

Menu Item	Allergen								Other Sensitivities									
	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Soybeans	Wheat	Unrefined Oil	Grains	Seeds	Gluten	Sulfites	MSG	HVP	Colorings	Custaceans	Molusks

Premium Steak Subs																			
Black Angus Steak rose parmesan with dressing with cheese	X						X	X		X	X	X	X		X	X			
Black Angus Steak rose parmesan with dressing no cheese	X						X	X		X	X	X	X		X	X			
Black Angus Steak rose parmesan no dressing with cheese	X						X	X		X		X	X		X	X			
Black Angus Steak rose parmesan no dressing no cheese	X						X	X		X		X	X		X	X			
Prime Rib & Peppercorn wheat with dressing with cheese	X	X					X	X		X		X	X		X	X			
Prime Rib & Peppercorn wheat with dressing no cheese	X	X					X	X		X		X	X		X	X			
Prime Rib & Peppercorn wheat no dressing with cheese	X						X	X		X		X	X		X	X			
Prime Rib & Peppercorn wheat no dressing no cheese	X						X	X		X		X	X		X	X			
Prime Rib & Peppercorn white with dressing with cheese	X	X					X	X		X	X	X	X		X	X			
Prime Rib & Peppercorn white with dressing no cheese	X	X					X	X		X	X	X	X		X	X			
Prime Rib & Peppercorn white no dressing with cheese	X						X	X		X	X	X	X		X	X			
Prime Rib & Peppercorn white no dressing no cheese	X						X	X		X	X	X	X		X	X			
Prime Rib Cheesesteak	X	X					X	X		X		X	X		X	X			

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wheat with dressing with cheese																			
Prime Rib Cheesesteak wheat with dressing no cheese	X	X					X	X		X		X	X		X	X			
Prime Rib Cheesesteak wheat no dressing with cheese	X						X	X		X		X	X		X	X			
Prime Rib Cheesesteak wheat no dressing no cheese	X						X	X		X		X	X		X	X			
Prime Rib Cheesesteak white with dressing with cheese	X	X					X	X		X	X	X	X		X	X			
Prime Rib Cheesesteak white with dressing no cheese	X	X					X	X		X	X	X	X		X	X			
Prime Rib Cheesesteak white no dressing with cheese	X						X	X		X	X	X	X		X	X			
Prime Rib Cheesesteak white no dressing no cheese	X						X	X		X	X	X	X		X	X			
Prime Rib on Rosemary with dressing with cheese	X	X					X	X		X		X	X	X	X	X			
Prime Rib on Rosemary with dressing no cheese	X	X					X	X		X		X	X	X	X	X			
Prime Rib on Rosemary no dressing with cheese	X						X	X		X		X	X		X	X			
Prime Rib on Rosemary no dressing no cheese	X						X	X		X		X	X		X	X			
Delectable Chicken Subs																			
Baja Chicken wheat with dressing with cheese	X	X					X	X		X		X	X			X			
Baja Chicken wheat with dressing no cheese		X					X	X		X		X	X			X			
Baja Chicken wheat no	X						X	X		X		X	X			X			

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dressing with cheese																		
Baja Chicken wheat no dressing no cheese							X	X		X		X	X			X		
Baja Chicken white with dressing with cheese	X	X					X	X			X	X	X			X		
Baja Chicken white with dressing no cheese		X					X	X			X	X	X			X		
Baja Chicken white no dressing with cheese	X						X	X			X	X	X			X		
Baja Chicken white no dressing no cheese							X	X			X	X	X			X		
Chicken Carbonara white with dressing with cheese	X	X					X	X			X	X	X	X	X	X		
Chicken Carbonara white with dressing no cheese	X	X					X	X			X	X	X	X	X	X		
Chicken Carbonara white no dressing with cheese	X						X	X			X	X	X			X		
Chicken Carbonara white no dressing no cheese							X	X			X	X	X			X		
Honey Bourbon Chicken wheat with dressing							X	X		X	X	X	X			X		
Honey Bourbon Chicken wheat no dressing							X	X		X		X	X			X		
Honey Mustard Chicken wheat with dressing with cheese	X	X					X	X		X		X	X			X		
Honey Mustard Chicken wheat with dressing no cheese		X					X	X		X		X	X			X		
Honey Mustard Chicken wheat no dressing with cheese	X						X	X		X		X	X			X		
Honey Mustard Chicken wheat no dressing no cheese							X	X		X		X	X			X		
Honey Mustard Chicken white with dressing with cheese	X	X					X	X		X	X	X	X			X		

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Honey Mustard Chicken white with dressing no cheese		X					X	X		X	X	X	X			X		
Honey Mustard Chicken white no dressing with cheese	X						X	X		X	X	X	X			X		
Honey Mustard Chicken white no dressing no cheese							X	X		X	X	X	X			X		
Mesquite Chicken with Bacon wheat with dressing with cheese	X	X					X	X		X		X	X	X		X		
Mesquite Chicken with Bacon wheat with dressing no cheese	X	X					X	X		X		X	X	X		X		
Mesquite Chicken with Bacon wheat no dressing with cheese	X						X	X		X		X	X			X		
Mesquite Chicken with Bacon wheat no dressing no cheese							X	X		X		X	X			X		
Mesquite Chicken with Bacon white with dressing with cheese	X	X					X	X			X	X	X	X		X		
Mesquite Chicken with Bacon white with dressing no cheese	X	X					X	X			X	X	X	X		X		
Mesquite Chicken with Bacon white no dressing with cheese	X						X	X			X	X	X			X		
Mesquite Chicken with Bacon white no dressing no cheese							X	X			X	X	X			X		
Inspired Turkey Subs																		
Turkey Bacon Guacamole wheat with dressing with cheese	X	X						X		X		X	X	X		X		

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Turkey Bacon Guacamole wheat with dressing no cheese	X	X						X		X		X	X	X		X		
Turkey Bacon Guacamole wheat no dressing with cheese	X							X		X		X	X			X		
Turkey Bacon Guacamole wheat no dressing no cheese								X		X		X	X			X		
Turkey Bacon Guacamole white with dressing with cheese	X	X						X		X	X	X	X	X		X		
Turkey Bacon Guacamole white with dressing no cheese	X	X						X		X	X	X	X	X		X		
Turkey Bacon Guacamole white no dressing with cheese	X							X		X	X	X				X		
Turkey Bacon Guacamole white no dressing no cheese								X		X	X	X				X		
Turkey Ranch & Swiss wheat with dressing with cheese	X	X						X		X		X	X	X		X		
Turkey Ranch & Swiss wheat with dressing no cheese	X	X						X		X		X	X	X		X		
Turkey Ranch & Swiss wheat no dressing with cheese	X							X		X		X	X			X		
Turkey Ranch & Swiss wheat no dressing no cheese								X		X		X	X			X		
Turkey Ranch & Swiss white with dressing with cheese	X	X						X		X	X	X	X	X		X		
Turkey Ranch & Swiss white with dressing no cheese	X	X						X		X	X	X	X	X		X		

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Turkey Ranch & Swiss white no dressing with cheese	X							X		X	X	X				X		
Turkey Ranch & Swiss white no dressing no cheese								X		X	X	X				X		
Tuscan Turkey Rosemary Parmesan with dressing with cheese	X	X						X		X		X	X			X		
Tuscan Turkey Rosemary Parmesan with dressing no cheese	X	X						X		X		X	X			X		
Tuscan Turkey Rosemary Parmesan no dressing with cheese	X							X		X		X				X		
Tuscan Turkey Rosemary Parmesan no dressing no cheese	X							X		X		X	X					
Signature Classic Subs																		
Classic Club with Bacon wheat with dressing with cheese	X	X						X		X		X	X			X		
Classic Club with Bacon wheat with dressing no cheese		X						X		X		X	X			X		
Classic Club with Bacon wheat no dressing with cheese	X							X		X		X	X			X		
Classic Club with Bacon wheat no dressing no cheese								X		X		X	X			X		
Classic Club with Bacon white with dressing with cheese	X	X						X		X	X	X	X			X		
Classic Club with Bacon white with dressing no cheese		X						X		X	X	X	X					

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Classic Club with Bacon white no dressing with cheese	X							X		X	X	X				X		
Classic Club with Bacon white no dressing no cheese								X		X	X	X						
Classic Italian wheat with dressing with cheese	X							X		X	X	X	X			X		
Classic Italian wheat with dressing no cheese	X							X		X	X	X	X			X		
Classic Italian wheat no dressing with cheese	X							X		X		X	X			X		
Classic Italian wheat no dressing no cheese								X		X		X	X			X		
Classic Italian white with dressing with cheese	X							X			X	X	X			X		
Classic Italian white with dressing no cheese	X							X			X	X	X			X		
Classic Italian white no dressing with cheese	X							X			X	X	X					
Classic Italian white no dressing no cheese								X			X	X	X			X		
Honey Bacon Club wheat with dressing with Cheese	X	X						X		X		X	X	X		X		
Honey Bacon Club wheat with dressing no cheese	X	X						X		X		X	X	X		X		
Honey Bacon Club wheat no dressing with cheese	X							X		X		X	X			X		
Honey Bacon Club wheat no dressing no cheese								X		X		X	X			X		
Honey Bacon Club white with dressing with cheese	X	X						X		X	X	X	X	X		X		
Honey Bacon Club white with dressing no cheese	X	X						X		X	X	X	X	X		X		

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Honey Bacon Club white no dressing with cheese	X							X		X	X	X				X		
Honey Bacon Club white no dressing no cheese								X		X	X	X				X		
Pastrami and Swiss wheat with dressing with cheese	X	X					X	X		X		X	X		X	X		
Pastrami and Swiss wheat with dressing no cheese	X	X					X	X		X		X	X		X	X		
Pastrami and Swiss wheat no dressing with cheese	X						X	X		X		X	X		X	X		
Pastrami and Swiss wheat no dressing no cheese	X						X	X		X		X	X		X	X		
Pastrami and Swiss white with dressing with cheese	X	X					X	X			X	X	X		X	X		
Pastrami and Swiss white with dressing no cheese	X	X					X	X			X	X	X		X	X		
Pastrami and Swiss white no dressing with cheese	X						X	X			X	X	X		X	X		
Pastrami and Swiss white no dressing no cheese	X						X	X			X	X	X		X	X		
Steakhouse Beef Dip wheat with dressing with cheese	X	X					X	X		X		X	X		X	X		
Steakhouse Beef Dip wheat with dressing no cheese	X	X					X	X		X		X	X		X	X		
Steakhouse Beef Dip wheat no dressing with cheese	X						X	X		X		X	X		X	X		
Steakhouse Beef Dip wheat no dressing no cheese	X						X	X		X		X	X		X	X		

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Steakhouse Beef Dip white with dressing with cheese	X	X					X	X			X	X	X		X	X		
Steakhouse Beef Dip white with dressing no cheese	X	X					X	X			X	X	X		X	X		
Steakhouse Beef Dip white no dressing with cheese	X						X	X			X	X	X		X	X		
Steakhouse Beef Dip white no dressing no cheese	X						X	X			X	X	X		X	X		
The Traditional wheat with dressing with cheese	X	X					X	X		X		X	X	X	X	X		
The Traditional wheat with dressing no cheese	X	X					X	X		X		X	X	X	X	X		
The Traditional wheat no dressing with cheese	X						X	X		X		X	X		X	X		
The Traditional wheat no dressing no cheese							X	X		X		X	X		X	X		
The Traditional white with dressing with cheese	X	X					X	X		X	X	X	X	X	X	X		
The Traditional white with dressing no cheese	X	X					X	X		X	X	X	X	X	X	X		
The Traditional white no dressing with cheese	X						X	X		X	X	X	X		X	X		
The Traditional white no dressing no cheese							X	X		X	X	X	X		X	X		
Veggie wheat with dressing with cheese	X							X		X	X	X	X			X		
Veggie wheat with dressing no cheese	X							X		X	X	X	X			X		
Veggie wheat no dressing with cheese	X							X		X		X	X			X		
Veggie wheat no dressing no cheese								X		X		X	X			X		
Veggie white with dressing with cheese	X							X			X	X				X		

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Veggie white with dressing no cheese	X							X			X	X				X		
Veggie white no dressing with cheese	X							X			X	X				X		
Veggie white no dressing no cheese								X			X	X				X		
Deli Favorites																		
Honey Cured Ham & Swiss wheat with dressing with cheese	X	X						X		X		X	X			X		
Honey Cured Ham & Swiss wheat no dressing with cheese	X							X		X		X	X			X		
Honey Cured Ham & Swiss wheat with dressing no cheese		X						X		X		X	X			X		
Honey Cured Ham & Swiss wheat no dressing no cheese								X		X		X	X			X		
Honey Cured Ham & Swiss white with dressing with cheese	X	X						X			X	X	X					
Honey Cured Ham & Swiss white no dressing with cheese	X							X			X	X						
Honey Cured Ham & Swiss white with dressing no cheese		X						X			X	X	X					
Honey Cured Ham & Swiss white no dressing no cheese								X			X	X	X					
Oven Roasted Turkey & Cheddar wheat with dressing with cheese	X	X						X		X		X	X			X		
Oven Roasted Turkey & Cheddar wheat no dressing with cheese	X							X		X		X	X			X		
Oven Roasted Turkey & Cheddar wheat with dressing no cheese		X						X		X		X	X			X		

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Oven Roasted Turkey & Cheddar wheat no dressing no cheese								X		X		X	X			X		
Oven Roasted Turkey & Cheddar white with dressing with cheese	X	X						X		X	X	X	X			X		
Oven Roasted Turkey & Cheddar white no dressing with cheese	X							X		X	X	X				X		
Oven Roasted Turkey & Cheddar white with dressing no cheese		X						X		X	X	X	X			X		
Oven Roasted Turkey & Cheddar no dressing no cheese								X		X	X	X				X		
Roast Beef and Cheddar wheat with dressing with cheese	X	X					X	X		X		X	X		X	X		
Roast Beef and Cheddar wheat no dressing with cheese	X						X	X		X		X	X		X	X		
Roast Beef and Cheddar wheat with dressing no cheese		X					X	X		X		X	X		X	X		
Roast Beef and Cheddar wheat no dressing no cheese							X	X		X		X	X		X	X		
Roast Beef and Cheddar white with dressing with cheese	X	X					X	X			X	X	X		X	X		
Roast Beef and Cheddar white no dressing with cheese	X						X	X			X	X	X		X	X		
Roast Beef and Cheddar white with dressing no cheese		X					X	X			X	X	X		X	X		
Roast Beef and Cheddar no dressing no cheese							X	X			X	X	X		X	X		

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Tuna Melt wheat with dressing with cheese	X	X	X				X	X		X		X	X		X	X		
Tuna Melt wheat no dressing with cheese	X	X	X				X	X		X		X	X		X	X		
Tuna Melt wheat with dressing no cheese		X	X				X	X		X		X	X		X	X		
Tuna Melt wheat no dressing no cheese		X	X				X	X		X		X	X		X	X		
Tuna Melt white with dressing with cheese	X	X	X				X	X			X	X	X		X	X		
Tuna Melt white with dressing no cheese		X	X				X	X			X	X	X		X			
Tuna Melt white no dressing with cheese	X	X	X				X	X			X	X	X		X	X		
Tuna Melt white no dressing no cheese		X	X				X	X			X	X	X		X			
Meat Stack wheat with dressing with cheese	X	X						X		X		X	X			X		
Meat Stack wheat no dressing with cheese	X							X		X		X	X			X		
Meat Stack wheat with dressing no cheese		X						X		X		X	X			X		
Meat Stack wheat no dressing no cheese								X		X		X	X			X		
Meat Stack white with dressing with cheese	X	X						X		X	X	X	X			X		
Meat Stack white no dressing with cheese	X							X		X	X	X	X			X		
Meat Stack white with dressing no cheese		X						X		X	X	X	X			X		
Meat Stack white no dressing no cheese								X		X	X	X	X			X		
Primo Meatball Wheat with cheese	X						X	X			X	X	X		X	X		
Primo Meatball Wheat No Cheese	X						X	X			X	X	X		X	X		
Primo Meatball White with Cheese	X						X	X			X	X			X			

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Primo Meatball White no Cheese	X						X	X			X	X			X			
Flatbread Sammies																		
Alpine Chicken	X	X					X	X		X	X	X	X	X		X		
Alpine Chicken no dressing with cheese	X						X	X		X	X	X						
Alpine Chicken with dressing no cheese	X	X					X	X		X	X	X	X	X		X		
Alpine Chicken no dressing no cheese	X						X	X		X	X	X						
Bistro Steak Melt with dressing with cheese	X	X					X	X		X	X	X	X		X	X		
Bistro Steak Melt no dressing with cheese	X						X	X		X	X	X	X		X	X		
Bistro Steak Melt with dressing no cheese	X	X					X	X		X	X	X	X		X	X		
Bistro Steak Melt no dressing no cheese	X						X	X		X	X	X	X		X	X		
Italiano with dressing with cheese	X							X		X	X	X	X			X		
Italiano no dressing with cheese	X							X		X	X	X	X			X		
Italiano with dressing no cheese	X							X		X	X	X	X			X		
Italiano no dressing no cheese	X							X		X	X	X	X			X		
Sonoma Turkey with dressing with cheese	X	X						X		X	X	X	X			X		
Sonoma Turkey no dressing with cheese	X							X		X	X	X				X		
Sonoma Turkey with dressing no cheese	X	X						X		X	X	X	X			X		
Sonoma Turkey no dressing no cheese	X							X		X	X	X				X		
Balsamic Chicken with dressing	X						X	X		X	X	X	X					
Balsamic Chicken no dressing	X						X	X		X	X	X						

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Balsamic Black Angus Steak with dressing	X						X	X		X	X	X	X		X	X		
Balsamic Black Angus Steak no dressing	X						X	X		X	X	X	X		X	X		
Veggie with dressing with cheese	X							X		X	X	X				X		
Veggie no dressing with cheese	X							X		X	X	X				X		
Veggie with dressing no cheese	X							X		X	X	X				X		
Veggie no dressing no cheese	X							X		X	X	X						
Cantina Chicken with dressing	X						X	X		X	X	X	X			X		
Cantina Chicken no dressing	X						X	X		X	X	X						
Roadhouse Steak with dressing	X						X	X		X	X	X	X		X	X		
Roadhouse Steak no dressing	X						X	X		X	X	X	X		X	X		
Kidz Subs																		
Cheesy Cheese Wheat	X							X		X		X	X			X		
Cheesy White	X							X		X	X	X				X		
Just Cheese Kidz Sammie Jr.	X							X		X	X	X				X		
Ham & Cheese wheat	X							X		X		X	X			X		
Cheesy Ham wheat no cheese								X		X		X	X			X		
Ham & Cheese white	X							X		X	X	X				X		
Ham white no cheese								X		X	X	X						
Ham Melt Kidz Sammie Jr.	X							X		X	X	X				X		
Ham Melt Kidz Sammie Jr. no cheese	X							X		X	X	X						
Turkey & Cheese wheat	X							X		X		X	X			X		
Turkey wheat no cheese								X		X		X	X			X		

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Turkey & Cheese White	X							X		X	X	X				X		
Turkey white no cheese								X		X	X	X				X		
Tasty Turkey Kidz Sammie Jr.	X							X		X	X	X				X		
Tasty Turkey Kidz Sammie Jr. no cheese	X							X		X	X	X				X		
Flatbread Chopped Salads																		
Black & Bleu Flatbread Salad with dressing	X						X	X		X	X	X	X		X	X		
Black & Bleu Flatbread Salad no dressing	X						X	X		X	X	X	X		X	X		
Chicken Caesar Flatbread Salad with dressing	X	X	X				X	X		X	X	X	X	X	X			
Chicken Caesar Flatbread no dressing	X						X	X		X	X	X	X					
Classic Cobb Flatbread Salad with dressing	X	X					X	X		X	X	X	X	X		X		
Classic Cobb Flatbread Salad no dressing	X	X					X	X		X	X	X	X					
Raspberry Chipotle Chicken Flatbread Salad with dressing	X						X	X		X	X	X				X		
Raspberry Chipotle Chicken Flatbread Salad no dressing	X						X	X		X	X	X				X		
Roasted Chicken with Honey Mustard with dressing	X	X					X	X		X	X	X	X			X		
Roasted Chicken with Honey Mustard no dressing	X						X	X		X	X	X				X		
Side Salads																		
Chopped Salad no dressing																		

Menu Item	Allergen								Other Sensitivities									
	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Soybeans	Wheat	Unrefined Oil	Grains	Seeds	Gluten	Sulfites	MSG	HVP	Colorings	Custaceans	Molusks
Buttermilk Ranch	X	X											X	X		X		
Reduced Fat Buttermilk Ranch	X	X												X		X		
Fat Free Balsamic													X					
Honey Mustard		X											X			X		
Peppercorn Ceasar	X	X	X				X				X		X	X	X			
Savory Soups																		
Broccoli Cheese Cup or Bowl	X						X	X				X	X			X		
Chili Cup or Bowl							X	X				X			X			
Chicken Noodle Soup Cup or Bowl	X	X					X	X		X					X			
Loaded Baked Potato Soup Cup or Bowl	X						X	X				X						
Chicken Tortilla Soup Cup or Bowl							X								X	X		
Broccoli Cheese Bread Bowl	X						X	X				X	X			X		
Signature Chili Bread Bowl	X						X	X				X			X	X		
Chicken Noodle Bread Bowl	X	X					X	X		X								
Loaded Baked Potato Bread Bowl	X						X	X				X				X		
Chicken Tortilla Bread Bowl	X						X	X				X			X	X		
Breakfast																		
Egg & Cheddar Breakfast Sandwich wheat	X	X						X		X		X	X			X		
Egg & Cheddar Breakfast Sandwich white	X	X						X		X		X				X		
Bacon, Egg & Cheddar Breakfast Sandwich wheat	X	X						X		X		X	X			X		

Menu Item	Allergen								Other Sensitivities									
	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Soybeans	Wheat	Unrefined Oil	Grains	Seeds	Gluten	Sulfites	MSG	HVP	Colorings	Custaceans	Molusks
Bacon, Egg & Cheddar Breakfast Sandwich white	X	X						X			X	X				X		
Black Angus Steak and Cheddar Breakfast Sandwich Wheat	X	X					X	X		X		X	X		X	X		
Black Angus Steak and Cheddar Breakfast Sandwich White	X	X					X	X		X	X	X	X		X	X		
Ham, Egg & Cheddar Breakfast Sandwich wheat	X	X						X		X		X	X			X		
Ham, Egg & Cheddar Breakfast Sandwich white	X	X						X			X	X				X		
Garden Vegetable with Cheddar Breakfast Sandwich wheat	X	X						X		X		X	X			X		
Garden Vegetable with Cheddar Breakfast Sandwich white	X	X						X			X	X				X		
Fruit Parfait with Yogurt	X										X							
Desserts																		
Chocolate Chunk Cookie *	X	X					X	X				X						
Snickerdoodle Cookie *	X	X					X	X				X						
Double Chocolate Cookie *	X	X					X	X	X	X	X	X						
Raisin Oatmeal Cookie *	X	X					X	X				X						

* Processed in a facility with wheat, eggs, dairy, soy, 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 formulations. 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 at 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.