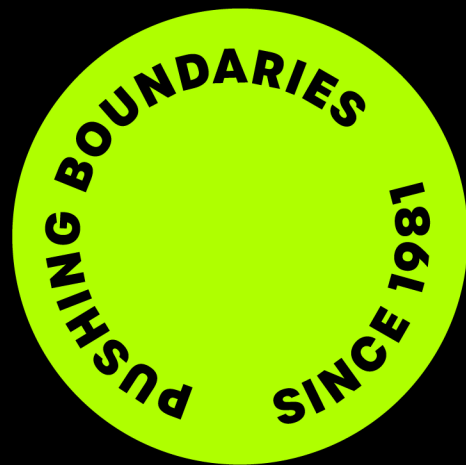


# GROUND BREAKING FLAVOR



**LIMITED TIME OFFERINGS**

**CLASSICS**

**CHICKEN**

**STEAK**

**FLATBREAD SAMMIES**

**FRESH MARKET SALADS**

**FLATBREAD PIZZA**

**SOUPS**

**KIDS**

**SIDES**

**BREAKFAST**

			Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
<b>LIMITED TIME OFFER</b>																
		Small	185	410	18	9	0.5	50	1	1	13	45	900	1	4	17
CLASSIC LOBSTER	Regular		313	610	23	10	0.5	80	2	3	22	60	1510	2	10	28
	Large		435	800	27	10	1.0	108	2	4	31	75	2100	3	13	36
		Small	244	470	23	9	1.0	54	1	3	13	50	1100	3	6	17
LEMON HERB LOBSTER	Regular		400	700	30	11	1.0	86	2	5	23	70	1810	5	10	28
	Large		552	920	38	12	1.0	115	3	7	32	85	2500	6	15	36
<b>CLASSICS</b>																
		Small	275	560	23	7	0.4	62	4	16	27	60	1570	6	13	17
Honey Bacon Club	Sandwich	Regular	419	840	35	11	0.5	94	6	24	41	95	2360	10	19	25
		Large	561	1120	46	14	1	125	8	32	55	125	3140	13	27	33
		Small	288	650	30	9	0.5	68	7	15	29	60	1670	4	17	28
		Small	288	650	30	9	0.5	68	7	15	29	60	1670	4	17	28
Classic Club	Wrap	Regular	384	820	40	13	0.5	77	7	22	38	90	2220	6	23	31
		Large	481	980	50	16	1	86	8	28	47	125	2780	10	27	33
		Small	267	500	20	7	0.4	54	4	6	27	70	1660	6	12	17
		Small	267	500	20	7	0.4	54	4	6	27	70	1660	6	12	17
Classic Club	Sandwich	Regular	405	750	31	10	0.5	81	5	10	41	105	2500	10	19	25
		Large	541	1000	41	14	1	108	7	13	54	145	3330	12	23	31
		Small	279	590	27	9	0.5	59	6	6	28	70	1760	4	15	28
		Small	279	590	27	9	0.5	59	6	6	28	70	1760	4	15	28
The Traditional	Wrap	Regular	370	730	36	12	0.5	64	7	8	37	105	2360	6	23	31
		Large	461	860	45	15	1	68	8	9	46	140	2960	9	27	33
		Small	273	500	21	6	0.4	53	4	6	24	60	1470	5	13	17
		Small	273	500	21	6	0.4	53	4	6	24	60	1470	5	13	17
The Traditional	Sandwich	Regular	416	750	32	10	0.5	81	7	9	37	90	2220	9	19	25
		Large	558	1000	43	13	1	107	9	13	49	120	2960	12	27	33
		Small	285	590	28	9	0.5	59	7	6	25	60	1560	4	17	28
		Small	285	590	28	9	0.5	59	7	6	25	60	1560	4	17	28
Turkey Bacon Guacamole	Wrap	Regular	381	720	38	11	0.5	63	8	7	33	85	2080	5	23	31
		Large	478	860	47	14	1	68	9	9	41	115	2600	7	31	36
		Small	304	540	24	7	0.4	55	5	6	28	75	1690	7	13	17
		Small	304	540	24	7	0.4	55	5	6	28	75	1690	7	13	17
Turkey Bacon Guacamole	Sandwich	Regular	462	820	37	11	0.5	84	8	9	43	115	2550	12	19	28
		Large	617	1090	49	14	0.5	111	10	12	57	150	3390	16	27	36
		Small	316	640	31	9	0.5	61	8	5	29	75	1790	6	17	28
		Small	316	640	31	9	0.5	61	8	5	29	75	1790	6	17	28
Turkey Bacon Guacamole	Wrap	Regular	427	790	42	12	0.5	66	9	7	39	110	2410	9	23	33
		Large	538	950	53	16	1	71	11	9	49	150	3020	12	31	39

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)Some items not available at all locations

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

			Serving size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
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## CLASSICS

Classic Italian	Sandwich	Small	273	560	28	8	0.4	54	5	8	25	50	1580	6	13	17
		Regular	416	850	42	12	0.5	82	8	11	37	70	2390	20	25	35
		Large	558	1130	56	17	0.5	109	11	15	49	95	3190	13	27	36
	Wrap	Small	285	660	35	11	0.5	60	8	7	26	45	1680	4	17	28
		Regular	381	820	48	14	0.5	65	10	9	34	70	2250	6	23	33
		Large	478	990	60	18	1	69	11	12	42	95	2830	10	27	36
Veggie Guacamole	Sandwich	Small	275	570	30	9	0.5	57	7	7	18	25	1260	5	19	17
		Regular	419	840	44	14	0.5	85	10	10	27	40	1840	9	31	28
		Large	561	1110	58	18	1	113	13	14	35	50	2400	12	42	36
	Wrap	Small	288	660	37	11	0.5	62	10	6	19	25	1360	3	23	28
		Regular	384	820	50	15	1	68	12	8	23	35	1700	5	35	33
		Large	481	970	62	19	1	74	14	10	27	50	2040	7	42	36
Turkey Ranch & Swiss	Sandwich	Small	264	470	19	6	0.4	51	3	6	24	65	1400	7	13	19
		Regular	402	700	28	8	0.5	79	6	9	36	95	2110	12	19	22
		Large	538	930	37	11	1	104	8	12	48	130	2810	16	27	28
	Wrap	Small	276	560	25	8	0.5	57	7	5	25	65	1500	6	17	25
		Regular	367	670	33	10	0.5	61	7	7	32	95	1970	9	23	28
		Large	458	780	41	13	1	65	8	8	40	125	2450	12	27	31
Meatball	Sandwich	Small	235	530	24	10	0.5	54	4	6	26	55	1280	6	17	22
		Regular	374	810	36	16	1	83	6	10	39	80	2010	10	27	36
		Large	512	1080	48	21	1.5	111	8	15	52	110	2720	13	35	47
	Wrap	Small	247	630	30	13	1	59	6	6	27	55	1380	5	23	33
		Regular	339	780	41	17	1	65	7	8	35	80	1870	7	31	42
		Large	432	940	52	22	1.5	71	8	11	44	105	2360	10	38	50
Signature Tuna	Sandwich	Small	270	540	25	7	0.5	53	4	7	27	30	1270	5	12	17
		Regular	409	810	38	10	0.5	80	6	10	40	40	1920	7	17	22
		Large	546	1080	51	13	1	105	7	14	53	55	2550	10	23	31
	Wrap	Small	282	630	32	9	0.5	58	7	6	28	25	1370	3	15	25
		Regular	374	790	44	12	1	62	7	8	37	40	1780	4	19	31
		Large	467	940	55	14	1	66	8	10	45	55	2180	5	27	33

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## CHICKEN

Carbonara	Sandwich	Small	247	590	28	7	0.4	53	3	6	33	80	1380	4	13	17
		Regular	372	880	41	11	0.5	80	5	9	50	120	2080	6	23	25
		Large	495	1170	55	15	1	105	7	12	67	160	2760	9	27	33
	Wrap	Small	259	680	34	10	0.5	58	6	6	34	80	1470	2	17	28
		Regular	337	850	47	13	1	62	7	7	47	120	1940	3	23	33
		Large	416	1030	59	16	1	66	7	9	59	160	2400	4	31	36
Honey Mustard	Sandwich	Small	272	570	25	7	0.4	56	4	10	32	80	1270	4	12	17
		Regular	417	860	38	11	0.5	85	6	15	48	120	1910	6	17	25
		Large	553	1150	51	14	1	113	7	20	64	160	2540	9	23	33
	Wrap	Small	284	670	32	10	0.5	62	6	10	33	80	1360	3	15	28
		Regular	382	840	43	13	0.5	68	7	13	44	120	1770	4	19	31
		Large	473	1010	55	16	1	73	8	17	56	160	2170	5	27	36
Baja	Sandwich	Small	227	540	22	7	0.4	55	3	10	31	80	1500	3	12	17
		Regular	344	810	33	10	0.5	83	5	15	47	120	2260	4	17	25
		Large	458	1080	44	14	0.5	110	6	19	62	155	3010	6	23	33
	Wrap	Small	239	630	29	9	0.5	60	6	9	32	80	1600	1	15	28
		Regular	309	780	39	12	0.5	65	6	12	43	115	2120	2	19	31
		Large	379	930	49	15	1	71	7	16	54	155	2640	2	23	36
Honey Bourbon	Sandwich	Small	247	380	5	1.5	0	61	4	16	24	45	1010	5	4	17
		Regular	376	570	8	2	0	92	6	23	36	65	1520	7	6	25
		Large	502	760	10	2.5	0.1	122	8	31	48	85	2020	10	10	33
	Wrap	Small	259	470	12	3.5	0.2	66	7	15	25	45	1100	3	8	28
		Regular	341	540	13	4	0.2	74	7	21	33	65	1380	4	10	31
		Large	422	620	14	4	0.2	83	8	27	40	85	1660	5	12	33
Mesquite	Sandwich	Small	276	530	23	7	0.4	52	4	6	32	80	1380	5	13	17
		Regular	421	800	34	11	0.5	79	6	9	48	125	2080	7	19	25
		Large	564	1070	46	14	1	104	7	12	64	165	2770	10	27	33
	Wrap	Small	289	630	30	9	0.5	57	7	5	33	80	1480	3	17	28
		Regular	386	780	40	13	0.5	61	7	7	44	120	1940	4	23	33
		Large	484	930	50	16	1	65	8	8	56	160	2410	5	27	36

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## STEAK

Chipotle Steak & Cheddar	Sandwich	Small	254	580	30	8	0.5	51	4	5	28	70	1450	3	13	19
		Regular	385	880	45	11	1	78	6	7	42	100	2220	4	19	31
		Large	513	1170	60	15	1	103	8	10	56	135	2980	6	27	42
	Wrap	Small	267	680	37	10	0.5	57	7	4	29	65	1550	1	17	31
		Regular	350	850	50	13	1	60	8	5	38	100	2080	2	23	36
		Large	433	1020	64	17	1	63	8	6	48	135	2620	2	31	42
Black Angus	Sandwich	Small	264	500	14	6	0.3	62	4	14	32	65	1370	4	19	19
		Regular	398	750	21	10	0.5	93	6	22	48	95	2060	5	31	31
		Large	529	990	28	13	0.5	124	8	29	64	130	2740	7	42	42
	Wrap	Small	277	590	21	9	0.5	67	7	14	33	65	1460	2	23	31
		Regular	363	720	27	11	0.5	76	7	20	45	95	1920	3	35	39
		Large	449	850	33	14	1	84	8	25	56	125	2370	4	42	44
Beef & Swiss Melt	Sandwich	Small	236	570	28	7	0.5	52	4	5	29	65	1300	3	15	19
		Regular	355	860	41	11	0.5	78	5	8	43	95	1950	5	23	31
		Large	472	1140	55	14	1	104	7	11	58	125	2590	6	31	42
	Wrap	Small	248	660	34	9	0.5	57	6	5	30	60	1390	1	19	31
		Regular	320	830	47	13	1	61	7	6	40	95	1810	2	27	36
		Large	392	990	59	16	1	64	7	7	50	125	2230	2	31	42
Peppercorn Steak	Sandwich	Small	250	590	29	7	0.5	53	4	5	29	70	1310	3	13	19
		Regular	376	880	44	10	0.5	80	6	8	43	105	1960	5	23	31
		Large	500	1170	58	13	1	106	8	11	57	140	2610	6	27	42
	Wrap	Small	262	680	36	9	0.5	59	7	5	30	70	1400	1	17	31
		Regular	341	860	49	12	1	63	8	6	40	105	1820	2	23	36
		Large	421	1030	62	15	1	67	8	7	49	140	2250	3	31	44
Au Jus	Side	99	35	2.5	0	0	0	0	0	2	0	830	0	0	0	

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		Serving size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)	
<b>FLATBREAD SAMMIES</b>																
	Cool Ranch Chicken	167	350	17	5	0	30	4	3	20	55	870	2	15	14	
	Chipotle Chicken	152	360	19	5	0	29	4	2	17	45	850	20	200	3	
	BBQ Steak	160	250	6	1	0	36	4	7	13	20	810	2	10	17	
<b>FRESH MARKET SALADS</b>																
	Honey Mustard Chicken	Side	198	410	33	6	0.5	17	2	12	14	60	700	3	6	7
		Entrée	338	540	39	9	0.5	22	3	14	27	100	1080	6	12	13
	Honey Of a Chef	Side	211	380	26	6	0.4	27	2	22	11	35	920	6	8	10
		Entrée	364	490	31	8	0.5	33	4	24	22	70	1450	13	13	17
	Mediterranean Chicken	Side	199	340	29	5	0.4	10	2	5	12	30	900	3	8	7
		Entrée	341	450	33	6	0.5	15	4	7	23	60	1230	6	13	13
<b>FLATBREAD PIZZA</b>																
	Big Pepperoni	Half	264	540	27	12	0.5	46	5	5	28	75	1580	2	35	22
	Italian	Half	265	540	26	11	0.5	46	4	5	30	75	1610	1	35	19
	BBQ Chicken	Half	224	510	18	9	0.5	56	3	16	29	70	1750	2	35	19
<b>SOUPS</b>																
	Broccoli Cheese	6 oz	142	120	8	5	0.2	10	1	3	4	15	760	3	8	1
		10 oz	255	220	14	9	0.3	18	1	6	6	25	1380	5	15	2
		Crackers	6	25	0.5	0	0	4	0	0	0.4	0	55	0	0	0.4
	Chicken Noodle	6 oz	142	70	2	1	0	8	0	1	4	15	780	1	2	2
		10 oz	255	120	4	1.5	0	14	1	2	7	25	1400	2	2	3
		Crackers	6	25	0.5	0	0	4	0	0	0.4	0	55	0	0	0.4
	Chili	6 oz	142	160	5	1.5	0	19	6	4	11	40	550	10	8	17
		10 oz	255	290	10	2.5	0.1	34	10	8	20	75	980	17	13	31
		Crackers	6	25	0.5	0	0	4	0	0	0.4	0	55	0	0	0.4

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		Serving size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)	
<b>KIDS</b>																
Turkey & Cheese		5"	155	360	9	4	0.3	50	2	4	19	40	1050	2	10	8
Ham & Cheese		5"	155	370	10	4.5	0.3	50	2	5	20	30	980	1	10	10
Cheesy Cheese		5"	125	360	14	8	0.5	41	2	3	19	40	760	1	25	8
Kids Pizza	Flatbread		188	460	26	12	0.5	32	4	3	25	75	1200	0	27	14
<b>SIDES</b>																
Cheesy Garlic Bread		6"	219	560	27	7	0.5	54	4	7	21	40	1120	3	27	13
		12"	439	1130	54	15	1	107	7	15	43	75	2230	5	50	25
Chips	Varies by product. See packaging information.															
<b>BREAKFAST</b>																
Egg & Cheddar		6"	191	630	42	24	0.4	46	2	3	21	265	920	3	19	14
		12"	368	1210	78	45	0.5	92	5	6	39	515	1740	6	31	28
Bacon & Egg		6"	219	760	51	27	0.4	46	2	3	31	300	1430	3	19	17
		12"	425	1460	98	52	0.5	92	5	6	59	585	2760	6	31	33
Ham & Egg		6"	219	670	43	24	0.4	48	2	4	25	275	1180	3	19	14
		12"	425	1280	81	46	0.5	96	5	8	47	540	2260	6	31	28
Steak & Egg		6"	219	660	42	24	0.4	47	3	3	26	280	1100	3	19	17
		12"	425	1270	80	45	0.5	94	5	6	49	540	2090	6	31	33
Veggie		6"	247	660	43	24	0.4	49	3	5	22	265	940	6	19	14
		12"	481	1260	81	45	0.5	98	6	10	40	515	1770	12	31	28

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