

# QUIZNOS

## ALLERGEN INFORMATION



QUEST TO FIND FLAVOR SINCE 1981

|                           | MILK | EGGS | FISH | SHELLFISH | TREE NUTS | PEANUTS | SOYBEANS | WHEAT | UNREFINED OIL | GRAINS | SEEDS | GLUTEN | SULFITES | MSG | HVP | COLORINGS | CRUSTACEANS | MOLLUSKS |
|---------------------------|------|------|------|-----------|-----------|---------|----------|-------|---------------|--------|-------|--------|----------|-----|-----|-----------|-------------|----------|
| WHITE BREAD               |      |      |      |           |           |         |          | X     |               |        |       | X      |          |     |     |           |             |          |
| WHEAT BREAD               |      |      |      |           |           |         |          | X     |               |        |       | X      |          |     |     |           |             |          |
| ROSEMARY PARMESAN BREAD   | X    |      |      |           |           |         |          | X     |               |        |       | X      |          |     |     |           |             |          |
| JALAPENO CHEDDAR BREAD    | X    |      |      |           |           |         |          | X     |               |        |       | X      |          |     |     |           |             |          |
| GRILLED FLATBREAD BREAD   |      |      |      |           |           |         |          | X     |               |        |       | X      |          |     |     |           |             |          |
| CHEDDAR CHEESE            | X    |      |      |           |           |         |          |       |               |        |       |        |          |     |     | X         |             |          |
| PROVOLONE CHEESE          | X    |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| SWISS CHEESE              | X    |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| WHITE AMERICAN CHEESE     | X    |      |      |           |           |         | X        |       |               |        |       |        |          |     |     |           |             |          |
| APPLE CIDER VINAIGRETTE   |      | X    |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| BACON ALFREDO SAUCE       | X    | X    |      |           |           |         | X        |       |               |        |       |        |          |     | X   |           |             |          |
| BUTTERMILK RANCH          | X    | X    |      |           |           |         |          |       |               |        |       |        |          | X   |     |           |             |          |
| BLUE RIBBON BBQ           |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| CHIPOTLE MAYO             |      | X    |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| FOUR PEPPER CHILI SAUCE   |      |      |      |           |           |         |          |       |               |        |       |        | X        |     |     | X         |             |          |
| HONEY FRENCH              |      |      |      |           |           |         |          |       |               |        |       |        | X        |     |     |           |             |          |
| HONEY MUSTARD             |      | X    |      |           |           |         |          |       |               |        |       |        |          |     |     | X         |             |          |
| HORSERADISH               |      | X    |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| LITE MAYO                 |      | X    |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| MARINARA                  |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| TZATZIKI SAUCE            | X    |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| PEPPERCORN SAUCE          | X    | X    |      |           |           |         | X        |       |               |        |       |        |          |     | X   |           |             |          |
| LEMON HEB MAYO            |      | X    |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| THOUSAND ISLAND           |      | X    |      |           |           |         |          |       |               |        |       |        |          |     |     |           | X           |          |
| RED WINE VINAIGRETTE      | X    |      |      |           |           |         |          |       |               |        | X     |        |          |     |     |           | X           |          |
| YELLOW MUSTARD            |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| ZESTY GRILL SAUCE         |      |      |      |           |           |         |          |       |               |        |       |        | X        |     |     |           |             |          |
| BACON                     |      |      |      |           |           |         |          |       |               |        |       |        | X        |     |     |           |             |          |
| BLACK ANGUS               |      |      |      |           |           |         | X        | X     |               |        |       | X      | X        |     | X   | X         |             |          |
| CAPICOLA                  |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| CHICKEN                   |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| HAM                       |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| LOBSTER & SEAFOOD SALAD   | X    | X    | X    | X         |           |         | X        |       |               | X      |       | X      |          |     | X   | X         | X           |          |
| MEATBALLS                 | X    | X    |      |           |           |         | X        | X     |               | X      |       | X      |          |     |     | X         |             |          |
| PASTRAMI                  |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| PEPPERONI                 |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| GYRO                      |      |      |      |           |           |         | X        | X     |               |        |       |        | X        |     |     |           |             |          |
| SALAMI                    |      |      |      |           |           |         |          |       |               |        |       |        | X        |     |     |           |             |          |
| TURKEY                    |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| TUNA                      |      |      | X    |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| AU JUS                    | X    |      |      |           |           |         | X        |       |               |        |       |        |          |     |     |           |             |          |
| BANANA PEPPERS            |      |      |      |           |           |         |          |       |               |        |       |        | X        |     |     | X         |             |          |
| CHERRY PEPPERS            |      |      |      |           |           |         | X        |       |               |        |       |        |          |     |     |           |             |          |
| BLACK OLIVES              |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| CHICKEN BROTH             |      |      |      |           |           |         |          |       |               |        |       |        | X        |     |     |           |             |          |
| GUACAMOLE                 |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| JALAPENO PEPPERS          |      |      |      |           |           |         |          |       |               |        |       |        | X        |     |     |           |             |          |
| PEPPERONCINI PEPPERS      |      |      |      |           |           |         |          |       |               |        |       |        | X        |     |     | X         |             |          |
| PICKLES                   |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           | X           |          |
| <b>SUBS</b>               |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| ITALIAN                   | X    |      |      |           |           |         |          | X     |               |        |       | X      | X        |     |     |           | X           |          |
| TURKEY RANCH & SWISS      | X    | X    |      |           |           |         |          | X     |               |        |       | X      | X        | X   |     |           | X           |          |
| SPICY MONTEREY            | X    | X    |      |           |           |         |          | X     |               |        |       | X      | X        |     |     |           | X           |          |
| TUNA MELT                 | X    | X    | X    |           |           |         |          | X     |               |        |       | X      |          |     |     |           | X           |          |
| VEGGIE GUACAMOLE          | X    |      |      |           |           |         |          | X     |               |        |       | X      | X        |     |     |           | X           |          |
| 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     |               |        |       |        |          |     |     |           |             |          |
| 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           |          |
| 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         |             |          |
| CHIPOTLE STEAK & CHEDDAR  | X    | X    |      |           |           |         | X        | X     |               |        |       | X      | X        |     | X   | X         |             |          |
| QUESO PHILLY              | X    |      |      |           |           |         |          | X     | X             |        |       |        |          |     |     |           |             |          |
| MUSHROOM PHILLY           | X    |      |      |           |           |         |          | X     |               |        |       |        |          |     |     |           |             |          |
| <b>SALADS &amp; SOUPS</b> |      |      |      |           |           |         |          |       |               |        |       |        |          |     |     |           |             |          |
| APPLE HARVEST SALAD       |      | X    |      |           |           |         | X        |       |               |        | X     |        |          |     |     |           | X           |          |
| CHEF INSPIRED SALAD       | X    | X    |      |           |           |         |          |       |               |        |       |        |          | X   |     |           |             |          |
| ITALIAN SALAD             | X    | X    |      |           |           |         |          |       |               |        | X     |        |          |     |     |           | X           |          |
| BROCCOLI CHEESE           | X    |      |      |           |           |         | X        | X     |               |        |       | X      |          |     | X   | X         |             |          |
| CHICKEN NOODLE            | X    | X    |      |           |           |         | X        | X     |               |        |       | X      |          |     |     |           |             |          |
| CHILI                     |      |      |      |           |           |         | X        | X     |               |        |       | X      |          |     |     |           |             |          |

\* Product may be produced on shared equipment with other product containing allergens. Quiznos attempts to provide 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 difference in suppliers, ingredient substitutions, recipe revisions and/or product production at the restaurant. Some menu items may not be available to 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.

