



Schlotsky's



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Sandwiches (small)						
Smoked Turkey Breast	330	1.5	1200	53	1	16
Turkey Avocado	370	2	1150	56	4	19
Fresh Veggie	410	8	620	50	n/a	14
Pizza						
Veggie Supreme	850	12	1680	128	6	35
Salads						
Chicken Caesar	270	3.5	790	16	3	32
The Orchard	450	3	680	55	7	30
Southwest Chicken	260	5	690	11	3	32
Turkey Avocado Cobb Salad	340	5	1240	25	5	27
Garden Salad	110	0.5	230	16	3	4
Soups						
Tomato Basil Bisque	371	7	1000	28	5	6
Loaded Baked Potato	290	7	1040	26	3	8
Dressings (4 oz)						
Fat Free Raspberry Vinaigrette	140	0	320	32	0	0
Chips (1 bag)						
Lay's Original Baked	140	0	180	26	2	2
Kids						
Cheese Pizza	450	5	850	74	2	17
Pepperoni Cheese Pizza	510	7	1050	74	2	19

Fall 2022