




Hong Kong & Macau Subway SubSeries® Cheesy Garlic Product Guide

NUTRITIONAL GUIDE

SUBWAY HONG KONG & MACAU NUTRITION INFORMATION October 2023											
	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											
Subway SubSeries® Cheesy Garlic Subs											
Cheesy Garlic Steak											
Values include parmesan oregano bread, beef steak, old English style cheese, garlic spread, mayonnaise, lettuce, tomato, green bell pepper											
Cheesy Garlic Steak Subway 6-Inch® Sub	268	646	29.5	39.2	14.7	1.2	37	42.1	3.7	6.2	1119
Cheesy Garlic Steak Subway Footlong® Sub	537	1292	58.9	78.4	29.4	2.3	73	84.2	7.3	12.4	2238
Cheesy Garlic Chicken											
Values include parmesan oregano bread, roast chicken patty, old English style cheese, garlic spread, chipotle southwest sauce, lettuce, tomato, green bell pepper											
Cheesy Garlic Subway 6-Inch® Sub	268	562	29.1	28.6	12.2	0.8	79	46.2	3.3	8.5	1086
Cheesy Garlic Chicken Subway Footlong® Sub	537	1124	58.1	57.3	24.4	1.6	158	92.3	6.6	17.1	2171
Cheesy Garlic Supreme											
Values include parmesan oregano bread, salami, pepperoni, bacon, garlic spread, old English style cheese, chipotle southwest sauce, lettuce, tomato, green bell pepper											
Cheesy Garlic Supreme Subway 6-Inch® Sub	250	691	24.3	45.8	18.4	0.8	27	44.4	3.0	6.8	1576
Cheesy Garlic Supreme Subway Footlong® Sub	500	1382	48.7	91.6	36.8	1.6	55	88.8	5.9	13.6	3153
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.											

SUBWAY HONG KONG & MACAU NUTRITION INFORMATION October 2023											
	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 100g											
Subway SubSeries® Cheesy Garlic Subs											
Values include parmesan oregano bread, beef steak, old English style cheese, garlic spread, mayonnaise, lettuce, tomato, green bell pepper											
Cheesy Garlic Steak Sub	100	241	11.0	14.6	5.5	0.4	13.7	15.7	1.4	2.3	417
Values include parmesan oregano bread, roast chicken patty, old English style cheese, garlic spread, chipotle southwest sauce, lettuce, tomato, green bell pepper											
Cheesy Garlic Chicken Sub	100	209	10.8	10.7	4.6	0.3	29.4	17.2	1.2	3.2	405
Values include parmesan oregano bread, salami, pepperoni, bacon, garlic spread, old English style cheese, chipotle southwest sauce, lettuce, tomato, green bell pepper											
Cheesy Garlic Supreme Sub	100	276	9.7	18.3	7.4	0.3	11.0	17.8	1.2	2.7	631
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 & Macau Ingredient Information for People with Food Allergies and Sensitivities October 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 SubSeries® Ultimate Cheesy Garlic Subs Values include parmesan oregano bread, beef steak, old English style cheese, garlic spread, mayonnaise, lettuce, tomato, green bell pepper													
Cheesy Garlic Steak	•				•	*	*	*	•	•	•	•	
Values include parmesan oregano bread, roast chicken patty, old English style cheese, garlic spread, chipotle southwest sauce, lettuce, tomato, green bell pepper													
Cheesy Garlic Chicken	•				•	*	*	*	•	•		•	
Values include parmesan oregano bread, salami, pepperoni, bacon, garlic spread, old English style cheese, chipotle southwest sauce, lettuce, tomato, green bell pepper													
Cheesy Garlic Supreme	•				•	*	*	*	•	•		•	•
• Contains * May contain traces													
¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.													

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.

CHEESY GARLIC STEAK

Parmesan Oregano Bread (White Bread (Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Food Acid (300), Enzymes), **Parmesan Oregano Topping** (Rice flour, Roasted **Soybean**, Cheese Powder (**Milk**), Skimmed **Milk** Powder, Salt, Rapeseed Oil, Spices, Flavour)), **Diced Steak** (Beef (Water, Dextrose (Maize), Hydrolysed Vegetable Protein (Maize, **Soy**), Thickener (1442 (Maize)), Maltodextrin (Maize), Salt, Mineral Salts (508,450,451), Stabiliser (407a), Colour (150d (**Sulphites**)), Vegetable Powders (Onion, Garlic), Fermented **Soy** Sauce, Yeast Extracts, Natural Flavour, Vegetable Oil, Spice Extract, Vegetable Extract), **Vegetables** (Lettuce, Tomato, Green Bell Pepper), **Garlic Spread** (Cream Cheese (**Milk**, Cream (**Milk**), Salt, E410, E412, Starter Culture)), Palm Oil Blend (Palm Oil, **Milk** Fat, Water, **Milk** Powder, Salt, Emulsifiers (E322 (**Soy**), E471)), Flavouring, Colour (E160a)), Water, Garlic Paste (3.5%), Salt, Herbs, Garlic Powder (0.5 %)), **Mayonnaise** (**Soybean** Oil, Water, **Egg**, Vinegar, **Egg** Yolk, Salt, Sugar, Acidity Regulators (262, 330), Mustard Powder, Onion Powder, Yeast Extract (Yeast Extract, Maltodextrin), Garlic Powder, Thickener (415), White Pepper,

Stabiliser (385), Mustard Seed Extract), **Old English Style Cheese** (Cheese (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: Gluten (Wheat), Soy, Milk, Sulphites, Egg.

May Contain: Peanut, Tree nuts, Sesame.

CHEESY GARLIC CHICKEN

Parmesan Oregano Bread (White Bread (Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking 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)), **Vegetables** (Lettuce, Tomato, Onion, Green Bell Pepper), **Roast Chicken Breast Patty** (Chicken Patty (Chicken, Dextrose (Maize), Sugar, Thickener (1442) (Maize), Salt, Stabilizers (451i, 450iii), Vegetable Powders (Garlic, Onion), Hydrolyzed Maize Protein, Acidity Regulator (262i)), Water), **Vegetables** (Lettuce, Tomato, Green Bell Pepper), **Garlic Spread** (Cream Cheese (**Milk**, Cream (**Milk**), Salt, E410, E412, Starter Culture)), Palm Oil Blend (Palm Oil, **Milk** Fat, Water, **Milk** Powder, Salt, Emulsifiers (E322 (**Soy**), E471)), Flavouring, Colour (E160a)), Water, Garlic Paste (3.5%), Salt, Herbs, Garlic Powder (0.5 %)), **Chipotle Southwest Sauce** (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), Flavourings, Malt Extract (**Barley**), Colour (160c), Sequestrant (385)), **Old English Style Cheese** (Cheese (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: Gluten (Wheat, Barley), Milk, Soy, Egg.

May Contain: Peanut, Tree nuts, Sesame.

CHEESY GARLIC SUPREME

Parmesan Oregano Bread (White Bread (Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking 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)), **Vegetables** (Lettuce, Tomato, Green Bell Pepper), **Garlic Spread** (Cream Cheese (**Milk**, Cream (**Milk**), Salt, E410, E412, Starter Culture)), Palm Oil Blend (Palm Oil, **Milk** Fat, Water, **Milk** Powder, Salt, Emulsifiers (E322 (**Soy**), E471)), Flavouring, Colour (E160a)), Water, Garlic Paste (3.5%), Salt, Herbs, Garlic Powder (0.5 %)), **Salami** (Meat (Pork, Beef), Pork Fat, Salt, Seasoning (Dextrose, Spices (White Pepper, Ginger), Maltodextrin, Flavouring (Flavouring, Smoke Flavouring), Salt, Antioxidants (301, 300), Parsnip, Natural Flavouring, Garlic, Lovage, Onion, Black Pepper Extract), Rosemary Extract, Culture, Preservative (250 (Sodium Nitrite))), **Pepperoni** (Meat (Pork, Beef), Pork Fat, Salt, Seasoning (Spices, Dextrose, Glucose Syrup, Salt, Antioxidant (301, 300), Flavour, Extracts (Paprika, Pepper, Jasmine Tea), Smoke Flavouring), Rosemary Extract, Colour (160c), Culture, Preservative (250 (Sodium Nitrite))), **Chipotle Southwest Sauce** (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), Flavourings, Malt Extract (**Barley**), Colour (160c), Sequestrant (385)), **Old English Style Cheese** (Cheese (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), **Bacon** (Pork Belly, Salt, Sugar, Smoke Flavouring, Stabiliser (451), Antioxidant (316), Preservative (250 (Sodium Nitrite))).

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

May Contain: Peanut, Tree nuts, Sesame.