



# Quiznos<sup>®</sup>

## Allergen

Updated 4.20.17

Milk  
Eggs  
Fish  
Shellfish  
Tree Nuts  
Peanuts  
Soybeans  
Wheat  
Unrefined Oil  
Grains  
Seeds  
Gluten  
Sulfites  
MSG  
HVP  
Colorings  
Crustaceans  
Mollusks

### ALLERGEN

### OTHER SENSITIVITIES

Yellow Mustard

Zesty Grille Sauce

### PROTEINS

Bacon

Black Angus

X

X

X

X

X

X

Capicola

Chicken

Ham

Lobster & Seafood Salad\*\*

X

X

X

X

X

X

X

X

X

X

X

Meatballs\*\*

X

X

X

X

X

X

X

Pepperoni

Pork

Salami

X

Turkey

Tuna

X

### PRODUCE

Cucumbers

Guacamole

Green Bell Pepper

Mushrooms

Red Onion

Sautéed Green Peppers

Sautéed Mushrooms

Sautéed Red Onion

Salad Lettuce Blend

Shredded Lettuce

Tomato

### CONDIMENTS & MISC. SIDES

Au Jus

X

X

Banana Peppers

X

X

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### ALLERGEN

### OTHER SENSITIVITIES

Black Olives																				
Jalapeno Peppers													X							
Pepperoncini Peppers													X					X		
Pickles																			X	
Smoky Chicken Broth													X							

### LTO

Southern BBQ Pulled Pork	X						X	X	X	X								X		
Spicy Chipotle Pulled Pork	X	X					X	X	X	X								X		
Lobster & Seafood Salad Sub**	X	X	X	X			X	X	X	X						X	X	X		

### CLASSICS

Spicy Monterey	X	X					X	X	X	X								X		
Turkey Ranch & Swiss	X	X					X	X	X				X							
Tuna	X	X	X				X	X	X									X		
Veggie Guacamole	X						X	X	X	X								X		
Classic Italian	X						X	X	X	X								X		

### PREMIUM

Chipotle Turkey	X	X					X	X	X									X		
Ultimate Club	X	X					X	X	X									X		
Honey Bacon Club	X						X	X	X	X										
Turkey Bacon Guacamole	X	X					X	X	X				X							
The Traditional	X	X					X	X	X	X			X	X				X		
Italian Meatball**	X	X					X	X	X	X								X		

### CHICKEN

Baja	X	X					X	X	X	X								X		
Honey Mustard	X	X					X	X	X	X								X		
Carbonara	X	X					X	X	X	X							X			
Southwest	X	X					X	X	X	X								X		
Mesquite	X	X					X	X	X	X			X					X		

### STEAK

Peppercorn Steak	X	X					X	X	X	X								X	X	
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	ALLERGEN								OTHER SENSITIVITIES										
Chipotle Steak & Cheddar	X	X					X	X		X		X	X		X				
French Dip	X	X					X	X		X		X	X		X				
Black Angus	X						X	X		X		X	X		X				
<b>CIABATTAS</b>																			
Little Italy Ciabatta	X							X				X	X					X	
Ham & Swiss Ciabatta	X	X						X				X						X	
Southwest Club Ciabatta		X						X				X							
<b>TOASTY PASTAS**</b>																			
Mac & Cheese	X							X				X							
Mac & Cheese with Bacon	X							X				X							
Mac & Cheese with Chicken	X							X				X							
Mac & Cheese with Chicken & Bacon	X							X				X							
<b>SALADS (does not include the recommended dressing or the Wheat Wrap**)</b>																			
BBQ Chicken Ranch	X												X					X	
Chef	X																		
Honey Mustard Chicken	X																	X	
Apple Harvest Chicken		X									X		X					X	
<b>SOUPS</b>																			
Broccoli Cheese	X						X	X				X			X			X	
Chicken Noodle	X	X					X	X				X							
Chili							X	X				X							
Tomato Bisque	X																		
<b>DESSERTS</b>																			
Chocolate Chunk Cookie*	X	X					X	X	X	X		X							
Cinnamon Sugar Cookie*	X	X					X	X	X	X		X							
Oatmeal Raisin Cookie*	X	X					X	X	X	X		X							
Kids Chocolate Chunk Cookie*	X	X					X	X	X	X		X							
Gourmet Fudge Brownie*	X	X					X	X		X		X							

\*Processed in a facility with peanuts and treenuts.

\*\*May not be available at all locations.



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ALLERGEN								OTHER SENSITIVITIES									

Quiznos attempts to provide ingredient information regarding its products that is as complete as possible. The information contained in this document is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions and/or product production at the restaurant. Some menu items may not be available at all restaurants; test products, test formulations or regional items may not be included. All items are prepared in common areas and may contain trace amounts of ingredients contained in other products.

