FOR THE KIDS

Includes kids sub or flathread, side and kids drink

HAM & CHEESE

CAL 420 - 865

TURKEY & CHEESE

CAL 450 - 850

TRUPLE CHEESE

CAL 450 - 880

SUBS GET Lonely too.

MAKE IT A COMBO:

Add Chips & A Regular Fountain Drink



A005 128-690 CAL

CATERING To ender coloring, go to, OUIZNOS, COM/CATERING

SUB & FLATBREAD TRAYS

Safe Trays perce 8-42 (nevery 2' Sale pieces)

Flatbread Trays server 7-10 (hourses furbreats, our in half)

CLASSIC QUENOS Mix of Classic Italian, Turkey Ranch & Swiss, Noney Mustural Disclaim, Mesquite Disclare

CAL SUBS 6320 / FLATBREADS 5848

MEATY We at Classic Italian, Traditional, Biga Olicken CAL SUBS 4240 / FLATBREADS SN40

BOLD BUNCH Was of Classic Railon, Ultimate Turkey Clab, Traditional, Sain Chicken, Manually Chicken

CAL SUBS 6100 / FLATBREADS 5870

FRESH FIX Mis of Turking Runch & Swiss, Honey Mustard Chicken, Veggle Guacamete

CAL SUBS SUPO / FLATBRIADS 5570

COARATTA TOASTIF TRAFS

Serves 7-10 (nine cutomo, set in half) Mis of Linfe Italy Southwest Clob, Ham & Swiss CAL 4460

BOX LUNCHES

REGULAR SANDWICH BOX LUNCH Includes chaice of an E' solt or 2 Surbreads, chips and a chocolate chain cookie CAL 948 - 1486

SMALL SANDWICH BOX LUNCH Includes choice of a 4" sub.

I floribroad or Cusherts Toertie, chips and a checolans charit reside

CAL 448 - 1050

SALAS BOX LUNCH includes choice of full salad and a chocolate charak cookie CAL 648 - 758

SALAD BOWLS

Includes your choice of any saled & served with both heart (serves \$).

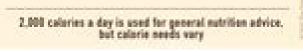
880 CHICKEN RANCH CAL 2250

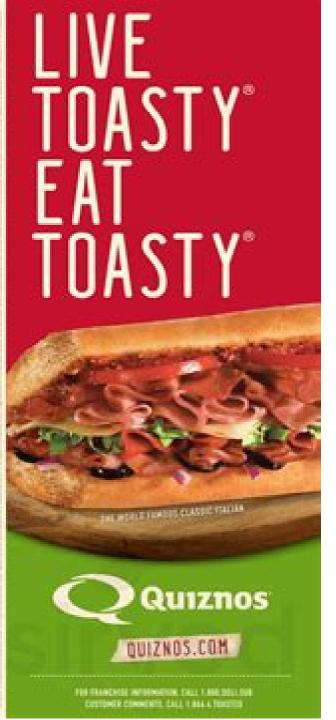
CHEF SALAD CAL 26/10

HONEY MUSTARO CHICKEN CAL 2558

APPLE HARVEST CHICKEN CAL 3270

FRESH GARDEN CAL 1670





2.000 calories a day is used for general nutrition advice, but calorie needs vary

Quiznos Sub Nutrition Guide

Chao Zhang

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Digest Diet Dining Out Guide Liz Vaccariello, 2012-12-27 More information to be announced soon on this forthcoming The South Beach Diet Dining Guide Arthur Agatston, 2005-12-27 Americans spend 440 billion title from Penguin USA eating out at restaurants each year and as the American culture is increasingly on the go we let diets fall by the wayside as we fuel up on fast food and convenience foods Now with The South Beach Diet Dining Guide Dr Arthur Agatston will give dieters a trusted resource to keep them on track wherever they go The first part of the book features listings of over 75 of the most popular chain and family restaurants in America including mall and airport listings For each entry the book provides an editorial overview and specific menu recommendations and nutritional information The South Beach Diet Dining Guide focuses on what you can eat not what you should avoid The second part of the book covers suggestions on what to eat from different ethnic food categories such as French Italian Mexican Spanish Indian and Japanese A bonus section for travelers includes an editorial overview and menu suggestions from South Beach friendly restaurants in 15 of the most well traveled cities New York Los Angeles San Francisco Boston Chicago Atlanta Dallas Cleveland New Orleans Kansas City Minneapolis Miami Washington DC St Louis and Las Vegas The Get With The Program! Guide to Fast Food and Family Restaurants Bob Greene, 2004-01-01 It's not where you eat it's what you eat From Bob Greene the bestselling author of Get With the Program comes a handy portable guide to dining out With healthy choices from more than 75 fast food and family restaurants including Applebee's The Olive Garden Kentucky Fried Chicken McDonald's Burger King Domino's Pizza Subway Dairy Queen and Taco Bell now you can feel confident about staying on the Program when dining out with friends or family There are no confusing nutritional charts or graphs just simple honest advice for those of us who enjoy dining out Each restaurant listing offers Bob's Top Picks for healthy and delicious options as well as a list of menu items that are not on the Program With tips on portion control beverage choices and balancing fat carbohydrates and protein this is an indispensable book for anyone who dines out once a year or once a week Whether you re on the Program or just getting started you will turn to The Get With the Program Guide to Fast Food and Family Restaurants to make smart choices when dining out The 400 Calorie Fix Dining Guide Liz Vaccariello, Editors Of Prevention Magazine, 2015-01-30 The latest scientific research shows that the most straightforward way to lose weight controlling calories is consistently the most successful The 400 Calorie Fix Dining Guide makes it easy Take control wherever you go with this dining companion Chock full of easy and insightful tips this guide keeps you on track while you browse your options at a restaurant buffet bar or other fun locale In The 400 Calorie Fix Dining Guide you ll find Best 400 Calorie Meals at the diner movies ballpark and more At a glance portion guides using the 400 Calorie Lens Mix and match foods to build your own 400 calorie meals No matter where you go there s a 400 Calorie Fix to slim and satisfy you The New American Diet Stephen Perrine, Heather Hurlock, 2009-12-22 Unbelievable impossible but true Based on the latest nutritional and environmental science The New American Diet will turn modern weight loss

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