

Quiznos[®]

Allergen

Updated 1.18.18

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

BREAD

White							X				X						
Wheat							X				X						
Rosemary Parmesan	X						X				X						
Jalapeño Cheddar	X						X				X						
Ciabatta							X				X						
Grilled Flatbread							X		X		X						

CHEESE

Cheddar	X															X	
Mozzarella	X																
Swiss	X																

DRESSINGS & SAUCES

Acai Vinaigrette	X																
Bacon Alfredo	X	X				X										X	
BBQ												X				X	
Chipotle Mayo		X															
Four Pepper Chili Sauce												X				X	
Herb Oil																	
Honey Bourbon												X				X	
Honey French												X					
Honey Mustard		X															X
Horseradish		X															
Lite Mayo		X															
Peppercorn Sauce	X	X				X										X	
Ranch	X	X												X			
Red Wine Vinaigrette																	X
Yellow Mustard																	
Zesty Grille Sauce																	

PROTEINS

Bacon

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LTO

Lobster & Seafood Salad Sub	X	X	X	X			X	X		X		X			X	X	X	
Lobster Scampi Bake	X	X	X	X			X	X		X		X			X	X	X	
Lobster & Seafood Salad	X	X	X	X			X	X		X		X			X	X	X	
Lobster Mac & Cheese	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		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	X	X	
Chipotle Steak & Cheddar	X	X					X	X		X		X	X		X	X	X	
French Dip	X	X					X	X		X		X	X		X	X	X	
Black Angus	X						X	X		X		X	X		X	X	X	

CIABATTAS

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Little Italy Ciabatta	X							X				X	X				X		
Ham & Swiss Ciabatta	X	X						X				X					X		
Southwest Club Ciabatta		X						X				X							
TOASTY PASTAS**																			
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							
SALADS (does not include the recommended dressing or the Wheat Wrap**)																			
BBQ Chicken Ranch	X												X				X		
Chef	X																		
Honey Mustard Chicken	X																	X	
Apple Harvest Chicken		X									X		X				X		
SOUPS																			
Broccoli Cheese	X						X	X				X			X		X		
Chicken Noodle	X	X					X	X				X							
Chili							X	X				X							
Cheddar Baked Potato with Ham**	X						X	X				X							
DESSERTS																			
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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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.

