

Schlotzsky's Nutritional Information

Some items may not be available in all restaurants

Revised June 2009



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	559	237	26	12	1	85	1834	52	3	4	28
	Medium	771	302	34	15	1	111	2634	78	4	6	40
Ham & Cheese Original-Style	Small	508	170	19	9	0	80	2033	54	3	5	31
	Medium	733	239	27	12	1	113	2980	80	4	7	44
Turkey Original-Style	Small	602	241	27	11	1	96	1832	54	3	5	34
	Medium	831	313	35	14	1	125	2529	80	4	7	47
Smoked Turkey Breast	Small	353	57	6	1	0	35	1070	52	2	4	20
	Medium	519	82	9	1	0	51	1568	77	4	6	29
Angus Roast Beef & Cheese	Small	534	198	22	11	0	85	1424	50	2	3	33
	Medium	784	292	32	15	1	119	2188	75	4	5	47
Turkey Bacon Club	Small	561	223	25	10	0	83	1660	51	3	4	32
	Medium	787	286	32	13	1	110	2383	77	5	6	47
Chicken Breast	Small	342	36	4	0	0	46	1341	52	3	4	26
	Medium	513	53	6	0	0	67	2046	78	5	6	39
Fresh Veggie	Small	342	90	10	5	0	22	751	50	4	4	14
	Medium	484	106	12	5	0	23	1159	77	6	6	19
Albuquerque Turkey	Small	694	336	37	12	1	95	1819	57	4	6	34
	Medium	974	462	51	16	1	132	2609	81	6	8	48
Chipotle Chicken	Small	379	87	10	2	0	55	1094	47	3	3	27
	Medium	551	128	14	3	0	81	1595	68	4	4	39
Homestyle Tuna	Small	375	99	11	2	0	46	998	48	3	3	22
	Medium	563	144	16	3	0	67	1468	73	5	4	33
Turkey & Guacamole	Small	368	66	7	1	0	31	1073	54	4	4	21
	Medium	563	114	13	1	0	45	1604	82	7	6	31
Chicken & Pesto	Small	384	83	9	1	0	48	1122	49	3	3	27
	Medium	568	124	14	2	0	70	1653	73	4	4	40
Dijon Chicken	Small	378	63	7	1	0	46	1514	52	5	5	29
	Medium	576	97	11	1	0	67	2329	79	8	8	44
Angus Corned Beef	Small	390	77	9	2	0	36	1557	53	4	5	27
	Medium	581	116	13	3	0	52	2346	78	6	7	40
Angus Pastrami & Swiss	Small	606	214	24	12	1	93	1646	56	4	5	43
	Medium	904	322	36	18	1	138	2480	83	6	8	64
Angus Pastrami Reuben	Small	618	237	26	13	1	95	1510	54	4	4	41
	Medium	909	350	39	19	1	141	2170	80	5	6	60
Angus Beef & Provolone	Small	501	167	19	6	0	55	1350	55	3	7	27
	Medium	762	265	29	10	0	86	2015	81	4	9	41
Angus Corned Beef Reuben	Small	618	242	27	13	1	90	1530	54	4	4	40
	Medium	909	357	40	19	1	133	2200	80	5	6	59
Smoked Turkey Reuben	Small	608	231	26	11	1	85	1505	57	4	6	34
	Medium	895	340	38	17	1	126	2163	84	5	8	51
Santa Fe Chicken	Small	427	92	10	4	0	66	1456	53	3	4	31
	Medium	622	136	15	7	0	98	2104	76	5	5	46
Cheese Original-Style	Small	562	247	27	15	1	79	1183	51	3	3	28
	Medium	791	337	38	20	1	105	1698	76	4	5	39
BLT	Small	369	122	14	4	0	22	877	49	2	2	14
	Medium	559	189	21	6	0	33	1353	74	4	4	21
Deluxe Original-Style	Small	738	343	38	16	1	143	3124	55	3	6	43
	Medium	956	409	46	18	1	160	4084	80	5	10	55
Texas Schlotzsky's	Small	540	207	23	12	1	96	1976	51	2	5	32
	Medium	756	282	31	15	1	119	2853	73	4	8	45

Menu items are prepared in our kitchens where milk, wheat, soy, peanuts and other nuts are present.

©2009 Schlotzsky's Franchise LLC. All rights reserved.

This nutritional information is based on standard specifications and recipes, using product ingredients approved for use in the Schlotzsky's restaurant system. Variations may occur depending on the local restaurant, the season of the year, use of an alternate supplier, and/or small differences in product assembly. Some menu items may not be available in all Schlotzsky's™ restaurants. The nutritional information was obtained through one or more of the following sources: (1) Genesis R&D Product Development and Labeling Software, version 9.0.3; and (2) Food product suppliers for the Schlotzsky's™ restaurant system. Schlotzsky's attempts to provide the most complete information regarding nutrition and ingredient information. If you need further information or have special sensitivities or dietary concerns regarding ingredients in a specific menu item, please call us at (800) 846-BUNS.

Schlotzsky's Nutritional Information

Some items may not be available in all restaurants

Revised June 2009



Pizza

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)
Pepperoni & Double Cheese		685	267	30	13	1	71	1741	74	3	4	31
BBQ Chicken & Jalapeño		715	147	16	8	0	96	2447	99	3	19	69
Combination Special		639	225	25	10	1	54	1691	76	4	5	27
Vegetarian Special		540	156	17	7	0	36	1370	74	4	4	22
Mediterranean		560	180	20	9	0	51	1581	74	4	5	21
Grilled Chicken & Pesto		683	202	22	9	0	100	1891	75	4	4	72
Smoked Turkey & Jalapeño		653	185	21	8	0	71	2038	78	4	6	36
Thai Chicken		724	209	23	9	0	94	2008	85	4	12	71
Bacon Tomato & Portobello		619	207	23	9	0	49	1624	75	4	4	28
Double Cheese		597	191	21	10	1	52	1374	74	3	4	27
Baby Spinach Salad		454	61	7	3	0	12	1552	80	4	9	18
Fresh Tomato & Pesto		556	167	19	8	0	42	1335	73	3	4	25

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		537	108	12	3	0	59	2143	80	5	26	56
Parmesan Chicken Caesar		556	191	21	6	0	86	1728	61	5	5	61
Homestyle Tuna		457	154	17	4	0	44	1320	55	4	5	23
Feta & Portobello		618	351	39	10	0	25	1295	55	4	6	14
Grilled Chicken & Guacamole		689	324	36	10	0	91	1404	60	8	4	63

Panini

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)
Grilled Chicken Romano		570	141	16	8	0	104	1567	62	1	2	70
Panini Italiano		736	286	32	15	1	114	2406	67	2	4	43
Smoked Ham Crostini		644	209	23	12	1	94	1978	67	2	4	39
Classic Swiss & Tomato		624	230	26	15	1	78	1081	63	1	3	33
Mozzarella & Portobello		485	133	15	8	0	45	1158	63	2	4	24
Smoked Turkey & Guacamole		602	191	21	6	0	57	1735	69	5	4	32

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		394	132	15	8	0	40	772	48	2	2	17
Cheese Pizza		479	115	13	5	0	24	1060	73	3	3	18
Pepperoni Pizza		523	153	17	6	0	33	1246	73	3	3	20
Ham & Cheese Sandwich		424	141	16	8	0	50	1147	49	2	3	21
Turkey Sandwich		300	46	5	1	0	20	750	49	2	2	13

Contains nuts.

Menu items are prepared in our kitchens where milk, wheat, soy, peanuts and other nuts are present.

©2009 Schlotzsky's Franchise LLC. All rights reserved.

This nutritional information is based on standard specifications and recipes, using product ingredients approved for use in the Schlotzsky's restaurant system. Variations may occur depending on the local restaurant, the season of the year, use of an alternate supplier, and/or small differences in product assembly. Some menu items may not be available in all Schlotzsky's™ restaurants. The nutritional information was obtained through one or more of the following sources: (1) Genesis R&D Product Development and Labeling Software, version 9.0.3; and (2) Food product suppliers for the Schlotzsky's™ restaurant system. Schlotzsky's attempts to provide the most complete information regarding nutrition and ingredient information. If you need further information or have special sensitivities or dietary concerns regarding ingredients in a specific menu item, please call us at (800) 846-BUNS.

Schlotzsky's Nutritional Information

Some items may not be available in all restaurants

Revised June 2009



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	1	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	1	32	890	31	7	9	18
	Bowl	417	123	14	5	1	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

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)
Grilled Chicken Caesar		221	68	8	2	0	65	759	12	3	3	53
Caesar		103	42	5	2	0	6	289	10	3	3	6
Garden		51	13	1	0	0	0	291	12	4	4	3
Turkey Chef		309	158	18	7	0	67	1412	14	4	6	26
Baby Spinach & Feta		113	66	7	5	0	27	448	6	3	2	8
Chicken Salad		292	130	15	4	0	93	898	12	3	4	61
Greek		137	75	8	5	0	29	655	13	4	6	7
Ham & Turkey Chef		254	121	13	6	0	60	1340	14	4	7	22
Side Salad		26	6	1	0	0	0	236	7	2	2	1
Potato Salad		242	113	13	3	0	11	515	29	3	8	3
Pasta Salad		68	31	3	0	0	0	293	12	1	10	0

Salad nutrition refers to undressed salads only. It does not include dressing available in separate packets labeled with nutrition, or croutons (except for the Caesar and Grilled Chicken Caesar Salads, which include croutons), also available in separate packets labeled with nutrition, and does not apply to Pick Any Two size salads.

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)
Barbeque		220	108	12	2	0	0	270	25	1	2	3
Cracked Pepper		220	108	12	2	0	0	310	25	1	1	3
Jalapeño		220	108	12	2	0	0	220	25	1	1	3
Regular (Plain)		220	108	12	2	0	0	190	25	1	0	3
Salt & Vinegar		220	108	12	2	0	0	310	25	1	0	3
Sour Cream & Onion		220	108	12	2	0	0	220	25	1	1	3
Original Baked Crisps		140	20	2.5	0	0	0	210	26	2	2	2
Mesquite BBQ Baked Crisps		140	30	3.5	0.5	0	0	220	24	2	3	2
Original Kettle Chips		190	100	11	1	0	0	200	18	2	0	2

Menu Items are prepared in our kitchens where milk, wheat, soy, peanuts and other nuts are present.

©2009 Schlotzsky's Franchise LLC. All rights reserved.

This nutritional information is based on standard specifications and recipes, using product ingredients approved for use in the Schlotzsky's restaurant system. Variations may occur depending on the local restaurant, the season of the year, use of an alternate supplier, and/or small differences in product assembly. Some menu items may not be available in all Schlotzsky's™ restaurants. The nutritional information was obtained through one or more of the following sources: (1) Genesis R&D Product Development and Labeling Software, version 9.0.3; and (2) Food product suppliers for the Schlotzsky's™ restaurant system. Schlotzsky's attempts to provide the most complete information regarding nutrition and ingredient information. If you need further information or have special sensitivities or dietary concerns regarding ingredients in a specific menu item, please call us at (800) 846-BUNS.

Schlotzsky's Nutritional Information

Some items may not be available in all restaurants

Revised June 2009



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)
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
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
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
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
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
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
Schlotzsky's™ 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
Schlotzsky's™ 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

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		417	199	22	9	0	74	208	54	3	39	5
New York-Style Cheesecake		350	207	23	13	1	75	200	30	1	19	6
Carrot Cake		717	378	42	6	0	74	767	80	3	56	7
Chocolate Chip Cookie		160	72	8	5	0	20	160	22	1	13	2
Fudge Chocolate Chip Cookie		160	72	8	5	0	25	190	22	1	14	2
Oatmeal Raisin Cookie		150	54	6	3	0	20	115	22	1	14	2
Sugar Cookie		160	63	7	4	0	20	200	22	0	11	2
White Chocolate Macadamia Cookie		170	81	9	5	0	20	170	21	1	13	2

Contains nuts.

Menu items are prepared in our kitchens where milk, wheat, soy, peanuts and other nuts are present.

©2009 Schlotzsky's Franchise LLC. All rights reserved.

This nutritional information is based on standard specifications and recipes, using product ingredients approved for use in the Schlotzsky's restaurant system. Variations may occur depending on the local restaurant, the season of the year, use of an alternate supplier, and/or small differences in product assembly. Some menu items may not be available in all Schlotzsky's™ restaurants. The nutritional information was obtained through one or more of the following sources: (1) Genesis R&D Product Development and Labeling Software, version 9.0.3; and (2) Food product suppliers for the Schlotzsky's™ restaurant system. Schlotzsky's attempts to provide the most complete information regarding nutrition and ingredient information. If you need further information or have special sensitivities or dietary concerns regarding ingredients in a specific menu item, please call us at (800) 846-BUNS.