



Hong Kong & Macau Ingredient Information for People with Food Allergies and Sensitivities

August 2023

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.

	Egg	Fish	Crustaceans	Molluscs	Milk/Lactose	Peanut	Tree Nuts	Sesame	Soy	Cereals with Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/Nitrates
Subway 6-Inch® Subs													
Chicken Chilli						*	*	*	•	•		•	
Chicken Teriyaki								•	•	•		•	
Ham									•	•			•
Oven Roasted Chicken Breast (patty)									•	•		•	
Roast Beef					•				•	•			
Subway Club™ (with turkey, ham, roast beef)					•				•	•			•
Turkey Breast									•	•			
Turkey Breast & Ham									•	•			•
Veggie Delite™									•	•			
Avocado									•	•			
BLT (with bacon, lettuce, tomatoes only)									•	•			•
Chicken Cutlet					•				•	•			
Egg Mayo	•								•	•		•	
Italian B.M.T.™ (with ham, salami, pepperoni)									•	•			•
Spicy Italian (with salami and pepperoni)									•	•			•
Steak (Diced Beef) & Cheese (cheddar style)					•				•	•	•		
Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)					•				•	•			
Tuna & Mayo	•	•							•	•		•	
Vegan Supreme (patty)									•	•			
Wraps													
Values include wrap, lettuce, tomato, onion, green bell pepper, cucumber													
Chicken Chilli					*	*	*	*	•	•	*	•	
Chicken Teriyaki					*			•	•	•	*	•	
Ham					*				*	•	*		•
Oven Roasted Chicken Breast (patty)					*				•	•	*	•	
Roast Beef					•				*	•	*		
Subway Club™ (with turkey, ham, roast beef)					•				*	•	*		•
Turkey Breast					*				*	•	*		
Turkey Breast & Ham					*				*	•	*		•
Veggie Delite					*				*	•	*		
Avocado					*				*	•	*		
BLT (with bacon, lettuce, tomatoes only)					*				*	•	*		•
Chicken Cutlet					•				*	•	*	•	
Egg Mayo	•				*				•	•	*	•	
Italian B.M.T.™ (with ham, salami, pepperoni)					*				*	•	*		•
Spicy Italian (with salami and pepperoni)					*				*	•	*		•
Steak (Diced Beef) & Cheese (cheddar style)					•				•	•	•		
Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)					•				•	•	*		•
Tuna & Mayo	•	•			*				•	•	*	•	
Vegan Supreme (patty)					*				•	•	*	•	
Salads													
Values include lettuce, tomato, onion, green bell pepper, cucumber													
Chicken Chilli						*	*	*	•			•	
Chicken Teriyaki								•	•	•		•	
Ham													•
Oven Roasted Chicken Breast (Patty)									•			•	
Roast Beef					•								
Subway Club™ (with turkey, ham, roast beef)					•								•
Turkey Breast													
Turkey Breast & Ham													•
Veggie Delite													
Avocado													
BLT (with bacon)													•
Chicken Cutlet					•					•		•	
Egg Mayo	•								•			•	
Italian B.M.T.™ (with ham, salami, pepperoni)													•
Spicy Italian (with salami and pepperoni)													•
Steak (Diced Beef) & Cheese (cheddar style)					•				•		•	•	
Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)					•				•				•
Tuna & Mayo	•	•							•			•	
Vegan Supreme (patty)									•	•		•	
Breakfast Subs													
Values include white bread													
Bacon, Egg Mayo & Cheese (cheddar style)	•				•				•	•		•	•
Egg Mayo & Cheese (cheddar style)	•				•				•	•		•	
Ham, Egg Mayo & Cheese (cheddar style)	•				•				•	•			•
Chicken Sausage Patty, Egg Mayo & Cheese (cheddar style)	•				•				•	•		•	
Sides													
Potato Puff													
Cookies													
Chocolate Chip Cookie	•				•	*	*		•	•			
Chocolate Chip Cookie with M&M'S®	•				•	*	*		•	•			
Double Chocolate Chip	•				•	*	*		•	•			

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Oatmeal Raisin	•				*	*	*		•	•			
White Chip Macadamia Nut Cookie	•				•	*	•		•	•			
Breads													
Subway 6-Inch® Honey Oat									•	•			
Subway 6-Inch® Parmesan Oregano					•				•	•			
Subway 6-Inch® Wheat									•	•			
Subway 6-Inch® Italian White									•	•			
Wrap					*				*	•	*		
Meat, Poultry, Egg, Seafood & Vegetarian													
Avocado (2 scoops)													
Bacon (4 slices)													*
Breakfast Chicken Sausage Patty									•	•		•	
Chicken Breast Patty, Oven Roasted									•	•		•	
Chicken Chili						*	*	*	•			•	
Chicken Cutlet					•					•		•	
Chicken Teriyaki								•	•	•		•	
Egg Mayonnaise (2 scoops)	•								•			•	
Ham													•
Italian B.M.T.™ Meats (Ham, Pepperoni, Salami)													•
Roast Beef					•								
Spicy Italian Meats (Pepperoni & Salami)													•
Steak, Diced Beef									•		•		
Subway® Club Meats (Turkey Breast, Ham, Roast Beef)					•								•
Subway® Melt Meats (Turkey Breast, Ham, Bacon)													•
Tuna & Mayonnaise		•			•				•			•	
Turkey Breast													•
Turkey Breast & Ham													
Vegan Supreme (Patty)									•	•		•	
Cheeses													
Cheddar Style, Sliced					•				•				
Mozzarella, Shredded					•								
Old English Style, Sliced					•				•				
Sauces & Dressings													
BBQ													
Caesar	•				•				•			•	
Chilli						*	*	*					
Chipotle Southwest	•				•				•	•		•	
Honey Mustard													
Jalapeno Cheese					•				•	•		•	
Mayonnaise	•								•			•	
Roasted Sesame	•	*	*		*			•	•	•			
Sweet Onion													
Thousand Island	•								•	•			
Yellow Mustard													
Vegetables													
Avocado													
Corn													
Jalapeno Peppers													
Olives													
Pickles													
Vegetables (Lettuce, Tomato, Cucumber, Onion, Green Bell Pepper)													

• Contains

* May contain

¹Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.