

QUIZNOS

US Base Allergen Information

Upd 1/25

	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Gluten / Wheat	Soy	Sesame	Mustard
LIMITED TIME OFFERS										
GLUTEN FREE Buffalo Chicken Sub	✓	✓								✓
Buffalo Chicken Sub	✓	✓					✓			✓
CLASSIC SUBS										
Classic Italian	✓						✓			
Chipotle Turkey	✓	✓					✓			
Honey Bacon Club	✓						✓			✓
Lobster & Seafood Salad	✓	✓	✓	✓			✓	✓		✓
Spicy Monterey	✓	✓					✓			✓
Traditional	✓	✓					✓	✓		
Tuna Melt	✓	✓	✓				✓			
Turkey Bacon Guacamole	✓	✓					✓			
Turkey Ranch Swiss	✓	✓					✓			
Ultimate Turkey Club	✓	✓					✓			✓
Veggie Guacamole	✓						✓			
CHICKEN SUBS										
Baja	✓	✓					✓			✓
Carbonara	✓	✓					✓			
Honey Mustard	✓	✓					✓			✓
Mesquite	✓	✓					✓			
Southwest	✓	✓					✓			
STEAK SUBS										
Black Angus Steakhouse	✓						✓	✓		✓
Chipotle Steak & Cheddar	✓	✓					✓	✓		
French Dip w/Au Jus	✓	✓					✓	✓		✓
Peppercorn Steak	✓	✓					✓	✓		
SPECIALTY - not available at all locations										
Apple Harvest Chicken	✓	✓					✓			✓
Italian Meatball	✓	✓					✓	✓		
Pastrami & Swiss	✓	✓					✓			✓
BREAKFAST (on 4" French Baguette, Sammie or Biscuit) - not available at all locations										
Egg & Cheddar	✓	✓					✓			
Ham Egg & Cheddar	✓	✓					✓			
Bacon Egg & Cheddar	✓	✓					✓			
Steak Egg & Cheddar	✓	✓					✓	✓		
Sausage Egg & Cheddar	✓	✓					✓			
KIDS										
Allergens for Ham & Cheese / Turkey & Cheese with meat, cheese, and mayo										
See Single Ingredient section if other items are selected										
Kids Triple Cheese Melt	✓						✓			
Kids Ham & Cheese	✓	✓					✓			✓
Kids Turkey & Cheese	✓	✓					✓			✓
SALADS										
Chef Salad w/Honey Mustard Dressing	✓	✓					✓			✓
Classic Italian Salad w/Red Wine Vinaigrette	✓						✓			
Apple Harvest Chicken Salad	✓	✓								
SOUP										

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Broccoli Cheese				✓						✓	✓		
Chili											✓		
SIDES													
Classic Tots													
Bacon Jalapeno Cheddar Loaded Tots				✓	✓								
Chips				See individual package									
DESSERTS													
Chocolate Brownie Sweet Street Gluten Free				NEW!									
				✓	✓						✓		
Choc Chip Cookie, Catering 1.35 oz				✓	✓					✓	✓		
Choc Chunk Cookie 3 oz				✓	✓					✓	✓		
White Choc Mac Cookie 3 oz				✓	✓			✓		✓	✓		
Oatmeal Raisin Cookie 3 oz				✓	✓					✓	✓		
SINGLE INGREDIENT ALLERGEN INFORMATION													
BREAD													
Artisan White French Baguette										✓			
Artisan Wheat Multigrain Baguette										✓			
Rosemary Parmesan Baguette				✓						✓			
Jalapeno Cheddar Baguette				✓						✓			
Sammie (Flatbread Pita) Bread										✓			
Udi's Gluten Free Baguette				NEW!									
					✓								
PROTEINS													
Bacon Diced													
Black Angus Steak										✓	✓		
Capicola													
Chicken Breast				✓									
Ham										✓			
Lobster & Seafood Salad w/Mayo				✓	✓	✓	✓			✓	✓		✓
Meatballs				✓	✓					✓	✓		
Pepperoni													
Salami													
Tuna						✓							
Turkey													
CHEESE													
Cheddar				✓									
Provolone				✓									
Swiss				✓									
DRESSINGS & SAUCES													
Alfredo Sauce				✓	✓						✓		
Apple Cider Vinaigrette					✓								
Au Jus													
Blue Ribbon BBQ Sauce													✓
Buttermilk Ranch				✓	✓								
Four Pepper Chili Sauce (Batch 83)													
Frank's Spicy Mayo (LTO)				✓									
Honey French													✓
Honey Mustard					✓								✓
Horseradish					✓								✓

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Marinara										
Mayo Chipotle		✓								
Mayo Lite		✓								✓
Peppercorn Sauce	✓	✓						✓		
Red Wine Vinaigrette										
Yellow Mustard										✓
Zesty Grill Sauce										✓

CONDIMENTS, TOPPINGS, AND VEGGIES

Banana Peppers										
Black Olives										
Cucumber										
Green Bell Peppers Fresh										
Guacamole										
Jalapeno Peppers										
Lettuce Iceberg Shredded										
Lettuce Romaine Chopped										
Mushrooms Fresh										
Onions Red Fresh										
Pepperoncini Peppers										
Pickles Dill Slices										
Sautéed Green Bell Peppers										
Sautéed Mushrooms										
Sautéed Yellow Onions										
Tomatoes Red Round										

CATERING - if not listed below, see specific sandwich, Sammie, salad or dessert info above for allergen info.

Classic Italian Salad w/Red Wine Vinaigrette	✓						✓			
Ultimate Turkey Club Salad w/Ranch	✓	✓								
Honey Bacon Club Salad w/Honey French	✓						✓			✓
Fresh Garden Salad w/Red Wine Vinaigrette										

Quiznos attempts to provide ingredient information 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, recipe revisions, and/or procedures at the restaurant.

Test products, test formulations, or regional items may not be included on this list.

Products may be produced on shared vendor equipment or in the same vendor facility with other products containing allergens.

Gluten-friendly sandwiches prepared in the same space as gluten-containing subs; unintended cross-contamination possible.

All items are prepared in common areas and may contain trace amounts of ingredients contained in other products.

All sub recipes noted are with French Baguette unless otherwise noted.

Some menu items may not be available at all restaurants.