5	0	0	2310	108	7	10	46
Cheese	80	50	6	4	0	20	40	1	0	0	6
Dressing	60	50	5	0.5	0	5	450	3	1	1	1
Large	1300	400	45	15	0	35	3810	155	10	16	72
Base	1100	260	29	9	0	5	3125	149	9	15	63
Cheese	110	70	8	5	0	25	55	2	0	0	8
Dressing	90	70	8	1	0	5	630	4	1	1	1
CREATE YOUR OWN SUBS											
CREATE YOUR OWN - SMALL											
Choose Your Bread											
Artisan Wheat	190	25	2.5	0	0	0	410	35	2	5	7
Garlic Focaccia	210	30	3.5	0.5	0	0	390	38	1	3	7
Italian White	200	25	3	1.5	0	0	380	36	1	3	7
Rosemary Parmesan	190	25	3	1	0	0	370	33	1	2	7
Jalapeño Cheddar	220	35	4	2	0	5	500	38	1	3	8
Pick Your Dressing											
Fat-Free Balsamic	30	0	0	0	0	0	190	8	0	5	0
Mayo	50	45	5	1	0	5	200	2	0	1	0
Red Wine Vinaigrette	90	80	9	1.5	0	0	220	2	0	1	0
Yellow Mustard	15	10	1	0	0	0	220	1	1	0	1
Pick Your Meat											
Honey Ham	80	25	3	1	0	20	490	3	0	2	10
Turkey Breast	70	15	1.5	0.5	0	35	440	2	0	2	12
Pick Your Cheese											
Cheddar	60	40	4.5	3	0	15	90	0	0	0	4
Mozzarella	40	25	3	2	0	10	60	0	0	0	4
Swiss	50	35	4	0.5	0	5	10	1	0	0	4
Pick Your Veggies											
Banana Peppers	5	0	0	0	0	0	280	1	0	0	0
Black Olives	10	10	1	0	0	0	75	0	0	0	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0
Cucumber	0	0	0	0	0	0	0	0	0	0	0
Fresh Green Peppers	5	0	0	0	0	0	0	1	0	0	0

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pick Your Veggies (continued)											
Fresh Mushrooms	5	0	0	0	0	0	0	0	0	0	0
Guacamole	60	45	5	1	0	0	105	3	2	0	1
Jalapeño	0	0	0	0	0	0	160	0	0	0	0
Lettuce	5	0	0	0	0	0	0	1	0	0	0
Pickles	0	0	0	0	0	0	160	0	0	0	0
Red Onions	5	0	0	0	0	0	0	1	0	0	0
Sautéed Green Peppers	20	20	2.5	0	0	0	0	1	0	0	0
Sautéed Mushrooms	20	20	2.5	0	0	0	0	0	0	0	0
Sautéed Onion	25	20	2.5	0	0	0	0	1	0	1	0
Seasonal Greens	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	5	0	0	0	0	0	0	2	0	1	0
Yellow Onions	5	0	0	0	0	0	0	1	0	0	0
Create Your Own -- REGULAR											
Choose Your Bread											
Artisan Wheat	290	35	4	0.5	0	0	640	55	3	8	11
Garlic Focaccia	330	45	5	1	0	0	620	61	2	5	11
Italian White	310	40	4.5	2	0	0	600	57	2	4	11
Rosemary Parmesan	290	40	4.5	1.5	0	5	580	53	2	4	11
Jalapeño Cheddar	350	60	6	3.5	0	5	800	61	2	5	12
Pick Your Dressing											
Fat-Free Balsamic	50	0	0	0	0	0	310	13	0	8	0
Mayo	90	80	9	1.5	0	10	340	3	0	1	0
Red Wine Vinaigrette	150	140	15	2.5	0	0	360	3	0	2	0
Yellow Mustard	25	15	1.5	0	0	0	360	2	1	0	1
Pick Your Meat											
Honey Ham	120	40	4.5	1.5	0	30	740	5	0	3	15
Turkey Breast	110	20	2.5	1	0	50	660	3	0	2	17
Pick Your Cheese											
Cheddar	90	60	7	4.5	0	20	130	0	0	0	5
Mozzarella	60	40	4.5	2.5	0	15	90	1	0	0	5
Swiss	80	50	6	1	0	5	15	1	0	0	6
Pick Your Veggies											
Banana Peppers	5	0	0	0	0	0	450	1	1	0	0
Black Olives	15	15	1.5	0	0	0	125	0	0	0	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0
Cucumber	0	0	0	0	0	0	0	0	0	0	0
Fresh Green Peppers	5	0	0	0	0	0	0	1	0	1	0
Fresh Mushrooms	5	0	0	0	0	0	0	1	0	0	1
Guacamole	90	70	8	1.5	0	0	150	5	2	1	1
Jalapeño	5	0	0	0	0	0	260	1	0	0	0
Lettuce	5	0	0	0	0	0	0	1	1	1	0
Pickles	5	0	0	0	0	0	250	1	0	0	0
Red Onions	5	0	0	0	0	0	0	1	0	1	0
Sautéed Green Peppers	35	30	3.5	0	0	0	0	1	0	0	0
Sautéed Mushrooms	35	30	3.5	0	0	0	0	1	0	0	1
Sautéed Onion	35	30	3.5	0	0	0	0	2	0	1	0
Seasonal Greens	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	10	0	0	0	0	0	0	2	1	2	1
Yellow Onions	5	0	0	0	0	0	0	1	0	1	0

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Create Your Own -- LARGE											
Choose Your Bread											
Artisan Wheat	410	50	5	1	0	0	900	76	4	11	15
Garlic Focaccia	480	60	7	1.5	0	0	850	84	3	7	15
Italian White	430	60	6	3	0	0	840	79	3	6	15
Rosemary Parmesan	410	50	6	2	0	5	810	73	3	5	16
Jalapeño Cheddar	500	80	9	4.5	0	5	1160	89	3	7	18
Pick Your Dressing											
Fat-Free Balsamic	70	0	0	0	0	0	440	19	0	11	0
Mayo	130	110	12	2	0	15	480	4	0	2	0
Red Wine Vinaigrette	210	190	21	3.5	0	0	510	4	0	3	0
Yellow Mustard	35	20	2	0	0	0	500	3	2	0	2
Pick Your Meat											
Honey Ham	160	50	6	2	0	40	990	7	0	4	21
Turkey Breast	140	30	3	1	0	70	880	4	0	3	23
Pick Your Cheese											
Cheddar	110	80	9	6	0	30	180	0	0	0	7
Mozzarella	80	50	6	3.5	0	20	120	1	0	0	7
Swiss	110	70	8	1.5	0	5	15	2	0	0	8
Pick Your Veggies											
Banana Peppers	5	0	0	0	0	0	620	1	1	0	0
Black Olives	20	20	2	0	0	0	170	0	0	0	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0
Cucumber	0	0	0	0	0	0	0	0	0	0	0
Fresh Green Peppers	5	0	0	0	0	0	0	1	0	1	0
Fresh Mushrooms	5	0	0	0	0	0	0	1	0	0	1
Guacamole	110	90	10	1.5	0	0	210	6	3	1	1
Jalapeño	5	0	0	0	0	0	360	1	0	1	0
Lettuce	10	0	0	0	0	0	0	2	1	1	1
Pickles	5	0	0	0	0	0	350	1	0	0	0
Red Onions	10	0	0	0	0	0	0	2	0	1	0
Sautéed Green Peppers	45	40	4.5	0.5	0	0	0	1	0	1	0
Sautéed Mushrooms	45	40	4.5	0.5	0	0	0	1	0	0	1
Sautéed Onion	50	40	4.5	0.5	0	0	0	2	0	1	0
Seasonal Greens	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	15	0	0	0	0	0	0	3	1	2	1
Yellow Onions	10	0	0	0	0	0	0	2	0	1	0
GRILLED FLATBREADS											
BASIL PESTO CHICKEN - mozzarella, seasonal greens, tomatoes, basil pesto											
Small	360	140	15	3.5	0	45	960	37	4	5	20
Base*	240	45	4	1	0	35	720	36	4	5	15
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	80	70	8	0.5	0	0	180	1	0	0	1
CHICKEN BACON RANCH--Swiss, seasonal greens, tomatoes											
Small	480	230	25	7	0	70	1160	37	3	6	26
Base*	330	105	11	5	0	60	1010	35	3	5	22
Cheese	50	35	4	0.5	0	5	10	1	0	0	4
Dressing	100	90	10	1.5	0	5	140	1	0	1	0
SONOMA TURKEY - cheddar, seasonal greens, tomatoes, chipotle mayo											
Small	450	230	26	7	0	50	1140	36	3	6	21
Base*	260	60	7.5	2	0	25	840	35	3	6	17

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SONOMA TURKEY - cheddar, seasonal greens, tomatoes, chipotle mayo											
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	130	130	14	2	0	10	210	1	0	0	0
HONEY BOURBON CHICKEN - seasonal greens, tomatoes, onions, honey bourbon mustard, grille sauce											
Small	290	50	6	1	0	35	880	45	4	14	17
Base*	245	45	5.5	1	0	35	720	36	4	6	17
Cheese	0	0	0	0	0	0	0	0	0	0	0
Dressing	45	5	0.5	0	0	0	160	9	0	8	0
SALADS & WRAPS											
Served on a bed of a seasonal lettuce blend											
BBQ RANCH CHICKEN - Chicken, cheddar, tomatoes, onions, croutons. Recommended dressing: BBQ ranch dressing											
Small	110	35	4	2	0	35	290	7	2	2	11
Large	220	70	8	4	0	70	580	15	4	4	23
Wrap	510	140	15	9	0	70	1250	64	4	6	29
APPLE HARVEST CHICKEN Honey-dijon chicken salad, apples, dried cranberies, cucumbers, tomatoes, pumpkin seeds, croutons. Recommended dressing: acai vinaigrette											
Small	190	70	8	1.5	0	20	220	22	4	13	9
Large	380	140	15	3.5	0	35	430	43	7	27	18
Wrap	670	200	22	8	0	35	110	93	7	29	25
HONEY MUSTARD CHICKEN - Chicken, bacon, cheddar, tomatoes, croutons, honey mustard dressing											
Small	140	60	7	3	0	40	430	7	2	2	14
Large	290	130	14	6	0	85	860	13	4	3	28
Wrap	580	190	21	11	0	85	1530	63	4	6	35
PEPPERCORN CAESAR- Chicken, 3-cheese blend, tomatoes, croutons, peppercorn caesar dressing											
Small	90	25	3	1	0	30	300	6	2	2	11
Large	180	50	6	2	0	60	600	13	4	3	22
Wrap	480	120	13	7	0	60	1270	62	4	5	28
ITALIAN - Italian meats, mozzarella, 3-cheese blend, cucumbers, olives, tomatoes, onions, croutons, red wine vinaigrette											
Small	150	90	10	3.5	0	25	520	8	2	3	9
Large	310	170	19	7	0	55	1030	16	3	6	19
Wrap	600	240	26	12	0	55	1700	66	3	8	25
*Above represents product before adding salad dressing . See dressing nutritionals below.											
SALAD DRESSINGS - per 2 oz. portion. Suggested dressing is 2oz for a **small** salad, 4oz for a **large** salad or wrap.											
Acai Vinaigrette	140	100	11	1.5	0	0	280	10	0	9	0
Balsamic Vinaigrette	80	0	0	0	0	0	450	20	0	12	0
Basil Pesto Vinaigrette	230	210	23	3.5	0	0	550	4	1	2	1
BBQ Ranch	230	190	21	3	0	10	630	10	0	9	1
Honey Mustard	290	240	26	4	0	20	330	12	0	10	1
Peppercorn Caesar	310	280	32	6	0	25	550	4	0	2	2
Ranch	260	250	28	4.5	0	10	370	2	0	2	1
Red Wine Vinaigrette	240	220	24	4	0	0	580	4	0	3	0
SAVORY SOUPS											
BROCCOLI CHEESE											
Small	110	50	5	2.5	0	15	930	12	1	1	4
Soup	85	45	4.5	2.5	0	15	855	8	1	1	4
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Regular	180	80	9	4.5	0	25	1610	17	1	2	7
Soup	155	75	8.5	4.5	0	25	1535	13	1	2	7
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Large	270	130	14	7	0.5	35	2460	24	2	4	11
Soup	245	125	13.5	7	0.5	35	2385	20	2	4	11
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SAVORY SOUPS											
BROCCOLI CHEESE (continued)											
Bread bowl	760	240	27	8	0	35	2210	103	5	4	31
Chicken Noodle											
Small	90	25	3	0.5	0	15	890	12	1	1	4
Soup	65	20	2.5	0.5	0	15	815	8	1	1	4
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Regular	140	40	4.5	1	0	25	1540	19	1	2	7
Soup	115	35	4	1	0	25	1465	15	1	2	7
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Large	210	60	7	1.5	0	35	2350	26	1	3	10
Soup	185	55	6.5	1.5	0	35	2275	22	1	3	10
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Bread bowl	650	150	17	2	0	15	2030	103	5	4	25
CHILI											
Small	170	60	6	1.5	0	40	620	17	3	4	8
Soup	145	55	5.5	1.5	0	40	545	13	3	4	8
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Regular	280	100	11	3	0	70	1060	27	5	7	15
Soup	255	95	10.5	3	0	70	985	23	5	7	15
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Large	430	150	17	4.5	0	115	1600	40	8	11	23
Soup	405	145	16.5	4.5	0	115	1525	36	8	11	23
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Bread bowl	820	250	28	7	0	65	1910	108	7	7	35
CHICKEN TORTILLA											
Small	120	50	6	2.5		15	550	12	1	2	5
Soup	95	45	5.5	2.5	0	15	475	8	1	2	5
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Regular	200	90	10	4	0	30	920	19	2	4	8
Soup	175	85	9.5	4	0	30	845	15	2	4	8
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Large	290	140	16	6	0	45	1390	27	3	7	12
Soup	265	135	15.5	6	0	45	1315	23	3	7	12
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Bread bowl	770	250	28	8	0	40	1830	104	5	5	31
TOMATO BISQUE											
Small	130	70	8	4	0	20	640	16	1	5	3
Soup	105	65	7.5	4	0	20	565	12	1	5	3
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Regular	210	120	13	7	0	40	1090	25	2	9	5
Soup	185	115	12.5	7	0	40	1015	21	2	9	5
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Large	320	180	20	11	0	60	1650	37	4	14	7
Soup	295	175	19.5	11	0	60	1575	33	4	14	7
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Bread bowl	690	200	22	5	0	20	1780	106	5	8	24
CLAM CHOWDER											
Small	170	80	9	4.5	0	20	850	18	1	3	3
Soup	145	75	8.5	4.5	0	20	775	14	1	3	3
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CLAM CHOWDER (continued)											
Regular	280	140	16	8	0	35	1470	29	1	5	5
Soup	255	135	15.5	8	0	35	1395	25	1	5	5
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Large	420	220	25	13	0	55	2240	42	2	8	8
Soup	395	215	24.5	13	0	55	2165	38	2	8	8
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Bread bowl	730	210	23	6	0	20	1990	108	5	6	24
SIDES											
Pasta Salad	170	60	7	1	0	0	260	22	1	2	8
Cilantro-Jalapeño Slaw	100	60	7	1	0	5	440	8	2	4	1
DESSERTS											
Chocolate Chunk Cookie	390	170	19	11	0	55	170	54	1	31	4
Cinnamon Sugar Cookie	400	150	17	11	0	50	290	58	1	33	4
Oatmeal Raisin Cookie	360	110	12	7	0	50	200	58	3	34	5
Chocolate Brownie	310	150	16	3.5	0	15	150	40	2	24	4
BREAKFAST											
EGG & CHEDDAR - EGG, CHEDDAR CHEESE											
Egg & Cheddar Sub	370	140	16	6	0	270	760	39	1	4	18
Base*	310	100	11.5	3	0	255	670	39	1	4	14
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
EGG & CHEDDAR GRILLED FLATBREAD	330	130	15	6	0	275	660	31	1	5	16
Base*	270	90	11	3	0	260	570	31	1	5	12
Cheese	60	40	5	3	0	15	90	0	0	0	4
EGG & CHEDDAR BISCUIT	420	210	24	12	0	270	1240	38	1	6	15
Base*	360	170	20	9	0	255	1150	38	1	6	11
Cheese	60	40	5	3	0	15	90	0	0	0	4
HAM, EGG & CHEDDAR - Egg, Ham and Cheddar Cheese											
Ham & Egg Sub	360	120	13	5	0	155	860	39	1	5	19
Base*	300	80	9	2	0	140	770	39	1	5	15
Cheese	60	40	5	3	0	15	90	0	0	0	4
HAM & EGG GRILLED FLATBREAD	300	110	12	5	0	155	760	32	1	5	17
Base*	240	70	7.5	2	0	140	670	32	1	5	13
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
HAM & EGG BISCUIT	400	190	21	12	0	155	1340	39	1	6	17
Base*	340	150	17	9	0	140	1250	39	1	6	13
Cheese	60	40	5	3	0	15	90	0	0	0	4
BACON, EGG & CHEDDAR - Egg, Bacon and Cheddar Cheese											
Bacon & Egg Sub	470	210	24	9	0	170	1170	38	1	5	25
Base*	410	170	20	6	0	155	1080	38	1	5	21
Cheese	60	40	5	3	0	15	90	0	0	0	4
BACON & EGG GRILLED FLATBREAD	420	200	23	9	0	170	1070	31	1	4	24
Base*	360	160	19	6	0	155	980	31	1	4	20
Cheese	60	40	5	3	0	15	90	0	0	0	4
BACON & EGG BISCUIT	510	280	31	15	0	170	1650	38	1	6	23
Base*	450	240	26.5	13	0	155	1570	38	1	5	19
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
SAUSAGE, EGG & CHEDDAR - Egg, Sausage and Cheddar Cheese											
Sausage & Egg Sub	490	250	28	11	0	175	970	39	1	5	20
Base*	430	210	24	8	0	160	880	39	1	5	16
Cheese	60	40	5	3	0	15	90	0	0	0	4

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SAUSAGE & EGG GRILLED FLATBREAD	450	240	27	11	0	180	870	32	1	4	18
Base*	390	200	23	8	0	165	780	32	1	4	14
Cheese	60	40	5	3	0	15	90	0	0	0	4
SAUSAGE & EGG BISCUIT	530	320	36	17	0	175	1450	39	1	6	18
Base*	470	280	32	14	0	160	1360	39	1	6	14
Cheese	60	40	5	3	0	15	90	0	0	0	4
SOUTHWEST STEAK & EGG - Egg, Prime Rib, Cheddar Cheese and Chipotle Mayo											
SW Steak & Egg Sub	500	250	28	8	0	165	1300	40	1	5	21
Base*	310	80	10	3	0	140	960	39	1	5	17
Dressing	130	130	14	2	0	10	250	1	0	0	0
Cheese	60	40	5	3	0	15	90	0	0	0	4
SW STEAK & EGG GRILLED FLATBREAD	450	240	27	8	0	170	1200	33	2	5	19
Base*	260	70	9	3	0	145	860	32	2	5	15
Dressing	130	130	14	2	0	10	250	1	0	0	0
Cheese	60	40	5	3	0	15	90	0	0	0	4
SW STEAK & EGG BISCUIT	540	320	36	14	0	165	1790	40	1	6	18
Base*	350	150	18	9	0	140	1450	39	1	6	14
Dressing	130	130	14	2	0	10	250	1	0	0	0
Cheese	60	40	5	3	0	15	90	0	0	0	4
KIDS MEALS											
Served with a **small** fountain drink and choice of chips or Q-Kidz chocolate chip cookie											
Kids Subs											
MONSTER MEATBALL -- Meatballs,marinara, mozzarella											
Base*	350	155	17.5	5	0	35	850	30	3	3	19
Cheese	20	15	1.5	1	0	5	30	0	0	0	2
Total	370	170	19	6	0	40	880	30	3	3	21
KIDS TURKEY OR HAM & CHEESE SUB - pick your bread											
Artisan Wheat	114	15	1.5	0	0	0	246	21	1.2	3	4.2
Jalapeño Cheddar	132	21	2.4	1.2	0	3	300	22.8	0.6	1.8	4.8
Italian White	120	15	1.8	0.9	0	0	228	21.6	0.6	1.8	4.2
Rosemary Parmesan	114	15	1.8	0.6	0	0	222	19.8	0.6	1.2	4.2
Pick Your Dressing											
Fat-Free Balsamic	15	0	0	0	0	0	95	4	0	2.5	0
Mayo	25	22.5	2.5	0.5	0	2.5	100	1	0	0.5	0
Red Wine Vinaigrette	45	40	4.5	0.75	0	0	110	1	0	0.5	0
Yellow Mustard	7.5	5	0.5	0	0	0	110	0.5	0.5	0	0.5
Pick Your Meat											
Turkey Breast	40	15	0.75	0.25	0	17.5	220	1	0	1	6
Ham	40	12.5	1.5	0.5	0	10	245	1.5	0	1	5
Pick Your Cheese											
Cheddar	30	20	2.25	1.5	0	7.5	45	0	0	0	2
Mozzarella	20	12.5	1.5	1	0	5	30	0	0	0	2
Swiss	25	17.5	2	0.25	0	2.5	5	0.5	0	0	2
Pick Your Veggies											
Banana Peppers	0	0	0	0	0	0	170	0	0	0	0
Black Olives	5	5	0	0	0	0	35	0	0	0	0
Cucumber	0	0	0	0	0	0	0	0	0	0	0
Fresh Green Peppers	0	0	0	0	0	0	0	0	0	0	0
Fresh Mushrooms	0	0	0	0	0	0	0	0	0	0	0
Guacamole	30	25	2.5	0	0	0	50	2	1	0	0
Jalapeño	0	0	0	0	0	0	100	0	0	0	0

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	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
KIDS TURKEY OR HAM & CHEESE SUB - pick your bread (continued)											
Pick Your Veggies											
Lettuce	0	0	0	0	0	0	0	0	0	0	0
Pickles	0	0	0	0	0	0	95	0	0	0	0
Red Onions	0	0	0	0	0	0	0	0	0	0	0
Sautéed Green Peppers	10	10	1	0	0	0	0	0	0	0	0
Sautéed Mushrooms	10	10	1	0	0	0	0	0	0	0	0
Sautéed Onion	10	10	1	0	0	0	0	1	0	0	0
Spring Mix	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	5	0	0	0	0	0	0	1	0	1	0
Yellow Onions	0	0	0	0	0	0	0	0	0	0	0
FLATBREAD FOLDABLES											
Marinara Melt Marinara, mozzarella											
Total	260	90	10	4.5	0	20	500	31	1	5	12
Triple Play Cheese Melt Mozzarella, Cheddar, Swiss											
Total	260	100	11	4.5	0	20	400	29	1	3	12
KIDS PASTAS											
Mac & Cheese - Romano, parmesan, provolone and fontina cheeses											
Total	330	120	13	8	0	40	280	39	2	2	11
MEATBALL MARINARA - Italian meatball, mozzarella, Italian 3-cheese blend, marinara											
Total	330	80	9	2.5	0	15	430	47	3	6	14
CREATE YOUR OWN FLATBREAD											
Flatbread	160	35	3.5	0.5	0	0	290	28	1	3	5
Dressing											
Fat-Free Balsamic	30	0	0	0	0	0	170	8	0	5	0
Mayo	50	45	5	1	0	5	200	2	0	1	0
Red Wine Vinaigrette	90	80	9	1.5	0	0	220	2	0	1	0
Yellow Mustard	15	10	1	0	0	0	220	1	1	0	1
Meat											
Ham	80	25	3	1	0	20	490	3	0	2	10
Turkey Breast	80	20	2.5	0	0	25	670	2	0	1	13
Cheese											
3 Cheese Blend	25	20	2	1	0	5	95	0	0	0	2
Blue Cheese	35	25	2.5	1.5	0	10	125	0	0	0	2
Cheddar	60	40	4.5	3	0	15	90	0	0	0	4
Mozzarella	40	25	3	2	0	10	60	0	0	0	4
Swiss	50	35	4	0.5	0	5	10	1	0	0	4
Veggies											
Banana Peppers	5	0	0	0	0	0	280	1	0	0	0
Black Olives	10	10	1	0	0	0	75	0	0	0	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0
Cucumber	0	0	0	0	0	0	0	0	0	0	0
Fresh Green Peppers	5	0	0	0	0	0	0	1	0	0	0
Fresh Mushrooms	5	0	0	0	0	0	0	0	0	0	0
Guacamole	60	45	5	1	0	0	105	3	2	0	1
Jalapeño	0	0	0	0	0	0	160	0	0	0	0
Lettuce	5	0	0	0	0	0	0	1	0	0	0
Pickles	0	0	0	0	0	0	160	0	0	0	0
Red Onions	5	0	0	0	0	0	0	1	0	0	0
Sautéed Green Peppers	20	20	2.5	0	0	0	0	1	0	0	0
Sautéed Mushrooms	20	20	2.5	0	0	0	0	0	0	0	0

*Base represents product on Jalapeño Cheddar bread before adding cheese and dressing

CREATE YOUR OWN FLATBREAD (continued)	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Flatbread	160	35	3.5	0.5	0	0	290	28	1	3	5
Veggies											
Sautéed Onion	25	20	2.5	0	0	0	0	1	0	1	0
Spring Mix	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	5	0	0	0	0	0	0	2	0	1	0
Yellow Onions	5	0	0	0	0	0	0	1	0	0	0
Small Fountain Drink											
Min	0	0	0	0	0	0	0	0	0	0	0
Max	289	0	0	0	0	0	15	57	0	57	0
Qkidz Cookie											
Chocolate Chunk Cookie 1.5 oz	190	80	9	5	0	25	80	26	1	9	2

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