



www.forkfriendly.com

Schlotzsky's

	Size	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Protein (g)
Sandwiches						
Chipotle Chicken	Small	350	1	850	53	19
Smoked Turkey Breast	Small	330	1	940	53	16
Turkey and Guacamole	Small	320	1.5	1120	51	21
Fresh Veggie	Small	340	5	690	48	14
Pizza (10 inch)						
Fresh Veggie	½ pizza	460	5.5	1075	59	16.5
Double Cheese	½ pizza	420	6	670	57.5	15.5
Wraps						
Homestyle Tuna	Small	460	4	1120	53	27
Chipotle Chicken	Small	440	3	1320	52	24
Chicken & Pesto	Small	430	3	1370	51	25
Chicken Breast	Small	400	2	1400	54	24
Smoked Turkey Breast	Small	400	3	1460	52	20
Turkey & Guacamole	Small	420	3	1510	54	21
Soups						
Garden Vegetable	cup	109	0	830	22	3
Chicken and Dumplings	cup	145	0	990	15	9
Chicken Noodle	cup	140	0	1260	18	9
Salads						
Garden Salad	1 salad	45	1.5	280	9	1
Cranberry, Apple, Pecan & Chicken	1 salad	640	7	1220	68	34
Fresh Kale & Grilled Chicken Salad	1 salad	630	9	1223	52	38
Dressings						
Fat Free Raspberry Vinaigrette		100	0	230	23	0
Balsamic Vinegar		5	0	0	2	0
Extra Virgin Olive Oil		120	2	0	0	0
Chips						
Lay's Regular Original Baked	1 bag	140	0	180	26	0