

# WATCHING CALORIES?

Quiznos offers a variety of fulfilling choices with **500** calories or less

## SUBS

*Small size on wheat bread:*

**Honey Bourbon Chicken:** 310 calories

**Turkey Ranch & Swiss:**  
390 calories

**The Traditional:**  
410 calories

**Tuscan Turkey:** 370 calories

**Steakhouse Beef Dip:** 400 calories

**Turkey Bacon Guacamole:**  
490 calories

**Black Angus Steak:** 470 calories

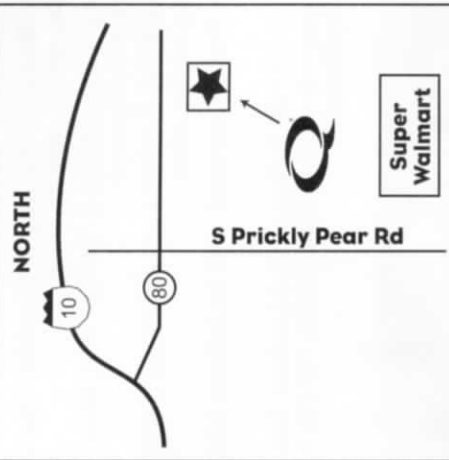
**Baja Chicken:** 470 calories



Honey Bourbon chicken



Baja Chicken



**205 S. Prickly Pear Ave., Suite 1**

**Benson, AZ 85602**

**P: 520-586-8862**

**F: 520-586-8874**

**Mon-Sat 9:30am-9:00pm**

**Sun 10:00am-8:00pm**

Mmmmm



# Quiznos

Love what you eat

[www.quiznos.com](http://www.quiznos.com)

Menu items and prices are subject to change.

Please check the in-store menu board

or [www.quiznos.com](http://www.quiznos.com) for current offers.

For franchise information, call 1.800.DELI.SUB

Customer comments, call 1.866.4.TOASTED

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OE0608-PAPERMENU



# Quiznos

## MENU

## SAMMIES

**Cantina Chicken:** 200 calories

**Roadhouse Steak:** 200 calories

**Sonoma Turkey:** 270 calories

**Alpine Chicken:** 285 calories

**Bistro Steak Melt:** 280 calories

**Italiano:** 305 calories

## SALADS

*Without flatbread:*

**Black & Bleu:** 390 calories

**Raspberry Chipotle Salad:** 500 calories

## SIDES

**Side Salad with fat free Balsamic Vinaigrette:** 130 calories

**Baked Lays:** 130 calories

**Cup of Chili:** 140 calories

**Sun Chips:** 210 calories

**Side Salad with Raspberry Chipotle:** 220 calories

Because all of our items are made to order there may be some slight variations in nutritional content.

Complete nutritional information available at [www.quiznos.com](http://www.quiznos.com)





Prime Rib & Peppercorn

## PREMIUM STEAK SUBS

*50% More Steak*

- Prime Rib & Peppercorn** Prime rib, mozzarella, sautéed onions, Mild Peppercorn Sauce
- Black Angus Steak** on *Rosemary Parmesan* Thinly-sliced Black Angus steak, mozzarella, cheddar, mushrooms, sautéed onions, Honey Bourbon Mustard & Zesty Grille Sauce
- Prime Rib Cheesesteak** Prime rib, Swiss, sautéed onions, mayo

## DELECTABLE CHICKEN SUBS

- Honey Bourbon Chicken** Chicken, lettuce, tomato, red onion, Honey Bourbon Mustard & Zesty Grille Sauce
- Mesquite Chicken** with *Bacon* Mesquite chicken, bacon, cheddar, lettuce, tomato, red onion, Ranch Dressing
- Honey Mustard Chicken** with *Bacon* Chicken, bacon, Swiss, lettuce, tomato, red onion, Honey Mustard Dressing
- Chicken Carbonara** with *Bacon* Chicken, bacon, mozzarella, mushrooms, Creamy Bacon Alfredo Sauce
- Baja Chicken** with *Bacon* Chicken, bacon, cheddar, red onion, mild Chipotle Mayo, sweet and smoky Baja Sauce, fresh cilantro

## SIGNATURE CLASSIC SUBS

- Classic Italian** Salami, pepperoni, capicola, ham, mozzarella, black olives, lettuce, tomato, red onion, Red Wine Vinaigrette Dressing
- The Traditional Roast Beef**, turkey, ham, cheddar, black olives, lettuce, tomato, red onion, Ranch Dressing
- Classic Club** with *Bacon* Turkey, bacon, ham, cheddar, lettuce, tomato, mayo
- Steakhouse Beef Dip** Roast Beef, Swiss, French Onion Sauce & Pan-Roasted Au Jus
- Honey Bacon Club** Turkey, bacon, ham, Swiss, lettuce, tomato, red onion, Honey-French Dressing
- Veggie** Guacamole, black olives, lettuce, tomato, red onion, mushrooms, mozzarella, cheddar, Red Wine Vinaigrette Dressing



The Traditional

## INSPIRED TURKEY SUBS

- Turkey Ranch & Swiss** Turkey, Swiss, lettuce, tomato, red onion, Ranch Dressing
- Turkey Bacon Guacamole** Turkey, bacon, guacamole, mozzarella, lettuce, tomato, red onion, Ranch Dressing
- Tuscan Turkey** on *Rosemary Parmesan* Turkey, Swiss, lettuce, tomato, red onion, Roasted Red Pepper Sauce

## DELI FAVORITE SUBS

- Oven-Roasted Turkey & Cheddar** Turkey, cheddar, lettuce, tomato, mayo
- Honey-Cured Ham & Swiss** Ham, Swiss, lettuce, tomato, mayo
- Roast Beef & Cheddar** Roast Beef, cheddar, lettuce, tomato, mayo
- Tuna Melt** Tuna salad, cheddar, lettuce, tomato, mayo
- 5 Meat Stack** Turkey, capicola, salami, ham and pepperoni with cheddar, lettuce, tomato, mayo & Smoky Mustard



Flatbread Sammies

## FLATBREAD SAMMIES

*Served on our warm toasty\* flatbread*

- Sonoma Turkey** Turkey, pepperjack cheese, chopped lettuce and tomato, Chipotle Mayo
- Italiano** Genoa salami, pepperoni, capicola, mozzarella, chopped lettuce and tomato, Basil Pesto
- Alpine Chicken** Chicken, bacon, Swiss, chopped lettuce and tomato, Ranch Dressing
- Bistro Steak Melt** Thinly-sliced Black Angus steak, mozzarella, chopped lettuce and tomato, Mild Peppercorn Sauce
- Cantina Chicken** Chicken, sliced tomatoes, mushrooms, sautéed onions, Honey Bourbon Mustard
- Roadhouse Steak** Thinly-sliced Black Angus Steak, mushrooms, sautéed onions, sweet and spicy steak sauce

*Quiznos Caters! See Catering Menu for full details.*



Chicken Carbonara

## FLATBREAD CHOPPED SALADS

*Chopped and layered together with our  
toasty flatbread. All dressing served on the side.*

**Raspberry Chipotle Chicken** Chicken breast, bacon, cheddar, tomatoes, red onion, Raspberry Chipotle Dressing

**Roasted Chicken with Honey Mustard** Chicken breast, bacon, cheddar, tomatoes, red onion, Honey Mustard Dressing

**Classic Cobb** Chicken breast, bacon, hard-boiled eggs, bleu cheese crumbles, tomatoes, red onion, Ranch Dressing

**Chicken Caesar** Chicken breast, Italian cheese blend, tomatoes, red onion, Peppercorn Caesar Dressing

**Black & Bleu** Black Angus steak, bleu cheese crumbles, tomatoes, red onion, Balsamic Vinaigrette Dressing

**Chopped Side Salad** Tomatoes, red onion and your choice of dressing: Raspberry Chipotle, Honey Mustard, Peppercorn Caesar, and fat-free Balsamic Vinaigrette



*Roasted Chicken with Honey Mustard*

## SAVORY SOUPS

*Served with crackers*

**Broccoli Cheese • Chili • Seasonal Soup**

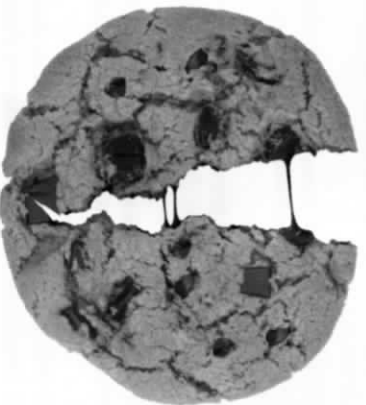
**Toasted Gourmet Bread Bowl**

Soup with melted cheddar cheese in  
a toasted sourdough bread bowl

## MAKE IT A COMBO

*Add a regular-size fountain drink and chips or cookie to any entrée for a great low price.*

**Drink and Chips or Drink and Cookie**



## DRINKS & SIDES

### *Drinks*

- Fountain Drinks
- Bottled Drinks
- Premium Bottled Drinks

### *Sides*

- Chips
- Cookie

## QUIZ KIDZ® MENU

*Served with a small fountain drink, an activity and choice of chips or warm cookie*

- Kidz Sub Toasty® Turkey & Cheese, Toasty® Ham & Cheese or Cheesy Toasted Cheese**
- Kidz Sammie Jr. Tasty Turkey, Ham Melt or Just Cheese**
- Kidz Soup Broccoli Cheese or Chili**
- Kidz Salad With choice of Ranch, Honey Mustard or Italian Dressing**