

Schlotzsky's Nutritional Information



Revised June 2008

Sandwiches												
Menu Item	Size	Cal.	Fat (g)	Sat. Fat (g)	Fat Cal.	Trans Fat (g)	Protein (g)	Carbs. (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Chol. (mg)
The Original	Small	562	26	12	238	1	28	52	3	4	1841	85
	Medium	768	34	15	303	1	40	76	4	6	2632	111
Ham & Cheese	Small	511	19	9	171	1	31	54	3	5	2040	80
	Medium	730	27	12	240	1	44	78	4	7	2979	113
Turkey	Small	605	27	11	242	1	34	54	3	5	1840	96
	Medium	828	35	14	314	1	47	78	4	7	2528	125
Smoked Turkey Breast	Small	355	6	1	57	0	20	53	2	4	1074	35
	Medium	515	9	1	82	0	29	76	4	6	1561	51
Angus Roast Beef & Cheese	Small	536	22	11	199	1	33	50	2	3	1429	85
	Medium	781	33	15	293	1	47	73	4	5	2186	119
Turkey Bacon Club	Small	573	24	9	220	1	33	53	4	4	1580	86
	Medium	784	31	12	279	1	47	76	5	7	2206	114
Chicken Breast	Small	344	4	0	36	0	26	52	3	4	1343	46
	Medium	507	6	1	53	0	38	77	5	7	2035	67
Fresh Veggie	Small	354	10	5	91	0	14	52	4	4	774	23
	Medium	482	12	5	106	0	18	77	6	7	1155	23
Albuquerque Turkey	Small	693	37	12	332	1	34	56	4	6	1713	97
	Medium	972	51	16	455	1	48	80	6	8	2432	136
Chipotle Chicken	Small	379	10	2	87	0	27	47	3	3	1094	56
	Medium	551	14	3	128	0	39	68	4	4	1596	81
Homestyle Tuna	Small	388	11	2	101	0	22	51	3	3	1023	46
	Medium	563	16	3	144	0	33	73	5	4	1468	67
Mediterranean Tuna	Small	343	5	1	45	0	22	52	4	4	1056	29
	Medium	504	7	1	67	0	33	76	6	6	1618	44
Turkey & Guacamole	Small	373	8	1	68	0	20	54	4	5	1123	31
	Medium	564	13	1	117	0	30	80	6	7	1689	45
Chicken & Pesto	Small	387	9	1	83	0	27	50	3	3	1126	48
	Medium	564	14	2	124	0	40	72	4	4	1647	70
Dijon Chicken	Small	391	7	1	65	0	30	54	5	5	1539	46
	Medium	576	11	1	97	0	44	79	8	8	2329	67
Angus Corned Beef	Small	395	9	2	78	0	27	53	4	5	1568	36
	Medium	582	13	3	117	0	40	77	6	7	2351	52
Angus Pastrami & Swiss	Small	611	24	12	215	1	43	56	4	5	1657	93
	Medium	905	36	18	323	1	64	82	6	8	2484	138
Angus Pastrami Reuben	Small	629	27	13	245	1	41	54	3	5	1592	100
	Medium	918	40	19	360	1	61	78	5	7	2261	147
Angus Beef & Provolone	Small	503	19	6	167	0	27	56	3	7	1354	50
	Medium	757	29	10	265	0	41	80	4	9	2009	79
Angus Corned Beef Reuben	Small	629	28	13	249	1	40	54	3	5	1612	95
	Medium	918	41	19	366	1	59	78	5	7	2291	140
Smoked Turkey Reuben	Small	619	26	11	238	1	35	58	3	7	1587	89
	Medium	904	39	17	350	1	52	83	5	9	2254	132
Santa Fe Chicken	Small	425	10	4	92	0	31	53	4	5	1452	66
	Medium	619	15	7	136	0	45	76	5	7	2098	98
Cheese	Small	565	28	15	248	1	28	51	3	3	1190	79
	Medium	788	38	20	338	1	39	74	4	5	1697	105
BLT	Small	364	12	3	107	0	14	50	2	3	551	28
	Medium	543	18	5	164	0	22	74	4	5	801	44
Deluxe	Small	742	38	16	344	1	43	55	3	6	3132	143
	Medium	953	46	18	410	1	55	78	4	10	4082	160
Texas Schlotzsky's	Small	540	23	12	207	1	32	51	2	5	1976	96
	Medium	756	31	15	282	1	45	73	4	8	2853	119

Menu Items are prepared in our kitchens where milk, wheat, soy, peanuts and other nuts are present.


©2008 Schlotzsky's Franchise LLC. All rights reserved.


This nutritional information is based on standard specifications and recipes, using product ingredients approved for use in the Schlotzsky's restaurant system. Variations may occur depending on the local restaurant, the season of the year, use of an alternate supplier, and/or small differences in product assembly. Some menu items may not be available in all Schlotzsky's™ restaurants. The nutritional information was obtained through one or more of the following sources: (1) Genesis R&D Product Development and Labeling Software, version 9.0.3; and (2) Food product suppliers for the Schlotzsky's™ restaurant system. Schlotzsky's attempts to provide the most complete information regarding nutrition and ingredient information. If you need further information or have special sensitivities or dietary concerns regarding ingredients in a specific menu item, please call us at (800) 846-BUNS.

Schlotzsky's Nutritional Information



Revised June 2008

Pizza												
Menu Item	Size	Cal.	Fat (g)	Sat. Fat (g)	Fat Cal.	Trans Fat (g)	Protein (g)	Carbs. (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Chol. (mg)
Pepperoni & Double Cheese		685	30	13	267	1	31	74	3	4	1740	71
BBQ Chicken & Jalapeno		715	16	8	147	0	69	99	3	19	2447	96
Combination Special		639	25	10	225	1	27	76	4	5	1690	54
Vegetarian Special		540	17	7	156	0	22	74	4	4	1369	36
Mediterranean		560	20	9	180	0	21	74	4	5	1580	51
Grilled Chicken & Pesto		683	22	9	202	1	72	75	4	4	1891	100
Smoked Turkey & Jalapeno		642	19	8	174	0	39	78	4	5	2204	76
Thai Chicken 		724	23	9	209	0	71	85	4	12	2008	94
Bacon Tomato & Portobello		614	22	9	197	1	29	76	4	4	1404	53
Double Cheese		597	21	10	191	1	27	74	3	4	1373	52
Baby Spinach Salad		471	8	3	68	0	18	83	4	12	1255	12
Fresh Tomato & Pesto		556	19	8	167	0	25	73	3	4	1334	42

Wraps												
Menu Item	Size	Cal.	Fat (g)	Sat. Fat (g)	Fat Cal.	Trans Fat (g)	Protein (g)	Carbs. (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Chol. (mg)
Asian Chicken 		537	11	3	108	0	56	80	5	26	2143	59
Parmesan Chicken Caesar		649	33	8	300	0	62	56	5	4	1698	78
Mediterranean Tuna		420	12	2	105	0	22	57	5	6	1300	28
Homestyle Tuna		457	17	4	154	0	23	55	4	5	1320	44
Feta & Portobello		618	39	10	351	0	14	55	4	6	1631	30
Grilled Chicken & Guacamole		695	36	10	327	0	63	59	6	5	1495	91

Panini												
Menu Item	Size	Cal.	Fat (g)	Sat. Fat (g)	Fat Cal.	Trans Fat (g)	Protein (g)	Carbs. (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Chol. (mg)
Grilled Chicken Romano		570	16	8	141	1	70	62	1	2	1567	104
Panini Italiano		736	32	15	286	1	43	67	2	4	2406	114
Smoked Ham Crostini		644	23	12	209	1	39	67	2	4	1978	94
Classic Swiss & Tomato		624	26	15	230	1	33	63	1	3	1081	78
Mozzarella & Portobello		485	15	8	133	0	24	63	2	4	1158	45
Smoked Turkey & Guacamole		606	21	6	191	0	32	68	4	5	1812	58

Kids												
Menu Item	Size	Cal.	Fat (g)	Sat. Fat (g)	Fat Cal.	Trans Fat (g)	Protein (g)	Carbs. (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Chol. (mg)
Cheese Sandwich		397	15	8	133	1	17	48	2	2	780	40
Cheese Pizza		479	13	5	115	0	18	73	3	3	1060	24
Pepperoni Pizza		523	17	6	153	0	20	73	3	3	1246	33
Ham & Cheese Sandwich		427	16	8	142	1	21	49	2	3	1154	50
Turkey Sandwich		303	5	1	46	0	13	49	2	2	754	20

 Contains nuts.

Menu Items are prepared in our kitchens where milk, wheat, soy, peanuts and other nuts are present.

©2008 Schlotzsky's Franchise LLC. All rights reserved.

This nutritional information is based on standard specifications and recipes, using product ingredients approved for use in the Schlotzsky's restaurant system. Variations may occur depending on the local restaurant, the season of the year, use of an alternate supplier, and/or small differences in product assembly. Some menu items may not be available in all Schlotzsky's™ restaurants. The nutritional information was obtained through one or more of the following sources: (1) Genesis R&D Product Development and Labeling Software, version 9.0.3; and (2) Food product suppliers for the Schlotzsky's™ restaurant system. Schlotzsky's attempts to provide the most complete information regarding nutrition and ingredient information. If you need further information or have special sensitivities or dietary concerns regarding ingredients in a specific menu item, please call us at (800) 846-BUNS.

Schlotzsky's Nutritional Information

Revised June 2008



Soups

Menu Item	Size	Cal.	Fat (g)	Sat. Fat (g)	Fat Cal.	Trans Fat (g)	Protein (g)	Carbs. (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Chol. (mg)
Boston Clam Chowder	Cup	217	11	3	103	3	6	23	1	1	1181	11
	Bowl	323	17	4	153	5	9	34	2	1	1750	16
Broccoli Cheese Soup	Cup	187	12	6	111	2	4	13	1	3	1063	24
	Bowl	303	20	9	180	3	7	20	1	5	1771	40
Chicken Tortilla Soup	Cup	150	6	3	54	0	10	13	1	4	1470	30
	Bowl	225	9	5	81	0	15	20	1	6	2205	45
Hearty Vegetable Beef Soup	Cup	109	5	2	45	0	6	12	2	3	1029	15
	Bowl	165	8	3	68	0	9	18	3	5	1563	23
Old Fashioned Chicken Noodle Soup	Cup	90	2	1	14	0	7	11	1	1	1243	55
	Bowl	135	2	1	20	0	11	17	1	1	1865	83
Potato with Bacon Soup	Cup	182	9	2	77	3	2	26	2	2	1063	4
	Bowl	271	13	3	116	4	4	38	3	3	1584	6
Timberline Chile	Cup	227	8	3	71	1	15	26	8	5	890	35
	Bowl	345	12	5	108	1	23	39	12	8	1335	53
Tomato Basil Soup	Cup	302	27	16	239	0	4	14	4	8	942	87
	Bowl	453	40	23	358	0	6	21	6	12	1413	130
Vegetarian Vegetable Soup	Cup	85	1	0	5	0	2	19	4	4	900	0
	Bowl	122	1	0	7	0	3	27	6	6	1296	0
Wisconsin Cheese Soup	Cup	306	22	9	195	4	6	24	1	8	1214	21
	Bowl	460	33	14	293	5	8	36	2	12	1821	32

Salads

Menu Item	Size	Cal.	Fat (g)	Sat. Fat (g)	Fat Cal.	Trans Fat (g)	Protein (g)	Carbs. (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Chol. (mg)
Grilled Chicken Caesar		221	8	2	68	0	53	12	3	3	759	65
Caesar		103	5	2	42	0	6	10	3	3	289	6
Garden		51	1	0	13	0	3	12	4	4	291	0
Turkey Chef		303	16	7	145	0	26	15	4	6	1132	72
Baby Spinach & Feta		197	15	5	136	0	10	10	4	4	447	27
Chicken Salad		292	15	4	130	0	61	12	3	4	898	93
Greek		137	8	5	75	0	7	13	4	6	655	29
Ham & Turkey Chef		254	13	6	121	0	22	14	4	7	1340	60
Side Salad		26	1	0	6	0	1	7	2	2	236	0
Potato Salad		242	13	3	113	0	3	29	3	8	515	11
Pasta Salad		68	3	0	31	0	0	12	1	10	293	0

Salad nutrition refers to undressed salads only. It does not include dressing available in separate packets labeled with nutrition, or croutons (except for the Caesar and Grilled Chicken Caesar Salads, which include croutons), also available in separate packets labeled with nutrition, and does not apply to Pick Any Two size salads.

Chips

Menu Item	Size	Cal.	Fat (g)	Sat. Fat (g)	Fat Cal.	Trans Fat (g)	Protein (g)	Carbs. (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Chol. (mg)
Barbeque		220	12	2	108	0	3	25	1	2	270	0
Cracked Pepper		220	12	2	108	0	3	25	1	1	310	0
Jalapeno		220	12	2	108	0	3	25	1	1	220	0
Regular (Plain)		220	12	2	108	0	3	25	1	0	190	0
Salt & Vinegar		220	12	2	108	0	3	25	1	0	310	0
Sour Cream & Onion		220	12	2	108	0	3	25	1	1	220	0
Original Baked Crisps		140	2.5	0	20	0	2	26	2	2	210	0
Mesquite BBQ Baked Crisps		140	3.5	0.5	30	0	2	24	2	3	220	0
Original Kettle Chips		190	11	1	100	0	2	18	2	0	200	0
Chili & Lime Tortilla Chips		250	12	1.5	110	0	3	32	3	1	280	0

Menu Items are prepared in our kitchens where milk, wheat, soy, peanuts and other nuts are present.

©2008 Schlotzsky's Franchise LLC. All rights reserved.

This nutritional information is based on standard specifications and recipes, using product ingredients approved for use in the Schlotzsky's restaurant system. Variations may occur depending on the local restaurant, the season of the year, use of an alternate supplier, and/or small differences in product assembly. Some menu items may not be available in all Schlotzsky's™ restaurants. The nutritional information was obtained through one or more of the following sources: (1) Genesis R&D Product Development and Labeling Software, version 9.0.3; and (2) Food product suppliers for the Schlotzsky's™ restaurant system. Schlotzsky's attempts to provide the most complete information regarding nutrition and ingredient information. If you need further information or have special sensitivities or dietary concerns regarding ingredients in a specific menu item, please call us at (800) 846-BUNS.

Schlotzsky's Nutritional Information



Revised June 2008

Drinks												
Menu Item	Size	Cal.	Fat (g)	Sat. Fat (g)	Fat Cal.	Trans Fat (g)	Protein (g)	Carbs. (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Chol. (mg)
Coke	Kid	149	0	0	0	0	0	41	0	27	9	0
	Medium	248	0	0	0	0	0	68	0	53	15	0
	Large	396	0	0	0	0	0	108	0	107	24	0
Diet Coke	Kid	0	0	0	0	0	0	0	0	0	15	0
	Medium	0	0	0	0	0	0	0	0	0	25	0
	Large	0	0	0	0	0	0	0	0	0	40	0
Sprite	Kid	146	0	0	0	0	0	33	0	26	9	0
	Medium	243	0	0	0	0	0	55	0	52	15	0
	Large	388	0	0	0	0	0	104	0	104	88	0
Barq's Root Beer	Kid	167	0	0	0	0	0	45	0	30	36	0
	Medium	278	0	0	0	0	0	75	0	60	60	0
	Large	444	0	0	0	0	0	120	0	120	96	0
Minute Maid® Orange	Kid	149	0	0	0	0	0	41	0	32	9	0
	Medium	248	0	0	0	0	0	68	0	64	15	0
	Large	396	0	0	0	0	0	108	0	128	24	0
Dr Pepper	Kid	150	0	0	0	0	0	41	0	41	53	0
	Medium	250	0	0	0	0	0	68	0	68	88	0
	Large	400	0	0	0	0	0	108	0	108	140	0
Iced Tea	Kid	2	0	0	0	0	0	0	0	0	9	0
	Medium	3	0	0	0	0	0	1	0	0	15	0
	Large	4	0	0	0	0	0	1	0	0	24	0
Schlotzsky's™ Lemonade	Kid	146	0	0	0	0	0	39	0	23	62	0
	Medium	243	0	0	0	0	0	45	0	45	103	0
	Large	388	0	0	0	0	0	104	0	91	164	0
Schlotzsky's™ Raspberry Lemonade	Kid	146	0	0	0	0	0	39	0	23	62	0
	Medium	243	0	0	0	0	0	45	0	45	103	0
	Large	388	0	0	0	0	0	104	0	91	164	0
Bottled Water	20 oz.	0	0	0	0	0	0	0	0	0	0	0

Desserts												
Menu Item	Size	Cal.	Fat (g)	Sat. Fat (g)	Fat Cal.	Trans Fat (g)	Protein (g)	Carbs. (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Chol. (mg)
Brownie		414	24	9	216	0	6	47	3	33	151	55
Cheesecake		350	23	13	207	1	6	30	1	19	200	75
Carrot Cake		717	42	6	378	0	7	80	3	56	767	74
Chocolate Chip Cookie		160	7	3	63	0	2	24	1	15	48	11
Fudge Chocolate Chip Cookie		162	7	4	63	0	2	23	1	14	57	12
Oatmeal Raisin Cookie		145	5	2	45	0	2	24	1	11	48	10
Sugar Cookie		150	6	3	54	0	2	23	1	11	121	14
White Chocolate Macadamia Cookie		167	8	4	72	0	2	23	1	14	50	11

Contains nuts.

Menu Items are prepared in our kitchens where milk, wheat, soy, peanuts and other nuts are present.

©2008 Schlotzsky's Franchise LLC. All rights reserved.

This nutritional information is based on standard specifications and recipes, using product ingredients approved for use in the Schlotzsky's restaurant system. Variations may occur depending on the local restaurant, the season of the year, use of an alternate supplier, and/or small differences in product assembly. Some menu items may not be available in all Schlotzsky's™ restaurants. The nutritional information was obtained through one or more of the following sources: (1) Genesis R&D Product Development and Labeling Software, version 9.0.3; and (2) Food product suppliers for the Schlotzsky's™ restaurant system. Schlotzsky's attempts to provide the most complete information regarding nutrition and ingredient information. If you need further information or have special sensitivities or dietary concerns regarding ingredients in a specific menu item, please call us at (800) 846-BUNS.