

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
<b>Breads</b>																		
White Baguette								X		X	X	X						
9 Grain Artesian Wheat								X		X	X	X	X			X		
Rosemary Parmesan	X							X		X		X						
Italian Herb	X							X				X						
Torpedo								X		X	X	X						
Flat Bread	X							X				X						
Focaccia White								X				X						
Focaccia Wheat								X			X	X				X		
Italian Herb Wrap							X	X				X	X			X		
White Sub Roll								X				X						
Wheat Sub Roll								X				X				X		
MultiGrain Flatbread								X		X	X	X						
Chiptole Jack	X							X				X						
<b>Cheese</b>																		
Cheddar	X															X		
Mozzarella	X																	
Swiss	X																	
Caesar Cheese Blend	X																	
Blue Cheese Crumbles	X																	
Shredded Cheddar	X																	
Fresh Mozzarella Pearls	X																	
<b>Dressings &amp; Sauces</b>																		
Aioli Sauce	X	X																
Basil Pesto	X													X		X		
Buffalo Sauce	X	X												X				
Buttermilk Ranch	X	X											X	X		X		
Chipotle Mayonnaise		X																
Country BBQ																X		

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Creamy Bacon Alfredo	X	X					X	X				X	X	X	X	X		
Creamy Horseradish		X																
Fat Free Balsamic													X					
Four Pepper Chili													X			X		
French Onion	X	X											X			X		
Honey Bourbon Mustard													X			X		
Honey French													X			X		
Honey Mustard		X								X			X			X		
Mayonnaise		X											X					
Mild Peppercorn	X	X					X						X		X			
Pan Asian							X	X			X	X		X		X		
Peppercorn Caesar	X	X	X				X								X	X		
Raspberry Chipotle										X								
Red Wine Vinaigrette	X									X						X		
Roasted Red Bell Pepper	X	X											X					
Yellow Mustard										X								
Zesty Grill													X					
Guacamole																		
Marinara Sauce																		
Tzatziki	X	X																
Acai Vinaigrette	X																	
<b>Proteins</b>																		
Angus							X								X	X		
Bacon																		
Buffalo Chicken	X																	
Capicola																		
Chicken							X											
Hard Boiled Eggs		X																
Honey Ham									X									
Meatball	X						X	X										
Pepperoni																		

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Roast Beef							X								X	X		
Roasted Turkey																X		
Salami													X					
Scrambled Egg Patty	X	X					X									X		
Prime Rib	X						X	X				X	X		X	X		
Pulled Pork																		
Tuna			X				X											
<b>Soup</b>																		
Broccoli Cheese	X						X	X				X				X		
Chicken Noodle	X	X					X	X				X				X		
Chili							X	X			X	X				X		
<b>Produce</b>																		
Shredded Lettuce																		
50/50 Blend Lettuce																		
Tomato																		
Red Onion																		
Yellow Onion																		
Sautéed Yellow Onion																		
Mushrooms																		
Sautéed Mushrooms																		
*Dried Cranberries																		
*Pepitas (Pumpkin Seeds)										X								
Grapes																		
Apples																		
Cucumbers																		
Garbanzo Beans																		
<b>Desserts</b>																		
*Cinnamon Sugar	X						X	X				X						

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*Dark Chocolate Chunk	X	X					X	X										
*Double Chocolate Chunk	X						X	X				X						
*Oatmeal Raisin	X						X	X			X	X						
Kidz Chocolate Chunk	X	X					X	X										
Yogurt Parfait w/Mixed Berries	X																	
<b>Condiments &amp; Miscellaneous Sides</b>																		
Banana Pepper Rings													X			X		
Jalapenos													X					
Pickles																X		
Pepperoncini													X			X		
Black Olives																		
*Salsa																		
*Tortilla Strips																X		
*Rice Noodles							X	X				X						
Pan Roasted Au Jus	X						X	X				X	X		X	X		
Crispy Fried Onions								X				X						

\* 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.

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