# Quiznos Allergen Information

Here is a list of allergens that may be found in Quiznos products:

- **Milk**
- **Eggs**
- **Fish**
- **Shellfish**
- **Tree Nuts**
- **Peanuts**
- **Soybeans**
- **Wheat**
- **Unrefined Oil**
- **Grains**
- **Seeds**
- **Gluten**
- **Sulfites**
- **MSG**
- **HVP**
- **Colorings**
- **Crustacea NS**
- **Mollusks**

## Menu Items

### Sandwiches
- **White Bread**: X X
- **Wheat Bread**: X X
- **Rosemary Parmesan Bread**: X
- **Jalapeno Cheddar Bread**: X
- **Grilled Flatbread**: X
- **Cheddar Cheese**: X
- **Provolone Cheese**: X
- **Swiss Cheese**: X
- **White American Cheese**: X
- **Apple Cider Vinaigrette**: X
- **Bacon Alfredo Sauce**: X
- **Buttermilk Ranch**: X
- **Blue Ribbon BBQ**: X
- **Chipotle Mayo**: X
- **Four Pepper Chili Sauce**: X
- **Honey French**: X
- **Honey Mustard**: X
- **Horneos**: X
- **Lite Mayo**: X
- **Marinara**: X
- **Tea Party Sauce**: X
- **Pepper Corn Sauce**: X
- **Lemon Herb Mayo**: X
- **Thousand Island**: X
- **Red Wine Vinaigrette**: X
- **Yellow Mustard**: X
- **Zesty Grill Sauce**: X
- **Bacon**: X
- **Black Angus**: X
- **Capicola**: X
- **Chicken**: X
- **Ham**: X
- **Lobster & Seafood Salad**: X
- **Meatballs**: X
- **Proni**: X
- **Pepperoni**: X
- **Gyro**: X
- **Salami**: X
- **Turkey**: X
- **Tuna**: X
- **Banana Peppers**: X
- **Cherry Peppers**: X
- **Black Olives**: X
- **Chicken Broth**: X
- **Guacamole**: X
- **Jalapeno Peppers**: X
- **Pepperoncini Peppers**: X
- **Pickles**: X
- **Subs**: X
- **Italian**: X
- **Turkey Ranch & Swiss**: X
- **Spicy Monterey**: X
- **Tuna Melt**: X
- **Veggie Guacamole**: X
- **Chipotle Turkey**: X
- **Ultimate Turkey Club**: X
- **Honey Bacon Club**: X
- **Turkey Bacon Guacamole**: X
- **Traditional**: X
- **Italian Meatball**: X
- **Mesquite**: X
- **Baja**: X
- **Carbonara**: X
- **Honey Mustard**: X
- **Southwest**: X
- **Apple Harvest**: X
- **Black Angus Steakhouse**: X
- **Penne Rigatte**: X
- **French Dip**: X
- **Chipotle Steak & Cheddar**: X
- **The Big Fat Greek Sub**: X

### Salads & Soups
- **Apple Harvest Salad**: X
- **Chef Inspired Salad**: X
- **Italian Salad**: X
- **Broccoli Cheese**: X
- **Chicken Noodle**: X

*Product may be produced on shared equipment with other products containing allergens. 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 formulas. Variations may occur due to differences in suppliers, ingredient substitutions, or product formulation at the restaurant. Some menu items may not be available at all restaurants. Test products, test formulations or regional item may not be included. All items are prepared in common areas and may contain trace amounts of ingredients contained in other products.*