

Quiznos[®]

Nutrition Information

Updated 1.5.2015

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 LTO

Lobster & Seafood Sub – Signature Lobster & Seafood salad and crisp lettuce on butter-toasted artisan bread

Small	410	170	19	9	0.5	55	990	45	2	5	16
Regular	640	260	29	14	1	85	1520	72	4	8	24
Large	870	350	38	18	1.5	115	2050	99	6	11	33
Ciabatta	620	250	28	13	1	80	1530	72	5	11	20

Lobster & Seafood Salad – Signature Lobster & Seafood Salad, diced tomatoes, seasonal lettuce blend and buttermilk ranch dressing

Small	330	270	30	4.5	0	25	660	9	1	4	5
Salad*	70	20	2	0	0	15	290	7	1	2	4
Dressing	260	250	28	4.5	0	10	370	2	0	2	1
Large	650	540	60	9	1	45	1310	17	3	7	10
Salad*	120	40	4	0	0	20	570	13	3	4	9
Dressing	530	500	56	9	1	25	740	4	0	3	1
Wrap	720	370	41	10	0	35	1670	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	370	2	0	2	1

*Salad represents product before adding dressing **Wrap represents product before adding dressing

TOASTY[®] PASTAS

Mac & Cheese	580	240	27	15	0.5	80	880	64	2	5	20
Mac & Cheese with Bacon	700	320	36	19	0.5	100	1300	64	2	5	29
Meatball Marinara	650	210	23	7	0	50	860	79	7	13	32
Chicken Pesto	720	340	38	6	0	55	1280	64	5	3	29
Mac & Cheese with Lobster & Seafood	630	250	28	15	0.5	95	1210	68	3	6	26

STEAK SUBS

Black Angus Steak - with mozzarella, cheddar, mushrooms & onions, honey bourbon mustard, grille sauce on rosemary parmesan

Small	460	150	17	7	0	65	1220	48	2	12	30
Base*	315	75	8.5	2	0	40	910	38	2	4	23
Cheese	100	70	8	5	0	25	150	1	0	0	7
Dressing	45	5	0.5	0	0	0	160	9	0	8	0
Regular	720	230	26	11	0	100	1890	76	4	19	46
Base*	500	120	14	4	0	65	1410	60	4	5	34

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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)
Cheese	150	100	11	7	0	35	220	1	0	0	11
Dressing	70	10	1	0	0	0	260	15	0	14	1
Large	980	310	35	15	0.5	135	2570	105	5	27	62
Base*	680	155	18.5	5	0.5	90	1900	83	4	7	47
Cheese	200	140	15	10	0	45	300	1	0	1	14
Dressing	100	15	1.5	0	0	0	370	21	1	19	1
Ciabatta	720	230	25	10	0	95	1910	81	5	23	44
Base*	500	120	13	3	0	60	1430	65	5	9	32
Cheese	150	100	11	7	0	35	220	1	0	0	11
Dressing	70	10	1	0	0	0	260	15	0	14	1
Peppercorn Steak - with mozzarella, sautéed onions, peppercorn sauce											
Small	530	240	27	7	0	65	1150	43	2	5	28
Base*	340	75	9	2.5	0	40	920	41	2	4	24
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	150	140	15	2.5	0	15	170	2	0	1	0
Regular	830	390	43	10	1	105	1780	69	4	8	42
Base*	530	120	12.5	3.5	1	65	1410	65	4	7	36
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	240	230	26	4	0	25	280	3	0	1	1
Large	1140	530	59	14	1	140	2420	95	5	11	57
Base*	720	160	17	4.5	0.5	85	1910	90	5	9	49
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	340	320	36	6	0.5	35	390	4	0	2	1
Ciabatta	810	380	42	9	0.5	95	1790	69	5	11	38
Base*	510	110	11.5	2.5	0.5	55	1420	65	5	10	32
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	240	230	26	4	0	25	280	3	0	1	1
Steak Bacon & Swiss – with sautéed onions, mayo											
Small	500	200	22	8	0	75	1410	43	2	5	33
Base*	400	120	13	4.5	0	55	1185	40	2	4	29
Cheese	50	35	4	2.5	0	15	25	1	0	0	4

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Dressing	50	45	5	1	0	5	200	2	0	1	0
Regular	790	310	34	12	0	115	2190	69	3	8	51
Base*	620	180	19	6.5	0	85	1810	65	3	7	45
Cheese	80	50	6	4	0	20	40	1	0	0	6
Dressing	90	80	9	1.5	0	10	340	3	0	1	0
Large	1070	420	46	16	0.5	155	2970	94	4	10	68
Base*	830	240	26	9	0.5	115	2445	88	4	8	60
Cheese	110	70	8	5	0	25	55	2	0	0	8
Dressing	130	110	12	2	0	15	470	4	0	2	0
Ciabatta	760	300	33	11	0	110	2200	69	4	10	47
Base*	590	170	18	5.5	0	80	1820	65	4	9	41
Cheese	80	50	6	4	0	20	40	1	0	0	6
Dressing	90	80	9	1.5	0	10	340	3	0	1	0
Chipotle Steak & Cheddar - with sautéed peppers & onions, chipotle mayo											
Small	520	250	27	8	0	70	1220	42	2	5	27
Base*	330	80	8.5	3	0	45	920	41	2	5	23
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
Regular	830	390	44	12	0.5	105	1900	66	4	7	42
Base*	520	120	13	4	0.5	70	1420	65	4	6	37
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	220	210	24	3.5	0	15	350	1	0	1	0
Large	1130	540	60	16	0.5	140	2590	91	5	10	57
Base*	710	160	18	5	0.5	85	1910	89	5	9	49
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	310	300	33	5	0	25	500	2	0	1	1
Ciabatta	810	390	43	11	0	100	1910	66	5	10	38
Base*	500	120	12	3	0	65	1430	65	5	9	33
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	220	210	24	3.5	0	15	350	1	0	1	0

CHICKEN SUBS

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Mesquite - with bacon, cheddar, lettuce, tomatoes, onions, ranch

	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)
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
Ciabatta	830	360	40	12	0	125	2290	70	6	12	47
Base*	570	140	16	5	0	100	1900	69	6	11	42
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

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	70	45	5	3	0	15	125	1	0	0	6
Dressing	100	90	10	2	0	5	190	1	0	0	1
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	120	70	8	5	0	25	310	1	0	0	11
Dressing	160	150	16	2.5	0	10	320	2	0	1	1
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	170	110	12	7	0	35	450	2	0	1	15
Dressing	220	210	23	3.5	0	10	450	3	1	1	2
Ciabatta	730	290	32	9	0	110	2130	69	6	11	44

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Base*	450	70	8	1.5	0	75	1500	66	6	10	32
Cheese	120	70	8	5	0	25	310	1	0	0	11
Dressing	160	150	16	2.5	0	10	320	2	0	1	1
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
Ciabatta	780	310	35	11	0	125	2520	72	5	16	46
Base*	560	140	16	5	0	95	1920	64	5	9	40
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
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
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

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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
Ciabatta	870	400	45	12	0.5	125	2380	70	5	12	48
Base*	600	190	21	6	0	95	1970	65	5	9	41
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
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
Ciabatta	830	350	38	11	0.5	125	2170	76	6	17	47
Base*	570	140	16	5	0	95	1930	67	5	11	41
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
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

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Base*	780	135	15	18	0	10	2160	100	6	11	62
Dressing	100	15	2	0	0	0	390	21	0	19	1
Ciabatta	530	70	8	1.5	0	75	1770	83	6	24	33
Base*	460	60	7	1.5	0	75	1510	67	6	11	32
Dressing	70	10	1	0	0	0	280	15	0	14	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	50	35	4	3	0	15	25	1	0	0	4
Dressing	100	90	10	1.5	0	5	160	1	0	1	0
Regular	750	320	36	11	0.5	70	2200	72	4	9	37
Base*	500	100	13	5	0.5	45	1900	70	4	8	31
Cheese	80	50	6	4	0	20	40	1	0	0	6
Dressing	170	160	17	2.5	0	5	260	1	0	1	0
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	110	70	8	5	0	25	55	2	0	0	8
Dressing	230	220	24	3.5	0	10	370	2	0	1	1
Ciabatta	700	290	33	8	0	65	1730	68	5	13	34
Base*	450	80	9	2	0	40	1450	65	5	11	28
Cheese	80	50	6	4	0	20	40	1	0	0	6
Dressing	170	160	17	2.5	0	5	260	1	0	1	0
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

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Dressing	170	160	17	3	0	5	260	1	0	1	0
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
Ciabatta	880	430	48	12	0.5	80	2350	73	8	14	43
Base*	650	230	26	7	0	60	2030	71	7	12	38
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
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
Ciabatta	500	80	9	2	0	40	1740	78	5	19	28
Base*	450	80	9	2	0	40	1450	65	5	12	28
Dressing	60	5	0.5	0	0	0	340	13	0	8	0
Ultimate Turkey 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

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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
Ciabatta	740	300	34	11	0	90	2340	68	5	12	42
Base*	560	160	18	5	0	60	1870	64	5	11	37
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
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
Ciabatta	830	410	45	13	1	80	2340	72	5	16	34
Base*	610	230	26	8	0	70	1890	69	5	13	28
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
The Traditional - Roast beef, turkey, 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

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Nutrition Information

Updated 1.5.2015

	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)
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
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
Ciabatta	720	310	34	9	0	70	1830	71	5	14	33
Base*	470	90	10	2	0	40	1460	69	5	13	27
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
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
Ciabatta	580	170	18	5	0	55	2140	76	5	19	32
Base*	450	90	10	2	0	35	1790	68	5	13	26
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
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

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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)
Base*	390	115	13	7.5	0	50	1410	44	2	7	25
Cheese	50	35	4	3	0	15	25	1	0	0	4
Dressing	100	70	8	1	0	0	170	8	0	7	0
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	80	50	6	4	0	20	40	1	0	0	6
Dressing	170	110	13	2	0	0	290	14	0	12	0
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	110	70	8	5	0	25	55	2	0	0	8
Dressing	230	160	18	2.5	0	0	400	19	0	17	0
Ciabatta	820	330	37	11	0	75	2250	84	5	27	41
Base*	570	170	19	5	0	55	1960	69	5	14	35
Cheese	80	50	6	4	0	20	40	1	0	0	6
Dressing	170	110	13	2	0	0	290	14	0	12	0
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
Ciabatta	740	320	35	9	0	65	1750	72	5	13	38
Base*	510	120	13	2.5	0	40	1260	69	4	11	33
Cheese	90	60	7	4.5	0	20	130	0	0	0	5

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Nutrition Information

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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)
Dressing	150	140	15	3	0	0	360	3	0	2	0
Veggie Guacamole - with 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
Ciabatta	730	360	40	12	0	35	1330	73	8	14	23
Base*	430	120	13	2	0	0	750	70	7	12	12
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
Italian Meatball - 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
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

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Nutrition Information

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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)
Ciabatta	1040	490	54	17	0	120	2300	84	9	16	59
Base*	880	400	44	11	0	95	2030	77	8	11	48
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

SALADS & WRAPS

BBQ Ranch Chicken – Chicken, cheddar, tomatoes, onions, croutons. Recommended Dressing: BBQ Ranch

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 cranberries, 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. Recommended Dressing: Honey Mustard

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. Recommended Dressing: Peppercorn Caesar

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. Recommended Dressing: 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 nutritional below.

Salad Dressings - Per 2 oz. portion. Suggested dressing is 2 oz. for Small Salad, 4 oz. for 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
BBQ Ranch	230	210	23	3.5	0	0	550	4	1	2	1

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Nutrition Information

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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)
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

GRILLED FLATBREADS

Sonoma Turkey – with 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
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

Chicken Bacon Ranch – with 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

Honey Bourbon Chicken – with 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
Dressing	45	5	0.5	0	0	0	160	9	0	8	0

Basil Pesto Chicken – with 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

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

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Nutrition Information

Updated 1.5.2015

	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)
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
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	25	0	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

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	<i>Calories</i>	<i>Fat Calories</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Total Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Dietary Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>
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
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
DESSERTS											
Chocolate Chunk Cookie	390	170	19	11	0	55	170	54	1	31	4

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	<i>Calories</i>	<i>Fat Calories</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Total Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Dietary Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>
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

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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)
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
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 drink, and choice of chips, apple or kids chocolate chip cookie

Kids Turkey & Cheese and Ham & Cheese Flatbread

Artisan Bread

6" Grilled Flatbread	160	35	3.5	0.5	0	0	290	28	1	3	5
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Quiznos[®]

Nutrition Information

Updated 1.5.2015

Dressings

	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)
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

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

Black Olives	10	10	1	0	0	0	75	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
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
Tomatoes	5	0	0	0	0	0	0	2	0	1	0

Kids Turkey & Cheese and Ham & Cheese 3" Sub

Artisan Bread

Artisan Wheat	114	15	1.5	0	0	0	246	21	1.2	3	4.2
Jalapeno 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

Quiznos[®]

Nutrition Information

Updated 1.5.2015

	<i>Calories</i>	<i>Fat Calories</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Total Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Dietary Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>
Dressings											
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
Meat											
Ham	45	17.5	2	0.5	0	10	345	3	0	2	4.5
Turkey Breast	80	20	2.5	0	0	25	670	2	0	1	13
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
Veggies											
Black Olives	10	10	1	0	0	0	75	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
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
Tomatoes	5	0	0	0	0	0	0	2	0	1	0
Kids Meatball											
Flatbread	380	170	19	6	0	40	960	32	3	4	21
Base*	360	155	17.5	5	0	35	930	32	3	4	19
Cheese	20	15	1.5	1	0	5	30	0	0	0	2
3" Sub	410	170	19	6	0	40	940	40	4	6	22
Base*	390	155	17.5	5	0	35	910	40	4	6	20

Quiznos[®]

Nutrition Information

Updated 1.5.2015

	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)
Cheese	20	15	1.5	1	0	5	30	0	0	0	2
Kids Triple Cheese											
Flatbread	260	100	11	4.5	0	20	400	29	1	3	12
3" Sub	230	90	10	6	0	25	420	23	1	2	12
Kids Pizza Flatbread											
Cheese	260	90	10	4.5	0	20	460	30	1	5	12
Pepperoni	400	190	21	9	0.5	50	940	34	2	5	18
Kids Toasty Pastas											
Mac & Cheese	330	120	13	8	0	40	280	39	2	2	11
Meatball Marinara	330	80	9	2.5	0	15	430	47	3	6	14
SIDES											
Chips											
Cheetos	310	180	21	4	0	0	500	26	1	2	3
Baked Lay's Regular	120	20	2	0	0	0	135	23	2	2	2
Kettle Cooked BBQ Chips	180	70	8	1	0	0	190	26	2	3	2
Baked Lay's Barbeque	140	30	4	1	0	0	220	24	2	4	2
Lay's Classic	240	140	16	2	0	0	250	23	2	1	3
Ruffles Sour Cream and Cheddar	240	130	15	3	0	0	280	23	2	2	3
Lay's Barbeque	230	130	15	2	0	0	230	23	2	3	3
Miss Vickie's Salt & Vinegar	210	110	12	2	0	0	230	23	2	2	2
Miss Vickie's Jalapeno	210	110	12	2	0	0	180	22	2	2	3
Sun Chips Garden Salsa	210	80	9	1	0	0	220	27	4	4	4
Sun Chips Harvest Cheddar	210	80	9	2	0	0	320	27	4	3	4
Doritos' Nacho Cheese	240	120	13	2	0	0	370	28	2	1	3
Side Pasta Salad	170	60	7	1	0	0	260	22	1	2	8
Side Garden Salad	240	190	21	4	0	5	520	9	1	4	4
Salad	60	30	3	1	0	5	90	6	1	2	4
Dressing	180	160	18	3	0	0	430	3	0	2	0

Base represents product on Jalapeño Cheddar (unless noted) before adding cheese and dressing