## DELI CLASSICS*

### QUIDNOS 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 nutrition information for the subs are based on an average of various artisan breads Quiznos® has to offer.

### CHICKEN*

### BLACK ANGUS STEAK*

### SAMMIES

### FLATBREAD PIZZAS

### SALADS

### SOUPS

### SIDES

### LIMITED TIME OFFER*