




Schlotzsky's Nutritional Information

Some items may not be available in all restaurants

Revised June 2010



Sandwiches

Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
The Original	Small	559	237	26	12	1	85	1833	52	3	4	28
	Medium	771	302	34	15	1	111	2633	77	4	6	40
Ham & Cheese Original-Style	Small	508	170	19	9	1	80	2033	54	3	5	31
	Medium	733	239	27	12	1	113	2980	80	4	7	44
Turkey Original-Style	Small	602	242	27	11	1	96	1832	54	3	4	34
	Medium	831	314	35	14	1	125	2529	79	4	7	47
Smoked Turkey Breast 	Small	353	57	6	1	0	35	1069	52	3	4	20
	Medium	519	83	9	1	0	51	1568	77	4	6	29
Angus Roast Beef & Cheese	Small	534	199	22	11	1	85	1424	50	3	3	33
	Medium	785	292	33	15	1	119	2187	75	4	5	47
Turkey Bacon Club	Small	561	223	25	10	1	83	1660	51	3	4	33
	Medium	788	287	32	13	1	110	2383	77	5	6	47
Chicken Breast 	Small	370	34	4	1	0	51	1328	55	3	4	29
	Medium	551	51	6	1	0	75	2023	82	4	5	42
Fresh Veggie 	Small	342	90	10	5	0	22	750	50	4	4	14
	Medium	484	106	12	5	0	23	1159	76	6	6	19
Albuquerque Turkey	Small	635	276	31	11	1	88	1785	56	4	6	34
	Medium	908	395	44	15	1	125	2579	80	6	8	49
Chipotle Chicken	Small	364	73	8	2	0	48	1155	49	3	4	24
	Medium	529	108	12	3	0	70	1684	70	4	6	35
Homestyle Tuna	Small	375	100	11	2	0	46	997	48	3	3	22
	Medium	563	145	16	3	0	67	1468	73	5	4	33
Turkey & Guacamole	Small	368	66	7	1	0	31	1073	54	4	4	21
	Medium	564	114	13	1	0	45	1604	81	7	6	31
Chicken & Pesto	Small	412	82	9	2	0	53	1110	53	3	3	30
	Medium	609	123	14	2	0	78	1635	78	4	4	44
Dijon Chicken	Small	363	50	6	1	0	38	1574	53	5	7	26
	Medium	554	78	9	1	0	56	2418	82	8	10	39
Angus Corned Beef	Small	390	77	9	2	0	36	1557	53	4	5	27
	Medium	581	116	13	3	0	52	2346	78	6	7	40
Angus Pastrami & Swiss	Small	606	214	24	12	1	93	1645	56	4	5	43
	Medium	904	323	36	18	1	138	2479	83	6	8	64
Angus Pastrami Reuben	Small	618	238	26	13	1	95	1510	54	4	4	41
	Medium	910	351	39	19	1	141	2170	79	5	6	60
Angus Beef & Provolone	Small	501	167	19	6	0	55	1349	55	3	7	27
	Medium	762	265	30	10	0	86	2015	81	4	9	41
Angus Corned Beef Reuben	Small	618	242	27	13	1	90	1530	54	4	4	40
	Medium	910	357	40	19	1	133	2200	79	5	6	59
Smoked Turkey Reuben	Small	608	231	26	11	1	85	1505	57	4	6	35
	Medium	895	341	38	17	1	126	2163	84	5	8	51
Santa Fe Chicken	Small	412	79	9	4	0	59	1516	54	3	5	28
	Medium	600	117	13	7	0	86	2193	78	5	8	42
Cheese Original-Style	Small	562	247	27	15	1	79	1183	51	3	3	28
	Medium	791	338	38	20	1	105	1698	76	4	5	39
BLT	Small	369	122	14	4	0	22	877	49	3	2	14
	Medium	559	189	21	6	0	33	1353	73	4	4	21
Deluxe Original-Style	Small	738	343	38	16	1	143	3124	55	3	6	43
	Medium	956	410	46	18	1	160	4084	80	5	10	55
Texas Schlotzsky's	Small	540	208	23	12	1	96	1976	51	2	4	32
	Medium	756	283	31	15	1	119	2853	73	4	8	45

 Healthy Dining Finder Item

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Pizza

Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Pepperoni & Double Cheese		685	267	30	13	1	71	1741	74	3	3	31
BBQ Chicken & Jalapeño		706	140	16	8	0	89	2591	109	3	18	41
Combination Special		640	226	25	10	1	54	1691	76	4	5	28
Vegetarian Special		540	157	17	7	0	36	1370	74	4	4	22
Mediterranean		561	181	20	9	0	51	1581	74	4	5	22
Grilled Chicken & Pesto		685	195	22	9	0	93	2017	76	4	4	45
Smoked Turkey & Jalapeño		653	185	21	8	0	71	2038	78	4	6	36
Thai Chicken		726	202	22	8	0	87	2134	86	4	12	44
Bacon Tomato & Portobello		619	207	23	9	0	49	1623	75	4	4	28
Double Cheese		597	192	21	10	1	52	1373	74	3	3	27
Baby Spinach Salad		455	61	7	3	0	12	1552	80	4	9	18
Fresh Tomato & Pesto		556	168	19	8	0	42	1335	73	3	4	25

Healthy Dining Finder Item

Wraps

Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Asian Chicken		538	101	11	2	0	51	2269	81	4	26	30
Parmesan Chicken Caesar		558	184	20	5	0	78	1854	62	5	5	34
Homestyle Tuna		457	154	17	4	0	44	1320	55	4	5	23
Feta & Portobello		618	351	39	10	0	25	1295	55	4	6	14
Grilled Chicken & Guacamole		691	317	35	9	0	84	1530	61	7	4	37

Healthy Dining Finder Item

Panini

Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Grilled Chicken Romano		572	133	15	8	0	96	1693	63	1	2	43
Panini Italiano		736	286	32	15	1	114	2406	67	2	4	43
Smoked Ham Crostini		644	209	23	12	1	94	1978	67	2	4	39
Classic Swiss & Tomato		624	230	26	15	1	78	1081	63	1	3	33
Mozzarella & Portobello		485	133	15	8	0	45	1158	63	2	4	24
Smoked Turkey & Guacamole		602	191	21	6	0	57	1735	69	5	4	32

Kids

Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cheese Sandwich		394	133	15	8	1	40	772	48	2	2	17
Cheese Pizza		479	115	13	5	0	24	1059	73	3	3	18
Pepperoni Pizza		523	153	17	6	0	33	1246	73	3	3	20
Ham & Cheese Sandwich		424	142	16	8	1	50	1147	49	2	3	22
Turkey Sandwich		300	46	5	1	0	20	750	49	2	2	13

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Soups

Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Boston Clam Chowder	Cup	175	100	11	2	0	13	1014	20	0	0	4
	Bowl	261	149	17	3	1	19	1503	29	1	0	7
Broccoli Cheese Soup	Cup	172	122	14	5	0	23	997	12	1	2	4
	Bowl	278	197	22	8	0	39	1661	19	2	3	7
Chicken Tortilla Soup	Cup	143	50	6	3	0	26	1690	15	1	5	8
	Bowl	214	74	8	4	0	39	2535	22	2	7	12
Hearty Vegetable Beef Soup	Cup	60	24	3	1	0	8	568	7	1	2	3
	Bowl	91	37	4	2	0	12	863	10	2	3	5
Old Fashioned Chicken Noodle Soup	Cup	83	14	2	1	0	22	1022	12	1	1	6
	Bowl	125	21	2	1	0	33	1534	18	2	1	8
Potato with Bacon Soup	Cup	177	89	10	1	0	6	1054	22	1	2	4
	Bowl	265	132	15	2	0	9	1571	34	2	3	5
Timberline Chile	Cup	275	81	9	4	1	32	890	31	7	9	18
	Bowl	417	123	14	5	1	48	1027	47	11	14	27
Tomato Basil Soup	Cup	200	45	5	2	0	20	1220	30	2	6	6
	Bowl	304	68	8	3	0	30	1853	46	3	9	9
Vegetarian Vegetable Soup	Cup	98	6	1	0	0	0	1042	22	5	5	2
	Bowl	141	8	1	0	0	0	1500	32	7	7	4
Wisconsin Cheese Soup	Cup	263	180	20	4	0	20	1154	20	0	8	4
	Bowl	394	269	30	6	0	30	1731	30	1	12	7

Salads

Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Grilled Chicken Caesar		222	61	7	2	0	57	885	13	3	3	26
Caesar		103	42	5	2	0	6	289	10	3	3	6
Garden 		51	13	1	0	0	0	291	12	4	4	3
Turkey Chef		309	158	18	7	0	67	1412	14	4	6	26
Baby Spinach & Feta		113	66	7	5	0	27	448	6	3	2	8
Chicken Salad		294	122	14	4	0	83	1048	14	3	4	29
Greek		137	75	8	5	0	29	655	13	4	6	7
Ham & Turkey Chef		254	121	13	6	0	60	1340	14	4	7	22
Side Salad		26	6	1	0	0	0	236	7	2	2	1
Potato Salad		242	113	13	3	0	11	515	29	3	8	3
Pasta Salad		68	31	3	0	0	0	293	12	1	10	0

Healthy Dining Finder Item

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

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Drinks

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

Desserts

Menu Item	Size	Cal.	Fat Cal.	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Brownie		417	199	22	9	0	74	208	54	3	39	5
New York-Style Cheesecake		350	207	23	13	1	75	200	30	1	19	6
Carrot Cake		717	378	42	6	0	74	767	80	3	56	7
Chocolate Chip Cookie		160	72	8	5	0	20	160	22	1	13	2
Fudge Chocolate Chip Cookie		160	72	8	5	0	25	190	22	1	14	2
Oatmeal Raisin Cookie		150	54	6	3	0	20	115	22	1	14	2
Sugar Cookie		160	63	7	4	0	20	200	22	0	11	2
White Chocolate Macadamia Cookie		170	81	9	5	0	20	170	21	1	13	2

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