

Quiznos Nutrition Information

All Subs recipe 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											
Cubano - with ham, turkey, swiss cheese, pickles, mustard											
4" Sub	390	120	13	6	0	70	1580	39	2	4	31
8" Sub	780	230	26	12	0.5	140	3150	79	4	7	62
12" Sub	1180	350	39	18	1	210	4730	118	6	11	94
Sammie	370	130	14	6	0	70	1330	30	4	2	31
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
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 recipe 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 recipe with ranch)											

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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, 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
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

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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 sautéed 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

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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											
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

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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, 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
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											
Apple Harvest Salad - with romaine lettuce, chicken, pumpkin seeds, raisins, 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

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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											
Cheesy Garlic Bread - Garlic & herb butter, provolone cheese, marinara sauce											
Cheesy Garlic Bread 4"	440	220	24	8	0	25	1020	42	3	5	15
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, (recipe 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											
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

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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
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											

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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
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

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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