

| QUIZNOS Allergen Table | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Crustaceans | Mollusks |
|-----------------------------------|-------------|-------------|-------------|------------------|------------------|----------------|-----------------|--------------|----------------------|---------------|--------------|---------------|-----------------|------------|------------|------------------|--------------------|-----------------|
| BREAD | | | | | | | | | | | | | | | | | | |
| White | | | | | | | | X | | | | X | | | | | | |
| Wheat | | | | | | | | X | | | | X | | | | | | |
| Rosemary Parmesan | X | | | | | | | X | | | | X | | | | | | |
| Jalapeno Cheddar | X | | | | | | | X | | | | X | | | | | | |
| Grilled Flatbread | | | | | | | | X | | | | X | | | | | | |
| CHEESE | | | | | | | | | | | | | | | | | | |
| Cheddar | X | | | | | | | | | | | | | | | | | X |
| Feta | X | | | | | | | | | | | | | | | | | |
| Mozzarella | X | | | | | | | | | | | | | | | | | |
| Swiss | X | | | | | | | | | | | | | | | | | |
| DRESSINGS & SAUCES | | | | | | | | | | | | | | | | | | |
| Apple Cider Vinaigrette | | X | | | | | | | | | | | | | | | | |
| Bacon Alfredo | X | X | | | | | X | | | | | | | | X | | | |
| BBQ Sauce | | | | | | | | | | | | | X | | | | X | |
| Buttermilk Ranch | X | X | | | | | | | | | | | | X | | | | |
| Chipotle Mayo | | X | | | | | | | | | | | | | | | | |
| Four Pepper Chili Sauce | | | | | | | | | | | | | X | | | | X | |
| Herb Oil | | | | | | | | | | | | | | | | | | |
| Honey French | | | | | | | | | | | | | X | | | | | |
| Honey Mustard | | X | | | | | | | | | | | | | | | | X |
| Horseradish | | X | | | | | | | | | | | | | | | | |
| Lite Mayo | | X | | | | | | | | | | | | | | | | |
| Peppercorn Sauce | X | X | | | | | X | | | | | | | | X | | | |
| Red Wine Vinaigrette | | | | | | | | | | | | | | | | | | X |
| Tzatziki Sauce | X | | | | | | | | | | | | | | | | | |
| Zesty Grill Sauce | | | | | | | | | | | | | | | | | | |
| PROTEINS | | | | | | | | | | | | | | | | | | |
| Bacon | | | | | | | | | | | | | X | | | | | |
| Black Angus | | | | | | | X | X | | | | X | X | | X | | X | |

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| Capicola | | | | | | | | | | | | | | | | | | |
| Chicken | | | | | | | | | | | | | | | | | | |
| Gyro Meat | | | | | | | X | X | | | | X | | | | | | |
| Ham | | | | | | | | | | | | | | | | | | |
| Lobster & Seafood Salad | 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 | | | | | | | | | | | | | | | |
| CONDIMENTS & MISCELLANEOUS SIDES | | | | | | | | | | | | | | | | | | |
| Au Jus | X | | | | | | X | | | | | | | | | | | |
| Banana Peppers | | | | | | | | | | | | | X | | | X | | |
| Black Olives | | | | | | | | | | | | | | | | | | |
| Chicken Broth | | | | | | | | | | | | | X | | | | | |
| Guacamole | | | | | | | | | | | | | | | | | | |
| Jalapeno Peppers | | | | | | | | | | | | | X | | | | | |
| Pepperoncini Peppers | | | | | | | | | | | | | X | | | X | | |
| Pickles | | | | | | | | | | | | | | | | X | | |
| LTO | | | | | | | | | | | | | | | | | | |
| Beef & Lamb Gyro | X | | | | | | X | X | | X | | X | X | | | X | | |
| Chicken Gyro | X | | | | | | | X | | X | | X | X | | | X | | |
| Beef & Lamb Gyro Salad | X | | | | | | X | X | | | | X | X | | | X | | |
| Chicken Gyro Salad | X | | | | | | | | | | | | X | | | X | | |
| CLASSICS | | | | | | | | | | | | | | | | | | |
| Italian | X | | | | | | | X | | | | X | X | | | X | | |
| Turkey Ranch & Swiss | X | X | | | | | | X | | | | X | | X | | | | |
| Spicy Monterey | X | X | | | | | | X | | | | X | X | | | X | | |
| Tuna Melt | X | X | X | | | | | X | | | | X | | | | X | | |

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| Veggie Guacamole | X | | | | | | | X | | | | X | X | | | X | | |
| PREMIUM | | | | | | | | | | | | | | | | | | |
| Chipotle Turkey | X | X | | | | | | X | | | | X | | | | | X | |
| Ultimate Turkey Club | X | X | | | | | | X | | | | X | | | | | X | |
| Honey Bacon Club | X | | | | | | | X | | | | X | X | | | | | |
| Turkey Bacon Guacamole | X | X | | | | | | X | | | | X | | X | | | | |
| Traditional | X | X | | | | | X | X | | | | X | | X | X | X | | |
| Italian Meatball** | X | X | | | | | X | X | | | | | | | | | | |
| CHICKEN | | | | | | | | | | | | | | | | | | |
| Mesquite | X | X | | | | | | X | | | | X | X | X | | | X | |
| Baja | X | X | | | | | | X | | | | X | X | | | | X | |
| Carbonara | X | X | | | | | X | X | | | | X | X | | X | | | |
| Honey Mustard | X | X | | | | | | X | | | | X | X | | | | X | |
| Southwest | X | X | | | | | | X | | | | X | | | | | X | |
| Apple Harvest | | X | | | | | | X | | | | X | | | | | X | |
| STEAK | | | | | | | | | | | | | | | | | | |
| Black Angus Steakhouse | X | | | | | | X | X | | | | X | X | | X | X | | |
| Peppercorn Steak | X | X | | | | | X | X | | | | X | X | | X | X | | |
| French Dip | X | X | | | | | X | X | | | | X | X | | X | X | | |
| Chipole Steak & Cheddar | X | X | | | | | X | X | | | | X | X | | X | X | | |
| SOUP | | | | | | | | | | | | | | | | | | |
| Broccoli Cheese | X | | | | | | X | X | | | | X | | | X | X | | |
| Chicken Noodle | X | X | | | | | X | X | | | | X | | | | | | |
| Chili | | | | | | | X | X | | | | X | | | | | | |
| Chicken Enchilada** | X | | | | | | X | X | | | | X | | | | | | |
| Minestrone** | X | X | | | | | | X | | | | X | | | | | | |
| Thai Chicken & Rice** | X | | X | | | | X | X | | | | X | | | | | | |
| Tomato Basil Bisque** | X | | | | | | | X | | | | X | | | | | | |
| TATER TOTS | | | | | | | | | | | | | | | | | | |
| Classic Tater Tots | | | | | | | | | | | | | | | | | | |
| Bacon Jalapeno Loaded Tots | X | | | | | | | | | | | | | | | | | X |

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| 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.

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.