

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: WHEAT BREAD (Wheat Flour (Thiamine, Folic Acid), Water, Yeast, **Wheat** Bran, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anticaking Agent (535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Caramel (150c), Food Acid (300), Enzymes), **HONEY OAT TOPPING** (Rolled **Oats**, **Soy** Granules, Sugar, Honey Powder, Honey Flavour, Vegetable Oil).

Contains: Gluten (Wheat, Oat), Soy.

PARMESAN OREGANO BREAD: WHITE BREAD (Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anticaking Agent (535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Food Acid (300), Enzymes), **PARMESAN OREGANO TOPPING** (Rice Flour, Roasted **Soy**bean, Cheese Powder (**Milk**), Skimmed **Milk** Powder, Salt, Rapeseed Oil, Spices, Flavour).

Contains: Gluten (Wheat), Soy, Milk.

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

Contains: Gluten (Wheat), Soy.

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

Contains: Gluten (Wheat), Soy.

WRAP: Enriched Wheat Flour, Water, Vegetable Oil (Canola, Modified Palm and Palm Kernel Oil), Salt, Baking Powder, Calcium Propionate, Fumaric Acid, Mono and Diglycerides, Cellulose Gum, Guar Gum, Xanthan Gum, L-cysteine Hydrochloride.

Contains: Wheat, Gluten.

May contain: Milk, Soy, Sulphites.

MEAT, POULTRY, EGG, SEAFOOD & VEGETARIAN

BACON: Pork Belly (89%), Salt, Sugar, Smoke Flavour, Stabiliser (451), Antioxidant (316), Preservative (250 (Sodium Nitrite)).

BREAKFAST CHICKEN SAUSAGE PATTY: Chicken (72%), Water, **Soy** Protein, Seasoning (Maltodextrin, Salt, Spices, Herbs, Yeast Extract (**Barley**), Bell Pepper Powder, Non-Hydrogenated Vegetable Oil, Herb Extracts, Acid Regulator (330), Spice Extract), Humectant (451i, 452i), Onion Powder, White Pepper, Caramel Sugar Syrup.
Contains: Soy, Gluten (Barley).

CHICKEN BREAST PATTY, OVEN ROASTED: Minced Chicken Breast (87%), Seasoning (Water, Stabilisers (1420, 451i), Dextrose, Sugar, Salt, Onion, Vinegar Powder, Hydrolyzed **Soy** Protein, Yeast Extract, Garlic, Flavour Enhancer (635 (Disodium 5-Ribonucleotides)), **Soybean** Oil).
Contains: Soy

CHICKEN CHILLI: CHICKEN STRIPS (Chicken Breast (85%), Marinade (Stabilizers (508, 451i), **Soy** Protein, Salt, Potato Starch, Flavour Enhancer (Yeast Extract), Maltodextrin (Maize), Sugar, Anticaking Agent (551)), Water), **CHILLI SAUCE** (Water, Sugar, Chilli, Thickener (1442), Salt, Acidity Regulator (260), Spice, Lime).
Contains: Soy.
May Contain: Peanut, Tree Nuts, Sesame.

CHICKEN CUTLET: Chicken Patty (Chicken (97%), **Milk** Solids, Native Food Starch, Salt, Dextrose, Stabilizers (451i, 450iii), Sugar, Maltodextrin), Coating (Flour (**Wheat**, Rice), Thickener (1420), Spice (Black Pepper), Salt, Yeast Extract, Sugar, Yeast, Raising Agents (450i, 500ii), Vegetable Powders (Garlic, Onion), Natural Flavouring Substances, Spice Extract (Black Pepper)), Non-Hydrogenated Palm Olein, Water.
Contains: Gluten (Wheat), Milk.

CHICKEN TERIYAKI: CHICKEN STRIPS (Chicken Breast (85%), Marinade (Stabilizers (508, 451i), **Soy** Protein, Salt, Potato Starch, Flavour Enhancer (Yeast Extract), Maltodextrin (Maize), Sugar, Anticaking Agent (551)), Water), **TERIYAKI GLAZE (Soy** Sauce (**Wheat**), Sugar, Water, Mirin, Acetylated Distarch Phosphate, Brown Sugar, Maltodextrin, Yeast Extract, Dextrose, Lactic Acid, Spices (Ginger Powder, Onion Powder), **Sesame** Oil, Potassium Sorbate, Flavours).
Contains: Gluten (Wheat), Soy, Sesame.

EGG MAYONNAISE: DICED EGG MIX (Egg, Trehalose, Thickener (1442), Vegetable Oil, Albumen Powder (**Egg**), Salt, Thickener (415), Food Acid (330)), **MAYONNAISE (Soybean** Oil, Water, **Egg**, Vinegar, **Egg** Yolks, Salt, Sugar, Acidity Regulators (262, 330), Mustard Powder, Onion Powder, Yeast Extract (Yeast Extract, Maltodextrin), Garlic Powder, Thickener (415), White Pepper Powder, Stabiliser (385), Mustard Seed Extract).
Contains: Egg, Soy.

HAM: Pork (88%), Water, Salt, Dextrose, Modified Maize Starch, Stabilisers (407, 450, 451), Smoke Flavour, Antioxidant (301), Preservative (250 (Sodium Nitrite)).

ITALIAN B.M.T.® MEATS: HAM: Pork (88%), Water, Salt, Dextrose, Modified Maize Starch, Stabilisers (407, 450, 451), Smoke Flavour, Antioxidant (301), Preservative (250 (Sodium Nitrite)). **SALAMI:** Meat (95%) (Pork, Beef), Pork Fat, Salt, Seasoning (Dextrose, Spices (White Pepper, Ginger), Maltodextrin, Flavours (Flavour, Smoke Flavour), Salt, Antioxidants (301, 300), Parsnip, Flavour, Garlic, Lovage, Onion, Black Pepper Extract), Rosemary Extract, Culture, Preservative (250 (Sodium Nitrite)). **PEPPERONI:** Meat (84%) (Pork, Beef), Pork Fat, Salt, Seasoning (Spices, Dextrose, Glucose Syrup, Salt, Antioxidant (301, 300), Flavours, Extracts (Paprika, Pepper, Jasmine Tea), Smoke Flavour), Rosemary Extract, Colour (160c), Culture, Preservative (250 (Sodium Nitrite)).

ROAST BEEF: Beef (68%), Colour (150a), **Milk** Protein, Antioxidant (325), Salt, Stabilisers (450, 451), Vegetable Powders (Onion, Garlic), Lactose (**Milk**), Brown Sugar, Flavour.

Contains: Milk.

SPICY ITALIAN: SALAMI: Meat (95%) (Pork, Beef), Pork Fat, Salt, Seasoning (Dextrose, Spices (White Pepper, Ginger), Maltodextrin, Flavours (Flavour, Smoke Flavour), Salt, Antioxidants (301, 300), Parsnip, Flavour, Garlic, Lovage, Onion, Black Pepper Extract), Rosemary Extract, Culture, Preservative (250 (Sodium Nitrite)). **PEPPERONI:** Meat (84%) (Pork, Beef), Pork Fat, Salt, Seasoning (Spices, Dextrose, Glucose Syrup, Salt, Antioxidant (301, 300), Flavours, Extracts (Paprika, Pepper, Jasmine Tea), Smoke Flavour), Rosemary Extract, Colour (160c), Culture, Preservative (250 (Sodium Nitrite)).

STEAK, DICED BEEF: 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.

SUBWAY CLUB™ MEATS: TURKEY BREAST: Turkey Breast (87%), Water, Salt, Stabilisers (407, 450, 451), Antioxidant (326), Dextrose, White Pepper, Colour (150a). **HAM:** Pork (88%), Water, Salt, Dextrose, Modified Maize Starch, Stabilisers (407, 450, 451), Smoke Flavour, Antioxidant (301), Preservative (250 (Sodium Nitrite)). **ROAST BEEF:** Beef (68%), Colour (150a), **Milk** Protein, Antioxidant (325), Salt, Stabilisers (450, 451), Vegetable Powders (Onion, Garlic), Lactose (**Milk**), Brown Sugar, Flavour.

Contains: Milk.

SUBWAY MELT™ MEATS: TURKEY BREAST: Turkey Breast (87%), Water, Salt, Stabilisers (407, 450, 451), Antioxidant (326), Dextrose, White Pepper, Colour (150a). **HAM:** Pork (88%), Water, Salt, Dextrose, Modified Maize Starch, Stabilisers (407, 450, 451), Smoke Flavour, Antioxidant (301), Preservative (250 (Sodium Nitrite)). **BACON:** Pork Belly (89%), Salt, Sugar, Smoke Flavour, Stabiliser (451), Antioxidant (316), Preservative (250 (Sodium Nitrite)).

TUNA & MAYONNAISE: Skipjack Tuna (**Fish**), Water, Salt, **MAYONNAISE** (**Soy**bean Oil, Water, **Egg**, Vinegar, **Egg** Yolks, Salt, Sugar, Acidity Regulators (262, 330), Mustard Powder, Onion Powder, Yeast Extract (Yeast Extract, Maltodextrin), Garlic Powder, Thickener (415), White Pepper Powder, Stabiliser (385), Mustard Seed Extract).

Contains: Fish, Egg, Soy.

TURKEY BREAST: Turkey Breast (87%), Water, Salt, Stabilisers (407, 450, 451), Antioxidant (326), Dextrose, White Pepper, Colour (150a).

TURKEY BREAST & HAM: TURKEY BREAST: Turkey Breast (87%), Water, Salt, Stabilisers (407, 450, 451), Antioxidant (326), Dextrose, White Pepper, Colour (150a).
HAM: Pork (88%), Water, Salt, Dextrose, Modified Maize Starch, Stabilisers (407, 450, 451), Smoke Flavour, Antioxidant (301), Preservative (250 (Sodium Nitrite)).

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

Contains: Gluten (Oats), Soy.

CHEESES

CHEDDAR STYLE (SLICED): Cheese (65%) (Cow's **Milk**, Salt, Cultures (**Milk**), Enzyme (Microbial/Calf Rennet)), Water, **Milk** Solids, Emulsifiers (331, 332, 322 (**Soy** Lecithin)), Salt, Acidity Regulators (330), Preservative (200).

Contains Milk, Soy.

MOZZARELLA CHEESE (SHREDDED): Pasteurised Cow's **Milk**, **Milk** Solids (From Cow's **Milk**), Salt, Stabiliser (407a), Acidity Regulators (260, 270), Coagulating Enzyme (Microbial).

Contains: Milk.

OLD ENGLISH STYLE (SLICED): Cheese (60%) (Cow's **Milk**, Salt, Cultures (**Milk**), Enzyme (Microbial/Calf Rennet)), Water, **Milk** Solids, Emulsifiers (331, 322 (**Soy** Lecithin), 339), Salt, Acidity Regulators (260, 330), Preservative (200), Colours (160b, 160c), Enzymes).

Contains Milk, Soy.

VEGETABLES

AVOCADO (PULP): Avocado, Lime Juice Concentrate, Salt.

CORN: Sweetcorn, Water, Salt.

CUCUMBER: Sliced Cucumber.

GREEN BELL PEPPER: Sliced Green Bell Peppers.

JALAPEÑO PEPPER: Sliced Jalapeno Pepper, Salt, Water, Vinegar, Food Acids (330, 260), Preservatives (211, 223), Turmeric.

LETTUCE: Shredded Iceberg Variety.

OLIVE: Sliced Black Olives, Water, Salt, Ferrous Gluconate.

ONION: Sliced Red Onion.

PICKLE: Sliced Gherkins, Water, Spirit Vinegar, Salt, Firming Agent (509), Natural Flavours, Preservative (202).

TOMATO: Sliced Red Tomatoes.

SAUCES & 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).

CAESAR: Water, Vegetable Oil (**Soybean**), Vinegar, Sugar, High Fructose Syrup, Salt, Cheese Powder (Cheese (**Milk**), Emulsifier (331iii, 339ii, **Milk**), Spices, Whole **Milk** Powder, Flavour Enhancer (621), Garlic, Thickener (415), **Egg** Yolk, Flavour (**Milk**, **Soybean**), Flavour Enhancer (635), Yeast Extract, Antioxidant (386).

Contains: Soy, Milk, Egg.

CHILLI: Water, Sugar, Chilli, Thickener (1442), Salt, Acidity Regulator (260), Spice, Lime.

May Contain: Peanuts, Tree Nuts, Sesame.

CHIPOTLE SOUTHWEST: **Soy** Oil, Water, Vinegar, Sugar, **Milk** Solids (**Soy**), Onion, Pasteurised **Egg** Yolk, Salt, Acidity Regulators (270, 260), Thickener (1442), Spices, Flavour Enhancer (Yeast Extract, **Barley**), Garlic, Stabiliser (415), Emulsifier (435), Herb, Preservative (202), Flavour (Chipotle), Malt Extract (**Barley**), Colour (160c), Sequestrant (385).

Contains: Gluten (Barley), Soy, Milk, Egg.

HONEY MUSTARD: Water, Sugar, Vinegar, Dijon Mustard (15%) (Water, Mustard Seed, Vinegar, Salt, Food Acids (330, 334), Spices), Honey (5%), Thickener (1442), Onion, Flavour, Salt, Mustard, Food Acid (330), Vegetable Gum (415), Preservative (202), Garlic.

JALAPENO CHEESE: Water, **Soy** Oil (Antioxidant (307b)), Cheese Powder (**Milk** Solids, Cheese Solids (**Milk**), Food Acids (331, 270, 330), Stabiliser (339), Salt, Preservative (234), **Wheat**), **Milk** Solids, Pickled Jalapeno (Preservative (202), Onion, Sugar, Tomato Pulp, Maltodextrin, Thickeners (1422, 401, 415, 412), Salt, Flavours, Yeast Extract, Garlic, Food Acid (270), Spices, Colours (160a, 160c), Preservative (202), Sequestrant (385).

Contains: Gluten (Wheat), Soy, Milk

MAYONNAISE: Soybean Oil, Water, **Egg**, Vinegar, **Egg** Yolks, Salt, Sugar, Acidity Regulators (262, 330), Mustard Powder, Onion Powder, Yeast Extract (Yeast Extract, Maltodextrin), Garlic Powder, Thickener (415), White Pepper Powder, Stabiliser (385), Mustard Seed Extract

Contains: Soy, Egg.

ROASTED SESAME: Soybean Oil, Sugar, **Soy** Sauce (Salt, **Soy**beans, Sugar, **Wheat** Flour, Colour (150c), Preservative (211), Flavour Enhancers (631, 627)), Vinegar, **Sesame**, **Sesame** Oil, **Egg**, Salt, Flavour Enhancer (Yeast Extract, Maltodextrin), **Sesame** Flavour, Vegetable Gum (415), Acidity Regulator (262), Colour (150c), Preservative (385), Mustard Seed Extract.

Contains: Soy, Gluten (Wheat), Sesame, Egg.

May Contain: Fish, Crustacean, Milk.

SWEET ONION: Water, Sugar, Onion (5%), Thickener (1442), Red Bell Pepper, Spices, Food Acid (260), Salt, Preservative (202).

THOUSAND ISLAND: 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 (1412), Thickener (415), Flavours (**Soy**bean, **Wheat**), Onion Powder, Thickener (415), Garlic Powder, Acidity Regulators (330, 262), Paprika Extract (160c), Stabiliser (385), Mustard Seed Extract.

Contains: Soy, Egg, Gluten (Wheat).

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

SIDES

POTATO PUFF: Potatoes (87%), Vegetable Oil, Potato Flakes, Salt, Raising Agent (450i).

COOKIES

CHOCOLATE CHIP COOKIE: **Wheat** Flour, Sugar, Dark Chocolate Chips (23%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (476, 322 (**Soy**)), Flavour), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), Water, Butter (Cream (**Milk**), Salt (Anticaking Agent (535))), Whole **Egg** Powder, Molasses, Dextrose Monohydrate (Maize), Sodium Bicarbonate, Salt, Flavour.

Contains: Gluten (Wheat), Soy, Egg, Milk.

May Contain: Peanut, Almond, Macadamia Nut, Walnut.

CHOCOLATE CHIP COOKIE WITH M&M'S: **Wheat** Flour, Sugar, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), Dark Chocolate Chips (9%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (476, 322 (**Soy**)), Flavour), M&M'S® Chocolate Candies (9%) (Milk Chocolate (Sugar, Cocoa Mass, **Milk** Solids, Cocoa Butter, Vegetable Fat, Emulsifier (322 (**Soy**)), Salt, Flavour), Sugar, Starch (**Wheat**), Glucose Syrup (**Wheat**), Vegetable Gum (414), Colours (171, 129, 133, 110, 102), Dextrin, Glazing Agent (Carnauba Wax)), Water, Whole **Egg** Powder, Dextrose Monohydrate (Maize), Sodium Bicarbonate, Flavour, Salt.

Contains: Gluten (Wheat), Soy, Egg, Milk.

May Contain: Peanut, Almond, Macadamia Nut, Walnut.

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DOUBLE CHOCOLATE CHIP COOKIE: Sugar, **Wheat** Flour, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), White Confectionery Chips (12%) (Sugar, Vegetable Fat, **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), Dark Chocolate Chips (7%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (476, 322 (**Soy**)), Flavour), Water, Alkalised Cocoa Powder (3%), Butter (Cream (**Milk**), Salt (Anticaking Agents (535))), Whole **Egg** Powder, Molasses, Flavour, Salt, Sodium Bicarbonate.

Contains: Gluten (Wheat), Soy, Milk, Egg.

May Contain: Peanut, Almond, Macadamia Nut, Walnut.

OATMEAL RAISIN COOKIE: Sugar, **Wheat** Flour, Raisins (Raisins (16%), Vegetable Oil), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), Wholegrain **Oats** (7%), Rolled **Oats** (6%), Water, Whole **Egg** Powder, Molasses, Salt, Sodium Bicarbonate, Cinnamon.

Contains: Gluten (Wheat), Soy, Egg.

May Contain: Milk, Peanut, Almond, Macadamia Nut, Walnut.

WHITE CHIP MACADAMIA NUT COOKIE: **Wheat** Flour, Sugar, White Confectionery Chips (14%) (Sugar, Vegetable Fat, **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), **Macadamia** Nuts (6%), Water, Butter (Cream (**Milk**), Salt (Anticaking Agents (535))), Whole **Egg** Powder, Molasses, Dextrose Monohydrate (Maize), Flavour, Salt, Sodium Bicarbonate.

Contains: Wheat, Gluten, Milk, Soy, Egg, Macadamia Nut.

May Contain: Almond, Walnut.