



## Hong Kong Ingredient Information for People with Food Allergies and Sensitivities

(Revised July 2020)

This list is compiled based on product information provided by Subway® approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include regional or special promotional items as ingredients vary.

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soy	Tree Nuts	Wheat/Gluten <sup>1</sup>	Sulphites	Autolyzed Yeast/ Hydrolyzed Prot. <sup>2</sup>	Nitrites/Nitrate
<b>Sandwiches*</b> on Italian (white) bread with lettuce, tomatoes, peppers, cucumbers and red onions.												
BLT							•		•			•
Chicken Chili				*	*		•	*	•			•
Chicken Teriyaki					•		•		•			•
Ham							•		•			•
Oven Roasted Chicken Breast							•		•			•
Roast Beef							•		•			•
Subway Club							•		•			•
Turkey Breast							•		•			•
Turkey Breast & Ham							•		•			•
Veggie Delite							•		•			•
Avocado							•		•			•
Egg Mayo	•						•		•			•
Italian BMT							•		•			•
Spicy Italian							•		•			•
Steak & Cheese			•				•		•	•		•
Subway Melt (includes cheese)			•				•		•			•
Tuna	•	•					•		•			•
Vegan Supreme							•		•			•
<b>Salads*</b> with lettuce, tomatoes, peppers, red onions, and olives.												
BLT				*	*			*				•
Chicken Chili				*	*			*				•
Chicken Teriyaki					•		•		•			•
Ham							•		•			•
Oven Roasted Chicken Breast							•		•			•
Roast Beef							•		•			•
Subway Club							•		•			•
Turkey Breast							X		•			•
Turkey Breast & Ham							X		•			•
Veggie Delite							•		•			•
Avocado							•		•			•
Egg Mayo	•						X		•			•
Italian BMT							•		•			•
Spicy Italian							•		•			•
Steak & Cheese			•				•		•	•		•
Subway Melt (includes cheese)			•				•		•			•
Tuna	•	•					X		•			•
Vegan Supreme							•		•			•
<b>Bread</b>												
Honey Oat							•		•			•
Parmesan Oregano			•				•		•			•
White							•		•			•
Wheat							•		•			•
Wrap							•		•			•
<b>Meat, Poultry, Seafood, Eggs and Veggie Patty</b>												
Bacon Strips												•
Chicken Strips, Plain												•
Chicken Strips, Hot Chili Sauce				*	*			*				•
Chicken Strips, Teriyaki Glazed					•				•			•
Chicken, Oven Roasted							•		•			•
Egg & Mayonnaise Mixture	•						X		•			•
Ham (Black forest)												•
Italian B.M.T. <sup>™</sup> meats (ham, pepperoni, salami)												•
Roast Beef							•		•			•
Steak, Diced							•		•			•
Spicy Italian meats (pepperoni & salami)							•		•			•
Tuna	•	•					X		•			•
Turkey Breast							X		•			•
Vegan Patty							•		•			•
<b>Cheese</b>												
Mozzarella, Shredded			•									•
Processed Cheddar Cheese			•				•					•
<b>Condiments &amp; Dressings</b>												
BBO												•
Chipotle Southwest Sauce	•		•				•		•			•
Honey Mustard Sauce												•
Hot Chili Sauce				*	*			*				•
Mayonnaise	•						X		•			•
Mustard, Yellow												•
Ranch	•		•				•		•			•
Sweet Onion Sauce												•
Thousand Island Dressing	•						•		•			•
<b>Vegetables</b>												
Avocado (pouch)												•
Jalapenos												•
Olives												•
Onions												•
Pickles												•
Vegetables, fresh												•
<b>Cookies</b>												
Chocolate Chip	•		•	**			•	**	•			•
Double Chocolate Chip	•		•	**			•	**	•			•
Oatmeal Raisin	•		•	**			*	**	•			•
Raspberry Cheesecake	•		•	**			•	**	•			•
White Chocolate Macadamia Nut	•		•	**			•	•	•			•

▲Allergen information for additional fixings and different bread varieties are listed separately on this chart.

<sup>1</sup>Wheat & Gluten categories are combined since all Subway® gluten-containing items are wheat derived.

<sup>2</sup>Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

\* May contain traces

\*\*Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies.

x- The only soy-derived ingredient is refined soybean oil.