

Menu Item	Allergen								Other Sensitivities									
	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Soybeans	Wheat	Unrefined Oil	Grains	Seeds	Gluten	Sulfites	MSG	HVP	Colorings	Crustaceans	Mollusks
Fat Free Balsamic													X					
Four Pepper Chili													X			X		
French Onion	X	X											X			X		
Guacamole																		
Honey Bourbon Mustard													X			X		
Honey French													X			X		
Honey Mustard		X								X			X			X		
Marinara Sauce																		
Mayonnaise		X											X					
Mild Peppercorn	X	X					X						X		X			
Peppercorn Caesar	X	X	X				X								X	X		
Red Wine Vinaigrette	X									X						X		
Stone Ground Mustard		X																
Sundried Tomato Pesto	X						X	X										
Tzatziki	X	X																
Yellow Mustard										X								
Zesty Grill													X					
Proteins																		
Angus							X	X					X		X	X		
Bacon																		
Capicola																		
Chicken							X			X								
Hard Boiled Eggs		X																
Honey Ham										X								
Meatball	X						X	X										
Pepperoni																		
Prime Rib	X						X	X				X	X		X	X		
Pulled Pork																		
Roast Beef							X								X	X		
Roasted Turkey																X		
Salami													X					

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Scrambled Egg Patty	X	X					X									X		
Tuna			X				X											
Soup																		
Broccoli Cheese	X						X	X				X				X		
Chicken Noodle	X	X					X	X				X				X		
Chili							X	X			X	X				X		
Produce																		
*Dried Cranberries																		
*Pepitas (Pumpkin Seeds)										X								
50/50 Blend Lettuce																		
Apples																		
Cucumbers																		
Garbanzo Beans																		
Grapes																		
Green Bell Pepper																		
Mushrooms																		
Red Onion																		
Sautéed Mushrooms																		
Sautéed Yellow Onion																		
Shredded Lettuce																		
Tomato																		
Yellow Onion																		
Desserts																		
*Chocolate Chunk	X	X					X	X	X	X	X	X						
*Cinnamon Sugar	X	X					X	X	X	X	X	X						
*Double Fudge Chunk	X	X					X	X	X	X	X	X						
*Fudge Brownie	X	X					X	X	X	X	X	X						
*Kidz Chocolate Chunk	X	X					X	X	X	X	X	X						

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*Marshmallow Treats	X						X		X	X		X						
*Oatmeal Raisin	X	X					X	X	X	X	X	X						
Condiments & Miscellaneous Sides																		
Au Jus							X	X		X		X	X				X	
Banana Pepper Rings													X				X	
Black Olives																	X	
Crispy Fried Onions								X				X						
Jalapenos													X				X	
Pepperoncini													X				X	
Pickles																	X	
Smokey Chicken Broth, All Natural																		

* Processed in a facility with milk, wheat, eggs, dairy, soy, fish, crustaceans, mollusks, tree nuts, grains, seeds, gluten, sulfites, msg, hvp, colorings, and or peanuts.

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.