

<b>QUIZNOS Allergen Table</b>	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Soybeans	Wheat	Unrefined Oil	Grains	Seeds	Gluten	Sulfites	MSG	HVP	Colorings	Crustaceans	Mollusks
<b>BREAD</b>																		
White								X				X						
Wheat								X				X						
Rosemary Parmesan	X							X				X						
Jalapeno Cheddar	X							X				X						
Grilled Flatbread								X				X						
<b>CHEESE</b>																		
Cheddar	X																	X
Feta	X																	
Mozzarella	X																	
Swiss	X																	
<b>DRESSINGS &amp; SAUCES</b>																		
Apple Cider Vinaigrette		X																
BBQ Sauce													X					X
Buttermilk Ranch	X	X												X				
Chipotle Mayo		X																
Four Pepper Chili Sauce													X					X
Garlic Aioli	X	X					X											
Herb Oil																		
Honey French													X					
Honey Mustard		X																X
Horseradish		X																
Lite Mayo		X																
Parmesan Alfredo	X	X					X											X
Peppercorn Sauce	X	X					X											X
Red Wine Vinaigrette																		X
Tzatziki Sauce	X																	
Zesty Grill Sauce																		
<b>PROTEINS</b>																		
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															
<b>CONDIMENTS &amp; MISCELLANEOUS SIDES</b>																		
Au Jus	X						X											
Banana Peppers													X			X		
Black Olives																		
Chicken Broth													X					
Guacamole																		
Jalapeno Peppers													X					
Pepperoncini Peppers													X			X		
Pickles																X		
<b>LTO</b>																		
Lobster Scampi Bake	X	X	X	X			X			X		X			X	X	X	
Lobster Scampi Bake Salad	X	X	X	X			X			X		X			X	X	X	
Chipotle Lobster & Seafood	X	X	X	X			X			X		X			X	X	X	
Chipotle Lobster & Seafood Salad	X	X	X	X			X			X		X			X	X	X	
Lobster & Seafood	X	X	X	X			X			X		X			X	X	X	
Lobster & Seafood Salad	X	X	X	X			X			X		X			X	X	X	
<b>CLASSICS</b>																		
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		
<b>PREMIUM</b>																		
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				X						
<b>CHICKEN</b>																		
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	
<b>STEAK</b>																		
Black Angus Steakhouse	X						X	X				X	X		X	X	X	
Peppercorn Steak	X	X					X	X				X	X		X	X	X	
French Dip	X	X					X	X				X	X		X	X	X	
Chipole Steak & Cheddar	X	X					X	X				X	X		X	X	X	
<b>SOUP</b>																		
Broccoli Cheese	X						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						
<b>TATER TOTS</b>																		
Classic Tater Tots																		
Bacon Jalapeno Loaded Tots	X												X					

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	<b>DESSERTS</b>																	
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.