

# Schlitzsky's

## 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)	V for Vegetarian
<b>Sandwiches</b>													
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	

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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	14	V
Fresh Veggie	Medium	590	210	24	10	0	45	890	75		6	20	V
Fresh Veggie	Pick 2	300	110	12	5	0	25	450	38		3	10	V
Fresh Veggie	Large	1150	390	43	20	0	90	1710	150		13	39	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		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	140	1490	50	1	3	46	
Beef Bacon Smokecheesy	Medium	1190	590	66	27	0	225	2430	75	1	5	76	
Beef Bacon Smokecheesy	Pick 2	600	300	33	14	0	115	1220	38		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		4	33	
Turkey Bacon Smokecheesy	Large	2070	990	110	48	0	395	5510	154	3	12	121	

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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	
<b>Salad</b>													
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	
Southwest Chicken		260	90	10	5	0	85	690	11	3	5	32	
Southwest Chicken	Pick 2	130	45	5	2.5	0	40	350	5	2	2	16	
The Orchard		450	130	14	3	0	65	680	55	7	33	30	
The Orchard	Pick 2	230	60	7	1.5	0	35	340	27	4	17	15	
Turkey Avocado Cobb		340	150	16	5	0	130	1240	25	5	7	27	
Turkey Avocado Cobb	Pick 2	170	70	8	2.5	0	65	620	12	2	3	13	
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

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<b>Pizza and Flatbread</b>													
Fresh Veggie		850	180	20	12	0	45	1680	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	
California Chicken Avocado Flatbread		1010	610	68	17	0	155	1460	53	4	2	49	
California Chicken Avocado Flat	Pick 2	510	310	34	8	0	75	730	27	2	1	24	
<b>Soups</b>													
Chicken Noodle		110	15	2	0.5	0	15	1080	16	1	4	8	
Roasted Poblano & Cheddar		420	300	34	20	0.5	105	1120	18	1	6	12	
Broccoli Cheese		500	340	37	14	0	55	2420	25	3	8	14	V
Chicken Tortilla		160	60	6	1.5	0	20	1100	22	5	5	6	
Loaded Baked Potato		290	160	17	7	0	40	1040	26	3	3	8	
Timberline Chili		270	110	12	6	0.5	45	1110	22	5	8	17	
Tomato Basil Bisque		370	230	26	7	0	35	1000	28	5	20	6	V
<b>Desserts</b>													
Brownie		500	260	28	10	0	90	180	62		46	6	
Cookie Chocolate Chunk		370	160	18	9	0	35	190	52		31	4	
Cookie White Chocolate Macadamia		400	200	22	11	0	35	190	47		28	5	
Cookie Oatmeal Raisin		350	140	15	6	0	35	200	52		28	5	
Cookie Sugar		390	180	20	9	0	45	270	48		23	4	
Classic Roll Cinnabon		880	330	37	17	0	55	820	127	2	58	13	
Caramel Pecanbon		1080	460	51	20	0	65	950	146	3	75	14	
Classic Roll Cinnapack		940	360	41	18	0	60	850	134	2	65	13	
Minibon Cinnabon		350	130	15	7	0	25	330	51	1	23	5	
Center of the Roll Cinnabon		750	300	34	16	0	50	640	105	2	58	9	
BonBite	4 Bite Ct	480	180	20	9	0	10	410	69	4	38	8	
<b>Beverages</b>													

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Soda	Small	0-330											
Soda	Medium	0-520											
Soda	Large	0-720											
Apple Juice	6 oz	80	0	0	0	0	0	15	21	0	1	0	
Chocolate Milk Horizon	8 oz	150	25	2.5	1.5	0	15	180	23	0	22	8	
Milk Horizon	8 oz	90	20	2.5	1.5	0	10	130	13	0	12	8	
<b>Kid's Menu</b>													
Kid's Ham		480	180	20	11	0	75	1049	49	1	3	27	
Kid's Turkey		480	180	20	11	0	75	1170	50	1	4	25	
Kid's Cheese Pizza		450	80	9	5	0	20	850	74	2	5	17	
Kid's Pepperoni Pizza		510	120	13	7	0	30	1050	74	2	5	19	
Apple Slices		55	2	0	0	0	0	0	15	0	12	0	V
<b>Chips</b>													
Chips BBQ		230	120	13	2	0	0	300	24	2	0	3	V
Chips Cracked Pepper		230	120	12	2	0	0	290	24	2	1	3	V
Chips Jalapeno		220	120	13	2	0	0	360	24	2	2	3	V
Chips Regular		230	130	15	2	0	0	220	24	2	0	3	V
Chips Salt & Vinegar		230	120	13	2	0	0	340	23	1	2	2	V
Chips Sour Cream & Onion		230	120	13	2	0	0	340	23	1	2	3	V
<b>Breakfast</b>													
Bacon Breakfast Sandwich	Whole	500	190	21	11	0	255	660	51	3	3	25	
Bacon Breakfast Sandwich	Half	250	90	10	5	0	125	330	26	1	2	12	
Ham Breakfast Sandwich	Whole	530	200	22	11	0	270	1070	50	2	2	30	
Ham Breakfast Sandwich	Half	260	100	11	6	0	135	530	25	1	1	15	
Sausage Breakfast Sandwich	Whole	650	290	32	14	0	310	960	49	2	2	36	
Sausage Breakfast Sandwich	Half	320	150	16	7	0	155	480	24	1	1	18	
Veggie Breakfast Sandwich	Whole	500	190	21	11	0	255	660	51	3	3	25	V
Veggie Breakfast Sandwich	Half	250	90	10	5	0	125	330	26	1	2	13	V
Bacon Burrito	Whole	460	200	22	9	0	240	1060	41	5	5	22	
Bacon Burrito	Half	230	100	11	5	0	120	530	21	2	3	11	
Ham Burrito	Whole	490	190	21	9	0	265	1700	44	5	7	29	
Ham Burrito	Half	240	100	11	5	0	130	850	22	2	3	14	

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Sausage Burrito	Whole	570	280	31	11	0	290	1180	41	5	5	29	
Sausage Burrito	Half	280	140	15	5	0	145	590	21	2	3	15	
Veggie Burrito	Whole	430	170	19	8	0	235	880	44	6	7	19	V
Veggie Burrito	Half	210	90	10	4	0	115	440	22	3	3	10	V
Bacon Taco		250	120	14	6	0	125	740	18	2	3	13	
Ham Taco		290	150	17	6	0	150	720	18	2	3	16	
Sausage Taco		250	120	13	5	0	40	710	19	2	3	15	
Veggie Taco		220	90	10	5	0	120	560	21	2	5	10	V
Hash Brown	1 pc	60	30	5	0	0	0	0	8	1	0	1	V
Mixed Fruit	1 scoop	20	0	0	0	0	0	5	6	1	6	0	V
Orange Juice	12 oz cup	70	0	0	0	0	0	15	18	0	14	1	
Salsa	2 oz cup	20	0	0	0	0	0	260	4	1	0	1	V
<b>Dressings</b>													
Balsamic Vinegar	4 oz	530	480	54	7	0	0	15	11	0	10	0	
Blue Cheese	4 oz	600	580	64	8	0	40	1040	4	0	4		
Creamy Caesar	4 oz	600	580	64	10	0	0	1080	4	0	4	4	
Fat Free Raspberry Vinaigrette	4 oz	140	0	0	0	0	0	320	32	0	28	0	
Italian	4 oz	540	520	58	10	0	0	1620	4	0	0		
Ranch	4 oz	440	400	44	8	0	40	840	4	0	4	4	
Red Wine Vinaigrette	4 oz	600	540	60	8	0	0	1320	12	0	8	0	
Thousand Island	4 oz	480	430	48	8	0	20	880	20	16	16	0	
<b>Calzones</b>													
Italian		1220	480	53	26	0.5	175	3370	125	4	11	58	
BBQ Chicken		1170	350	39	21	0	190	3530	145	2	20	68	
French Dip		1410	590	66	34	0	180	4190	127	4	8	84	