

| Menu Item | Allergen | | | | | | | | Other Sensitivities | | | | | | | | | |
|-----------|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |

| | | | | | | | | | | | | | | | | | | | |
|--|---|---|--|--|--|--|--|---|--|---|---|---|---|---|--|---|--|--|--|
| Classic Subs | | | | | | | | | | | | | | | | | | | |
| Classic Italian wheat with dressing with cheese | X | | | | | | | X | | X | X | X | X | | | X | | | |
| Classic Italian wheat with dressing no cheese | X | | | | | | | X | | X | X | X | X | | | X | | | |
| Classic Italian wheat no dressing with cheese | X | | | | | | | X | | X | | X | X | | | X | | | |
| Classic Italian wheat no dressing no cheese | | | | | | | | X | | X | | X | X | | | X | | | |
| Classic Italian white with dressing with cheese | X | | | | | | | X | | | X | X | X | | | X | | | |
| Classic Italian white with dressing no cheese | X | | | | | | | X | | | X | X | X | | | X | | | |
| Classic Italian white no dressing with cheese | X | | | | | | | X | | | X | X | X | | | | | | |
| Classic Italian white no dressing no cheese | | | | | | | | X | | | X | X | X | | | X | | | |
| Turkey Ranch & Swiss wheat with dressing with cheese | X | X | | | | | | X | | X | | X | X | X | | X | | | |
| Turkey Ranch & Swiss wheat with dressing no cheese | X | X | | | | | | X | | X | | X | X | X | | X | | | |
| Turkey Ranch & Swiss wheat no dressing with cheese | X | | | | | | | X | | X | | X | X | | | X | | | |
| Turkey Ranch & Swiss wheat no dressing no cheese | | | | | | | | X | | X | | X | X | | | X | | | |
| Turkey Ranch & Swiss white with dressing with cheese | X | X | | | | | | X | | X | X | X | X | X | | X | | | |
| Turkey Ranch & Swiss white with dressing no cheese | X | X | | | | | | X | | X | X | X | X | X | | X | | | |
| Turkey Ranch & Swiss white no dressing with cheese | X | | | | | | | X | | X | X | X | | | | X | | | |

| Menu Item | Allergen | | | | | | | | Other Sensitivities | | | | | | | | | |
|---|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Turkey Ranch & Swiss white no dressing no cheese | | | | | | | | X | | X | X | X | | | | X | | |
| Honey Bourbon Chicken wheat with dressing | X | | | | | | X | X | | X | X | X | X | | | X | | |
| Honey Bourbon Chicken wheat no dressing | X | | | | | | X | X | | X | X | X | X | | | X | | |
| Honey Bourbon Chicken white with dressing | X | | | | | | X | X | | X | X | X | X | | | X | | |
| Honey Bourbon Chicken white no dressing | X | | | | | | X | X | | X | X | X | X | | | X | | |
| Classic Club with Bacon wheat with dressing with cheese | X | X | | | | | | X | | X | | X | X | | | X | | |
| Classic Club with Bacon wheat with dressing no cheese | | X | | | | | | X | | X | | X | X | | | X | | |
| Classic Club with Bacon wheat no dressing with cheese | X | X | | | | | | X | | X | | X | X | | | X | | |
| Classic Club with Bacon wheat no dressing no cheese | | | | | | | | X | | X | | X | X | | | X | | |
| Classic Club with Bacon white with dressing with cheese | X | X | | | | | | X | | X | X | X | X | | | X | | |
| Classic Club with Bacon white with dressing no cheese | | X | | | | | | X | | X | X | X | X | | | | | |
| Classic Club with Bacon white no dressing with cheese | X | | | | | | | X | | X | X | X | | | | X | | |
| Classic Club with Bacon white no dressing no cheese | | | | | | | | X | | X | X | X | | | | | | |
| Turkey Bacon Guacamole wheat with dressing with cheese | X | X | | | | | | X | | X | | X | X | X | | X | | |
| Turkey Bacon Guacamole wheat with | X | X | | | | | | X | | X | | X | X | | | X | | |

| Menu Item | Allergen | | | | | | | | Other Sensitivities | | | | | | | | | |
|-----------|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |

| | | | | | | | | | | | | | | | | | | | |
|--|---|---|--|--|--|--|---|---|--|---|---|---|---|---|---|---|--|--|--|
| dressing no cheese | | | | | | | | | | | | | | | | | | | |
| Turkey Bacon Guacamole wheat no dressing with cheese | X | | | | | | | X | | X | X | X | X | | | X | | | |
| Turkey Bacon Guacamole wheat no dressing no cheese | | | | | | | | X | | X | X | X | X | X | | X | | | |
| Turkey Bacon Guacamole white with dressing with cheese | X | X | | | | | | X | | X | X | X | X | X | | X | | | |
| Turkey Bacon Guacamole white with dressing no cheese | X | X | | | | | | X | | X | X | X | X | | | X | | | |
| Turkey Bacon Guacamole white no dressing with cheese | X | | | | | | | X | | X | X | X | X | | | X | | | |
| Turkey Bacon Guacamole white no dressing no cheese | | | | | | | | X | | X | X | X | | | | | | | |
| The Traditional wheat with dressing with cheese | X | X | | | | | X | X | | X | | X | X | X | X | X | | | |
| The Traditional wheat with dressing no cheese | X | X | | | | | X | X | | X | | X | X | X | X | X | | | |
| The Traditional wheat no dressing with cheese | X | | | | | | X | X | | X | | X | X | | X | X | | | |
| The Traditional wheat no dressing no cheese | | | | | | | X | X | | X | | X | X | | X | X | | | |
| The Traditional white with dressing with cheese | X | X | | | | | X | X | | X | X | X | X | X | X | X | | | |
| The Traditional white with dressing no cheese | X | X | | | | | X | X | | X | X | X | X | X | X | X | | | |
| The Traditional white no dressing with cheese | X | | | | | | X | X | | X | X | X | X | | X | X | | | |
| The Traditional white no dressing no cheese | | | | | | | X | X | | X | X | X | X | | X | X | | | |
| Honey Bacon Club wheat with dressing with cheese | X | | | | | | | X | | X | X | X | | | | X | | | |

| Menu Item | Allergen | | | | | | | | Other Sensitivities | | | | | | | | | |
|---|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Honey Bacon Club wheat with dressing no cheese | | | | | | | | X | | X | X | X | | | | X | | |
| Honey Bacon Club wheat no dressing with cheese | X | | | | | | | X | | X | X | X | | | | X | | |
| Honey Bacon Club wheat no dressing no cheese | | | | | | | | X | | X | X | X | | | | X | | |
| Honey Bacon Club white with dressing with cheese | X | | | | | | | X | | X | X | X | | | | X | | |
| Honey Bacon Club white with dressing no cheese | | | | | | | | X | | X | X | X | | | | X | | |
| Honey Bacon Club white no dressing with cheese | X | | | | | | | X | | X | X | X | | | | | | |
| Honey Bacon Club white no dressing no cheese | | | | | | | | X | | X | X | X | | | | | | |
| Veggie wheat with dressing with cheese | X | | | | | | | X | | X | X | X | X | | | X | | |
| Veggie wheat with dressing no cheese | X | | | | | | | X | | X | X | X | X | | | X | | |
| Veggie wheat no dressing with cheese | X | | | | | | | X | | X | | X | X | | | X | | |
| Veggie wheat no dressing no cheese | | | | | | | | X | | X | | X | X | | | X | | |
| Veggie white with dressing with cheese | X | | | | | | | X | | | X | X | X | | | X | | |
| Veggie white with dressing no cheese | X | | | | | | | X | | | X | X | X | | | X | | |
| Veggie white no dressing with cheese | X | | | | | | | X | | | X | X | X | | | X | | |
| Veggie white no dressing no cheese | | | | | | | | X | | | X | X | X | | | X | | |
| Signature Subs | | | | | | | | | | | | | | | | | | |
| Mesquite Chicken with Bacon wheat with dressing with cheese | X | X | | | | | X | X | | X | | X | X | X | | X | | |

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|---|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Mesquite Chicken with Bacon wheat with dressing no cheese | X | X | | | | | X | X | | X | | X | X | X | | X | | |
| Mesquite Chicken with Bacon wheat no dressing with cheese | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Mesquite Chicken with Bacon wheat no dressing no cheese | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Mesquite Chicken with Bacon white with dressing with cheese | X | X | | | | | X | X | | | X | X | X | X | | X | | |
| Mesquite Chicken with Bacon white with dressing no cheese | X | X | | | | | X | X | | | X | X | X | | | X | | |
| Mesquite Chicken with Bacon white no dressing with cheese | X | | | | | | X | X | | | X | X | X | | | X | | |
| Mesquite Chicken with Bacon white no dressing no cheese | X | | | | | | X | X | | | X | X | X | | | X | | |
| Chicken Carbonara wheat with dressing with cheese | X | X | | | | | X | X | | | X | X | X | X | X | X | | |
| Chicken Carbonara wheat with dressing no cheese | X | X | | | | | X | X | | | X | X | X | X | X | X | | |
| Chicken Carbonara wheat no dressing with cheese | X | | | | | | X | X | | | X | X | X | | | X | | |
| Chicken Carbonara wheat no dressing no cheese | | | | | | | X | X | | | X | X | X | | | X | | |
| Chicken Carbonara white with dressing with cheese | X | X | | | | | X | X | | | X | X | X | | | X | | |
| Chicken Carbonara white with dressing no cheese | X | X | | | | | X | X | | | X | X | X | | | X | | |
| Chicken Carbonara white no dressing with cheese | X | | | | | | X | X | | | X | X | X | | | X | | |

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|---|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Chicken Carbonara white no dressing no cheese | | | | | | | X | X | | | X | X | X | | | X | | |
| Baja Chicken wheat with dressing with cheese | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Baja Chicken wheat with dressing no cheese | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Baja Chicken wheat no dressing with cheese | X | | | | | | X | X | | X | | X | X | | | X | | |
| Baja Chicken wheat no dressing no cheese | X | | | | | | X | X | | X | | X | X | | | X | | |
| Baja Chicken white with dressing with cheese | X | X | | | | | X | X | | | X | X | X | | | X | | |
| Baja Chicken white with dressing no cheese | X | X | | | | | X | X | | | X | X | X | | | X | | |
| Baja Chicken white no dressing with cheese | X | | | | | | X | X | | | X | X | X | | | X | | |
| Baja Chicken white no dressing no cheese | X | | | | | | X | X | | | X | X | X | | | X | | |
| Honey Mustard Chicken wheat with dressing with cheese | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Honey Mustard Chicken wheat with dressing no cheese | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Honey Mustard Chicken wheat no dressing with cheese | X | | | | | | X | X | | X | | X | X | | | X | | |
| Honey Mustard Chicken wheat no dressing no cheese | X | | | | | | X | X | | X | | X | X | | | X | | |
| Honey Mustard Chicken white with dressing with cheese | X | X | | | | | X | X | | X | X | X | X | | | X | | |
| Honey Mustard Chicken white with dressing no cheese | X | X | | | | | X | X | | X | X | X | X | | | X | | |
| Honey Mustard Chicken white no dressing with cheese | X | | | | | | X | X | | X | X | X | X | | | X | | |

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|---|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Honey Mustard Chicken white no dressing no cheese | X | | | | | | X | X | | X | X | X | X | | | X | | |
| Prime Rib & Peppercorn wheat with dressing with cheese | X | X | | | | | X | X | | X | | X | X | | X | X | | |
| Prime Rib & Peppercorn wheat with dressing no cheese | X | X | | | | | X | X | | X | | X | X | | X | X | | |
| Prime Rib & Peppercorn wheat no dressing with cheese | X | | | | | | X | X | | X | | X | X | | X | X | | |
| Prime Rib & Peppercorn wheat no dressing no cheese | X | | | | | | X | X | | X | | X | X | | X | X | | |
| Prime Rib & Peppercorn white with dressing with cheese | X | X | | | | | X | X | | X | X | X | X | | X | X | | |
| Prime Rib & Peppercorn white with dressing no cheese | X | X | | | | | X | X | | X | X | X | X | | X | X | | |
| Prime Rib & Peppercorn white no dressing with cheese | X | | | | | | X | X | | X | X | X | X | | X | X | | |
| Prime Rib & Peppercorn white no dressing no cheese | X | | | | | | X | X | | X | X | X | X | | X | X | | |
| Double Cheese Cheesesteak wheat with dressing with cheese | X | X | | | | | X | X | | X | | X | X | | X | X | | |
| Double Cheese Cheesesteak wheat with dressing no cheese | X | X | | | | | X | X | | X | | X | X | | X | X | | |
| Double Cheese Cheesesteak wheat no dressing with cheese | X | | | | | | X | X | | X | | X | X | | X | X | | |
| Double Cheese Cheesesteak wheat no dressing no cheese | X | | | | | | X | X | | X | | X | X | | X | X | | |

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|---|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Double Cheese Cheesesteak white with dressing with cheese | X | X | | | | | X | X | | X | X | X | X | | X | X | | |
| Double Cheese Cheesesteak white with dressing no cheese | X | X | | | | | X | X | | X | X | X | X | | X | X | | |
| Double Cheese Cheesesteak white no dressing with cheese | X | | | | | | X | X | | X | X | X | X | | X | X | | |
| Double Cheese Cheesesteak white no dressing no cheese | X | | | | | | X | X | | X | X | X | X | | X | X | | |
| Steakhouse Beef Dip wheat with dressing with cheese | X | X | | | | | X | X | | X | | X | X | | X | X | | |
| Steakhouse Beef Dip wheat with dressing no cheese | X | X | | | | | X | X | | X | | X | X | | X | X | | |
| Steakhouse Beef Dip wheat no dressing with cheese | X | | | | | | X | X | | X | | X | X | | X | X | | |
| Steakhouse Beef Dip wheat no dressing no cheese | X | | | | | | X | X | | X | | X | X | | X | X | | |
| Steakhouse Beef Dip white with dressing with cheese | X | X | | | | | X | X | | | X | X | X | | X | X | | |
| Steakhouse Beef Dip white with dressing no cheese | X | X | | | | | X | X | | | X | X | X | | X | X | | |
| Steakhouse Beef Dip white no dressing with cheese | X | | | | | | X | X | | | X | X | X | | X | X | | |
| Steakhouse Beef Dip white no dressing no cheese | X | | | | | | X | X | | | X | X | X | | X | X | | |
| Bourbon Grille Steak on rose parmesan with dressing with cheese | X | | | | | | X | X | | X | X | X | X | | X | X | | |

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|---|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Bourbon Grille Steak on rose parmesan with dressing no cheese | X | | | | | | X | X | | X | X | X | X | | X | X | | |
| Bourbon Grille Steak on rose parmesan no dressing with cheese | X | | | | | | X | X | | X | | X | X | | X | X | | |
| Bourbon Grille Steak on rose parmesan no dressing no cheese | X | | | | | | X | X | | X | | X | X | | X | X | | |
| | | | | | | | | | | | | | | | | | | |
| Deli Subs | | | | | | | | | | | | | | | | | | |
| Turkey & Cheddar wheat with dressing with cheese | X | X | | | | | | X | | X | | X | X | | | X | | |
| Turkey & Cheddar wheat with dressing no cheese | | X | | | | | | X | | X | | X | X | | | X | | |
| Turkey & Cheddar wheat no dressing with cheese | X | | | | | | | X | | X | | X | X | | | X | | |
| Turkey & Cheddar wheat no dressing no cheese | | | | | | | | X | | X | | X | X | | | X | | |
| Turkey & Cheddar white with dressing with cheese | X | X | | | | | | X | | X | X | X | X | | | X | | |
| Turkey & Cheddar white with dressing no cheese | | | | | | | | X | | X | X | X | | | | X | | |
| Turkey & Cheddar no dressing with cheese | X | | | | | | | X | | X | X | X | X | | | X | | |
| Turkey & Cheddar white no dressing no cheese | | | | | | | | X | | X | X | X | | | | X | | |
| Ham & Swiss wheat with dressing with cheese | X | X | | | | | | X | | X | | X | X | | | X | | |
| Ham & Swiss wheat with dressing no cheese | | X | | | | | | X | | X | | X | X | | | X | | |

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| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Ham & Swiss wheat no dressing with cheese | X | | | | | | | X | | X | | X | X | | | X | | |
| Ham & Swiss wheat no dressing no cheese | | | | | | | | X | | X | | X | X | | | X | | |
| Ham & Swiss white with dressing with cheese | X | X | | | | | | X | | | X | X | X | | | | | |
| Ham & Swiss white with dressing no cheese | | X | | | | | | X | | | X | X | | | | | | |
| Ham & Swiss white no dressing with cheese | X | | | | | | | X | | | X | X | X | | | | | |
| Ham & Swiss white no dressing no cheese | | | | | | | | X | | | X | X | X | | | | | |
| Roast Beef and Cheddar wheat with dressing with cheese | X | X | | | | | X | X | | X | | X | X | | X | X | | |
| Roast Beef and Cheddar wheat with dressing no cheese | | X | | | | | X | X | | X | | X | X | | X | X | | |
| Roast Beef and Cheddar wheat no dressing with cheese | X | | | | | | X | X | | X | | X | X | | X | X | | |
| Roast Beef and Cheddar wheat no dressing no cheese | | | | | | | X | X | | X | | X | X | | X | X | | |
| Roast Beef and Cheddar white with dressing with cheese | X | X | | | | | X | X | | | X | X | X | | X | X | | |
| Roast Beef and Cheddar white with dressing no cheese | | X | | | | | X | X | | | X | X | X | | X | X | | |
| Roast Beef and Cheddar white no dressing with cheese | X | | | | | | X | X | | | X | X | X | | X | | | |
| Roast Beef and Cheddar white no dressing no cheese | | | | | | | X | X | | | X | X | X | | X | | | |
| Primo Meatball Wheat with cheese | X | | | | | | X | X | | | X | X | X | | X | X | | |

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| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Primo Meatball Wheat No Cheese | X | | | | | | X | X | | | X | X | X | | X | X | | |
| Primo Meatball White with Cheese | X | | | | | | X | X | | | X | X | | | X | | | |
| Primo Meatball White no Cheese | X | | | | | | X | X | | | X | X | | | X | | | |
| Tuna Melt wheat with dressing with cheese | X | X | X | | | | X | X | | X | | X | X | | X | X | | |
| Tuna Melt wheat with dressing no cheese | | X | X | | | | X | X | | X | | X | X | | X | X | | |
| Tuna Melt wheat no dressing with cheese | X | X | X | | | | X | X | | X | | X | X | | X | X | | |
| Tuna Melt wheat no dressing no cheese | | X | X | | | | X | X | | X | | X | X | | X | X | | |
| Tuna Melt white with dressing with cheese | X | X | X | | | | X | X | | | X | X | X | | X | X | | |
| Tuna Melt white with dressing no cheese | | X | X | | | | X | X | | | X | X | X | | X | | | |
| Tuna Melt white no dressing with cheese | X | X | X | | | | X | X | | | X | X | X | | X | X | | |
| Tuna Melt white no dressing no cheese | | X | X | | | | X | X | | | X | X | X | | X | | | |
| | | | | | | | | | | | | | | | | | | |
| Torpedoes & Bullets | | | | | | | | | | | | | | | | | | |
| Pesto Turkey with dressing with cheese | X | | | | | | | X | | | | X | | | | X | | |
| Pesto Turkey with dressing no cheese | X | | | | | | | X | | | | X | | | | X | | |
| Pesto Turkey no dressing with cheese | X | | | | | | | X | | | | X | | | | X | | |
| Pesto Turkey no dressing no cheese | X | | | | | | | X | | | | X | | | | X | | |
| Italian with dressing with cheese | X | | | | | | | X | | | | X | | | | X | | |
| Italian with dressing no cheese | X | | | | | | | X | | | | X | | | | X | | |
| Italian no dressing with cheese | X | | | | | | | X | | | | X | | | | X | | |

| Menu Item | Allergen | | | | | | | | Other Sensitivities | | | | | | | | | |
|---|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Italian no dressing no cheese | | | | | | | | X | | | | X | | | | X | | |
| Beef, Bacon & Cheddar with dressing with cheese | X | X | | | | | X | X | | | | X | | | | X | | |
| Beef, Bacon & Cheddar with dressing no cheese | | X | | | | | X | X | | | | X | | | | X | | |
| Beef, Bacon & Cheddar no dressing with cheese | X | | | | | | X | X | | | | X | | | | X | | |
| Beef, Bacon & Cheddar no dressing no cheese | | | | | | | X | X | | | | X | | | | X | | |
| Turkey Club with dressing with cheese | X | X | | | | | | X | | | | X | | | | X | | |
| Turkey Club with dressing no cheese | X | X | | | | | | X | | | | X | | | | X | | |
| Turkey Club no dressing with cheese | X | | | | | | | X | | | | X | | | | X | | |
| Turkey Club no dressing no cheese | | | | | | | | X | | | | X | | | | X | | |
| Big Kahuna Tuna with dressing with cheese | X | X | X | | | | X | X | | | | X | | | | X | | |
| Big Kahuna Tuna with dressing no cheese | X | X | X | | | | X | X | | | | X | | | | X | | |
| Big Kahuna Tuna no dressing with cheese | X | X | X | | | | X | X | | | | X | | | | X | | |
| Big Kahuna Tuna no dressing no cheese | X | X | X | | | | X | X | | | | X | | | | X | | |
| | | | | | | | | | | | | | | | | | | |
| Sammies | | | | | | | | | | | | | | | | | | |
| Sonoma Turkey with dressing with cheese | X | X | | | | | X | X | | X | X | X | X | | | X | | |
| Sonoma Turkey with dressing no cheese | | X | | | | | X | X | | X | X | X | X | | | X | | |
| Sonoma Turkey no dressing with cheese | X | | | | | | X | X | | X | X | X | | | | X | | |
| Sonoma Turkey no dressing no cheese | | | | | | | X | X | | X | X | X | | | | X | | |
| Alpine Chicken with dressing with cheese | X | X | | | | | X | X | | X | X | X | X | X | | X | | |

| Menu Item | Allergen | | | | | | | | Other Sensitivities | | | | | | | | | |
|---|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Alpine Chicken with dressing no cheese | X | X | | | | | X | X | | X | X | X | X | X | | X | | |
| Alpine Chicken no dressing with cheese | X | | | | | | X | X | | X | X | X | X | | | | | |
| Alpine Chicken no dressing no cheese | | | | | | | X | X | | X | X | X | X | | | | | |
| Bistro Steak Melt with dressing with cheese | X | X | | | | | X | X | | X | X | X | X | | X | X | | |
| Bistro Steak Melt with dressing no cheese | X | X | | | | | X | X | | X | X | X | X | | X | X | | |
| Bistro Steak Melt no dressing with cheese | X | | | | | | X | X | | X | X | X | | | X | X | | |
| Bistro Steak Melt no dressing no cheese | | | | | | | X | X | | X | X | X | | | X | X | | |
| Italiano with dressing with cheese | X | | | | | | X | X | | X | X | X | X | | | X | | |
| Italiano with dressing no cheese | X | | | | | | X | X | | X | X | X | X | | | X | | |
| Italiano no dressing with cheese | X | | | | | | X | X | | X | X | X | X | | | X | | |
| Italiano no dressing no cheese | | | | | | | X | X | | X | X | X | X | | | X | | |
| Cantina Chicken with dressing | X | | | | | | X | X | | X | X | X | X | | | X | | |
| Cantina Chicken no dressing | X | | | | | | X | X | | X | X | X | X | | | | | |
| Roadhouse Steak with dressing | | | | | | | X | X | | X | X | X | X | | X | X | | |
| Roadhouse Steak no dressing | | | | | | | X | X | | X | X | X | X | | X | X | | |
| Veggie with dressing with cheese | X | | | | | | X | X | | X | X | X | | | | X | | |
| Veggie with dressing no cheese | X | | | | | | X | X | | X | X | X | | | | X | | |
| Veggie no dressing with cheese | X | | | | | | X | X | | X | X | X | | | | X | | |
| Veggie no dressing no cheese | | | | | | | X | X | | X | X | X | | | | X | | |

| Menu Item | Allergen | | | | | | | | Other Sensitivities | | | | | | | | | |
|--|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Chopped Salads | | | | | | | | | | | | | | | | | | |
| Chicken Caesar Flatbread Salad with dressing | X | X | X | | | | X | X | | X | X | X | X | X | X | | | |
| Chicken Caesar Flatbread no dressing | X | | | | | | X | X | | X | X | X | X | | | | | |
| Classic Cobb Flatbread Salad with dressing | X | X | | | | | X | X | | X | X | X | X | X | | X | | |
| Classic Cobb Flatbread Salad no dressing | X | X | | | | | X | X | | X | X | X | X | | | | | |
| Honey Mustard Chicken with dressing | X | X | | | | | X | X | | X | X | X | X | | | X | | |
| Honey Mustard Chicken Flatbread Salad no dressing | X | | | | | | X | X | | X | X | X | | | | X | | |
| Raspberry Chipotle Chicken Flatbread Salad with dressing | X | | | | | | X | X | | X | X | X | X | | | X | | |
| Raspberry Chipotle Chicken Flatbread Salad no dressing | X | | | | | | X | X | | X | X | X | X | | | X | | |
| Steak & Bleu Flatbread Salad with dressing | X | | | | | | X | X | | X | X | X | X | | X | X | | |
| Steak & Bleu Flatbread Salad no dressing | X | | | | | | X | X | | X | X | X | X | | X | X | | |
| Pan Asian Salad | | ** | | | ** | | X | X | | | X | X | | X | | | | |
| Taco Salad w/Chicken | X | X | | | ** | | | | | X | | | | | | | | |
| Taco Salad w/Chili | X | X | | | ** | | X | X | | X | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| Dressings | | | | | | | | | | | | | | | | | | |
| Buttermilk Ranch | X | X | | | | | | | | | | | X | X | | X | | |
| Honey Mustard | | X | | | | | | | | | | | X | | | X | | |
| Peppercorn Caesar | X | X | X | | | | X | | | | X | | X | X | X | | | |
| Raspberry Chipotle | | | | | | | | | | | | | | | | | | |
| Fat Free Balsamic | | | | | | | | | | | | | X | | | | | |

| Menu Item | Allergen | | | | | | | | Other Sensitivities | | | | | | | | | |
|---------------------------------|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Pan Asian | | | | | | | X | X | | | X | X | | X | | X | | |
| Soups | | | | | | | | | | | | | | | | | | |
| Broccoli Cheese Cup or Bowl | X | | | | | | X | X | | | | X | X | | | X | | |
| Broccoli Cheese Bread Bowl | X | | | | | | X | X | | | | X | X | | | X | | |
| Chicken Noodle Soup Cup or Bowl | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Chicken Noodle Bread Bowl | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Tomato Basil Cup or Bowl | X | | | | | | X | X | | | | X | | | | X | | |
| Tomato Basil Bread Bowl | X | | | | | | X | X | | | | X | X | | | X | | |
| Chili Cup or Bowl | | | | | | | X | X | | | | X | | | | | | |
| Signature Chili Bread Bowl | X | | | | | | X | X | | | | X | | | | X | | |
| Q-Kidz Subs | | | | | | | | | | | | | | | | | | |
| Pepperoni Pizza Sub Kidz | X | | | | | | | X | | | X | X | | | | | | |
| Cheese Pizza Sub Kidz | X | | | | | | | X | | | X | X | | | | | | |
| Toasty Turkey & Cheese wheat | X | | | | | | | X | | X | | X | X | | | X | | |
| Toasty Turkey wheat no cheese | | | | | | | | X | | X | | X | X | | | X | | |
| Toasty Turkey & Cheese White | X | | | | | | | X | | X | X | X | | | | X | | |
| Toasty Turkey white no cheese | | | | | | | | X | | X | X | X | | | | X | | |
| Toasty Ham & Cheese wheat | X | | | | | | | X | | X | | X | X | | | X | | |
| Toasty Ham wheat no cheese | | | | | | | | X | | X | | X | X | | | X | | |
| Toasty Ham & Cheese white | X | | | | | | | X | | | X | X | | | | X | | |
| Toasty Ham white no cheese | | | | | | | | X | | | X | X | | | | | | |

| Menu Item | Allergen | | | | | | | | Other Sensitivities | | | | | | | | | |
|--|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Cheesy Toasted Cheese Wheat | X | | | | | | | X | | X | | X | X | | | X | | |
| Cheesy Toasted Cheese White | X | | | | | | | X | | | X | X | | | | X | | |
| Q-Kidz Sammies | | | | | | | | | | | | | | | | | | |
| Tasty Turkey Kidz Sammie Jr. | X | | | | | | X | X | | X | X | X | | | | X | | |
| Tasty Turkey Kidz Sammie Jr. no cheese | | | | | | | X | X | | X | X | X | | | | X | | |
| Ham Melt Kidz Sammie Jr. | X | | | | | | X | X | | X | X | X | | | | X | | |
| Ham Melt Kidz Sammie Jr. no cheese | | | | | | | X | X | | X | X | X | | | | | | |
| Just Cheese Kidz Sammie Jr. | X | | | | | | X | X | | X | X | X | | | | X | | |
| Breakfast Subs & Sammies | | | | | | | | | | | | | | | | | | |
| Egg & Cheddar Breakfast Sandwich wheat | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Egg & Cheddar Breakfast Sandwich wheat no cheese | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Egg & Cheddar Breakfast Sandwich white | X | X | | | | | X | X | | | X | X | | | | X | | |
| Egg & Cheddar Breakfast Sandwich white no cheese | X | X | | | | | X | X | | | X | X | | | | X | | |
| Egg & Cheddar Breakfast Sammie | X | X | | | | | X | X | | | | X | | | | X | | |
| Egg & Cheddar Breakfast Sammie no cheese | X | X | | | | | X | X | | | | X | | | | X | | |

| Menu Item | Allergen | | | | | | | | Other Sensitivities | | | | | | | | | |
|---|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Bacon, Egg & Cheddar Breakfast Sandwich wheat | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Bacon, Egg & Cheddar Breakfast Sandwich wheat no cheese | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Bacon, Egg & Cheddar Breakfast Sandwich white | X | X | | | | | X | X | | | X | X | | | | X | | |
| Bacon, Egg & Cheddar Breakfast Sandwich white no cheese | X | X | | | | | X | X | | | X | X | | | | X | | |
| Bacon, Egg & Cheddar Breakfast Sammie | X | X | | | | | X | X | | | | X | | | | X | | |
| Bacon, Egg & Cheddar Breakfast Sammie no cheese | X | X | | | | | X | X | | | | X | | | | X | | |
| Steak & Cheddar Breakfast Sandwich Wheat | X | X | | | | | X | X | | X | | X | X | | X | X | | |
| Steak & Cheddar Breakfast Sandwich Wheat no cheese | X | X | | | | | X | X | | X | | X | X | | X | X | | |
| Steak and Cheddar Breakfast Sandwich White | X | X | | | | | X | X | | | X | X | X | | X | X | | |
| Steak and Cheddar Breakfast Sandwich White no cheese | X | X | | | | | X | X | | | X | X | X | | X | X | | |
| Steak and Cheddar Breakfast Sammie | X | X | | | | | X | X | | | | X | X | | X | X | | |
| Steak and Cheddar Breakfast Sammie no cheese | X | X | | | | | X | X | | | | X | X | | X | X | | |
| Ham, Egg & Cheddar Breakfast Sandwich wheat | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Ham, Egg & Cheddar Breakfast Sandwich wheat no cheese | X | X | | | | | X | X | | X | | X | X | | | X | | |

| Menu Item | Allergen | | | | | | | | Other Sensitivities | | | | | | | | | |
|--|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Ham, Egg & Cheddar Breakfast Sandwich white | X | X | | | | | X | X | | | X | X | | | | X | | |
| Ham, Egg & Cheddar Breakfast Sandwich white no cheese | X | X | | | | | X | X | | | X | X | | | | X | | |
| Ham, Egg & Cheddar Breakfast Sammie | X | X | | | | | X | X | | | | X | X | | | X | | |
| Ham, Egg & Cheddar Breakfast Sammie no cheese | X | X | | | | | X | X | | | | X | X | | | X | | |
| Garden Vegetable with Cheddar Breakfast Sandwich wheat | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Garden Vegetable with Cheddar Breakfast Sandwich wheat no cheese | X | X | | | | | X | X | | X | | X | X | | | X | | |
| Garden Vegetable with Cheddar Breakfast Sandwich white | X | X | | | | | X | X | | | X | X | | | | X | | |
| Garden Vegetable with Cheddar Breakfast Sandwich white no cheese | X | X | | | | | X | X | | | X | X | | | | X | | |
| Garden Vegetable with Cheddar Breakfast Sammie | X | X | | | | | X | X | | X | | X | | | | X | | |
| Garden Vegetable with Cheddar Breakfast Sammie no cheese | X | X | | | | | X | X | | X | | X | | | | X | | |
| Fruit Parfait with Yogurt | X | | | | | | | | | | X | | | | | | | |
| Desserts | | | | | | | | | | | | | | | | | | |
| Chocolate Chunk Cookie * | X | X | | | | | X | X | | | | X | | | | | | |
| Snickerdoodle Cookie * | X | X | | | | | X | X | | | | X | | | | | | |

| Menu Item | Allergen | | | | | | | | Other Sensitivities | | | | | | | | | |
|---------------------------|----------|------|------|-----------|-----------|---------|----------|-------|---------------------|--------|-------|--------|----------|-----|-----|-----------|------------|---------|
| | Milk | Eggs | Fish | Shellfish | Tree Nuts | Peanuts | Soybeans | Wheat | Unrefined Oil | Grains | Seeds | Gluten | Sulfites | MSG | HVP | Colorings | Custaceans | Molusks |
| Double Chocolate Cookie * | X | X | | | | | X | X | X | X | X | X | | | | | | |
| Raisin Oatmeal Cookie * | X | ** | | | | | X | X | | X | | X | | | | | | |
| Rosemary Parmesan Bread | X | | | | | | | X | | X | | X | | | | | | |

* Processed in a facility with wheat, eggs, dairy, soy, nuts, and peanuts.

**May Contain

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.