

Schlotzsky'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
Sandwiches													
The Original ®	Small	570	240	27	12	0	90	1610	52	3	3	28	
The Original ®	Medium	780	300	34	16	0	115	2320	78	5	6	40	
The Original ®	Large	1550	620	69	32	0	235	4880	150	8	12	80	
The Original ®	Pick2	390	150	17	8	0	58	1160	39	3	3	20	
Deluxe Original - Style	Small	740	350	39	17	0	140	2650	54	3	5	40	
Deluxe Original - Style	Medium	980	420	47	19	0	170	3820	81	5	9	56	
Deluxe Original - Style	Large	1960	860	95	42	0	370	7850	156	8	15	114	
Deluxe Original - Style	Pick2	490	210	24	10	0	85	1910	41	3	5	28	
Turkey Original - Style	Small	590	240	27	12	0	95	1720	55	4	4	31	
Turkey Original - Style	Medium	820	300	33	15	0	130	2570	81	6	6	47	
Turkey Original - Style	Large	1620	610	67	31	0	260	5360	157	10	13	94	
Turkey Original - Style	Pick2	410	150	17	8	0	65	1286	41	3	3	24	
Ham & Cheese Original -Style	Small	500	150	17	9	0	70	1470	53	3	4	27	
Ham & Cheese Original -Style	Medium	730	230	25	12	0	115	2620	81	5	7	43	
Ham & Cheese Original -Style	Large	1450	470	52	26	0	230	5420	154	8	14	87	
Ham & Cheese Original -Style	Pick2	370	110	13	6	0	55	1310	40	2	3	22	
Turkey & Guacamole	Small	320	60	7	2	0	25	1120	50	4	3	18	
Turkey & Guacamole	Medium	520	100	11	3	0	50	2000	78	6	6	31	
Turkey & Guacamole	Large	1040	180	20	5	0	100	3830	158	9	12	59	
Turkey & Guacamole	Pick2	260	50	6	1	0	25	1000	39	3	3	16	
Turkey Bacon Club	Small	510	180	20	10	0	70	1370	54	4	4	29	
Turkey Bacon Club	Medium	770	270	30	14	0	115	2410	81	6	6	47	
Turkey Bacon Club	Large	1480	510	56	27	0	225	4850	153	9	11	91	
Turkey Bacon Club	Pick2	385	135	15	7	0	58	1205	41	3	3	24	
Fiesta Chicken	Small	540	210	23	11	0	85	1240	52	3	4	30	
Fiesta Chicken	Medium	810	280	31	15	0	130	2080	78	5	7	49	
Fiesta Chicken	Large	1540	530	59	27	0	245	4200	153	7	14	95	
Fiesta Chicken	Pick2	405	140	16	8	0	65	1040	39	3	4	25	
Angus Beef & Cheese	Small	540	180	19	10	0	75	1010	54	3	4	30	
Angus Beef & Cheese	Medium	780	270	30	14	0	115	1700	81	4	6	50	
Angus Beef & Cheese	Large	1550	550	61	29	0	235	3770	158	8	12	100	
Angus Beef & Cheese	Pick2	390	135	15	7	0	58	850	41	2	3	25	
Smoked Turkey Breast	Small	330	35	4	1	0	25	940	53	3	3	16	
Smoked Turkey Breast	Medium	500	60	6	1	0	50	1710	80	5	5	29	
Smoked Turkey Breast	Large	970	130	14	3	0	105	3670	152	9	11	58	
Smoked Turkey Breast	Pick2	250	30	3	1	0	25	855	40	3	3	15	
Fresh Veggie	Small	340	90	10	5	0	20	690	48	3	3	14	V
Fresh Veggie	Medium	500	130	14	7	0	30	1050	74	5	5	20	V
Fresh Veggie	Large	1010	260	28	13	0	60	1940	148	8	10	38	V
Fresh Veggie	Pick2	250	65	7	4	0	15	525	37	3	3	10	V
Albuquerque Turkey	Small	730	350	39	17	0	125	1760	55	2	7	39	
Albuquerque Turkey	Medium	1010	460	51	23	0	195	3020	78	3	11	63	
Albuquerque Turkey	Large	1990	840	94	42	0	365	5590	169	5	21	121	
Albuquerque Turkey	Pick2	560	280	31	13	0	105	1510	39	2	6	32	
Pastrami Stacker	Small	480	180	20	8	0	55	1410	55	5	5	24	
Pastrami Stacker	Medium	740	280	31	12	0	90	2300	81	7	8	41	
Pastrami Stacker	Large	1460	520	58	24	0	180	4550	163	11	12	83	
Pastrami Stacker	Pick2	370	90	10	4	0	28	705	28	3	3	12	
Pastrami & Swiss	Small	520	200	22	12	0	75	1240	54	3	3	32	
Pastrami & Swiss	Medium	810	320	36	19	0	125	2120	80	5	5	53	
Pastrami & Swiss	Large	1460	500	56	27	0	205	4170	160	6	9	91	
Pastrami & Swiss	Pick2	410	160	18	9	0	65	1060	40	2	3	26	
Corned Beef Reuben	Small	450	150	17	7	0	55	1310	53	4	4	26	
Corned Beef Reuben	Medium	700	230	26	11	0	100	2100	77	6	6	44	
Corned Beef Reuben	Large	1380	410	46	21	0	200	4160	154	8	9	90	
Corned Beef Reuben	Pick2	350	120	13	5	0	50	1050	38	3	3	22	
Beef Bacon Smokecheesy	Med	810	390	43	18	0	160	2060	77	3	4	65	
Beef Bacon Smokecheesy	Pick2	405	195	22	9	0	80	1030	39	2	2	33	
Chicken Bacon Smokecheesy	Medium	860	280	31	15	0	160	2510	80	4	7	61	
Chicken Bacon Smokecheesy	Pick2	430	140	16	8	0	80	1255	40	2	4	31	
Spicy Turkey BBQ Bacon Smokecheesy	Medium	900	360	40	16	0	170	3240	83	2	15	56	
Spicy Turkey BBQ Bacon Smokecheesy	Pick2	450	35	20	8	0	20	314	10	1	1	8	
Veggie Avocado Smokecheesy	Medium	880	420	47	23	0	100	2370	79	6	6	39	V
Veggie Avocado Smokecheesy	Pick2	440	70	8	4	0	40	628	20	1	2	15	V
Tuscan	Medium	850	370	41	11	0	105	2410	79	7	7	46	
Tuscan	Pick2	420	180	20	6	0	50	1200	40	3	4	23	
Bacon Grilled Cheese	Medium	660	320	36	14	0	55	1760	60	7	7	29	
Bacon Grilled Cheese	Pick2	330	160	18	7	0	30	880	30	3	3	14	
French Dip	Medium	670	190	22	10	0	90	1630	59	3	8	40	
French Dip	Pick2	335	100	11	5	0	45	810	30	2	4	20	
Caprese	Medium	780	300	33	11	0	60	1540	98	10	10	25	V
Caprese	Pick2	390	150	17	5	0	30	770	49	5	5	12	V

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Pizza													
Double Cheese		990	310	34	15	0	60	1860	125	3	7	40	V
Double Cheese	Pick2	490	150	17	8	0	30	930	63	2	4	20	V
Pepperoni & Double Cheese		1170	440	48	22	0	95	2460	127	3	7	51	
Pepperoni & Double Cheese	Pick2	590	220	24	11	0	45	1230	63	2	4	25	
Fresh Veggie		950	270	30	14	0	50	1940	128	4	8	39	V
Fresh Veggie	Pick2	470	130	15	7	0	25	970	64	2	4	19	V
BBQ Chicken & Jalapeno		970	190	22	12	0	100	2460	148	3	17	50	
BBQ Chicken & Jalapeno	Pick2	490	100	11	6	0	50	1230	74	2	9	25	
Flatbread													
California Chicken & Avocado Flatbread		780	390	44	14	0	130	1310	50	4	1	46	
California Chicken & Avocado	Pick2	390	200	22	7	0	65	660	25	2	1	23	
Margherita		690	340	38	8	0	20	730	69	8	5	18	V
Margherita	Pick2	350	170	19	4	0	10	370	34	4	2	9	V
Salads without dressing													
The Orchard		600	170	19	5	0	100	1120	69	7	32	39	
The Orchard	Pick2	300	85	10	3	0	50	560	35	4	16	20	
Turkey Avocado Cobb		460	170	18	6	0	155	1700	36	5	7	39	
Turkey Avocado Cobb	Pick2	230	85	9	3	0	78	850	18	3	4	20	
Southwestern Chicken Salad		410	140	15	7	0	115	1120	24	3	3	41	
Southwestern Chicken Salad	Pick2	205	70	8	4	0	58	560	12	2	2	21	
Chicken Caesar		410	120	14	5	0	100	1220	29	3	2	41	
Chicken Caesar	Pick2	205	60	7	3	0	50	610	15	2	1	21	
Salads Wraps with Wheat Tortilla (without dressing)													
Chicken Caesar		350	90	10	4	0	50	800	37	5	3	25	
Chicken Caesar	Pick2	170	45	5	2	0	25	400	18	2	2	12	
Southwest Chicken		340	100	11	5	0	55	760	34	5	4	25	
Southwest Chicken	Pick2	170	50	5	3	0	30	380	17	2	2	12	
The Orchard		440	120	13	4	0	50	750	56	7	18	24	
The Orchard	Pick2	220	60	7	2	0	25	370	28	3	9	12	
Turkey Avocado Cobb		370	120	13	4	0	80	1060	41	5	6	24	
Turkey Avocado Cobb	Pick2	190	60	6	2	0	40	530	20	3	3	12	
Soups													
Bistro French Onion	10oz	235	100	11	5	0	30	740	17	3	9	3	
Broccoli & Cheese	10oz	185	110	12	6	0	25	1310	14	0	6	8	V
Chicken & Wild Rice	10oz	280	130	14	7	0	55	1180	25	0	3	13	
Chicken & Dumpling	10oz	145	40	4.5	0	0	45	990	15	0	0	9	
Loaded Baked Potato	10oz	385	280	31	15	0	75	1520	29	3	6	12	
Timberline Chili	10oz	380	190	21	9	0	55	1110	27	6	9	17	
Tomato Basil	10oz	322	240	26	13	0	65	840	21	3	0	5	V
Garden Vegetable	10oz	109	0	0	0	0	0	830	22	3	7	3	V
Chicken Enchilada	10oz	315	140	16	6	0	45	1290	27	1	3	13	
Campbell's Broccoli Cheddar	10oz	400		30	19	0	88	938	19	1	1	14	
Campbell's Tomato Basil	10oz	125		4	1	0	0	838	19	6	9	4	V
Campbell's Loaded Baked Potato	10oz	512		28	14	0	70	1721	53	2	12	14	
Dressing 3 oz)													
Blue Cheese	3oz cup	460	440	48	6	0	30	780	4	0	4	4	
Ranch	3oz cup	340	300	34	6	0	30	660	4	0	4	4	
Fat Free Raspberry Vinaigrette	3oz cup	100	0	0	0	0	0	240	24	0	22	0	
Honey Dijon Mustard	3oz cup	390	320	36	6	0	45	510	21	0	18	0	
Red Wine Vinaigrette	3oz cup	460	400	46	6	0	0	1000	10	0	6	0	
Italian	3oz cup	410	390	43	7	0	0	1220	3	0	0	0	
Caesar	3oz cup	460	440	48	8	0	0	820	4	0	4	4	
Thousand Island	3oz cup	360	320	36	6	0	20	660	16	0	12	0	
Balsamic Vinegar & EVOO	3oz cup	400	360	40	6	0	0	10	8	0	8	0	
Kids' Menu													
Turkey & Cheese Sandwich option of choc milk, milk, juice, water, soda 12 oz & cookie		560-720											
Ham & Cheese Sandwich option of choc milk, milk, juice, water, soda 12 oz & cookie		560-720											
Cheese Pizza option of choc milk, milk, juice, water, soda 12 oz & cookie		630-790											V
Pepperoni Pizza option of choc milk, milk, juice, water, soda 12 oz & cookie		720-880											
Cheese Pizza		480	140	16	7	0	25	870	63	2	4	19	V
Pepperoni Pizza		570	210	23	11	0	45	1180	63	2	4	24	
Ham & Cheese Sandwich		410	140	15	8	0	55	830	48	1	3	21	
Turkey & Cheese Sandwich		410	140	15	8	0	55	920	49	1	3	20	
Apple slices		55	2	0	0	0	0	0	15	0	12	0	V

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Chips													
Lays Baked Regular		140	36	4	0	0	0	180	26	2	3	2	V
Regular		230	130	15	2	0	0	220	24	2	0	3	V
BBQ		230	120	13	2	0	0	300	24	2	0	3	V
Cracked Pepper		230	120	14	2	0	0	290	24	2	1	3	V
Jalapeno		220	120	13	2	0	0	360	24	2	2	3	V
Salt & Vinegar		230	120	13	2	0	0	300	24	1	2	2	V
Sour Cream & Onion		230	120	13	2	0	0	340	23	1	2	3	V
Desserts													
Brownie		500	250	28	11	0	90	180	62	3	47	5	
Chocolate Chunk Cookie		370	160	18	9	0	35	190	52	2	31	4	
Sugar Cookie		390	180	20	9	0	45	270	48	1	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	
MiniBon Cinnabon		350	130	15	7	0	25	330	51	1	23	5	
Caramel Pecan MiniBon		450	200	22	8	0	30	390	60	2	32	6	
Center of the Roll Classic		750	300	34	16	0	50	640	105	2	58	9	
Center of the Roll Caramel PecanBon		840	380	42	16	0	50	920	108	3	59	10	
Beverages													
Soda	Small	0-330											
Soda	Medium	0-520											
Soda	Large	0-720											
Gold Peak Tea Unsweet	12 oz	0	0	0	0	0	0	35	0	0	0	0	
Gold Peak Tea Sweet	12 oz	100	0	0	0	0	0	35	25	0	25	0	
Gold Peak Tea Unsweet	20 oz	0	0	0	0	0	0	60	0	0	0	0	
Gold Peak Tea Sweet	20 oz	160	0	0	0	0	0	60	41	0	41	0	
Gold Peak Tea Unsweet	32 oz	0	0	0	0	0	0	95	1	0	0	0	
Gold Peak Tea Sweet	32 oz	260	0	0	0	0	0	95	66	0	66	0	
Gold Peak Tea Unsweet	44 oz	0	0	0	0	0	0	130	1	0	0	0	
Gold Peak Tea Sweet	44 oz	350	0	0	0	0	0	130	91	0	91	0	
Water		0											
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	
Coffee	12 oz	0											
Café Cold (Catering only) Sandwiches													
Basil Chicken		720	280	31	12	0	90	1700	73	4	3	41	
Basil Chicken	Pick2	360	140	16	6	0	45	850	36	2	2	20	
Caprese		800	310	35	12	0	45	1620	99	10	10	27	V
Caprese	Pick2	400	160	18	6	0	25	810	49	5	5	13	V
Italian Deli		810	350	39	17	0	115	2730	73	4	4	43	
Italian Deli	Pick2	400	180	19	8	0	55	1370	37	2	2	22	
Pretzel Ham and Cheese		590	220	25	13	0	75	2010	62	3	8	33	
Pretzel Ham and Cheese	Pick2	290	110	12	7	0	40	1000	31	2	4	17	
Sonoma Turkey		700	310	35	9	0	65	1590	76	4	5	28	
Sonoma Turkey	Pick2	350	160	17	4.5	0	35	800	38	2	2	14	
Garden Salads (Catering only)													
Salad, Entree, Garden Salad, No Breadsticks, No Dressing		50	10	1.5	0	0	0	150	7	3	3	3	V
Salad, Group, Garden Salad, No Breadsticks, No Dressing		120	30	3	0.5	0	0	380	17	7	8	7	V
Salad, Pick 2, Garden Salad, No Breadstick, No Dressing		25	5	0.5	0	0	0	75	3	1	2	1	V
Wrap, Garden Salad, No Dressing		200	45	5	1.5	0	0	330	32	4	4	6	V
Miscellaneous													
Mints	1	35	0	0	0	0	0	5	8	0	8	0	
Saltine Crackers	1 pack	25	0.5	0	0	0	0	90	5	0	0	0	
Pickle Spear	1	5	0	0	0	0	0	330	0	0	0	0	

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Breakfast (available at select locations)													
Breakfast Sandwiches													
Bacon Breakfast Sandwiches	Whole	500	190	21	11	0	255	660	51	3	3	25	
Bacon Breakfast Sandwiches	Half	250	90	10	5	0	125	330	26	1	2	12	
Ham Breakfast Sandwiches	Whole	530	200	22	11	0	270	1070	50	2	2	30	
Ham Breakfast Sandwiches	Half	260	100	11	6	0	135	530	25	1	1	15	
Sausage Breakfast Sandwiches	Whole	650	290	32	14	0	310	960	49	2	2	36	
Sausage Breakfast Sandwiches	Half	320	150	16	7	0	155	480	24	1	1	18	
Veggie Breakfast Sandwiches	Whole	500	190	21	11	0	255	660	51	3	3	25	V
Veggie Breakfast Sandwiches	Half	250	90	10	5	0	125	330	26	1	2	13	V
Burritos													
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	
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
Tacos													
Bacon Taco		250	120	14	6	0	125	740	18	2	3	13	
Ham Taco		250	120	13	5	0	40	710	19	2	3	15	
Sausage Taco		290	150	17	6	0	150	720	18	2	3	16	
Veggie Taco		220	90	10	5	0	120	560	21	2	5	10	V
Sides													
Hash Brown	1 Piece	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

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 Schlotszky's restaurants. The information is provided is effective as of August, 2019. 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. Schlotszky's, and its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided by Schlotszky'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 Schlotszky'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. ©2019 Schlotszky's Franchise LLC. All rights reserved.