

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																	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.