

Schlotzsky's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Sandwiches (small)						
Smoked Turkey Breast	330	1	940	53	3	16
Turkey & Guacamole	320	2	1120	50	4	18
Fresh Veggie	340	5	690	48	3	14
Pizza (1/6 or 1 slice of 10" pizza)						
Fresh Veggie-1 slice	158	2.5	323	21	0	7
Double Cheese -1 slice	165	2.5	310	21	0	7
Salad Wraps w/ Wheat Tortilla (small)						
Chicken Caesar	350	4	800	37	5	25
The Orchard	440	4	750	56	7	24
Southwest Chicken	340	5	760	34	5	25
Flatbreads						
Margherita	690	8	730	69	8	18
Burritos						
Veggie Burrito	430	8	880	44	6	19
Soups (cup)						
Garden Vegetable	109	0	830	22	3	3
Chicken and Dumplings	145	0	990	15	0	9
Campbell's Tomato Basil	125	1	838	19	6	4
Salads (w/o dressing)						
Chicken Caesar	410	5	1220	29	3	21
The Orchard	600	5	1120	69	7	39
Dressings (3 oz)						
Fat Free Raspberry Vinaigrette	100	0	240	24	0	0
Chips (1 bag)						
Lay's Original Baked	140	0	180	26	2	2