

SOUPS							
Name	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
BROCCOLI CHEESE							
Cup	175	6	0	0	0	17	780
Bowl	305	12	0	0	0	26	1420
CHICKEN NOODLE							
Cup	105	0	0	0	0	16	880
Bowl	155	0.5	0	0	0	25	1610
TOMATO BASIL							
Cup	125	3.5	0	0	0	14	660
Bowl	205	7	0	0	0	19	1180
CHILI							
Cup	185	2	0	0	0	21	750
Bowl	360	3.5	0	0	0	38	1420

Q-KIDZ							
Name	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
KIDZ SUBS (ON WHITE BREAD)							
Cheesy Pepperoni Pizza Sub	230	4.5	0	0	0	24	640
Cheesy Pizza Sub	170	2	0	0	0	24	390
Toasty Turkey & Cheese	210	3	0	0	0	25	640
Toasty Ham & Cheese	210	3	0	0	0	25	700
Cheesy Toasted Cheese	220	5	0	0	0	24	440
KIDZ SAMMIES							
Tasty Turkey	200	8.5	0	0	0	26	565
Ham Melt	200	8.5	0	0	0	26	535
Just Cheese	230	10	0	0	0	25	390

CATERING							
Name	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
Small Sub Box Lunch	610-1151	5-17.5	0	0	0	86-104	1170-2040
Regular Sub Box Lunch	830-1631	9-26	0	1	1	112-136	1810-3270
Sammies Box Lunch	550-811	11-20.5	0	0	0	72-82	920-1625
Salad Box Lunch	700-1281	14.5-27.5	0	1	1	69-103	1855-3010
Torpedo Box Lunch	915-1280	9-21	0	.5	.5	117-131	1990-3100
Classic Club Sub Tray	275	4.25	0	0	0	21	670
Turkey Ranch & Swiss Sub Tray	200	1.25	0	0	0	22.5	580
Classic Italian Sub Tray	252.5	5.25	0	0	0	21.5	765
Sammies Tray	380-410	10-13.5	0	0	0	28-30	620-1135
Torpedo Tray	325-435	3.5-7.5	0	0	0	36-38	1125-1345
Chicken Caesar Chopped Salad	1165	38.5	0	0	0	131	2090
Fresh Garden Chopped Salad	1010	35	0	0	0	127	1600

COMBOS							
Name	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
MAKE IT A BOTTLE COMBO							
Chips or Cookie	110-700	0-8	0	0	0	15-77	176-586
Soup	105-485	0-6.5	0	0	0	14-104	660-1145
MAKE IT A COMBO							
Chips or Cookie	110-675	0-8	0	0	0	15-132	176-428
Soup	105-460	0-6	0	0	0	14-143	660-987

FOUNTAIN DRINKS							
Name	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
Dr. Pepper 20oz	250	0	0	0	0	68	88
Dr. Pepper 32oz	400	0	0	0	0	108	140
Pepsi 20oz	175	0	0	0	0	49	44
Pepsi 32oz	267	0	0	0	0	75	67
Diet Pepsi 20oz	0	0	0	0	0	0	44
Diet Pepsi 32oz	0	0	0	0	0	0	67
Mountain Dew 20oz	193	0	0	0	0	51	61
Mountain Dew 32oz	293	0	0	0	0	77	93
Diet Mountain Dew 20oz	0	0	0	0	0	0	70
Diet Mountain Dew 32oz	0	0	0	0	0	0	107
Sierra Mist 20oz	193	0	0	0	0	53	44
Sierra Mist 32oz	293	0	0	0	0	80	67
SoBe Lean 20oz	0	0	0	0	0	0	44
SoBe Lean 32oz	0	0	0	0	0	0	67
Mug Root Beer 20oz	175	0	0	0	0	46	26
Mug Root Beer 32oz	267	0	0	0	0	69	40
Raspberry Lemonade 20oz	275	0	0	0	0	73	0
Raspberry Lemonade 32oz	440	0	0	0	0	116	0



# NUTRITIONAL INFORMATION

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. Recommended limits may be higher or lower depending upon daily calorie consumption. A 2,000 calorie diet is used as the basis for general nutrition advice; individual calorie needs, however, may vary.

Not all sizes and menu items available at all locations. Please check the in-store menu board or [Quiznos.com](http://Quiznos.com) for current offers.

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CLASSIC SUBS							
Size	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
CLASSIC ITALIAN							
SM	505	10.5	0	0	0	43	1530
REG	880	19	0	0.5	0.5	71	2780
LG	1240	27	0	1	1	98	3930
TURKEY RANCH & SWISS							
SM	400	2.5	0	0	0	45	1160
REG	660	5	0	0	0	74	2085
LG	880	6	0	0	0	100	2465
HONEY BOURBON CHICKEN							
SM	310	1	0	0	0	50	870
REG	530	2.5	0	0	0	80	1520
LG	740	3.5	0	0	0	111	2150
CLASSIC CLUB							
SM	550	8.5	0	0	0	42	1340
REG	870	12	0	0	0	70	2530
LG	1250	19	0	0.5	0.5	96	3310
TURKEY BACON GUACAMOLE							
SM	525	7	0	0	0	44	1550
REG	810	9.5	0	0	0	74	2700
LG	1170	15.5	0	0	0	102	3780
THE TRADITIONAL							
SM	420	5.5	0	0	0	44	1280
REG	690	8.5	0	0	0	72	2420
LG	950	11	0	0	0	100	3240
HONEY BACON CLUB							
SM	470	3.5	0	0	0	52	1440
REG	780	6	0	0	0	84	2535
LG	1070	8.5	0	0	0	117	3615
VEGGIE							
SM	490	8	0	0	0	44	1280
REG	770	12.5	0	0	0	71	2020
LG	1060	16	0	0	0	96	2740

SIGNATURE SUBS							
Size	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
MESQUITE CHICKEN							
SM	490	8	0	0	0	42	1140
REG	800	13	0	0	0	68	1900
LG	1110	17	0	0	0	94	2670
HONEY MUSTARD CHICKEN							
SM	510	6	0	0	0	45	1045
REG	860	10	0	0	0	72	1755
LG	1200	13.5	0	0	0	100	2465
BAJA CHICKEN							
SM	480	7.5	0	0	0	43	1290
REG	790	12.5	0	0	0	71	2170
LG	1080	16.5	0	0	0	98	3030

SIGNATURE SUBS (CONTINUED...)							
Size	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
PRIME RIB AND PEPPERCORN							
SM	595	4.5	0	0.5	0.5	45	1360
REG	950	8	0	1	1	73	2140
LG	1290	11.5	0	2	2	100	2880
DOUBLE CHEESE CHEESESTEAK							
SM	670	4	0	0.5	0.5	45	1345
REG	1050	7	0	1	1	72	2165
LG	1410	9.5	0	2	2	99	2960
STEAKHOUSE BEEF DIP							
SM	570	3	0	0.5	0.5	46	1900
REG	880	5	0	1	1	72	2635
LG	1180	6.5	0	1.5	1.5	99	3365
BOURBON GRILLE STEAK							
SM	560	6.5	0	0.5	0.5	52	1400
REG	870	10.5	0	1	1	82	2180
LG	1190	13	0	1.5	1.5	113	2950
CHICKEN CARBONARA							
SM	515	7.5	0	0	0	41	1180
REG	850	13	0	0	0	67	1990
LG	1180	17.5	0	0.5	0.5	92	2870

EVERYDAY VALUE DELI SUBS							
Size	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
TURKEY & CHEDDAR							
SM	480	6	0	0	0	42	1190
REG	780	10.5	0	0	0	70	2120
LG	1090	14	0	0.5	0.5	97	3040
HAM & SWISS							
SM	470	4	0	0	0	42	1040
REG	790	7	0	0	0	70	2215
LG	1100	9.5	0	0.5	0.5	96	2665
ROAST BEEF & CHEDDAR							
SM	480	6	0	0	0	43	1190
REG	790	10	0	0	0	71	2120
LG	1100	13.5	0	0.5	0.5	98	3040
PRIMO MEATBALL							
SM	445	6.5	0	0	0	47	1380
REG	780	12.5	0	0	0	78	2290
LG	1020	16.5	0	0	0	106	3020
TUNA MELT							
SM	750	10.5	0	0	0	41	930
REG	1230	18	0	1	1	67	1510
LG	1760	25	0	1.5	1.5	92	2120

TOASTY TORPEDOES							
Name	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
Pesto Turkey	615	5	0	0	0	78	2190
Italian	835	14	0	0	0	75	2610
Beef, Bacon & Cheddar	730	9	0	0	0	79	2550
Turkey Club	755	8.5	0	0	0	77	2370
Big Kahuna Tuna	880	11	0	0.5	0.5	73	1690

TOASTY BULLETS							
Name	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
Pesto Turkey	325	3.5	0	0	0	37	1125
Italian	435	7.5	0	0	0	36	1345
Beef, Bacon & Cheddar	385	5	0	0	0	38	1325
Turkey Club	415	5	0	0	0	37	1215
Big Kahuna Tuna	455	6	0	0	0	35	945

SAMMIES							
Name	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
Sonoma Turkey	380	11.5	0	0	0	29	1135
Alpine Chicken	380	10	0	0	0	28	620
Bistro Steak Melt	390	11.5	0	0	0	30	1050
Italiano	410	13.5	0	0	0	28	1025
Cantinia Chicken	265	7	0	0	0	35	625
Roadhouse Steak	250	7	0	0	0	38	980
Veggie	340	11	0	0	0	29	745

SMALL CHOPPED SALADS (INCLUDES DRESSING)							
Name	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
Chicken Caesar	500	12	0	0	0	20	1265
Classic Cobb	420	10	0	0	0	20	1035
Honey Mustard Chicken	525	11.5	0	0	0	25	915
Raspberry Chipotle	325	7	0	0	0	42	835
Steak & Bleu	230	5	0	0	0	39	1705

REGULAR CHOPPED SALADS (INCLUDES DRESSING)							
Name	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
Chicken Caesar	970	21	0	1	1	39	2160
Classic Cobb	830	19	0	0.5	0.5	40	1830
Honey Mustard Chicken	1090	23.5	0	0	0	47	1935
Raspberry Chipotle	730	16	0	0	0	74	1705
Steak & Bleu	510	10.5	0	0	0	68	2860

DRESSINGS							
Size	Calories	Saturated Fat (g)	Artificial Trans Fat (g)	Natural Trans Fat (g)	Total Trans Fat (g)	Carbs (g)	Sodium (mg)
HONEY MUSTARD							
SM	330	5	0	0	0	8	360
REG	540	8	0	0	0	14	580
RASPBERRY CHIPOTLE							
SM	130	.5	0	0	0	25	280
REG	210	1	0	0	0	41	450
PEPPERCORN CAESAR							
SM	320	6	0	0	0	3	640
REG	520	9	0	1	1	5	1040
FAT-FREE BALSAMIC VINAIGRETTE							
SM	80	0	0	0	0	20	870
REG	120	0	0	0	0	29	1310
RANCH							
SM	230	3.5	0	0	0	3	390
REG	380	6	0	.5	.5	5	640