

Quiznos[®]

Allergen

Updated 10.13.16

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						
Flatbread							X	X			X						
Ciabatta							X				X						

CHEESE

Italian 3-Cheese Blend	X																
Cheddar	X															X	
Mozzarella	X																
Swiss	X																

DRESSINGS & SAUCES

Basil Pesto	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				X	
Horseradish		X															
Mayo		X				X											
Peppercorn Caesar	X	X	X			X										X	
Ranch	X	X											X				
Red Wine Vinaigrette	X																X
Yellow Mustard																	
Zesty Grille Sauce																	

PROTEINS

Bacon																	
Black Angus						X	X				X	X				X	

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Colorings

Crustaceans

Mollusks

ALLERGEN

OTHER SENSITIVITIES

Capicola

Chicken Strips

Ham

Lobster & Seafood Salad

X

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

PRODUCE

Avocado Mash

Marinated Tomatoes

Mushrooms

Red Onion

Romaine

Sautéed Green Bell Peppers

Sautéed Mushrooms

X

X

X

Sautéed Red Onion

Shredded Lettuce

Tomato

CONDIMENTS & MISC. SIDES

Almonds

X

Au Jus

X

X

X

Banana Peppers

X

X

Black Olives

Garlic Peppercorn Shake

Jalapeno Peppers

X

Pepperoncini Peppers

X

X

Pickles

X

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LTO

A1 Steak Dip	X	X					X	X	X			X	X		X	X		
Lobster & Seafood Salad	X	X	X	X			X	X	X			X			X	X	X	

CLASSICS

Turkey Ranch Swiss	X	X						X				X		X				
Cheesy Meatball Marinara	X	X					X	X	X			X					X	
Tuna Melt	X	X	X				X	X				X						
Veggie	X							X				X						
Avocado Caprese	X							X				X	X				X	

PREMIUM

Italian	X							X				X					X	
Traditional	X	X					X	X				X	X		X			
Turkey Bacon Avocado		X					X	X				X						
Honey Bacon Club	X							X				X	X					
Ultimate Club	X	X					X	X				X						

CHICKEN

Chicken Parmesan	X	X	X				X	X				X					X	
Chicken Bacon Carbonara	X	X					X	X				X	X		X			
Chicken Pesto	X							X				X						
Baja	X	X						X				X	X					
Mesquite	X	X						X				X		X				

STEAK

Black Angus Steakhouse	X						X	X				X	X		X			
Peppercorn Steak	X	X					X	X				X	X		X			
Chipotle Steak & Cheddar	X	X					X	X				X	X		X			
Shroomalicious	X	X					X	X				X	X		X	X		

CIABATTAS

Little Italy Ciabatta	X							X				X	X				X	
Ham & Swiss Ciabatta	X	X						X				X					X	
Southwest Club Ciabatta		X						X				X						

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MAC & CHEESE

Classic	X							X				X						
Smoky BBQ Bacon	X							X				X	X					
Chicken Bacon	X							X				X						

SALADS

Chicken Bacon Ranch	X	X											X	X				
Apple Harvest		X			X								X					
Chicken Caesar	X	X	X				X											
Veggie	X																X	
Garlic Toast								X				X						

SOUPS

Broccoli Cheese	X						X	X				X			X	X		
Chicken Noodle	X	X					X	X				X						
Chili							X	X				X						
Tomato Basil Bisque	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*	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.

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.