

Quiznos Nutrition Information Update May 2018	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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LIMITED TIME OFFER

Southern Style BBQ Pulled Pork - with mozzarella, cheddar, pickles, BBQ sauce, yellow mustard

4" Sub	370	120	13	7	0	55	1240	40	2	8	23
8" Sub	750	240	27	14	0	110	2410	80	3	16	46
12" Sub	1120	360	40	20	0	170	3630	121	5	24	69
Sammie	370	140	15	7	0	55	1240	35	4	8	22
Half Salad	290	110	12	6	0	55	1680	28	2	24	18
Full Salad	500	220	24	13	0	110	2350	34	4	28	36

Spicy Chipotle Pulled Pork - with bacon, cheddar, sautéed onions, jalapenos, pickles, lettuce, chipotle mayo, four pepper chili sauce

4" Sub	440	190	22	7	0	65	1150	35	2	9	24
8" Sub	870	390	43	15	0	130	2290	69	3	17	49
12" Sub	1320	590	66	23	0	195	3470	106	5	27	73
Sammie	460	220	24	7	0	65	1210	36	4	9	23
Half Salad	590	460	51	12	0.5	85	1360	12	2	8	20
Full Salad	830	580	65	17	0.5	145	2140	21	4	14	38

CLASSICS

Classic Italian - Pepperoni, salami, capicola, ham, mozzarella, black olives, lettuce, tomatoes, onions, red wine vinaigrette

4" Sub	460	230	25	8	0	50	1370	39	2	5	21
8" Sub	920	450	50	17	0.5	95	2740	77	4	11	41
12" Sub	1400	690	77	25	1	145	4140	116	6	16	62
Sammie	470	260	29	9	0	50	1360	33	4	5	20
Half Salad	470	370	41	10	0.5	50	1430	11	2	7	16
Full Salad	700	510	57	17	0.5	95	2280	17	4	10	31

Turkey Ranch & Swiss - with lettuce, tomatoes, onions

4" Sub	340	110	12	4.5	0	40	980	37	2	4	20
8" Sub	670	220	25	9	0	75	1870	73	4	7	39

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PREMIUM											
Chipotle Turkey - with cheddar, lettuce, tomatoes, onions, chipotle mayo											
4" Sub	390	170	18	6	0	40	1010	36	2	4	19
8" Sub	770	330	37	11	0	85	2030	72	4	7	38
12" Sub	1170	520	58	17	0.5	130	3080	108	7	10	57
Sammie	400	210	23	6	0	45	1010	30	4	3	18
Half Salad	470	390	43	9	0.5	60	1070	7	2	3	14
Full Salad	590	440	49	12	0.5	95	1560	11	5	5	28
Ultimate Turkey Club - with bacon, cheddar, lettuce, tomatoes, mayo (salad reciped with ranch)											
4" Sub	370	130	14	6	0	50	1200	37	2	4	23
8" Sub	740	260	29	11	0	100	2400	73	4	7	47
12" Sub	1120	400	44	17	0	150	3640	109	6	10	70
Sammie	370	160	17	6	0	50	1190	30	4	3	22
Half Salad	370	260	29	7	0	65	1210	6	2	3	19
Full Salad	530	340	38	12	0	110	1900	10	4	4	37
Honey Bacon Club - Turkey, ham, bacon, Swiss, lettuce, tomatoes, onions, honey-french dressing											
4" Sub	420	150	16	6	0	45	1170	44	2	11	24
8" Sub	830	290	32	11	0	95	2340	88	4	20	47
12" Sub	1270	450	50	17	0.5	140	3530	133	6	32	71
Sammie	430	180	19	6	0	45	1150	39	4	11	23
Half Salad	450	260	29	7	0	45	1110	27	2	23	19
Full Salad	620	340	37	11	0.5	95	1810	33	4	26	37
Turkey Bacon Guacamole - with mozzarella, lettuce, tomatoes, onions, ranch											
4" Sub	420	170	18	5	0	45	1240	39	3	4	24
8" Sub	840	330	37	11	0	90	2490	79	7	9	49
12" Sub	1260	510	57	16	1	140	3760	116	10	11	72

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Sammie	420	200	22	6	0	45	1240	33	5	4	23
Half Salad	400	280	31	7	0	60	1260	9	4	4	20
Full Salad	600	380	42	11	0.5	100	2010	18	7	7	39
The Traditional - Black angus steak, turkey, ham, cheddar, lettuce, black olives, tomatoes, onions, ranch											
4" Sub	360	130	15	5	0	45	1110	38	2	4	20
8" Sub	720	270	30	10	0	90	2220	76	4	9	39
12" Sub	1100	420	46	15	0	135	3360	114	6	13	58
Sammie	370	160	18	5	0	45	1100	32	4	4	19
Half Salad	340	250	28	7	0	60	1120	9	2	4	15
Full Salad	480	320	35	10	0	100	1740	15	4	7	29
Meatball - Meatballs and marinara, double portion of mozzarella											
4" Sub	460	190	21	8	0	50	1010	44	4	6	26
8" Sub	930	380	43	16	0.5	100	2020	88	8	12	53
12" Sub	1390	570	64	24	1	150	3030	132	11	18	79
Sammie	460	210	23	8	0	50	970	38	6	5	25
Half Salad	330	190	21	7	0	50	720	17	4	7	22
Full Salad	620	36	40	15	0.5	100	1350	28	8	10	43
CHICKEN SUBS											
Mesquite - with bacon, cheddar, lettuce, tomatoes, onions, ranch											
Baja - with bacon, cheddar, onions, BBQ sauce, chipotle mayo											
4" Sub	400	140	16	6	0	60	1190	38	1	5	26
8" Sub	800	290	32	12	0	120	2370	76	3	11	52
12" Sub	1220	450	49	18	0	180	3610	114	4	17	78
Sammie	410	170	19	6	0	60	1190	32	3	6	25
Half Salad	540	420	47	10	0.5	80	1300	8	2	5	21
Full Salad	730	500	56	14	0.5	140	2030	15	3	9	42

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Honey Mustard - with bacon, Swiss, lettuce, tomatoes, onions

4" Sub	430	160	18	6	0	60	1000	40	2	6	27
8" Sub	850	320	36	11	0.5	120	1990	80	4	12	53
12" Sub	1300	490	55	17	1	180	3010	120	6	19	80
Sammie	440	190	21	6	0	60	980	34	4	7	26
Half Salad	470	310	35	8	0.5	75	880	17	2	12	22
Full Salad	650	390	43	12	0.5	130	1440	22	4	14	43

Carbonara - with bacon, mozzarella, sautéed mushrooms, parmesan alfredo sauce

4" Sub	440	190	21	6	0	55	1110	36	2	3	27
8" Sub	890	380	42	12	0.5	115	2220	73	3	7	54
12" Sub	1350	580	65	18	1	175	3360	110	5	10	82
Sammie	460	220	25	6	0	60	1100	30	3	3	26
Half Salad	510	370	42	9	1	75	1130	11	2	5	24
Full Salad	700	460	51	13	1	125	1740	15	4	7	46

Southwest Chicken - with cheddar, guacamole, chipotle mayo

4" Sub	430	200	22	6	0	55	1000	36	3	3	22
8" Sub	860	400	45	12	0	105	2000	73	5	5	43
12" Sub	1310	630	70	19	0.5	160	3040	109	8	8	65
Sammie	440	240	27	7	0	55	1000	30	4	2	21
Half Salad	520	420	47	10	0.5	70	1060	7	3	3	17
Full Salad	680	510	57	13	0.5	115	1540	13	6	4	34

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

4" Sub	400	150	17	6	0	60	1110	37	2	4	27
8" Sub	800	300	33	12	0	125	2230	73	4	7	53
12" Sub	1210	460	51	18	0	185	3370	109	6	10	79
Sammie	410	180	20	6	0	65	1110	30	4	3	26

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Half Salad	380	260	29	8	0	75	1130	7	2	3	22
Full Salad	560	340	38	12	0	130	1740	11	4	5	43
Apple Harvest - with chicken, apples, pumpkin seeds, craisins, tomatoes, honey mustard											
4" Sub	400	140	16	3	0	25	690	49	3	14	16
8" Sub	790	290	32	6	0	50	1380	97	7	28	32
12" Sub	1210	450	50	10	0.5	80	2100	147	10	42	47
Sammie	410	180	20	3.5	0	25	670	43	5	14	15
Half Salad	440	300	33	5	0	40	580	26	3	20	11
Full Salad	590	360	39	7	0	60	830	40	6	29	22
STEAK SUBS											
Peppercorn Steak - with mozzarella, sautéed onions, peppercorn sauce											
4" Sub	420	190	21	5	0	50	920	38	2	3	20
8" Sub	840	380	42	11	1	95	1830	76	4	6	40
12" Sub	1290	590	66	16	1	145	2780	114	6	10	60
Sammie	440	230	26	6	0	50	910	32	4	3	19
Half Salad	540	430	48	9	1	75	890	10	3	4	16
Full Salad	680	500	55	12	1	110	1320	16	5	6	30
Chipotle Steak & Cheddar - with sautéed peppers & onions, chipotle mayo											
4" Sub	420	200	22	6	0	50	990	36	2	3	20
8" Sub	840	400	44	13	0	100	1960	73	4	6	39
12" Sub	1290	610	68	19	0.5	150	2990	110	6	8	59
Sammie	440	240	26	7	0	50	980	30	4	2	19
Half Salad	510	420	47	10	0.5	70	1040	7	2	3	15
Full Salad	670	500	56	14	0.5	110	1500	13	4	5	30
French Dip – with sautéed onions, swiss, horseradish, side of au jus											
4" Sub	400	150	16	4.5	0	50	1670	40	2	5	22

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8" Sub	760	270	30	9	0	95	2510	79	4	10	42
12" Sub	1140	410	45	14	0.5	145	3370	119	6	16	62
Sammie	400	170	19	5	0	50	1650	34	4	5	21
Half Salad	390	250	28	6	0	70	1580	17	3	11	18
Full Salad	530	310	34	9	0.5	110	1970	22	5	12	33

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

4" Sub	390	120	13	6	0	50	1010	44	2	9	23
8" Sub	780	240	27	13	0	100	2010	88	4	19	47
12" Sub	1170	360	40	19	0.5	150	3060	134	6	30	70
Sammie	390	140	15	6	0	50	1000	39	4	10	23
Half Salad	310	110	12	6	0	50	980	31	3	24	19
Full Salad	510	220	24	11	0	100	1510	37	5	26	37

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	690	240	27	12	0	35	1810	89	4	6	26

Chicken Noodle

Small	95	25	2.5	1	0	15	855	12	0	1	4
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

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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	640	190	21	7	0	35	1830	87	4	3	27
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	730	220	24	8	0	65	1590	98	9	7	34
LOCAL OPTIONS											
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
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											
Sub	380	180	20	7	0	245	690	35	1	2	17
Grilled S sammie	380	200	22	7	0	245	650	28	3	1	16
Biscuit	460	280	31	9	3.5	245	1020	31	1	1	16
Ham, Egg & Cheddar - Egg, Ham and Cheddar Cheese											

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Sub	340	130	14	5	0	145	900	36	1	3	19
Grilled Sammie	330	150	16	5	0	145	860	29	3	3	18
Biscuit	420	220	25	8	3.5	145	1230	32	1	2	17
Bacon, Egg & Cheddar - Egg, Bacon and Cheddar Cheese											
Sub	370	160	17	7	0	145	810	34	1	2	19
Grilled Sammie	360	170	19	6	0	145	760	27	3	1	18
Biscuit	440	250	28	9	3.5	145	1130	30	1	1	17
Sausage, Egg & Cheddar - Egg, Sausage and Cheddar Cheese											
Sub	550	330	37	13	0	180	1170	35	1	2	20
Grilled Sammie	550	350	39	13	0	180	1130	28	3	1	19
Biscuit	630	430	48	15	3.5	180	1500	31	1	1	19
Steak, Egg & Cheddar - Egg, Steak, and Cheddar Cheese											
Sub	350	130	14	5	0	150	820	35	1	2	21
Grilled Sammie	340	150	16	5	0	150	780	29	3	1	20
Biscuit	420	220	25	8	3.5	150	1150	31	1	1	19
KIDS MEALS											
Served with a drink, and choice of chips, apple or kids chocolate chip cookie											
Kids Turkey & Cheese and Ham & Cheese Sammie											
Artisan Bread											
6" Grilled Sammie	160	30	3.5	0.5	0	0	300	26	3	1	5
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

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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 Sub											
Artisan Bread											
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

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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											
Sammie	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
SIDES											

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Tater Tots

Classic	170	80	9	2.5	0	0	330	20	0	1	2
Bacon Jalapeno Cheddar	250	130	15	5	0	20	670	20	0	1	8

Side Garden Salad

Side Salad	270	230	26	4	0	0	640	9	2	5	2
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Chips

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