

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.

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			ဖ		Φ					ے ا		Autolyzed Yeast Hydrolyzed Prot. ¹	ja j
			Crustaceans		Milk/Lactose					Cereals with Gluten		⊁ 5	≛
			ĕ	ဗ္ပ	털		Tree Nuts	۵		>	Sulphites ≥10mg/kg	ed Ze	🗧
			ğ	l šn	٦	≝	ΙŽ	ΙĚ		e a	اغ ق	\frac{1}{2} \frac{1}{6}	ĕ
	Egg	Fish	l Si	Molluscs	≝	Peanut	9	Sesame	>	Cereals Gluten	│은 등	유 호	'∄
	Eg	i≝	ပ်	Š	Ξ	Pe	Ĕ	လိ	Soy	ਹੱ ਹ	S ≥	₹£	Ž
Subway 6-Inch® Subs													
· · · · · ·													
Chicken Chilli Chicken Teriyaki						*	*	*	•	•		•	+
Ham								<u> </u>				•	•
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)									•	•			•
Steak (Diced Beet) & Cheese (cheddar style) Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)					•				•	•	•		
Tuna & Mayo	•	•										•	_
Vegan Supreme (patty)													
Wraps				-							-	-	
	umbar												
Values include wrap, lettuce, tomato, onion, green bell pepper, cuc	umber												
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					<u> </u>						<u> </u>		
Values include lettuce, tomato, onion, green bell pepper, cucumbe	r												
Chicken Chilli						*	*	*	•			•	
Chicken Teriyaki						4	1	•	•	•		•	-
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)	•				•				•	•		•	
Officker Sausage Fatty, Egg Mayo & Officese (Cheddar Style)													
Sides													
Sides		1		<u> </u>	<u> </u>	1		1	1	Т	1		
Sides Potato Puff													
Sides Potato Puff Cookies													<u> </u>
Sides Potato Puff Cookies Chocolate Chip Cookie	•				•	*	*		•	•			
Sides Potato Puff Cookies					•	* * *	* * *		•	•			

Ostimical Passan White Chip Michaelma Nut Cookie Bread State Chip Michaelma Nut Cookie White Chip Michaelma Nut Cookie State Chip Michaelma Nut Cookie White Chip Michaelma Nut Cookie State Chip Michaelma Nut Cookie State Chip Michaelma Nut Cookie White Chip Michaelma Nut Cookie Bread State Chicken State State Nut Cookie Bread State State State Nut Cookie Bread State State Nut Cookie Brea		Едд	Fish	Crustaceans	Molluscs	Milk/Lactose	Peanut	Tree Nuts	Sesame	Soy	Cereals with Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/Nitrates
Subvey 6-Inch* Parmessor Oragon	Oatmeal Raisin	•				*	*	*		•	•			
Subway Finch* Pemeran Oregano		•				•	*	•		•	•			
Subway 6-Inch* Parmeand Pregno Subway 6-Inch* Italian White														
Subway S-Index Wheat	Subway 6-Inch® Honey Oat									•	•			
Subvay Shork Islan White	Subway 6-Inch® Parmesan Oregano					•				•	•			
Mear, Poutly, Egg, Seafood & Vegetarian	Subway 6-Inch® Wheat									•	•			
Mear, Poultry, Eng. Seafood & Vegetarian	Subway 6-Inch® Italian White									•	•			
Avocado 2 cocops	Wrap					*				*	•	*		
Avocado 2 cocops	Meat, Poultry, Egg, Seafood & Vegetarian													
Bacon (a slices)														
Breatfact Chicken Sausage Party														*
Circlean Chaile										•	•		•	7
Chicken Chille										-			_	
Chicken Terlyski Egg Mayonaise (2 socops) Haina B.M.T. "Meats (Ham, Pepperoni, Salami) Roast Beef Spicy Italian Beats (Pepperoni & Salami) Steek, Dicard Beef Subway *Cub Meats (Futky Breast, Ham, Roast Beef) Subway *Cub Meats (Futky Breast, Ham, Bacon) Tuna & Mayonaise Turky Breast & Ham Vagan Supreme (Btty) Cheeders Syle, Silced Mozzarello, Silreddiad Od English Syle, Silced Cheldin Syle, Silced Mozzarello, Sirveddiad Od English Syle, Silced Mozzarello, Sirveddiad Od Conjish Syle, Silced Mozzarello, Sirveddiad Od English Syle, Silced Mozzarello, Si							*	*	*					
Chicken Terrylate						•				-	•			
Egg Mayonanise (2 scoops)									•	•	•		•	
Ham		•												
Rosat Beef														•
Rosat Beef	Italian B.M.T.™ Meats (Ham, Pepperoni, Salami)													•
Steak, Dicad Beef						•								
Subway* Club Meats (Turkey Breast, Ham, Bacon)	Spicy Italian Meats (Pepperoni & Salami)													•
Subvays Melt Meats (Turkey Breast, Ham, Bacon)	Steak, Diced Beef									•		•		
Turkey Breast	Subway® Club Meats (Turkey Breast, Ham, Roast Beef)					•								•
Turkey Breast & Ham	Subway® Melt Meats (Turkey Breast, Ham, Bacon)													•
Turkey Breast & Ham	Tuna & Mayonnaise		•			•				•			•	
Vegan Supreme (Patty) • • • • • • • • • • • • • • • • • • •	Turkey Breast													
Chedses Cheddar Style, Sliced ●	Turkey Breast & Ham													•
Cheddar Style, Sliced	Vegan Supreme (Patty)									•	•		•	
Mozzarella, Shredded ●	Cheeses													
Mozzarella, Shredded • • • • • • • • • • • • • • • • • • •	Cheddar Style Sliced					•				•				
Sauces & Dressings Sauces						_								
Sauces & Dressings										•				
BBQ Caesar														
Caesar			1	1		1	1	<u> </u>	ı		ı	<u> </u>		
Chipote Southwest ● ★										_			_	
Chipotle Southwest						_	ala .	ala .	44	•			_	
Honey Mustard Jalapeno Cheese Mayonnaise • • • • • • • • • • • • • • • • • • •							*	*	*	•			•	
Jalapeno Cheese ●										_			_	
Mayonnaise ● ★ ★ ★ ● <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>•</td><td></td><td></td><td>•</td><td></td></td<>										•			•	
Nosted Sesame						_								
Sweet Onion ■ <t< td=""><td></td><td></td><td>4</td><td>44</td><td></td><td>- بد</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>			4	44		- بد								
Thousand Island Yellow Mustard Vegetables Avocado Corn Jalapeno Peppers Olives Pickles Vegetables (Lettuce, Tomato, Cucumber, Onion, Green Bell Pepper)			T	T		T			-					
Yellow Mustard Vegetables Avocado Image: Constant of the constant		•								•	•			
Vegetables Avocado														
Avocado														
Corn Jalapeno Peppers Jalapeno Peppers														
Jalapeno Peppers Olives Pickles Vegetables (Lettuce, Tomato, Cucumber, Onion, Green Bell Pepper)														
Olives														
Pickles Vegetables (Lettuce, Tomato, Cucumber, Onion, Green Bell Pepper)														
Vegetables (Lettuce, Tomato, Cucumber, Onion, Green Bell Pepper)														
			1 Autolyz	ed yeast a	nd hydrolvz	ed protein	can cause	a similar se	ensitivity th	at MSG (m	onosodium	glutamate) causes.	

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