










Schlotsky's Nutritional Information




Some items may not be available in all restaurants

Revised April 2, 2012



Sandwiches

Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
The Original	Small	560	238	26	12	0	85	1834	52	3	4	28
	Medium	772	303	34	15	0	111	2634	77	5	6	40
Ham & Cheese Original-Style	Small	509	171	19	9	0	80	2033	54	3	5	31
	Medium	734	240	27	12	0	112	2980	79	5	7	44
Turkey Original-Style	Small	603	242	27	11	0	96	1832	54	3	4	34
	Medium	833	315	35	14	0	125	2529	79	5	7	47
Smoked Turkey Breast 	Small	353	57	6	1	0	35	1069	52	2	4	20
	Medium	519	83	9	1	0	51	1568	77	4	6	29
Angus Roast Beef & Cheese	Small	534	199	22	11	0	84	1424	50	2	3	33
	Medium	786	293	33	15	0	118	2188	75	4	5	47
Turkey Bacon Club	Small	584	241	27	10	0	86	1761	51	4	4	34
	Medium	828	318	35	14	0	116	2561	77	5	6	50
Fiesta Chicken	Small	595	255	28	12	0	104	1467	49	3	3	38
	Medium	852	362	40	16	0	147	2150	71	4	5	54
Chicken Breast 	Small	342	29	3	0	0	46	1477	53	3	5	22
	Medium	513	43	5	0	0	67	2246	80	5	8	32
Fresh Veggie  	Small	342	90	10	5	0	22	750	50	4	4	14
	Medium	512	127	14	7	0	30	1203	76	6	6	21
Albuquerque Turkey	Small	663	294	33	12	0	91	1910	57	5	6	35
	Medium	947	422	47	16	0	129	2757	81	6	8	51
Chipotle Chicken 	Small	368	65	7	1	0	50	1176	51	3	4	21
	Medium	544	98	11	1	0	73	1729	75	4	6	32
Homestyle Tuna 	Small	397	110	12	2	0	54	1066	48	3	3	25
	Medium	597	160	18	3	0	79	1571	73	5	4	37
Turkey & Guacamole 	Small	367	75	8	1	0	30	1115	52	5	4	21
	Medium	575	130	14	2	0	45	1692	80	9	6	32
Chicken & Pesto 	Small	384	76	8	1	0	48	1259	51	3	4	23
	Medium	568	114	13	2	0	70	1853	75	4	6	34
Dijon Chicken 	Small	384	63	7	1	0	46	1656	53	5	7	25
	Medium	589	100	11	1	0	67	2541	82	8	11	37
Angus Corned Beef	Small	391	78	9	2	0	36	1557	53	4	5	27
	Medium	582	117	13	3	0	52	2346	78	6	7	40
Angus Beef & Provolone	Small	537	192	21	6	0	55	1404	58	3	8	27
	Medium	814	300	33	11	0	86	2116	84	5	12	42
Angus Corned Beef Reuben	Small	619	243	27	13	0	90	1530	54	4	4	40
	Medium	911	358	40	19	0	133	2200	79	5	6	59
Angus Pastrami & Swiss	Small	607	215	24	12	0	93	1646	56	4	5	43
	Medium	905	323	36	18	0	138	2480	83	6	8	64
Angus Pastrami Reuben	Small	619	238	26	13	0	95	1511	54	4	4	41
	Medium	911	351	39	19	0	141	2170	79	5	6	60
Smoked Turkey Reuben	Small	609	232	26	11	0	85	1505	57	4	6	35
	Medium	896	342	38	17	0	126	2163	84	5	8	51
Santa Fe Chicken	Small	428	86	10	4	0	66	1592	54	3	5	27
	Medium	651	148	16	8	0	105	2348	78	5	8	41
Cheese Original-Style	Small	563	248	28	15	0	78	1183	51	3	3	28
	Medium	793	339	38	20	0	105	1698	76	5	5	39
BLT	Small	434	173	19	5	0	31	1175	49	2	2	18
	Medium	669	274	30	9	0	49	1855	73	4	4	29
Deluxe Original-Style	Small	739	344	38	16	0	143	3124	55	3	6	43
	Medium	957	410	46	18	0	160	4084	80	5	10	55
Texas Schlotsky's	Small	540	208	23	12	0	96	1976	50	2	4	32
	Medium	756	283	31	15	0	119	2853	73	4	8	45

 Healthy Dining Finder Item  Sodium Savvy  Contains nuts

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Wraps												
Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Asian Chicken	1 Wrap	528	107	12	3	0	51	1997	79	4	26	28
Grilled Chicken & Guacamole	1 Wrap	689	330	37	10	0	83	1274	60	8	4	35
Homestyle Tuna	1 Wrap	479	164	18	4	0	52	1389	55	4	5	26
Parmesan Chicken Caesar	1 Wrap	577	225	25	6	0	72	1893	57	7	5	34

Pizza 8 inch.												
Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
BBQ Chicken & Jalapeño	1 Pizza	696	146	16	8	0	89	2319	107	3	18	40
Chipotle Chicken	1 Pizza	736	253	28	12	0	107	1775	73	3	3	45
Combination Special	1 Pizza	649	234	26	10	0	53	1716	77	4	5	27
Double Cheese	1 Pizza	593	189	21	10	0	51	1357	74	3	3	27
Fresh Veggie	1 Pizza	568	178	20	7	0	36	1480	75	4	5	23
Grilled Chicken & Pesto	1 Pizza	642	182	20	8	0	87	1608	73	4	4	41
Pepperoni & Double Cheese	1 Pizza	727	296	33	15	0	82	1830	74	3	4	34
Smoked Turkey & Jalapeño	1 Pizza	649	183	20	8	0	70	2022	78	4	6	36

Gourmet Pizza 14 inch.												
Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
BBQ Chicken & Jalapeño	1 Slice	275	67	7	4	0	30	853	38	1	7	14
Chipotle Chicken	1 Slice	287	137	15	5	0	34	609	25	2	1	12
Combination Special	1 Slice	269	106	12	5	0	23	644	30	2	2	11
Double Cheese	1 Slice	328	93	10	3	0	13	742	46	2	2	12
Fresh Veggie	1 Slice	258	95	11	4	0	21	630	29	2	2	12
Grilled Chicken & Pesto	1 Slice	272	96	11	4	0	29	682	29	2	2	15
Pepperoni & Double Cheese	1 Slice	334	158	18	7	0	39	861	30	1	2	15
Smoked Turkey & Jalapeño	1 Slice	285	103	11	5	0	29	735	31	2	2	14

Salads												
Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cranberry, Apple, Pecan & Chicken		655	251	28	7	0	87	924	63	6	38	38
Hearts of Romaine Chicken Caesar		490	162	18	6	0	95	1360	39	2	4	47
Turkey Avocado Cobb		659	318	35	9	0	247	1899	44	11	8	41
Turkey Chef		463	252	28	12	0	107	2108	17	4	6	38
Garden		44	13	1	0	0	0	392	11	3	4	2
Side Salad- Garden		26	6	1	0	0	0	234	8	2	2	1
Pasta Salad	5 oz.	68	31	3	0	0	0	293	12	1	10	0
Potato Salad	5 oz.	241	113	13	3	0	10	514	29	3	8	3
Flat Bread - Entrée Salad	4 Slices	237	59	7	2	0	12	554	35	1	1	9

ALL VALUES ARE BASED ON SALADS WITHOUT DRESSING

Dressing												
Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chunky Blue Cheese	3 oz.	456	437	49	11	0	46	759	3	0	3	6
Fat Free Raspberry Vinaigrette	3 oz.	99	0	0	0	0	0	227	23	0	20	0
Freshly Prepared Ranch	3 oz.	324	295	33	6	0	32	595	5	0	3	3
Honey Dijon	3 oz.	255	128	14	3	0	28	794	28	0	28	0
Lite Ranch	3 oz.	137	86	10	1	0	14	1015	14	0	5	0
Red Wine Vinaigrette	3 oz.	425	383	43	6	0	0	936	9	0	6	0
Robusto Italian	3 oz.	283	255	28	4	0	0	850	3	0	3	0
Tuscan Caesar	3 oz.	427	407	45	8	0	23	849	2	0	0	4

Salad nutrition refers to undressed salads only. It does not include dressing or flat bread and does not apply to Pick 2 size salads.

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Soups												
Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Boston Clam Chowder	Cup	175	100	11	2	0	13	1014	20	0	0	4
	Bowl	261	149	17	3	0	19	1503	29	1	0	7
Broccoli Cheese Soup	Cup	172	122	14	5	0	23	997	12	1	2	4
	Bowl	278	197	22	8	0	39	1661	19	2	3	7
Chicken Tortilla Soup	Cup	143	50	6	3	0	26	1690	15	1	5	8
	Bowl	214	74	8	4	0	39	2535	22	2	7	12
Hearty Vegetable Beef Soup	Cup	60	24	3	1	0	8	568	7	1	2	3
	Bowl	91	37	4	2	0	12	863	10	2	3	5
Old Fashioned Chicken Noodle Soup	Cup	83	14	2	1	0	22	1022	12	1	1	6
	Bowl	125	21	2	1	0	33	1534	18	2	1	8
Potato with Bacon Soup	Cup	177	89	10	1	0	6	1054	22	1	2	4
	Bowl	265	132	15	2	0	9	1571	34	2	3	5
Timberline Chile	Cup	275	81	9	4	0	32	890	31	7	9	18
	Bowl	417	123	14	5	0	48	1027	47	11	14	27
Tomato Basil Soup	Cup	200	45	5	2	0	20	1220	30	2	6	6
	Bowl	304	68	8	3	0	30	1853	46	3	9	9
Vegetarian Vegetable Soup	Cup	98	6	1	0	0	0	1042	22	5	5	2
	Bowl	141	8	1	0	0	0	1500	32	7	7	4
Wisconsin Cheese Soup	Cup	263	180	20	4	0	20	1154	20	0	8	4
	Bowl	394	269	30	6	0	30	1731	30	1	12	7
Chips												
Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Baked Barbecue	1 Bag	140	30	3.5	0.5	0	0	220	24	2	3	2
Baked Regular	1 Bag	140	20	2.5	0	0	0	210	26	2	2	2
Barbeque	1 Bag	220	108	12	2	0	0	270	25	1	2	3
Cracked Pepper	1 Bag	220	108	12	2	0	0	310	25	1	1	3
Jalapeño	1 Bag	220	108	12	2	0	0	220	25	1	1	3
Louisiana Hot Sauce	1 Bag	220	120	13	1	0	0	520	24	2	0	2
Regular (Plain)	1 Bag	220	108	12	2	0	0	190	25	1	0	3
Salt & Vinegar	1 Bag	220	108	12	2	0	0	310	25	1	0	3
Sour Cream & Onion	1 Bag	220	108	12	2	0	0	220	25	1	1	3
Kids												
Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cheese Sandwich		445	169	19	10	0	53	861	49	2	2	21
Cheese Pizza		479	115	13	5	0	24	1059	73	3	3	18
Ham & Cheese Sandwich		475	178	20	10	0	63	1235	50	2	3	25
Pepperoni Pizza		523	153	17	6	0	33	1246	73	3	3	20
Turkey Sandwich		300	46	5	1	0	20	749	49	2	2	13
Desserts												
Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Brownie	1 Each	369	171	19	5	0	49	209	49	2	32	5
Carrot Cake	1 Slice	717	378	42	6	0	74	767	80	3	56	7
Chocolate Chip Cookie*	1 Cookie	160	63	7	4	0	10	50	24	1	15	2
Creamy Cheese Cake*	1 Slice	540	297	33	20	0	165	330	50	1	39	9
Fudge Chocolate Cake*	1 Slice	740	243	27	8	0	45	650	125	5	92	8
Fudge Chocolate Chip Cookie*	1 Cookie	160	63	7	4	0	10	190	23	1	14	2
Oatmeal Raisin Cookie*	1 Cookie	150	41	5	2	0	10	50	24	1	10	2
Sugar Cookie*	1 Cookie	150	54	6	3	0	10	65	23	0	12	2
Macadamia Nut Cookie	1 Cookie	170	81	9	5	0	10	50	22	1	14	2

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Drinks												
Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Barq's Root Beer	Kid	167	0	0	0	0	0	36	45	0	30	0
	Small	278	0	0	0	0	0	60	75	0	60	0
	Medium	444	0	0	0	0	0	96	120	0	120	0
Coke	Kid	149	0	0	0	0	0	9	41	0	27	0
	Small	248	0	0	0	0	0	15	68	0	53	0
	Medium	396	0	0	0	0	0	24	108	0	107	0
Diet Coke	Kid	0	0	0	0	0	0	15	0	0	0	0
	Small	0	0	0	0	0	0	25	0	0	0	0
	Medium	0	0	0	0	0	0	40	0	0	0	0
Dr Pepper	Kid	150	0	0	0	0	0	53	41	0	41	0
	Small	250	0	0	0	0	0	88	68	0	68	0
	Medium	400	0	0	0	0	0	140	108	0	108	0
Sprite	Kid	146	0	0	0	0	0	9	33	0	26	0
	Small	243	0	0	0	0	0	15	55	0	52	0
	Medium	388	0	0	0	0	0	88	104	0	104	0
Iced Tea	Kid	2	0	0	0	0	0	9	0	0	0	0
	Small	3	0	0	0	0	0	15	1	0	0	0
	Medium	4	0	0	0	0	0	24	1	0	0	0
Minute Maid® Orange	Kid	149	0	0	0	0	0	9	41	0	32	0
	Small	248	0	0	0	0	0	15	68	0	64	0
	Medium	396	0	0	0	0	0	24	108	0	128	0
Lemonade	Kid	146	0	0	0	0	0	62	39	0	23	0
	Small	243	0	0	0	0	0	103	45	0	45	0
	Medium	388	0	0	0	0	0	164	104	0	91	0
Raspberry Lemonade	Kid	146	0	0	0	0	0	62	39	0	23	0
	Small	243	0	0	0	0	0	103	45	0	45	0
	Medium	388	0	0	0	0	0	164	104	0	91	0
Bottled Water	20 oz.	0	0	0	0	0	0	0	0	0	0	0

Buns/Tortillas												
Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Sourdough Bun	Medium	342	22	3	0	0	0	577	69	3	2	11
Wheat Bun	Medium	345	31	4	1	0	0	654	67	4	2	12
Jalapeño Cheese Bun	Medium	349	42	5	2	0	8	646	64	3	2	12
Dark Rye Bun	Medium	338	19	2	0	0	0	568	69	4	3	11
Flour Tortilla	12 inch	300	81	9	2	0	0	600	47	2	1	8

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