

**UNDER
400 CAL**
Menu

SUBS

Honey Bourbon

with seasonal greens, tomatoes, onions, honey bourbon mustard, grille sauce on artisan wheat

Turkey Lite

with lettuce, tomatoes, onions, cucumbers, fat-free balsamic vinaigrette on artisan wheat

Spicy Monterey

Turkey, ham, mozzarella, pickles, lettuce, tomatoes, mayo, four pepper chili sauce

SALADS

Harvest Chicken

Honey-dijon chicken salad, apples, grapes, dried cranberries, cucumbers, tomatoes, pumpkin seeds, acai vinaigrette

Cobb

Chicken, bacon, hard-boiled egg, blue cheese crumbles, tomatoes, ranch

Black & Blue

Black Angus steak, blue cheese crumbles, onions, tomatoes, fat-free balsamic vinaigrette

Honey Mustard

Chicken, bacon, cheddar, tomatoes, honey mustard dressing

GRILLED FLATBREADS

Honey Bourbon Chicken

with seasonal greens, tomatoes, onions, honey bourbon mustard, grille sauce

Basil Pesto Chicken

with mozzarella, seasonal greens, tomatoes, basil pesto

SOUPS of the Day

QUIZNOS® CATERING

BOX LUNCHES

Boxed lunches provide a mixed selection unless otherwise specified

Sub Box Lunch

Small*- includes small size Turkey or Deli Sub, chips and Chocolate Chunk Cookie

Regular*- includes regular size Turkey or Deli Sub, chips and Chocolate Chunk Cookie

Grilled Flatbread Box Lunch

Includes 2 Grilled Flatbreads, chips and Chocolate Chunk Cookie

Salad Box Lunch

Includes Large Salad and Chocolate Chunk Cookie

Choice of:

Harvest Chicken, Honey Mustard Chicken, Cobb, Peppercorn Caesar

*Additional charges may apply for substitution.

TRAYS

Includes plates, napkins and pepper bar.

Regular Tray serves 5 • Large Tray serves 10

Create Your Own Sub Tray

Subs made with lettuce, tomato and mayo

Meat Choices: Turkey Breast, Ham

Cheese Choices: Cheddar, Mozzarella, Swiss

Classic Sub Tray

Includes a mix of:

The Traditional, Classic Italian, Mesquite Chicken, Baja Chicken

Grilled Flatbreads

Includes a mix of:

Basil Pesto Chicken, Sonoma Turkey, Chicken Bacon Ranch, Honey Bourbon Chicken, Greek Chicken

For catering orders subs are not toasted unless requested

SALAD BOWLS

Includes plates, napkins, forks and your choice of dressing

Chicken Caesar Salad • Serves up to 5

Honey Mustard Chicken Salad • Serves up to 5

Fresh Garden Salad • Serves up to 10

SIDES

Served in packs of 5

Assorted Bottled Beverages

Assorted Chips

Assorted Premium Bottled Beverages

Assorted Desserts

Please call your local store to customize your order



Quiznos.com

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.

Menu items and prices are subject to change.
For franchise information, call 1.800.DELI.SUB
Customer comments, call 1.866.4.TOASTED

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QE0613-PAPERMENU-2



STEAK SUBS

Black Angus Steak

with mozzarella, cheddar, sautéed mushrooms & onions, honey bourbon mustard, grille sauce on rosemary parmesan

Roast Beef & Horseradish

Black Angus roast beef, cheddar, sautéed onions, lettuce, tomato

Peppercorn Prime Rib

with mozzarella, sautéed onions, peppercorn sauce

French Dip

Prime rib with mozzarella, sautéed bell peppers & onions, peppercorn sauce, side of Au Jus

Double Swiss Prime Rib

with sautéed onions, mayo

CHICKEN SUBS

Mesquite

with bacon, cheddar, lettuce, tomatoes, onions, ranch

Pesto Caesar

with mozzarella, parmesan, romano, asiago, seasonal greens, tomatoes, basil pesto, peppercorn caesar on rosemary parmesan

Baja

with bacon, cheddar, onions, BBQ sauce, chipotle mayo

Carbonara

with bacon, mozzarella, sautéed mushrooms, parmesan alfredo sauce

Honey Mustard

with bacon, Swiss, lettuce, tomatoes, onions

Honey Bourbon UNDER 400

with seasonal greens, tomatoes, onions, honey bourbon mustard, grille sauce on artisan wheat

TURKEY SUBS

Turkey Ranch & Swiss

with lettuce, tomatoes, onions

Turkey Bacon Guacamole

with mozzarella, lettuce, tomatoes, onions, ranch

Turkey Lite UNDER 400

with lettuce, tomatoes, onions, cucumbers, fat-free balsamic vinaigrette on artisan wheat

Ultimate Club

with bacon, cheddar, lettuce, tomatoes, mayo

DELI CLASSICS

Classic Italian

Pepperoni, salami, capicola, ham, mozzarella, lettuce, black olives, tomatoes, onions, red wine vinaigrette

The Traditional

Roast beef, turkey breast, ham, cheddar, lettuce, black olives, tomatoes, onions, ranch

Spicy Monterey UNDER 400

Turkey, ham, mozzarella, pickles, lettuce, tomatoes, mayo, four pepper chili sauce

Honey Bacon Club

Turkey, ham, bacon, Swiss, lettuce, tomatoes, onions, honey-french dressing

Tuna

with cheddar, lettuce, tomatoes, red wine vinaigrette

Veggie Guacamole

with cheddar, mozzarella, choice of veggies, red wine vinaigrette

Meatball

with mozzarella, 3-cheese blend, marinara

SALADS & WRAPS

[WRAP A SALAD IN AN HERB TORTILLA]

Harvest Chicken UNDER 400

Honey-dijon chicken salad, apples, grapes, dried cranberries, cucumbers, tomatoes, pumpkin seeds, acai vinaigrette

Cobb UNDER 400

Chicken, bacon, hard-boiled egg, blue cheese crumbles, tomatoes, ranch

Peppercorn Caesar

Chicken, 3-cheese blend, tomatoes, peppercorn caesar dressing

Black & Blue UNDER 400 [HOT TOPPED]

Black Angus steak, blue cheese crumbles, onions, tomatoes, fat-free balsamic vinaigrette

Honey Mustard UNDER 400

Chicken, bacon, cheddar, tomatoes, honey mustard dressing

GRILLED FLATBREADS

Sonoma Turkey

with cheddar, seasonal greens, tomatoes, chipotle mayo

Chicken Bacon Ranch

with Swiss, seasonal greens, tomatoes

Honey Bourbon Chicken UNDER 400

with seasonal greens, tomatoes, onions, honey bourbon mustard, grille sauce

Basil Pesto Chicken UNDER 400

with mozzarella, seasonal greens, tomatoes, basil pesto

Greek Chicken

with mozzarella, cucumbers, black olives, banana peppers, seasonal greens, tomatoes, Tzatziki dressing

CHOOSE 2[®] mix & match any 2

Salad [small]

Grilled Flatbread

Soup [regular] UNDER 400

SOUPS of the Day

CREATE YOUR OWN SUB

pick your:

Meat

Turkey or ham

Bread

Cheese

Mozzarella, Swiss or cheddar

Dressing

Mustard, mayo, Italian or fat-free balsamic vinaigrette

Veggies

KIDS

includes small fountain drink, activity & chips or kids cookie
[FOR 12 & UNDER]

FLATBREAD FOLDABLES

Marinara Melt UNDER 400

with marinara, mozzarella

Triple Play Cheese Melt UNDER 400

with mozzarella, cheddar, Swiss

Create Your Own Flatbread UNDER 400

with choice of turkey or ham, cheese, dressing, veggies

KIDS SUBS

Monster Meatball

with marinara, mozzarella

Turkey & Cheese UNDER 400

with choice of dressing, veggies

Ham & Cheese UNDER 400

with choice of dressing, veggies

MAKE IT A MEAL

with chips &
regular fountain drink

with small soup &
regular fountain drink

UNDER 400

These subs, flatbreads and salads are on our **lighter side**.
The small sizes are **400 calories or less**.