QUIZNOS CANADA ALLERGEN INFORMATION	Milk / Lactose	Eggs	Fish	Shellfish (Mollusks / Crustaceans)	Tree Nuts	Peanuts	Soy	Wheat / Gluten	Mustard	Sesame Seeds	Sulphites
Updated Apr 2024	≥	шï	<u> </u>	<u> </u>	F	ے	Š	<u> </u>	_ ≥	Š	Š
CLASSIC SUBS & WRAPS	√		ı					√		√	√
Classic Italian Sub	∀							V		•	∨
Classic Italian Wrap	✓	√						∀	✓	√	– v
Classic Club Sub	✓	∀						∀	✓	V	
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	✓							✓			
CHICKEN SUBS & WRAPS											
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	1	√						✓	1		
Mesquite Chicken Sub	1	√						√		√	
Mesquite Chicken Wrap	1	1						✓			
BLACK ANGUS STEAK SUBS & WRAPS											
Beef Swiss Melt Sub	√	√					√	✓	V	√	✓
Beef Swiss Melt Wrap	1	√					√	√	1	· ·	1
Black Angus Steak Sub, Rosemary Parm Baguette	1	√					√	√	1		√
Black Angus Steak Wrap	1	· ✓					√	√	√		√
Chipotle Steak & Cheddar Sub	1	·					√	· ✓	· ✓	√	√
Chipotle Steak & Cheddar Wrap	1	· ✓					√	→	· ✓	•	√
Peppercorn Steak Sub	1	· /					→	· ✓	→	√	_
Peppercorn Steak Wrap	1	→					√	→	→	•	
							_ •				
SAMMIES PPO Stook		√				I	√	√	✓		✓
BBQ Steak	1	▼					•	▼	V		•
Chipotle Chicken	V	▼						V ✓			
Cool Ranch Chicken	•	_ •						_ •			
FLATBREAD PIZZA - some items not available at all lo	cations 🗸	l				1		√	✓		
BBQ Chicken	∀	√					√	∀	∀		√
Big Pepperoni	✓						•	✓	•		✓
Italian	· ·					<u> </u>		_ *			
BREAKFAST - not available at all locations	√					1				√	
Egg Sub	✓	√						√		Y	
Egg Sammie	V									Doo	ze 1 of 3

BREADS Artisan Sesame French					I .				l			
Steak & Egg Sammie	OTTT7NOC	a			usks /				en		s	
Steak & Egg Sammie	QUIZNOS	actos			(Moll	ts			'Glut	_	Seed	Ş
Steak & Egg Sammie	CANADA ALI ERGEN INEORMATION	/ [fish	N	ıuts		at/	tarc	me	hite
Steak & Egg Sammie		j j	ggs	ish	hell	ree	ean	ò	Vhe	Jns.	esa	dln
Seek & Egg Submile		<u> </u>	<u> </u>	ш	S O	-			<u>></u>			S
Ham & Egg Sub			·					√			,	
Ham & Egg Sammie											√	
Bacon & Egg Sub		1										
Bacon & Egg Sammie		1									√	
KIDS Cheesy Cheese Ham & Cheese V		√										
Cheesy Cheese			<u> </u>		<u> </u>	<u> </u>		<u>I</u>				
Ham & Cheese		1							√		✓	
Turkey & Cheese SALADS									√		√	
SALADS		1							√		√	
Honey Chef w/Honey French Dressing			<u> </u>		<u> </u>	<u> </u>		<u>I</u>				
Honey Mustard Chicken w/ Honey Mustard Dressing		√			<u> </u>		Ι		1	✓		
Mediterranean Chicken w/Red Wine Vinaigrette	·	1	1							√		
SOUPS Broccoli & Cheddar Chili Crackers, 1 packet 2 count SIDES SIDES Cheesy Garlic Bread w/Marinara Chips - Variety See bag for allergen information DESSERTS Nanaimo Bar Macaroon Bar Chocolate Chunk Cookie ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓		1										
Broccoli & Cheddar Chili Chili Charakers, I packet 2 count SIDES Cheesy Garlic Bread w/Marinara Chigs - Variety DESSERTS Nanaimo Bar Chocolate Chunk Cookie Oatmeal Raisin Cookie Oatmeal Raisin Cookie Oatmeal Raisin Cookie V V V V V V V V V V V V V V V V V V V			<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u>I</u>
Chili Crackers, 1 packet 2 count SiDES Cheesy Garlic Bread w/Marinara Chips - Variety See bag for allergen information DESSERTS Macaroon Bar Macaroon Bar Macaroon Bar Mile Choc Macadamia Nut Cookie White Choc Macadamia N		1	Ι		<u> </u>		Ι	✓	1			
Crackers, 1 packet 2 count								√				✓
Cheesy Garlic Bread w/Marinara								✓	√			
Chiesy Garlic Bread w/Marinara Chigs - Variety See bag for allergen information DESSERTS Nanaimo Bar Macaroon Bar Chocolate Chunk Cookie Oatmeal Raisin Cookie White Choc Macadamia Nut Cookie Deep Dutch Brownie SINGLE INGREDIENTS BREADS Artisan Sesame French Artisan Whole Grain Rosemary Parmesan Italian Herb Gluten Friendly Bread ** Pizza Flatbread Sammie Flatbread Pita Whole Wheat Wrap PROTEINS Bacon Diced Back Angus Steak Capocollo Chicken Breast Ham Meatball (in Marinara) Pepperoni Salami Genoa CHEESE CHEESE	·							<u>I</u>	<u> </u>	<u> </u>		l .
See bag for allergen information DESSERTS		1	/		<u> </u>		Ι	✓	✓	√		
DESSERTS Nanaimo Bar ✓	·	See ba	g for all	ergen i	nformat	ion		<u> </u>	<u> </u>			<u> </u>
Nanaimo Bar		000.00	<u> </u>	0.80								
Macaroon Bar Chocolate Chunk Cookie V V V V V V V V V V V V V V V V V V V		1						✓	✓			
Chocolate Chunk Cookie		√	√			✓		✓	✓			
Oatmeal Raisin Cookie ✓		✓	✓					✓	✓			
White Choc Macadamia Nut Cookie ✓ <		✓	✓						✓			
Deep Dutch Brownie		✓				✓		✓	✓			
SINGLE INGREDIENTS SERADS SERANT		✓	√			✓		✓	✓			
Artisan Sesame French Artisan Whole Grain Rosemary Parmesan V Italian Herb V Gluten Friendly Bread ** Pizza Flatbread Sammie Flatbread Pita Whole Wheat Wrap PROTEINS Bacon Diced Black Angus Steak Capocollo Chicken Breast Ham Meatball (in Marinara) Pepperoni Salami Genoa Tuna (with Mayo) Turkey Breast CHEESE V V V V V V V V V V V V V	SINGLE INGREDIENTS				•	!		<u> </u>	<u> </u>			
Artisan Sesame French Artisan Whole Grain Rosemary Parmesan V Italian Herb V Gluten Friendly Bread ** Pizza Flatbread Sammie Flatbread Pita Whole Wheat Wrap PROTEINS Bacon Diced Black Angus Steak Capocollo Chicken Breast Ham Meatball (in Marinara) Pepperoni Salami Genoa Tuna (with Mayo) Turkey Breast CHEESE V V V V V V V V V V V V V	BREADS											
Rosemary Parmesan V	Artisan Sesame French								✓		✓	
Italian Herb	Artisan Whole Grain								✓			
Gluten Friendly Bread **	Rosemary Parmesan	✓							✓			
Pizza Flatbread	Italian Herb	✓							✓			
Sammie Flatbread Pita Whole Wheat Wrap PROTEINS Bacon Diced Black Angus Steak Capocollo Chicken Breast Ham Meatball (in Marinara) Pepperoni Salami Genoa Tuna (with Mayo) Turkey Breast CHEESE								✓				
Whole Wheat Wrap PROTEINS Bacon Diced Black Angus Steak Capocollo Chicken Breast Ham Meatball (in Marinara) Pepperoni Salami Genoa Tuna (with Mayo) Turkey Breast CHEESE												
PROTEINS Bacon Diced												
Black Angus Steak ✓	·								✓			
Black Angus Steak ✓						ı					•	
Capocollo Image: Compact of the com	Bacon Diced											
Chicken Breast								✓	✓			
Ham	·											
Meatball (in Marinara) Pepperoni Salami Genoa Tuna (with Mayo) Turkey Breast CHEESE												
Pepperoni Salami Genoa Tuna (with Mayo) Turkey Breast CHEESE	Ham											
Salami Genoa ✓ Tuna (with Mayo) ✓ Turkey Breast ✓ CHEESE ✓	Meatball (in Marinara)	✓	✓					✓	✓			
Tuna (with Mayo) Turkey Breast CHEESE	Pepperoni											
Turkey Breast CHEESE	Salami Genoa											✓
CHEESE	Tuna (with Mayo)		✓	✓						✓		
Cheddar	CHEESE											
	Cheddar	√									Pag	e 2 of 3

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	✓										
DRESSINGS & SAUCES											
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									✓		
PRODUCE											
Cucumbers											
Lettuce Iceberg											
Lettuce Romaine (Salad)											
Mushrooms Fresh											
Mushrooms Sautéed		✓					✓		✓		✓
Onions Red											
Onions Yellow											
Onions Yellow Sautéed		✓					✓		✓		✓
Peppers Green Bell Sautéed		✓					✓		✓		✓
Tomatoes Red Round											
CONDIMENTS & MISC											
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											

CATERING - see specific sandwich, Sammie, salad or dessert info above for allergen information

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.

Test products, test formulations, or regional items may not be included on this document.

Products may be produced on shared vendor equipment or in the same vendor facility with other products containing allergens.

All items are prepared in restaurant common areas and may contain trace amounts of ingredients contained in other products.

All Sub recipes noted are with Sesame French baguette unless otherwise noted.

^{**} 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.