

# QUIZNOS

## ALLERGEN INFORMATION



	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	SOYBEANS	WHEAT	MUSTARD	UNREFINED OIL	GRAINS	SEEDS	GLUTEN	SULFITES	MSG	HVP	COLOURINGS	CRUSTACEANS	MOLLUSKS
<b>ITALIAN HERB BREAD</b>	X							X					X						
<b>ROSMARY PARMESAN BREAD</b>								X					X						
<b>SESAME WHITE BREAD</b>								X				X	X						
<b>WHOLE GRAIN BREAD</b>								X			X		X						
<b>WHOLE WHEAT WRAP</b>	X				X		X	X					X	X	X			X	
<b>GLUTEN SMART BREAD</b>		X						X					X						
<b>PIZZA FLATBREAD</b>								X				X	X						
<b>CHEDDAR CHEESE</b>	X																	X	
<b>MOZZARELLA CHEESE</b>	X																		
<b>SWISS CHEESE</b>	X																		
<b>ITALIAN 50/50 CHEESE BLEND</b>	X																		
<b>ALFREDO SAUCE</b>	X	X					X	X					X						
<b>BBQ SAUCE</b>									X					X		X			
<b>CHIPOTLE MAYO</b>		X																	
<b>HONEY BOURBON DRESSING</b>									X					X				X	
<b>HONEY FRENCH DRESSING</b>									X					X					
<b>HONEY MUSTARD</b>		X							X					X				X	
<b>FOUR PEPPER CHILI - BATCH 83</b>																		X	
<b>FRANK'S® ORIGINAL RED HOT</b>																		X	
<b>LITE MAYO</b>		X							X										
<b>OLD BAY SEASONING</b>									X										
<b>PEPPERCORN SAUCE</b>	X	X					X												
<b>RANCH DRESSING</b>	X	X													X				
<b>RED WINE VINAIGRETTE</b>																		X	
<b>MARINARA SAUCE</b>																			
<b>YELLOW MUSTARD</b>									X										
<b>ZESTY GRILLE SAUCE</b>									X					X					
<b>BACON</b>																			
<b>CHOPPED STEAK</b>							X												
<b>BLACK ANGUS</b>							X	X					X	X		X	X		
<b>CAPICOLA</b>																			
<b>CHICKEN</b>		X																	
<b>HAM</b>																			
<b>LOBSTER</b>	X	X	X	X			X	X			X	X	X			X	X	X	X
<b>PEPPERONI</b>																			
<b>SALAMI</b>														X					
<b>TURKEY</b>		X																	
<b>TUNA</b>			X				X												
<b>MEATBALL</b>	X	X					X	X											
<b>MONTREAL SMOKED MEAT</b>							X	X					X						
<b>CUCUMBERS</b>																			
<b>GUACAMOLE</b>																			
<b>RED ONIONS</b>																			
<b>SAUTÉED GREEN BELL PEPPERS</b>			X						X									X	
<b>SAUERKRAUT</b>														X				X	
<b>SAUTÉED MUSHROOMS</b>			X						X									X	
<b>SAUTÉED ONIONS</b>			X						X									X	
<b>SALAD LETTUCE</b>																			
<b>SHREDDED LETTUCE</b>																			
<b>TOMATOES</b>																			
<b>AU JUS</b>							X						X	X					
<b>BANANA PEPPERS</b>														X				X	
<b>BLACK OLIVES</b>																			
<b>JALAPENO PEPPERS</b>														X				X	
<b>PEPPERONCINI PEPPERS</b>														X				X	
<b>PICKLES</b>																		X	
<b>SMOKY CHICKEN BROTH</b>							X												
<b>GARLIC SPREAD</b>		X					X		X					X					
<b>SPECIALS</b>																			
<b>MONTREAL MOKED MEAT SUB</b>							X	X	X			X	X						
<b>SUBS</b>																			
<b>CLASSIC CLUB</b>	X	X						X	X				X						
<b>CLASSIC ITALIAN</b>	X							X					X	X				X	
<b>HONEY BACON CLUB</b>	X	X						X	X				X	X					
<b>SIGNATURE TUNA</b>	X	X	X				X	X	X				X					X	
<b>THE TRADITIONAL</b>	X	X					X	X					X	X	X	X		X	
<b>TURKEY BACON GUACAMOLE</b>	X	X						X					X		X				
<b>TURKEY RANCH &amp; SWISS</b>	X	X						X					X		X				
<b>VEGGIE GUACAMOLE</b>	X							X					X					X	
<b>MESQUITE</b>	X	X						X					X	X	X			X	
<b>HONEY MUSTARD</b>	X	X						X	X				X	X				X	
<b>BAJA</b>	X	X						X	X				X	X				X	
<b>CARBONARA</b>	X	X					X	X	X				X	X		X	X		
<b>HONEY BOURBON</b>	X							X	X				X	X				X	
<b>BEEF &amp; SWISS MELT</b>	X	X					X	X	X				X	X		X	X		
<b>PEPPERCORN STEAK</b>	X	X					X	X	X				X	X		X	X		
<b>BLACK ANGUS</b>	X	X					X	X	X				X	X		X	X		
<b>CHIPOTLE STEAK &amp; CHEDDAR</b>	X	X					X	X	X				X	X		X	X		
<b>BISON REUBEN</b>	X	X						X	X				X	X				X	
<b>FLATBREADS</b>																			
<b>BIG PEPPERONI</b>	X							X			X		X					X	
<b>BBQ CHICKEN</b>	X							X	X		X		X	X				X	
<b>THE ITALIAN</b>	X							X			X		X	X				X	
<b>SALADS (Excludes dressing)</b>																			
<b>HONEY MUSTARD CHICKEN</b>																			
<b>MEDITERRANEAN</b>	X																		
<b>HONEY OF A CHEF</b>	X																		
<b>SOUP</b>																			
<b>BROCCOLI CHEESE</b>	X						X	X					X			X	X		
<b>CHICKEN NOODLE</b>	X	X					X	X					X					X	
<b>CHILI</b>							X	X					X						
<b>SIDES &amp; DESSERT</b>																			
<b>CHEESY GARLIC BREAD (NOT INCLUDING MARINARA)</b>	X	X					X	X	X			X	X	X					
<b>CHOCOLATE CHUNK COOKIE</b>	X	X					X	X		X	X		X						
<b>OATMEAL RAISIN COOKIE</b>	X	X					X	X		X	X		X						
<b>DOUBLE FUDGE COOKIE</b>	X	X					X	X		X	X		X						
<b>DEEP DUTCH BROWNIE</b>	X	X			X	X	X	X					X	X					
<b>NANAIMO BAR</b>	X	X			X	X	X	X					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. All Sub recipes with white baguette unless otherwise noted.

