



# Quiznos

## NUTRITIONAL GUIDE

**Daily Calorie and Sodium Requirements**  
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)

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia.

For more information, visit [INFORMEDDINING.CA](http://INFORMEDDINING.CA)

or call Dietitian Services

8-1-1 toll-free within B.C.

### DELI CLASSICS

	Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
CLASSIC ITALIAN	6"	273	580	30	9	0.4	50	1620	53	5	8	25	10	10	15	20
	9"	416	870	45	13	0.5	75	2450	81	8	13	38	20	15	25	35
	12"	558	1160	60	17	0.5	100	3270	108	11	17	51	25	20	35	45
	Ciabatta	313	670	32	9	0.4	50	1850	68	4	13	27	10	10	15	15
	Wheat Wrap	348	680	36	11	0.5	50	1720	61	8	8	27	15	10	20	40
CLASSIC CLUB	6"	267	500	21	7	0.4	70	1670	53	4	7	27	10	8	15	20
	9"	405	750	31	11	0.5	105	2510	80	6	11	41	15	15	20	30
	12"	541	1000	42	14	1	145	3340	106	9	15	55	25	20	30	40
	Ciabatta	295	580	22	7	0.4	70	1890	68	3	12	29	10	8	15	15
	Wheat Wrap	343	600	27	9	0.5	70	1770	61	7	7	29	15	10	20	35
HONEY BACON CLUB	6"	269	550	23	7	0.4	60	1530	58	3	16	27	15	10	15	25
	9"	419	840	35	11	0.5	95	2370	93	7	25	42	25	15	25	30
	12"	561	1120	47	14	1	125	3190	124	9	33	56	30	20	30	40
	Ciabatta	304	660	25	8	0.4	60	1780	79	3	23	29	15	10	15	15
	Wheat Wrap	351	680	30	9	0.5	60	1670	70	7	16	29	20	15	20	35
TURKEY RANCH & SWISS	6"	264	470	19	6	0.4	65	1400	51	3	6	24	10	10	15	25
	9"	402	690	28	8	0.5	95	2120	78	7	10	36	20	15	25	25
	12"	538	920	38	11	1	130	2820	103	9	13	48	25	20	30	35
	Ciabatta	293	550	21	6	0.4	65	1620	66	3	11	26	10	10	15	10
	Wheat Wrap	340	560	25	8	0.5	65	1510	59	7	6	25	15	15	20	35
THE TRADITIONAL	6"	273	490	22	6	0.4	80	1470	53	5	7	25	10	10	15	20
	9"	416	750	33	10	0.5	90	2230	80	8	11	37	15	15	25	35
	12"	558	1090	44	13	1	120	2970	106	10	14	49	25	20	35	45
	Ciabatta	301	580	24	7	0.4	80	1890	67	4	11	26	10	10	15	15
	Wheat Wrap	348	600	28	9	0.5	80	1570	61	8	7	26	15	10	20	40
VEGGIE GUACAMOLE	6"	275	570	31	9	0.5	25	1270	56	8	8	18	20	60	25	25
	9"	419	840	45	14	0.5	40	1840	84	11	12	27	30	90	35	35
	12"	561	1110	59	18	1	50	2410	112	15	16	36	35	120	50	45
	Ciabatta	304	660	33	10	0.5	25	1490	71	6	12	19	20	60	25	15
	Wheat Wrap	351	670	37	11	0.5	25	1360	64	11	7	19	20	60	30	40
TURKEY BACON GUACAMOLE	6"	304	540	25	7	0.4	75	1700	55	6	7	29	8	60	15	25
	9"	462	820	37	11	0.5	115	2550	83	9	10	43	10	90	25	35
	12"	617	1090	49	14	0.5	150	3400	110	12	14	58	15	120	35	45
	Ciabatta	332	630	27	8	0.4	75	1910	69	4	11	30	8	60	15	15
	Wheat Wrap	380	650	31	9	0.5	75	1800	63	9	7	30	10	60	20	40
MEATBALL	6"	235	590	28	9	0.2	55	1190	56	6	7	32	10	6	25	35
	9"	360	890	42	14	0.2	85	1810	85	9	10	48	15	10	35	50
	12"	483	1180	56	18	0.3	110	2430	113	13	14	64	25	15	45	70
SIGNATURE TUNA	6"	263	520	26	7	0.5	30	1240	48	3	7	26	15	8	15	25
	9"	398	790	39	10	0.5	40	1860	73	5	11	39	20	15	25	35
	12"	533	1050	52	14	1	55	2470	97	6	14	52	30	15	30	50
	Ciabatta	298	630	28	7	0.5	25	1500	67	3	12	28	15	8	15	15
Wheat Wrap	346	640	32	9	0.5	25	1370	60	7	7	28	15	10	20	35	

### CHICKEN

	Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
MESQUITE	6"	276	550	25	7	0.4	80	1380	51	4	7	32	10	10	15	20
	9"	421	820	37	11	0.5	120	2080	78	7	10	48	15	20	25	30
	12"	564	1090	49	15	1	160	2770	103	9	14	64	25	25	30	35
	Ciabatta	305	630	27	8	0.4	80	1600	66	3	11	34	10	10	15	15
	Wheat Wrap	352	650	31	10	0.5	80	1480	59	7	7	33	15	15	20	35
CARBONARA	6"	247	600	29	8	0.4	75	1380	52	4	7	34	4	6	15	20
	9"	372	900	44	12	0.5	115	2070	79	6	11	51	6	8	25	30
	12"	495	1200	59	15	1	155	2760	104	8	14	67	8	10	35	35
	Ciabatta	276	700	33	9	0.5	80	1590	67	3	12	35	4	6	15	15
	Wheat Wrap	344	700	36	10	0.5	75	1480	61	7	7	35	8	10	25	35
BAJA	6"	227	550	24	7	0.4	75	1590	54	4	10	31	10	8	15	20
	9"	344	830	36	11	0.5	115	2260	82	6	16	47	15	15	20	25
	12"	458	1100	48	15	0.5	150	3000	109	8	21	63	20	15	30	35
	Ciabatta	263	670	28	8	0.4	75	1840	72	2	17	33	10	10	10	10
	Wheat Wrap	324	660	31	10	0.5	75	1600	63	7	11	33	15	10	20	35
HONEY BOURBON	6"	247	400	7	1.5	0	40	1030	62	5	17	25	6	15	6	15
	9"	376	600	10	2.5	0.1	60	1560	93	7	26	37	10	20	10	25
	12"	502	800	14	3.5	0.1	80	2070	123	9	34	49	15	25	10	35
	Ciabatta	275	480	7	2	0	40	1230	79	3	24	26	6	15	4	10
	Wheat Wrap	323	500	14	4	0.2	40	1130	69	8	17	26	10	15	10	35
HONEY MUSTARD	6"	272	590	27	8	0.4	75	1260	56	4	11	32	10	10	15	20
	9"	417	890	41	11	0.5	115	1910	84	7	17	48	15	15	20	25
	12"	553	1170	54	15	1	155	2590	111	9	22	64	25	25	30	35
	Ciabatta	301	690	30	8	0.4	80	1460	72	3	16	34	10	10	15	15
	Wheat Wrap	348	690	34	10	0.5	75	1360	64	7	11	33	15	15	20	35

### BLACK ANGUS BEEF

	Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
STEAK & SWISS MELT	6"	236	570	28	7	0.5	65	1300	51	4	6	29	8	2	20	25
	9"	355	850	42	11	0.5	95	1960	77	6	9	44	15	4	25	40
	12"	472	1130	56	14	1	125	2600	102	8	12	59	20	6	35	50
	Ciabatta	272	720	36	9	0.5	65	1570	67	3	11	31	8	4	15	20
	Wheat Wrap	333	670	34	10	0.5	60	1400	60	7	6	31	10	6	25	45
BLACK ANGUS STEAK	6"	264	500	15	6	0.3	65	1400	62	5	16	33	15	4	25	25
	9"	398	760	22	10	0.5	95	2100	94	7	24	49	20	6	40	40
	12"	529	1010	29	13	0.5	130	2800	125	9	32	65	25	8	50	50
	Ciabatta	300	600	15	7	0.3	65	1650	83	4	25	34	15	8	25	20
	Wheat Wrap	362	610	21	9	0.5	65	1500	71	8	16	34	15	8	30	45
PEPPERCORN STEAK	6"	250	580	29	7	0.5	70	1310	53	5	6	29	4	4	15	25
	9"	376	880	44	10	0.5	105	1970	79	7	9	44	6	6	25	40
	12"	500	1170	59	13	1	140	2620	105	9	12	58	8	8	35	50
	Ciabatta	279	700	34	8	0.5	75	1520	68	3	11	30	4	4	15	20
	Wheat Wrap	347	690	36	9	0.5	70	1410	61	8	6	30	8	8	25	45
CHIPOTLE STEAK & CHEDDAR	6"	254	580	30	8	0.5	70	1460	51	5	6	28	8	25	15	25
	9"	385	870	45	11	1	100	2230	77	7	9	43	15	35	25	40
	12"	513	1160	60	15	1	135	2990	102	9	11	57	20	45	35	50
	Ciabatta	283	690	34	8	0.5	70	1680	66	3	10	30	8	25	15	20
	Wheat Wrap	347	690	37	10	0.5	65	1490	59	8	6	30	15	25	20	45

### CIABATTA TOASTIES™

	Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)</
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