

## FOR THE KIDS

Includes kids sub or flatbread, side and kids drink

HAM & CHEESE  
CAL 420 - 840

TURKEY & CHEESE  
CAL 430 - 850

TRIPLE CHEESE  
CAL 450 - 880

## SUBS GET LONELY TOO.

### MAKE IT A COMBO:

Add Chips & A Regular  
Fountain Drink



ADDS 120-490 CAL

2,000 calories a day is used for general nutrition advice,  
but calorie needs vary

## CATERING To order catering, go to: [QUIZNOS.COM/CATERING](http://QUIZNOS.COM/CATERING) or CALL YOUR LOCAL QUIZNOS®

### SUB & FLATBREAD TRAYS

Sub Trays serve 8-12\* (heavy 2" sub pieces)

Flatbread Trays serve 7-10\* (fourteen flatbreads, not in half)

**CLASSIC QUIZNOS** Mix of Classic Italian, Turkey Ranch & Swiss,  
Honey Mustard Chicken, Mesquite Chicken  
CAL SUBS 4320 / FLATBREADS 5840

**MEATY** Mix of Classic Italian, Traditional, Baja Chicken  
CAL SUBS 4340 / FLATBREADS 5940

**BOLD BUNCH** Mix of Classic Italian, Ultimate Turkey Club, Traditional,  
Baja Chicken, Mesquite Chicken  
CAL SUBS 4700 / FLATBREADS 5870

**FRESH FIX** Mix of Turkey Ranch & Swiss, Honey Mustard Chicken,  
Wagyu Gnocchetti  
CAL SUBS 5890 / FLATBREADS 5520

### CIABATTA TOASTIE TRAYS

Serves 7-10 (one ciabatta, not in half)

Mix of Little Italy, Southwest Club, Ham & Swiss  
CAL 4460

### BOX LUNCHES

**REGULAR SANDWICH BOX LUNCH** Includes choice of an 8" sub or  
2 flatbreads, chips and a chocolate chunk cookie  
CAL 940 - 1400

**SMALL SANDWICH BOX LUNCH** Includes choice of a 4" sub,  
1 flatbread or Ciabatta Toastie, chips and a chocolate chunk cookie  
CAL 440 - 1050

**SALAD BOX LUNCH** Includes choice of full salad and a chocolate chunk cookie  
CAL 440 - 750

### SALAD BOWLS

Includes your choice of any salad & served with herb toast (serves 5)

**BBQ CHICKEN RANCH** CAL 2350

**CHEF SALAD** CAL 2470

**HONEY MUSTARD CHICKEN** CAL 2550

**APPLE HARVEST CHICKEN** CAL 3270

**FRESH GARDEN** CAL 1470

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# Quiznos Sub Nutrition Guide

**Julia Schneider**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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