

Schlotsky's[®] Nutritional Information

Menu Item	Size	Cal.	Fat. Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol.	Sodium	Carbs. (g)	Fiber (g)	Sugar (g)	Prot. (g)
Albuquerque Turkey	Small	610	270	30	12		85	1490	55	4	6	30
Albuquerque Turkey	Medium	860	330	37	16		130	2540	83	7	9	49
Albuquerque Turkey	Large	1630	610	68	29		235	5020	165	12	18	94
Angus Corned Beef Reuben	Small	570	220	25	11		75	1400	55	4	4	32
Angus Corned Beef Reuben	Medium	890	340	38	18		120	2450	81	6	7	53
Angus Corned Beef Reuben	Large	1750	670	74	35		240	5110	159	9	11	109
Angus Pastrami & Swiss	Small	530	190	21	11		75	1230	53	3	3	31
Angus Pastrami & Swiss	Medium	830	300	33	17		125	2110	79	5	5	52
Angus Pastrami & Swiss	Large	1480	490	54	26		200	4400	155	8	9	92
Chipotle Chicken	Small	350	60	7	1		35	850	53	3	4	19
Chipotle Chicken	Medium	530	80	9	1		65	1490	78	4	6	33
Chipotle Chicken	Large	1000	120	14	2.5		125	3190	149	7	12	67
Deluxe Original	Small	740	350	39	17		140	2650	54	3	5	40
Deluxe Original	Medium	980	420	47	19		170	3820	81	5	9	56
Deluxe Original	Large	1960	860	95	42		370	7850	156	8	15	114
Turkey Bacon Club	Small	510	180	20	10		70	1370	54	4	4	29
Turkey Bacon Club	Medium	770	270	30	14		115	2410	81	6	6	47
Turkey Bacon Club	Large	1480	510	56	27		225	4850	153	9	11	91
Fiesta Chicken	Small	540	210	23	11		85	1240	52	3	4	30
Fiesta Chicken	Medium	810	280	31	15		130	2080	78	5	7	49
Fiesta Chicken	Large	1540	530	59	27		245	4200	153	7	14	95
Turkey Original	Small	590	240	27	12		95	1720	55	4	4	31
Turkey Original	Medium	820	300	33	15		130	2570	81	6	6	47
Turkey Original	Large	1620	610	67	31		260	5360	157	10	13	94
Turkey & guacamole	Small	320	60	7	1.5		25	1120	50	4	3	18
Turkey & guacamole	Medium	520	100	11	2.5		50	2000	78	6	6	31
Turkey & guacamole	Large	1040	180	20	4.5		100	3830	158	9	12	59
Roast beef & cheese	Small	540	180	19	10		75	1010	54	3	4	30

Roast beef & cheese	Medium	780	270	30	14		115	1700	81	4	6	50
Roast beef & cheese	Large	1550	550	61	29		235	3770	158	8	12	100
Smoked Turkey Breast	Small	330	35	3.5	0.5		25	940	53	3	3	16
Smoked Turkey Breast	Medium	500	60	6	1		50	1710	80	5	5	29
Smoked Turkey Breast	Large	970	130	14	3		105	3670	152	9	11	58
Ham & Cheese Original	Small	500	150	17	9		70	1470	53	3	4	27
Ham & Cheese Original	Medium	730	230	25	12		115	2620	81	5	7	43
Ham & Cheese Original	Large	1450	470	52	26		230	5420	154	8	14	87
Fresh Veggie Sandwich	Small	340	90	10	5		20	690	48	3	3	14
Fresh Veggie Sandwich	Medium	500	130	14	7		30	1050	74	5	5	20
Fresh Veggie Sandwich	Large	1010	260	28	13		60	1940	148	8	10	38
Pizza. Smoked turkey & Jal	10 in	860	230	26	10		75	2290	118	7	6	37
Angus Pastrami reuben	Small	580	230	26	12		75	1260	56	5	4	31
Angus Pastrami reuben	Medium	900	360	40	18		130	2170	84	7	7	52
Angus Pastrami reuben	Large	1780	710	79	37		255	4540	165	12	11	106
Chicken Bacon Smokecheesy		860	280	31	15		160	2510	80	4	7	61
Beef Bacon Smokecheesy		810	390	43	18		160	2060	77	3	4	65
The Sicilian		730	400	44	19		130 mg	3180 mg	42	2	5	42
The Tuscan		700	380	42	14		120	1930	48	7	7	47
The Caprese		570	240	27	9		50 mg	1060 mg	64	7	8	18
Ultimate Grilled Cheese		660	380	42	18		80	1900	60	7	7	34
French Dip on a pretzel		670	250	28	14		115	1770	59	3	8	45
The Original	Small	570	240	27	12		90	1610	52	3	3	28
The Original	Medium	780	300	34	16		115	2320	78	5	6	40
The Original	Large	1550	620	69	32		235	4880	150	8	12	80
Chicken Pesto Carbonara		930	410	45	21		145	2430	79	7	3	56
Bayou Chicken		800	370	41	22		150	2350	66	3	3	42
Tomato-Basil Canestrelli		550	170	19	10		50	1250	70	5	6	27
Fresh Kale & Grilled Chicken		630	259	29	9		255	1223	52	7	34	38
Southwestern Chicken Salad		600	260	29	13		120	1260	44	8	6	46
Turkey Avocado Cobb		610	300	33	10		250	1880	42	12	8	38
Cranberry, Apple, Pecan, Chicken		640	240	27	7		80	1220	68	7	40	34

Chicken Caesar		680	150	17	8		100	1770	29	2	4	37
California Chicken Avocado Flatbread		780	440	49	14		105	1170	49	7	2	41
Caprese Flatbread		730	340	38	12		55	1110	72	8	9	22
Spicy Chicken Flatbread		580	220	24	9		85	1450	48	2	2	29
Chipotle Chicken Pesto Flatbread		800	450	50	13		95	1100	49	7	2	41
Smoked Turkey & Jalapeno Pizza 10"		890	230	26	10		75	2290	118	7	6	37
Grilled Chicken Pesto Pizza 10"		910	260	29	11		95	2060	114	6	4	47
Combination Special Pizza 10"		960	350	38	14		75	2040	119	7	6	35
Fresh Veggie Pizza 10"		920	320	35	11		55	2150	118	7	7	33
Double Cheese Pizza 10"		840	250	27	12		60	1340	115	6	5	31
BBQ Chicken & Jalapeno Pizza		920	190	21	11		100	2820	148	5	19	46
Pepperoni Double Cheese Pizza		980	380	42	18		95	2000	115	6	5	39
Soup French Onion	10 oz	235	100	11	4.5		30	740	17	3	9	3
Soup Broccoli Cheese	10 oz	184	110	12	6		25	1310	14	0	6	8
Soup Chicken Tortilla	10 oz	313	140	16	6		45	1290	27	1	3	13
Soup Chicken and Wild Rice	10 oz	280	130	14	7		55	1180	25	0	3	13
Soup Chicken & Dumpling	10 oz	145	40	4.5	0		45	990	15	0	0	9
Soup Loaded Potato	10 oz	384	280	31	15		75	1520	29	3	6	12
Soup Chilli Timberline	10 oz	380	190	21	9		55	1110	27	6	9	17
Soup Tomato Basil	10 oz	322	240	26	13		65	840	21	3	0	5
Soup Garden Vegetable	10 oz	109	0	0	0		0	830	22	3	7	3
Brownie		420	220	24	10		85	240	46	3	30	5
Big S Cookie White Chocolate Macadamia Nut	4.3 oz	550	260	28	15		45	550	69	1	39	5
Big S Cookie Chocolate Chunk	4.3 oz	540	240	27	12		40	470	73	3	42	6
Big S Cookie Toffee Pretzel	4.3 oz	550	230	26	13		35	770	74	1	45	5

Kidz: Chicken Sandwich option of choc milk, milk, juice, water, soda 12 oz & cookie		275-618										
Kidz: Cheese Pizza option of choc milk, milk, juice, water, soda 12 oz & cookie		595-930										
Kidz: Pepperoni Pizza option of choc milk, milk, juice, water, soda 12 oz & cookie		645-988										
Kidz: Cheese Sandwich		400	130	14	8		40	570	49	2	2	17
Kidz: Turkey Sandwich		220	15	1.5	0		10	550	40	3	3	10
Kidz: Ham Sandwich		220	20	2	0		15	650	40	3	3	11
Kidz: Cheese Pizza		540	150	17	5		30	960	78	4	4	18
Kidz: Pepperoni Pizza		590	200	22	7		40	1160	78	4	4	20
Extra Virgin Olive Oil	1 tbsp	120	120	14	2		0	0	0	0	0	0
Balsamic Vinegar	1 tbsp	5	0	0	0		0	0	2	0	2	0
Tuscan Caesar	3 oz	430	410	45	8		25	850	2	0	0	4
Red Wine Vinaigrette	3 oz	430	380	43	6		0	940	9	0	6	0
Robuston Italian	3 oz	280	260	28	4.5		0	850	3	0	3	0
Honey Dijon	3 oz	260	130	14	3		30	790	28	0	28	0
Buttermilk Ranch	3 oz	320	290	33	6		30	620	4	0	3	2
Fat Free Raspberry Vinaigrette	3 oz	100	0	0	0		0	230	23	0	20	0
Chunky Blue Cheese	3 oz	460	440	49	11		45	760	3	0	3	6
Chips Baked BBQ		130	30	3	1		0	190	25	2	2	1
Chips Baked Regular		130	15	2	0		0	160	26	2	1	2
Chips BBQ		230	120	13	2		0	300	24	2	0	3
Chips Cracked Pepper		230	120	14	2		0	290	24	2	1	3
Chips Jalapeno		220	120	13	2		0	360	24	2	2	3
Chips Regular		230	130	15	2		0	220	24	2	0	3
Chips Salt & Vinegar		230	120	13	2		0	300	24	1	2	2
Chips Sour Cream & Onion		230	120	13	2		0	340	23	1	2	3

Allergens	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Treenuts	Fish	Shellfish	MSG
Allergens for all	•	•	•	•	•	•	•	•	

¹ Contains ingredients manufactured in a facility that also processes egg. May contain trace amounts of egg.

All menu items are prepared in our restaurant kitchens where dairy, eggs, wheat, soy, peanuts, nuts, seeds and fish are present.

Federal regulations have identified eight major allergens: dairy, egg, wheat, soy, peanuts, tree nuts, fish and shellfish. MSG (monosodium glutamate) is exempt from allergen declaration by federal regulation. For your convenience, MSG is voluntarily indicated along with the eight major allergens as possible allergens. Some menu items may not be available in all Schlotzsky's restaurants. The information is provided is effective as of 03-11-16. Variations may occur at the local restaurant due to preparation at the restaurant, season of the year, use of an alternate supplier, ingredient substitutions, variances in product assembly and/or recipe revisions. Schlotzsky's, and its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided by Schlotzsky's restaurants. Furthermore, we cannot guarantee the prevention of cross-contact of any ingredient present in our restaurants including but not limited to dairy, wheat, soy, peanuts, tree nuts, seeds, fish and shellfish. The nutritional, allergen and ingredient information is obtained through one or more of the following sources: (1) Genesis R&D Product Development and Labeling Software, version 9.9; and (2) Approved food product suppliers and manufacturers for the Schlotzsky's™ restaurant system. Information based on standard recipe specifications. For further ingredient information or to address dietary concerns and specific sensitivities, please call us at (800) 846-BUNS. ©2012 Schlotzsky's Franchise LLC. All rights reserved.