

Quiznos Nutrition Information

All Subs recipied with white baguette unless otherwise noted

Some items not available at all locations

| | Calories (kcal) | Fat Calories (kcal) | Fat (g) | Saturated Fat (g) | Total Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|--------------------|------------------------|---------|----------------------|------------------------|---------------------|----------------|-----------|----------------------|------------|-------------|
|--|--------------------|------------------------|---------|----------------------|------------------------|---------------------|----------------|-----------|----------------------|------------|-------------|

LIMITED TIME OFFER

Prime Italian - with marinara, prime rib, provolone, sauteed peepers, sauteed onion, giardiniera

| | | | | | | | | | | | |
|---------|------|-----|----|----|-----|-----|------|-----|---|---|----|
| 4" Sub | 330 | 100 | 12 | 4 | 0 | 35 | 960 | 38 | 2 | 3 | 18 |
| 8" Sub | 660 | 210 | 23 | 8 | 0.5 | 70 | 1820 | 77 | 4 | 6 | 36 |
| 12" Sub | 1020 | 330 | 36 | 13 | 1 | 120 | 2940 | 116 | 6 | 9 | 58 |
| Sammie | 350 | 130 | 15 | 4 | 0 | 35 | 910 | 35 | 4 | 5 | 17 |

Prime Rib XL - with horseradish sauce, prime rib, swiss cheese, saureed onions

| | | | | | | | | | | | |
|---------|------|-----|----|----|-----|-----|------|-----|---|----|----|
| 4" Sub | 440 | 170 | 19 | 7 | 0.5 | 70 | 1130 | 41 | 2 | 4 | 26 |
| 8" Sub | 880 | 340 | 38 | 14 | 1 | 145 | 2250 | 82 | 4 | 9 | 52 |
| 12" Sub | 1310 | 510 | 57 | 22 | 1.5 | 215 | 3380 | 124 | 7 | 13 | 79 |
| Sammie | 430 | 190 | 21 | 7 | 0.5 | 70 | 1080 | 35 | 4 | 4 | 25 |

Pit Smoked Brisket- with cheddar cheese, blue ribbon bbq sauce, red onion and pickles

| | | | | | | | | | | | |
|---------|------|-----|----|----|---|-----|------|-----|---|----|----|
| 4" Sub | 450 | 210 | 23 | 8 | 0 | 55 | 1350 | 40 | 3 | 5 | 21 |
| 8" Sub | 820 | 360 | 40 | 15 | 1 | 105 | 2490 | 77 | 5 | 8 | 41 |
| 12" Sub | 1260 | 560 | 63 | 22 | 1 | 160 | 3760 | 115 | 8 | 13 | 61 |
| Sammie | 430 | 190 | 21 | 8 | 0 | 60 | 1030 | 36 | 3 | 10 | 23 |

CLASSICS

Classic Italian - with capicola, salami, ham, pepperoni, provolone , olives, lettuce, red onions, banana peppers and red wine vinaigrette

| | | | | | | | | | | | |
|---------|------|-----|----|----|---|-----|------|-----|---|----|----|
| 4" Sub | 450 | 210 | 23 | 8 | 0 | 55 | 1350 | 40 | 3 | 5 | 21 |
| 8" Sub | 890 | 430 | 48 | 15 | 1 | 90 | 2540 | 79 | 5 | 10 | 38 |
| 12" Sub | 1260 | 560 | 63 | 22 | 1 | 160 | 3760 | 115 | 8 | 13 | 61 |
| Sammie | 330 | 240 | 26 | 9 | 0 | 65 | 1240 | 37 | 1 | 3 | 18 |

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, provolone , 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 |

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|--|--------------------|------------------------|---------|----------------------|------------------------|---------------------|----------------|-----------|----------------------|------------|-------------|
| 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 recipied 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 |
| Ultimate Turkey Club - with bacon, cheddar, lettuce, tomatoes, mayo (salad recipied 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 | 450 | 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 |
| Traditional Club - 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 |
| Chipotle Turkey - with cheddar, lettuce, tomaotoes, 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 |

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|--|--------------------|------------------------|---------|----------------------|------------------------|---------------------|----------------|-----------|----------------------|------------|-------------|
| 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 |
| Turkey Bacon Guacamole - with Provolone , 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 |
| 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 |
| STEAK | | | | | | | | | | | |
| Black Angus Steakhouse - with provolone , 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 provolone , 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 |

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|--|--------------------|------------------------|---------|----------------------|------------------------|---------------------|----------------|-----------|----------------------|------------|-------------|
| 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 |
| 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 |
| Carbonara - with bacon, provolone , 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 | | | | | | | | | | | |

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|---|--------------------|------------------------|---------|----------------------|------------------------|---------------------|----------------|-----------|----------------------|------------|-------------|
| 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 |
| SPECIALTY SANDWICHES - not available at all locations | | | | | | | | | | | |
| Apple Harvest - 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 |
| Italian Meatball - with meatballs and marinara, double portion of Provolone | | | | | | | | | | | |
| 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 |
| 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 |
| CHEF INSPIRED SALADS | | | | | | | | | | | |

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|---|--|------------------------|---------|----------------------|------------------------|---------------------|----------------|-----------|----------------------|------------|-------------|
| Apple Harvest Salad - with romaine lettuce, chicken, pumpkin seeds, craisins, apples, honey mustard, tomatoes, cucumbers and apple cider vinaigrette | | | | | | | | | | | |
| Full Salad | 520 | 260 | 29 | 5 | 0 | 45 | 500 | 48 | 8 | 38 | 19 |
| Half Salad | 350 | 200 | 22 | 3.5 | 0 | 30 | 300 | 29 | 3 | 24 | 9 |
| Chef Salad - with romaine lettuce, ham, turkey, Bacon, Swiss Cheese, Tomatoes, Cucumbers and Buttermilk Ranch Dressing | | | | | | | | | | | |
| Full Salad | 590 | 410 | 46 | 13 | 1 | 90 | 1860 | 13 | 2 | 9 | 32 |
| Half Salad | 430 | 330 | 37 | 9 | 0.5 | 50 | 1120 | 8 | 1 | 5 | 16 |
| Italian Salad - with romaine lettuce, pepperoni, salami, ham, capicola, tomato, Provolone cheese, red onion, black olives, banana peppers and red wine vinaigrette | | | | | | | | | | | |
| Full Salad | 700 | 510 | 57 | 17 | 1 | 105 | 2230 | 18 | 5 | 9 | 31 |
| Half Salad | 350 | 260 | 45 | 8 | 0.5 | 55 | 1170 | 9 | 3 | 4 | 16 |
| 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 |
| 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 |
| Tomato Basil Bisque | | | | | | | | | | | |
| 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 |
| SIDES | | | | | | | | | | | |
| Tater Tots | | | | | | | | | | | |
| Classic | 210 | 100 | 11 | 3 | 0 | 0 | 410 | 25 | 0 | 1 | 3 |
| Loaded w/Bacon, Jalapenos,Cheddar | 320 | 170 | 19 | 7 | 0 | 25 | 790 | 25 | 0 | 1 | 11 |
| Side 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 |
| Chips - Variety of flavors available | | | | | | | | | | | |
| | See specific bag for nutritional information | | | | | | | | | | |
| Au Jus | | | | | | | | | | | |
| 3 oz. Portion | 35 | 20 | 2.5 | 0 | 0 | 0 | 830 | 0 | 0 | 0 | 2 |
| KIDS MEALS - choice of bread, meat, cheese, and dressing. Served with drink and choice of chips or cookie (not included in nutritional/calorie info) | | | | | | | | | | | |
| Kids Triple Cheese | | | | | | | | | | | |

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|---|--------------------|------------------------|---------|----------------------|------------------------|---------------------|----------------|-----------|----------------------|------------|-------------|
| 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 |
| Bread | | | | | | | | | | | |
| Artisan White 4" | 170 | 15 | 1.5 | 0.5 | 0 | 0 | 340 | 33 | 1 | 2 | 6 |
| Artisan Wheat 4" | 150 | 15 | 1.5 | 0 | 0 | 0 | 260 | 29 | 3 | 3 | 6 |
| Rosemary Parmesan 4" | 140 | 20 | 2.5 | 1 | 0 | 5 | 270 | 25 | 1 | 2 | 5 |
| Jalapeno Cheddar 4" | 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 |
| Provolone | 40 | 25 | 3 | 2 | 0 | 10 | 60 | 0 | 0 | 0 | 4 |
| Swiss | 50 | 35 | 4 | 2.5 | 0 | 15 | 25 | 1 | 0 | 0 | 4 |
| 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 100g | 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 |
| BREAKFAST - not available at all locations | | | | | | | | | | | |
| Egg & Cheddar | | | | | | | | | | | |
| Sub | 380 | 180 | 20 | 7 | 0 | 245 | 690 | 35 | 1 | 2 | 17 |

Quiznos Nutrition Information

All Subs reciped with white baguette unless otherwise noted

Some items not available at all locations

| | Calories (kcal) | Fat Calories (kcal) | Fat (g) | Saturated Fat (g) | Total Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|------------------------------------|--------------------|------------------------|---------|----------------------|------------------------|---------------------|----------------|-----------|----------------------|------------|-------------|
| 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 |
| 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 |
| DESSERTS | | | | | | | | | | | |
| Chocolate Chunk Cookie, 1.5 oz | 190 | 70 | 8 | 4 | 0 | 0 | 150 | 29 | 1 | 16 | 2 |
| Chocolate Chunk Cookie, 3 oz | 400 | 160 | 18 | 11 | 0 | 45 | 240 | 57 | 2 | 34 | 4 |
| Cinnamon Sugar Cookie, 3 oz | 400 | 160 | 17 | 11 | 0.5 | 50 | 310 | 58 | 1 | 33 | 3 |
| Oatmeal Raisin Cookie, 3 oz | 360 | 110 | 12 | 7 | 0 | 50 | 200 | 58 | 3 | 33 | 5 |
| Chocolate Brownie, 3 oz | 440 | 210 | 23 | 6 | 0 | 35 | 270 | 56 | 2 | 37 | 5 |
| FOUNTAIN DRINKS | | | | | | | | | | | |
| RASPBERRY LEMONADE 20 oz | 270 | 0 | 0 | 0 | 0 | 0 | 65 | 74 | 0 | 70 | 0 |
| RASPBERRY LEMONADE 32 oz | 440 | 0 | 0 | 0 | 0 | 0 | 105 | 119 | 0 | 112 | 1 |
| Barq's Root Beer 20oz | 270 | 0 | 0 | 0 | 0 | 0 | 90 | 73 | 0 | 73 | 0 |
| Barq's Root Beer 32oz | 430 | 0 | 0 | 0 | 0 | 0 | 140 | 116 | 0 | 116 | 0 |
| Coca-Cola Zero Sugar 20oz | 0 | 0 | 0 | 0 | 0 | 0 | 65 | 0 | 0 | 0 | 0 |
| Coca-Cola Zero Sugar 32oz | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 0 | 0 | 0 | 0 |
| Coca-Cola 20oz | 250 | 0 | 0 | 0 | 0 | 0 | 65 | 67 | 0 | 67 | 0 |
| Coca-Cola 32 oz | 410 | 0 | 0 | 0 | 0 | 0 | 100 | 107 | 0 | 107 | 0 |
| Diet Coke 20oz | 0 | 0 | 0 | 0 | 0 | 0 | 85 | 1 | 0 | 0 | 0 |

Quiznos Nutrition Information

All Subs reciped with white baguette unless otherwise noted

Some items not available at all locations

| | Calories (kcal) | Fat Calories (kcal) | Fat (g) | Saturated Fat (g) | Total Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|----------------------------------|--------------------|------------------------|---------|----------------------|------------------------|---------------------|----------------|-----------|----------------------|------------|-------------|
| Diet Coke 32oz | 0 | 0 | 0 | 0 | 0 | 0 | 130 | 1 | 0 | 0 | 0 |
| Fanta Orange 20oz | 260 | 0 | 0 | 0 | 0 | 0 | 65 | 67 | 0 | 66 | 0 |
| Fanta Orange 32oz | 410 | 0 | 0 | 0 | 0 | 0 | 105 | 108 | 0 | 106 | 0 |
| Minute Maid Light Lemonade 20oz | 10 | 0 | 0 | 0 | 0 | 0 | 70 | 3 | 0 | 0 | 0 |
| Minute Maid Light Lemonade 32oz | 15 | 0 | 0 | 0 | 0 | 0 | 115 | 5 | 0 | 0 | 0 |
| Sprite 20oz | 240 | 0 | 0 | 0 | 0 | 0 | 115 | 61 | 0 | 61 | 0 |
| Sprite 30oz | 380 | 0 | 0 | 0 | 0 | 0 | 180 | 97 | 0 | 97 | 0 |
| CATERING | | | | | | | | | | | |
| Sub & Sammies Trays | | | | | | | | | | | |
| Classic Quiznos Sub Tray | 6320 | 2670 | 298 | 98 | 3.5 | 770 | 17500 | 571 | 31 | 71 | 341 |
| Classic Quiznos Sammies Tray | 5760 | 2700 | 302 | 90 | 0 | 740 | 15720 | 444 | 56 | 58 | 312 |
| Meaty Sub Tray | 6220 | 2670 | 295 | 98 | 2 | 740 | 18610 | 574 | 28 | 75 | 318 |
| Meaty Sammies Tray | 5940 | 2880 | 322 | 98 | 0 | 720 | 17320 | 454 | 52 | 70 | 296 |
| Bold Bunch Sub Tray | 6050 | 2420 | 267 | 93 | 1 | 795 | 18120 | 562 | 28 | 66 | 347 |
| Bold Bunch Sammies Tray | 5820 | 2720 | 302 | 94 | 0 | 760 | 17000 | 444 | 52 | 64 | 314 |
| Fresh Fix Sub Tray | 5860 | 2260 | 253 | 82 | 4 | 660 | 14150 | 581 | 36 | 72 | 318 |
| Fresh Fix Sammies Tray | 5360 | 2440 | 272 | 79 | 0 | 580 | 13780 | 450 | 56 | 62 | 266 |
| Box Lunches | | | | | | | | | | | |
| Regular Sandwich Box Lunch | 910-1420 | 160-630 | 17-71 | 6-21 | 0-1 | 65-95 | 2405-3240 | 103-104 | 5-6 | 13-15 | 40-44 |
| Small Sandwich Box Lunch | 610-960 | 90-410 | 17-76 | 3-12 | 0 | 35-50 | 1275-1870 | 64-65 | 3-4 | 7-9 | 21-24 |
| Salad Box Lunch | 620-920 | 260-500 | 28-56 | 8-14 | 0.5 | 80-140 | 1920-2030 | 15-18 | 3-4 | 9-11 | 29-42 |
| Salad Bowls | | | | | | | | | | | |
| Classic Italian Salad Bowl | 2800 | 2050 | 228 | 68 | 3 | 385 | 9110 | 68 | 17 | 38 | 124 |
| Ultimate Turkey Club Salad Bowl | 2130 | 1360 | 151 | 47 | 1 | 445 | 7620 | 39 | 17 | 17 | 150 |
| Honey Bacon Club Salad Bowl | 2480 | 1340 | 149 | 44 | 2 | 370 | 7250 | 134 | 17 | 102 | 149 |
| Apple Harvest Chicken Salad Bowl | 2530 | 1250 | 139 | 23 | 0 | 265 | 2980 | 220 | 32 | 168 | 102 |
| Fresh Garden Salad Bowl | 1210 | 980 | 109 | 15 | 1.5 | 0 | 2800 | 52 | 16 | 27 | 11 |
| Chef Inspired Salad Bowl | 2100 | 1290 | 144 | 44 | 3 | 410 | 7450 | 56 | 12 | 36 | 147 |