

## Quiznos Nutrition Information

	Calories (kcal)	Fat Calories (kcal)	Fat (g)	Saturated Fat (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>LIMITED TIME OFFER</b>											
<b>Beef &amp; Lamb Gyro</b> - with feta, banana peppers, lettuce, tomatoes & onions, topped with tzatziki sauce											
4" Sub	440	200	23	11	0	45	1170	43	3	4	18
8" Sub	890	400	45	22	0	90	2310	85	5	8	35
12" Sub	1330	610	67	33	0	130	3470	127	8	12	53
Sammie	440	220	25	11	0	45	1120	36	5	4	17
Half Salad	360	230	26	15	0	45	910	15	3	5	14
Full Salad	610	400	45	23	0	90	1680	24	5	7	26
<b>Chicken Gyro</b> - with feta, banana peppers, lettuce, tomatoes & onions, topped with tzatziki sauce											
4" Sub	290	60	6	4.5	0	35	1070	38	2	4	21
8" Sub	580	110	13	8	0	70	1090	75	4	7	41
12" Sub	870	170	19	13	0	105	3120	112	6	11	61
Sammie	290	80	9	4	0	40	1040	31	4	3	18
Half Salad	200	90	10	8	0	35	790	9	2	4	17
Full Salad	300	110	12	10	0	70	1430	14	4	6	32
<b>CLASSICS</b>											
<b>Classic Italian</b> - with 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
<b>Turkey Ranch &amp; Swiss</b> - 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
12" Sub	1010	340	38	13	0.5	115	2840	110	7	10	58
Sammie	340	140	16	4.5	0	40	970	31	4	3	19
Half Salad	320	220	25	6	0	55	990	8	2	3	16
Full Salad	430	270	30	9	0.5	85	1390	12	4	5	29

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<b>Spicy Monterey</b> - with turkey, ham, mozzarella, pickles, lettuce, tomatoes, mayo, four pepper chili sauce											
4" Sub	300	70	8	3	0	35	1140	41	2	7	19
8" Sub	600	140	15	6	0	65	2270	81	4	13	38
12" Sub	920	230	25	10	0.5	90	3440	124	6	22	54
Sammie	300	90	10	3	0	35	1120	35	4	7	18
Half Salad	320	220	24	5	0	50	1220	10	2	6	15
Full Salad	430	260	28	8	0.5	80	1920	18	4	11	29
<b>Tuna Melt</b> - with tuna salad, cheddar, pickles, tomatoes (salad reciped with red wine vinaigrette)											
4" Sub	330	100	11	4.5	0	40	930	38	2	3	22
8" Sub	660	200	22	9	0	75	1850	76	3	6	44
12" Sub	990	290	32	14	0	115	2770	114	5	9	66
Sammie	330	120	13	4.5	0	40	880	32	4	3	21
Half Salad	420	310	34	8	0	40	1170	12	2	6	18
Full Salad	600	390	44	12	0.5	75	1760	19	4	8	35
<b>Veggie Guacamole</b> - with cheddar, mozz, black olives, cucumbers, mushrooms, green peppers, lettuce, tomatoes, onions, red wine vinaigrette											
4" Sub	410	200	22	7	0	25	810	41	3	5	14
8" Sub	810	390	44	14	0.5	50	1610	81	7	10	28
12" Sub	1240	600	67	22	1	70	2450	121	10	14	42
Sammie	420	230	25	7	0	25	800	34	5	5	13
Half Salad	420	340	37	9	0.5	25	870	12	4	6	9
Full Salad	590	450	50	15	0.5	50	1150	20	7	9	18
<b>PREMIUM</b>											
<b>Chipotle Turkey</b> - with cheddar, lettuce, tomaatoes, 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

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<b>Ultimate Turkey Club</b> - 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
<b>Honey Bacon Club</b> - with 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	4450	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
<b>Turkey Bacon Guacamole</b> - 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
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
<b>Traditional</b> - with 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

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<b>Italian Meatball</b> - with 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	360	40	15	0.5	100	1350	28	8	10	43
<b>CHICKEN</b>											
<b>Mesquite</b> - 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
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
<b>Baja</b> - 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
<b>Carbonara</b> - 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

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<b>Honey Mustard</b> - 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
<b>Southwest Chicken</b> - 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
<b>Apple Harvest</b> - 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
<b>STEAK SUBS</b>											
<b>Black Angus Steakhouse</b> - with mozzarella, cheddar, sautéed mushrooms & onions, grille sauce on rosemary parmesan bread											
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

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<b>Peppercorn Steak</b> - 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
<b>French Dip</b> - with sauteed onions, swiss, horseradish sauce, side of au jus											
4" Sub	400	150	16	4.5	0	50	1670	40	2	5	22
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
<b>Chipotle Steak &amp; Cheddar</b> - 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
<b>SIDES</b>											
<b>Au Jus</b>											
3 oz. Portion	35	20	2.5	0	0	0	830	0	0	0	2
<b>Tater Tots</b>											
Classic	210	100	11	3	0	0	410	25	0	1	3
Loaded	320	170	19	7	0	25	790	25	0	1	11
<b>Garden Salad</b> - with black olives, tomatoes, onions, cucumbers, (reciped with red wine vinaigrette)											
Side Salad	270	230	26	4	0	0	640	9	2	5	2

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<b>DESSERTS</b>											
Chocolate Chunk	390	170	19	11	0	55	170	54	1	31	4
Cinnamon Sugar	400	150	17	11	0	50	290	58	1	33	4
Oatmeal Raisin	360	110	12	7	0	50	200	58	3	34	5
Chocolate Brownie	350	160	18	5	0	30	200	46	2	30	5
<b>BREAKFAST</b>											
<b>Egg &amp; Cheddar</b>											
Sub	380	180	20	7	0	245	690	35	1	2	17
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
<b>Ham, Egg, &amp; Cheddar</b>											
Sub	340	130	14	5	0	145	900	36	1	3	19
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
<b>Bacon, Egg, &amp; Cheddar</b>											
Sub	370	160	17	7	0	145	810	34	1	2	19
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
<b>Sausage, Egg, &amp; Cheddar</b>											
Sub	550	330	37	13	0	180	1170	35	1	2	20
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
<b>Steak, Egg, &amp; Cheddar</b>											
Sub	350	130	14	5	0	150	820	35	1	2	21
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
<b>RASPBERRY LEMONADE</b>											
21 oz. Drink	170	0	0	0	0	0	10	42	0	42	0
32 oz. Drink	260	0	0	0	0	0	15	64	0	64	0

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<b>KIDS MEALS - choice of bread, meat, cheese, and dressing. Served with drink and choice of chips, apple, or kids chocolate chip cookie</b>											
<b>Bread</b>											
White	170	15	1.5	0.5	0	0	340	33	1	2	6
Wheat	150	15	1.5	0	0	0	260	29	3	3	6
Rosemary Parmesan	140	20	2.5	1	0	5	270	25	1	2	5
Jalapeno Cheddar	150	20	2	1	0	5	260	26	1	2	6
Sammie	160	30	3.5	0.5	0	0	300	26	3	1	5
<b>Dressing</b>											
Buttermilk Ranch	60	60	6	1	0	5	160	1	0	0	0
Lite 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
<b>Meat</b>											
Ham	60	15	1.5	0.5	0	25	550	3	0	2	9
Turkey Breast	45	5	0	0	0	20	400	0	0	0	9
<b>Cheese</b>											
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	2.5	0	15	25	1	0	0	4
<b>Veggies</b>											
Black Olives	10	10	1	0	0	0	55	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	45	35	4	0.5	0	0	75	2	1	0	0
Lettuce	5	0	0	0	0	0	0	1	0	0	0
Pickles	0	0	0	0	0	0	125	0	0	0	0
Red Onions	5	0	0	0	0	0	0	1	0	0	0
Sautéed Veggies	10	5	1	0	0	0	10	0	0	0	0
Tomatoes	5	0	0	0	0	0	0	1	0	1	0



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<b>Kids Triple Cheese</b>											
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
<b>SOUPS</b>											
<b>Broccoli Cheese</b>											
Small	120	70	8	5	0	15	760	10	1	3	4
Regular	220	130	14	9	0	25	1380	18	1	6	6
Bread Boule	690	240	27	12	0	35	1810	89	4	6	26
<b>Chicken Noodle</b>											
Small	70	20	2	1	0	15	780	8	0	1	4
Regular	120	35	4	1.5	0	25	1400	14	1	2	7
<b>Chili</b>											
Small	160	50	5	1.5	0	40	550	19	6	4	11
Regular	290	90	10	2.5	0	75	980	34	10	8	20
Bread Boule	730	220	24	8	0	65	1590	98	9	7	34
<b>Chicken Enchilada (Optional)</b>											
Small	160	90	10	3	0	15	760	14	0	4	5
Regular	290	160	18	5	0	30	1370	25	0	7	8
Bread Boule	730	260	29	9	0	40	1810	93	3	7	28
<b>Minestrone (Optional)</b>											
Small	90	25	3	0	0	5	550	12	0	6	2
Regular	160	45	5	0.5	0	5	990	22	0	10	4
<b>Thai Chicken &amp; Rice (Optional)</b>											
Small	150	90	10	4.5	0	30	570	10	0	2	4
Regular	270	170	19	8	0.5	55	1030	18	0	4	7
Bread Boule	690	240	27	9	0	45	1580	88	3	5	25
<b>Tomato Basil Bisque (Optional)</b>											
Small	160	100	12	3.5	0	15	500	12	0	9	2
Regular	290	190	21	6	0	30	900	21	0	17	4
Bread Bowl	700	250	28	8	0	30	1500	90	3	12	23