

Schlotzsky's® Deli

Nutritional Information

As of January 8, 2003

cooldeli.com

BUN TYPE*	CALORIES	FAT (g)	FAT CALORIES	% FAT	PROTEIN (g)	CARB. (g)	SODIUM (mg)	DIETARY FIBER (g)	
BREAD/BUNS									
Sourdough Bun (Sm.)	S	225	1	11	5	7	46	582	2
Sourdough Bun (Reg.)	S	333	2	18	5	11	68	863	2
Sourdough Bun (Lg.)*	S	667	4	35	5	22	136	1,725	5
Wheat Bun (Sm.)	W	226	2	15	7	8	45	583	2
Wheat Bun (Reg.)	W	336	3	23	7	12	66	864	4
Dark Rye Bun (Sm.)	DR	218	1	10	4	7	45	546	2
Dark Rye Bun (Reg.)	DR	327	2	15	4	10	68	819	3
Jalapeno Cheese Bun (Sm.)	JC	235	3	26	11	8	44	630	2
Jalapeno Cheese Bun (Reg.)	JC	353	4	39	11	12	66	945	2
Pizza Crust		332	2	15	5	11	68	1,110	2

ORIGINAL SANDWICHES

The Original (Sm.)	S	525	24	217	41	24	53	1,781	3
The Original (Reg.)	S	738	31	282	38	34	79	2,560	4
Large Original (Family Size)	S	1,390	58	525	38	65	152	4,592	7
Deluxe Original (Sm.)	S	693	34	308	44	39	57	3,155	3
Deluxe Original (Reg.)	S	930	42	381	41	53	84	4,296	4
Ham & Cheese Original (Sm.)	S	512	19	173	34	30	55	2,323	3
Ham & Cheese Original (Reg.)	S	749	27	246	33	44	82	3,459	4
Turkey Original (Sm.)	S	583	24	220	38	36	54	2,161	3
Turkey Original (Reg.)	S	822	32	291	35	51	81	3,127	4

SANDWICHES

Albacore Tuna (Sm.)	W	334	7	63	19	20	52	1,230	3
Albacore Tuna (Reg.)	W	496	10	94	19	30	77	1,801	5
Albacore Tuna Melt (Sm.)	W	509	21	186	37	30	56	1,677	4
Albacore Tuna Melt (Reg.)	W	740	29	263	36	44	83	2,459	6
BLT (Sm.)	S	379	15	136	36	13	47	1,010	2
BLT (Reg.)	S	578	24	213	37	21	70	1,548	3
Chicken Breast (Sm.)	S	337	3	27	8	24	54	1,588	3
Chicken Breast (Reg.)	S	499	4	40	8	36	80	2,338	4
Chicken Club (Sm.)	S	458	15	139	30	29	50	1,591	3
Chicken Club (Reg.)	S	686	23	210	31	44	75	2,403	4
Corned Beef (Sm.)	DR	393	8	72	18	29	52	1,924	3
Corned Beef (Reg.)	DR	593	12	110	19	43	78	2,929	4
Corned Beef Reuben (Sm.)	DR	534	20	177	33	34	55	2,568	3
Corned Beef Reuben (Reg.)	DR	838	33	293	35	54	82	3,955	4
Dijon Chicken (Sm.)	W	329	4	35	11	25	49	1,456	4
Dijon Chicken (Reg.)	W	496	6	53	11	38	74	2,202	6
Fiesta Chicken (Sm.)	JC	577	25	229	40	34	53	1,995	3
Fiesta Chicken (Reg.)	JC	839	36	324	39	50	79	2,947	4
Pastrami & Swiss (Sm.)	DR	586	24	213	36	40	54	2,622	3
Pastrami & Swiss (Reg.)	DR	882	36	321	36	60	81	3,977	4
Pastrami Reuben (Sm.)	DR	635	28	252	40	40	56	2,857	3
Pastrami Reuben (Reg.)	DR	944	41	372	39	59	83	4,183	4
Pesto Chicken (Sm.)	S	346	6	55	16	25	49	1,297	2
Pesto Chicken (Reg.)	S	512	9	79	15	37	73	1,927	4
Roast Beef (Sm.)	S	418	10	90	22	29	52	1,622	2
Roast Beef (Reg.)	S	623	15	133	21	43	78	2,418	3

* S = Sourdough; W = Wheat; DR = Dark Rye; JC = Jalapeno Cheese.
Large buns available in Sourdough flavor ONLY.

LIGHTEN UP!

Menu Items with 7 Grams of Fat or Less

ALBACORE TUNA SANDWICH (SM.)

7 Grams Fat
334 Calories

CHICKEN BREAST SANDWICH (SM.)

3 Grams Fat
337 Calories

CHICKEN BREAST SANDWICH (REG.)

4 Grams Fat
499 Calories

DIJON CHICKEN SANDWICH (SM.)

4 Grams Fat
329 Calories

DIJON CHICKEN SANDWICH (REG.)

6 Grams Fat
496 Calories

PESTO CHICKEN SANDWICH (SM.)

6 Grams Fat
346 Calories

SMOKED TURKEY BREAST SANDWICH (SM.)

5 Grams Fat
335 Calories

SMOKED TURKEY BREAST SANDWICH (REG.)

7 Grams Fat
498 Calories

THE VEGETARIAN SANDWICH (SM.)

7 Grams Fat
324 Calories

ASIAN ALMOND CHICKEN WRAP

7 Grams Fat
459 Calories

ZESTY ALBACORE TUNA WRAP

7 Grams Fat
311 Calories

SANDWICHES (CONT'D)

Roast Beef & Cheese (Sm.)	S	586	23	203	35	39	56	2,040	3
Roast Beef & Cheese (Reg.)	S	855	32	287	34	57	83	3,021	4
Santa Fe Chicken (Sm.)	JC	404	9	82	20	28	54	1,654	3
Santa Fe Chicken (Reg.)	JC	605	14	123	20	42	81	2,448	5
Smoked Turkey Breast (Sm.)	S	335	5	43	13	23	50	1,426	2
Smoked Turkey Breast (Reg.)	S	498	7	62	12	34	75	2,123	3
Texas Schlotzsky's® (Sm.)	JC	537	23	210	39	30	51	2,288	2
Texas Schlotzsky's® (Reg.)	JC	776	32	292	38	43	76	3,388	3
The Philly (Sm.)	S	571	21	185	32	39	57	2,064	2
The Philly (Reg.)	S	840	29	264	31	57	86	3,103	4
The Vegetarian (Sm.)	W	324	7	64	20	12	53	996	4
The Vegetarian (Reg.)	W	482	11	98	20	18	79	1,475	6
Turkey & Bacon Club (Sm.)	W	571	24	219	38	35	53	2,038	3
Turkey & Bacon Club (Reg.)	W	834	35	312	37	52	79	3,040	5
Turkey Guacamole (Sm.)	S	423	12	108	26	24	56	1,789	2
Turkey Guacamole (Reg.)	S	643	19	169	26	36	84	2,711	3
Turkey Reuben (Sm.)	DR	554	23	206	37	34	54	2,684	3
Turkey Reuben (Reg.)	DR	823	34	304	37	50	80	3,925	4
Vegetable Club (Sm.)	S	367	13	115	31	13	50	1,036	3
Vegetable Club (Reg.)	S	541	18	165	30	19	76	1,567	5
Western Vegetarian (Sm.)	S	425	20	181	43	12	51	816	3
Western Vegetarian (Reg.)	S	611	28	250	41	18	76	1,193	4

KID'S DEALS *Nutritional information does not include cookie or 12 oz. soft drink.*

Cheese Pizza		460	11	101	22	18	72	1,399	3
Cheese Sandwich	S	401	15	136	34	17	49	1,037	2
PBJ Sandwich	S	470	16	142	30	15	71	725	4
Ham & Cheese Sandwich	S	431	16	145	34	21	50	1,412	2
Pepperoni Pizza		507	16	141	28	20	72	1,565	3

8" SOURDOUGH CRUST PIZZAS

Double Cheese & Pepperoni		721	32	283	39	33	77	2,225	4
Barbeque Chicken		683	15	138	20	37	93	2,533	2
Vegetarian Special		551	17	152	28	24	76	1,812	4
Thai Chicken		663	17	151	23	40	89	2,297	5
The Original Combination		625	23	205	33	26	79	2,068	5
Tuscan Herb		541	15	137	25	22	80	2,003	5
Three Meat		805	39	352	44	37	74	2,797	3
Kung Pao Chicken		718	20	180	25	43	92	2,426	5
Chicken & Pesto		649	19	169	26	40	78	2,187	4
Smoked Turkey & Jalapeno		624	17	151	24	39	80	2,610	4
Double Cheese		580	19	172	30	26	76	1,791	4
Bacon, Tomato & Mushroom		611	22	195	32	27	78	1,966	4
Fresh Tomato & Pesto		539	16	144	27	23	76	1,670	4
Mediterranean		524	18	158	30	21	72	1,879	3

WRAPS

Asian Almond Chicken		459	7	66	14	24	72	2,391	4
Salsa Chicken with Cheddar		460	17	156	34	27	44	1,419	3
Zesty Albacore Tuna		311	7	67	22	18	45	1,226	3
Chicken Caesar		511	27	239	47	26	40	1,536	3

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	CALORIES	FAT (g)	FAT CALORIES	% FAT	PROTEIN (g)	CARB. (g)	SODIUM (mg)	DIETARY FIBER (g)
LEAF SALADS <i>Does not include salad dressing, croutons or chow mein noodles.</i>								
Chicken Caesar	111	3	26	23	16	4	433	2
Caesar	30	1	12	40	3	3	89	2
Smoked Turkey Chef's	199	10	91	46	19	13	1,010	3
Chinese Chicken	127	3	25	20	16	10	360	2
Greek	158	11	95	60	9	10	652	4
Garden	48	1	13	27	3	7	119	3
Small Garden	23	1	6	26	1	3	58	2
Ham & Turkey Chef's	202	11	97	48	18	13	1,122	3

	CALORIES	FAT (g)	FAT CALORIES	% FAT	PROTEIN (g)	CARB. (g)	SODIUM (mg)	DIETARY FIBER (g)
SALAD EXTRAS <i>Serving size = 1 packet.</i>								
Traditional Ranch	270	29	260	96	0	1	370	0
Spicy Ranch	230	25	220	96	1	2	310	0
Light Spicy Ranch	140	11	100	71	1	9	350	0
Light Italian	90	8	80	89	0	3	690	0
Thousand Island	220	21	190	86	0	6	360	0
Olde World Caesar	260	27	250	96	2	1	250	0
Greek Balsamic Vinaigrette	170	17	150	88	0	2	330	0
Sesame Ginger Vinaigrette	170	15	140	82	1	8	370	0
Chow Mein Noodles	74	4	32	43	2	9	111	1
Garlic Cheese Croutons	46	2	18	39	1	5	142	0

	CALORIES	FAT (g)	FAT CALORIES	% FAT	PROTEIN (g)	CARB. (g)	SODIUM (mg)	DIETARY FIBER (g)
DELI SALADS								
Albacore Tuna Salad (Sm.)	136	9	78	57	20	2	632	0
Albacore Tuna Salad	218	13	112	51	30	8	896	3
California Pasta Salad (5 oz.)	58	3	26	45	0	10	250	1
Chicken Salad (Sm.)	286	17	155	54	25	6	736	2
Chicken Salad	376	21	190	51	32	13	896	5
Chicken & Pesto Pasta Salad (Sm.)	326	11	101	31	18	40	580	3
Chicken & Pesto Pasta Salad	454	15	134	30	29	55	827	6
Elbow Macaroni Salad (5 oz.)	275	19	173	63	4	23	642	2
Fresh Fruit Salad (Sm.)	86	1	5	6	1	21	22	3
Fresh Fruit Salad	123	1	9	7	3	30	35	5
Homestyle Cole Slaw (5 oz.)	188	10	90	48	1	24	275	3
Mustard Potato Salad (5 oz.)	250	13	113	45	4	31	1,050	4
Potato Salad (5 oz.)	288	15	135	47	4	35	600	4

	CALORIES	FAT (g)	FAT CALORIES	% FAT	PROTEIN (g)	CARB. (g)	SODIUM (mg)	DIETARY FIBER (g)
SOUPS <i>Serving size = 8 oz. cup.</i>								
Boston Clam Chowder	233	15	139	59	5	24	1,062	1
Broccoli Cheese with Florets	252	17	157	62	7	23	1,104	1
Chicken Gumbo	110	5	41	37	4	13	1,114	2
Chicken Tortilla	150	6	54	36	10	13	1,470	1
Chicken with Wild Rice	360	19	171	48	8	36	1,090	0
Gourmet Vegetable Beef	120	4	32	27	7	14	1,090	2
Minestrone	89	1	10	11	3	17	1,048	3
Monterrey Black Bean	240	4	32	13	11	42	1,010	17
Old-Fashioned Chicken Noodle	122	2	15	12	8	18	1,104	1
Pilgrim Corn Chowder	284	17	150	53	2	38	1,010	1
Potato with Bacon	226	13	113	50	2	31	1,209	2
Ravioli	111	2	15	14	6	21	1,115	1
Red Beans & Rice	167	1	10	6	8	32	934	4
Timberline Chili	210	7	66	31	14	24	814	7
Tuscan Tomato Basil	320	29	261	82	4	13	1,010	3
Vegetarian Vegetable	138	6	52	38	3	20	1,536	6
Wisconsin Cheese	319	25	227	71	4	26	1,104	1

LIGHTEN UP!

Menu Items with 7 Grams of Fat or Less

CHINESE CHICKEN SALAD*
3 Grams Fat
 127 Calories
** Does not include salad dressing, croutons or chow mein noodles.*

CAESAR SALAD*
1 Gram Fat
 30 Calories

CHICKEN CAESAR SALAD*
3 Grams Fat
 111 Calories
** Does not include salad dressing, croutons or chow mein noodles.*

GARDEN SALAD* (SM.)
1 Gram Fat
 23 Calories

GARDEN SALAD*
1 Gram Fat
 48 Calories
** Does not include salad dressing, croutons or chow mein noodles.*

FRESH FRUIT SALAD (SM.)
1 Gram Fat
 86 Calories

FRESH FRUIT SALAD
1 Gram Fat
 123 Calories

SOUPS (8 oz. cup) WITH 7g FAT OR LESS

Soup	Fat (g)
Chicken Gumbo	5
Chicken Tortilla	6
Gourmet Vegetable Beef	4
Minestrone	1
Monterrey Black Bean	4
Old-Fashioned Chicken Noodle	2
Ravioli	2
Red Beans & Rice	1
Timberline Chili	7
Vegetarian Vegetable	6

	CALORIES	FAT (g)	FAT CALORIES	% FAT	PROTEIN (g)	CARB. (g)	SODIUM (mg)	DIETARY FIBER (g)
DRINKS <i>Kid Size = 12 oz. Small = 20 oz. Regular = 32 oz.</i>								
Kid Size Coke	149	0	0	0	—	41	9	—
Small Coke	248	0	0	0	—	68	15	—
Regular Coke	396	0	0	0	—	108	25	—
Kid Size Diet Coke	0	0	0	0	—	0	15	—
Small Diet Coke	0	0	0	0	—	0	25	—
Regular Diet Coke	0	0	0	0	—	0	41	—
Kid Size Sprite	146	—	0	0	—	39	33	—
Small Sprite	243	—	—	0	—	65	55	—
Regular Sprite	388	—	—	0	—	104	91	—
Kid Size Mr. Pibb	146	0	—	0	—	39	21	—
Small Mr. Pibb	243	0	0	0	—	65	35	—
Regular Mr. Pibb	388	0	0	0	—	104	58	—
Kid Size Barq's Root Beer	167	—	0	0	—	45	36	—
Small Barq's Root Beer	278	—	0	0	—	75	60	—
Regular Barq's Root Beer	444	—	0	0	—	120	99	—
Kid Size Iced Tea	—	—	—	0	—	—	—	—
Small Iced Tea	—	—	—	0	—	—	—	—
Regular Iced Tea	—	—	—	0	—	—	—	—
Kid Size Schlotsky's™ Lemonade	150	0	0	0	—	39	0	—
Small Schlotsky's™ Lemonade	250	0	0	0	—	65	0	—
Regular Schlotsky's™ Lemonade	400	0	0	0	—	104	0	—
Kid Size Schlotsky's™ Raspberry Lemonade	165	0	0	0	—	45	0	—
Small Schlotsky's™ Raspberry Lemonade	275	0	0	0	—	75	0	—
Regular Schlotsky's™ Raspberry Lemonade	440	0	0	0	—	120	0	—
Kid Size Minute Maid Orange	159	0	0	0	—	44	0	—
Small Minute Maid Orange	265	0	0	0	—	73	0	—
Regular Minute Maid Orange	424	0	0	0	—	116	0	—

	CALORIES	FAT (g)	FAT CALORIES	% FAT	PROTEIN (g)	CARB. (g)	SODIUM (mg)	DIETARY FIBER (g)
SCHLOTSKY'S® DELI CHIPS <i>Serving size = 1.5 oz. bag.</i>								
Barbeque	210	11	99	47	3	26	270	2
Cracked Pepper	210	11	99	47	3	25	310	1
Jalapeno	210	11	99	47	2	26	221	2
Regular (Plain)	210	11	99	47	3	26	191	2
Salt & Vinegar	210	11	99	47	3	26	311	2
Sour Cream & Onion	210	11	99	47	3	26	221	2

	CALORIES	FAT (g)	FAT CALORIES	% FAT	PROTEIN (g)	CARB. (g)	SODIUM (mg)	DIETARY FIBER (g)
DESSERTS <i>Serving size = 1 each.</i>								
Chocolate Chip Cookie	160	7	63	39	2	23	150	0
Oatmeal Raisin Cookie	150	5	45	30	1	24	140	1
Peanut Butter Cookie	170	8	72	42	2	21	190	1
Sugar Cookie	160	6	54	34	2	23	180	0
White Choc. Macadamia Cookie	170	8	72	42	2	22	140	0
Fudge Chocolate Chip Cookie	170	8	72	42	2	22	170	1
Cranberry Walnut Crunch Cookie	160	6	60	38	1	23	150	1
Golden Raisin Oatmeal Cookie	160	7	60	38	1	23	135	1
Triple Chocolate Chip Cookie	170	8	70	41	2	21	170	1
Cookies with Real M&M's®	140	5	50	36	2	20	150	0
New York Creamstyle Cheesecake	310	18	170	55	7	31	230	0
Strawberry Swirl Cheesecake	300	17	150	50	6	30	230	0
Cookies & Creme Cheesecake	330	18	160	48	6	36	320	1
Fudge Brownie Cake	410	25	230	56	5	46	135	3

This nutritional information is based upon standard specifications and recipes, using product ingredients approved for use in the Schlotsky's® Deli restaurant system. Variations may occur depending on the local restaurant, the season of the year, and local suppliers. Some menu items may not be available in all Schlotsky's® Deli restaurants. Minor inconsistencies may occur because of rounding measurements and human error in preparing recipes to exact specifications. The nutritional information was obtained through one or more of the following sources: (1) Genesis R&D Product Development and Labeling Software, version 6.2; and (2) Food product suppliers for the Schlotsky's® Deli restaurant system.

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