<table>
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<th>ALLERGEN INFORMATION</th>
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### ALLERGENS
- **Tree Nuts**
- **Peanuts**
- **Soybeans**
- **Wheat**
- **Mustard**
- **Unrefined Oil**
- **Grains**
- **Seeds**
- **Gluten**
- **Sulfites**
- **MSG**
- **HVP**
- **Colourings**
- **Crustaceans**
- **Mollusks**

### Foods

#### Crackers & Breads
- **Italian Herb Bread**
- **Rosemary Parmesan Bread**
- **Sesame White Bread**
- **Whole Grain Bread**
- **Gluten Smart Bread**
- **Pizza Flatbread**
- **Cheddar Cheese**
- **Mozzarella Cheese**
- **Swiss Cheese**
- **Italian Sun Dried Cheese Blend**
- **Alfredo Baguette**
- **BBQ Sauce**
- **Honey Bourbon Dressing**
- **Honey Mustard**
- **Spicy Pepper Chili Sauce**
- **Frank’s Original Red Hot**
- **Hot Sauce**
- **Old Bay Seasoning**
- **Pepperoncini Sauce**
- **Red Wine Vinegarette**
- **Marinated Olive Oil**
- **Yellow Mustard**
- **Zesty Green Sauce**
- **Bacon**
- **Cheese**
- **Chicken**
- **Ham**
- **Lobster**
- **Pepperoni**
- **Salami**
- **Turkey**
- **Tuna**
- **Meatballs**
- **Montreal Smoked Meat**
- **Cucumbers**
- **Guacamole**
- **Red Onions**
- **Sautéed Green Bell Peppers**
- **Sauerkraut**
- **Sautéed Mushrooms**
- **Sautéed Onions**
- **Salad Lettuce**
- **Shredded Lettuce**
- **Tomatoes**
- **Banana Peppers**
- **Black Olives**
- **Jalapeño Peppers**
- **Pepperoncini Peppers**
- **Pickles**
- **Smoky Chicken Broth**
- **Soy Sauce**

#### Specials
- **Montreal Smoked Meat Sub**
- **Classic Club**
- **Classic Italian**
- **Honey Bacon Club**
- **Signature Turkey**
- **The Canadian**
- **Turkey Bacon Guacamole**
- **Turkey Ranch & Swiss**
- **Pepperoni Steak**
- **Bacon & Swiss**
- **Chipotle Steak & Cheddar**

**Note:**
Products may be produced on shared equipment or in the same facility with other products containing allergens such as 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 differences 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 items may not be included. All items are prepared in common areas and may contain trace amounts of ingredients contained in other products. All food items with white background are gluten-free items.