

Nutritional Information: Quiznos										
Product	Svg Size	Calories	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Pro (g)
Soup										
Broccoli Cheese	1 cup	150	10	4.5	0.5	25	800	10	2	7
Chili	1 cup	140	7	0	2	30	620	12	4	9
Subs										
Black Angus	Small	380	8	2.5	0.5	55	1140	46	3	30
Chicken Carbonera	Small	360	10	3	0	45	1010	42	3	26
Classic Italian	Small	360	15	5	0	45	1220	38	4	18
Honey Bourbon Chicken	Small	260	3.5	1	0	35	700	38	4	20
Honey-Cured Ham	Small	260	4	1	0	25	1020	38	4	17
Mesquite Chicken w/ Bacon	Small	330	9	2.5	0	45	930	38	4	25
Oven Roasted Turkey	Small	250	3.5	1	0	20	1010	39	4	15
Roast Beef	Small	230	3.5	1	0	10	450	37	4	13
Steakhouse Beef Dip	Small	260	6	2	0	15	1070	37	4	13
Traditional	Small	260	4.5	1	0	20	920	39	5	16
Tuna Melt	Small	500	33	5	0	40	630	37	4	14
Turkey Ranch & Swiss	Small	250	3.5	1	0	20	970	39	5	16
Veggie	Small	270	8	1.5	0	0	770	41	6	10
FlatBread Chopped Salads										
Classic Cobb	Each	620	27	8.5	0	190	1520	57	6	38
Chicken Caesar	Each	560	16	5.5	0	75	1360	57	6	41
Roasted Chicken	Each	620	26	7.5	0	85	1460	56	4	42

Nutritionals do not include cheeses or dressings.

Cheese adds 60-100 extra calories and 8-15 grams of fat depending upon sub size.

Dressings add 100-600 extra calories and 12-30 grams of fat depending upon sub size.

Go to www.quiznos.com to calculate the different sizes of subs and their nutritional add ons.