



## Hong Kong/Macau Curry Katsu Range Product Guide

### NUTRITIONAL GUIDE

		HONG KONG & MACAU NUTRITION INFORMATION										
		June 2022										
AVG QTY PER SERVING		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)
Garlic Butter		20.0										
Subway 6-Inch® Subs		Values include lettuce, tomatoes, cucumbers, onions and green bell peppers and triangle sliced cheese										
Chicken Curry Katsu on Subway® Honey Oat Bread		240	446	18.8	15.5	3.8	0.2	26	56.8	3.6	7.7	874
Chicken Curry Katsu on Subway® Italian White Bread		233	428	18.1	15.2	3.8	0.2	26	54.0	2.7	5.7	822
Chicken Curry Katsu on Subway® Parmesan Oregano Bread		238	445	19.0	15.8	3.9	0.2	26	56.1	2.7	6.2	1032
Chicken Curry Katsu on Subway® Wheat Bread		235	427	18.1	15.2	3.8	0.2	26	53.8	3.6	5.6	854
Steak Curry Katsu on Subway® Honey Oat Bread		276	449	27.8	14.4	6.3	0.1	0	50.2	5.2	12.1	1251
Steak Curry Katsu on Subway® Italian White Bread		269	430	26.9	14.1	6.3	0.1	0	47.0	4.0	10.8	1218
Steak Curry Katsu on Subway® Parmesan Oregano Bread		274	448	28.0	14.6	6.4	0.1	0	49.3	4.1	11.4	1219
Steak Curry Katsu on Subway® Wheat Bread		271	429	27.0	14.0	6.3	0.1	0	46.8	4.8	10.7	1251
Wraps		Values include lettuce, tomatoes, cucumbers, onions, bell peppers and triangle sliced cheese										
Chicken Curry Katsu on wrap		230	430	15.5	18.1	6.1	0.1	26	51.3	2.0	4.7	1110
Steak Curry Katsu on wrap		266	432	24.3	16.9	8.7	0.1	0	44.4	3.3	9.7	1506
Meat, Poultry, Egg, Seafood & Vegetarian		Amount on a Subway 6-Inch® Sub										
Chicken Curry Katsu		70	179	7.6	9.9	1.4	0.1	26	14.8	0.0	0.8	443
Steak Curry Katsu		106	180	16.5	8.7	4.0	0.1	0	7.9	1.3	5.9	840
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.												

**AVG QTY PER 100g**
Garlic Butter

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)
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**Subway 6-Inch® Subs**

Values include lettuce, tomatoes, cucumbers, onions and green bell peppers and triangle sliced cheese

Chicken Curry Katsu on Subway® Honey Oat Bread	100	184	9.8	7.1	3.0	0.0	9	19.7	3.9	4.0	399
Chicken Curry Katsu on Subway® Italian White Bread	100	181	9.8	7.2	3.0	0.0	10	19.1	3.6	3.6	398
Chicken Curry Katsu on Subway® Parmesan Oregano Bread	100	184	10.0	7.3	3.0	0.0	10	19.5	3.6	3.8	392
Chicken Curry Katsu on Subway® Wheat Bread	100	180	9.7	7.1	3.0	0.0	10	18.9	3.8	3.6	405
Steak Curry Katsu on Subway® Honey Oat Bread	100	163	10.1	5.2	2.3	0.1	0	18.2	1.9	4.4	454
Steak Curry Katsu on Subway® Italian White Bread	100	160	10.0	5.2	2.3	0.1	0	17.5	1.5	4.0	454
Steak Curry Katsu on Subway® Parmesan Oregano Bread	100	164	10.2	5.3	2.4	0.1	0	18.0	1.5	4.1	445
Steak Curry Katsu on Subway® Wheat Bread	100	158	10.0	5.2	2.3	0.1	0	17.3	1.8	4.0	462

**Wraps**

Values include lettuce, tomatoes, cucumbers, onions, bell peppers and triangle sliced cheese

Chicken Curry Katsu on wrap	100	184	9.0	8.2	3.8	0.0	10	18.4	3.4	3.4	493
Steak Curry Katsu on wrap	100	162	9.1	6.3	3.3	0.0	0	16.7	1.2	3.7	566

**Meat, Poultry, Egg, Seafood & Vegetarian**

Chicken Curry Katsu	100	211	13.4	11.4	4.7	0.0	20	13.8	5.6	4.4	574
Steak Curry Katsu	100	170	15.6	8.2	3.7	0.1	0	7.4	1.2	5.6	792

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## ALLERGEN GUIDE



Hong Kong Ingredient Information for People with Food Allergies and Sensitivities  
June 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	Molluscs	Egg	Fish	Soybean	Peanut	Sesame	Milk	Tree Nuts	Sulphites (≥10mg/kg)
<b>Subway 6-Inch ® Sub with lettuce, tomatoes, cucumbers, bell peppers, onions and triangle sliced cheese</b>											
Chicken Curry Katsu on Subway® Honey Oat Bread	•					•		•	•		
Chicken Curry Katsu on Subway® Italian White Bread	•					•		•	•		
Chicken Curry Katsu on Subway® Parmesan Oregano Bread	•					•		•	•		
Chicken Curry Katsu on Subway® Wheat Bread	•					•		•	•		
Steak Curry Katsu on Subway® Honey Oat Bread	•					•			•		•
Steak Curry Katsu on Subway® Italian White Bread	•					•			•		•
Steak Curry Katsu on Subway® Parmesan Oregano Bread	•					•			•		•
Steak Curry Katsu on Subway® Wheat Bread	•					•			•		•
<b>Wrap with lettuce, tomatoes, cucumbers, bell peppers, onions and triangle sliced cheese</b>											
Chicken Curry Katsu on wrap	•					•		•	•		*
Steak Curry Katsu on wrap	•					•			•		•
<b>Meat, Poultry, Egg, Seafood and Vegetarian</b>											
Chicken Curry Katsu	•							•	•		
Steak Curry Katsu	•					•			•		•

• 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 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.

### Chicken

#### Ingredients:

**Subway® CHICKEN CUTLET:** Chicken (83%), Water, Seasoning (Native Potato Starch, **Milk** Solids, Salt, Dextrose, Sugar, Stabilizers (E451i, E450iii), Maltodextrin), Salt, Coating (**Wheat** Flour, Sugar, **Wheat** Gluten, Vegetable Powders, Salt, Spices, Spice Extracts, Maize Flour, Native Maize Starch, Raising Agent (E500ii), Breadcrumb (**Wheat** Flour, Salt, Dextrose, Yeast, Palm Oil), Mustard, **Sesame** Seed, Sunflower Oil, Parsley), Palm Olein.

**Contains: Milk, Wheat, Gluten, Sesame.**

**KATSU CURRY SAUCE:** Water, Onion, Sugar, Palm Oil, Apple Puree, Curry Powder (**Wheat**), Salt, Thickeners (1422, 415), Tomato Pulp, Garlic, **Milk** Solids, Spices, Yeast Extract, Food Acid (260), Spice Extract.

**Contains: Wheat, Gluten, Milk.**

### Steak

#### Ingredients:

**Subway® STEAK:** Beef (80%), Marinade (Water, Salt, Dextrose (Maize), Mineral Salt (450), **Soy** Protein, Sugar, Thickener (407a, 415), Yeast, Yeast Extracts, Hydrolysed Vegetable Protein (Maize), Spice Extracts (Garlic, Pepper and Celery)), Seasoning (Thickeners (1442, 407a), **Soy** Protein, Salt, Hydrolysed Vegetable Protein (Maize), Colour (150d (**Sulphites**)), Fibres, Dehydrated Onion, Yeast Extract, Mineral Salt (450), Flavour).

**Contains: Soy, Sulphites.**

**KATSU CURRY SAUCE:** Water, Onion, Sugar, Palm Oil, Apple Puree, Curry Powder (**Wheat**), Salt, Thickeners (1422, 415), Tomato Pulp, Garlic, **Milk** Solids, Spices, Yeast Extract, Food Acid (260), Spice Extract.

**Contains: Wheat, Gluten, Milk.**