

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)
LIMITED TIME OFFER											
Lobster Scampi Bake - with garlic-baked lobster & seafood, melted mozzarella, sauteed mushrooms & onions, tomatoes, garlic aioli											
4" Sub	420	200	23	6	3.5	25	950	43	3	4	15
8" Sub	840	400	45	11	7	50	1900	85	5	8	31
12" Sub	1260	600	68	17	11	75	2850	127	7	11	46
Sammie	430	230	26	6	4	25	940	37	5	4	14
Half Salad	450	360	41	9	7	30	970	16	3	4	11
Full Salad	660	490	56	13	10	55	1460	27	6	7	21
Chipotle Lobster & Seafood - with lobster & seafood salad, shredded lettuce, chipotle mayo											
4" Sub	470	260	29	8	0.5	45	1110	41	3	4	12
8" Sub	930	520	57	15	1	95	2220	81	5	8	24
12" Sub	1430	810	90	23	1.5	140	3390	122	7	12	36
Sammie	490	310	34	8	0.5	50	1120	35	4	4	11
Half Salad	450	380	42	6	0.5	45	1030	12	3	4	8
Full Salad	560	410	46	7	0.5	65	1500	23	6	8	15
Lobster & Seafood Salad - with lobster & seafood salad, shredded lettuce											
4" Sub	300	100	11	5	0	35	850	40	2	3	12
8" Sub	610	200	22	10	0.5	70	1690	80	5	6	24
12" Sub	910	300	33	15	1	100	2540	120	7	10	35
Sammie	300	120	13	5	0	35	810	34	4	3	11
Half Salad	300	220	24	4	0	40	980	12	3	4	8
Full Salad	390	260	28	4.5	0	60	1440	21	5	6	15
CLASSICS											
Classic Italian - 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

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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
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
Spicy Monterey - 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
Tuna Melt - 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
Veggie Guacamole - 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

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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 recipe 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 - 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
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
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

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Traditional - 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
Italian Meatball - 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
CHICKEN											
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
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
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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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
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
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
Apple Harvest - with chicken, apples, pumpkin seeds, raisins, 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

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STEAK SUBS											
Black Angus Steakhouse - 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
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
French Dip - 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
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

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SIDES											
Au Jus											
3 oz. Portion	35	20	2.5	0	0	0	830	0	0	0	2
Tater Tots											
Classic	210	100	11	3	0	0	790	25	0	1	3
Loaded	320	170	19	7	0	25	1170	25	0	1	11
Garden Salad - with black olives, tomatoes, onions, cucumbers, (reciped with red wine vinaigrette)											
Side Salad	270	230	26	4	0	0	640	9	2	5	2
DESSERTS											
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
BREAKFAST											
Egg & Cheddar											
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
Ham, Egg, & Cheddar											
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
Bacon, Egg, & Cheddar											
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
Sausage, Egg, & Cheddar											
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

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Steak, Egg, & Cheddar											
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
RASPBERRY LEMONADE											
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
KIDS MEALS - choice of bread, meat, cheese, and dressing. Served with drink and choice of chips, apple, or kids chocolate chip cookie											
Bread											
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
Dressing											
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
Meat											
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
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	2.5	0	15	25	1	0	0	4

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Veggies											
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
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
SOUPS											
Broccoli Cheese											
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
Chicken Noodle											
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
Chili											
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
Tomato Basil Bisque (Optional)											
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