

## 9to5strength - Quiznos Nutrition Tables

### Quiznos - 12" Sub

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Classic Italian	1400	62	116	16	77	25	6.0	10.4
Meatball	1390	79	132	18	64	24	11.0	7.6
Carbonara	1350	82	110	10	65	18	5.0	8.4
Spicy Chipotle Pulled Pork	1320	73	106	27	66	23	5.0	8.7
Southwest Chicken	1310	65	109	8	70	19	8.0	7.6
Honey Mustard	1300	80	120	19	55	17	6.0	7.5
Peppercorn Steak	1290	60	114	10	66	16	6.0	7.0
Chipotle Steak & Cheddar	1290	59	110	8	68	19	6.0	7.5
Honey Bacon Club	1270	71	133	32	50	17	6.0	8.8
Turkey Bacon Guacamole	1260	72	116	11	57	16	10.0	9.4
Veggie Guacamole	1240	42	121	14	67	22	10.0	6.1
Baja	1220	78	114	17	49	18	4.0	9.0
Mesquite	1210	79	109	10	51	18	6.0	8.4
Apple Harvest	1210	47	147	42	50	10	10.0	5.3
Chipotle Turkey	1170	57	108	10	58	17	7.0	7.7
Black Angus Steak	1170	70	134	30	40	19	6.0	7.7
French Dip	1140	62	119	16	45	14	6.0	8.4
Southern Style BBQ Pulled Pork	1120	69	121	24	40	20	5.0	9.1
Ultimate Turkey Club	1120	70	109	10	44	17	6.0	9.1
The Traditional	1100	58	114	13	46	15	6.0	8.4
Turkey Ranch & Swiss	1010	58	110	10	38	13	7.0	7.1
Tuna Melt	990	66	114	9	32	14	5.0	6.9
Spicy Monterrey	920	54	124	22	25	10	6.0	8.6

### Quiznos - 8" Sub

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Meatball	930	53	88	12	43	16	8.0	5.1
Classic Italian	920	41	77	11	50	17	4.0	6.9
Carbonara	890	54	73	7	42	12	3.0	5.6
Spicy Chipotle Pulled Pork	870	49	69	17	43	15	3.0	5.7
Southwest Chicken	860	43	73	5	45	12	5.0	5.0
Honey Mustard	850	53	80	12	36	11	4.0	5.0
Turkey Bacon Guacamole	840	49	79	9	37	11	7.0	6.2
Peppercorn Steak	840	40	76	6	42	11	4.0	4.6
Chipotle Steak & Cheddar	840	39	73	6	44	13	4.0	4.9
Honey Bacon Club	830	47	88	20	32	11	4.0	5.9
Veggie Guacamole	810	28	81	10	44	14	7.0	4.0
Baja	800	52	76	11	32	12	3.0	5.9

Mesquite	800	53	73	7	33	12	4.0	5.6
Apple Harvest	790	32	97	28	32	6	7.0	3.5
Black Angus Steak	780	47	88	19	27	13	4.0	5.0
Chipotle Turkey	770	38	72	7	37	11	4.0	5.1
French Dip	760	42	79	10	30	9	4.0	6.3
Southern Style BBQ Pulled Pork	750	46	80	16	27	14	3.0	6.0
Ultimate Turkey Club	740	47	73	7	29	11	4.0	6.0
The Traditional	720	39	76	9	30	10	4.0	5.6
Turkey Ranch & Swiss	670	39	73	7	25	9	4.0	4.7
Tuna Melt	660	44	76	6	22	9	3.0	4.6
Spicy Monterrey	600	38	81	13	15	6	4.0	5.7

### Quiznos - 4" Sub

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Classic Italian	460	21	39	5	25	8	2.0	3.4
Meatball	460	26	44	6	21	8	4.0	2.5
Spicy Chipotle Pulled Pork	440	24	35	9	22	7	2.0	2.9
Carbonara	440	27	36	3	21	6	2.0	2.8
Honey Mustard	430	27	40	6	18	6	2.0	2.5
Southwest Chicken	430	22	36	3	22	6	3.0	2.5
Honey Bacon Club	420	24	44	11	16	6	2.0	2.9
Turkey Bacon Guacamole	420	24	39	4	18	5	3.0	3.1
Peppercorn Steak	420	20	38	3	21	5	2.0	2.3
Chipotle Steak & Cheddar	420	20	36	3	22	6	2.0	2.5
Veggie Guacamole	410	14	41	5	22	7	3.0	2.0
Baja	400	26	38	5	16	6	1.0	3.0
Mesquite	400	27	37	4	17	6	2.0	2.8
Apple Harvest	400	16	49	14	16	3	3.0	1.7
French Dip	400	22	40	5	16	5	2.0	3.0
Chipotle Turkey	390	19	36	4	18	6	2.0	2.5
Black Angus Steak	390	23	44	9	13	6	2.0	2.5
Southern Style BBQ Pulled Pork	370	23	40	8	13	7	2.0	3.1
Ultimate Turkey Club	370	23	37	4	14	6	2.0	3.0
The Traditional	360	20	38	4	15	5	2.0	2.8
Turkey Ranch & Swiss	340	20	37	4	12	5	2.0	2.5
Tuna Melt	330	22	38	3	11	5	2.0	2.3
Spicy Monterrey	300	19	41	7	8	3	2.0	2.9

### Quiznos - Full Salad

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Baja	730	42	15	9	56	14	3.0	5.1
Spicy Chipotle Pulled Pork	830	38	21	14	65	17	4.0	5.4

Classic Italian	700	31	17	10	57	17	4.0	5.7
Carbonara	700	46	15	7	51	13	4.0	4.4
Southwest Chicken	680	34	13	4	57	13	6.0	3.9
Peppercorn Steak	680	30	16	6	55	12	5.0	3.3
Chipotle Steak & Cheddar	670	30	13	5	56	14	4.0	3.8
Honey Mustard	650	43	22	14	43	12	4.0	3.6
Honey Bacon Club	620	37	33	26	37	11	4.0	4.5
Meatball	620	43	28	10	40	15	8.0	3.4
Tuna Melt	600	35	19	8	44	12	4.0	4.4
Turkey Bacon Guacamole	600	39	18	7	42	11	7.0	5.0
Veggie Guacamole	590	18	20	9	50	15	7.0	2.9
Chipotle Turkey	590	28	11	5	49	12	5.0	3.9
Apple Harvest	590	22	40	29	39	7	6.0	2.1
Mesquite	560	43	11	5	38	12	4.0	4.4
Ultimate Turkey Club	530	37	10	4	38	12	4.0	4.8
French Dip	530	33	22	12	34	9	5.0	4.9
Black Angus Steak	510	37	37	26	24	11	5.0	3.8
Turkey Ranch & Swiss	430	29	12	5	30	9	4.0	3.5
Spicy Monterrey	430	29	18	11	28	8	4.0	4.8

#### Quiznos - Half Salad

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Spicy Chipotle Pulled Pork	590	20	12	8	51	12	2.0	3.4
Peppercorn Steak	540	16	10	4	48	9	3.0	2.2
Southwest Chicken	520	17	7	3	47	10	3.0	2.7
Carbonara	510	24	11	5	42	9	2.0	2.8
Chipotle Steak & Cheddar	510	15	7	3	47	10	2.0	2.6
Classic Italian	470	16	11	7	41	10	2.0	3.6
Chipotle Turkey	470	14	7	3	43	9	2.0	2.7
Honey Mustard	470	22	17	12	35	8	2.0	2.2
Baja	540	21	8	5	47	10	2.0	3.3
Honey Bacon Club	450	19	27	23	29	7	2.0	2.8
Apple Harvest	440	11	26	20	33	5	3.0	1.5
Tuna Melt	420	18	12	6	34	8	2.0	2.9
Veggie Guacamole	420	9	12	6	37	9	4.0	2.2
Turkey Bacon Guacamole	400	20	9	4	31	7	4.0	3.2
French Dip	390	18	17	11	28	6	3.0	4.0
Mesquite	380	22	7	3	29	8	2.0	2.8
Ultimate Turkey Club	370	19	6	3	29	7	2.0	3.0
The Traditional	340	15	9	4	28	7	2.0	2.8
Meatball	330	22	17	7	21	7	4.0	1.8
Turkey Ranch & Swiss	320	16	8	3	25	6	2.0	2.5

Spicy Monterrey	320	15	10	6	24	5	2.0	3.1
Black Angus Steak	310	19	31	24	12	6	3.0	2.5
Southern Style BBQ Pulled Pork	290	18	28	24	12	6	2.0	4.2

### Quiznos - Sammie

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Classic Italian	470	20	33	5	29	9	4.0	3.4
Spicy Chipotle Pulled Pork	460	23	36	9	24	7	4.0	3.0
Meatball	460	25	38	5	23	8	6.0	2.4
Carbonara	460	26	30	3	25	6	3.0	2.8
Honey Mustard	440	26	34	7	21	6	4.0	2.5
Southwest Chicken	440	21	30	2	27	7	4.0	2.5
Peppercorn Steak	440	19	32	3	26	6	4.0	2.3
Chipotle Steak & Cheddar	440	19	30	2	26	7	4.0	2.5
Honey Bacon Club	430	23	39	11	19	6	4.0	2.9
Veggie Guacamole	420	13	34	5	25	7	5.0	2.0
Turkey Bacon Guacamole	420	23	33	4	22	6	5.0	3.1
Baja	410	25	32	6	19	6	3.0	3.0
Mesquite	410	26	30	3	20	6	4.0	2.8
Apple Harvest	410	15	43	14	20	4	5.0	1.7
Chipotle Turkey	400	18	30	3	23	6	4.0	2.5
French Dip	400	21	34	5	19	5	4.0	4.1
Black Angus Steak	390	23	39	10	15	6	4.0	2.5
Southern Style BBQ Pulled Pork	370	22	35	8	15	7	4.0	3.1
Ultimate Turkey Club	370	22	30	3	17	6	4.0	3.0
The Traditional	370	19	32	4	18	5	4.0	2.8
Turkey Ranch & Swiss	340	16	31	3	16	5	4.0	2.4
Tuna Melt	330	21	32	3	13	5	4.0	2.2
Spicy Monterrey	300	18	35	7	10	3	4.0	2.8

### Quiznos - Broccoli Cheese Soup

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Small	145	4	14	3	9	5	1.0	2.1
Soup	120	4	10	3	8	5	1.0	1.9
2 Crackers	25	0	4	0	1	0	0.0	0.2
Regular	245	6	22	6	15	9	1.0	3.6
Soup	220	6	18	6	14	9	1.0	3.5
2 Crackers	25	0	4	0	1	0	0.0	0.2
Bread Bowl	690	26	89	6	27	12	4.0	4.5

### Quiznos - Chicken Noodle Soup

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Small	95	4	12	1	3	1	0.0	2.1
Soup	70	4	8	1	2	1	0.0	2.0
2 Crackers	25	0	4	0	1	0	0.0	0.2
Regular	145	7	18	2	5	2	1.0	3.7
Soup	120	7	14	2	4	2	1.0	3.5
2 Crackers	25	0	4	0	1	0	0.0	0.2
Bread Bowl	640	27	87	3	21	7	4.0	4.6

### Quiznos - Chili Soup

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Small	185	11	23	4	6	2	6.0	1.6
Soup	160	11	19	4	5	2	6.0	1.4
2 Crackers	25	0	4	0	1	0	0.0	0.2
Regular	315	20	38	8	11	3	10.0	2.6
Soup	290	20	34	8	10	3	10.0	2.5
Bread Bowl	730	34	98	7	24	8	9.0	4.0

### Quiznos - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Cinnamon Sugar Cookie	400	4	58	33	17	11	1.0	0.7
Chocolate Chunk Cookie	390	4	54	31	19	11	1.0	0.4
Oatmeal Raisin Cookie	360	5	58	34	12	7	3.0	0.5
Chocolate Brownie	310	4	40	24	16	4	2.0	0.4

### Quiznos - Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sausage, Egg & Cheddar Sub	550	20	35	2	37	13	1.0	2.9
Egg & Cheddar Sub	380	17	35	2	20	7	1.0	1.7
Bacon, Egg & Cheddar Sub	370	19	34	2	17	7	1.0	2.0
Steak, Egg & Cheddar Sub	350	21	35	2	14	5	1.0	2.1
Ham, Egg & Cheddar Sub	340	19	36	3	14	5	1.0	2.3
Sausage, Egg & Cheddar Grilled Sammie	550	19	28	1	39	13	3.0	2.8
Egg & Cheddar Grilled Sammie	380	16	28	1	22	7	3.0	1.6
Bacon, Egg & Cheddar Grilled Sammie	360	18	27	1	19	6	3.0	1.9
Steak, Egg & Cheddar Grilled Sammie	340	20	29	1	16	5	3.0	2.0
Ham, Egg & Cheddar Grilled Sammie	330	18	29	3	16	5	3.0	2.2
Sausage, Egg & Cheddar Biscuit	630	19	31	1	48	15	1.0	3.8
Egg & Cheddar Biscuit	460	16	31	1	31	9	1.0	2.6
Bacon, Egg & Cheddar Biscuit	440	17	30	1	28	9	1.0	2.8
Ham, Egg & Cheddar Biscuit	420	17	32	2	25	8	1.0	3.1
Steak, Egg & Cheddar Biscuit	420	19	31	1	25	8	1.0	2.9

### Quiznos - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Cheetos Chips	310	3	26	2	21	4	1.0	1.3
Side Salad	270	2	9	5	26	4	2.0	1.6
Bacon Jalapeno Cheddar Tater Tots	250	8	20	1	15	5	0.0	1.7
Lay's Classic Chips	240	3	23	1	16	2	2.0	0.6
Ruffles Sour Cream and Cheddar Chips	240	3	23	2	15	3	2.0	0.7
Doritos' Nacho Cheese Chips	240	3	28	1	13	2	2.0	0.9
Lay's Barbeque Chips	230	3	23	3	15	2	2.0	0.6
Miss Vickie's Salt & Vinegar Chips	210	2	23	2	12	2	2.0	0.6
Miss Vickie's Jalapeno Chips	210	3	22	2	12	2	2.0	0.5
Sun Chips Garden Salsa Chips	210	4	27	4	9	1	4.0	0.6
Sun Chips Harvest Cheddar Chips	210	4	27	3	9	2	4.0	0.8
Kettle Cooked BBQ Chips	180	2	26	3	8	1	2.0	0.5
Classic Tater Tots	170	2	20	1	9	3	0.0	0.8
Baked Lay's Barbeque Chips	140	2	24	4	4	1	2.0	0.6
Baked Lay's 8" Sub Chips	120	2	23	2	2	0	2.0	0.3