

*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 list does not include regional or special promotional items as ingredients vary.*

## **BREADS**

**HONEY OAT BREAD:** Subway® Wheat Bread, Rolled oats, soy grits, sugar, wheat starch, honey powder, salt, honey flavour, vegetable oil, anti-caking agent(551). **Contains Gluten (wheat) and Soy.**

**PARMESAN OREGANO:** Subway® White Bread, Rice flour, Wheat gluten, Bread flour, salt, Garlic powder, Cheese powder, Oregano, Wheat, marjoram, cheese Flavor, vegetable oil, yeast extract, anti-caking agent, citric acid. **Contains Wheat (Gluten), Soy and Dairy**

**WHEAT BREAD:** Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Wheat Bran, Sugar, Wheat Gluten, Canola Oil, Iodised Salt {Anti Caking Agent (535)}, Soya Flour, Vegetable Emulsifiers (472e, 481, 471), Caramel (150c), Food Acid (300), Enzymes. **Contains: Gluten, Wheat and Soy.**

**WHITE BREAD:** Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, Wheat Gluten, Canola Oil, Iodised Salt {Anti Caking Agent (535)}, Soya Flour, Vegetable Emulsifiers (472e, 481, 471), Food Acid (300), Enzymes. **Contains: Gluten, Wheat and Soy.**

**WRAP:** Unbleached wheat flour, Water, Vegetable shortening (Palm oil shortening with Vitamin E), Salt, Sugar, Baking powder (Sodium acid pyrophosphate, Sodium bicarbonate, Monocalcium phosphate, Tapioca starch), Calcium propionate, Sodium bicarbonate, Fumaric acid, Yeast. **Contains Gluten**

## **MEAT, POULTRY, & SEAFOOD**

**BACON:** Pork belly, salt, sugar, smoke flavouring, stabiliser (E451), antioxidant (E316), preservative (E250).

**CHICKEN BREAST STRIPS:** Chicken breast meat 85%, seasoning 15% (water, modified starch/stabilizer (INS1420), salt, yeast extract, natural flavouring, maltodextrin, sugar, acidity regulator (INS500(ii), INS331(iii)))

**CHICKEN BREAST STRIPS, TERIYAKI GLAZED:** Subway® Chicken Breast Strips (see above), **Teriyaki glaze:** Water, Sugar, Food Additives(Hydroxypropyl Distarch Phosphate, Acetic Acid, Caramel Colour Class III - Ammonia Process, Lactic Acid, Potassium Sorbate, Paprika Red), Fructose Glucose Syrup, Ginger, Soy Sauce, Salt, Tomato Paste, Yeast Extract, Spices, Sesame Seed, Red Bell Pepper, Sesame Oil, Flavour. **Contains: Sesame, Wheat And Soy**

**CHICKEN BREAST STRIPS WITH HOT CHILI SAUCE:** Subway® Chicken Breast Strips (see above). **HOT CHILI SAUCE:** Water, Sugar, Chilli, Thickener (1442), Salt, Acidity Regulator (260), Spice, Lime. **May Contain: Peanuts, Tree Nuts, Sesame.**

**CHICKEN, OVEN ROASTED:** Minced Chicken Breast 87%, Seasonings 13% [(water, modified starch/stabilizer (INS1420), Dextrose, Sugar, Salt, Onion, stabilizer (INS451I), Vinegar powder, Hydrolyzed Soy protein, Yeast extract, Garlic, Flavour Enhancer (Disodium 5-Ribonucleotides), Soybean oil)]. **CONTAINS SOY.**

**EGG & MAYONNAISE MIXTURE:** Subway® Mayonnaise (see below), Egg, Water, Salt, Citric acid, Sodium citrate. **Contains Egg.**

**HAM (Black Forest)** Black Forest Ham (Water added-Natural Smoke flavor added) Cured with: water, dextrose, 2% or less of modified food starch, salt, vinegar, sodium phosphates, natural smoke flavor, sodium erythorbate, sodium nitrite.

**ITALIAN B.M.T.® MEATS: Genoa Salami:** Pork, Salt, Dextrose, Water, Spices, Flavorings, Vitamin C (Sodium Ascorbate), Lactic Acid Starter Culture, Sodium Nitrite, Citric Acid **HAM (Black Forest):** Black Forest Ham (Water added-Natural Smoke flavor added) Cured with: water, dextrose, 2% or less of modified food starch, salt, vinegar, sodium phosphates, natural smoke flavor, sodium erythorbate, sodium nitrite. **Pepperoni:** Pork, Salt, Dextrose, Spices, Water, Oleoresin of Paprika, Flavorings, Vitamin C (Sodium Ascorbate), Lactic Acid Starter Culture, Sodium Nitrite, Citric Acid

**ROAST BEEF:** Fully Cooked Sliced Roast Beef Upon cooking contains up to 10% solution of water, salt, dextrose, corn syrup, sodium phosphates, garlic powder, onion powder, natural flavor. Coated with: natural flavor, potato maltodextrin, salt, spices, garlic powder, onion powder, sugar.

**SNOW CRAB MIXTURE: Kewpie salad dressing (see below)** , Snow Crab, Surimi(Surimi(fish, Sodium Tripolyphosphate, SAPP, Sodium hexametaphosphate), Water, Cassava Starch, Sugar, Vegetable Oil, Salt, Crab Extract(Water, Crab, Maltodextrin, Sugar, Salt, MSG, Glucose, 5-Disodium inosinate), Soybean Protein, Food Flavor, Food Additive(MSG, Paprika Red)), Water, Salt. **Contains Fish,Shellfish/Molluscs, Soybean.**

**STEAK, DICED:** Beef (min 80%), Water, Dextrose, Hydrolysed Vegetable Protein (Maize & Soy), Thickener (1442), Maltodextrin, Salt, Mineral Salts (508,450,451), Stabiliser (407a), Colour (150d) (sulphites), Vegetable Powders, Fermented Soya Sauce (Soy), Yeast Extract, Natural Flavour, Vegetable Oil, Spice Extracts, Vegetable Extracts. **Contains: Soy and Sulphites.**

**SPICY ITALIAN MEATS (Pepperoni & Salami): Genoa Salami:** Pork, Salt, Dextrose, Water, Spices, Flavorings, Vitamin C (Sodium Ascorbate), Lactic Acid Starter Culture, Sodium Nitrite, Citric Acid **Pepperoni:** Pork, Salt, Dextrose, Spices, Water, Oleoresin of Paprika, Flavorings, Vitamin C (Sodium Ascorbate), Lactic Acid Starter Culture, Sodium Nitrite, Citric Acid

**SUBWAY MELT™ MEATS: TURKEY BREAST:** Turkey breast, turkey broth, proprietary seasoning blend (modified food starch, dextrose, salt, carrageenan, seasoned salt [salt, sodium diacetate, flavoring]), contains 2% or less sodium lactate, sodium phosphates. Browned in soybean oil. **HAM (Black Forest):** Black Forest Ham (Water added-Natural Smoke flavor added) Cured with: water, dextrose, 2% or less of modified food starch, salt, vinegar, sodium phosphates, natural smoke flavor, sodium erythorbate, sodium nitrite. **BACON:** pork belly, salt,

sugar, smoke flavouring, stabiliser (E451), antioxidant (E316), preservative (E250). **Processed Cheddar Cheese:** Cheese (min 65%) [Cows Milk, Salt, Cultures, Enzyme (Microbial/Calf Rennet)], Water, Milk Solids, Emulsifiers [331 (TriSodium Citrate), 332(TriPotassium Citrate), 322 (Soy Lecithin)], Salt, Acidity regulator 330(Citric Acid), Preservative 200 (Sorbic Acid). **Contains: Milk and Soy.**

**TUNA:** Tuna, Subway® regular mayonnaise, water, salt. **Contains eggs and fish.**

**TURKEY BREAST** Turkey breast, turkey broth, proprietary seasoning blend (modified food starch, dextrose, salt, carrageenan, seasoned salt [salt, sodium diacetate, flavoring]), contains 2% or less sodium lactate, sodium phosphates. Browned in soybean oil.

## VEGAN

**VEGAN PATTY:** Vegetables (40%) (Carrots, Bell Peppers, Mushrooms, Water Chestnuts, Onions, Black Olives), Soy Protein, Cooked Brown Rice, Seasonings [Herbs and Spices, Hydrolysed Vegetable Protein (Soy), Yeast Extracts, Sugar, Salt, Vegetable Fibre], Oats (contain gluten), Vegetable Oil. **Contains: Wheat, Gluten and Soy.**

## CHEESE

**MOZZARELLA, SHREDDED:** Pasteurised cow milk, Milk solids(from cow milk), Salt, Acidity regulator(270), Coagulating enzyme (microbial). Contains Acidity regulator & Enzyme as permitted food conditioners. **Contains Milk & dairy products.**

**PROCESSED CHEDDAR CHEESE:** Cheese (min 65%) [Cows Milk, Salt, Cultures, Enzyme (Microbial/Calf Rennet)], Water, Milk Solids, Emulsifiers [331 (TriSodium Citrate), 332(TriPotassium Citrate), 322 (Soy Lecithin)], Salt, Acidity regulator 330(Citric Acid), Preservative 200 (Sorbic Acid). **Contains: Milk and Soy.**

## VEGETABLES

**AVOCADO:** Avocado, Lime juice concentrate, salt

**CUCUMBERS:** Fresh ripe cucumbers

**GREEN PEPPERS:** Fresh green bell peppers

**JALAPEÑO PEPPER SLICES:** Jalapenos, water, salt, vinegar, Sodium Benzoate, Sodium Metabisulfite, Turmeric

**PICKLES:** Pickles, Water, Vinegar, Salt, Mineral Salt (509), Preservative (211), Natural Flavorings, Emulsifier (433).

**LETTUCE:** Shredded Iceberg Lettuce.

**OLIVES:** Sliced Black Olives, Water, Salt, Ferrous Gluconate

**ONIONS:** Jumbo Red Onions.

**TOMATOES:** Fresh Red Ripe Tomatoes.

## **SAUCES AND DRESSINGS**

**BBQ:** Sugar, Tomato Pulp, Water, Onion, Thickener (1442), Salt, Garlic, Spices (Mustard, Black Pepper), Food Acids (260, 338), Colour (150c), Flavours, Vegetable Gum (415).

**CHIPOTLE SOUTHWEST:** Soy Oil, Water, Vinegar, Sugar, Milk Solids, Onion, Egg Yolk, Salt, Food Acids (270, 260), Thickener (1442), Spices, Yeast Extract, Garlic, Vegetable Gum (415), Emulsifier (435), Herb, Preservative (202), Flavours, Malt Extract, Colour (160c), Sequestrant (385). **Contains: Milk, Soy, Egg and Gluten (barley).**

**HONEY MUSTARD:** Water, Sugar, Vinegar, Dijon Mustard [Water, Mustard Seed, Vinegar, Salt, Food Acids (330, 334), Spices], Honey, Thickener (1442), Onion, Flavour, Salt, Mustard, Food Acid (330), Vegetable Gum (415), Preservative (202), Garlic.

**HOT CHILI SAUCE:** Water, Sugar, Chilli, Thickener (1442), Salt, Acidity Regulator (260), Spice, Lime. **May Contain: Peanuts, Tree Nuts, Sesame.**

**MAYONNAISE:** Soybean Oil, Water, Eggs, Vinegar, Egg Yolks, Salt, Sugar, Sodium Acetate [E262], Mustard Powder, Onion Powder, Contains Yeast Extract (Yeast Extract, Maltodextrin) As Permitted Flavour Enhancer, Garlic Powder, Xanthan Gum [E415], White Pepper Powder, Citric Acid [E330], Calcium Disodium EDTA [E385], Mustard Seed Extract. Contains Acidity Regulator (Sodium Acetate, Citric Acid), Thickener (Xanthan Gum), Stabiliser (Calcium Disodium EDTA) As Permitted Food Conditioner. **Contains: Eggs.**

**MUSTARD, YELLOW:** Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors and Garlic Powder.

**RANCH:** Soy Oil [Antioxidant (307b)], Water, Egg Yolk, Sugar, Buttermilk Powder, Salt, Vinegar, Spices (Mustard, Turmeric, Black Pepper, White Pepper), Food Acid (260), Thickener (1442), Vegetable Powders (Onion, Garlic), Vegetable Gum (415), Preservatives (202, 211), Herb (Dill), Colour (150c), Sequestrant (385), Herb Extract (Dill). **Contains Soy, Milk and Egg.**

**SWEET ONION (LOW FAT):** Water, Sugar, Onion, Thickener (1442), Red Bell Pepper, Spices (Mustard, Black Pepper, Celery Seed), Food Acid (260), Salt, Preservative (202).

**THOUSAND ISLAND DRESSING:** Soybean Oil, Water, Sugar, Vinegar, Pickled Vegetable (Cucumber, Carrot, Sugar, Vinegar, Onion, Salt), Egg Yolk, Salt, Tomato Ketchup (Sugar, Tomato Paste, Vinegar, Salt, Spices, Modified Starch [E1412], Xanthan Gum [E415], Permitted Flavouring (Contains Soybean, Wheat)), Onion Powder, Xanthan Gum [E415], Garlic Powder,

Citric Acid [E330], Sodium Acetate [E262], Paprika Extract [E160c], Calcium Disodium EDTA [E385], Mustard Seed Extract. Contains Modified Starch, Thickener (Xanthan Gum), Acidity Regulators (Citric Acid, Sodium Acetate), Stabiliser (Calcium Disodium EDTA) As Permitted Food Conditioners. **Contains: Soybeans, Egg, Wheat.**

**KEWPIE SALAD DRESSING(MENTAIKO FLAVOR):** Vegetable Oil, Water, Sugar, Mentaiko with salt, Egg yolk, Food Additives(Acetylated Distarch Adipate, DL-malic Acid, Xanthan Gum, Disodium 5-ribonucleotide, Phosphoric acid, Carmine Cochineal, Potassium Sorbate, Disodium Ethylene-Diamine-Tetra-Acetate), Soy sauce, Salt, Vinegar, Spices, Seafood Extracts(Water, Dried Bonito, Dried mackerel, Dried kelp, Salt), Food Flavoring.  
**Contains Soy, Fish, Gluten & Egg**

## COOKIES

**CHOCOLATE CHIP:** Enriched bleached flour (Bleached wheat flour, Malted barley flour, Niacin, Iron, Thiamin mononitrate, Riboflavin, Folic acid), Sugar, Semi-sweet Chocolate chips (sugar, Unsweetened chocolate, Cocoa butter, Soy lecithin, Natural flavor), Margarine (palm oil, butter [cream {milk}, salt], Water, Salt, Contains 2% or less of: natural flavor [milk], Beta carotene [color], vitamin A palmitate added), Palm oil, Eggs, Contains 2% or less of: Molasses, Water, Baking soda, Natural and Artificial flavor, Potassium chloride, Salt. **Contains: Eggs, Milk, Soy, Wheat.** MADE IN A FACILITY THAT ALSO PROCESSES: PEANUTS, TREE NUTS (ALMOND, COCONUT, MACADAMIA, PECAN) *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**DOUBLE CHOCOLATE CHIP:** Sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Margarine (palm oil, butter [cream {milk}, salt], water, salt, Contains 2% or less of: natural flavor [milk], beta carotene [color], vitamin A palmitate added), white confectionary chips (sugar, fractionated palm kernel and/or palm oil, nonfat dry milk, soy lecithin, natural flavor), Semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavor), eggs, cocoa (processed with alkali), Contains 2% or less of: molasses, water, natural and artificial flavor, potassium chloride, baking soda, salt. **CONTAINS: Eggs, Soy, Milk, Wheat .** MADE IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS (ALMONDS, COCONUT, MACADAMIA, PECAN) *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**OATMEAL RAISIN:** Sugar, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, raisins, rolled oats, eggs, water, contains 2% or less of: water, molasses, whey (milk), baking soda, salt, natural flavor, potassium chloride, Cinnamon. **CONTAINS: Eggs, Milk, Wheat.** MADE IN A FACILITY THAT ALSO PROCESSES: PEANUTS, SOY AND TREE NUTS (ALMOND, COCONUT, MACADAMIA, PECAN). *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**RASPBERRY CHEESECAKE** Enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, Margarine (palm oil, water, soybean oil, Contains 2% or less of: Salt, mono-and diglycerides, natural flavor [milk], citric acid, Vitamin A palmitate, beta carotene [color]), white confectionery chips (sugar, fractionated palm kernel and/or palm oil, nonfat dry

milk, soy lecithin, natural flavor), eggs, raspberry flavored bits (dextrose, palm oil, sugar, corn flour, raspberry powder, color [red cabbage, beet juice], citric acid, natural flavor), neufchatel cheese (milk, cream, contains 2% or less of: salt, carob bean gum, cheese culture), invert sugar, maltodextrin, contains 2% or less of: baking soda, natural and artificial flavor, potassium chloride, raspberry juice concentrate, soybean oil, color (Yellow 5, Turmeric, Annatto).

**Contains: Wheat, Milk, Soy, Eggs.** MADE IN A FACILITY THAT ALSO PROCESSES PEANUTS AND TREE NUTS (ALMONDS, COCONUT, MACADAMIA NUTS, PECANS). *(Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)*

**WHITE CHIP MACADAMIA NUT** Enriched bleached flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Margarine (palm oil, butter [cream {milk}, salt], Water, Salt, Contains 2% or less of: natural flavor [milk], beta carotene [color], vitamin A palmitate added), white confectionery chips (sugar, fractionated palm kernel and/or palm oil, nonfat dry milk, soy lecithin, natural flavor) macadamia nuts, eggs, water, Contains 2% or less of: molasses, water, Natural and artificial flavor, potassium chloride, baking soda, salt. **Contains: Eggs, Macadamia nuts (tree nuts), Milk, Soy, and Wheat.** MADE IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS (ALMONDS, COCONUT, PECAN)