





Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Soybeans	Wheat	Mustard	Unrefined Oil	Grains	Seeds	Gluten	Sulfites	MSG	HVP	Colourings	Crustaceans	Mollusks
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		ALLERGEN								OTHER SENSITIVITIES									
BREAD																			
	Italian Herb	X						X					X						
	Rosmary Parmesan							X					X						
	Sesame white							X				X	X						
	Whole Grain							X			X		X						
	Whole Wheat Wrap	X			X		X	X					X	X	X		X		
	Gluten Free Bread		X																
	Pizza Flatbread							X				X	X						
CHEESE																			
	Cheddar	X															X		
	Mozzarella	X																	
	Swiss	X																	
	Italian 50/50 Cheese Blend	X																	
DRESSINGS & SAUCES																			
	Alfredo Sauce	X	X				X	X					X						
	BBQ							X					X		X				
	Chipotle Mayo		X																
	Honey Bourbon							X					X			X			
	Honey French							X					X						
	Honey Mustard		X					X					X			X			
	Lite Mayo		X					X											
	Peppercorn Sauce	X	X				X												
	Ranch	X	X											X					
	Red Wine Vinaigrette																X		
	Marinara Sauce																		
Yellow Mustard								X											
Zesty Grille Sauce								X					X						

Products may be produced on shared equipment or in the same facility with other product containing allergens including tree-nuts and peanuts
 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 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.

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	ALLERGEN										OTHER SENSITIVITIES							
PROTEINS																		
																		
Black Angus						X	X							X	X		X	X
Capicola																		
Chicken		X																
Ham																		
Pepperoni																		
Salami														X				
Turkey		X																
Tuna			X			X												
PRODUCE																		
Cucumbers																		
Guacamole																		
Red Onions																		
Sautéed Green Bell Peppers			X					X									X	
Sautéed Mushrooms			X					X									X	
Sautéed Onions			X					X									X	
Salad Lettuce																		
Shredded Lettuce																		
Tomatoes																		
CONDIMENTS & MISC SIDES																		
Au Jus						X								X	X			
Banana Peppers														X			X	
Black Olives																		
Jalapeno Peppers														X				
Pepperoncini Peppers														X			X	
Pickles																	X	
Smoky Chicken Broth						X												

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