

# QUIZNOS

## CANADA ALLERGEN INFORMATION

Updated Apr 2024

	Milk / Lactose	Eggs	Fish	Shellfish (Mollusks / Crustaceans)	Tree Nuts	Peanuts	Soy	Wheat / Gluten	Mustard	Sesame Seeds	Sulphites
<b>CLASSIC SUBS &amp; WRAPS</b>											
Classic Italian Sub	✓							✓		✓	✓
Classic Italian Wrap	✓							✓			✓
Classic Club Sub	✓	✓						✓	✓	✓	
Classic Club Wrap	✓	✓						✓	✓		
Honey Bacon Club Sub	✓							✓	✓	✓	
Honey Bacon Club Wrap	✓							✓	✓		
Meatball Sub	✓	✓					✓	✓		✓	
Meatball Wrap	✓	✓					✓	✓			
Signature Tuna Sub (with Mayo)	✓	✓	✓					✓	✓	✓	
Signature Tuna Wrap (with Mayo)	✓	✓	✓					✓	✓		
Traditional Sub	✓	✓					✓	✓		✓	
Traditional Wrap	✓	✓					✓	✓			
Turkey Bacon Guacamole Sub	✓	✓						✓		✓	
Turkey Bacon Guacamole Wrap	✓	✓						✓			
Turkey Ranch Swiss Sub	✓	✓						✓		✓	
Turkey Ranch Swiss Wrap	✓	✓						✓			
Veggie Guacamole Sub	✓							✓		✓	
Veggie Guacamole Wrap	✓							✓			
<b>CHICKEN SUBS &amp; WRAPS</b>											
Baja Chicken Sub	✓	✓						✓	✓	✓	
Baja Chicken Wrap	✓	✓						✓	✓		
Carbonara Chicken Sub	✓	✓					✓	✓	✓	✓	✓
Carbonara Chicken Wrap	✓	✓					✓	✓	✓		✓
Honey Bourbon Chicken Sub								✓	✓	✓	✓
Honey Bourbon Chicken Wrap								✓	✓		✓
Honey Mustard Chicken Sub	✓	✓						✓	✓	✓	
Honey Mustard Chicken Wrap	✓	✓						✓	✓		
Mesquite Chicken Sub	✓	✓						✓		✓	
Mesquite Chicken Wrap	✓	✓						✓			
<b>BLACK ANGUS STEAK SUBS &amp; WRAPS</b>											
Beef Swiss Melt Sub	✓	✓					✓	✓	✓	✓	✓
Beef Swiss Melt Wrap	✓	✓					✓	✓	✓		✓
Black Angus Steak Sub, Rosemary Parm Baguette	✓	✓					✓	✓	✓		✓
Black Angus Steak Wrap	✓	✓					✓	✓	✓		✓
Chipotle Steak & Cheddar Sub	✓	✓					✓	✓	✓	✓	✓
Chipotle Steak & Cheddar Wrap	✓	✓					✓	✓	✓		✓
Peppercorn Steak Sub	✓	✓					✓	✓	✓	✓	
Peppercorn Steak Wrap	✓	✓					✓	✓	✓		
<b>SAMMIES</b>											
BBQ Steak		✓					✓	✓	✓		✓
Chipotle Chicken	✓	✓						✓			
Cool Ranch Chicken	✓	✓						✓			
<b>FLATBREAD PIZZA - some items not available at all locations</b>											
BBQ Chicken	✓							✓	✓		
Big Pepperoni	✓	✓					✓	✓	✓		✓
Italian	✓							✓			✓
<b>BREAKFAST - not available at all locations</b>											
Egg Sub	✓	✓						✓		✓	
Egg Sammie	✓	✓						✓			

# QUIZNOS

## CANADA ALLERGEN INFORMATION

Updated Apr 2024

	Milk / Lactose	Eggs	Fish	Shellfish (Mollusks / Crustaceans)	Tree Nuts	Peanuts	Soy	Wheat / Gluten	Mustard	Sesame Seeds	Sulphites
Steak & Egg Sub	✓	✓					✓	✓		✓	
Steak & Egg Sammie	✓	✓					✓	✓			
Ham & Egg Sub	✓	✓						✓		✓	
Ham & Egg Sammie	✓	✓						✓			
Bacon & Egg Sub	✓	✓						✓		✓	
Bacon & Egg Sammie	✓	✓						✓			
<b>KIDS</b>											
Cheesy Cheese	✓							✓		✓	
Ham & Cheese	✓							✓		✓	
Turkey & Cheese	✓							✓		✓	
<b>SALADS</b>											
Honey Chef w/Honey French Dressing	✓								✓		
Honey Mustard Chicken w/ Honey Mustard Dressing	✓	✓							✓		
Mediterranean Chicken w/Red Wine Vinaigrette	✓										
<b>SOUPS</b>											
Broccoli & Cheddar	✓						✓				
Chili							✓				✓
Crackers, 1 packet 2 count							✓	✓			
<b>SIDES</b>											
Cheesy Garlic Bread w/Marinara	✓	✓					✓	✓	✓		
Chips - Variety	See bag for allergen information										
<b>DESSERTS</b>											
Nanaimo Bar	✓						✓	✓			
Macaroon Bar	✓	✓			✓		✓	✓			
Chocolate Chunk Cookie	✓	✓					✓	✓			
Oatmeal Raisin Cookie	✓	✓						✓			
White Choc Macadamia Nut Cookie	✓				✓		✓	✓			
Deep Dutch Brownie	✓	✓			✓		✓	✓			
<b>SINGLE INGREDIENTS</b>											
<b>BREADS</b>											
Artisan Sesame French								✓		✓	
Artisan Whole Grain								✓			
Rosemary Parmesan	✓							✓			
Italian Herb	✓							✓			
Gluten Friendly Bread **							✓				
Pizza Flatbread								✓			
Sammie Flatbread Pita								✓			
Whole Wheat Wrap								✓			
<b>PROTEINS</b>											
Bacon Diced											
Black Angus Steak							✓	✓			
Capocollo											
Chicken Breast											
Ham											
Meatball (in Marinara)	✓	✓					✓	✓			
Pepperoni											
Salami Genoa											✓
Tuna (with Mayo)		✓	✓						✓		
Turkey Breast											
<b>CHEESE</b>											
Cheddar	✓										

# QUIZNOS

## CANADA ALLERGEN INFORMATION

Updated Apr 2024

	Milk / Lactose	Eggs	Fish	Shellfish (Mollusks / Crustaceans)	Tree Nuts	Peanuts	Soy	Wheat / Gluten	Mustard	Sesame Seeds	Sulphites
Mozzarella	✓										
Swiss	✓										
Italian 50/50 Cheese Blend Shreds	✓										
<b>DRESSINGS &amp; SAUCES</b>											
Alfredo Sauce	✓	✓					✓				
Au Jus							✓	✓			
Blue Ribbon BBQ									✓		
Buttermilk Ranch	✓	✓									
Four Pepper Chili Sauce (Batch 83)											
Honey Bourbon Sauce									✓		✓
Honey French									✓		
Honey Mustard		✓							✓		
Marinara											
Mayo Chipotle		✓									
Mayo Lite		✓							✓		
Peppercorn Sauce	✓	✓					✓				
Red Wine Vinaigrette											
Zesty Grille Sauce									✓		
<b>PRODUCE</b>											
Cucumbers											
Lettuce Iceberg											
Lettuce Romaine (Salad)											
Mushrooms Fresh											
Mushrooms Sautéed		✓					✓		✓		✓
Onions Red											
Onions Yellow											
Onions Yellow Sautéed		✓					✓		✓		✓
Peppers Green Bell Sautéed		✓					✓		✓		✓
Tomatoes Red Round											
<b>CONDIMENTS &amp; MISC</b>											
Au Jus, steak prep for hot sandwiches							✓	✓			
Chicken Broth, chicken prep for hot sandwiches											
Garlic Spread, used for Sauteed Veggies		✓					✓		✓		✓
Guacamole											
Olives Black											
Peppers Banana											✓
Peppers Jalapeno											
Peppers Pepperoncini											
Pickles Dill Slices											
<b>CATERING</b> - see specific sandwich, Sammie, salad or dessert info above for allergen information											
<i>** Gluten Friendly Bread is produced in a gluten-free facility, however, other ingredients in our restaurants contain gluten and are prepared on shared equipment so Quiznos cannot guarantee that any menu item is gluten free.</i>											
<i>Quiznos attempts to provide ingredient information 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 procedures at the restaurant.</i>											
<i>Test products, test formulations, or regional items may not be included on this document.</i>											
<i>Products may be produced on shared vendor equipment or in the same vendor facility with other products containing allergens.</i>											
<i>All items are prepared in restaurant common areas and may contain trace amounts of ingredients contained in other products.</i>											
<i>All Sub recipes noted are with Sesame French baguette unless otherwise noted.</i>											