



Nutritional Information

Menu Item	Size	Cal	Fat Cal	Fat (g)	Sat. Fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carbs. (g)	Fiber (g)	Sugar (g)	Prot. (g)	Vegetarian
Deluxe Original	Small	790	390	43	20	0	160	2460	53	1	5	40	
Deluxe Original	Medium	950	380	42	20	0	190	2880	79	2	8	63	
Deluxe Original	Pick 2	470	190	21	10	0	95	1440	40	1	4	31	
Deluxe Original	Large	2040	920	102	49	1	400	6150	157	5	16	122	
Turkey Bacon Club	Small	650	280	31	15	0	125	1930	54	1	6	41	
Turkey Bacon Club	Medium	990	410	45	21	0	200	3290	82	2	10	66	
Turkey Bacon Club	Pick 2	460	180	20	10	0	80	1170	40	1	4	31	
Turkey Bacon Club	Large	1890	780	87	41	0	365	5640	161	4	17	120	
Fiesta Chicken	Small	660	320	36	16	0	125	1630	50	2	4	38	
Fiesta Chicken	Medium	990	450	50	22	0	205	2780	75	3	7	63	
Fiesta Chicken	Pick 2	490	220	25	11	0	100	1390	38	2	4	31	
Fiesta Ham	Small	670	320	36	16	0	120	1420	51	2	5	36	
Fiesta Ham	Medium	1000	450	50	22	0	185	2370	77	3	8	60	
Fiesta Ham	Pick 2	500	230	25	11	0	95	1180	39	2	4	30	
Fiesta Ham	Large	1870	850	95	43	0	325	4130	152	5	15	105	
Fiesta Roast Beef	Small	710	360	40	17	0	115	1310	51	2	5	39	
Fiesta Roast Beef	Medium	1090	520	58	25	0	185	2140	78	3	8	64	
Fiesta Roast Beef	Pick 2	540	260	29	12	0	90	1070	39	2	4	32	
Fiesta Roast Beef	Large	2010	960	106	47	0	320	3780	153	5	14	112	
Fiesta Turkey	Small	660	320	36	16	0	110	1690	53	2	6	34	
Fiesta Turkey	Medium	990	450	50	22	0	175	2900	82	3	10	54	
Fiesta Turkey	Pick 2	490	230	25	11	0	85	1450	41	2	5	27	
Fiesta Turkey	Large	1860	850	94	42	0	305	4920	159	5	17	97	
Turkey Original	Small	680	310	35	16	0	125	2220	55	1	6	38	
Turkey Original	Medium	960	400	45	21	0	180	3420	83	2	10	57	
Turkey Original	Pick 2	480	200	22	10	0	90	1710	42	1	5	29	
Turkey Original	Large	1820	770	85	40	0.5	325	5900	162	4	18	103	
Turkey Avocado	Small	370	80	9	2	0	35	1150	56	4	5	19	
Turkey Avocado	Medium	590	120	14	3	0	70	2140	85	6	9	34	
Turkey Avocado	Pick 2	290	60	7	1.5	0	35	1070	42	3	5	17	
Turkey Avocado	Large	1090	230	25	5	0	105	3440	165	11	16	57	
Roast Beef and Cheese	Small	600	240	27	13	0	100	1410	53	1	5	37	
Roast Beef and Cheese	Medium	920	360	41	19	0	160	2340	79	2	8	61	
Roast Beef and Cheese	Pick 2	460	180	20	10	0	80	1170	40	1	4	31	
Roast Beef and Cheese	Large	1690	650	73	36	0	275	4130	156	4	15	106	
Smoked Turkey	Small	330	50	6	1.5	0	40	1200	53	1	5	18	
Smoked Turkey	Medium	530	80	9	2	0	75	2210	81	2	9	34	
Smoked Turkey	Pick 2	270	40	4.5	1	0	40	1100	40	1	5	17	
Smoked Turkey	Large	970	140	15	3.5	0	115	3530	157	4	16	55	
Ham & Cheese Original	Small	540	190	22	12	0	95	1400	52	1	5	34	
Ham & Cheese Original	Medium	830	280	31	16	0	160	2350	79	2	8	57	
Ham & Cheese Original	Pick 2	410	140	16	8	0	80	1170	39	1	4	28	
Ham & Cheese Original	Large	1560	540	60	32	0	275	4020	155	4	15	99	
Fresh Veggie	Small	410	150	17	8	0	35	620	50	4	4	14	V
Fresh Veggie	Medium	590	210	24	10	0	45	890	75	6	20	31	V
Fresh Veggie	Pick 2	300	110	12	5	0	25	450	38	3	10	15	V
Fresh Veggie	Large	1150	390	43	20	0	90	1710	150	13	39	54	V
Chicken Bacon Smokecheesy	Small	730	360	40	17	0	155	1810	49	1	3	45	
Chicken Bacon Smokecheesy	Medium	1090	520	57	24	0	250	3080	73	2	5	75	
Chicken Bacon Smokecheesy	Pick 2	550	260	29	12	0	125	1540	36	1	2	37	
Chicken Bacon Smokecheesy	Large	2070	980	109	47	0	440	5340	144	3	3	9	
Ham Bacon Smokecheesy	Small	730	360	40	17	0	145	1600	50	1	3	44	
Ham Bacon Smokecheesy	Medium	1100	520	58	25	0	230	2660	75	1	6	72	
Ham Bacon Smokecheesy	Pick 2	550	260	29	12	0	115	1330	37	1	3	36	
Ham Bacon Smokecheesy	Large	2090	990	110	48	0	415	4720	147	3	10	129	
Beef Bacon Smokecheesy	Small	780	400	44	19	0	145	1490	50	1	3	46	
Beef Bacon Smokecheesy	Medium	1190	590	66	27	0	220	2430	75	1	5	76	
Beef Bacon Smokecheesy	Pick 2	600	300	33	14	0	115	1220	38	1	3	38	
Beef Bacon Smokecheesy	Large	2220	1090	122	52	0	410	4370	148	3	9	136	
Turkey Bacon Smokecheesy	Small	730	360	40	17	0	135	1870	52	1	4	41	
Turkey Bacon Smokecheesy	Medium	1090	520	58	24	0	215	3190	79	1	7	66	
Turkey Bacon Smokecheesy	Pick 2	550	260	29	12	0	110	1600	40	1	4	33	
Turkey Bacon Smokecheesy	Large	2070	990	110	48	0	395	5510	154	3	12	121	
The Original	Small	620	280	31	16	0	110	1640	52	1	5	33	
The Original	Medium	860	360	40	20	0	145	2310	77	2	7	48	
The Original	Pick 2	430	180	20	10	0	75	1150	39	1	4	24	
The Original	Large	1670	700	78	39	0	275	4230	153	4	13	88	
French Dip	Small	520	180	19	10	0	75	2210	54	1	5	34	
French Dip	Medium	920	340	38	20	0	145	3170	83	2	8	66	
French Dip	Pick 2	460	170	19	10	0	75	1580	41	1	4	33	
French Dip	Large	1710	630	70	37	0	250	4780	164	4	5	114	
Pastrami Reuben	Small	590	250	27	13	0	85	1620	56	1	4	36	
Pastrami Reuben	Medium	940	390	43	20	0	145	2740	85	2	6	61	
Pastrami Reuben	Pick 2	470	190	22	10	0	75	1370	42	1	3	30	
Pastrami Reuben	Large	1730	700	78	38	0	260	4620	165	4	11	108	
Pastrami & Swiss	Small	560	220	24	12	0	85	1470	55	2	3	36	
Pastrami & Swiss	Medium	900	350	39	20	0	145	2570	83	3	5	61	
Pastrami & Swiss	Pick 2	450	180	20	10	0	75	1280	42	2	3	30	
Pastrami & Swiss	Large	1670	640	72	37	0	255	4310	163	6	9	108	
Albuquerque Turkey	Small	740	340	38	18	0	135	1950	57	2	8	43	
Albuquerque Turkey	Medium	1120	500	55	25	0	215	3330	87	3	13	70	
Albuquerque Turkey	Pick 2	560	250	28	13	0	110	1670	43	2	6	35	
Albuquerque Turkey	Large	2130	960	106	50	0	395	5750	170	6	23	128	
Texas Schlotzsky's	Small	440	150	17	7	0	80	1220	45	1	4	28	
Texas Schlotzsky's	Medium	750	270	30	14	0	160	2230	68	2	7	52	
Texas Schlotzsky's	Pick 2	375	135	15	7	0	80	1115	34	1	3.5	26	
Texas Schlotzsky's	Large	1380	460	52	24	0	255	3690	140	4	14	86	
Salads													
Chicken Caesar		270	80	9	3.5	0	70	790	16	3	3	32	
Chicken Caesar	Pick 2	140	40	4.5	2	0	35	400	8	2	2	16	
Garden		110	35	4	0.5	0	0	230	16	3	4	4	V
Garden	Pick 2	60	15	2	0	0	0	115	8	2	2	2	V
Strawberry Chicken Salad		340	130	14	2.5	0	60	690	27	5	20	28	
Strawberry Chicken Salad	Pick 2	170	65	7	1	0	30	345	14	3	10	14	
Chicken Avocado Cobb		370	150	16	5	0	150	970	21	5	6	37	
Chicken Avocado Cobb	Pick 2	185	75	8	3	0	75	485	11	3	3	19	
Greek Salad with Chicken		220	60	7	2.5	0	70	1070	10	4	5	28	
Greek Salad with Chicken	Pick 2	110	30	3.5	1	0	35	535	5	2	3	14	
Pizza and Flatbread													
Fresh Veggie		850	180	20	12	0	45	1690	128	6	12	35	V
Fresh Veggie	Pick 2	430	90	10	6	0	20	840	64	3	6	18	V
Double Cheese		910	220	25	16	0	65	1840	124	4	9	41	
Double Cheese	Pick 2	450	110	12	8	0	30	920	62	2	5	20	
Pepperoni Double Cheese		1070	340	38	22	0	95	2400	125	4	9	50	
Pepperoni Double Cheese	Pick 2	540	170	19	11	0	50	1200	63	2	5	25	
BBQ Chicken & Jalapeno		970	200	22	13	0	105	2240	143	2	17	54	
BBQ Chicken & Jalapeno	Pick 2	490	100	11	6	0	55	1220	71	1	9	27	
Meaty		1080	350	39	21	0	100	2430	125	4	9	49	
Meaty	Pick 2	540	175	19	11	0	50	1215	63	2	5	25	
Supreme		1100	370	41	21	0	90	2480	128	5	10	48	
Supreme	Pick 2	550	185	20	11	0	45	1240	64	3	5	24	
Four Cheese		1050	390	44	25	0	165	1840	118	2	6	44	
Four Cheese	Pick 2	525	195	22	13	0	82	920	59	1	3	22	
California Chicken Avocado Flatbread		1010	610	68	17	0	155	1460	53	4	2	49	
California Chicken Avocado Flatbread	Pick 2	510	310	34	8	0	75	730	27	2	1	24	
Chicken Club Flatbread	Pick 2	710	320	36	12	0	120	1160	52	1	6	43	
Chicken Club Flatbread	Pick 2	350	160	18	6	0	60	580	26	1	3	22	
Soups													
Chicken Noodle		110	15										