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<th>ALLERGEN INFORMATION</th>
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### ITALIAN HERB BREAD
- **ROSSIY PARMESAN BREAD**
- **SEASAME WHITE BREAD**
- **WHOLE GRAIN BREAD**
- **WHOLE WHEAT BREAD**
- **ITALIAN 50/50 CHEESE BLEND**
- **ITALIAN HERB BREAD**
- **ROSSIY PARMESAN BREAD**
- **SEASAME WHITE BREAD**
- **WHOLE GRAIN BREAD**
- **WHOLE WHEAT BREAD**

### MILK
- **EGGS**
- **FISH**
- **SHELLFISH**
- **TREE NUTS**
- **PEANUTS**
- **SOYBEANS**
- **WHEAT**
- **MUSTARD**
- **UNREFINED OIL**
- **GRAINS**
- **SEEDS**
- **GLUTEN**
- **SULFITES**
- **MSG**
- **HVP**
- **COLOURINGS**
- **CRUSTACEANS**
- **MOLLUSKS**

### SPECIALS
- **CLASSIC LOBSTER SUB**
- **LEMON HERB LOBSTER SUB**

### SUBS
- **CLASSIC LOBSTER**
- **CLASSIC ITALIAN**
- **HONEY BACON CLUB**
- **GRANDMA'S TURKEY**
- **THE TRADITIONAL**
- **TUNA**
- **MEATBALL**
- **CUCUMBERS**
- **GUACAMOLE**
- **RED ONIONS**
- **SAUTÉED GREEN BELL PEPPERS**
- **SAUERKRAUT**
- **SAUTÉED MUSHROOMS**
- **SAUTÉED ONIONS**
- **SALAD LETTUCE**
- **SHREDDED LETTUCE**
- **TOMATOES**
- **AUJUS**
- **BANANA PEPPERS**
- **BLACK OLIVES**
- **JALAPENO PEPPERS**
- **PEPPERONI PEPPERS**
- **PICKLES**
- **CHILI CHICKEN BROTH**
- **GARLIC SPREAD**
- **HONEY MUSTARD**
- **BAJA**
- **CARBONARA**
- **HONEY BOURBON**
- **BEEF & SWISS MELT**
- **PEPPERCORN STEAK**
- **BLACK ANGUS**
- **CHIPOTLE STEAK & CHEDDAR**
- **BISON REUBEN**

### FLATBREADS
- **BIG PEPPERONI**
- **BBQ CHICKEN**
- **THE ITALIAN**

### SALADS (Excludes dressing)
- **HONEY MUSTARD CHICKEN**
- **MEDITERRANEAN**
- **HONEY OF A CHEF**

### SOUP
- **MEDITERRANEAN**
- **RANCH DRESSING**
- **RED WINE VINAIGRETTE**
- **MARINARA SAUCE**
- **YELLOW MUSTARD**
- **BACON**
- **CHEDDAR STEAK**
- **BLACK AND ROSEMARY PARMESAN BREAD**
- **SEASAME WHITE BREAD**
- **WHOLE GRAIN BREAD**
- **WHOLE WHEAT BREAD**
- **ROSSIY PARMESAN BREAD**
- **SEASAME WHITE BREAD**
- **WHOLE GRAIN BREAD**
- **WHOLE WHEAT BREAD**

### SIDE & DESSERT
- **CHEESY GARLIC BREAD**
- **CHOCOLATE CHUNK COOKIE**
- **OATMEAL RAISIN COOKIE**
- **DOUBLE FUDGE COOKIE**
- **DEEP DUTCH BROWNIE**
- **NANAIMO BAR**

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 and formulations. Differences may occur due to variations in the ingredients used, supplier differences, 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 but may be affected by a variety of other ingredients.