

Quiznos[®]

Allergen Information

Updated 5.2.16

	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Soybeans	Wheat	Unrefined Oil	Grains	Seeds	Gluten	Sulfites	MSG	HVP	Colorings	Crustaceans	Mollusks
	ALLERGEN								OTHER SENSITIVITIES									

BREAD

White								X				X						
Wheat								X				X						
Rosemary Parmesan	X							X				X						
Jalapeño Cheddar	X							X				X						
Ciabatta								X				X						
Grilled Flatbread								X		X		X						

CHEESE

Italian 3-Cheese Blend	X																	
Cheddar	X																X	
Mozzarella	X																	
Swiss	X																	

DRESSINGS & SAUCES

Acai Vinaigrette	X																	
Bacon Alfredo	X	X					X										X	
Balsamic Vinaigrette													X					
Basil Pesto	X																	
BBQ													X				X	
Chipotle Mayo		X																
Four Pepper Chili Sauce													X				X	
Herb Oil																		
Honey Bourbon													X				X	
Honey French													X					
Honey Mustard		X											X				X	
Horseradish		X																
Lite Mayo		X																
Peppercorn Sauce	X	X					X										X	
Peppercorn Caesar	X	X	X				X										X	
Ranch	X	X												X				
Red Wine Vinaigrette	X												X				X	

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Yellow Mustard

Zesty Grille Sauce

PROTEINS

Bacon

Black Angus

Capicola

Chicken

Ham

Lobster & Seafood Salad**

Meatballs**

Pepperoni

Pork

Salami

Turkey

Tuna

X X X X X X

X X X X X X X X X X X

X X X X X X X X

X

X

PRODUCE

Cucumbers

Guacamole

Green Bell Pepper

Mushrooms

Red Onion

Sautéed Green Peppers

Sautéed Mushrooms

Sautéed Red Onion

Salad Lettuce Blend

Shredded Lettuce

Tomato

CONDIMENTS & MISC. SIDES

Au Jus

Banana Peppers

X X X

X X X

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ALLERGEN

OTHER SENSITIVITIES

Black Olives																	
Jalapeno Peppers												X					
Pepperoncini Peppers												X			X		
Pickles															X		
Smoky Chicken Broth												X					

LTO

Lobster & Seafood Salad Sub	X	X	X	X		X	X	X	X					X	X	X	
Little Italy Ciabatta	X							X			X	X				X	
Ham & Swiss Ciabatta	X	X						X			X					X	
Southwest Club Ciabatta		X						X			X						

TURKEY

Turkey Ranch & Swiss	X	X						X	X		X		X				
Chipotle Turkey	X	X						X	X		X					X	
Turkey Bacon Guacamole	X	X						X	X		X		X				
Ultimate Club	X	X						X	X		X					X	
Basil Pesto Turkey	X	X						X	X		X						

DELI CLASSICS

Classic Italian	X							X	X		X	X				X	
The Traditional	X	X				X	X	X	X		X		X	X	X		
Honey Bacon Club	X							X	X		X	X					
Spicy Monterey	X	X						X	X		X	X				X	
Veggie Guacamole	X							X	X		X	X				X	
Tuna	X	X	X					X	X		X					X	
Italian Meatball**	X	X				X	X	X	X		X					X	

CHICKEN

Mesquite	X	X						X	X		X	X	X			X	
Pesto Caesar	X	X	X			X	X	X	X		X	X		X			
Honey Mustard	X	X						X	X		X	X				X	
Carbonara	X	X				X	X	X	X		X	X		X			
Baja	X	X						X	X		X	X				X	

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Honey Bourbon Chicken	X							X	X			X	X					X
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STEAK

Black Angus	X						X	X				X	X				X	X
Chipotle Steak & Cheddar	X	X					X	X				X	X				X	X
Peppercorn Steak	X	X					X	X				X	X				X	X
Steak Bacon & Swiss	X	X					X	X				X	X				X	X

TOASTY PASTAS**

Mac & Cheese	X							X				X						
Mac & Cheese with Bacon	X							X				X						
Mac & Cheese with Chicken	X							X				X						
Mac & Cheese with Chicken & Bacon	X							X				X						

SALADS (does not include the recommended dressing or the Wheat Wrap**)

Apple Harvest Chicken		X									X		X					X
Honey Mustard Chicken	X																	X
Peppercorn Caesar	X																	

SOUPS

Broccoli Cheese	X						X	X				X					X	X
Chicken Noodle	X	X					X	X				X						
Chili							X	X				X						
Chicken Tortilla	X						X	X				X					X	
Clam Chowder	X		X				X	X		X		X					X	X
Tomato Bisque	X																	

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 tree nuts.

**May not be available at all locations.

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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.

