

Quiznos Canada Nutritional Guide

LTO

Chicken Milano (Chicken, Mozzarella, Italian 3-Cheese Blend, Tomato, Lettuce, Sundried and Tomato Pestos)

Chicken Milano 5"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	310	60	6	2.5	0	45	765	44	3	4	28
Cheese	65	35	4.5	3	0	15	145	0	0	0	6
Dressing	85	75	8.5	0.5	0	0	200	1	0	1	0
Total	460	170	19	6	0	60	1110	45	3	5	34

Chicken Milano 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	500	95	9.5	3	0	70	1195	68	5	7	41
Cheese	110	65	7.5	4.5	0	20	245	2	0	0	10
Dressing	130	120	14	1.5	0	0	340	2	0	1	2
Total	740	280	31	9	0	90	1780	72	5	8	53

Chicken Milano 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	670	125	13.5	3.5	0.5	95	1530	94	6	10	55
Cheese	160	95	10.5	7	0	30	350	2	0	0	15
Dressing	190	170	19	2.5	0	0	570	3	0	1	2
Total	1020	390	43	13	0.5	125	2450	99	6	11	72

Six Meat Stack (Capicola, Roast Beef, Pepperoni, Ham, Salami, Turkey, Cheddar, Tomato, Lettuce, Red Onion, Mustard, Mayo)

Six Meat Stack 5"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	405	130	15	5.5	0	50	1440	59	3	7	25
Cheese	40	20	2.5	1.5	0	10	80	0	0	0	4
Dressing	35	30	2.5	0	0	5	210	2	0	0	0
Total	480	180	20	7	0	65	1730	61	3	7	29

Six Meat Stack 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	630	205	22.5	7.5	0	75	2210	91	4	10	38
Cheese	60	30	3.5	2	0	15	120	1	0	0	6
Dressing	60	45	5	0.5	0	5	350	3	1	1	1
Total	750	280	31	10	0	95	2680	95	5	11	45

Six Meat Stack 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	860	265	30.5	10	0	100	2990	127	6	14	51
Cheese	80	45	4.5	3	0	20	160	1	0	0	9
Dressing	80	60	7	1	0	5	490	3	1	1	1
Total	1020	370	42	14	0	125	3640	131	7	15	61

Signature Classic

Classic Italian (Capicola, Genoa Salami, Honey-Cured Ham, Pepperoni, Mozzarella, Tomato, Lettuce, Red Onion, Black Olive, Red Wine Vinaigrette)

Classic Italian 5"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	390	140	14.5	5	0	35	1210	46	3	6	21
Cheese	40	20	2.5	1.5	0	10	80	0	0	0	4
Dressing	90	80	9	1.5	0	0	220	2	0	1	0
Total	520	240	26	8	0	45	1510	48	3	7	25

Classic Italian 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	620	200	22.5	7.5	0	55	1880	72	5	10	33
Cheese	60	30	3.5	2	0	15	120	1	0	0	6

Dressing	150	140	15	2.5	0	0	360	3	0	2	0
Total	830	370	41	12	0	70	2360	76	5	12	39

Classic Italian 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	840	275	31.5	9.5	0.5	75	2540	100	7	13	43
Cheese	80	45	4.5	3	0	20	160	1	0	0	9
Dressing	210	190	21	3.5	0	0	510	4	0	3	0
Total	1130	510	57	16	0.5	95	3210	105	7	16	52

Classic Club (Turkey Breast, Honey-Cured Ham, Bacon, Cheddar, Tomato, Lettuce, Mayo)

Classic Club 5"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	360	90	10	3	0	45	1205	46	3	6	23
Cheese	60	45	5	3	0	15	95	0	0	0	3
Dressing	50	45	5	1	0	5	200	2	0	1	0
Total	470	180	20	7	0	65	1500	48	3	7	26

Classic Club 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	550	130	14	4	0.5	60	1840	72	4	10	35
Cheese	90	70	8	4.5	0	25	140	1	0	0	5
Dressing	90	80	9	1.5	0	10	340	3	0	1	0
Total	730	280	31	10	0.5	95	2320	76	4	11	40

Classic Club 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	750	180	20	6	0	85	2490	100	6	13	47
Cheese	110	80	9	6	0	30	180	0	0	0	7
Dressing	130	110	12	2	0	15	480	4	0	2	0
Total	990	370	41	14	0	130	3150	104	6	15	54

Honey Bacon Club (Honey-Cured Ham, Turkey Breast, Swiss, Tomato, Lettuce, Red Onion, Honey French Dressing)

Honey Bacon Club 5"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	360	80	8.5	3.5	0	40	1205	47	3	7	23
Cheese	60	40	4.5	2.5	0	15	65	0	0	0	4
Dressing	100	70	8	1	0	0	170	0	0	7	0
Total	520	190	21	7	0	55	1440	47	3	14	27

Honey Bacon Club 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	550	130	15	4.5	0.5	65	1840	73	5	11	36
Cheese	90	60	6	3.5	0	20	100	0	0	0	6
Dressing	170	110	13	2	0	0	290	1	0	12	0
Total	810	300	34	10	0.5	85	2230	74	5	23	42

Honey Bacon Club 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	770	170	19	7	0.5	85	2500	101	6	14	47
Cheese	110	80	9	4.5	0	30	130	0	0	0	9
Dressing	230	160	18	2.5	0	0	400	1	0	17	0
Total	1110	410	46	14	0.5	115	3030	102	6	31	56

Turkey Ranch & Swiss (Turkey Breast, Swiss, Tomato, Lettuce Red Onion, Ranch Dressing)

Turkey Ranch & Swiss 5"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	290	40	4.5	1	0	45	1095	46	3	5	20
Cheese	60	40	4.5	2.5	0	15	65	0	0	0	4
Dressing	90	80	9	1.5	0	5	150	1	0	1	0

Total	440	160	18	5	0	65	1310	47	3	6	24
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Turkey Ranch & Swiss 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	470	70	8	2	0.5	65	1700	73	5	9	30
Cheese	90	60	6	3.5	0	20	100	0	0	0	6
Dressing	140	130	15	2.5	0	10	250	2	0	1	0
Total	700	260	29	8	0.5	95	2050	75	5	10	36

Turkey Ranch & Swiss 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	640	100	11	3.5	1	85	2300	100	7	11	39
Cheese	110	80	9	4.5	0	30	130	0	0	0	9
Dressing	200	180	20	3	0	15	350	3	0	2	1
Total	950	360	40	11	1	130	2780	103	7	13	49

Deli Style

The Traditional (Roast Beef, Turkey Breast, Honey-Cured Ham, Cheddar, Tomato, Lettuce, Red Onion, Black Olive, Ranch Dressing)

The Traditional 5"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	300	55	6	1.5	0	30	1225	66	3	6	20
Cheese	60	45	5	3	0	15	95	0	0	0	3
Dressing	90	80	9	1.5	0	5	150	1	0	1	0
Total	450	180	20	6	0	50	1470	67	3	7	23

The Traditional 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	490	90	9	2	0.5	45	1900	102	5	10	31
Cheese	90	70	8	4.5	0	25	140	1	0	0	5
Dressing	140	130	15	2.5	0	10	250	2	0	1	0
Total	720	290	32	9	0.5	80	2290	105	5	11	36

The Traditional 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	680	130	14	4	1	55	2570	139	7	13	41
Cheese	110	90	10	6	0	35	190	1	0	0	7
Dressing	200	180	20	3	0	15	350	3	0	2	1
Total	990	400	44	13	1	105	3110	143	7	15	49

Veggie Deluxe (Mozarella, Cheddar, Tomato, Lettuce, Red Onion, Mushroom, Black Olive, Red Wine Vinaigrette, Guacamole)

Veggie Deluxe 5"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	310	95	9.5	2	0	5	815	48	5	5	11
Cheese	100	65	7.5	4.5	0	25	175	0	0	0	7
Dressing	90	80	9	1.5	0	0	220	2	0	1	0
Total	500	240	26	8	0	30	1210	50	5	6	18

Veggie Deluxe 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	480	130	14.5	3	0.5	5	1210	74	8	8	17
Cheese	150	100	11.5	6.5	0	40	260	2	0	0	11
Dressing	150	140	15	2.5	0	0	360	3	0	2	0
Total	780	370	41	12	0.5	45	1830	79	8	10	28

Veggie Deluxe 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	660	165	19.5	4.5	1	5	1600	103	10	11	22
Cheese	190	135	14.5	9	0	55	350	2	0	0	16
Dressing	210	190	21	3.5	0	0	510	4	0	3	0
Total	1060	490	55	17	1	60	2460	109	10	14	38

Turkey Bacon Guacamole (Turkey Breast, Bacon, Mozzarella, Tomato, Lettuce Red Onion, Ranch Dressing, Guacamole)**Turkey Bacon Guacamole 5"**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	390	110	12.5	4	0	55	1330	50	5	6	23
Cheese	40	20	2.5	1.5	0	10	80	0	0	0	4
Dressing	90	80	9	1.5	0	5	150	1	0	1	0
Total	520	210	24	7	0	70	1560	51	5	7	27

Turkey Bacon Guacamole 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	610	170	18.5	5.5	0.5	80	2040	78	7	10	36
Cheese	60	30	3.5	2	0	15	120	1	0	0	6
Dressing	140	130	15	2.5	0	10	250	2	0	1	0
Total	810	330	37	10	0.5	105	2410	81	7	11	42

Turkey Bacon Guacamole 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	830	235	26.5	8	0.5	105	2760	107	10	13	47
Cheese	80	45	4.5	3	0	20	160	1	0	0	9
Dressing	200	180	20	3	0	15	350	3	0	2	1
Total	1110	460	51	14	0.5	140	3270	111	10	15	57

Savoury Steak**Beef & Swiss Melt** (Roast Beef, Swiss, Mushroom, Parmesan Alfredo Sauce, Served on Garlic Toast)**Beef & Swiss Melt 5"**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	300	60	6.5	1.5	0	25	1615	118	2	5	22
Cheese	60	40	4.5	2.5	0	15	65	0	0	0	4
Dressing	140	120	13	2	0	15	190	2	0	2	1
Total	500	220	24	6	0	55	1870	120	2	7	27

Beef & Swiss Melt 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	470	90	11	2.5	0.5	45	2475	183	3	9	35
Cheese	90	60	6	3.5	0	20	100	0	0	0	6
Dressing	230	200	22	4	0	20	315	2	0	2	1
Total	790	350	39	10	0.5	85	2890	185	3	11	42

Beef & Swiss Melt 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	660	110	14	4.5	1	60	3340	246	5	11	46
Cheese	110	80	9	4.5	0	30	130	0	0	0	9
Dressing	320	290	31	5	0	25	430	4	0	4	1
Total	1090	480	54	14	1	115	3900	250	5	15	56

Black Angus (Black Angus Steak, Mozzarella, Cheddar, Sautéed Onion, Mushroom, Honey Bourbon Mustard, Zesty Grille Sauce)**Black Angus 5"**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	395	110	12	3.5	0	65	1125	45	3	4	31
Cheese	100	65	7.5	4.5	0	25	175	0	0	0	7
Dressing	45	5	0.5	0	0	0	170	9	0	8	0
Total	540	180	20	8	0	90	1470	54	3	12	38

Black Angus 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	615	160	18.5	4.5	0	90	1740	69	4	6	47
Cheese	150	100	11.5	6.5	0	40	260	2	0	0	11
Dressing	75	10	1	0	0	0	280	15	0	14	0
Total	840	270	31	11	0	130	2280	86	4	20	58

Black Angus 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	855	220	25	6	0.5	120	2350	96	6	9	62
Cheese	190	135	14.5	9	0	55	350	2	0	0	16
Dressing	95	15	1.5	0	0	0	390	21	0	19	0
Total	1140	370	41	15	0.5	175	3090	119	6	28	78

Prime Rib Peppercorn (Prime Rib Steak, Mozzarella, Sautéed Onion, Peppercorn Sauce)**Prime Rib Peppercorn 5"**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	440	160	17.5	5.5	1	75	980	45	3	4	28
Cheese	40	20	2.5	1.5	0	10	80	0	0	0	4
Dressing	120	110	12	2	0	10	210	2	0	1	1
Total	600	290	32	9	1	95	1270	47	3	5	33

Prime Rib Peppercorn 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	700	240	26.5	8.5	1.5	115	1520	71	4	7	44
Cheese	60	30	3.5	2	0	15	120	1	0	0	6
Dressing	190	180	20	3.5	0	15	340	3	0	1	1
Total	950	450	50	14	1.5	145	1980	75	4	8	51

Prime Rib Peppercorn 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	940	325	36.5	11	2.5	155	2060	99	5	9	58
Cheese	80	45	4.5	3	0	20	160	1	0	0	9
Dressing	270	250	28	5	0	20	480	4	0	2	2
Total	1290	620	69	19	2.5	195	2700	104	5	11	69

Steakhouse Beef Dip (Roast Beef, Mozzarella, Peppercorn Sauce, Side of Au Jus)**Steakhouse Beef Dip 5"**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	320	70	7.5	3.5	0	35	2150	121	2	5	22
Cheese	40	20	2.5	1.5	0	10	80	0	0	0	4
Dressing	120	110	12	2	0	10	210	2	0	1	1
Total	480	200	22	7	0	55	2440	123	2	6	27

Steakhouse Beef Dip 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	500	100	10.5	4.5	0.5	50	3020	183	3	9	35
Cheese	60	30	3.5	2	0	15	120	1	0	0	6
Dressing	190	180	20	3.5	0	15	340	3	0	1	1
Total	750	310	34	10	0.5	80	3480	187	3	10	42

Steakhouse Beef Dip 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	660	115	13.5	5	1	65	3880	247	5	12	45
Cheese	80	45	4.5	3	0	20	160	1	0	0	9
Dressing	270	250	28	5	0	20	480	4	0	2	2
Total	1010	410	46	13	1	105	4520	252	5	14	56

Triple Cheese & Beef (Roast Beef, Swiss, Cheddar, Mozzarella, Sautéed Onion, Mushroom, Mayo)**Triple Cheese & Beef 5"**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	330	80	10	2.5	0	35	1620	120	2	6	23
Cheese	110	75	8	4.5	0	25	170	0	0	0	7
Dressing	50	45	5	1	0	5	200	2	0	1	0
Total	490	200	23	8	0	65	1990	122	2	7	30

Triple Cheese & Beef 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	500	120	13	3	0.5	45	2475	184	4	9	35
Cheese	190	130	15	8.5	0	50	285	1	0	0	13
Dressing	90	80	9	1.5	0	10	340	3	0	1	0
Total	780	330	37	13	0.5	105	3100	188	4	10	48

Triple Cheese & Beef 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	690	160	19.5	4.5	1	60	3330	248	5	12	47
Cheese	260	180	19.5	11.5	0	70	410	2	0	0	19
Dressing	130	110	12	2	0	15	480	4	0	2	0
Total	1080	450	51	18	1	145	4220	254	5	14	66

Delectable Chicken

Mesquite (Chicken, Bacon, Cheddar, Tomato, Lettuce, Red Onion, Ranch Dressing)

Mesquite 5"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	370	95	10	2.5	0	55	915	45	3	5	31
Cheese	60	45	5	3	0	15	95	0	0	0	3
Dressing	90	80	9	1.5	0	5	150	1	0	1	0
Total	520	220	24	7	0	75	1160	46	3	6	34

Mesquite 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	580	140	15	4	0.5	80	1430	70	5	8	47
Cheese	90	70	8	4.5	0	25	140	1	0	0	5
Dressing	140	130	15	2.5	0	10	250	2	0	1	0
Total	810	340	38	11	0.5	115	1820	73	5	9	52

Mesquite 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	800	200	22	6	1	105	1940	97	7	11	62
Cheese	110	90	10	6	0	35	190	1	0	0	7
Dressing	200	180	20	3	0	15	350	3	0	2	1
Total	1110	470	52	15	1	155	2480	101	7	13	70

Carbonara (Chicken, Bacon, Mozzarella, Mushroom, Parmesan Alfredo Sauce)

Carbonara 5"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	400	130	14.5	3.5	0	55	920	42	2	4	31
Cheese	40	20	2.5	1.5	0	10	80	0	0	0	4
Dressing	130	110	12	2	0	15	230	2	0	1	1
Total	570	260	29	7	0	80	1230	44	2	5	36

Carbonara 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	630	200	22.5	5.5	0.5	80	1430	67	4	7	47
Cheese	60	30	3.5	2	0	15	120	1	0	0	6
Dressing	220	180	20	3.5	0	25	380	3	0	2	2
Total	910	410	46	11	0.5	120	1930	71	4	9	55

Carbonara 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	850	275	30.5	7	0.5	110	1940	92	5	9	63
Cheese	80	45	4.5	3	0	20	160	1	0	0	9
Dressing	310	250	28	5	0.5	35	530	4	0	3	3
Total	1240	570	63	15	1	165	2630	97	5	12	75

BBQ Smokehouse (Chicken, Bacon, Cheddar, Sautéed Onion, BBQ sauce)

BBQ Smokehouse 5"

Dressing	95	15	1.5	0	0	0	390	21	0	19	0
Total	790	140	15	4	0	90	2030	118	7	30	57

Chicken Milano (Chicken, Mozzarella, Italien 3-Cheese Blend, Tomato, Lettuce, Sundried and Tomato Pestos)

Chicken Milano 5"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	310	60	6	2.5	0	45	765	44	3	4	28
Cheese	65	35	4.5	3	0	15	145	0	0	0	6
Dressing	85	75	8.5	0.5	0	0	200	1	0	1	0
Total	460	170	19	6	0	60	1110	45	3	5	34

Chicken Milano 8"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	500	95	9.5	3	0	70	1195	68	5	7	41
Cheese	110	65	7.5	4.5	0	20	245	2	0	0	10
Dressing	130	120	14	1.5	0	0	340	2	0	1	2
Total	740	280	31	9	0	90	1780	72	5	8	53

Chicken Milano 11"

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	670	125	13.5	3.5	0.5	95	1630	94	6	10	55
Cheese	160	95	10.5	7	0	30	350	2	0	0	15
Dressing	190	170	19	2.5	0	0	470	3	0	1	2
Total	1020	390	43	13	0.5	125	2450	99	6	11	72

Create Your Own

Create Your Own Sub 5"

Artisan Bread

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Whole Wheat	190	25	2.5	0	0	0	410	35	2	5	7
Italian Herb	220	30	3	1	0	0	490	40	2	3	8
White	200	20	2	0	0	0	440	39	2	2	7
Rosemary Parmesan	190	25	3	1	0	0	370	33	1	2	7

Dressings

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Light Mayo	50	45	5	1	0	5	200	2	0	1	0
Chipotle Ma	130	130	14	2	0	10	210	1	0	0	0
Red Wine Vi	90	80	9	1.5	0	0	220	2	0	1	0
BBQ Sauce	35	0	0	0	0	0	350	8	0	7	0
Marinara	30	5	0.5	0	0	0	270	6	1	4	1
Peppercorn C	120	110	12	2	0	10	240	1	0	1	1
Honey Musta	110	90	10	1.5	0	10	125	4	0	4	0

Meat

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Roast Beef	50	10	1.5	0.5	0	25	940	65	0	2	11
Turkey Breas	60	15	1.5	0	0	40	610	2	0	1	10
Honey-Curec	80	25	3	1	0	20	490	3	0	2	10
Meatball	470	380	43	15	0.5	105	910	9	5	1	18
Tuna Salad	140	60	7	1	0	20	400	3	0	1	16
Bacon	50	35	4	1.5	0	10	160	0	0	0	3

Cheese

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Cheddar	60	45	5	3	0	15	95	0	0	0	3
Mozzarella	40	20	2.5	1.5	0	10	80	0	0	0	4
3-Cheese Bl	25	20	2	1	0	5	95	0	0	0	2

Veggies

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Tomatoes	5	0	0	0	0	0	0	2	0	1	0
Lettuce	5	0	0	0	0	0	0	1	0	0	0
Green Pepp	5	0	0	0	0	0	0	1	0	0	0
Banana Peppers	5	0	0	0	0	0	280	1	0	0	0
Red Onions	5	0	0	0	0	0	0	1	0	0	0
Fresh Mushr	5	0	0	0	0	0	0	0	0	0	0
Cucumbers	0	0	0	0	0	0	0	0	0	0	0
Jalapeno	0	0	0	0	0	0	160	0	0	0	0
Black Olives	10	10	1	0	0	0	75	0	0	0	0
Pickles	0	0	0	0	0	0	160	0	0	0	0
Sauteed Mus	20	20	2.5	0	0	0	0	0	0	0	0
Guacamole	45	30	3.5	1	0	0	75	3	1	0	0

Create Your Own Sub 8"

Artisan Bread

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Whole Wheat	290	35	4	0.5	0	0	640	55	3	8	11
Italian Herb	350	45	5	1.5	0	5	780	64	3	5	13
White	320	30	3	0.5	0	0	700	62	3	4	11
Rosemary Parmesan	290	40	4.5	1.5	0	5	580	53	2	4	11

Dressings

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Light Mayo	90	80	9	1.5	0	10	340	3	0	1	0
Chipotle May	220	210	24	3.5	0	15	350	1	0	1	0
Red Wine Vi	150	140	15	2.5	0	0	360	3	0	2	0
BBQ Sauce	60	0	0	0	0	0	590	14	0	12	0
Marinara	45	10	1	0	0	0	430	9	2	6	2
Peppercorn C	200	190	21	3.5	0	15	410	2	0	1	1
Honey Musta	180	150	17	2.5	0	15	210	7	0	6	0

Meat

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Roast Beef	80	20	2	1	0	35	1400	97	0	3	17
Turkey Brea	90	20	2.5	0.5	0	60	910	3	0	1	15
Honey-Cured	120	40	4.5	1.5	0	30	740	5	0	3	15
Meatball	830	670	74	27	1	185	1590	16	9	2	32
Tuna Salad	200	90	10	1.5	0	30	590	5	0	1	24
Bacon	80	50	6	2	0	15	230	0	0	0	5

Cheese

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Cheddar	90	70	8	4.5	0	25	140	1	0	0	5
Mozzarella	60	30	3.5	2	0	15	120	1	0	0	6
3-Cheese Bld	50	35	4	2.5	0	10	190	1	0	0	4

Veggies

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Tomatoes	10	0	0	0	0	0	0	2	1	2	1
Lettuce	5	0	0	0	0	0	0	1	1	1	0
Green Pepp	35	30	3.5	0	0	0	0	1	0	0	0
Banana Peppers	5	0	0	0	0	0	450	1	1	0	0
Red Onions	5	0	0	0	0	0	0	1	0	1	0
Fresh Mushr	5	0	0	0	0	0	0	1	0	0	1
Cucumbers	0	0	0	0	0	0	0	0	0	0	0
Jalapeno	5	0	0	0	0	0	260	1	0	0	0
Black Olives	15	15	1.5	0	0	0	125	0	0	0	0
Pickles	5	0	0	0	0	0	250	1	0	0	0
Sauteed Mus	35	30	3.5	0	0	0	0	1	0	0	1

Guacamole	70	50	5	1.5	0	0	110	5	2	0	1
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Create Your Own Sub 11"

Artisan Bread

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Whole Wheat	410	50	5	1	0	0	900	76	4	11	15
Italian Herb	480	60	7	2	0	5	1070	88	4	7	19
White	440	40	4.5	1	0	0	970	86	4	5	16
Rosemary Parmesan	410	50	6	2	0	5	810	73	3	5	16

Dressings

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Light Mayo	130	110	12	2	0	15	480	4	0	2	0
Chipotle Ma	310	300	33	5	0	25	500	2	0	1	1
Red Wine Vi	210	190	21	3.5	0	0	510	4	0	3	0
BBQ Sauce	80	0	0	0	0	0	820	19	0	17	0
Marinara	60	10	1	0	0	0	540	11	2	8	2
Peppercorn C	280	260	29	5	0	20	570	3	0	2	2
Honey Must	250	210	23	3.5	0	20	290	10	0	9	1

Meat

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Roast Beef	110	25	2.5	1.5	0	50	1870	130	0	4	22
Turkey Brea	120	30	3.5	1	0	80	1220	5	0	1	20
Honey-Curec	160	50	6	2	0	40	990	7	0	4	21
Meatball	830	670	74	27	1	185	1590	16	9	2	32
Tuna Salad	270	120	13	2	0	40	790	6	0	2	32
Bacon	100	70	8	3	0	20	310	0	0	1	7

Cheese

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Cheddar	110	90	10	6	0	35	190	1	0	0	7
Mozzarella	80	45	4.5	3	0	20	160	1	0	0	9
3-Cheese Bl	80	50	6	3.5	0	20	290	1	0	0	6

Veggies

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Tomatoes	15	0	0	0	0	0	0	3	1	2	1
Lettuce	10	0	0	0	0	0	0	2	1	1	1
Green Peppe	5	0	0	0	0	0	0	1	0	1	0
Banana Peppers	5	0	0	0	0	0	620	1	1	0	0
Red Onions	10	0	0	0	0	0	0	2	0	1	0
Fresh Mushr	5	0	0	0	0	0	0	1	0	0	1
Cucumber	0	0	0	0	0	0	0	0	0	0	0
Jalapeno	5	0	0	0	0	0	360	1	0	1	0
Black Olives	20	20	2	0	0	0	170	0	0	0	0
Pickles	5	0	0	0	0	0	350	1	0	0	0
Sauteed Mus	45	40	4.5	0.5	0	0	0	1	0	0	1
Guacamole	90	60	7	2	0	0	150	6	3	0	1

Fresh Market Salads

Honey Mustard Chicken (Chicken, Bacon, Cheddar, Tomato, Honey Mustard Dressing)

Honey Mustard Chicken Small

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Salad	130	60	8	3	0	40	300	4	2	2	15
Dressing	290	240	26	4	0	20	330	12	0	10	1
Total	420	300	34	7	0	60	630	16	2	12	16

Honey Mustard Chicken Large

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Salad	250	130	15	5	0.5	75	610	8	3	3	30
Dressing	290	240	26	4	0	20	330	12	0	10	1
Total	540	370	41	9	0.5	95	940	20	3	13	31

Chicken Caesar (Chicken, Asiago Blend, Tomato, Red Onion, Peppercorn Caesar)

Chicken Caesar Small

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Salad	100	50	4	1	0.5	25	240	5	2	2	14
Dressing	310	280	32	6	0	25	550	4	0	2	2
Total	410	330	36	7	0.5	50	790	9	2	4	16

Chicken Caesar Large

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Salad	200	90	9	3	0.5	55	490	9	3	4	28
Dressing	310	280	32	6	0	25	550	4	0	2	2
Total	510	370	41	9	0.5	80	1040	13	3	6	30

Mediterranean Chicken (Chicken, Mozzarella, Tomato, Red Onion, Black Olive, Red Wine Vinagrette)

Mediterranean Chicken Small

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Salad	100	40	5	1	0	30	280	4	2	2	14
Dressing	240	220	24	4	0	0	690	5	0	3	0
Total	340	260	29	5	0	30	970	9	2	5	14

Mediterranean Chicken Large

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Salad	200	80	10	3	0	60	560	8	4	4	28
Dressing	240	220	24	4	0	0	690	5	0	3	0
Total	440	300	34	7	0	60	1250	13	4	7	28

Grilled Snack Flatbread

Chicken Bacon Ranch (Chicken, Bacon, Cheddar, Tomato, Lettuce, Ranch)

Chicken Bacon Ranch Small

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	250	75	8	2	0	30	695	30	2	3	18
Cheese	60	45	5	3	0	15	95	0	0	0	3
Dressing	60	50	6	1	0	5	100	1	0	1	0
Total	370	170	19	6	0	50	890	31	2	4	21

Turkey Caesar (Turkey Breast, Mozzarella, Tomato, Lettuce, Peppercorn Caesar Dressing)

Turkey Caesar Small

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	200	40	4.5	1	0	25	800	31	2	4	11
Cheese	40	20	2.5	1.5	0	10	80	0	0	0	4
Dressing	80	70	8	1.5	0	5	140	1	0	1	1
Total	320	130	15	4	0	40	1020	32	2	5	16

Chiptle Beef (Roast Beef, Cheddar, Tomato, Lettuce, Chipotle Mayo)

Chiptle Beef Small

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	200	45	5	0.5	0	20	995	69	2	5	12
Cheese	60	45	5	3	0	15	95	0	0	0	3
Dressing	90	80	9	1.5	0	5	140	0	0	0	0
Total	350	170	19	5	0	40	1230	69	2	5	15

Flatbread Pizza

Big Pepperoni

Big Pepperoni Half

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Total	620	350	39	12	0	75	1630	41	4	4	28

Big Pepperoni Whole

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Total	1240	700	78	25	1	145	3100	82	7	8	56

BBQ Chicken**BBQ Chicken Half**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Total	420	170	19	8	0	75	1650	40	2	16	29

BBQ Chicken Whole

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Total	840	340	37	16	0.5	145	3150	80	3	31	58

Soups**Broccoli Cheese Soup****Broccoli Cheese Small**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
6 oz	105	55	5.5	3	0	15	1025	9	1	2	5
2 crackers	25	5	0.5	0	0	0	75	4	0	0	0
Total	130	60	6	3	0	15	1100	13	1	2	5

Broccoli Cheese Large

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
10 oz	175	85	9.5	5	0	25	1705	15	1	3	8
2 crackers	25	5	0.5	0	0	0	75	4	0	0	0
Total	200	90	10	5	0	25	1780	19	1	3	8

Chicken Noodle Soup**Chicken Noodle Small**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
9 oz	75	25	3	0.5	0	15	975	10	1	1	5
2 crackers	25	5	0.5	0	0	0	75	4	0	0	0
Total	100	30	3.5	0.5	0	15	1050	14	1	1	5

Chicken Noodle Large

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
14 oz	125	40	4.5	1	0	25	1625	16	1	2	7
2 crackers	25	5	0.5	0	0	0	75	4	0	0	0
Total	150	45	5	1	0	25	1700	20	1	2	7

Chili**Chili Small**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
9 oz	175	65	7.5	2	0	50	655	16	4	5	10
2 crackers	25	5	0.5	0	0	0	75	4	0	0	0
Total	200	70	8	2	0	50	730	20	4	5	10

Chili Large

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
14 oz	285	105	11.5	3	0	80	1095	26	6	8	17
2 crackers	25	5	0.5	0	0	0	75	4	0	0	0
Total	310	110	12	3	0	80	1170	30	6	8	17

Quiz Kidz

Turkey & Cheese (Turkey & Cheese on toasted Bread)**Turkey & Cheese 5"**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	260	35	4	1	0	25	850	41	2	3	14
Cheese	60	45	5	3	0	15	95	0	0	0	3
Dressing	NA										
Total	310	80	9	4	0	45	950	42	2	3	18

Ham & Cheese (Ham & Cheese on toasted Bread)**Ham & Cheese 5"**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	270	45	5	1.5	0	15	780	42	2	4	15
Cheese	60	45	5	3	0	15	95	0	0	0	3
Dressing	NA										
Total	320	90	10	4.5	0	30	880	42	2	4	18

Cheesy Cheese (Warm melted Cheese on toasted bread)**Cheesy Cheese 5"**

Name	Calories	Fat Calories	Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Sandwich	220	30	3	1	0	0	490	40	2	3	8
Cheese	140	100	11	6	0	40	260	1	0	0	11
Dressing	NA										
Total	360	130	14	7	0	40	750	41	2	3	20