

Quiznos[®]

Nutrition Information

Updated December 11, 2014

CIABATTA TOASTIES™

Honey Dijon Ham - Ham, Swiss, tomatoes, onions, lettuce, honey mustard dressing on ciabatta bread

	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	640	260	29	7	0	50	1510	75	4	19	23
Base	410	75	8	2	0	20	1275	67	4	13	19
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

Sonoma Turkey - Turkey, cheddar, lettuce, tomatoes, chipotle mayo on ciabatta bread

Ciabatta	670	320	36	8	0	60	1610	63	4	11	26
Base	390	70	7.5	1.5	0	30	1170	62	4	10	22
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	220	210	24	3.5	0	15	350	1	0	1	0

Veggie Caprese - Double mozzarella, tomatoes, onions, lettuce, olives, cucumbers, fat-free balsamic vinaigrette on ciabatta bread

Ciabatta	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	650	210	23	7	0	50	860	79	7	13	32
Chicken Carbonara	790	360	40	20	0.5	140	1350	67	3	5	40

STEAK SUBS

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

Small	510	160	18	8	0	65	1340	56	2	15	31
Base	350	80	9	3	0	40	980	43	2	4	23
Cheese	100	70	8	5	0	25	150	1	0	0	7
Dressing	60	10	1	0	0	0	210	12	0	11	1
Regular	760	240	27	11	0	100	2010	84	3	22	47
Base	520	125	14.5	4	0	65	1480	65	2	6	35
Cheese	150	100	11	7	0	35	220	1	0	0	11
Dressing	90	15	1.5	0	0	0	310	18	1	16	1

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Large	1020	320	36	15	0.5	135	2680	112	4	30	63
Base	700	165	19	5	0.5	90	1960	86	3	7	48
Cheese	200	140	15	10	0	45	300	1	0	1	14
Dressing	120	15	2	0	0	0	420	25	1	22	1
Southwest Steak - with cheddar, sautéed green peppers and onions, tomatoes, chipotle mayo on jalapeno cheddar bread											
Small	620	300	33	9	0	70	1370	51	3	6	30
Base	390	90	9.5	3	0	40	1000	50	3	5	26
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	170	170	19	3	0	15	280	1	0	1	0
Regular	920	440	49	13	0.5	110	2050	77	5	10	44
Base	570	130	14	4	0.5	70	1500	76	5	9	39
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	260	250	28	4.5	0	20	420	1	0	1	0
Large	1230	590	66	17	1	145	2740	102	6	13	59
Base	770	170	19	5	0.5	90	1990	100	6	12	51
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	350	340	38	6	0.5	25	570	2	0	1	1
Peppercorn Steak - with mozzarella, sautéed onions, peppercorn sauce											
Small	620	290	33	8	0.5	75	1280	51	3	6	30
Base	390	85	10	3	0.5	45	1000	49	3	5	25
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	190	180	20	3	0	20	220	2	0	1	1
Regular	920	440	49	11	1	110	1920	77	4	9	44
Base	570	120	13.5	3.5	1	65	1500	73	4	8	38
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	290	280	31	5	0	30	330	3	0	1	1
Large	1230	590	65	15	1	145	2550	103	6	12	59
Base	760	170	18	5.5	0.5	85	1990	98	6	10	51
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	390	370	41	6	0.5	40	440	4	0	2	1
Steak Bacon & Swiss - with sautéed onions, mayo											

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Small	560	220	24	8	0	80	1560	51	2	6	35
Base	440	125	13	4.5	0	55	1265	48	2	5	31
Cheese	50	35	4	2.5	0	15	25	1	0	0	4
Dressing	70	60	7	1	0	10	270	2	0	1	0
Regular	850	330	36	12	0.5	115	2330	77	4	8	53
Base	660	190	20	6.5	0.5	85	1890	72	4	7	47
Cheese	80	50	6	4	0	20	40	1	0	0	6
Dressing	110	90	10	1.5	0	10	400	4	0	1	0
Large	1130	440	49	16	0.5	155	3110	103	5	11	70
Base	880	250	27	9	0.5	115	2515	96	5	9	62
Cheese	110	70	8	5	0	25	55	2	0	0	8
Dressing	140	120	14	2	0	15	540	5	0	2	0
CHICKEN SUBS											
Mesquite - with bacon, cheddar, lettuce, tomatoes, onions, ranch											
Small	620	270	30	9	0	95	1410	51	4	7	37
Base	430	100	11.5	4	0	75	1130	50	4	6	33
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	130	130	14	2	0	5	190	1	0	1	0
Regular	930	410	45	14	0	140	2120	77	5	10	55
Base	640	160	17	6.5	0	110	1710	75	5	9	50
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	200	190	21	3	0	10	280	2	0	1	0
Large	1250	540	61	19	0.5	190	2830	103	7	14	73
Base	880	210	24	8.5	0.5	150	2280	101	7	12	65
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	260	250	28	4.5	0	10	370	2	0	2	1
Honey Bourbon - with lettuce, tomatoes, onions, honey bourbon mustard, grille sauce on artisan wheat											
Small	410	50	5	1	0	55	1050	64	7	17	27
Base*	350	40	4	1	0	55	840	52	7	6	26
Dressing	60	10	1	0	0	0	210	12	0	11	1
Regular	610	70	8	2	0	85	1570	97	10	26	41

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Base*	520	55	7	2	0	85	1260	79	9	10	40
Dressing	90	15	1.5	0	0	0	310	18	1	16	1
Large	810	100	11	2.5	0	110	2090	129	14	35	54
Base*	690	85	9	2.5	0	110	1670	104	13	13	53
Dressing	120	15	2	0	0	0	420	25	1	22	1
Baja - with bacon, cheddar, onions, BBQ sauce, chipotle mayo											
Small	590	230	26	9	0	95	1600	54	3	10	36
Base	420	100	12.5	4.5	0	75	1130	48	3	5	32
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	110	90	9	1.5	0	5	380	6	0	5	0
Regular	880	350	39	13	0	145	2400	81	4	15	54
Base	630	160	18	6.5	0	115	1700	72	4	7	49
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	160	130	14	2	0	10	570	9	0	8	0
Large	1180	460	51	17	0.5	190	3200	108	6	20	72
Base	850	210	23	8	0.5	145	2260	96	6	9	64
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	220	170	19	3	0	15	760	12	0	11	1
Carbonara - with bacon, mozzarella, sautéed mushrooms, parmesan alfredo sauce											
Small	660	300	34	9	0.5	95	1480	52	3	6	38
Base	460	135	15	4	0.5	70	1160	49	3	4	33
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	160	140	16	3	0	15	260	3	0	2	1
Regular	990	450	50	14	1	145	2230	78	4	10	57
Base	690	200	21.5	7.5	1	110	1750	72	4	7	50
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	240	210	24	4	0	20	390	5	0	3	2
Large	1310	600	67	19	1	190	2970	104	6	13	76
Base	900	260	29	9.5	0.5	145	2340	96	6	10	66
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	330	290	32	6	0.5	25	510	7	0	3	3

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

	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	630	260	29	9	0	95	1330	57	3	11	37
Base	440	105	12	4.5	0	70	1145	50	3	6	33
Cheese	50	35	4	2.5	0	15	25	1	0	0	4
Dressing	140	120	13	2	0	10	160	6	0	5	0
Regular	950	390	43	13	0.5	145	2000	85	5	18	55
Base	660	160	17	6	0.5	110	1710	75	5	11	49
Cheese	80	50	6	4	0	20	40	1	0	0	6
Dressing	210	180	20	3	0	15	250	9	0	7	0
Large	1260	520	58	18	1	195	2660	114	7	22	74
Base	860	210	24	9	1	150	2275	100	7	12	65
Cheese	110	70	8	5	0	25	55	2	0	0	8
Dressing	290	240	26	4	0	20	330	12	0	10	1

TURKEY SUBS

Turkey Ranch & Swiss - with lettuce, tomatoes, onions

Small	530	220	25	7	0	50	1230	50	3	7	27
Base	350	55	7	2.5	0	30	1015	48	3	6	23
Cheese	50	35	4	3	0	15	25	1	0	0	4
Dressing	130	130	14	2	0	5	190	1	0	1	0
Regular	800	340	37	10	0.5	75	1840	76	4	11	40
Base	520	100	10	3	0.5	45	1520	73	4	10	34
Cheese	80	50	6	4	0	20	40	1	0	0	6
Dressing	200	190	21	3	0	10	280	2	0	1	0
Large	1060	450	50	14	1	100	2450	101	6	14	54
Base	690	130	14	4.5	1	65	2025	97	6	12	45
Cheese	110	70	8	5	0	25	55	2	0	0	8
Dressing	260	250	28	4.5	0	10	370	2	0	2	1

Turkey Bacon Guacamole - with mozzarella, lettuce, tomatoes, onions, ranch

Small	640	300	33	9	0	60	1610	54	4	8	33
Base	470	145	16	5	0	45	1360	53	4	7	29
Cheese	40	25	3	2	0	10	60	0	0	0	4

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Dressing	130	130	14	2	0	5	190	1	0	1	0
Regular	960	450	50	14	0.5	90	2420	81	6	11	49
Base	700	220	24.5	8.5	0.5	65	2050	78	6	10	44
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	200	190	21	3	0	10	280	2	0	1	0
Large	1280	600	67	19	1	120	3230	107	9	15	65
Base	940	300	33	11	1	90	2740	104	9	13	57
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	260	250	28	5	0	10	370	2	0	2	1
Ultimate Turkey Club - with bacon, cheddar, lettuce, tomatoes, mayo											
Small	550	220	25	8	0	65	1650	51	3	7	32
Base	420	120	13.5	4	0	40	1290	49	3	6	28
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	70	60	7	1	0	10	270	2	0	1	0
Regular	820	330	37	13	0	100	2480	76	4	10	48
Base	620	180	20	7	0	70	1950	72	4	9	43
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	110	90	10	2	0	10	400	4	0	1	0
Large	1090	440	49	17	0	135	3300	101	5	14	64
Base	870	260	28	11	0	85	2900	100	5	12	55
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	140	120	14	2	0	15	540	5	0	2	0
Chipotle Turkey - with cheddar, lettuce, tomatoes, onions, chipotle mayo on jalapeno cheddar bread											
Small	580	280	31	8	0	60	1390	50	3	7	26
Base	350	70	7.5	2	0	30	1020	49	3	6	22
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	170	170	19	3	0	15	280	1	0	1	0
Regular	860	410	46	12	0.5	90	2080	75	4	10	40
Base	510	100	11	3	0.5	50	1530	74	4	9	35
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	260	250	28	5	0	20	420	1	0	1	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)
Large	1150	550	61	16	0.5	120	2770	100	6	14	53
Base	690	130	14	4	0	65	2020	98	6	13	45
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	350	340	38	6	0.5	25	570	2	0	1	1
DELI CLASSICS											
Classic Italian - Pepperoni, salami, capicola, ham, mozzarella, black olives, lettuce, tomatoes, onions, red wine vinaigrette											
Small	610	300	33	10	0.5	60	1650	53	3	9	26
Base	450	165	18	6	0.5	50	1300	51	3	7	22
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	120	110	12	2	0	0	290	2	0	2	0
Regular	920	450	50	15	1	90	2480	80	4	14	40
Base	680	250	27.5	9.5	1	75	1960	76	4	12	35
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	180	160	18	3	0	0	430	3	0	2	0
Large	1230	600	66	20	1.5	120	3300	107	6	18	53
Base	910	330	36	12.5	1.5	100	2600	102	6	15	46
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	240	220	24	4	0	0	580	4	0	3	0
The Traditional - Roast beef, turkey, ham, cheddar, lettuce, black olives, tomatoes, onions, ranch											
Small	540	230	26	7	0	50	1290	52	3	8	26
Base	350	60	7.5	2	0	30	1010	51	3	7	22
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	130	130	14	2	0	5	190	1	0	1	0
Regular	810	350	39	11	0	80	1940	79	4	12	39
Base	520	100	11	3.5	0	50	1530	77	4	11	34
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	200	190	21	3	0	10	280	2	0	1	0
Large	1090	470	52	15	0.5	105	2590	105	6	16	52
Base	720	140	15	4.5	0.5	65	2040	103	6	14	44
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	260	250	28	4.5	0	10	370	2	0	2	1

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

	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	440	120	14	4.5	0	40	1530	57	3	12	25
Base	350	65	7.5	2	0	25	1260	51	3	8	21
Cheese	40	25	3	2	0	10	60	0	0	0	4
Dressing	50	30	3.5	0.5	0	5	210	6	0	4	0
Regular	660	190	21	7	0	60	2290	85	4	18	38
Base	520	105	11.5	3.5	0	40	1890	75	4	11	33
Cheese	60	40	4.5	2.5	0	15	90	1	0	0	5
Dressing	80	45	5	1	0	5	310	9	0	7	0
Large	880	250	28	9	0.5	85	3060	113	6	24	50
Base	690	140	15	4.5	0.5	55	2520	100	6	15	43
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	110	60	7	1	0	10	420	12	0	9	0

Honey Bacon Club - Turkey, ham, bacon, Swiss, lettuce, tomatoes, onions, honey-french dressing

Small	610	250	27	9	0	55	1580	63	3	18	31
Base	430	125	13	7	0	50	1370	51	3	8	27
Cheese	50	35	4	0.5	0	5	10	1	0	0	4
Dressing	130	90	10	1.5	0	0	200	11	0	10	0
Regular	920	370	41	13	0.5	85	2370	94	4	27	47
Base	640	180	20	10	1	80	2055	77	4	12	41
Cheese	80	50	6	1	0	5	15	1	0	0	6
Dressing	200	140	15	2.5	0	0	300	16	0	15	0
Large	1220	490	55	17	1	110	3160	126	6	36	62
Base	840	240	27	12.5	1	105	2745	102	6	16	54
Cheese	110	70	8	1.5	0	5	15	2	0	0	8
Dressing	270	180	20	3	0	0	400	22	0	20	0

Tuna - Tuna, cheddar, lettuce, tomatoes, red wine vinaigrette

Small	560	240	26	7	0	50	1260	53	3	8	30
Base	380	90	9.5	2	0	35	880	51	3	6	26
Cheese	60	40	4.5	3	0	15	90	0	0	0	4
Dressing	120	110	12	2	0	0	290	2	0	2	0

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Regular	840	360	40	11	0.5	70	1890	80	4	11	44
Base	570	140	15	3.5	0.5	50	1330	77	4	9	39
Cheese	90	60	7	4.5	0	20	130	0	0	0	5
Dressing	180	160	18	3	0	0	430	3	0	2	0
Large	1120	470	53	15	0.5	95	2520	107	5	15	59
Base	770	170	20	5	0.5	65	1760	103	5	12	52
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	240	220	24	4	0	0	580	4	0	3	0
Italian Meatball - with double mozzarella, marinara											
Small	790	360	40	13	0	95	1710	63	6	10	47
Base	685	305	33	9.5	0	75	1485	58	5	8	39
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	25	5	1	0	0	0	105	4	1	2	1
Regular	1180	540	60	20	0.5	140	2550	94	9	14	70
Base	1030	450	50	15	0.5	115	2230	88	8	10	58
Cheese	120	80	9	5	0	25	180	1	0	1	11
Dressing	30	10	1	0	0	0	140	5	1	3	1
Large	1560	720	80	26	0.5	190	3390	125	12	18	93
Base	1360	610	67.5	19	0	155	2970	117	11	13	78
Cheese	160	100	11	7	0.5	35	240	2	0	1	14
Dressing	40	10	1.5	0	0	0	180	6	1	4	1
Veggie Guacamole - Guacamole, cheddar, mozzarella, choice of veggies, red wine vinaigrette											
Small	540	250	28	9	0	30	950	54	4	8	19
Base	400	150	18	2	0	0	740	54	4	8	11
Cheese	70	50	5	4	0	15	105	0	0	0	4
Dressing	120	110	12	2	0	0	290	2	0	2	0
Regular	810	380	42	14	0.5	45	1430	81	6	12	28
Base	480	120	13	4	1	10	780	77	6	10	17
Cheese	150	100	11	7	0	35	220	1	0	0	11
Dressing	180	160	18	3	0	0	430	3	0	2	0
Large	1080	500	56	18	1	55	1910	108	8	16	38

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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	640	140	17	4	1	10	1030	103	8	12	24
Cheese	200	140	15	10	0	45	300	1	0	1	14
Dressing	240	220	24	4	0	0	580	4	0	3	0
GRILLED FLATBREADS											
Sonoma Turkey - Turkey, lettuce, cheddar, lettuce, 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	21	1	0	0	0
Chicken Bacon Ranch - Chicken, bacon, Swiss, lettuce, tomatoes, ranch											
Small	460	220	25	7	0	60	1050	37	3	6	23
Base	310	95	11	5	0	50	900	35	3	5	19
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
Veggie Caprese - Double mozzarella, tomatoes, onions, lettuce, olives, cucumbers, fat-free balsamic vinaigrette on ciabatta bread											
Small	310	80	9	4	0	20	580	45	3	11	13
Base	200	30	3	0.5	0	0	290	36	3	6	6
Cheese	80	50	6	3.5	0	20	120	1	0	0	7
Dressing	30	0	0	0	0	0	170	8	0	5	0
Honey Dijon Ham - Ham, Swiss, tomatoes, onions, lettuce, honey mustard dressing on ciabatta bread											
Small	410	170	19	6	0	40	930	42	2	11	20
Base	250	45	5	2	0	15	780	37	2	7	16
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
SALADS & WRAPS											
Apple Harvest Chicken - Honey-dijon chicken salad, apples, dried cranberries, cucumbers, tomatoes, croutons. Recommended Dressing - Acai Vinaigrette											
Small	130	30	3	0.5	0	20	190	21	3	13	6
Large	270	60	6	1.5	0	35	380	41	6	26	13
Wrap	560	120	14	6	0	35	1040	91	6	28	20
BBQ Ranch Chicken - Chicken, cheddar, tomatoes, onions, croutons. Recommended Dressing - BBQ Ranch											
Small	110	35	4	2	0	35	290	7	2	2	11

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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)
Large	220	70	8	4	0	70	580	15	4	4	23
Wrap	510	140	15	9	0	70	1250	64	4	6	29
Italian - Italian meats, mozzarella, cucumbers, olives, tomatoes, onions, croutons. Recommended Dressing - Red Wine Vinaigrette											
Small	150	90	10	3.5	0	25	500	8	2	3	9
Large	310	170	19	7	0	55	1010	16	4	5	18
Wrap	600	240	26	12	0	55	1670	66	4	8	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
Turkey Lite - Turkey, tomatoes, onions, cucumbers, croutons. Recommended Dressing - Fat-Free Balsamic Vinaigrette.											
Small	80	25	3	0.5	0	15	390	7	2	2	9
Large	170	50	6	1.5	0	30	770	14	4	4	17
Wrap	440	110	12	6	0	25	1320	63	4	6	22
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	220	190	21	3	0	10	510	7	0	6	1
Honey Mustard	290	240	26	4	0	20	330	12	0	10	1
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	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
Large	365	205	22.5	15	0.5	35	2215	32	2	9	10

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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>
Soup	340	200	22	15	0.5	35	2140	28	2	9	10
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	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
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
Large	215	65	6.5	2.5	0	35	2255	26	1	2	11
Soup	190	60	6	2.5	0	35	2180	22	1	2	11
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	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
Large	485	135	15.5	3.5	0	115	1605	58	16	12	31
Soup	460	130	15	3.5	0	115	1530	54	16	12	31
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	125	55	5.5	2.5	0	20	625	14	1	2	4
Soup	100	50	5	2.5	0	20	550	10	1	2	4
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Regular	205	95	10.5	4.5	0	30	1075	21	3	4	7
Soup	180	90	10	4.5	0	30	1000	17	3	4	7

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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)
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Large	305	145	15.5	7	0	50	1625	31	4	7	12
Soup	280	140	15	7	0	50	1550	27	4	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	135	65	7.5	4.5	0	25	575	15	1	6	3
Soup	110	60	7	4.5	0	25	500	11	1	6	3
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Regular	225	115	13.5	8	0	45	975	23	2	11	5
Soup	200	110	13	8	0	45	900	19	2	11	5
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Large	345	185	20.5	12	0.5	70	1475	34	4	17	7
Soup	320	180	20	12	0.5	70	1400	30	4	17	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	155	75	8.5	4.5	0	20	895	15	0	3	3
Soup	130	70	8	4.5	0	20	820	11	0	3	3
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Regular	255	135	15.5	8	0	40	1545	23	1	5	5
Soup	230	130	15	8	0	40	1470	19	1	5	5
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
Large	385	215	23.5	13	0.5	60	2355	34	1	8	8
Soup	360	210	23	13	0.5	60	2280	30	1	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
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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	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)
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

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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	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
Dressings											
Fat-Free Balsamic	30	0	0	0	0	0	170	8	0	5	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)
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
Dressings											
Fat-Free Balsamic	15	0	0	0	0	0	95	4	0	2.5	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)
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
Cheese	20	15	1.5	1	0	5	30	0	0	0	2
Kids Triple Cheese											

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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)
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