

## 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 2250

**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

**L Manion**

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 L Manion text.

## **Quiznos Sub Nutrition Guide:**

## Decoding **Quiznos Sub Nutrition Guide**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Quiznos Sub Nutrition Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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sandwich and fruit or a bagel and peanut butter are good options

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