

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													
Chipotle Chicken	Small	350	60	7	1	0	35	850	53	3	4	19	
Chipotle Chicken	Medium	530	80	9	1	0	65	1490	78	4	6	33	
Chipotle Chicken	Pick 2	265	40	4.5	0.5	0	30.25	745	39	2	3	16.5	
Chipotle Chicken	Large	1000	120	14	2.5	0	125	3190	149	7	12	67	
Deluxe Original	Small	740	350	39	17	0	140	2650	54	3	5	40	
Deluxe Original	Medium	980	420	47	19	0	170	3820	81	5	9	56	
Deluxe Original	Pick 2	490	210	23.5	9.5	0	85	1910	40.5	2.5	4.5	28	
Deluxe Original	Large	1960	860	95	42	0	370	7850	156	8	15	114	
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	Pick 2	385	135	15	7	0	57.5	1205	40.5	3	3	24	
Turkey Bacon Club	Large	1480	510	56	27	0	225	4850	153	9	11	91	
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	Pick 2	405	140	15.5	8	0	65	1040	39	2.5	3.5	24.5	
Fiesta Chicken	Large	1540	530	59	27	0	245	4200	153	7	14	95	
Turkey Original	Small	590	240	27	12	0	95	1720	55	4	4	31	
Turkey Original	Medium	820	300	33	15	0	130	2570	81	6	6	47	
Turkey Original	Pick 2	410	150	16.5	7.5	0	65	1286	40.5	3	3	23.5	
Turkey Original	Large	1620	610	67	31	0	260	5360	157	10	13	94	
Turkey & Guacamole	Small	320	60	7	1.5	0	25	1120	50	4	3	18	
Turkey & Guacamole	Medium	520	100	11	2.5	0	50	2000	78	6	6	31	
Turkey & Guacamole	Pick 2	260	50	5.5	1.25	0	25	1000	39	3	3	15.5	
Turkey & Guacamole	Large	1040	180	20	4.5	0	100	3830	158	9	12	59	
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	Pick 2	390	135	15	7	0	57.5	850	40.5	2	3	25	
Angus Beef & Cheese	Large	1550	550	61	29	0	235	3770	158	8	12	100	
Smoked Turkey Breast	Small	330	35	3.5	0.5	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	Pick 2	250	30	3	0.5	0	25	855	40	2.5	2.5	14.5	
Smoked Turkey Breast	Large	970	130	14	3	0	105	3670	152	9	11	58	
Ham & Cheese Original	Small	500	150	17	9	0	70	1470	53	3	4	27	
Ham & Cheese Original	Medium	730	230	25	12	0	115	2620	81	5	7	43	
Ham & Cheese Original	Pick 2	370	110	13	6	0	55	1310	40	2	3	22	
Ham & Cheese Original	Large	1450	470	52	26	0	230	5420	154	8	14	87	
Fresh Veggie Sandwich	Small	340	90	10	5	0	20	690	48	3	3	14	V
Fresh Veggie Sandwich	Medium	500	130	14	7	0	30	1050	74	5	5	20	V
Fresh Veggie Sandwich	Pick 2	250	65	7	3.5	0	15	525	37	2.5	2.5	10	V
Fresh Veggie Sandwich	Large	1010	260	28	13	0	60	1940	148	8	10	38	V
Chicken Bacon Smokecheesy	Small	600	270	30	13	0	85	1180	51	2	2	34	
Chicken Bacon Smokecheesy	Med	860	280	31	15	0	160	2510	80	4	7	61	
Chicken Bacon Smokecheesy	Large	2010	800	89	34	0	425	4740	145	3	6	162	
Chicken Bacon Smokecheesy	Pick 2	430	140	15.5	7.5	0	80	1255	40	2	3.5	30.5	
Beef Bacon Smokecheesy	Small	560	200	22	11	0	95	1410	53	3	4	35	

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Beef Bacon Smokecheesy	Med	810	390	43	18	0	160	2060	77	3	4	65	
Beef Bacon Smokecheesy	Large	2140	970	108	41	0	395	4590	150	3	11	144	
Beef Bacon Smokecheesy	Pick 2	405	195	21.5	9	0	80	1030	38.5	1.5	2	32.5	
The Sicilian		730	390	43	18	0	130	3040	42	2	5	42	
The Sicilian	Pick 2	370	200	22	9	0	65	1520	21	1	2	21	
The Tuscan		700	320	35	9	0	100	1820	49	7	5	43	
The Tuscan	Pick 2	340	160	18	4.5	0	50	910	24	4	3	22	
The Caprese		570	240	27	9	0	50	1060	64	7	8	18	V
The Caprese	Pick 2	285	120	14	5	0	25	530	32	4	4	9	V
Bacon Grilled Cheese		660	320	36	14	0	55	1760	60	7	7	29	
Bacon Grilled Cheese	Pick 2	330	160	18	7	0	30	880	30	3	3	14	
French Dip		670	190	22	10	0	90	1630	59	3	8	40	
French Dip	Pick 2	335	100	11	5	0	45	810	30	2	4	20	
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	Pick 2	390	150	17	8	0	57.5	1160	39	2.5	3	20	
The Original	Large	1550	620	69	32	0	235	4880	150	8	12	80	
Classic Brisket Sandwich	Small	520	180	20	10	0	75	1520	61	3	5	30	
Classic Brisket Sandwich	Medium	770	270	30	15	0	120	2200	84	4	5	50	
The Classic Brisket Sandwich	Pick 2	385	135	15	8	0	60	1100	42	2	3	25	
The Classic Brisket Sandwich	Large	1520	550	61	31	0	240	4580	158	6	10	101	
The Rancher	Small	540	220	25	12	0	85	1600	51	3	3	32	
The Rancher	Medium	810	340	38	17	0	135	2680	69	5	4	51	
The Rancher	Pick 2	405	170	19	9	0	68	1340	35	3	2	26	
The Rancher	Large	1650	660	74	33	0	255	5540	152	9	8	102	
Cuban Brisket Sandwich	Small	480	140	16	8	0	75	1710	54	2	3	32	
Cuban Brisket Sandwich	Medium	770	270	30	15	0	145	2870	75	3	5	58	
Cuban Brisket Sandwich	Pick 2	385	135	15	8	0	73	1435	38	2	3	29	
Cuban Brisket Sandwich	Large	1570	510	57	28	0	270	5890	161	6	10	117	
Salad													
Fresh Kale & Grilled Chicken		630	259	29	9	0	255	1223	52	7	34	38	
Fresh Kale & Grilled Chicken	Pick 2	315	129.5	14.5	4.5	0	127.5	611.5	26	3.5	17	19	
Garden Salad		45	15	1.5	0	0	0	280	9	2	2	1	V
Garden Salad	Pick 2	25	5	0.5	0	0	0	140	4	1	1	1	V
Southwestern Chicken Salad		600	260	29	13	0	120	1260	44	8	6	46	
Southwestern Chicken Salad	Pick 2	300	130	14	6	0	60	630	22	4	3	23	
Turkey Avocado Cobb		610	300	33	10	0	250	1880	42	12	8	38	
Turkey Avocado Cobb	Pick 2	305	150	16.5	5	0	125	940	21	6	4	19	
Cranberry, Apple, Pecan, Chicken		640	240	27	7	0	80	1220	68	7	40	34	
Cranberry, Apple, Pecan, Chicken	Pick 2	320	120	13.5	3.5	0	40	610	34	3.5	20	17	
Chicken Caesar		680	150	17	8	0	100	1770	29	2	4	37	
Chicken Caesar	Pick 2	340	75	13.5	4	0	50	885	14.5	1	2	18.5	
Bread Stick	1 Stick	40	10	1	0	0	0	60	7	0	0	1	

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Flatbread													
California Chicken Avocado Flatbread		780	440	49	14	0	105	1170	49	7	2	41	
California Chicken Avocado Flatbread	Pick 2	390	220	24.5	7	0	52.5	585	24.5	3.5	1.5	20.5	
Margherita Flatbread		730	340	38	12	0	55	1110	72	8	9	22	V
Margherita Flatbread	Pick 2	365	150	17	4.5	0	20	510	35	4	4	8	V
Chipotle Shrimp Flatbread		780	490	55	10	0	115	680	49	4	2	26	
Chipotle Shrimp Flatbread	Pick 2	390	250	27	5	0	60	340	24	2	1	13	
Italian Shrimp and Brisket Flatbread		540	210	23	9	0	85	1050	60	2	10	27	
Italian Shrimp and Brisket Flatbread	Pick 2	270	100	11	4.5	0	45	520	30	1	5	13	
Spicy Brisket Flatbread		910	560	63	20	0	110	1430	48	3	2	41	
Spicy Brisket Flatbread	Pick 2	450	280	31	10	0	55	710	24	1	1	21	
Pizza													
Grilled Chicken Pesto Pizza 10"		910	260	29	11	0	95	2060	114	6	4	47	
Grilled Chicken Pesto Pizza 10"	Pick 2	455	130	14.5	5.5	0	47.5	1030	57	3	2	23.5	
Combination Special Pizza 10"		960	350	38	14	0	75	2040	119	7	6	35	
Combination Special Pizza 10'	Pick 2	480	175	19	7	0	37.5	1020	59.5	3.5	3	17.5	
Fresh Veggie Pizza 10"		920	320	35	11	0	55	2150	118	7	7	33	V
Fresh Veggie Pizza 10"	Pick 2	460	160	47.5	5.5	0	27.5	1075	59	3.5	3.5	16.5	V
Double Cheese Pizza 10"		920	320	35	11	0	55	2150	118	7	7	33	V
Double Cheese Pizza 10"	Pick 2	420	125	13.5	6	0	30	670	57.5	3	2.5	15.5	V
BBQ Chicken & Jalapeno Pizza		920	190	21	11	0	100	2820	148	5	19	46	
BBQ Chicken & Jalapeno Pizza	Pick 2	460	95	10.5	5.5	0	50	1410	74	2.5	9.5	23	
Pepperoni Double Cheese Pizza		980	380	42	18	0	95	2000	115	6	5	39	
Pepperoni Double Cheese Pizza	Pick 2	490	190	21	9	0	47.5	1000	57.5	3	2.5	19.5	
Soup													
Black Eyed Pea	10oz	450	200	22	11	0	60	1230	42	0	3	15	
Butternut Squash	10oz	390	260	29	12	0	60	990	29	0	20	6	
Chicken Noodle	10oz	140	30	3	0	0	45	1260	18	0	3	9	
Corn Chowder	10oz	450	310	35	20	0	115	1780	27	3	6	8	
Soup French Onion	10 oz	235	100	11	5	0	30	740	17	3	9	3	
Soup Broccoli Cheese	10 oz	185	110	12	6	0	25	1310	14	0	6	8	V
Soup Chicken Tortilla	10 oz	315	140	16	6	0	45	1290	27	1	3	13	
Soup Chicken and Wild Rice	10 oz	280	130	14	7	0	55	1180	25	0	3	13	
Soup Chicken & Dumpling	10 oz	145	40	4.5	0	0	45	990	15	0	0	9	
Soup Loaded Potato	10 oz	385	280	31	15	0	75	1520	29	3	6	12	
Soup Chili Timberline	10 oz	380	190	21	9	0	55	1110	27	6	9	17	
Soup Tomato Basil	10 oz	322	240	26	13	0	65	840	21	3	0	5	V
Soup Garden Vegetable	10 oz	109	0	0	0	0	0	830	22	3	7	3	V
Macs													
Brisketeer Mac		1090	440	49	30	0	170	1540	69	4	2	57	
Brisketeer Mac	Pick 2	545	220	24	15	0	85	770	35	2	1	28	

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Kids' Menu													
Turkey Sandwich option of choc milk, milk, juice, water, soda 12 oz & cookie		275-618											
Ham & Cheese Sandwich option of choc milk, milk, juice, water, soda 12 oz & cookie		275-618											
Chicken Sandwich option of choc milk, milk, juice, water, soda 12 oz & cookie		275-618											
Cheese Pizza option of choc milk, milk, juice, water, soda 12 oz & cookie		595-930											
Pepperoni Pizza option of choc milk, milk, juice, water, soda 12 oz & cookie		645-988											
Turkey Sandwich		220	15	1.5	0	0	10	550	40	3	3	10	
Ham Sandwich		220	20	2	0	0	15	650	40	3	3	11	
Chicken Sandwich		220	10	1	0	0	15	490	40	3	3	11	
Cheese Pizza		540	150	17	5	0	30	960	78	4	4	18	
Pepperoni Pizza		590	200	22	7	0	40	1160	78	4	4	20	
Mac n Cheese (Mini Mac)		430	210	23	14	0	70	560	34	2	1	22	
Apple slices		55	2	0	0	0	0	0	15	0	12	0	V
Dressing													
Blue Cheese	3oz cup	460	440	49	11	0	45	760	3	0	3	6	
Buttermilk Ranch	3oz cup	320	290	33	6	0	30	620	4	0	3	2	
Fat Free Raspberry	3oz cup	100	0	0	0	0	0	230	23	0	20	0	
Honey Dijon	3oz cup	260	130	14	3	0	30	790	28	0	28	0	
Italian	3oz cup	280	260	28	4.5	0	0	850	3	0	3	0	
Red Wine Vinaigrette	3oz cup	430	380	43	6	0	0	940	9	0	6	0	
Caesar	3oz cup	430	410	45	8	0	25	850	2	0	0	4	
Extra Virgin Olive Oil	1 tbsp	120	120	14	2	0	0	0	0	0	0	0	
Balsamic Vinegar	1 tbsp	5	0	0	0	0	0	0	2	0	2	0	
Thousand Island	3oz cup	360	100	12	2	0	5	220	5	0	4	0	
Chips													
Lays Chips Baked Regular		140	36	4	0	0	0	180	26	2	3	2	V
Chips BBQ		230	120	13	2	0	0	300	24	2	0	3	V
Chips Cracked Pepper		230	120	14	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	300	24	1	2	2	V
Chips Sour Cream & Onion		230	120	13	2	0	0	340	23	1	2	3	V

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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		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
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 Schlotzsky's restaurants. The information is provided is effective as of June, 2018. 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. ©2018 Schlotzsky's Franchise LLC. All rights reserved.