



Hong Kong/Macau Seafood Patty Product Guide

NUTRITIONAL GUIDE

HONG KONG & MACAU NUTRITION INFORMATION January 2022											
	Serving Size (g)	Energy (kcal)	Protein (g)	Total Fat (g)	Saturated-fat (g)	Trans-fat (g)	Cholesterol (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
AVG QTY PER SERVING <small>Garlic Butter</small>											
Subway 6-Inch® Subs Values include lettuce, tomatoes, cucumbers, onions and green bell peppers and triangle sliced cheese											
Seafood Patty on Subway® Honey Oat Bread	240	446	18.8	15.5	3.8	0.2	26	56.8	3.6	7.7	874
Seafood Patty on Subway® Italian White Bread	233	428	18.1	15.2	3.8	0.2	26	54.0	2.7	5.7	822
Seafood Patty on Subway® Parmesan Oregano Bread	238	445	19.0	15.8	3.9	0.2	26	56.1	2.7	6.2	1032
Seafood Patty on Subway® Wheat Bread	235	427	18.1	15.2	3.8	0.2	26	53.8	3.6	5.6	854
Wraps Values include lettuce, tomatoes, cucumbers, onions, bell peppers and triangle sliced cheese											
Seafood Patty Wrap	230	430	15.5	18.1	6.1	0.1	26	51.3	2.0	4.7	1110
Meat, Poultry, Egg, Seafood & Vegetarian Amount on a Subway 6-Inch® Sub											
Seafood Patty	70	179	7.6	9.9	1.4	0.1	26	14.8	0.0	0.8	443
Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.											
Double values for approximate Subway Footlong® sub nutrition values.											

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AVG QTY PER 100g <small>Garlic Butter</small>											
Subway 6-Inch® Subs Values include lettuce, tomatoes, cucumbers, onions and green bell peppers and triangle sliced cheese											
Seafood Patty on Subway® Honey Oat Bread	100	186	7.9	6.5	1.6	0.1	11	23.7	1.5	3.2	365
Seafood Patty on Subway® Italian White Bread	100	184	7.8	6.5	1.6	0.1	11	23.2	1.2	2.4	353
Seafood Patty on Subway® Parmesan Oregano Bread	100	187	8.0	6.6	1.6	0.1	11	23.6	1.1	2.6	434
Seafood Patty on Subway® Wheat Bread	100	182	7.7	6.5	1.6	0.1	11	22.9	1.5	2.4	364
Wraps Values include lettuce, tomatoes, cucumbers, onions, bell peppers and triangle sliced cheese											
Seafood Patty Wrap	100	187	6.7	7.8	2.7	0.0	11	22.3	0.9	2.0	482
Meat, Poultry, Egg, Seafood & Vegetarian											
Seafood Patty	100	255	10.9	14.1	2.0	0.2	37	21.2	0.0	1.2	633
Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.											

ALLERGEN GUIDE



Hong Kong Ingredient Information for People with Food Allergies and Sensitivities January 2022

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. We go to great lengths to identify allergens in the food we prepare. However, we are unable to guarantee that any items sold are free from the listed allergens. There is always a risk that allergens may be transferred to items from our menu during processing, storage or preparation in our restaurants. Individual food items may come into contact with one another and this is not reflected on the Allergen Guide.

	Cereals containing Gluten	Crustacean	Egg	Fish	Soybean	Peanut	Sesame	Milk	Tree Nuts	Sulphites (≥10mg/kg)
Subway 6-Inch® Sub with lettuce, tomatoes, cucumbers, bell peppers, onions and triangle sliced cheese										
Seafood Patty on Subway® Honey Oat Bread	•	•		•	•			•		
Seafood Patty on Subway® Italian White Bread	•	•		•	•			•		
Seafood Patty on Subway® Parmesan Oregano Bread	•	•		•	•			•		
Seafood Patty on Subway® Wheat Bread	•	•		•	•			•		
Wrap with lettuce, tomatoes, cucumbers, bell peppers, onions and triangle sliced cheese										
Seafood Patty	•	•		•	•			•		
Meat, Poultry, Egg, Seafood and Vegetarian										
Seafood Patty	•	•		•	•					
• Contains										
* May contain traces										



INGREDIENT GUIDE

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.

This ingredients list and allergen statement are based on the promotional item only. For information on the other menu items that make up the whole build please refer to the Product Ingredients Guide for the standard menu.

Seafood Patty

Ingredients: Squid (16%), Breadcrumbs (Wheat flour, Sugar, Yeast, Salt, Rice bran oil Shortening), Onion, Textured soy protein, Water, Wheat flour, Textured wheat protein, Shrimp (6%), Fish (6%), Refined Soybean oil, Stabilizer (E1412, E1414, E1420), Texture improver (E460(ii)), Salt, Sugar, Corn starch, Sunflower oil, Spice extract, Palm shortening, Colour (E160c(i)), Emulsifier(E451(i)), Wheat gluten, Dextrose, Yeast, Bread improver (Amylase, Acidity regulator (E331), Natural flavouring (Water, Hickory Wood).

Contains: Fish (Fish, Squid), Crustacean (Shrimp), Wheat (Gluten), Soy.