

Menu Item	Allergen								Other Sensitivities								
	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Soybeans	Wheat	Unrefined Oil	Grains	Seeds	Sulfites	MSG	HVP	Colorings	Crustaceans	Mollusks
Breads																	
White Baguette								X		X	X						
9 Grain Artesian Wheat								X		X	X	X			X		
Rosemary Parmesan	X							X		X							
Italian Herb	X							X									
Torpedo								X		X	X						
Flat Bread	X							X									
Focaccia White								X									
Focaccia Wheat								X			X				X		
Italian Herb Wrap							X	X				X			X		
White Sub Roll								X									
Wheat Sub Roll								X							X		
Cheese																	
Cheddar	X														X		
Mozzarella	X																
Swiss	X																
Caesar Cheese Blend	X																
Blue Cheese Crumbles	X																
Shredded Cheddar	X																
Pepperjack	X																
Dressings & Sauces																	
Aioli Sauce		X															
Basil Pesto	X																
Buttermilk Ranch	X	X										X	X		X		
Chipotle Mayonnaise		X										X					
Country BBQ															X		
Creamy Bacon Alfredo	X	X				X	X					X	X	X	X		
Creamy Horseradish		X															
Fat Free Balsamic												X					

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Four Pepper Chili												X			X		
French Onion	X	X										X			X		
Honey Bourbon Mustard												X			X		
Honey French												X			X		
Honey Mustard		X								X		X			X		
Mayonnaise		X										X					
Mild Peppercorn	X	X					X					X		X			
Pan Asian							X	X			X		X		X		
Peppercorn Caesar	X	X	X											X	X		
Raspberry Chipotle											X						
Red Wine Vinaigrette	X										X				X		
Roasted Red Bell Pepper	X	X										X					
Yellow Mustard											X						
Zesty Grill												X					
Guacamole																	
Marinara Sauce																	
Meats																	
Bacon																	
Buffalo Chicken	X																
Capicola																	
Chicken																	
Hard Boiled Eggs		X															
Honey Ham										X							
Pepperoni																	
Roast Beef							X							X	X		
Roasted Turkey															X		
Salami												X					
Scrambled Egg Patty	X	X					X								X		
Steak	X						X	X				X		X	X		
Tuna			X				X										

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Soup																	
Broccoli Cheese	X						X	X							X		
Chicken Noodle	X	X					X	X							X		
Chili							X	X			X				X		
Produce																	
Shredded Lettuce																	
50/50 Blend Lettuce																	
Tomato																	
Red Onion																	
Yellow Onion																	
Sautéed Yellow Onion																	
Mushrooms																	
Sautéed Mushrooms																	
Desserts																	
*Cinnamon Sugar	X						X	X									
*Dark Chocolate Chunk	X	X					X	X									
*Double Chocolate Chunk	X						X	X									
*Oatmeal Raisin	X						X	X			X						
Kidz Chocolate Chunk	X	X					X	X									
Yogurt Parfait w/Mixed Berries	X																
Condiments & Miscellaneous Sides																	
Banana Pepper Rings												X			X		
Jalapenos												X					
Pickles															X		

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Pepperoncini												X			X		
Black Olives																	
*Salsa																	
*Tortilla Strips															X		
*Rice Noodles							X	X									
Pan Roasted Au Jus	X						X	X				X		X	X		

* Processed in a facility with milk, wheat, eggs, dairy, soy, fish, crustaceans, mollusks, tree nuts, grains, seeds, gluten, sulfites, msg, hvp, colorings, and or 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.