

Quiznos[®]

Nutrition Information

Updated 10.13.2016

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)*

LTO

A1 Steak Dip

4"	380	170	18	6	0	50	980	35	3	4	20
9"	760	330	37	11	0	95	1970	70	6	7	41
12"	1160	510	57	17	0	145	2990	105	9	11	61
Flatbread	400	190	21	6	0	50	1010	31	4	2	19
Au Jus	30	0	0	0	0	0	590	6	0	1	1
Stack It (Can be added to any Steak sub)	60	15	1.5	0	0	25	350	2	0	0	10

CLASSICS

Turkey Ranch Swiss

4"	320	120	13	4.5	0	40	900	34	3	5	20
8"	650	230	26	9	0	80	1810	67	6	9	40
12"	1140	460	51	21	1	155	2830	103	9	14	71
Flatbread	340	140	16	4.5	0	40	930	30	4	3	18

Cheesy Meatball Marinara

4"	430	190	21	8	0	50	1090	40	5	6	25
8"	940	420	46	16	0	115	2350	82	10	12	55
12"	1370	600	67	24	0	165	3440	121	14	17	80
Flatbread	430	200	22	8	0	50	1080	36	5	4	24

Tuna Melt

4"	410	170	18	6	0	50	1030	37	5	6	29
8"	810	330	37	11	0	95	2060	73	11	12	57
12"	1220	500	55	17	0	145	3090	109	16	17	86
Flatbread	400	170	19	6	0	50	1030	32	4	2	26

Veggie

4"	420	220	25	7	0	25	780	38	5	6	16
8"	840	440	49	15	0.5	50	1550	76	10	12	31
12"	1270	680	75	22	1	75	2370	114	15	18	46
Flatbread	440	250	28	8	0	25	800	34	6	5	14

Avocado Caprese

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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>
4"	450	250	28	7	0	10	880	43	7	5	12
8"	910	510	56	14	0	25	1760	85	14	11	24
12"	1390	780	87	21	0.5	35	2710	128	21	17	36
Flatbread	480	290	32	7	0	10	940	39	8	4	10
PREMIUM											
Italian											
4"	470	250	28	8	0	50	1460	37	3	7	20
8"	930	490	55	16	0	95	2920	74	6	13	40
12"	1410	760	84	25	0	145	4420	111	9	19	60
Flatbread	480	270	31	8	0	45	1490	34	4	5	19
Traditional											
4"	390	160	18	5	0	50	1210	37	3	5	23
8"	770	320	35	11	0	105	2410	73	6	10	45
12"	1170	490	54	16	0	155	3650	109	9	15	68
Flatbread	400	180	20	5	0	55	1230	33	4	4	21
Turkey Bacon Avocado											
4"	370	160	18	4.5	0	35	950	34	5	4	20
8"	730	330	36	9	0	70	1900	68	9	8	39
12"	1110	500	56	13	0	110	2860	101	14	12	59
Flatbread	380	190	21	4.5	0	35	950	30	6	3	18
Honey Bacon Club											
4"	400	150	17	6	0	40	1100	41	3	12	22
8"	790	310	34	12	0.5	85	2210	82	6	23	44
12"	1210	470	53	18	1	125	3330	125	9	35	65
Flatbread	420	180	20	6	0	45	1100	38	4	11	21
Ultimate Turkey Club											
4"	440	230	25	8	0	55	1060	32	3	4	22
8"	890	460	51	16	0	115	2120	64	6	8	44
12"	1350	710	79	24	0	175	3200	96	9	11	66
Flatbread	470	270	30	8	0	60	1070	28	4	2	21

CHICKEN SUBS

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Chicken Parmesan

	<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>
4"	390	140	15	6	0	50	1090	42	4	6	25
8"	790	270	30	11	0	100	2180	83	8	11	51
12"	1190	420	46	17	0	150	3290	125	12	17	76
Flatbread	400	160	18	6	0	50	1100	38	5	4	24

Chicken Bacon Carbonara

4"	430	200	22	6	0	60	1110	34	3	5	26
8"	860	390	44	12	0	115	2230	68	5	9	51
12"	1310	610	67	18	1	175	3370	103	8	14	77
Flatbread	450	230	26	6	0	60	1140	31	4	3	24

Chicken Pesto

4"	390	150	17	6	0	45	1080	39	5	4	25
8"	790	300	33	12	0	95	2170	78	10	7	50
12"	1190	460	51	18	0	140	3280	118	14	11	75
Flatbread	410	170	19	6	0	45	1100	36	6	2	23

Baja

4"	380	150	16	6	0	60	1110	35	3	7	25
8"	760	290	33	12	0	120	2230	71	5	13	50
12"	1160	450	50	19	0	180	3390	106	8	20	75
Flatbread	400	170	19	6	0	60	1150	32	3	6	23

Mesquite

4"	380	150	17	6	0	60	1040	34	3	5	25
8"	760	300	33	13	0	125	2080	67	6	9	51
12"	1150	460	51	19	0	185	3150	100	9	13	76
Flatbread	390	180	19	6	0	60	1060	30	4	3	24

STEAK

Black Angus Steakhouse

4"	370	140	15	6	0	55	1010	36	2	10	22
8"	740	270	30	13	0	105	2010	73	3	19	45
12"	1110	410	45	19	0	160	3050	111	5	30	67
Flatbread	390	150	16	6	0	50	1070	39	4	10	22

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Chipotle Steak & Cheddar

	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)
4"	420	210	23	6	0	50	960	34	3	4	20
8"	840	420	46	13	0	100	1910	68	6	8	41
12"	1200	580	65	15	0.5	130	2770	103	9	12	56
Flatbread	440	240	27	7	0	50	980	30	4	3	19

Peppercorn Steak

4"	420	200	22	5	0	50	960	36	3	4	20
8"	840	400	45	10	0	100	1920	72	6	9	40
12"	1280	630	70	16	1	150	2910	108	10	13	60
Flatbread	440	240	27	5	0	50	980	32	4	3	18

Shroomalicious

4"	430	220	24	6	0	50	910	34	3	3	20
8"	860	430	48	12	0	95	1820	67	6	7	41
12"	1320	680	75	18	0.5	145	2750	101	8	10	61
Flatbread	460	260	29	6	0	50	920	30	4	2	19

CIABATTA TOASTIES

Little Italy	550	260	28	9	0	45	1520	52	2	5	23
Ham & Swiss	490	180	20	6	0	45	1170	56	2	9	22
Southwest Club	470	190	21	4.5	0	40	1290	48	2	3	21

SALADS

Chicken Bacon Ranch

Half	200	80	9	5	0	55	620	13	4	4	19
Dressing	200	180	20	3	0	20	510	2	0	1	1
Whole	400	170	19	11	0	110	1230	25	8	8	38
Dressing	390	360	40	6	0.5	40	1030	4	0	2	3

Apple Harvest Chicken

Half	150	60	7	1	0	20	240	13	3	9	11
Dressing	140	100	11	1.5	0	0	280	10	0	9	0
Whole	290	120	13	2	0	40	480	27	7	18	20
Dressing	280	210	23	3.5	0	0	560	19	0	17	1

Chicken Caesar

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Half	180	70	8	5	0	50	510	10	4	1	20
Dressing	310	280	32	6	0	25	550	4	0	2	2
Whole	360	140	16	9	0	100	1020	20	8	2	40
Dressing	620	570	63	11	1	45	110	8	1	4	4
Veggie											
Half	150	90	10	5	0	15	330	12	4	3	7
Dressing	240	220	24	4	0	0	580	4	0	3	0
Whole	300	170	19	9	0	30	670	25	8	4	13
Dressing	480	440	49	8	0.5	0	1160	8	1	7	1
Lobster & Seafood Salad											
Half	170	120	13	2	0	25	410	8	3	2	7
Dressing	200	180	20	3	0	20	510	2	0	1	1
Whole	350	230	26	5	0	50	810	17	5	4	13
Dressing	390	360	40	6	0.5	40	1030	4	0	2	3
Garlic Toast											
Half Size	130	50	6	1	0	0	340	17	1	1	3
Whole Size	260	100	11	2	0	0	680	34	1	2	6
MAC & CHEESE											
Classic											
Pair Up	640	340	38	22	0.5	110	1350	56	3	4	24
Entrée	860	460	51	28	1	150	1810	72	4	4	32
Smoky BBQ Bacon											
Entrée	900	480	53	28	1	155	2150	77	4	9	33
Chicken Bacon											
Entrée	1050	540	60	31	1	245	2420	73	4	4	61
Lobster & Seafood											
Entrée	890	430	48	26	1	165	2240	81	6	5	38
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

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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
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
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
Bread Bowl	820	250	28	7	0	65	1910	108	7	7	35
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

KIDS MEALS

Served with a drink, and choice of chips, apple or kids chocolate chip cookie

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Kids Turkey & Cheese and Ham & Cheese Flatbread

Artisan 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)
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
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
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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
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

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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											
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 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