



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													
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	Large	1960	860	95	42	0	370	7850	156	8	15	114	
Deluxe Original	Pick 2	490	210	23.5	9.5	0	85	1910	40.5	2.5	4.5	28	
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	Pick 2	385	135	15	7	0	57.5	1205	40.5	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	Pick 2	405	140	15.5	8	0	65	1040	39	2.5	3.5	24.5	
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	Large	970	130	14	3	0	105	3670	152	9	11	58	
Smoked Turkey Breast	Pick 2	250	30	3	0.5	0	25	855	40	2.5	2.5	14.5	
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	Large	1450	470	52	26	0	230	5420	154	8	14	87	
Ham & Cheese Original	Pick 2	370	110	13	6	0	55	1310	40	2	3	22	
Beef Bacon Smokecheesy	Small	560	200	22	11	0	95	1410	53	3	4	35	
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	22	9	0	80	1030	39	1.5	2	33	
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	Large	1550	620	69	32	0	235	4880	150	8	12	80	
The Original	Pick 2	390	150	17	8	0	57.5	1160	39	2.5	3	20	
Bacon Me Crazy		660	320	36	14	0	55	1760	60	7	7	29	
Bacon Me Crazy	Pick 2	330	160	18	7	0	30	880	30	3	3	14	
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	
Chicken Bacon Smokecheesy	Small	600	270	30	13	0	85	1180	51	2	2	34	
Chicken Bacon Smokecheesy	Medium	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	
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		250	65	7	3.5	0	15	525	37	2.5	2.5	10	V
Fresh Veggie	Large	1010	260	28	13	0	60	1940	148	8	10	38	V



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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	Large	1040	180	20	4.5	0	100	3830	158	9	12	59	
Turkey & Guacamole	Pick 2	260	50	5.5	1.25	0	25	1000	39	3	3	16	
Pastrami Stacker	Small	470	180	20	8	0	55	1140	53	3	5	24	
Pastrami Stacker	Medium	780	320	35	15	0	105	2000	79	5	8	45	
Pastrami Stacker	Large	1540	590	66	29	0	205	3960	160	7	12	91	
Pastrami Stacker	Pick 2	390	160	18	8	0	53	1000	40	3	4	23	
Tuscan		700	320	35	9	0	100	1820	49	7	5	43	
Tuscan	Pick 2	340	160	18	4.5	0	50	910	24	4	3	22	
Caprese		570	240	27	9	0	50	1060	64	7	8	18	V
Caprese	Pick 2	285	120	14	5	0	25	530	32	4	4	9	V
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	Large	1650	660	74	33	0	255	5540	152	9	8	102	
The Rancher	Pick 2	405	170	19	9	0	68	1340	35	3	2	26	
The Cuban	Small	480	140	16	8	0	75	1710	54	2	3	32	
The Cuban	Medium	770	270	30	15	0	145	2870	75	3	5	58	
The Cuban	Large	1570	510	57	28	0	270	5890	161	6	10	117	
The Cuban	Pick 2	385	135	15	8	0	73	1435	38	2	3	29	
The Classic	Small	520	180	20	10	0	75	1520	61	3	5	30	
The Classic	Medium	770	270	30	15	0	120	2200	84	4	5	50	
The Classic	Large	1520	550	61	31	0	240	4580	158	6	10	101	
The Classic	Pick 2	385	135	15	8	0	60	1100	42	2	3	25	
Sliders													
Aloha Brisket	2 Sliders	720	440	48	20	0	130	1660	40	0	16	34	
Aloha Brisket	4 Sliders	1440	880	96	40	0	260	3320	80	0	32	68	
Sweet n' Sassy	2 Sliders	600	260	28	18	0	120	1360	58	0	32	32	
Sweet n' Sassy	4 Sliders	1200	520	56	36	0	240	2720	116	0	64	64	
Chipotle Angus	2 Sliders	620	320	36	20	0	130	1340	38	0	12	40	
Chipotle Angus	4 Sliders	1240	640	72	40	0	260	2680	76	0	24	80	
Tacos													
Saucy Chick Taco	2 Tacos	500	240	26	9	0	80	1280	36	6	4	32	
Saucy Chick Taco	3 Tacos	750	360	69	14	0	120	1920	54	9	6	48	
My Jam Brisket	2 Tacos	440	180	20	12	0	70	1100	38	2	12	26	
My Jam Brisket	3 Tacos	660	270	30	18	0	105	1650	57	3	18	39	
Smokin' Hawaiian	2 Tacos	480	180	20	10	0	60	1720	60	4	16	24	
Smokin' Hawaiian	3 Tacos	720	270	30	15	0	90	2580	90	6	24	32	
Tots													
Cheesy Bacon Tots		990	600	67	27	0	160	1950	48	0	1	46	
Cheesy Bacon Tots	Pick 2	490	300	33	13	0	80	980	24	0	0	23	



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Pizza and Flatbreads													
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	
Margherita Flatbread	Pick 2	365	150	17	4.5	0	20	510	35	4	4	8	
Cheese on Cheese Pizza		920	320	35	11	0	55	2150	118	7	7	33	V
Cheese on Cheese Pizza	Pick 2	420	125	13.5	6	0	30	670	57.5	3	2.5	15.5	V
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	
Veggin' Out Pizza		920	320	35	11	0	55	2150	118	7	7	33	V
Veggin' Out Pizza	Pick 2	460	160	47.5	5.5	0	27.5	1075	59	3.5	3.5	16.5	V
BBQ Chicken		920	190	21	11	0	100	2820	148	5	19	46	
BBQ Chicken	Pick 2	460	95	10.5	5.5	0	50	1410	74	2.5	9.5	23	
Greens													
The Orchard		640	240	27	7	0	80	1220	68	7	40	34	
The Orchard	Pick 2	320	120	13.5	3.5	0	40	610	34	3.5	20	17	
Turkey Avocado Cobb		870	510	57	13	0	200	2180	41	7	10	48	
Turkey Avocado Cobb	Pick 2	435	255	28.5	6.5	0	100	1090	20.5	3.5	5	24	
Brisket & Blue		910	630	70	16	0	160	2110	34	3	8	36	
Brisket & Blue	Pick 2	455	315	35	8	0	80	1055	17	1.5	4	18	
Chicken Avocado		870	520	58	13	0	140	2310	38	8	7	52	
Chicken Avocado	Pick 2	435	260	29	6.5	0	70	1155	19	4	3.5	26	
Kale Caesar		910	580	65	13	0	85	2090	38	5	8	50	
Kale Caesar	Pick 2	455	290	32.5	6.5	0	42.5	1045	19	2.5	4	25	
Bread Stick	1 Stick	40	10	1	0	0	0	60	7	0	0	1	
Mac													
Brisket Mac		1090	440	49	30	0	170	1540	69	4	2	57	
Brisket Mac	Pick 2	545	220	24	15	0	85	770	35	2	1	28	
Smoky Brisketeer Mac		1120	450	50	30	0	170	1680	74	4	5	57	
Smoky Brisketeer Mac	Pick 2	560	230	25	15	0	85	840	37	2	2	28	
Double Cheese Mac		830	390	43	27	0	135	1190	69	3	3	44	V
Double Cheese Mac	Pick 2	415	195	21.5	13.5	0	67.5	595	34.5	1.5	1.5	22	V
Soups													
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	10oz	235	100	11	5	0	30	740	17	3	9	3	
Soup Broccoli Cheese	10oz	185	110	12	6	0	25	1310	14	0	6	8	V
Soup Chicken Tortilla	10oz	315	140	16	6	0	45	1290	27	1	3	13	
Soup Chicken and Wild Rice	10oz	280	130	14	7	0	55	1180	25	0	3	13	
Soup Chicken & Dumpling	10oz	145	40	4.5	0	0	45	990	15	0	0	9	



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Soup Loaded Potato	10oz	385	280	31	15	0	75	1520	29	3	6	12	
Soup Chili Timberline	10oz	380	190	21	9	0	55	1110	27	6	9	17	
Soup Tomato Basil	10oz	322	240	26	13	0	65	840	21	3	0	5	V
Soup Garden Vegetable	10oz	109	0	0	0	0	0	830	22	3	7	3	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	
Desserts													
Big S Cookie White Chocolate Macadamia Nut		550	250	28	15	0	35	480	70	1	39	6	
Big S Cookie Chocolate Chunk		540	240	27	12	0	40	480	74	2	43	3	
Big S Cookie Toffee Pretzel		550	230	26	13	0	35	770	74	1	45	5	
Cookies Chocolate Chip		160	60	7	3.5	0	10	50	24	1	15	2	
Cookies Oatmeal Raisin		150	40	4.5	2	0	10	50	24	1	10	2	
Cookies Sugar		160	50	6	3	0	10	65	23	0	12	2	
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	
Brownie		420	210	23	11	0	85	240	46	3	30	5	
Beverages													
Soda	Small	0-330											
Soda	Medium	0-520											
Soda	Large	0-720											
Fuze Tea Unsweet	12 oz	0	0	0	0	0	0	35	0	0	0	0	
Fuze Tea Sweet	12 oz	100	0	0	0	0	0	35	25	0	25	0	
Fuze Tea Unsweet	20 oz	0	0	0	0	0	0	60	0	0	0	0	
Fuze Tea Sweet	20 oz	160	0	0	0	0	0	60	41	0	41	0	
Fuze Tea Unsweet	32 oz	0	0	0	0	0	0	95	1	0	0	0	



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Fuze Tea Sweet	32 oz	260	0	0	0	0	0	95	66	0	66	0	
Fuze Tea Unsweet	44 oz	0	0	0	0	0	0	130	1	0	0	0	
Fuze 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											
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
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
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	



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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.