

QUIZNOS

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less.

Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

Upd 4/2024

Canada Nutritional Information		Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
LIMITED TIME OFFER																
Black Angus Queso Philly	SUB	Small	299	480	19.0	5.0	0.1	52	4	3	28	55	1970	7	13	22
		Medium	456	740	29.0	8.0	0.2	78	6	4	44	85	2980	12	19	33
		Large	620	990	40.0	12.0	0.3	104	8	5	58	115	4090	16	27	44
Mushroom Queso Philly	SUB	Small	285	440	21.0	4.5	0.2	53	5	4	12	10	1650	9	12	19
		Medium	428	670	32.0	7.0	0.3	80	7	6	18	15	2480	12	17	28
		Large	584	900	44.0	10.0	0.4	107	10	8	24	20	3430	16	23	36
LTO UNIQUE INGREDIENTS																
White Queso, side for dipping		1.5 oz	43	70	6.0	2.0	0.1	3	0	0	1	5	380	1	4	0
CLASSIC SUBS & WRAPS																
Classic Italian	SUB	Small	267	560	30.0	8.0	0.4	51	3	7	23	45	1660	5	13	28
		Medium	400	840	45.0	12.0	0.5	76	5	10	34	70	2490	9	19	39
		Large	533	1110	59.0	15.0	0.5	102	6	13	45	95	3320	11	27	53
Classic Club	SUB	Small	261	490	21.0	6.0	0.2	50	2	5	25	75	1620	6	10	19
		Medium	392	730	31.0	8.0	0.3	75	3	7	38	115	2440	10	15	28
		Large	522	960	41.0	11.0	0.4	100	5	9	50	155	3250	13	19	36
Honey Bacon Club	SUB	Small	261	540	23.0	7.0	0.3	59	2	14	26	55	1600	7	12	19
		Medium	392	810	34.0	10.0	0.5	88	4	21	39	85	2410	11	19	31
		Large	522	1070	45.0	13.0	0.5	117	5	29	51	110	3210	14	23	39
Meatball	SUB	Small	248	490	21.0	9.0	0.5	52	5	6	26	55	1290	13	15	25
		Medium	393	750	32.0	13.0	1.0	81	7	11	39	85	2020	20	23	39
		Large	539	1020	43.0	18.0	1.0	109	10	16	53	115	2740	28	31	53
Signature Tuna	SUB	Small	264	520	26.0	6.0	0.4	47	2	4	26	40	1180	7	12	17
		Medium	396	780	39.0	9.0	0.5	71	4	7	39	60	1770	11	17	28
		Large	528	1050	53.0	12.0	1.0	94	5	9	52	80	2360	14	23	36
Traditional	SUB	Small	267	500	25.0	7.0	0.4	49	3	6	22	55	1380	6	13	25
		Medium	400	760	38.0	10.0	0.5	74	5	8	33	80	2070	10	19	36
		Large	533	1020	51.0	14.0	1.0	99	6	11	45	105	2760	13	27	50
Turkey Bacon Guacamole	SUB	Small	298	550	28.0	7.0	0.3	51	4	5	26	70	1620	9	13	22
		Medium	447	830	42.0	11.0	0.5	76	6	8	40	100	2420	13	19	31
		Large	596	1110	56.0	14.0	0.5	102	8	10	53	135	3230	17	27	42
Turkey Ranch Swiss	SUB	Small	258	480	23.0	6.0	0.4	47	3	5	22	60	1290	7	13	17
		Medium	387	710	34.0	8.0	0.5	71	4	7	33	90	1930	12	19	28
		Large	516	940	45.0	11.0	0.5	94	5	9	43	120	2580	15	27	36
Veggie Guacamole	SUB	Small	270	530	30.0	9.0	0.5	52	6	7	16	25	1300	5	23	36
		Medium	397	800	45.0	13.0	0.5	78	8	10	24	35	1890	7	35	50
		Large	525	1050	59.0	18.0	1.0	103	11	13	31	50	2480	10	46	64
Chicken Subs & Wraps	SUB	Small	270	530	30.0	9.0	0.5	52	6	7	16	25	1300	5	23	36
		Medium	397	800	45.0	13.0	0.5	78	8	10	24	35	1890	7	35	50
		Large	525	1050	59.0	18.0	1.0	103	11	13	31	50	2480	10	46	64
Chicken Subs & Wraps	WHEAT WRAP	Small	270	530	30.0	9.0	0.5	52	6	7	16	25	1300	5	23	36
		Medium	397	800	45.0	13.0	0.5	78	8	10	24	35	1890	7	35	50
		Large	525	1050	59.0	18.0	1.0	103	11	13	31	50	2480	10	46	64
Chicken Subs & Wraps	WHEAT WRAP	Small	378	730	44.0	16.0	0.5	67	11	8	22	35	1780	13	42	44
		Medium	477	940	59.0	21.0	0.5	91	14	10	29	45	2330	17	55	58
		Large	627	1150	74.0	26.0	0.5	115	17	13	37	55	2980	21	71	72

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Baja	SUB	Small	220	510	22.0	7.0	0.4	49	2	7	29	80	1470	9	12	17
		Medium	330	760	33.0	10.0	0.5	74	3	10	44	120	2210	12	15	28
		Large	439	1020	44.0	13.0	0.5	99	4	14	58	160	2940	16	23	36
	WHEAT WRAP	One Size	310	700	32.0	12.0	0.5	63	5	8	42	120	2100	17	23	19
Carbonara	SUB	Small	240	590	30.0	7.0	0.1	49	2	6	31	85	1500	10	15	17
		Medium	359	880	45.0	11.0	0.2	74	3	9	47	125	2250	15	23	28
		Large	479	1180	60.0	14.0	0.3	99	4	12	62	170	3000	19	31	36
	WHEAT WRAP	One Size	340	820	44.0	13.0	0.2	63	5	7	45	125	2140	20	31	22
Honey Bourbon	SUB	Small	245	360	5.0	1.0	0.0	57	3	14	22	50	1070	10	4	19
		Medium	368	530	7.0	2.0	0.0	85	4	21	33	75	1600	15	6	28
		Large	491	720	10.0	2.5	0.0	114	5	28	45	100	2130	19	8	36
	WHEAT WRAP	One Size	349	480	7.0	4.0	0.0	74	6	19	32	75	1490	19	15	22
Honey Mustard	SUB	Small	271	570	27.0	7.0	0.4	52	2	9	30	85	1340	11	13	19
		Medium	406	840	40.0	11.0	0.5	77	4	13	45	125	2010	16	19	28
		Large	542	1120	53.0	14.0	1.0	103	5	17	60	165	2680	21	27	39
	WHEAT WRAP	One Size	387	790	40.0	13.0	0.5	66	6	11	44	125	1900	21	27	22
Mesquite	SUB	Small	271	540	26.0	7.0	0.4	48	3	5	30	80	1380	11	12	19
		Medium	406	810	39.0	11.0	0.5	72	4	8	45	120	2070	16	17	28
		Large	542	1090	53.0	15.0	1.0	96	5	10	59	160	2750	21	23	36
	WHEAT WRAP	One Size	387	760	39.0	13.0	0.5	61	6	5	43	120	1960	21	27	22
BLACK ANGUS STEAK SUBS & WRAPS																
Beef Swiss Melt	SUB	Small	243	650	38.0	8.0	0.2	49	2	5	29	75	1240	7	17	22
		Medium	364	980	58.0	12.0	0.3	73	3	8	43	110	1860	11	23	31
		Large	485	1310	77.0	16.0	0.5	98	4	11	57	150	2470	14	35	42
	WHEAT WRAP	One Size	344	920	57.0	15.0	0.3	62	5	6	41	110	1750	16	35	25
Black Angus Steak	SUB	Small	257	520	19.0	7.0	0.3	54	2	14	33	70	1140	9	23	22
		Medium	385	780	29.0	10.0	0.5	81	3	21	50	105	1710	13	35	33
		Large	514	1040	39.0	14.0	0.5	108	5	28	67	140	2290	17	46	42
	WHEAT WRAP	One Size	366	710	27.0	12.0	0.4	73	6	17	46	100	1630	17	42	28
Chipotle Steak & Cheddar	SUB	Small	256	590	34.0	8.0	0.5	46	2	3	27	70	1510	7	12	22
		Medium	384	890	51.0	12.0	1.0	69	3	5	41	105	2270	11	19	33
		Large	512	1190	68.0	16.0	1.0	92	4	6	55	145	3030	14	23	42
	WHEAT WRAP	One Size	364	840	51.0	14.0	0.5	58	6	2	39	105	2160	16	27	25
Peppercorn Steak	SUB	Small	228	580	32.0	7.0	0.4	46	2	3	28	75	1120	6	13	22
		Medium	343	870	48.0	11.0	0.5	70	3	5	42	110	1680	11	19	31
		Large	457	1170	65.0	14.0	1.0	93	4	6	56	145	2240	14	27	42
	WHEAT WRAP	One Size	323	810	48.0	13.0	0.5	58	6	2	40	110	1580	15	27	25
SAMMIES																
BBQ Steak		One Size	160	240	7.0	1.0	0.0	34	4	6	13	20	680	2	8	17
Chipotle Chicken		One Size	159	350	19.0	5.0	0.3	30	3	2	17	50	1100	4	13	13
Cool Ranch Chicken		One Size	168	360	18.0	5.0	0.3	31	3	3	20	55	890	5	13	14
FLATBREAD PIZZA - some items not available at all locations																
BBQ Chicken		One Size	267	520	18.0	9.0	0.4	68	3	22	27	70	1480	5	31	13
Big Pepperoni		One Size	246	670	42.0	14.0	0.5	49	4	5	25	80	1230	2	35	19
Italian		One Size	246	540	26.0	11.0	0.5	51	4	5	28	75	1360	2	35	19
BREAKFAST - not available at all locations																
Egg Breakfast Sandwich	Sub	One Size	237	610	39.0	22.0	1.0	45	2	3	20	260	870	5	19	19

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	Sammie	One Size	212	550	40.0	22.0	1.0	31	4	2	18	260	740	4	23	17
Steak & Egg Breakfast Sandwich	Sub	One Size	265	650	41.0	22.0	1.0	45	2	3	25	275	990	6	19	22
	Sammie	One Size	240	590	42.0	22.0	1.0	31	4	2	23	275	860	5	23	17
Ham & Egg Breakfast Sandwich	Sub	One Size	265	640	40.0	22.0	1.0	47	2	4	24	270	1190	5	19	22
	Sammie	One Size	240	590	41.0	22.0	1.0	34	4	3	22	270	1060	4	23	17
Bacon & Breakfast Sandwich	Sub	One Size	265	740	48.0	25.0	1.5	46	2	4	31	285	1400	7	19	22
	Sammie	One Size	240	670	49.0	25.0	1.5	32	4	3	28	285	1270	6	23	19

KIDS

Cheesy Cheese		One Size	99	280	12.0	7.0	0.4	29	1	1	15	35	560	1	23	10
Ham & Cheese		One Size	113	250	8.0	4.0	0.2	32	1	2	14	30	860	1	10	11
Turkey & Cheese		One Size	113	220	5.0	2.5	0.1	29	1	1	15	35	740	3	10	11

SALADS

Honey Chef		Side	241	390	26.0	5.0	0.4	29	2	23	12	30	960	9	8	8
		Entrée	426	510	31.0	8.0	0.5	36	4	26	23	60	1520	17	13	14
Honey Mustard Chicken		Side	220	430	34.0	7.0	0.5	17	2	11	14	65	760	10	6	7
		Entrée	383	550	39.0	9.0	0.5	24	4	14	28	105	1130	19	13	13
Mediterranean Chicken		Side	221	350	29.0	5.0	0.4	12	3	6	12	35	1020	10	8	11
		Entrée	386	460	33.0	7.0	0.5	20	5	9	23	70	1350	18	15	19

SOUPS

Broccoli & Cheddar		Small	142	110	8.0	3.5	1.5	8	1	3	3	15	720	2	8	0
		Large	227	190	13.0	6.0	3.0	13	1	5	6	25	1150	3	13	0
		Crackers	6	25	0.5	0.0	0.0	5	0	0	0.4	0	80	0	0	1.0
Chili		Small	142	160	10.0	3.5	0.5	10	1	3	9	30	520	4	3	10
		Large	227	260	16.0	6.0	1.0	16	2	6	15	45	830	6	6	17
		Crackers	6	25	0.5	0.0	0.0	5	0	0	0.4	0	80	0	0	1.0

SIDES

Cheesy Garlic Bread w/Marinara		One Size	283	750	41.0	11.0	0.5	68	4	9	29	55	1450	4	38	25
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Chips	Variety	See bag for nutritional information														
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DESSERTS

Nanaimo Bar		One Size	57	290	18.0	10.0	0.1	32	2	23	2	0	135	3	1	7
Macaroon Bar		One Size	40	170	8.0	3.5	0.0	22	1	17	2	20	90	0	2	3
Chocolate Chunk Cookie		One Size	85	370	17.0	7.0	0.0	51	2	31	5	15	270	3	2	13
Oatmeal Raisin Cookie		One Size	85	340	13.0	5.0	0.0	51	3	26	6	20	250	4	2	11
White Choc Macadamia Nut Cookie		One Size	85	390	20.0	8.0	0.1	49	1	31	5	20	270	2	3	7
Brownie		One Size	117	480	26.0	10.0	0.0	58	6	44	6	45	180	10	2	36

SINGLE INGREDIENTS

BREADS

Artisan Sesame French		Small	85	210	2.5	1.0	0.0	41	2	2	7	0	430	2	2	14
		Medium/Wrap	128	320	4.0	1.0	0.0	61	3	2	11	0	650	2	4	22
		Large	170	420	5.0	1.5	0.0	82	3	3	14	0	860	3	6	31
Artisan Whole Grain		Small	85	230	2.5	0.4	0.0	44	5	5	10	0	400	3	2	4
		Medium/Wrap	128	330	3.5	0.0	0.0	65	8	8	14	0	600	5	2	7
		Large	170	440	4.5	1.0	0.0	87	11	10	19	0	800	6	3	10
Rosemary Parmesan		Small	85	220	3.5	1.0	0.1	39	2	3	9	5	410	2	4	14

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	Medium/Wrap	128	330	6.0	2.0	0.1	58	3	4	13	5	620	3	6	22	
	Large	170	430	7.0	2.5	0.2	77	4	5	17	10	830	4	8	31	
	Small	85	220	3.0	1.0	0.1	41	2	3	9	0	500	2	3	6	
Italian Herb	Medium/Wrap	128	340	5.0	1.5	0.1	62	2	5	13	5	750	3	6	8	
	Large	170	450	6.0	2.0	0.1	83	3	6	17	5	1010	4	6	11	
	Small	88	220	3.0	0.4	0.0	46	6	4	4	0	360	2	2	3	
Gluten Friendly Bread ** ** Product may come into contact with Gluten in the restaurant	Medium	132	320	4.5	0.5	0.0	69	9	6	6	0	540	3	2	6	
	Large	176	430	6.0	1.0	0.0	92	12	8	8	0	720	4	3	7	
	One Size	75	190	4	0.5	0.0	33	3	1	6	0	125	0	10	10	
Pizza Flatbread	One Size	60	150	3.5	0.5	0.0	27	3	1	5	0	300	0	6	11	
Sammie Flatbread Pita	One Size	108	260	3.5	3.5	0.0	50	5	0	9	0	540	7	13	17	
PROTEINS - some sandwiches and salads may have different portions than noted below; check with store for specific build details																
Bacon Diced	Small	11	50	4	1.5	0.0	1	0	0	4	10	210	1	0	1	
	Medium/Wrap	17	70	5	2.0	0.0	1	0	1	6	15	320	2	0	1	
	Large	23	100	7	2.5	0.0	1	0	1	8	20	420	2	0	2	
Black Angus Steak	Small	85	120	5	1.5	0.0	2	0	0	16	45	350	4	2	6	
	Medium/Wrap	128	180	8	2.0	0.0	3	0	0	24	65	520	6	2	8	
	Large	170	230	10	2.5	0.0	3	0	0	32	85	700	9	3	10	
Capocollo	Small	14	20	0	0.1	0	1	0	0	3	10	100	0	0	1	
	Medium/Wrap	21	25	0	0.2	0	1	0	0	4	10	150	0	0	2	
	Large	28	30	1	0.2	0	1	0	1	5	15	200	0	0	2	
Chicken Breast	Small	71	80	2	0.4	0	2	0	1	14	50	350	5	1	2	
	Medium/Wrap	106	110	2	0.5	0	3	0	1	21	75	530	7	1	2	
	Large	142	160	3	0.5	0	4	0	1	28	100	710	11	1	3	
Ham	Small	35	45	1	0.5	0	4	0	1	5	10	390	0	0	2	
	Medium/Wrap	53	70	2	1.0	0	5	0	2	7	20	590	0	0	2	
	Large	71	90	3	1.0	0	7	0	2	10	25	790	0	0	3	
Meatballs (in Marinara)	Small	106	220	16	6.0	1	6	2	2	14	50	600	7	4	10	
	Medium/Wrap	159	330	24	10.0	1	8	3	2	22	70	900	11	6	14	
	Large	213	440	32	13.0	1	11	4	3	29	95	1200	14	8	19	
Pepperoni	Small	14	60	6	1.5	0	0	0	0	2	10	140	0	0	2	
	Medium/Wrap	21	100	9	2.0	0	1	0	0	3	15	210	0	1	2	
	Large	28	130	12	3.0	0	1	0	0	4	20	280	0	1	3	
Salami Genoa	Small	14	40	4	1.0	0	0	0	0	2	10	150	1	0	1	
	Medium/Wrap	21	60	5	1.5	0	0	0	0	4	15	230	1	0	2	
	Large	28	80	7	2.5	0	0	0	0	5	20	300	2	0	2	
Tuna (with Mayo)	Small	85	130	7	0.3	0	2	0	0	15	25	300	3	0	2	
	Medium/Wrap	128	190	10	0.5	0	2	0	0	22	40	460	5	0	3	
	Large	170	250	13	0.5	0	3	0	0	29	55	610	6	0	4	
Turkey Breast	Small	71	70	2	0.4	0	2	0	1	10	45	610	3	0	2	
	Medium/Wrap	106	90	3	0.5	0	3	0	1	15	65	910	5	0	2	
	Large	142	130	4	0.5	0	4	0	1	20	85	1220	6	0	3	
CHEESE - some sandwiches and salads may have different portions than noted below; check with store for specific build details																
Cheddar	Small	14	50	5	3.0	0.2	0	0	0	3	15	100	0	8	0	
	Medium/Wrap	21	90	7	4.5	0.3	1	0	0	5	20	150	0	12	0	
	Large	28	110	9	6.0	0.4	1	0	0	7	30	200	0	15	0	
Mozzarella	Small	14	45	3	1.5	0.1	0	0	0	4	10	100	1	8	0	

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		Medium/Wrap	21	70	5	2.5	0.1	1	0	0	6	15	150	1	12	0
		Large	28	90	5	3.5	0.2	1	0	0	8	20	200	1	17	0
Swiss		Small	14	60	5	2.5	0.1	0	0	0	4	10	60	1	10	0
		Medium/Wrap	21	80	6	3.5	0	1	0	0	6	20	90	1	13	1
		Large	28	120	9	4.5	3	1	0	0	8	25	120	1	17	1
Cheddar/Mozzarella Shredded	For Pizza	One Size	43	180	11	7.0	0	10	0	0	10	35	310	1	23	1
DRESSINGS & SAUCES - some sandwiches and salads may have different portions than noted below; check with store for specific build details																
Alfredo Sauce		Small	28	170	17	3.0	0.0	4	0	3	1	15	280	0	3	0
		Medium/Wrap	43	250	25	4.5	0.0	6	0	4	1	20	430	0	4	0
		Large	57	340	33	6.0	0.0	8	0	6	2	30	570	0	6	0
Au Jus		One Size	99	10	0.3	0.1	0.0	1	0	0	0	0	390	0	1	0
Blue Ribbon BBQ Sauce		Small	14	15	0	0.0	0.0	4	0	3	0	0	115	0	0	0
		Medium/Wrap	21	25	0	0.0	0.0	6	0	5	0	0	180	0	0	0
		Large	28	30	0	0.0	0.0	8	0	7	0	0	230	0	0	0
Buttermilk Ranch		Small	28	130	14	2.0	0.2	1	0	1	0	5	190	1	1	1
		Medium/Wrap	43	200	21	3.0	0.3	2	0	1	1	10	280	1	1	1
		Large	57	260	28	4.5	0.4	2	0	2	1	10	370	1	1	1
Four Pepper Chili Sauce (Batch 83)		Small	14	20	0	0.0	0.0	5	0	3	0	0	75	1	0	2
		Medium/Wrap	28	35	0	0.0	0.0	9	0	6	0	0	150	2	0	4
		Large	43	60	0	0.0	0.0	14	0	8	0	0	220	3	0	7
Honey Bourbon Sauce		Small	14	25	1	0.0	0.0	5	0	5	0	0	70	0	0	0
		Medium/Wrap	21	35	1	0.0	0.0	7	0	7	0	0	105	0	0	0
		Large	28	50	1	0.0	0.0	10	0	10	1	0	140	0	0	0
Honey French		Small	28	130	10	1.5	0.1	10	0	10	0	0	200	1	0	1
		Medium/Wrap	43	200	15	2.5	0.2	16	0	15	0	0	300	1	0	1
		Large	57	260	20	3.0	0.3	21	0	20	0	0	400	1	0	1
Honey Mustard		Small	28	160	15	2.0	0.2	5	0	4	0	10	190	1	0	1
		Medium/Wrap	43	230	22	3.5	0.3	7	0	7	1	20	280	1	0	1
		Large	57	300	29	4.5	0.4	9	0	9	1	25	380	1	0	1
Marinara		Small	43	25	0	0.0	0.0	5	1	3	1	0	160	3	1	2
		Medium/Wrap	85	40	0	0.0	0.0	9	2	6	1	0	320	5	2	3
		Large	128	60	1	0.0	0.0	14	3	9	2	0	490	7	3	4
Mayo Chipotle		Small	14	80	9	1.5	0.1	0	0	0	0	5	170	0	0	0
		Medium/Wrap	21	130	14	2.0	0.2	1	0	0	0	10	250	0	0	1
		Large	28	180	19	3.0	0.3	1	0	1	0	15	330	0	0	1
Mayo Lite		Small	28	80	8	0.0	0.0	2	0	0	0	20	180	0	0	0
		Medium/Wrap	43	110	11	0.0	0.0	3	0	0	0	30	270	0	0	0
		Large	57	150	15	0.0	0.0	4	0	0	0	40	360	0	0	0
Peppercorn Sauce		Small	28	190	20	3.0	0.3	2	0	1	1	20	220	1	1	1
		Medium/Wrap	43	300	31	5.0	0.5	3	0	1	1	30	330	1	1	1
		Large	57	390	41	6.0	0.5	4	0	2	1	40	440	1	1	2
Red Wine Vinaigrette		Small	28	120	12	2.0	0.2	2	0	2	0	0	340	1	1	1
		Medium/Wrap	43	180	18	3.0	0.3	4	0	3	0	0	510	1	1	1
		Large	57	240	24	4.0	0.4	5	0	3	0	0	690	1	1	1
Zesty Grille Sauce		Small	14	25	0	0.0	0.0	6	0	6	0	0	115	1	0	1
		Medium/Wrap	21	40	0	0.0	0.0	9	0	8	0	0	170	1	1	1
		Large	28	60	0	0.0	0.0	13	0	11	0	0	230	1	1	1
PRODUCE - some sandwiches and salads may have different portions than noted below; check with store for specific build details																
Cucumbers		Side Salad	28	5	0	0.0	0.0	1	0	0	0	0	1	1	0	1

QUIZNOS

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Canada Nutritional Information		Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
Lettuce Iceberg		Entrée Salad	57	10	0	0.0	0.0	2	0	1	0	0	1	2	1	1
		Small	21	5	0	0.0	0.0	1	0	0	0	0	2	1	0	1
		Medium/Wrap	32	5	0	0.0	0.0	1	0	1	0	0	3	1	1	1
Lettuce Romaine (Salad)		Large	43	5	0	0.0	0.0	1	0	1	0	0	4	1	1	1
		Side Salad	71	10	0	0.0	0.0	2	1	1	1	0	5	4	2	4
Mushrooms Fresh		Entrée Salad	142	25	0	0.1	0.0	5	3	2	2	0	10	7	4	7
		Small	11	5	0	0.0	0.0	0	0	0	0	0	1	1	0	1
		Medium/Wrap	17	10	0	0.0	0.0	1	0	0	1	0	1	1	0	1
Mushrooms Sautéed		Large	23	10	0	0.0	0.0	1	0	0	1	0	1	2	0	1
		Small	14	20	2	0.1	0.0	1	0	0	0	0	15	1	0	1
		Medium/Wrap	21	25	2	0.2	0.0	1	0	0	1	0	25	1	0	1
Onions Red		Large	28	35	3	0.2	0.0	1	0	1	1	0	30	2	0	1
		Small	4	0	0	0.0	1.0	0	0	0	0	0	0	1	0	0
		Medium/Wrap	13	5	0	0.0	0.0	1	0	1	0	0	1	1	0	0
Onions Yellow Fresh		Large	17	10	0	0.0	0.0	2	0	1	0	0	1	1	0	0
Onions Yellow Sautéed		Breakfast	9	5	0	0.0	0.0	1	0	0	0	0	0	1	0	0
Peppers Green Bell Sautéed		Small	14	20	2	0.1	0.0	1	0	1	0	0	15	1	0	0
		Medium/Wrap	21	25	2	0.2	0.0	2	0	1	0	0	25	1	0	1
		Large	28	35	3	0.2	0.0	3	0	1	0	0	30	1	1	1
Tomatoes Red Round		Small	14	20	2	0.1	0.0	1	0	0	0	0	15	1	0	1
		Medium/Wrap	21	25	2	0.2	0.0	1	0	1	0	0	20	1	0	1
		Large	28	30	3	0.2	0.0	2	0	1	0	0	30	1	0	1
CONDIMENTS & MISC - some sandwiches and salads may have different portions than noted below; check with store for specific build details		Small	30	5	0	0.0	0.0	1	0	1	0	0	1	2	0	1
		Medium/Wrap	45	10	0	0.0	0.0	2	1	1	0	0	2	2	0	1
		Large	60	10	0	0.0	0.0	2	1	2	1	0	3	3	1	1
Au Jus Steak prep for hot sandwiches		Small	1.7	0	0	0.0	0.0	0	0	0	0	0	5	0	0	0
		Medium/Wrap	2.6	0	0	0.0	0.0	0	0	0	0	0	10	0	0	0
		Large	3	0	0	0.0	0.0	0	0	0	0	0	15	0	0	0
Chicken Broth Chicken prep for hot sandwiches		Small	1.4	1	0	0.0	0.0	0	0	0	0	0	90	0	0	0
		Medium/Wrap	2.1	2	0	0.0	0.0	0	0	0	0	0	135	0	0	0
		Large	2.8	2	0	0.0	0.0	0	0	0	0	0	180	0	0	0
Garlic Spread For sauteed veggies		Small	2.2	15	2	0.1	0.0	0	0	0	0	0	15	0	0	0
		Medium/Wrap	3.4	20	2	0.2	0.0	0	0	0	0	0	20	0	0	0
		Large	4.5	25	3	0.2	0.0	0	0	0	0	0	30	0	0	0
Guacamole		Small	28	45	4	1.0	0.0	3	1	0	0	0	75	1	1	3
		Medium/Wrap	43	70	5	1.5	0.0	5	2	0	1	0	110	1	2	4
		Large	57	90	7	2.0	0.0	6	3	0	1	0	150	1	2	6
Olives Black		Small	8.5	15	2	0.3	0.0	1	1	1	0	0	75	0	1	6
		Medium/Wrap	13	20	2	0.4	0.0	1	1	1	0	0	110	0	2	8
		Large	17	25	3	0.5	0.0	1	1	1	0	0	150	0	2	11
Peppers Banana	4 rings	Small	20	5	0	0.0	0.0	2	1	0	0	0	400	1	2	1
	6 rings	Medium/Wrap	30	10	0	0.0	0.0	3	2	0	0	0	600	1	2	1
	8 rings	Large	40	10	0	0.0	0.0	4	3	0	0	0	800	1	3	1
Peppers Jalapeno	4 rings	Small	13	0	0	0.0	0.0	0	0	0	0	0	270	1	0	0
	6 rings	Medium/Wrap	20	0	0	0.0	0.0	0	0	0	0	0	400	1	1	1
	8 rings	Large	27	1	0	0.0	0.0	0	0	0	0	0	530	1	1	1
Peppers Pepperoncini	1 ea	Small	28	2	0	0.0	0.0	0	1	0	0	0	640	1	2	1
	2 ea	Medium/Wrap	57	4	0	0.0	0.0	0	2	0	0	0	1300	1	4	1
	3 ea	Large	85	5	0	0.0	0.0	0	3	0	0	0	1960	2	6	2
Pickles Dill Slices	4 slices	Small	27	5	0	0.0	0.0	1	0	0	0	0	270	0	2	4

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	6 slices	Medium/Wrap	41	5	0	0.0	0.0	1	0	0	0	0	410	0	3	6
	8 slices	Large	54	10	0	0.0	0.0	2	0	0	0	0	540	0	4	7

FOUNTAIN DRINKS

Coca-Cola	Regular	20 oz	560	220	0	0	0	55	0	55	0	0	55	10	0	0
Diet Coke	Regular	20 oz	560	0	0	0	0	0	0	0	0	0	65	0	0	0
Coca-Cola Zero	Regular	20 oz	560	0	0	0	0	0	0	0	0	0	55	105	0	0
Sprite	Regular	20 oz	560	210	0	0	0	50	0	50	0	0	95	0	0	0
Barq's Root Beer	Regular	20 oz	560	220	0	0	0	56	0	56	0	0	95	15	0	0
Fanta Orange	Regular	20 oz	560	220	0	0	0	55	0	55	0	0	50	0	0	0
Minute Maid Light Lemonade	Regular	20 oz	560	10	0	0	0	3	0	0	0	0	60	0	0	0
Powerade Mountain Blast	Regular	20 oz	560	130	0	0	0	30	0	30	0	0	150	0	0	0
Raspberry Lemonade	Regular	20 oz	560	230	0	0	0	62	0	58	0	0	55	55	0	0

CATERING

CATERING TRAY offerings may be a mix of sandwich varieties below, built on 3" Sesame French Baguettes

Baja Chicken	Catering	One Size	165	380	17	5	0.25	37	1.5	5	22	60	1105	6	7.5	14
Beef Swiss Melt	Catering	One Size	182	490	29	6	0.15	36.5	1.5	4	21.5	55	930	5.5	11.5	15.5
Black Angus Steak	Catering	One Size	193	390	15	5	0.25	40.5	1.5	10.5	25	52.5	855	6.5	17.5	16.5
Chicken Carbonara	Catering	One Size	180	440	23	5.5	0.1	37	1.5	4.5	23.5	62.5	1125	7.5	11.5	14
Chipotle Steak & Cheddar	Catering	One Size	192	445	26	6	1	35	2	3	21	53	1135	6	10	17
Classic Club	Catering	One Size	196	365	16	4	0	38	2	4	19	58	1220	5	8	14
Classic Italian	Catering	One Size	200	420	23	6	0	38	3	5	17	35	1245	5	10	20
Honey Bacon Club	Catering	One Size	196	405	17	5	0	44	2	11	20	43	1205	6	10	16
Honey Bourbon Chicken	Catering	One Size	184	265	4	1	0	43	2	11	17	38	800	8	3	14
Honey Mustard Chicken	Catering	One Size	203	420	20	6	0	39	2	7	23	63	1005	8	10	14
Mesquite Chicken	Catering	One Size	203	405	20	6	0	36	2	4	23	60	1035	8	9	14
Peppercorn Steak	Catering	One Size	172	435	24	6	0	35	2	3	21	55	840	6	10	16
Traditional	Catering	One Size	200	380	19	5	0	37	3	4	17	40	1035	5	10	18
Turkey Bacon Guacamole	Catering	One Size	224	415	21	6	0	38	3	4	20	50	1210	7	10	16
Turkey Ranch Swiss	Catering	One Size	194	355	17	4	0	36	2	4	17	45	965	6	10	14
Veggie Guacamole	Catering	One Size	199	400	23	7	0	39	4	5	12	18	945	4	18	25

CATERING SAMMIE TRAY offerings may be a mix of Sammie varieties below, built on 3" (1/2 Sammie) Pita Flatbread

Chipotle Chicken	Catering	One Size	80	175	9.5	2.5	0.15	15	1.5	1	8.5	25	550	2	6.5	6.5
BBQ Steak	Catering	One Size	80	120	4	1	0	17	2	3	7	10	340	1	4	9
Cool Ranch Chicken	Catering	One Size	84	180	9	2.5	0.15	15.5	1.5	1.5	10	27.5	445	2.5	6.5	7

CATERING BOX offerings include either a small or regular sandwich, chips, and cookie. See above for sandwich and cookie nutritional information; and specific chip bag for chip nutritional information.

CATERING SALAD BOX offerings include Entrée salad and cookie. See above for salad and cookie nutritional information.

Quiznos attempts to provide ingredient and 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 differences in suppliers, ingredient substitutions, recipe revisions, and/or procedures at the restaurant. Test products, test formulations, or regional items may not be included on this list. All sub recipes noted are with Sesame French Baguette unless otherwise noted. Some menu items may not be available at all restaurants.