NA It				Aller	gen				Other Sensitivities										
Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Soybeans	Wheat	Unrefined Oil	Grains	Seeds	Gluten	Sulfites	MSG	HVP	Colorings	Crustaceans	Mollusks	
Breads																			
Grilled Flatbread	X						X	X				X							
Italian Herb Wrap							X	X				X	X			X			
Rosemary Parmesan	X							X		X		X							
Wheat Baguette							X	X				X				X			
White Baguette							X	X				X							
Jalapeno Cheddar	X							X				X							
Cheese																			
Blue Cheese Crumbles	X																		
Italian 3-Cheese Blend	X																		
Cheddar	X															X			
Mozzarella	X																		
Swiss	X																		
Dressings &																			
Sauces																			
Acai Vinaigrette	X																		
Basil Pesto	X																		
Buttermilk Ranch	X	X												X					
Chipotle Mayonnaise		X																	
Country BBQ													X			X			
Creamy Bacon Alfredo	X	X					X								X				
Creamy Horseradish		X																	
Fat Free Balsamic													X						
Four Pepper Chili Sauce													X			X			
Guacamole																			
Honey Bourbon Mustard													X			X			
Honey French													X						
Honey Mustard		X														X			
Lite Mayonnaise		X																	
Marinara Sauce			_				_								•		-		

Manu Itam			Other Sensitivities															
Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Soybeans	Wheat	Unrefined Oil	Grains	Seeds	Gluten	Sulfites	MSG	HVP	Colorings	Crustaceans	Mollusks
		T	1	1	1		1	I			I					T	1	
Peppercorn Sauce	X	X					X						X		X			
Peppercorn Caesar	X	X	X				X								X			
Red Wine Vinaigrette	X															X		
Tzatziki	X	X																
Yellow Mustard											X							
Grille Sauce													X					
Proteins																		
Black Angus Steak & Roast Beef							X	X				X	X		X	X		
Bacon																		
Capicola																		
Chicken							X											
Hard Boiled Eggs		X																
Honey Ham																		
Lobster Salad	X	X	X	X			X	X		X		X			X	X	X	
Meatball	X	X					X	X		X		X				X		
Pepperoni																		
Pork																		
Prime Rib							X	X				X	X		X	X		
Roasted Turkey																		
Salami													X					
Sausage Patty																		
Spicy Sausage	X																	
Scrambled Egg Patty	X	X					X									X		
Tuna			X															
Soup																		
Broccoli Cheese	X		-				X	X			-	X	X		X	X		
Chicken Noodle	X	X					X	X		X	X	X	Λ		Λ	X		
Chicken Tortilla	X	Λ					X	X		Λ	Λ	X			X	Λ		
Chili	Λ						X	X		X		X			Λ	X		
Cilli							A	Λ		Λ		Λ				A		

Maran Itara			Other Sensitivities															
Menu Item	Milk	Eggs	Fish	Aller	Tree Nuts	Peanuts	Soybeans	Wheat	Unrefined Oil	Grains	Seeds	Gluten	Sulfites	MSG	HVP	Colorings	Crustaceans	Mollusks
Clam Chowder	X		X				X	X		X		X	X			X	X	X
Tomato Bisque	X						11			11						11		
Produce																		
Dried Cranberries																		
Pepitas (Pumpkin Seeds)										X								
Seasonal Greens																		
Apples																		
Cucumbers																		
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						
Cinnamon Sugar	X	X					X	X	X	X		X						
Fudge Brownie	X	X					X	X	X	X		X						
Kidz Chocolate Chunk	X	X					X	X	X	X		X						
Oatmeal Raisin	X	X					X	X	X	X		X						
Condiments &																		
Miscellaneous																		
Sides Au Jus							37	37		1		37	3 7					
Banana Pepper Rings							X	X		1		X	X			37		
										1			X			X		
Black Olives																X		12256

Manu Itana			gen				Other Sensitivities											
Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Soybeans	Wheat	Unrefined Oil	Grains	Seeds	Gluten	Sulfites	MSG	HVP	Colorings	Crustaceans	Mollusks
Jalapenos													X			X		T
Pepperoncini													X			X		
Pickles																X		
Smoky Chicken Broth													X					
LTO Sub																		
Lobster & Seafood Salad	X	X	X	X			X	X		X		X			X	X	X	
Italian Sausage	X						X	X		X		X				X		
Deli Classics																		-
Classic Italian	X						X	X		X		X	X			X		
Traditional	X	X					X	X		X		X	X	X	X	X		
Meatball	X	X					X	X		X		X				X		
Tuna	X	X	X				X	X		X		X			X	X		
Veggie Guacamole	X						X	X		X		X				X		
Spicy Monterey	X	X					X	X		X		X	X			X		
Honey Bacon Club	X						X	X		X		X	X			X		
Chicken																		
Carbonara	X	X					X	X		X		X	X		X	X		
Pesto Caesar	X	X	X				X	X		X		X	X		X	X		
Mesquite	X	X					X	X		X		X	X	X		X		
Honey Bourbon	X						X	X		X		X	X			X		
Baja	X	X					X	X		X		X	X			X		
Honey Mustard	X						X	X		X		X	X			X		
Steak																		
Peppercorn Prime Rib	X	X					X	X		X		X	X		X	X		
Double Swiss Prime Rib	X	X					X	X		X		X	X		X	X		
Black Angus Steak	X						X	X		X		X	X		X	X		
French Dip	X	X					X	X		X		X	X		X	X		
Roast Beef & Horseradish	X	X					X	X		X		X	X		X	X		

Manuel Hann				Aller	gen				Other Sensitivities										
Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Soybeans	Wheat	Unrefined Oil	Grains	Seeds	Gluten	Sulfites	MSG	HVP	Colorings	Crustaceans	Mollusks	
		Π		Т	1		1	1			ı	I			1	1	1		
Turkey																			
Turkey, Ranch & Swiss	X	X					X	X		X		X		X		X			
Turkey Bacon Guacamole	X	X					X	X		X		X		X		X			
Turkey Lite	X						X	X		X		X	X			X			
Ultimate Club	X	X					X	X		X		X				X			
Toasty Pastas																			
Mac & Cheese	X						X	X		X		X				X			
Bacon Mac & Cheese	X						X	X		X		X				X			
Lobster Mac & Cheese	X	X	X	X			X	X		X		X			X	X	X		
Meatball Marinara	X	X					X	X		X		X				X			
Sausage Marinara	X							X				X							
Pesto Chicken	X						X	X				X	X						
Grilled Flatbreads																			
Honey Bourbon	X						X	X				X	X						
Basil Pesto Chicken	X						X	X				X	X			X			
Greek Chicken	X	X					X	X				X	X			X			
Chicken Bacon Ranch	X	X					X	X				X	X	X		X			
Sonoma Turkey	X	X					X	X				X							
Salads																			
Peppercorn Caesar	X	X	X				X								X	X		-	
Harvest Chicken	X	X	Λ				X				X		X		Λ	X			
Honey Mustard	X	X					X				Λ		Λ			X			
Cobb	X	X					X							X		X			
Black & Blue	X	Λ					X	X				X	X	/ 1	X	X			
Lobster & Seafood Salad	X	X	X	X			X	X		X		X	Λ	X	X	X	X		
2355ter et Staroud Burud	Λ	Λ	Λ	Λ			Λ	Λ		Λ		Λ		Λ	Λ	Λ	Λ		

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.