

# Quiznos<sup>®</sup>

## 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

# Quiznos<sup>®</sup>

## Nutrition Information

Updated 10.13.2016

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

### CHICKEN SUBS

# Quiznos<sup>®</sup>

## Nutrition Information

Updated 10.13.2016

### 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

# Quiznos<sup>®</sup>

## Nutrition Information

Updated 10.13.2016

### 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

# Quiznos<sup>®</sup>

## 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)
<b>Half</b>	<b>180</b>	<b>70</b>	<b>8</b>	<b>5</b>	<b>0</b>	<b>50</b>	<b>510</b>	<b>10</b>	<b>4</b>	<b>1</b>	<b>20</b>
Dressing	310	280	32	6	0	25	550	4	0	2	2
<b>Whole</b>	<b>360</b>	<b>140</b>	<b>16</b>	<b>9</b>	<b>0</b>	<b>100</b>	<b>1020</b>	<b>20</b>	<b>8</b>	<b>2</b>	<b>40</b>
Dressing	620	570	63	11	1	45	110	8	1	4	4
<b>Veggie</b>											
<b>Half</b>	<b>150</b>	<b>90</b>	<b>10</b>	<b>5</b>	<b>0</b>	<b>15</b>	<b>330</b>	<b>12</b>	<b>4</b>	<b>3</b>	<b>7</b>
Dressing	240	220	24	4	0	0	580	4	0	3	0
<b>Whole</b>	<b>300</b>	<b>170</b>	<b>19</b>	<b>9</b>	<b>0</b>	<b>30</b>	<b>670</b>	<b>25</b>	<b>8</b>	<b>4</b>	<b>13</b>
Dressing	<b>480</b>	<b>440</b>	<b>49</b>	<b>8</b>	<b>0.5</b>	<b>0</b>	<b>1160</b>	<b>8</b>	<b>1</b>	<b>7</b>	<b>1</b>
<b>Lobster &amp; Seafood Salad</b>											
<b>Half</b>	<b>170</b>	<b>120</b>	<b>13</b>	<b>2</b>	<b>0</b>	<b>25</b>	<b>410</b>	<b>8</b>	<b>3</b>	<b>2</b>	<b>7</b>
Dressing	200	180	20	3	0	20	510	2	0	1	1
<b>Whole</b>	<b>350</b>	<b>230</b>	<b>26</b>	<b>5</b>	<b>0</b>	<b>50</b>	<b>810</b>	<b>17</b>	<b>5</b>	<b>4</b>	<b>13</b>
Dressing	390	360	40	6	0.5	40	1030	4	0	2	3
<b>Garlic Toast</b>											
Half Size	<b>130</b>	<b>50</b>	<b>6</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>340</b>	<b>17</b>	<b>1</b>	<b>1</b>	<b>3</b>
Whole Size	<b>260</b>	<b>100</b>	<b>11</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>680</b>	<b>34</b>	<b>1</b>	<b>2</b>	<b>6</b>
<b>MAC &amp; CHEESE</b>											
<b>Classic</b>											
<b>Pair Up</b>	<b>640</b>	<b>340</b>	<b>38</b>	<b>22</b>	<b>0.5</b>	<b>110</b>	<b>1350</b>	<b>56</b>	<b>3</b>	<b>4</b>	<b>24</b>
<b>Entrée</b>	<b>860</b>	<b>460</b>	<b>51</b>	<b>28</b>	<b>1</b>	<b>150</b>	<b>1810</b>	<b>72</b>	<b>4</b>	<b>4</b>	<b>32</b>
<b>Smoky BBQ Bacon</b>											
<b>Entrée</b>	<b>900</b>	<b>480</b>	<b>53</b>	<b>28</b>	<b>1</b>	<b>155</b>	<b>2150</b>	<b>77</b>	<b>4</b>	<b>9</b>	<b>33</b>
<b>Chicken Bacon</b>											
<b>Entrée</b>	<b>1050</b>	<b>540</b>	<b>60</b>	<b>31</b>	<b>1</b>	<b>245</b>	<b>2420</b>	<b>73</b>	<b>4</b>	<b>4</b>	<b>61</b>
<b>Lobster &amp; Seafood</b>											
<b>Entrée</b>	<b>890</b>	<b>430</b>	<b>48</b>	<b>26</b>	<b>1</b>	<b>165</b>	<b>2240</b>	<b>81</b>	<b>6</b>	<b>5</b>	<b>38</b>
<b>SAVORY SOUPS</b>											
<b>Broccoli Cheese</b>											
<b>Small</b>	<b>110</b>	<b>50</b>	<b>5</b>	<b>2.5</b>	<b>0</b>	<b>15</b>	<b>930</b>	<b>12</b>	<b>1</b>	<b>1</b>	<b>4</b>
Soup	85	45	4.5	2.5	0	15	855	8	1	1	4

# Quiznos<sup>®</sup>

## 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)
2 Crackers	25	5	0.5	0	0	0	75	4	0	0	0
<b>Regular</b>	<b>180</b>	<b>80</b>	<b>9</b>	<b>4.5</b>	<b>0</b>	<b>25</b>	<b>1610</b>	<b>17</b>	<b>1</b>	<b>2</b>	<b>7</b>
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
<b>Bread Bowl</b>	<b>760</b>	<b>240</b>	<b>27</b>	<b>8</b>	<b>0</b>	<b>35</b>	<b>2210</b>	<b>103</b>	<b>5</b>	<b>4</b>	<b>31</b>
<b>Chicken Noodle</b>											
<b>Small</b>	<b>90</b>	<b>25</b>	<b>3</b>	<b>0.5</b>	<b>0</b>	<b>15</b>	<b>890</b>	<b>12</b>	<b>1</b>	<b>1</b>	<b>4</b>
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
<b>Regular</b>	<b>140</b>	<b>40</b>	<b>4.5</b>	<b>1</b>	<b>0</b>	<b>25</b>	<b>1540</b>	<b>19</b>	<b>1</b>	<b>2</b>	<b>7</b>
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
<b>Bread Bowl</b>	<b>650</b>	<b>150</b>	<b>17</b>	<b>2</b>	<b>0</b>	<b>15</b>	<b>2030</b>	<b>103</b>	<b>5</b>	<b>4</b>	<b>25</b>
<b>Chili</b>											
<b>Small</b>	<b>170</b>	<b>60</b>	<b>6</b>	<b>1.5</b>	<b>0</b>	<b>40</b>	<b>620</b>	<b>17</b>	<b>3</b>	<b>4</b>	<b>8</b>
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
<b>Regular</b>	<b>280</b>	<b>100</b>	<b>11</b>	<b>3</b>	<b>0</b>	<b>70</b>	<b>1060</b>	<b>27</b>	<b>5</b>	<b>7</b>	<b>15</b>
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
<b>Bread Bowl</b>	<b>820</b>	<b>250</b>	<b>28</b>	<b>7</b>	<b>0</b>	<b>65</b>	<b>1910</b>	<b>108</b>	<b>7</b>	<b>7</b>	<b>35</b>
<b>DESSERTS</b>											
<b>Chocolate Chunk Cookie</b>	<b>390</b>	<b>170</b>	<b>19</b>	<b>11</b>	<b>0</b>	<b>55</b>	<b>170</b>	<b>54</b>	<b>1</b>	<b>31</b>	<b>4</b>
<b>Cinnamon Sugar Cookie</b>	<b>400</b>	<b>150</b>	<b>17</b>	<b>11</b>	<b>0</b>	<b>50</b>	<b>290</b>	<b>58</b>	<b>1</b>	<b>33</b>	<b>4</b>
<b>Oatmeal Raisin Cookie</b>	<b>360</b>	<b>110</b>	<b>12</b>	<b>7</b>	<b>0</b>	<b>50</b>	<b>200</b>	<b>58</b>	<b>3</b>	<b>34</b>	<b>5</b>
<b>Chocolate Brownie</b>	<b>310</b>	<b>150</b>	<b>16</b>	<b>3.5</b>	<b>0</b>	<b>15</b>	<b>150</b>	<b>40</b>	<b>2</b>	<b>24</b>	<b>4</b>
<b>MISC. DRINKS</b>											
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

# Quiznos<sup>®</sup>

## Nutrition Information

Updated 10.13.2016

### 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
---------------	-----	----	-----	---	---	---	-----	----	-----	---	-----

# Quiznos<sup>®</sup>

## Nutrition Information

Updated 10.13.2016

	<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>
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
<b>Dressings</b>											
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
<b>Meat</b>											
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
<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	0.5	0	5	10	1	0	0	4
<b>Veggies</b>											
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
<b>Kids Meatball</b>											
<b>Flatbread</b>	<b>380</b>	<b>170</b>	<b>19</b>	<b>6</b>	<b>0</b>	<b>40</b>	<b>960</b>	<b>32</b>	<b>3</b>	<b>4</b>	<b>21</b>
Base*	360	155	17.5	5	0	35	930	32	3	4	19



# Quiznos<sup>®</sup>

## 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)
Cheese	20	15	1.5	1	0	5	30	0	0	0	2
<b>3" Sub</b>	<b>410</b>	<b>170</b>	<b>19</b>	<b>6</b>	<b>0</b>	<b>40</b>	<b>940</b>	<b>40</b>	<b>4</b>	<b>6</b>	<b>22</b>
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
<b>Kids Triple Cheese</b>											
<b>Flatbread</b>	<b>260</b>	<b>100</b>	<b>11</b>	<b>4.5</b>	<b>0</b>	<b>20</b>	<b>400</b>	<b>29</b>	<b>1</b>	<b>3</b>	<b>12</b>
<b>3" Sub</b>	<b>230</b>	<b>90</b>	<b>10</b>	<b>6</b>	<b>0</b>	<b>25</b>	<b>420</b>	<b>23</b>	<b>1</b>	<b>2</b>	<b>12</b>
<b>Kids Pizza Flatbread</b>											
<b>Cheese</b>	<b>260</b>	<b>90</b>	<b>10</b>	<b>4.5</b>	<b>0</b>	<b>20</b>	<b>460</b>	<b>30</b>	<b>1</b>	<b>5</b>	<b>12</b>
<b>Pepperoni</b>	<b>400</b>	<b>190</b>	<b>21</b>	<b>9</b>	<b>0.5</b>	<b>50</b>	<b>940</b>	<b>34</b>	<b>2</b>	<b>5</b>	<b>18</b>
<b>Kids Toasty Pastas</b>											
<b>Mac &amp; Cheese</b>	<b>330</b>	<b>120</b>	<b>13</b>	<b>8</b>	<b>0</b>	<b>40</b>	<b>280</b>	<b>39</b>	<b>2</b>	<b>2</b>	<b>11</b>
<b>Meatball Marinara</b>	<b>330</b>	<b>80</b>	<b>9</b>	<b>2.5</b>	<b>0</b>	<b>15</b>	<b>430</b>	<b>47</b>	<b>3</b>	<b>6</b>	<b>14</b>
<b>SIDES</b>											
<b>Chips</b>											
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