



NUTRITION SURVIVAL GUIDE TO

QUIZNOS

CALORIES AND MACRONUTRIENTS

2021

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1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Sodium (g)
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LIMITED TIME OFFER

Cubano - 4" Sub	390.0	31	39	2	4	13	1.58
Cubano - 8" Sub	780	62	79	4	7	26	3.15
Cubano - 12" Sub	1180.0	94	118	6	11	39	4.73
Cubano - Sammie	370	31	30	4	2	14	1.33

CLASSICS

Classic Italian - 4" Sub	450.0	21	40	3	5	0	1.35
Classic Italian - 8" Sub	890	38	79	5	10	1	2.54
Classic Italian - 12" Sub	1260.0	61	115	8	13	1	3.76
Classic Italian - Sammie	330	18	37	1	3	0	1.24
Turkey Ranch & Swiss - 4" Sub	340.0	20	37	2	4	0	0.98
Turkey Ranch & Swiss - 8" Sub	670	39	73	4	7	0	1.87
Turkey Ranch & Swiss - 12" Sub	1010.0	58	110	7	10	1.5	2.84
Turkey Ranch & Swiss - Sammie	340	19	31	4	3	0	0.97
Turkey Ranch & Swiss - Half salaf	320.0	16	8	2	3	0	0.99
Turkey Ranch & Swiss - Full Salad	430	29	12	4	5	0.5	1.39
Spicy Monterey - 4" Sub	300.0	19	41	2	7	0	1.14
Spicy Monterey - 8" Sub	600	38	81	4	13	0	2.27
Spicy Monterey - 12" Sub	920.0	54	124	6	22	0.5	3.44
Spicy Monterey - Sammie	300	18	35	4	7	0	1.12
Spicy Monterey - Half Salad	320.0	15	10	2	6	0	1.22
Spicy Monterey - full Salad	430	29	18	4	11	0.5	1.92
Tuna Melt - 4" Sub	330.0	22	38	2	3	0	0.93
Tuna Melt - 8" Sub	660	44	76	3	6	0	1.85
Tuna Melt - 12" Sub	990.0	66	114	5	9	0	2.77
Tuna Melt - Sammie	330	21	32	4	3	0	0.88
Tuna Melt - Half Salad	420.0	18	12	2	6	0	1.17
Tuna Melt - full Salad	600	35	19	4	8	0.5	1.76
Ultimate Turkey Club - 4" Sub	370.0	23	37	2	4	0	1.20
Ultimate Turkey Club - 8" Sub	740	47	73	4	7	0	2.40
Ultimate Turkey Club - 12" Sub	1120.0	70	109	6	10	0	3.64
Ultimate Turkey Club - Sammie	370	22	30	4	3	0	1.19
Ultimate Turkey Club - Half Salad	370.0	19	6	2	3	0	1.21
Ultimate Turkey Club - full Salad	530	37	10	4	4	0	1.90
Honey Bacon Club - 4" Sub	420.0	24	44	2	11	0	1.17
Honey Bacon Club - 8" Sub	830	47	88	4	20	0	2.34
Honey Bacon Club - 12" Sub	1270.0	71	133	6	32	0.5	3.53
Honey Bacon Club - Sammie	430	23	39	4	11	0	1.15
Honey Bacon Club - Half Salad	450.0	19	27	2	23	0	1.11
Honey Bacon Club - full Salad	620	37	33	4	26	0.5	1.81
Traditional Club - 4" Sub	360.0	20	38	2	4	0	1.11
Traditional Club - 8" Sub	720	39	76	4	9	0	2.22

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Sodium (g)
Traditional Club - 12" Sub	1100.0	58	114	6	13	0	3.36
Traditional Club - Sammie	370	19	32	4	4	0	1.10
Traditional Club - Half Salad	340.0	15	9	2	4	0	1.12
Traditional Club - full Salad	480	29	15	4	7	0	1.74
Chipotle Turkey - 4" Sub	390.0	19	36	2	4	0	1.01
Chipotle Turkey - 8" Sub	770	38	72	4	7	0	2.03
Chipotle Turkey - 12" Sub	1170.0	57	108	7	10	0.5	3.08
Chipotle Turkey - Sammie	400	18	30	4	3	0	1.01
Chipotle Turkey - Half Salad	470.0	14	7	2	3	0.5	1.07
Chipotle Turkey - full Salad	590	28	11	5	5	0.5	1.56
Turkey Bacon Guacamole - 4" Sub	420.0	24	39	3	3	0	1.24
Turkey Bacon Guacamole - 8" Sub	840	49	79	7	7	0	2.49
Turkey Bacon Guacamole - 12" Sub	1260.0	72	116	10	10	1	3.76
Turkey Bacon Guacamole - Sammie	420	23	33	5	5	0	1.24
Turkey Bacon Guacamole - Half Salad	400.0	20	9	4	4	0	1.26
Turkey Bacon Guacamole - full Salad	600	39	18	7	7	0.5	2.01
Veggie Guacamole - 4" Sub	410.0	14	41	3	3	0	0.81
Veggie Guacamole - 8" Sub	810	28	81	7	7	0.5	1.61
Veggie Guacamole - 12" Sub	1240.0	42	121	10	10	1	2.45
Veggie Guacamole - Sammie	420	13	34	5	5	0	0.80
Veggie Guacamole - Half Salad	420.0	9	12	4	4	0.5	0.87
Veggie Guacamole - full Salad	590	18	20	7	7	0.5	1.15

STEAK

Black Angus Steakhouse - 4" Sub	390.0	23	44	2	2	0	1.01
Black Angus Steakhouse - 8" Sub	780	47	88	4	4	0	2.01
Black Angus Steakhouse - 12" Sub	1170.0	70	134	6	6	0.5	3.06
Black Angus Steakhouse - Sammie	390	23	39	4	4	0	1.00
Black Angus Steakhouse - Half Salad	310.0	19	31	3	3	0	0.98
Black Angus Steakhouse - full Salad	510	37	37	5	5	0	1.51
Peppercorn Steak - 4" Sub	420.0	20	38	2	2	0	0.92
Peppercorn Steak - 8" Sub	840	40	76	4	4	1	1.83
Peppercorn Steak - 12" Sub	1290.0	60	114	6	6	1	2.78
Peppercorn Steak - Sammie	440	19	32	4	4	0	0.91
Peppercorn Steak - Half Salad	540.0	16	10	3	3	1	0.89
Peppercorn Steak - full Salad	680	30	16	5	5	1	1.32
French Dip - 4" Sub	400.0	22	40	2	2	0	1.67
French Dip - 8" Sub	760	42	79	4	4	0	2.51
French Dip - 12" Sub	1140.0	62	119	6	6	0.5	3.37
French Dip - Sammie	400	21	34	4	4	0	1.65
French Dip - Half Salad	390.0	18	17	3	3	0	1.58
French Dip - full Salad	530	33	22	5	5	0.5	1.97
Chipotle Steak & Cheddar - 4" Sub	420.0	20	36	2	2	0	0.99
Chipotle Steak & Cheddar - 8" Sub	840	39	73	4	4	0	1.96
Chipotle Steak & Cheddar - 12" Sub	1290.0	59	110	6	6	0.5	2.99
Chipotle Steak & Cheddar - Sammie	440	19	30	4	4	0	0.98
Chipotle Steak & Cheddar - Half Salad	510.0	15	7	2	2	0.5	1.04
Chipotle Steak & Cheddar - full Salad	670	30	13	4	4	0.5	1.50

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Sodium (g)
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CHICKEN

Mesquite - 4" Sub	400.0	27	37	2	4	0	1.11
Mesquite - 8" Sub	800	53	73	4	7	0	2.23
Mesquite - 12" Sub	1210.0	79	109	6	10	0	3.37
Mesquite - Sammie	410	26	30	4	3	0	1.11
Mesquite - Half Salad	380.0	22	7	2	3	0	1.13
Mesquite - full Salad	560	43	11	4	5	0	1.74
Baja - 4" Sub	400.0	26	38	1	5	0	1.19
Baja - 8" Sub	800	52	76	3	11	0	2.37
Baja - 12" Sub	1220.0	78	114	4	17	0	3.61
Baja - Sammie	410	25	32	3	6	0	1.19
Baja - Half Salad	540.0	21	8	2	5	0.5	1.30
Baja - full Salad	730	42	15	3	9	0.5	2.03
Carbonara - 4" Sub	440.0	27	36	2	3	0	1.11
Carbonara - 8" Sub	890	54	73	3	7	0.5	2.22
Carbonara - 12" Sub	1350.0	82	110	5	10	1	3.36
Carbonara - Sammie	460	26	30	3	3	0	1.10
Carbonara - Half Salad	510.0	24	11	2	5	1	1.13
Carbonara - full Salad	700	46	15	4	7	1	1.74
Honey Mustard - 4" Sub	430.0	27	40	2	6	0	1.00
Honey Mustard - 8" Sub	850	53	80	4	12	0.5	1.99
Honey Mustard - 12" Sub	1300.0	80	120	6	19	1	3.01
Honey Mustard - Sammie	440	26	34	4	7	0	0.98
Honey Mustard - Half Salad	470.0	22	17	2	12	0.5	0.88
Honey Mustard - full Salad	650	43	22	4	14	0.5	1.44
Southwest Chicken - 4" Sub	430.0	22	36	3	3	0	1.00
Southwest Chicken - 8" Sub	860	43	36	5	5	0	2.00
Southwest Chicken - 12" Sub	1310.0	65	109	8	8	0.5	3.04
Southwest Chicken - Sammie	440	21	30	4	2	0	1.00
Southwest Chicken - Half Salad	520.0	17	7	3	3	0.5	1.06
Southwest Chicken - full Salad	680	34	13	6	4	0.5	1.54

SPECIALTY SANDWICHES

Apple Harvest - 4" Sub	400.0	16	49	3	14	0	0.69
Apple Harvest - 8" Sub	790	32	97	7	28	0	1.38
Apple Harvest - 12" Sub	1210.0	47	147	10	42	0.5	2.10
Apple Harvest - Sammie	410	15	43	5	14	0	0.67
Italian Meatball - 4" Sub	460.0	26	44	4	6	0	1.01
Italian Meatball - 8" Sub	930	53	88	8	12	0.5	2.02
Italian Meatball - 12" Sub	1390.0	79	132	11	18	1	3.03
Italian Meatball - Sammie	460	25	38	6	5	0	0.97
Italian Meatball - Half Salad	330.0	22	17	4	7	0	0.72
Italian Meatball - full Salad	620	43	28	8	10	0.5	1.35
Lobster & Seafood Salad - 4" Sub	300.0	12	40	2	3	0	0.85
Lobster & Seafood Salad - 8" Sub	610	24	80	5	6	0.5	1.69
Lobster & Seafood Salad - 12" Sub	910.0	35	120	7	10	1	2.54
Lobster & Seafood Salad - Sammie	300	11	34	4	3	0	0.81
Lobster & Seafood Salad - Half Salad	300.0	8	12	3	4	0	0.98
Lobster & Seafood Salad - full Salad	390	15	21	5	6	0	1.44

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Sodium (g)
Veggies - Guacamole 100g	45.0	0	2	2	0	0	0.00
Veggies - Lettuce	5	0	1	1	0	0	0.00
Veggies - Pickles	0.0	0	0	0	0	0	0.00
Veggies - Red Onions	5	0	1	1	0	0	0.00
Veggies - Sautéed Veggies	10.0	0	0	0	0	0	0.00
Veggies - Tomatoes	5	0	1	0	1	0	0.00

BREAKFAST

Egg & Cheddar - Sub	380.0	17	35	1	2	0	0.69
Egg & Cheddar - Sammie	380	16	28	3	1	0	0.65
Egg & Cheddar - Biscuit	460.0	16	31	1	1	3.5	1.02
Ham, Egg, & Cheddar - Sub	340	19	36	1	3	0	0.90
Ham, Egg, & Cheddar - Sammie	330.0	18	29	3	3	0	0.86
Ham, Egg, & Cheddar - Biscuit	420	17	32	1	2	3.5	1.23
Bacon, Egg, & Cheddar - Sub	370.0	19	34	1	2	0	0.81
Bacon, Egg, & Cheddar - Sammie	360	18	27	3	1	0	0.76
Bacon, Egg, & Cheddar - Biscuit	440.0	17	30	1	1	3.5	1.13
Sausage, Egg, & Cheddar - Sub	550	20	35	1	2	0	1.17
Sausage, Egg, & Cheddar - Sammie	550.0	20	28	3	1	0	1.13
Sausage, Egg, & Cheddar - Biscuit	630	19	31	1	1	3.5	1.50
Steak, Egg, & Cheddar - Sub	350.0	21	35	1	2	0	0.82
Steak, Egg, & Cheddar - Sammie	340	20	29	3	1	0	0.78
Steak, Egg, & Cheddar - Biscuit	420.0	19	31	1	1	3.5	1.15

DESSERTS

Chocolate Chunk Cookie, 1.5 oz	190.0	2	29	1	16	0	0.15
Chocolate Chunk Cookie, 3 oz	400	4	57	2	34	0	0.24
Cinnamon Sugar Cookie, 3 oz	400.0	3	58	1	33	0.5	0.31
Oatmeal Raisin Cookie, 3 oz	360	5	58	3	33	0	0.20
Chocolate Brownie, 3 oz	440.0	5	56	2	37	0	0.27

FOUNTAIN DRINKS

Raspberry Lemonade 20 Oz	270.0	0	74	0	70	0	0.07
Raspberry Lemonade 32 Oz	440	1	119	0	112	0	0.11
Barq's Root Beer 20oz	270.0	0	73	0	73	0	0.09
Barq's Root Beer 32oz	430	0	116	0	116	0	0.14
Coca-Cola Zero Sugar 20oz	0.0	0	0	0	0	0	0.07
Coca-Cola Zero Sugar 32oz	0	0	0	0	0	0	0.11
Coca-Cola 20oz	250.0	0	67	0	67	0	0.07
Coca-Cola 32 oz	410	0	107	0	107	0	0.10
Diet Coke 20oz	0.0	0	1	0	0	0	0.09
Diet Coke 32oz	0	0	1	0	0	0	0.13
Fanta Orange 20oz	260.0	0	67	0	66	0	0.07
Fanta Orange 32oz	410	0	108	0	106	0	0.11
Minute Maid Light Lemonade 20oz	10.0	0	3	0	0	0	0.07
Minute Maid Light Lemonade 32oz	15	0	5	0	0	0	0.12
Sprite 20oz	240.0	0	61	0	61	0	0.12
Sprite 30oz	380	0	97	0	97	0	0.18

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CATERING

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Sodium(g)
Sub & Sammies Trays							
Classic Quiznos Sub Tray	6320	341	571	31	71	3.5	17.50
Classic Quiznos Sammies Tray	5760.0	312	444	56	58	0	15.72
Meaty Sub Tray	6220	318	574	21	75	2	18.61
Meaty Sammies Tray	5940.0	296	454	52	70	0	17.32
Bold Bunch Sub Tray	6050	347	562	28	66	1	18.12
Bold Bunch Sammies Tray	5820.0	314	444	52	64	0	17.00
Fresh Fix Sub Tray	5860	318	581	36	72	4	14.15
Fresh Fix Sammies Tray	5360.0	266	450	56	62	0	13.78
Box Lunches							
Regular Sandwich Box Lunch	1420.0	44	104	6	15	1	3.24
Small Sandwich Box Lunch	960	24	65	4	9	0	1.87
Salad Box Lunch	920.0	42	18	4	11	0.5	2.03
Salad Bowls							
Classic Italian Salad Bowl	2800.0	124	68	17	38	3	9.11
Ultimate Turkey Club Salad Bowl	2130	150	39	17	17	1	7.62
Honey Bacon Club Salad Bowl	2480.0	149	134	17	102	2	7.25
Apple Harvest Chicken Salad Bowl	2530	102	220	32	168	0	2.98
Fresh Garden Salad Bowl	1210.0	11	52	16	27	1.5	2.80
Chef Inspired Salad Bowl	2100	147	56	12	36	3	7.45