



— Nutritional and Allergen Chart —

Some menu items included in this list may not be available at your local Schlotzsky's. There are also local or seasonal menu offerings that are not listed. Please check with your local Schlotzsky's Bakery/Café for information on those offerings.

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Allergen Statement
Sandwiches												
Sandwich, Original Deluxe, Small	650	300	34	14	0	130	2240	49	1	5	39	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Original Deluxe, Medium	840	310	35	14	0	165	2720	74	2	8	57	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Original Deluxe, 1/2 Medium	420	160	17	7	0	85	1360	37	1	4	29	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Original Deluxe, Giant	1620	790	87	37	1	350	5820	147	4	16	112	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Turkey Bacon Club, Small	520	200	22	8	0	95	1710	50	1	6	33	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Turkey Bacon Club, Medium	890	350	39	15	0	180	3120	77	2	10	61	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Turkey Bacon Club, 1/2 Medium	440	170	19	7	0	90	1560	39	1	5	30	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Turkey Bacon Club, Giant	1670	650	73	29	0	315	5290	150	4	18	110	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Fiesta Chicken, Small	520	230	25	9	0	95	1420	45	2	4	29	Contains Egg, Milk, Soy, Wheat.
Sandwich, Fiesta Chicken, Medium	860	370	42	15	0	185	2630	68	2	7	55	Contains Egg, Milk, Soy, Wheat.
Sandwich, Fiesta Chicken, 1/2 Medium	430	190	21	8	0	90	1310	34	1	3	27	Contains Egg, Milk, Soy, Wheat.
Sandwich, Fiesta Chicken, Giant	1610	700	77	30	0	315	4440	134	5	12	93	Contains Egg, Milk, Soy, Wheat.
Sandwich, Turkey Original, Small	550	230	25	10	0	95	2000	51	1	6	30	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Turkey Original, Medium	850	340	37	15	0	160	3260	78	2	10	52	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Turkey Original, Giant	1590	630	70	28	0.5	275	5570	152	4	18	92	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smoked Turkey & Avocado, Small	350	80	9	1.5	0	35	1120	51	4	5	19	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Smoked Turkey & Avocado, Medium	560	120	14	2.5	0	70	2100	79	6	9	34	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Smoked Turkey & Avocado, 1/2 Medium	280	60	7	1.5	0	35	1050	39	3	4	17	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Smoked Turkey & Avocado, Giant	1040	230	25	5	0	105	3360	154	11	16	56	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Roast Beef & Cheese, Small	470	160	18	7	0	70	1190	48	1	5	30	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Roast Beef & Cheese, Medium	810	300	34	13	0	135	2170	74	2	8	56	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Roast Beef & Cheese, 1/2 Medium	410	150	17	7	0	70	1090	37	1	4	28	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Roast Beef & Cheese, Giant	1470	530	59	24	0	230	3780	145	4	15	95	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smoked Turkey, Small	310	50	6	1.5	0	40	1180	49	1	5	18	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smoked Turkey, Medium	510	80	9	2	0	75	2170	75	2	9	33	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smoked Turkey, 1/2 Medium	250	40	4.5	1	0	40	1080	38	1	4	16	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smoked Turkey, Giant	920	140	15	3.5	0	115	3460	146	4	16	54	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Ham Original, Small	410	110	12	5	0	65	1180	48	1	5	27	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Ham Original, Medium	710	220	24	10	0	135	2180	74	2	8	51	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Ham Original, 1/2 Medium	360	110	12	5	0	65	1090	37	1	4	28	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Ham Original, Giant	1330	400	45	20	0	225	3690	145	4	15	88	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Fresh Veggie, Small	330	110	12	4	0	20	510	46	1	4	9	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Fresh Veggie, Medium	520	180	20	7	0	35	810	69	2	6	16	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Fresh Veggie, 1/2 Medium	260	90	10	3.5	0	20	400	34	1	3	8	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Fresh Veggie, Giant	1000	320	35	14	0	70	1540	137	5	12	31	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smokecheesy (Ham), Small	710	360	40	17	0	145	1580	46	1	3	43	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smokecheesy (Ham), Medium	1080	520	58	25	0	230	2620	69	1	5	71	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smokecheesy (Ham), 1/2 Medium	540	260	29	12	0	115	1310	35	1	3	36	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smokecheesy (Ham), Giant	2030	990	110	48	0	415	4640	136	3	10	128	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smokecheesy (Roast Beef), Small	750	400	44	19	0	140	1460	46	1	3	45	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smokecheesy (Roast Beef), Medium	1170	590	66	27	0	215	2390	69	1	5	78	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smokecheesy (Roast Beef), 1/2 Medium	580	300	33	14	0	125	1200	35	1	2	38	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Smokecheesy (Roast Beef), Giant	2170	1090	122	52	0	410	4300	136	3	9	135	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Original, Small	490	200	22	9	0	75	1420	47	1	4	26	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Original, Medium	750	290	32	14	0	125	2140	72	2	7	43	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Original, 1/2 Medium	370	150	16	7	0	60	1070	36	1	4	21	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Original, Giant	1450	570	63	27	0	225	3690	143	4	14	78	Contains Milk, Sesame, Soy, Wheat.
Sandwich, French Dip, Small 4 fl oz Au Jus	520	190	21	10	0	75	2300	51	2	6	34	Contains Milk, Sesame, Soy, Wheat.
Sandwich, French Dip, Medium 4 fl oz Au Jus	930	360	40	20	0	145	3370	81	3	10	65	Contains Milk, Sesame, Soy, Wheat.
Sandwich, French Dip, 1/2 Medium with 2 fl oz Au Jus	470	180	20	10	0	75	1690	40	1	5	33	Contains Milk, Sesame, Soy, Wheat.
Sandwich, French Dip, Giant 4 fl oz Au Jus	1730	670	75	38	0	250	5190	160	6	20	113	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Pastrami Reuben, Small	570	250	27	13	0	85	1690	52	4	4	35	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Pastrami Reuben on Rye, Small	570	250	27	13	0	85	1690	52	4	4	35	Contains Egg, Milk, Soy, Wheat.
Sandwich, Pastrami Reuben, Medium	910	390	43	20	0	145	2700	79	6	6	60	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Pastrami Reuben on Rye, Medium	900	390	43	20	0	145	2690	79	8	7	60	Contains Egg, Milk, Soy, Wheat.
Sandwich, Pastrami Reuben, 1/2 Medium	460	190	22	10	0	75	1350	40	3	3	30	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Pastrami Reuben on Rye, 1/2 Medium	450	190	21	10	0	75	1350	40	4	3	30	Contains Egg, Milk, Soy, Wheat.
Sandwich, Pastrami Reuben, Giant	1680	700	78	38	0	260	4550	154	11	11	106	Contains Egg, Milk, Sesame, Soy, Wheat.
Sandwich, Pastrami Reuben on Rye, Giant	1660	700	78	38	0	260	4520	154	15	12	106	Contains Egg, Milk, Soy, Wheat.
Sandwich, Pastrami & Swiss, Small	540	220	24	12	0	85	1450	51	2	3	35	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Pastrami & Swiss on Rye, Small	530	220	24	12	0	85	1440	51	3	3	35	Contains Milk, Soy, Wheat.
Sandwich, Pastrami & Swiss, Medium	870	350	39	20	0	145	2530	78	3	5	60	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Pastrami & Swiss on Rye, Medium	860	350	39	20	0	145	2520	78	5	6	60	Contains Milk, Soy, Wheat.
Sandwich, Pastrami & Swiss, 1/2 Medium	440	180	20	10	0	75	1270	39	2	2	30	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Pastrami & Swiss on Rye, 1/2 Medium	430	180	20	10	0	75	1260	39	3	3	30	Contains Milk, Soy, Wheat.
Sandwich, Pastrami & Swiss, Giant	1620	640	72	37	0	255	4230	151	6	9	106	Contains Milk, Sesame, Soy, Wheat.
Sandwich, Pastrami & Swiss on Rye, Giant	1600	640	71	37	0	255	4210	152	9	10	106	Contains Milk, Soy, Wheat.
Sandwich, Albuquerque Turkey, Small	580	240	26	10	0	100	1740	53	2	8	35	Contains Egg, Milk, Soy, Wheat.
Sandwich, Albuquerque Turkey, Medium	970	400	45	17	0	185	3180	81	3	13	63	Contains Egg, Milk, Soy, Wheat.
Sandwich, Albuquerque Turkey, 1/2 Medium	480	200	22	9	0	95	1590	41	1	7	32	Contains Egg, Milk, Soy, Wheat.
Sandwich, Albuquerque Turkey, Giant	1830	770	85	33	0	335	5440	158	6	24	114	Contains Egg, Milk, Soy, Wheat.
Sandwich, Texas, Small	440	150	17	7	0	80	1220	45	1	4	28	Contains Egg, Milk, Soy, Wheat.
Sandwich, Texas, Medium	750	270	30	14	0	160	2230	68	2	7	52	Contains Egg, Milk, Soy, Wheat.
Sandwich, Texas, Large	1380	460	52	24	0	255	3690	140	4	14	86	Contains Egg, Milk, Sesame, Soy, Wheat.
Salads												
Salad, Chicken Caesar w/4 fl oz Caesar Dressing & Breadsticks	1100	810	90	15	0	60	2280	39	4	7	36	Contains Fish, Milk, Sesame, Soy, Wheat.
Salad, Chicken Caesar w/CROUTONS, No Dressing/No Breadsticks	360	200	23	4.5	0	60	990	9	3	2	29	Contains Milk, Sesame, Soy, Wheat.
Salad, Mix & Match, Chicken Caesar w/2 fl oz Caesar Dressing & Breadstick	550	400	45	8	0	30	1140	20	2	4	18	Contains Fish, Milk, Sesame, Soy, Wheat.
Salad, Mix & Match, Chicken Caesar w/2 fl oz Caesar Dressing/No Breadstick	180	100	11	2	0	30	490	5	2	1	14	Contains Milk, Sesame, Soy, Wheat.
Salad, Garden Salad, No Dressing/No Breadsticks/No Dressing	240	190	21	3	0	0	580	10	4	2	4	Contains Milk, Sesame, Soy, Wheat.
Salad, Mix & Match, Garden Salad, No Dressing/No Breadstick	120	90	11	1.5	0	0	290	5	2	1	2	Contains Milk, Sesame, Soy, Wheat.
Salad, Strawberry Salad w/ Chicken, No Dressing	340	130	14	2.5	0	60	690	27	5	18	28	Contains Milk, Peanut, Soy, Tree Nuts.
Salad, Mix & Match, Strawberry Salad w/ Chicken, No Dressing	170	60	7	1	0	30	340	13	3	9	14	Contains Milk, Peanut, Soy, Tree Nuts.
Salad, Chicken Avocado Cobb w/1 fl oz Bleu Cheese Dressing & Breadsticks	1230	900	100	17	0	190	2470	44	6	9	43	Contains Egg, Milk, Sesame, Soy, Wheat.
Salad, Chicken Avocado Cobb, No Dressing/No Breadsticks	490	290	33	7	0	150	1220	14	5	4	36	Contains Egg, Milk, Sesame, Soy, Wheat.
Salad, Mix & Match, Chicken Avocado Cobb w/2 fl oz Bleu Cheese Dressing	620	450	50	8	0	95	1230	22	3	5	22	Contains Egg, Milk, Sesame, Soy, Wheat.
Salad, Mix & Match, Chicken Avocado Cobb, No Dressing/No Breadstick	240	150	16	3.5	0	75	610	7	3	2	18	Contains Egg, Milk, Sesame, Soy, Wheat.
Salad, Greek Salad with Chicken, No Dressing	220	60	7	2.5	0	70	1070	10	4	3	28	Contains Milk.
Salad, Mix & Match, Greek with Chicken, No Dressing	110	30	3.5	1.5	0	35	530	5	2	2	14	Contains Milk.
Pizza and Flatbread												
Pizza, Veggie	900	220	25	12	0	45	1850	129	6	12	36	Contains Milk, Soy, Wheat.
Pizza, Mix & Match, Veggie	450	110	12	6	0	20	930	65	3	6	18	Contains Milk, Soy, Wheat.
Pizza, Double Cheese	910	220	25	16	0	65	1840	124	4	9	41	Contains Milk, Soy, Wheat.
Pizza, Mix & Match, Double Cheese	450	110	12	8	0	30	920	62	2	5	20	Contains Milk, Soy, Wheat.
Pizza, Pepperoni & Double Cheese	1070	340	38	22	0	95	2400	125	4	9	50	Contains Milk, Soy, Wheat.
Pizza, Mix & Match, Pepperoni & Double Cheese	540	170	19	11	0	50	1200	63	2	5	25	Contains Milk, Soy, Wheat.
Pizza, BBQ Chicken & Jalapeno	1030	200	22	12	0	105	2890	163	2	26	54	Contains Milk, Soy, Wheat.
Pizza, Mix & Match, BBQ Chicken & Jalapeno	510	100	11	6	0	55	1440	82	1	13	27	Contains Milk, Soy, Wheat.
Pizza, Meaty	1180	430	48	24	0	120	2710	127	4	9	54	Contains Milk, Soy, Wheat.
Pizza, Mix & Match, Meaty	590	220	24	12	0	60	1360	63	2	5	27	Contains Milk, Soy, Wheat.
Pizza, Supreme Pizza	1210	460	51	23	0	110	2800	131	6	10	53	Contains Milk, Soy, Wheat.
Pizza, Mix & Match, Supreme	610	230	25	12	0	55	1400	65	3	5	26	Contains Milk, Soy, Wheat.
Pizza, California Chicken & Avocado	1110	430	47	13	0	125	2080	124	5	7	50	Contains Egg, Milk, Soy, Wheat.
Pizza, Mix & Match, California Chicken & Avocado	560	210	24	6	0	60	1040	62	3	4	25	Contains Milk, Soy, Wheat.
Pizza, Chicken Club	1090	350	39	16	0	140	2040	127	3	13	57	Contains Egg, Milk, Soy, Wheat.
Pizza, Mix & Match, Chicken Club	550	180	20	8	0	70	1020	63	1	7	28	Contains Egg, Milk, Soy, Wheat.
Flatbread, Veggie	620	270	30	12	0	45	1070	55	4	4	28	Contains Milk, Soy, Wheat.