

# QUIZNOS

Upd 4/2024

US Nutritional Information	Portion Size (g)	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)
<b>LIMITED TIME OFFERING</b>												
<b>Black Angus Queso Philly</b> - black angus steak with sauteed green peppers and onions, topped with white Queso Bravo and banana peppers.												
Small Sub	226	390	140	16	7	0	55	1600	40	2	2	24
Medium Sub	438	770	270	30	13	0	110	3180	80	4	4	48
Large Sub	650	1140	390	44	19	0	165	4760	120	5	6	72
<b>Mushroom Philly</b> - sauteed mushrooms, green peppers and onions, topped with white Queso Bravo and banana peppers.												
Small Sub	212	400	200	22	7	0	20	1310	41	2	3	12
Medium Sub	409	770	370	42	13	0	45	2600	80	3	6	25
Large Sub	607	1150	550	63	19	0	65	3890	120	4	9	37
<b>LTO UNIQUE INGREDIENTS</b>												
Queso Bravo, side for dipping	43	110	80	9	6	0	20	510	3	0	1	6
<b>CLASSIC SUBS</b>												
<b>Classic Italian</b> - with capicola, salami, ham, pepperoni, provolone cheese, black olives, red onions, tomato, lettuce, banana peppers, and red wine vinaigrette.												
Small Sub	231	480	240	27	8	0	50	1710	39	2	4	20
Medium Sub	451	970	510	56	17	0	95	3480	79	4	8	40
Large Sub	662	1430	730	82	25	0	145	5140	117	6	11	61
Sammie	226	480	260	29	9	0	50	1670	34	4	5	20
<b>Chipotle Turkey</b> - with turkey breast, cheddar cheese, red onions, lettuce, tomatoes, and chipotle mayo.												
Small Sub	203	350	130	14	4.5	0	50	950	37	2	3	20
Medium Sub	393	710	270	30	9	0	100	1930	73	4	5	40
Large Sub	579	1040	380	42	13	0	145	2850	109	5	7	60
Sammie	199	350	140	16	5	0	50	910	31	4	4	19
<b>Honey Bacon Club</b> - with turkey, ham, bacon, Swiss cheddar, red onions, lettuce, tomatoes, and Honey French dressing.												
Small Sub	214	380	130	14	4.5	0	50	1060	41	2	6	24
Medium Sub	416	770	260	29	10	0	100	2140	83	4	13	49
Large Sub	613	1140	380	42	14	0.5	150	3190	123	5	18	73
Sammie	210	380	140	16	5	0	50	1020	35	4	7	24
<b>Spicy Monterey</b> - with turkey, ham, Swiss cheese, red onions, pickles, tomatoes, lettuce, pickles, mayo, and four pepper chili sauce.												
Small Sub	239	320	90	10	3	0	45	1120	41	3	5	20
Medium Sub	469	660	180	20	6	0	95	2260	82	5	9	40
Large Sub	689	970	260	29	9	0	140	3360	122	8	13	60
Sammie	235	330	100	11	3.5	0	45	1130	36	4	6	20
<b>Traditional</b> - with black angus steak, turkey, ham, cheddar cheese, red onions, black olives, tomatoes, lettuce, and buttermilk ranch dressing.												
Small Sub	210	340	120	14	4.5	0	45	920	37	2	3	20
Medium Sub	407	700	260	29	9	0	90	1850	74	4	5	40
Large Sub	600	1030	370	41	13	0	130	2760	110	6	7	60
Sammie	206	350	140	16	5	0	45	880	31	4	4	19
<b>Tuna Melt</b> - with Tuna Salad (tuna and mayo), cheddar cheese, tomatoes, and dill pickles.												
Small Sub	192	310	100	11	3	0	40	900	37	2	1	19
Medium Sub	370	610	190	21	6	0	80	1800	74	5	1	39
Large Sub	547	910	280	32	9	0	120	2700	110	7	2	58
Sammie	188	310	110	12	3.5	0	40	860	31	4	2	19
<b>Turkey Bacon Guacamole</b> - with turkey breast, bacon, provolone cheese, red onions, tomatoes, lettuce, and buttermilk ranch dressing.												
Small Sub	236	420	160	18	5	0	50	1210	39	3	3	25
Medium Sub	458	850	340	38	10	0	105	2430	78	5	5	50
Large Sub	677	1260	490	55	15	0	155	3610	117	7	8	75
Sammie	231	420	180	20	6	0	50	1160	33	4	4	24

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<b>Turkey Ranch Swiss</b> - with turkey breast, Swiss cheese, red onions, tomatoes, lettuce, and buttermilk ranch dressing.												
Small Sub	212	380	150	16	4	0	45	900	38	2	3	21
Medium Sub	414	770	310	35	9	0.5	95	1830	75	4	6	41
Large Sub	607	1120	440	49	13	1	140	2700	112	5	8	61
Sammie	208	380	160	18	4.5	0	45	860	32	4	4	20
<b>Ultimate Turkey Club</b> - with turkey breast, bacon, cheddar cheese, tomatoes, lettuce, and mayo												
Small Sub	207	360	120	14	4.5	0	60	1110	37	2	2	24
Medium Sub	402	730	250	28	9	0	120	2230	73	3	4	48
Large Sub	592	1090	370	41	14	0	180	3330	110	5	6	72
Sammie	203	370	140	16	5	0	60	1070	31	4	3	24
<b>Veggie Guacamole</b> - with red onions, mushrooms, green bell peppers, black olives, guacamole, provolone cheese, cheddar cheese, tomatoes, lettuce, and red wine vinaigrette.												
Small Sub	212	410	210	23	7	0	25	880	40	3	3	14
Medium Sub	414	850	430	48	15	0	50	1810	80	6	6	29
Large Sub	607	1240	620	69	21	0	75	2640	119	9	8	43
Sammie	201	410	220	25	8	0	25	840	34	5	4	14
<b>CHICKEN SUBS</b>												
<b>Baja</b> - with chicken breast, bacon, cheddar cheese, red onions, BBQ sauce, and chipotle mayo.												
Small Sub	175	410	160	18	6	0	70	1010	39	1	3	26
Medium Sub	352	840	330	37	11	0	140	2060	78	3	7	52
Large Sub	521	1240	480	53	17	0	205	3020	117	4	10	78
Sammie	169	410	170	19	6	0	70	960	33	3	4	25
<b>Carbonara</b> - with chicken breast, bacon, provolone cheese, sautéed mushrooms, and parmesan alfredo sauce.												
Small Sub	189	480	220	24	6	0	70	1050	39	1	3	27
Medium Sub	383	980	460	52	12	0	140	2150	78	2	6	54
Large Sub	568	1430	660	73	17	0	210	3150	116	3	8	81
Sammie	185	480	230	26	6	0	70	1010	33	3	4	25
<b>Honey Mustard</b> - with chicken breast, bacon, Swiss cheese, red onions, tomatoes, lettuce and honey mustard dressing.												
Small Sub	225	450	180	20	6	0	70	890	42	2	5	27
Medium Sub	439	920	390	43	12	0.5	145	1800	83	4	10	54
Large Sub	645	1340	550	61	17	1	210	2660	123	5	14	81
Sammie	220	450	200	22	6	0	70	850	36	4	6	26
<b>Mesquite</b> - with chicken breast, bacon, cheddar cheese, red onions, tomatoes, lettuce, and buttermilk ranch dressing.												
Small Sub	225	440	190	21	6	0	70	940	39	2	2	27
Medium Sub	439	900	390	44	12	0	140	1920	77	4	5	53
Large Sub	645	1310	560	62	18	0	205	2830	115	5	7	80
Sammie	220	440	200	22	6	0	70	900	33	4	3	26
<b>Southwest</b> - with chicken breast, cheddar cheese, guacamole, and chipotle mayo.												
Small Sub	176	440	210	23	6	0	65	880	38	2	1	22
Medium Sub	357	930	460	51	12	0	130	1880	75	4	1	45
Large Sub	529	1350	650	72	18	0.5	190	2740	113	6	2	68
Sammie	172	450	230	26	6	0	65	870	32	4	2	22
<b>STEAK SUBS</b>												
<b>Black Angus Steakhouse</b> - with Black Angus steak, provolone cheese, cheddar cheese, sautéed onions & mushrooms, and Zesty Grille Sauce on a rosemary parmesan baguette.												
Small Sub	184	380	140	16	7	0	55	950	37	2	10	23
Medium Sub	374	780	280	31	13	0	110	1940	76	4	22	47
Large Sub	584	1160	420	47	20	0	160	2940	112	6	30	71
Sammie	188	400	150	17	6	0	50	980	38	4	9	23

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<b>Chipotle Steak &amp; Cheddar</b> - with Black Angus steak, cheddar cheese, sautéed onions & peppers, and chipotle mayo.												
Small Sub	178	430	210	24	6	0	50	990	36	2	1	20
Medium Sub	360	880	450	50	12	0	105	2040	73	4	2	39
Large Sub	564	1290	640	72	17	0.5	150	3050	110	5	4	59
Sammie	173	430	230	25	6	0	50	950	31	4	2	19
<b>French Dip</b> - with black angus steak, Swiss cheese, sautéed onions, horseradish sauce and side of au jus.												
Small Sub	251	360	120	14	4	0	50	1020	41	2	1	20
Medium Sub	423	690	240	27	7	0	100	1850	80	3	2	40
Large Sub	615	1020	350	39	10	0	145	2700	118	5	3	60
Sammie	247	360	140	16	4.5	0	50	980	35	3	2	20
<b>Peppercorn Steak</b> - with black angus steak, provolone cheese, sautéed onions, and peppercorn sauce.												
Small Sub	178	430	210	23	5	0	50	920	37	2	1	20
Medium Sub	360	900	450	51	10	0	105	1890	75	4	3	40
Large Sub	564	1320	640	71	15	0.5	150	2850	113	6	5	60
Sammie	173	440	230	25	5	0	50	880	32	4	2	19
<b>SPECIALTY SANDWICHES</b> - not available at all locations												
<b>Apple Harvest Chicken</b> - with chicken breast, apples, pumpkin seeds, raisins, tomatoes, cucumbers, lettuce, and honey mustard.												
Small Sub	217	410	170	18	2.5	0	35	610	49	3	12	16
Medium Sub	423	850	360	40	6	0	70	1250	98	6	24	32
Large Sub	620	1240	500	56	8	0.5	100	1830	146	9	35	48
Sammie	212	410	180	20	3	0	35	570	43	5	13	16
<b>Italian Meatball</b> - with meatballs and marinara with a double portion of provolone cheese.												
Small Sub	178	440	200	22	8	0	50	1070	39	2	2	22
Medium Sub	355	880	390	44	16	0	100	2130	79	4	4	44
Large Sub	533	1310	590	65	24	0	150	3200	118	7	5	66
Sammie	176	440	210	24	9	0	50	1030	33	4	3	21
<b>Lobster &amp; Seafood Salad</b> - with lobster & seafood salad, iceberg lettuce, melted butter and mayo.												
Small Sub	159	330	150	17	7	0	50	760	38	2	1	11
Medium Sub	301	560	190	22	7	0	70	1440	77	4	2	21
Large Sub	444	790	240	27	8	0	90	2110	115	6	3	32
Sammie	155	330	160	18	8	0	50	720	33	4	2	10
<b>BREAKFAST</b> - not available at all locations												
<b>Egg &amp; Cheddar</b> - with double egg												
Sub	164	350	150	16	6	0	240	690	35	1	2	17
Sammie	159	360	160	18	6	0	240	650	29	3	3	16
Biscuit	186	500	270	30	15	0	240	1100	37	1	5	16
<b>Ham, Egg, &amp; Cheddar</b>												
Sub	156	320	110	12	5	0	145	820	35	1	2	19
Sammie	152	320	130	14	5	0	145	780	29	3	3	19
Biscuit	179	460	230	26	14	0	145	1240	37	1	5	19
<b>Bacon, Egg, &amp; Cheddar</b>												
Sub	135	350	140	16	6	0	140	820	35	1	2	18
Sammie	131	350	160	18	7	0	140	780	29	3	3	18
Biscuit	158	490	260	29	15	0	140	1240	37	1	5	18
<b>Steak, Egg, &amp; Cheddar</b>												
Sub	164	330	110	12	5	0	150	790	35	1	1	21
Sammie	160	330	130	14	5	0	150	750	29	3	2	20

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Biscuit	187	470	230	26	14	0	150	1210	37	1	4	20
<b>Sausage, Egg, &amp; Cheddar</b>												
Sub	164	470	260	29	11	0	160	960	34	1	1	19
Sammie	159	470	280	31	12	0	160	920	28	3	2	18
Biscuit	186	610	380	42	20	0	160	1380	36	1	4	18

## KIDS

<b>Kids Triple Cheese Melt - choice of small baguette or 6" Sammie with provolone, cheddar, and Swiss cheese</b>												
Small Sub	107	320	120	14	8	0	40	550	34	1	0	17
Sammie	103	320	140	16	8	0	40	510	28	3	1	16

**Kids Turkey and Cheese or Ham and Cheese - Choice of bread, dressing, protein (ham or turkey), cheese, and veggies. Nutritionals shown BY INGREDIENT below**

<b>Choice of Bread:</b>												
Small Sub	64	160	15	1.5	0	0	0	340	33	1	0	6
Sammie	60	160	30	3.5	0.5	0	0	300	27	3	1	5
<b>Choice of Dressing:</b>												
Buttermilk Ranch, 2 passes	19	90	80	9	1.5	0	5	120	1	0	1	0
Mayo, 2 passes	19	50	45	5	0	0	10	120	1	0	0	0
Red Wine Vinaigrette, 2 passes	19	80	70	8	1	0	0	230	2	0	1	0
Yellow Mustard, 2 passes	19	15	5	1	0	0	0	190	1	1	0	1
<b>Choice of Protein:</b>												
Ham, 2 oz	57	60	15	1.5	0.5	0	25	420	1	0	1	10
Turkey, 2 oz	57	60	10	1	0	0	30	410	1	0	1	10
<b>Choice of Cheese:</b>												
Cheddar, 1 slice	14	60	40	4.5	3	0	15	90	0	0	0	4
Provolone, 1 slice	14	50	30	3.5	2	0	10	95	0	0	0	4
Swiss, 1 slice	14	50	35	4	2.5	0	15	25	1	0	0	4
<b>Choice of Veggies</b>												
Black Olives, 0.25 oz	7	10	10	1	0	0	0	35	0	0	0	0
Cucumber, 0.25 oz	7	0	0	0	0	0	0	0	0	0	0	0
Green Bell Peppers, Fresh, 0.25 oz	7	0	0	0	0	0	0	0	0	0	0	0
Green Bell Peppers, Sauteed, 0.4 oz	11	15	15	1.5	0	0	0	15	0	0	0	0
Guacamole, 0.75 oz	21	45	30	3.5	0.5	0	0	85	2	1	0	1
Lettuce Shredded Iceberg, 0.75 oz	21	5	0	0	0	0	0	0	1	0	0	0
Mushrooms, Fresh, 0.25 oz	7	0	0	0	0	0	0	0	0	0	0	0
Mushrooms, Sauteed, 0.4 oz	11	15	15	1.5	0	0	0	20	0	0	0	0
Onions Red, Fresh, 0.25 oz	7	5	0	0	0	0	0	0	1	0	0	0
Onions Yellow, Sauteed, 0.4 oz	11	20	15	1.5	0	0	0	20	1	0	0	0
Pickles Dill, 4 slices	27	0	0	0	0	0	0	220	0	1	0	0
Tomatoes, 2 slices	30	5	0	0	0	0	0	0	1	0	1	0

## SALADS

<b>Classic Italian Salad - with romaine lettuce, pepperoni, salami, capicola, ham, provolone cheese, red onion, black olives, tomatoes, banana peppers and red wine vinaigrette.</b>												
Full Salad w/Red Wine Vinaigrette	457	740	540	60	18	0	95	2960	19	5	10	31
Half Salad w/Red Wine Vinaigrette	257	490	380	42	11	0	50	1820	12	2	7	16
<b>Chef Salad - with romaine lettuce, ham, turkey breast, diced bacon, cheddar cheese, tomatoes, and Honey Mustard Dressing.</b>												
Full Salad w/Honey Mustard Dressing	414	640	420	47	13	0	120	1660	20	4	15	35
Half Salad w/Honey Mustard Dressing	236	470	340	38	9	0	70	1020	15	2	12	18

**Apple Harvest Chicken Salad - with romaine lettuce, diced chicken, diced apples, honey mustard, tomatoes, cucumbers, red onions, dried cranberries, pumpkin seeds, and apple cider vinaigrette on the side.**

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Full Salad w/Apple Cider Vinaigrette	392	530	270	30	5	0	50	320	50	8	38	19

## SOUPS - some items not available at all locations

Broccoli Cheese												
Small, 5 oz	142	90	70	8	3.5	1.5	15	720	8	1	3	3
Regular, 8 oz	227	150	120	13	6	3	25	1160	13	1	5	6

Chili												
Small, 5 oz	142	160	90	10	3.5	0.5	30	520	10	1	3	9
Regular, 8 oz	227	260	140	16	6	1	45	830	16	2	6	15

## SIDES

Tater Tots												
Classic Tots	142	290	140	15	4	0	0	560	34	0	2	3
Bacon Jalapeno Cheddar Loaded Tots	233	610	390	43	16	0	65	1580	36	0	3	19

**Chips** - Variety of flavors available  
See bag for nutritional information

## DESSERTS

Chocolate Chunk Cookie for catering/kids, 1.35 oz	38	170	63	7	3	0	10	115	24	1	14	2
Chocolate Chunk Cookie, 3 oz	84	370	144	18	7	0	20	250	53	2	32	5
White Choc Macadamia Cookie, 3 oz	84	380	171	19	7	0	20	270	49	1	31	5
Oatmeal Raisin Cookie, 3 oz	84	340	117	13	5	0	20	250	52	3	26	6

## ITEM SPECIFIC INFORMATION

Bread												
Artisan White French Baguette, Small	64	160	15	1.5	0	0	0	340	33	1	0	6
Artisan White French Baguette, Medium	128	320	30	3.5	0	0	0	680	66	2	0	11
Artisan White French Baguette, Large	193	480	45	5	0	0	0	1020	99	3	0	17
Artisan Wheat Multigrain Baguette, Small	57	140	15	1.5	0	0	0	270	29	4	3	6
Artisan Wheat Multigrain Baguette, Medium	113	290	30	3	0.5	0	0	530	58	7	7	13
Artisan Wheat Multigrain Baguette, Large	170	430	40	4.5	1	0	0	800	87	11	10	19
Rosemary Parmesan Baguette, Small	57	140	20	2.5	1	0	5	280	26	1	2	6
Rosemary Parmesan Baguette, Medium	113	290	45	5	1.5	0	5	550	51	2	3	12
Rosemary Parmesan Baguette, Large	170	430	70	7	2.5	0	10	830	77	4	5	17
Jalapeno Cheddar Baguette, Small	57	140	20	2	0.5	0	5	260	26	1	2	6
Jalapeno Cheddar Baguette, Medium	113	290	40	4.5	1.5	0	5	530	52	2	4	11
Jalapeno Cheddar Baguette, Large	170	430	60	7	2	0	10	790	78	3	6	17
Sammie (Flatbread Pita) Bread 6"	60	160	30	3.5	0.5	0	0	300	27	3	1	5

**Proteins** - some sandwiches and salads may have different protein portions than noted below; check with store for specific build details

Bacon Diced, Small Sub/Sammie	11	50	30	3.5	1.5	0	10	210	1	0	0	4
Bacon Diced, Medium Sub	23	100	60	7	2.5	0	20	420	1	0	1	8
Bacon Diced, Large Sub	34	150	90	11	4	0	30	630	2	0	1	13
Black Angus Steak, Small Sub/Sammie	57	60	15	1.5	0	0	25	300	1	0	0	10
Black Angus Steak, Medium Sub	113	120	25	3	1	0	55	610	2	1	0	20
Black Angus Steak, Large Sub	170	180	40	4.5	1.5	0	80	910	4	1	0	30
Capicola, Small Sub/Sammie	14	30	20	2	1	0	10	240	1	0	1	3
Capicola, Medium Sub	28	60	35	4	1.5	0	20	490	1	0	1	5
Capicola, Large Sub	43	90	50	6	2.5	0	25	730	2	0	2	8
Chicken Breast, Small Sub/Sammie	57	70	15	1.5	0	0	40	180	2	0	0	12
Chicken Breast, Medium Sub	113	150	25	3	0.5	0	80	350	3	0	0	25
Chicken Breast, Large Sub	170	220	40	4.5	1	0	120	530	5	0	0	37

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Ham, Small Sub/Sammie	28	30	5	1	0	0	15	210	1	0	1	5
Ham, Medium Sub	57	60	15	1.5	0.5	0	25	420	1	0	1	10
Ham, Large Sub	85	90	20	2.5	1	0	40	630	2	0	2	15
Meatballs, Small Sub/Sammie	57	170	110	13	4	0	30	450	5	1	1	9
Meatballs, Medium Sub	113	330	230	25	8	0	60	890	9	1	1	17
Meatballs, Large Sub	170	500	340	38	12	0	90	1340	14	2	2	26
Pepperoni, Small Sub/Sammie	14	70	50	6	2.5	0	15	240	1	0	1	3
Pepperoni, Medium Sub	28	130	100	11	4.5	0	25	490	1	0	1	5
Pepperoni, Large Sub	43	200	150	17	7	0	40	730	2	0	2	8
Salami, Small Sub/Sammie	14	50	40	4.5	2	0	10	230	0	0	0	3
Salami, Medium Sub	28	110	80	9	3.5	0	20	460	1	0	0	6
Salami, Large Sub	43	160	120	14	5	0	30	690	1	0	0	8
Tuna (with Mayo), Small Sub/Sammie	57	80	35	4	0	0	25	250	3	0	0	10
Tuna (with Mayo), Medium Sub	113	170	70	8	0	0	50	490	6	0	0	20
Tuna (with Mayo), Large Sub	170	250	110	12	0	0	75	740	9	0	0	30
Turkey Breast, Small Sub/Sammie	57	60	10	1	0	0	30	410	1	0	1	10
Turkey Breast, Medium Sub	113	130	20	2.5	0.5	0	60	810	2	0	2	21
Turkey Breast, Large Sub	170	190	35	3.5	1	0	90	1220	2	0	2	31
<b>Cheese</b> - some sandwiches and salads may have different cheese portions than noted below; check with store for specific build details												
Cheddar, Small Sub/Sammie	14	60	40	4.5	3	0	15	90	0	0	0	4
Cheddar, Medium Sub	28	110	80	9	6	0	30	180	0	0	0	7
Cheddar, Large Sub	43	170	130	14	9	0	45	260	1	0	0	11
Provolone, Small Sub/Sammie	14	50	30	3.5	2	0	10	95	0	0	0	4
Provolone, Medium Sub	28	100	60	7	4	0	20	190	0	0	0	7
Provolone, Large Sub	43	150	100	11	6	0	30	290	0	0	0	11
Swiss, Small Sub/Sammie	14	50	35	4	2.5	0	15	25	1	0	0	4
Swiss, Medium Sub	28	110	70	8	5	0	25	55	2	0	0	8
Swiss Large Sub	43	160	110	12	8	0	40	80	2	0	1	11
<b>Dressings &amp; Sauces</b> - some sandwiches and salads may have different sauce portions than noted below; check with store for specific build details												
Alfredo Sauce, Small Sub/Sammie	19	110	100	11	2	0	10	190	3	0	2	1
Alfredo Sauce, Medium Sub	43	250	220	25	4.5	0	20	430	6	0	4	1
Alfredo Sauce, Large Sub	57	330	300	33	6	0	30	570	8	0	6	2
Apple Cider Vinaigrette, One Packet	43	170	130	15	2.5	0	10	95	9	0	9	0
Au Jus 3 oz Side for Dipping	85	30	15	1.5	0.5	0	0	210	3	0	1	1
Blue Ribbon BBQ Sauce, Small Sub/Sammie	9	10	0	0	0	0	0	75	2	0	2	0
Blue Ribbon BBQ Sauce, Medium Sub	21	25	0	0	0	0	0	180	6	0	5	0
Blue Ribbon BBQ Sauce, Large Sub	28	35	0	0	0	0	0	230	8	0	7	0
Buttermilk Ranch, Small Sub/Sammie	19	90	80	9	1.5	0	5	120	1	0	1	0
Buttermilk Ranch, Medium Sub	43	200	190	21	3	0	10	280	2	0	1	0
Buttermilk Ranch, Large Sub	57	260	250	28	4.5	0	10	370	2	0	2	1
Four Pepper Chili Sauce (Batch 83), Small Sub/Sammie	9	15	0	0	0	0	0	50	3	0	2	0
Four Pepper Chili Sauce (Batch 83), Medium Sub	21	30	0	0	0	0	0	110	7	0	4	0
Four Pepper Chili Sauce (Batch 83), Large Sub	28	40	0	0	0	0	0	150	9	0	6	0
Honey French Dressing, Small Sub/Sammie	9	45	30	3.5	0	0	0	65	3	0	3	0
Honey French Dressing, Medium Sub	21	100	70	8	1	0	0	150	8	0	7	0
Honey French Dressing, Large Sub	28	130	90	10	1.5	0	0	200	10	0	10	0
Honey Mustard Dressing, Small Sub/Sammie	19	100	90	10	1.5	0	10	125	3	0	3	0
Honey Mustard Dressing, Medium Sub	43	230	200	22	3.5	0	20	280	7	0	7	0

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US Nutritional Information	Portion Size (g)	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)
Honey Mustard Dressing, Large Sub	57	300	260	29	4.5	0	25	380	9	0	9	1
Horseradish, Small Sub/Sammie	19	35	30	3.5	0	0	10	110	2	0	0	0
Horseradish, Medium Sub	43	80	70	8	0	0	20	250	5	0	0	0
Horseradish, Large Sub	57	110	100	11	0	0	25	340	6	0	0	0
Marinara, Small Sub/Sammie	28	10	5	0	0	0	0	85	2	0	1	0
Marinara, Medium Sub	57	20	5	0.5	0	0	0	170	4	1	2	1
Marinara, Large Sub	85	35	10	1	0	0	0	260	5	1	3	1
Mayo Chipotle, Small Sub/Sammie	19	120	110	12	2	0	10	220	1	0	0	0
Mayo Chipotle, Medium Sub	43	260	250	28	4.5	0	20	500	1	0	1	0
Mayo Chipotle, Large Sub	57	350	340	38	6	0.5	25	660	2	0	1	1
Mayo Lite, Small Sub/Sammie	9	25	20	2.5	0	0	5	60	1	0	0	0
Mayo Lite, Medium Sub	21	60	50	6	0	0	15	135	1	0	0	0
Mayo Lite, Large Sub	28	80	70	8	0	0	20	180	2	0	0	0
Peppercorn Sauce, Small Sub/Sammie	19	130	120	14	2	0	15	150	1	0	1	0
Peppercorn Sauce, Medium Sub	43	290	280	31	5	0	30	330	3	0	1	1
Peppercorn Sauce, Large Sub	57	390	370	41	6	0.5	40	440	4	0	2	1
Red Wine Vinaigrette, Small Sub/Sammie	19	80	70	8	1	0	0	230	2	0	1	0
Red Wine Vinaigrette, Medium Sub	43	180	160	18	3	0	0	510	4	0	3	0
Red Wine Vinaigrette, Large Sub	57	240	220	24	4	0	0	690	5	0	3	0
Yellow Mustard, Small Sub/Sammie	19	15	5	1	0	0	0	190	1	1	0	1
Yellow Mustard, Medium Sub	43	30	15	2	0	0	0	430	2	1	0	2
Yellow Mustard, Large Sub	57	40	20	2.5	0	0	0	580	3	2	1	2
Zesty Grille Sauce, Small Sub/Sammie	19	35	0	0	0	0	0	150	8	0	7	0
Zesty Grille Sauce, Medium Sub	43	80	5	0	0	0	0	340	19	1	17	1
Zesty Grille Sauce, Large Sub	57	110	5	0.5	0	0	0	450	25	1	22	1
<b>Condiments, Toppings, and Veggies</b> - some sandwiches and salads may have different sauce portions than noted below; check with store for specific build details												
Banana Peppers, Small Sub/Sammie	11	0	0	0	0	0	0	190	1	0	0	0
Banana Peppers, Medium Sub	23	5	0	0	0	0	0	370	2	0	0	0
Banana Peppers, Large Sub	34	5	0	0	0	0	0	560	2	0	0	0
Black Olive Slices, Small Sub/Sammie	7	10	10	1	0	0	0	35	0	0	0	0
Black Olive Slices, Medium Sub	14	25	20	2.5	0	0	0	75	0	0	0	0
Black Olive Slices, Large Sub	21	35	30	3.5	0	0	0	110	0	0	0	0
Cucumber, Small Sub/Sammie	14	0	0	0	0	0	0	0	1	0	0	0
Cucumber, Medium Sub	28	5	0	0	0	0	0	0	1	0	0	0
Cucumber, Large Sub	43	5	0	0	0	0	0	0	2	0	1	0
Green Bell Peppers Fresh, Small Sub/Sammie	7	0	0	0	0	0	0	0	0	0	0	0
Green Bell Peppers Fresh, Medium Sub	14	5	0	0	0	0	0	0	1	0	0	0
Green Bell Peppers Fresh, Large Sub	28	5	0	0	0	0	0	0	1	0	1	0
Guacamole, Small Sub/Sammie	21	45	30	3.5	0.5	0	0	85	2	1	0	1
Guacamole, Medium Sub	43	90	60	7	1.5	0	0	170	4	1	0	1
Guacamole, Large Sub	64	130	100	11	2	0	0	260	6	2	0	2
Jalapeno Peppers, Small Sub/Sammie	11	0	0	0	0	0	0	190	0	0	0	0
Jalapeno Peppers, Medium Sub	23	0	0	0	0	0	0	370	1	0	1	0
Jalapeno Peppers, Large Sub	34	0	0	0	0	0	0	560	1	0	1	0
Lettuce Iceberg Shredded, Small Sub/Sammie	21	5	0	0	0	0	0	0	1	0	0	0
Lettuce Iceberg Shredded, Medium Sub	43	5	0	0	0	0	0	0	1	0	1	0
Lettuce Iceberg Shredded, Large Sub	64	10	0	0	0	0	0	5	2	1	1	1
Lettuce Romaine Chopped, Salad	142	25	5	0	0	0	0	10	5	3	2	2

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US Nutritional Information	Portion Size (g)	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)
Mushrooms Fresh, Small Sub/Sammie	7	0	0	0	0	0	0	0	0	0	0	0
Mushrooms Fresh, Medium Sub	14	5	0	0	0	0	0	0	0	0	0	0
Mushrooms Fresh, Large Sub	21	5	0	0	0	0	0	0	1	0	0	1
Onions Red Fresh, Small Sub/Sammie	7	5	0	0	0	0	0	0	1	0	0	0
Onions Red Fresh, Medium Sub	14	5	0	0	0	0	0	0	1	0	1	0
Onions Red Fresh, Large Sub	21	10	0	0	0	0	0	0	2	0	1	0
Pepperoncini, Small Sub/Sammie	11	0	0	0	0	0	0	250	0	0	0	0
Pepperoncini, Medium Sub	23	5	0	0	0	0	0	500	0	1	0	0
Pepperoncini, Large Sub	34	5	0	0	0	0	0	750	0	1	0	0
Pickles Dill, Small Sub/Sammie	27	0	0	0	0	0	0	220	0	1	0	0
Pickles Dill, Medium Sub	54	0	0	0	0	0	0	450	0	2	0	0
Pickles Dill, Large Sub	82	0	0	0	0	0	0	670	0	3	0	0
Sautéed Green Bell Peppers, Small Sub/Sammie	11	15	15	1.5	0	0	0	15	0	0	0	0
Sautéed Green Bell Peppers, Medium Sub	23	30	30	3	0	0	0	35	1	0	0	0
Sautéed Green Bell Peppers, Large Sub	34	45	40	5	0	0	0	50	1	1	1	0
Sautéed Mushrooms, Small Sub/Sammie	11	15	15	1.5	0	0	0	20	0	0	0	0
Sautéed Mushrooms, Medium Sub	23	30	30	3	0	0	0	35	1	0	0	0
Sautéed Mushrooms, Large Sub	34	45	40	5	0	0	0	55	1	0	1	1
Sautéed Yellow Onions, Small Sub/Sammie	11	20	15	1.5	0	0	0	20	1	0	0	0
Sautéed Yellow Onions, Medium Sub	23	35	25	3	0	0	0	35	2	0	1	0
Sautéed Yellow Onions, Large Sub	34	50	40	5	0	0	0	55	3	1	1	0
Tomatoes, Small Sub/Sammie	30	5	0	0	0	0	0	0	1	0	1	0
Tomatoes, Medium Sub	45	10	0	0	0	0	0	0	2	1	1	0
Tomatoes, Large Sub	60	10	0	0	0	0	0	0	2	1	2	1

## FOUNTAIN DRINKS

Coca-Cola 20 oz	560	220	0	0	0	0	0	55	55	0	55	0
Coca-Cola 32 oz	896	350	0	0	0	0	0	85	89	0	89	0
Diet Coke 20 oz	560	0	0	0	0	0	0	65	0	0	0	0
Diet Coke 32 oz	896	0	0	0	0	0	0	105	0	0	0	0
Coca-Cola Zero Sugar 20 oz	560	0	0	0	0	0	0	55	0	0	0	0
Coca-Cola Zero Sugar 32 oz	896	0	0	0	0	0	0	90	0	0	0	0
Sprite 20 oz	560	210	0	0	0	0	0	95	50	0	50	0
Sprite 32 oz	896	330	0	0	0	0	0	150	81	0	81	0
Barq's Root Beer 20 oz	560	220	0	0	0	0	0	95	56	0	56	0
Barq's Root Beer 32 oz	896	360	0	0	0	0	0	150	89	0	89	0
Fanta Orange 20 oz	560	220	0	0	0	0	0	50	55	0	55	0
Fanta Orange 32 oz	896	360	0	0	0	0	0	85	88	0	88	0
Minute Maid Light Lemonade 20 oz	560	10	0	0	0	0	0	60	3	0	0	0
Minute Maid Light Lemonade 32 oz	896	15	0	0	0	0	0	95	4	0	0	0
Powerade Mountain Blast 20 oz	560	130	0	0	0	0	0	150	30	0	30	0
Powerade Mountain Blast 32 oz	896	200	0	0	0	0	0	250	49	0	48	0
Raspberry Lemonade 20 oz	560	230	0	0	0	0	0	55	62	0	58	0
Raspberry Lemonade 32 oz	896	370	0	0	0	0	0	90	99	0	93	0
Dr Pepper 20 oz	560	240	0	0	0	0	0	75	65	0	64	0
Dr Pepper 32 oz	896	380	0	0	0	0	0	115	104	0	102	0

## CATERING

Catering Tray offerings may be a mix of sandwich varieties below, built on 3" French Baguettes or 3" (half) sammie flatbread



# QUIZNOS

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US Nutritional Information	Portion Size (g)	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)
<b>Catering Box offerings</b> Include either a small or regular sandwich, chips, and catering cookie. See above for sandwich nutritional information; below for catering cookie nutritional info; and specific chip bag for chip nutritional information.												
Baja Chicken Sub	130	310	120	13	4	0	51	755	29	1	3	20
Baja Chicken Sammie	85	205	85	10	3	0	35	480	17	2	2	13
Chipotle Turkey Sub	145	260	95	11	3	0	36	713	27	1	2	15
Chipotle Turkey Sammie	100	175	70	8	3	0	25	455	16	2	2	10
Classic Italian Sub	166	358	183	21	6	0	36	1285	29	2	3	15
Classic Italian Sammie	113	240	130	15	5	0	25	835	17	2	3	10
Honey Bacon Club Sub	153	285	95	11	4	0	38	798	31	1	5	18
Honey Bacon Club Sammie	105	190	70	8	3	0	25	510	18	2	4	12
Honey Mustard Chicken Sub	161	335	138	15	4	0	53	665	31	1	4	20
Honey Mustard Chicken Sammie	110	225	100	11	3	0	35	425	18	2	3	13
Mesquite Chicken Sub	161	328	140	16	5	0	51	708	29	1	2	20
Mesquite Chicken Sammie	110	220	100	11	3	0	35	450	17	2	2	13
Traditional Sub	150	258	93	10	3	0	33	690	28	2	2	15
Traditional Sammie	103	175	70	8	3	0	23	440	16	2	2	10
Turkey Bacon Guacamole Sub	169	315	123	14	4	0	39	903	29	2	2	19
Turkey Bacon Guacamole Sammie	116	210	90	10	3	0	25	580	17	2	2	12
Turkey Ranch Swiss Sub	152	280	110	12	3	0	35	675	28	1	2	15
Turkey Ranch Swiss Sammie	104	190	80	9	2	0	23	430	16	2	2	10
Ultimate Turkey Club Sub	148	273	93	10	4	0	45	833	28	1	2	18
Ultimate Turkey Club Sammie	102	185	70	8	3	0	30	535	16	2	2	12
Veggie Guacamole Sub	152	310	155	17	5	0	19	660	30	2	2	11
Veggie Guacamole Sammie	101	205	110	13	4	0	13	420	17	3	2	7
<b>Catering Salad Bowls</b>												
Classic Italian Salad Bowl	1569	2570	1810	202	67	1	390	9410	57	17	33	122
Ultimate Turkey Club Salad Bowl	1631	2560	1700	189	54	2	480	7190	47	15	28	156
Honey Bacon Club Salad Bowl	1688	2550	1380	154	46	2.5	405	6880	134	16	105	156
Apple Harvest Chicken Salad Bowl	2037	3160	1720	191	32	0	385	2400	246	34	189	127
Fresh Garden Salad Bowl	1201	1220	980	109	17	1.5	5	3100	55	18	29	12
<b>Catering Desserts</b>												
Chocolate Chip Cookie, 1.35 oz	38	170	63	7	3	0	10	115	24	1	14	2
<p>Quiznos attempts to provide nutritional information that is as complete as possible. The information contained in this document is based on standard product formulas. Variations may occur due to use of alternate suppliers, ingredient substitutions, recipe revisions, and/or procedures and portioning at the restaurant. Test products, test formulations, or regional items may not be included on this list. All sub recipes noted are with French Baguette unless otherwise noted. Some menu items may not be available at all restaurants.</p>												