



### Menu Ideas Low in Net Carbs:

#### 9g net carbs

- Bunless Smoked Turkey Original (small)
- Garden Salad
- Bottle of Water

#### 13g net carbs

- Bunless Smoked Turkey & Applewood Bacon (small)
- Turkey Chef's Salad
- Bottle of Water

#### 16g net carbs

- Bunless Grilled Chicken Carbonara (small)
- Tuscan Tomato Basil Soup (8 oz)
- Bottle of Water

#### 20g net carbs

- Smoked Turkey Breast in a Low Carb Tortilla (regular)
- Caesar Salad
- Bottle of Water

### Net Carb Totals of Schlotzsky's™ Menu Items

OVEN-TOASTED SANDWICHES	in Net Carbs (g)			
	SMALL		REGULAR	
	Bunless	Low Carb Tortilla	Bunless	Low Carb Tortilla
<b>The Original</b>	3	11	5	12
<b>Ham &amp; Cheese Original</b>	4	12	6	14
<b>Smoked Turkey Original</b>	5	12	7	14
Albacore Tuna on Cheddar Toast	2	9	4	10
Angus Beef & Fire-Roasted Vegetables	6	14	8	16
Angus Beef & Gorgonzola	3	9	4	10
Angus Corned Beef	5	14	7	19
Angus Corned Beef Reuben	6	13	8	16
Angus Pastrami & Swiss	5	14	7	19
Angus Pastrami Reuben	6	13	8	16
Angus Steak & Provolone	6	13	10	16
Crunchy Garden Vegetarian	3	10	6	13
Grilled Chicken & Basil Pesto	3	9	4	10
Grilled Chicken & Sun-Dried Tomato	2	10	7	13
Grilled Chicken & Whole Grain Dijon	3	12	9	15
Grilled Chicken Carbonara	5	11	7	13
Grilled Chicken, Salsa & Cheddar	3	14	5	19
Schlotzsky's™ Melted Caprese	2	8	3	9
Smoked Turkey & Applewood Bacon	4	11	7	13
Smoked Turkey Breast	4	10	5	11
Smoked Turkey & Guacamole	4	10	6	12
Southwestern Turkey Club	7	15	13	19
Spicy Chipotle Chicken	2	9	4	10
Turkey & Cucumber	4	11	7	13

TOASTED WRAPS	in Net Carbs (g)	
	Low Carb Tortilla	
Parmesan Chicken Caesar Salad	9	
Albacore Tuna & Mozzarella	11	
Chipotle Chicken Salad	13	
Fresh Veggie	21	
Greek Feta & Portobello	21	
Grilled Chicken, Aged Cheddar & Guacamole	13	
Turkey & Garden Vegetable	12	
Asian Chicken with Almonds	38	

FRESHLY TOSSED SALADS	in Net Carbs (g)	
	<i>Includes salad dressing and, if applicable, croutons or wonton strips.</i>	
Garden	4	
Caesar	9	
Grilled Chicken Caesar	10	
Turkey Chef's	9	
Baby Spinach with Gorgonzola	12	
Mediterranean Eggplant & Feta	14	
Crunchy Chicken Salad	21	
Honey Lime Chicken	38	

GOURMET SOUPS WITH TOPPING	in Net Carbs (g)	
	8 oz. Serving	12 oz. Serving
Baked Potato	29	43
Boston Clam Chowder	27	40
Broccoli & Cheddar Cheese	23	35
Cheddar & Chicken Tortilla	23	29
Chicken Gumbo	11	17
Chicken Noodle	24	33
Chicken with Wild Rice	26	38
Cream of Asparagus	21	31
French Onion	13	17
Gourmet Vegetable Beef	13	19
Minestrone	15	22
Monterrey Black Bean	26	38
Pilgrim Corn Chowder	38	57
Ravioli	21	31
Red Beans & Rice	30	45
Stuffed Green Bell Pepper	26	36
Timberline Chili	18	27
Tuscan Tomato Basil	11	16
Vegetarian Vegetable	22	31
Wisconsin Cheese	26	38

This nutritional information is based on standard specifications and recipes, using product ingredients approved for use in the Schlotzsky'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 Schlotzsky'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 Schlotzsky's™ Deli restaurant system.

Copyright© 2004 Schlotzsky's Franchisor, LLC. All rights reserved. Schlotzsky's™, Schlotzsky's Deli™ and Funny Name. Serious Sandwich™ are trademarks of Schlotzsky's Franchisor, LLC, Austin, TX.

\* Net Carbs = Total Grams of Carbohydrate - Total Grams of Fiber.

† At participating restaurants only.