

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>																		
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						
<b>Cheese</b>																		
Blue Cheese Crumbles	X																	
Italian 3-Cheese Blend	X																	
Cheddar	X															X		
Mozzarella	X																	
Swiss	X																	
<b>Dressings &amp; Sauces</b>																		
Acai Vinaigrette	X																	
Basil Pesto	X																	
Basil Pesto Vinaigrette	X															X		
Buttermilk Ranch	X	X												X				
BBQ Ranch	X	X											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		

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Lite Mayonnaise		X																
Marinara Sauce																		
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					
<b>Proteins</b>																		
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															
<b>Soup</b>																		
Broccoli Cheese	X						X	X				X	X		X	X		
Chicken Noodle	X	X					X	X		X	X	X				X		

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Chicken Tortilla	X						X	X				X			X			
Chili							X	X		X		X				X		
Clam Chowder	X		X				X	X		X		X	X			X	X	X
Tomato Bisque	X																	
<b>Produce</b>																		
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																		
<b>Desserts</b>																		
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						
<b>Condiments &amp; Miscellaneous Sides</b>																		

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Au Jus							X	X				X	X					
Banana Pepper Rings													X			X		
Black Olives																X		
Crispy Onions								X				X						
Croutons	X						X	X		X		X				X		
Jalapenos													X			X		
Pepperoncini													X			X		
Pickles																X		
Smoky Chicken Broth													X					
Tortilla Strips																		
<b>LTO Sub</b>																		
Lobster & Seafood Salad	X	X	X	X			X	X		X		X			X	X	X	
Italian Sausage	X						X	X		X		X				X		
<b>Deli Classics</b>																		
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		
<b>Chicken</b>																		
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		

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<b>Steak</b>																		
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		
<b>Turkey</b>																		
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		
<b>Toasty Pastas</b>																		
Mac & Cheese	X							X				X						
Bacon Mac & Cheese	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					
<b>Grilled Flatbreads</b>																		
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						
<b>Salads</b>																		

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BBQ Ranch Chicken	X	X					X						X	X		X		
Harvest	X	X					X			X						X		
Honey Mustard	X	X					X	X		X		X				X		
Italian	X						X	X		X		X	X			X		
Steakhouse	X						X	X		X		X	X		X	X		
Garden Salad	X						X	X		X		X				X		
Lobster & Seafood Salad	X	X	X	X			X	X		X		X		X	X	X	X	

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.