

Quiznos[®]

Nutrition Information

Updated 9.18.2017

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)

LIMITED TIME OFFER

Gyro - with feta, tomatoes, red onions, romaine lettuce, banana peppers, tzatziki

4" **450** **210** **23** **11** **0** **45** **1180** **42** **3** **4** **26**

Base* 385 170 18.5 7.5 0 40 1025 39 3 3 23

Cheese 25 15 2 1 0 5 100 1 0 0 2

Dressing 40 25 2.5 2.5 0 0 55 2 0 1 1

8" **890** **410** **46** **22** **0** **90** **2370** **84** **5** **8** **52**

Base* 765 330 37.5 15.5 0 75 2065 80 5 6 46

Cheese 45 30 3.5 2 0 15 200 1 0 0 4

Dressing 80 50 5 5 0 0 105 3 0 2 2

12" **1330** **620** **68** **34** **0** **130** **3550** **126** **7** **12** **78**

Base* 1150 505 55 23 0 110 3100 119 7 10 71

Cheese 70 45 5 3 0 20 290 2 0 0 5

Dressing 110 70 8 8 0 0 160 5 0 2 2

Flatbread **440** **220** **25** **11** **0** **45** **1140** **36** **5** **4** **25**

Base* 385 185 21.5 8 0 40 1000 34 5 3 24

Cheese 15 10 1 0.5 0 5 85 0 0 0 0

Dressing 40 25 2.5 2.5 0 0 55 2 0 1 1

Gyro Salad - with tomatoes, red onion, cucumber, banana peppers, feta, buttermilk ranch dressing

Half **350** **230** **26** **15** **0** **45** **910** **15** **3** **5** **22**

Base* 250 170 19 8 0 45 770 11 3 3 20

Dressing 100 60 7 7 0 0 140 4 0 2 2

Full **610** **400** **45** **23** **0** **90** **1680** **25** **6** **7** **43**

Base* 510 340 38 16 0 90 1540 21 6 5 41

Dressing 100 60 7 7 0 0 140 4 0 2 2

Wrap **840** **440** **49** **22** **0** **85** **2320** **71** **10** **5** **49**

Base* 740 350 39 20.5 0 75 2060 70 10 4 48

Dressing 100 90 10 1.5 0 10 260 1 0 1 1

Flatbread (side) **160** **30** **3.5** **0.5** **0** **0** **300** **26** **3** **1** **5**

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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)*

CLASSICS

Spicy Monterey -Turkey, ham, mozzarella, pickles, lettuce, tomatoes, mayo, four pepper chili sauce

4"	320	80	9	3	0	35	1130	42	2	8	19
Base*	245	35	4	1	0	25	990	38	2	5	15
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	35	20	2	0	0	0	130	4	0	3	0
8"	630	150	17	6	0	70	2270	83	4	15	37
Base*	480	60	6.5	2	0	45	1980	75	4	9	30
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	70	40	4.5	0.5	0	5	260	7	0	6	0
12"	950	240	26	10	0.5	105	3430	125	6	23	56
Base*	720	100	10	4	0.5	70	2960	112	6	13	45
Cheese	120	80	9	5	0	25	180	1	0	1	11
Dressing	110	60	7	1	0	10	420	12	0	9	0
Flatbread	320	100	11	3	0	35	1120	36	4	8	18
Base*	240	50	5.5	1	0	20	900	32	4	5	14
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	40	25	2.5	0	0	5	160	4	0	3	0

Turkey Ranch & Swiss - with lettuce, tomatoes, onions

4"	350	120	13	4	0	50	930	38	2	5	21
Base*	240	25	3	0.5	0	30	835	36	2	5	17
Cheese	50	35	4	2.5	0	15	25	1	0	0	4
Dressing	60	60	6	1	0	5	160	1	0	0	0
8"	700	230	26	8	0	100	1860	75	4	9	41
Base*	470	50	5	1	0	60	1665	72	4	8	32
Cheese	110	70	8	5	0	25	55	2	0	0	8
Dressing	120	110	13	2	0	15	320	1	0	1	1
12"	1060	360	40	13	0.5	150	2810	112	6	13	62
Base*	700	70	8	2	0.5	90	2500	108	6	11	50
Cheese	160	110	12	8	0	40	80	2	0	1	11
Dressing	200	180	20	3	0	20	510	2	0	1	1

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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>
Flatbread	360	140	16	4.5	0	50	930	31	4	4	20
Base*	220	35	4	1	0	15	715	29	4	3	15
Cheese	50	35	4	2.5	0	15	25	1	0	0	4
Dressing	70	70	8	1	0	10	190	1	0	0	0
Tuna Melt – Tuna salad, cheddar, pickles, tomatoes											
4"	330	100	11	4.5	0	40	930	38	2	3	22
Base*	270	60	6.5	1.5	0	25	840	38	2	3	18
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
8"	660	200	22	9	0	75	1850	76	3	6	44
Base*	550	120	13	3	0	45	1670	76	3	6	37
Cheese	110	80	9	6	0	30	180	0	0	0	7
12"	990	290	32	14	0	115	2770	114	5	9	66
Base*	820	160	18	5	0	70	2510	113	5	9	55
Cheese	170	130	14	9	0	45	260	1	0	0	11
Flatbread	330	120	13	4.5	0	40	880	32	4	3	21
Base*	270	80	8.5	1.5	0	25	790	32	4	3	17
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Veggie Guacamole - with cheddar, mozzarella, black olives, cucumbers, mushrooms, green peppers, lettuce, tomatoes, onions, red wine vinaigrette											
4"	410	200	22	7	0	25	810	41	3	5	14
Base*	230	60	6	1	0	0	480	39	3	4	7
Cheese	100	70	8	5	0	25	150	1	0	0	7
Dressing	80	70	8	1	0	0	180	1	0	1	0
8"	810	390	44	14	0.5	50	1610	81	7	10	28
Base*	460	110	14	2	1	5	950	77	7	7	14
Cheese	200	140	15	10	0	45	300	1	0	1	14
Dressing	150	140	15	2.5	0	0	360	3	0	2	0
12"	1240	600	67	22	1	70	2450	121	10	14	42
Base*	700	180	20	4	1	0	1430	115	10	10	21
Cheese	300	200	23	14	0	70	440	2	0	1	21
Dressing	240	220	24	4	0	0	580	4	0	3	0

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Flatbread	420	230	25	7	0	25	800	34	5	5	13
Base*	230	80	8	0.5	0	0	430	31	5	4	6
Cheese	100	70	8	5	0	25	150	1	0	0	7
Dressing	90	80	9	1.5	0	0	220	2	0	1	0
Classic Italian - Pepperoni, salami, capicola, ham, mozzarella, black olives, lettuce, tomatoes, onions, red wine vinaigrette											
4"	470	230	26	8	0	45	1370	39	2	6	20
Base*	350	135	15	5	0	35	1130	38	2	5	16
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	80	70	8	1	0	0	180	1	0	1	0
8"	930	460	51	17	0.5	90	2740	78	4	11	40
Base*	700	270	30	11	0	70	2260	74	4	9	33
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	150	140	15	2.5	0.5	0	360	3	0	2	0
12"	1410	700	78	25	1	140	4150	117	6	17	60
Base*	1050	400	45	16	1	115	3390	112	6	13	49
Cheese	120	80	9	5	0	25	180	1	0	1	11
Dressing	240	220	24	4	0	0	580	4	0	3	0
Flatbread	470	260	29	9	0	45	1370	33	4	5	19
Base*	340	155	16	5.5	0.5	35	1090	31	4	4	15
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
PREMIUM											
Chipotle Turkey - with cheddar, lettuce, tomatoes, onions, chipotle mayo											
4"	400	170	19	5	0	55	1010	37	2	5	20
Base*	230	20	2.5	0	0	30	830	36	2	5	16
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	110	110	12	2	0	10	180	1	0	0	0
8"	800	340	38	11	0	105	2010	73	4	9	40
Base*	470	50	5	1.5	0	60	1660	72	4	8	33
Cheese	110	80	9	6	0	30	180	0	0	0	7

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Dressing	220	210	24	3.5	0	15	350	1	0	1	0
12"	1230	530	59	17	0.5	165	3050	110	6	13	60
Base*	710	60	7	2	0	95	2490	107	6	12	48
Cheese	170	130	14	9	0	45	260	1	0	0	11
Dressing	350	340	38	6	0.5	25	570	2	0	1	1
Flatbread	420	210	23	6	0	55	1010	30	4	4	19
Base*	210	40	4.5	1	0	20	710	29	4	3	14
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
Ultimate Turkey Club - with bacon, cheddar, lettuce, tomatoes, mayo											
4"	400	150	16	6	0	60	1220	37	2	5	25
Base*	295	70	7	2.5	0	40	1050	35	2	4	21
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	45	40	4.5	0.5	0	5	170	2	0	1	0
8"	790	290	32	12	0	120	2440*	74	4	9	49
Base*	590	130	14	4.5	0	80	2100	71	4	8	42
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	90	80	9	1.5	0	10	340	3	0	1	0
12"	1200	440	49	18	0	185	3690	112	5	13	73
Base*	890	190	21	7	0	125	3160	106	5	11	62
Cheese	170	130	14	9	0	45	260	1	0	0	11
Dressing	140	120	14	2	0	15	540	5	0	2	0
Flatbread	400	170	19	6	0	60	1220	31	4	4	24
Base*	290	85	9.5	2	0	30	930	29	4	2	18
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
Honey Bacon Club - Turkey, ham, bacon, Swiss, lettuce, tomatoes, onions, honey-french dressing											
4"	440	170	19	6	0	50	1200	46	2	12	24
Base*	310	75	9	4.5	0	45	1105	39	2	6	20
Cheese	50	35	4	0.5	0	5	10	1	0	0	4
Dressing	80	60	6	1	0	0	125	6	0	6	0

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8"	880	330	37	12	0.5	95	2390**†	90	4	23	47
Base*	600	150	16	5	0.5	70	2135	74	4	11	39
Cheese	110	70	8	5	0	25	55	2	0	0	8
Dressing	170	110	13	2	0	0	290	14	0	12	0
12"	1340	560	62	18	1	170	3610	118	9	35	71
Base*	910	270	30	7	1	130	3610	95	9	14	60
Cheese	160	110	12	8	0	40	80	2	0	1	11
Dressing	270	180	20	3	0	0	400	21	0	20	0
Flatbread	450	200	22	6	0	50	1230	41	4	12	23
Base*	300	95	10	4.5	0	45	1070	32	4	5	19
Cheese	50	35	4	0.5	0	5	10	1	0	0	4
Dressing	100	70	8	1	0	0	150	8	0	7	0
Turkey Bacon Guacamole - with mozzarella, lettuce, tomatoes, onions, ranch											
4"	440	180	20	6	0	55	1260	40	3	5	25
Base*	340	95	11	3	0	40	1130	39	3	5	21
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	60	60	6	1	0	5	160	1	0	0	0
8"	890	370	41	12	0.5	115	2530	81	7	11	51
Base*	640	160	18	6	0.5	90	2330	79	7	10	44
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	170	160	17	2.5	0	5	260	1	0	1	0
12"	1340	560	62	18	1	170	3820	118	9	14	76
Base*	1020	300	33	10	1	125	3400	115	9	12	64
Cheese	120	80	9	5	0	25	180	1	0	1	11
Dressing	200	180	20	3	0	20	510	2	0	1	1
Flatbread	450	210	24	6	0	60	1260	33	5	5	24
Base*	340	115	13	3	0	40	1090	32	5	5	20
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	70	70	8	1	0	10	190	1	0	0	0
The Traditional – Black angus steak, turkey, ham, cheddar, lettuce, black olives, tomatoes, onions, ranch											
4"	370	140	16	5	0	45	1110	39	2	5	19

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Base*	250	40	5.5	1	0	25	880	38	2	5	15
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	60	60	6	1	0	5	160	1	0	0	0
8"	740	290	32	10	0	90	2220	78	4	10	38
Base*	460	50	6	1.5	0	55	1830	77	4	9	31
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	170	160	17	2.5	0	5	260	1	0	1	0
12"	1120	440	49	16	0	135	3360	117	6	15	57
Base*	750	130	15	4	0	70	2660	114	6	14	45
Cheese	170	130	14	9	0	45	260	1	0	0	11
Dressing	200	180	20	3	0	20	510	2	0	1	1
Flatbread	380	170	19	5	0	45	1120	33	4	5	18
Base*	250	60	6.5	1	0	20	840	32	4	5	14
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	70	70	8	1	0	10	190	1	0	0	0
CHICKEN SUBS											
Baja - with bacon, cheddar, onions, BBQ sauce, chipotle mayo											
4"	410	160	17	6	0	60	1210	38	1	6	26
Base*	280	70	6.5	2	0	40	880	34	1	3	22
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	70	50	6	1	0	5	240	4	0	3	0
8"	780	280	31	11	0	120	2310**	76	3	11	50
Base*	530	90	10	3	0	80	1660	69	3	4	43
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	140	110	12	2	0	10	470	7	0	7	0
12"	1190	430	47	17	0.5	180	3510	115	5	18	75
Base*	800	130	14	5	0.5	120	2490	102	5	7	63
Cheese	170	130	14	9	0	45	260	1	0	0	11
Dressing	220	170	19	3	0	15	760	12	0	11	1
Flatbread	420	190	21	7	0	60	1220	32	3	6	25
Base*	280	90	9.5	3	0	40	850	28	3	2	21

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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
Honey Mustard - with bacon, Swiss, lettuce, tomatoes, onions											
4"	440	170	19	6	0	60	1020	40	2	7	27
Base*	300	65	7	2	0	40	890	35	2	4	23
Cheese	50	35	4	2.5	0	15	25	1	0	0	4
Dressing	90	70	8	1.5	0	5	105	4	0	3	0
8"	830	310	34	11	0.5	120	1930	80	4	13	51
Base*	570	130	14	5.5	0.5	80	1715	66	6	9	46
Cheese	110	70	8	5	0	25	55	2	0	0	8
Dressing	180	150	17	2.5	0	15	210	7	0	6	0
12"	1260	480	53	17	1	185	2910	121	6	20	77
Base*	810	130	15	5	1	125	2500	107	6	9	65
Cheese	160	110	12	8	0	40	80	2	0	1	11
Dressing	290	240	26	4	0	20	330	12	0	10	1
Flatbread	420	190	21	7	0	60	1220	32	3	6	25
Base*	80	65	7	3	0	35	1070	27	3	2	21
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
Carbonara - with bacon, mozzarella, sautéed mushrooms, parmesan alfredo sauce											
4"	450	180	20	6	0	60	1080	37	2	4	26
Base*	310	65	7	2.5	0	40	860	35	2	3	21
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	100	90	10	1.5	0	10	160	2	0	1	1
8"	860	360	40	11	1	115	2160	73	3	7	52
Base*	580	130	14	4	1	80	1720	68	3	5	43
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	200	180	20	3.5	0	15	320	4	0	2	2
12"	1320	560	62	17	1.5	175	3260	111	5	11	79
Base*	870	190	21	6	1	125	2570	103	5	7	65
Cheese	120	80	9	5	0	25	180	1	0	1	11

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Dressing	330	290	32	6	0.5	25	510	7	0	3	3
Flatbread	450	220	24	6	0	60	1070	31	4	3	25
Base*	290	85	9	2	0	40	820	28	4	2	20
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	120	110	12	2	0	10	190	3	0	1	1
Southwest Chicken - with cheddar, guacamole, chipotle mayo											
4"	430	200	22	6	0	55	1000	36	3	3	22
Base*	260	50	5.5	1	0	30	730	35	3	3	18
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	110	110	12	2	0	10	180	1	0	0	0
8"	860	400	45	12	0	105	2000	73	5	5	43
Base*	530	110	12	2.5	0	60	1470	72	5	4	36
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	220	210	24	3.5	0	15	350	1	0	1	0
12"	1310	630	70	19	0.5	160	3040	109	8	8	65
Base*	790	160	18	4	0	90	2210	106	8	7	53
Cheese	170	130	14	9	0	45	260	1	0	0	11
Dressing	350	340	38	6	0.5	25	570	2	0	1	1
Flatbread	440	240	27	7	0	55	1000	30	4	2	21
Base*	250	70	8.5	2	0	30	700	29	4	2	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
Mesquite - with bacon, cheddar, lettuce, tomatoes, onions, ranch											
4"	410	160	18	7	0	60	1140	37	2	4	27
Base*	290	60	7.5	3	0	40	890	36	2	4	23
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	60	60	6	1	0	5	160	1	0	0	0
8"	780	290	32	11	0	125	2160	73	4	7	51
Base*	500	50	6	2.5	0	90	1720	72	4	6	44
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	170	160	17	2.5	0	5	260	1	0	1	0

Quiznos[®]

Nutrition Information

Updated 9.18.2017

	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)
12"	1180	440	49	17	0.5	190	3280	109	6	11	77
Base*	810	130	15	5	0.5	125	2510	106	6	10	65
Cheese	170	130	14	9	0	45	260	1	0	0	11
Dressing	200	180	20	3	0	20	510	2	0	1	1
Flatbread	420	190	21	7	0	65	1130	30	4	3	26
Base*	290	80	8.5	3	0	40	850	29	4	3	22
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	70	70	8	1	0	10	190	1	0	0	0
STEAK SUBS											
Peppercorn Steak - with mozzarella, sautéed onions, peppercorn sauce											
4"	420	190	21	5	0	50	920	38	2	3	20
Base*	260	45	5	1	0	25	720	37	2	2	16
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	120	120	13	2	0	15	140	1	0	1	0
8"	840	380	42	11	1	95	1840	76	4	6	40
Base*	520	100	10	3.5	1	50	1440	72	4	5	32
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	240	230	26	4	0	25	280	3	0	1	1
12"	1290	590	66	16	1	145	2780	114	6	10	60
Base*	780	140	16	5	0.5	80	2160	109	6	7	48
Cheese	120	80	9	5	0	25	180	1	0	1	11
Dressing	390	370	41	6	0.5	40	440	4	0	2	1
Flatbread	440	230	26	6	0	50	910	32	4	3	19
Base*	250	65	8	1.5	0	25	680	30	4	2	15
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
Chipotle Steak & Cheddar - with sautéed peppers & onions, chipotle mayo											
4"	420	200	22	6	0	50	990	36	2	3	20
Base*	250	50	5.5	1	0	25	720	35	2	3	16
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	110	110	12	2	0	10	180	1	0	0	0

Quiznos[®]

Nutrition Information

Updated 9.18.2017

	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)
8"	840	400	44	13	0	100	1970	73	4	6	39
Base*	510	110	11	3.5	0	55	1440	72	4	5	32
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	220	210	24	3.5	0	15	350	1	0	1	0
12"	1290	610	68	19	0.5	150	2990	110	6	8	59
Base*	770	140	16	4	0	80	2160	107	6	7	47
Cheese	170	130	14	9	0	45	260	1	0	0	11
Dressing	350	340	38	6	0.5	25	570	2	0	1	1
Flatbread	440	240	26	7	0	50	980	30	4	2	19
Base*	250	70	7.5	2	0	25	680	29	4	2	15
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
French Dip – with sautéed onions, swiss, horseradish, side of au jus											
4"	400	150	16	4.5	0	50	1670	40	2	5	22
Base*	280	65	6	1	0	25	1535	35	2	2	18
Cheese	50	35	4	2.5	0	15	25	1	0	0	4
Dressing	70	50	6	1	0	10	110	4	0	3	0
8"	760	270	30	9	0	95	2510	79	4	10	42
Base*	520	100	11	2	0	50	2235	70	3	4	34
Cheese	110	70	8	5	0	25	55	2	0	0	8
Dressing	130	100	11	2	0	20	220	7	1	6	0
12"	1140	410	45	14	0.5	145	3370	119	6	16	62
Base*	770	140	15	3	0.5	75	2940	106	5	6	50
Cheese	160	110	12	8	0	40	80	2	0	1	11
Dressing	210	160	18	3	0	30	350	11	1	9	1
Flatbread	400	170	19	5	0	50	1650	34	4	5	21
Base*	270	75	8	2	0	25	1495	29	4	1	17
Cheese	50	35	4	2.5	0	15	25	1	0	0	4
Dressing	80	60	7	1	0	10	130	4	0	4	0
Black Angus Steak - with mozzarella, cheddar, mushrooms & onions, grille sauce on rosemary parmesan											
4"	390	120	13	6	0	50	1010	44	2	9	23

Quiznos[®]

Nutrition Information

Updated 9.18.2017

	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*	255	45	4.5	1	0	25	730	35	2	2	16
Cheese	100	70	8	5	0	25	150	1	0	0	7
Dressing	35	0	0	0	0	0	140	8	0	7	0
8"	780	240	27	13	0	100	2020	88	4	19	47
Base*	510	90	11	3	0	55	1460	72	4	4	32
Cheese	200	140	15	10	0	45	300	1	0	1	14
Dressing	70	5	0	0	0	0	280	16	0	14	0
12"	1170	360	40	19	0.5	150	3060	134	6	30	70
Base*	750	145	15	5	0.5	80	2200	107	5	7	48
Cheese	300	200	23	14	0	70	440	2	0	1	21
Dressing	110	5	0.5	0	0	0	450	25	1	22	1
Flatbread	390	140	15	6	0	50	1000	39	4	10	23
Base*	245	65	7.5	1	0	25	680	29	4	2	16
Cheese	100	70	8	5	0	25	150	1	0	0	7
Dressing	40	0	0	0	0	0	170	9	0	8	0
CIABATTA TOASTIES											
Little Italy	560	260	29	9	0	45	1580	52	2	5	23
Ham & Swiss	490	190	21	5	0	40	1210	58	2	9	20
Southwest Club	510	210	24	4.5	0	50	1430	49	2	4	24
SALADS & WRAPS											
BBQ Chicken Ranch - Chicken, bacon, cheddar, tomatoes, onions, BBQ sauce, ranch dressing											
Half	330	230	25	5	0	65	1100	9	2	5	18
Base*	130	50	5	2	0	45	590	7	2	4	17
Dressing	200	180	20	3	0	20	510	2	0	1	1
Full	470	270	30	8	0	110	1690	17	4	10	35
Base*	270	90	10	5	0	90	1180	15	4	9	34
Dressing	200	180	20	3	0	20	510	2	0	1	1
Chef Salad - Turkey, ham, bacon, swiss, tomatoes, cucumbers, ranch dressing											
Half	360	250	28	7	0	65	1170	10	2	5	17
Base*	160	70	8	4	0	45	660	8	2	4	16
Dressing	200	180	20	3	0	20	510	2	0	1	1

Quiznos[®]

Nutrition Information

Updated 9.18.2017

	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)
Full	510	330	36	10	0.5	110	1820	16	4	8	33
Base*	310	150	16	7	0.5	90	1310	14	4	7	32
Dressing	200	180	20	3	0	20	510	2	0	1	1
Honey Mustard Chicken – Chicken, bacon, cheddar, tomatoes, honey mustard											
Half	420	290	33	7	0	65	840	16	2	12	18
Base*	130	50	7	3	0	45	510	4	2	2	17
Dressing	290	240	26	4	0	20	330	12	0	10	1
Full	550	350	39	10	0	110	1350	20	4	14	36
Base*	260	110	13	6	0	90	1020	8	4	4	35
Dressing	290	240	26	4	0	20	330	12	0	10	1
Apple Harvest Chicken – Honey-dijon chicken salad, apples, dried cranberries, cucumbers, tomatoes, pumpkin seeds, acai vinaigrette											
Half	340	180	20	3.5	0	25	600	31	4	24	13
Base*	200	80	9	2	0	25	320	21	4	15	13
Dressing	140	100	11	1.5	0	0	280	10	0	9	0
Full	540	250	28	5	0	50	910	52	7	39	26
Base*	400	150	17	3.5	0	50	630	42	7	30	26
Dressing	140	100	11	1.5	0	0	280	10	0	9	0
Herb Toast											
1 Piece	160	100	11	1.5	0	0	250	15	1	1	3
SAVORY SOUPS											
Broccoli Cheese											
Small	145	75	8.5	5	0	15	835	14	1	3	4
Soup	120	70	8	5	0	15	760	10	1	3	4
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Regular	245	135	14.5	9	0	25	1455	22	1	6	6
Soup	220	130	14	9	0	25	1380	18	1	6	6
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Bread Bowl	770	240	27	11	0	35	1970	104	5	6	30
Chicken Noodle											
Small	95	25	2.5	1	0	15	855	12	0	1	4

Quiznos[®]

Nutrition Information

Updated 9.18.2017

	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)
Soup	70	20	2	1	0	15	780	8	0	1	4
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Regular	145	40	4.5	1.5	0	25	1475	18	1	2	7
Soup	120	35	4	1.5	0	25	1400	14	1	2	7
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Bread Bowl	720	190	21	7	0	35	1990	102	4	4	30
Chili											
Small	185	55	5.5	1.5	0	40	625	23	6	4	11
Soup	160	50	5	1.5	0	40	550	19	6	4	11
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Regular	315	95	10.5	2.5	0	75	1055	38	10	8	20
Soup	290	90	10	2.5	0	75	980	34	10	8	20
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Bread Bowl	810	220	24	7.5	0	60	1760	113	10	7	37
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
Bread Bowl	690	200	22	5	0	20	1780	106	5	8	24
LOCAL OPTIONS											
Italian Meatball - with double mozzarella, marinara											
4"	550	250	28	10	0	65	1230	48	5	6	33
Base*	450	195	21.5	6.5	0	45	1065	44	4	4	25
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	20	5	0.5	0	0	0	45	3	1	2	1
8"	1100	500	55	19	0.5	130	2460	92	9	11	65
Base*	905	390	43	12	0	95	2130	84	8	6	50
Cheese	160	100	11	7	0.5	35	240	2	0	1	14

Quiznos[®]

Nutrition Information

Updated 9.18.2017

	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	35	10	1	0	0	0	90	6	1	4	1
12"	1650	750	83	29	1	195	3690	137	13	17	98
Base*	1350	585	64.5	18	0	140	3195	126	11	11	75
Cheese	250	150	17	11	1	55	360	2	0	1	21
Dressing	50	15	1.5	0	0	0	135	9	2	5	2
Flatbread	540	270	30	10	0	65	1190	39	6	5	32
Base*	440	215	23.5	6.5	0	45	1025	35	5	3	24
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	20	5	0.5	0	0	0	45	3	1	2	1
Lox & Seafood Sub – with a lemon wedge and butter											
4"	350	150	17	9	0.5	50	890	40	2	3	12
8"	710	300	34	17	1	100	1790	80	5	6	24
12"	1060	450	51	26	1.5	145	2680	120	7	10	36
Flatbread	350	170	19	9	0.5	50	850	34	4	3	11
Lox & Seafood Salad – Lobster & seafood salad, tomatoes, lemon. Recommended Dressing: Ranch Dressing											
Half	290	220	24	4	0	40	980	13	3	4	8
Base*	90	40	4	1	0	20	470	11	3	3	7
Dressing	200	180	20	3	0	20	510	2	0	1	1
Full	390	260	29	4.5	0	60	1440	22	6	7	15
Base*	190	80	9	1.5	0	40	930	20	6	6	14
Dressing	200	180	20	3	0	20	510	2	0	1	1
Toasty Pasta											
Mac & Cheese	580	320	35	21	0	120	1150	52	3	2	19
Mac & Cheese w/ Bacon	700	400	44	25	0	140	1600	53	3	2	28
Mac & Cheese w/ Chicken	640	320	36	21	0	150	1470	53	3	2	31
Mac & Cheese 2/ Bacon & Chicken	760	410	45	25	0	170	1920	53	3	3	40
Mac & Cheese w/ Lobster	690	380	43	22	2	135	1550	58	4	3	25
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

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Nutrition Information

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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>
Chocolate Brownie	310	150	16	3.5	0	15	150	40	2	24	4
MISC. DRINKS											
Raspberry Lemonade 21 oz.	45	0	0	0	0	0	15	11	0	11	0
Raspberry Lemonade 32 oz.	70	0	0	0	0	0	25	17	0	17	0
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

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Nutrition Information

Updated 9.18.2017

	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*	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
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

Quiznos[®]

Nutrition Information

Updated 9.18.2017

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)

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	30	3.5	0.5	0	0	300	26	3	1	5
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Dressings

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	70	30	3	1	0	20	550	5	0	3	8
Turkey Breast	60	10	1	0	0	30	450	1	0	1	10

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 4" Sub

Artisan Bread

Quiznos[®]

Nutrition Information

Updated 9.18.2017

	<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>
Artisan Wheat	150	15	1.5	0	0	0	260	29	3	3	6
Jalapeno Cheddar	150	20	2	1	0	5	260	26	1	2	6
Italian White	170	15	1.5	0.5	0	0	340	33	1	2	6
Rosemary Parmesan	140	20	2.5	1	0	5	270	25	1	2	5
Dressings											
Mayo	45	40	4.5	0.5	0	5	170	2	0	1	0
Red Wine Vinaigrette	80	70	8	1	0	0	180	1	0	1	0
Yellow Mustard	15	5	0.5	0	0	0	180	1	1	0	1
Meat											
Ham	70	30	3	1	0	20	550	5	0	3	8
Turkey Breast	60	10	1	0	0	30	450	1	0	1	10
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 Triple Cheese											
Flatbread	260	100	11	4.5	0	20	400	29	1	3	12
4" Sub	230	90	10	6	0	25	420	23	1	2	12

Quiznos[®]

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Fat (g)
Saturated Fat (g)
Total Trans Fat (g)
Cholesterol (mg)
*Sodium (mg) ***
Carbs (g)
Dietary Fiber (g)
Sugars (g)
Protein (g)

SIDES

Chips

Cheetos	310	180	21	4	0	0	500	26	1	2	3
Baked Lay's 8"	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

*Base represents product on white bread (unless noted) before adding cheese and dressing

**Some recipes, and therefore nutrition, may vary in certain areas.

MODIFIED RECIPES FOR THE NEW YORK CITY AREA

Ultimate Turkey Club – 8"	720	240	26	10	0	115	2200	74	4	9	44
Honey Bacon Club – 8"	810	280	31	10	0.5	90	2150	90	4	22	42
Baja Chicken – 8"	750	260	29	11	0	110	2190	76	3	11	47