





## Hong Kong


### Lower Sugar Mint Choc Chip Cookie Product Guide

#### NUTRITIONAL GUIDE

 HONG KONG NUTRITION INFORMATION December 2023											
	Serving Size (g)	Energy (kCal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Carb. (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
<b>Per Serving</b>											
<b>Cookies</b>											
Lower Sugar Mint Choc Chip Cookie	45	198	2.1	10.6	5.9	0.0	0	27.2	2.7	9.0	116
Chocolate Chip (standard)	45	217	2.4	10.4	6.5	0.0	14	28.5	0.9	17.5	161
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.											

 HONG KONG NUTRITION INFORMATION December 2023											
	Serving Size (g)	Energy (kCal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Carb. (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
<b>Per 100g</b>											
<b>Cookies</b>											
Lower Sugar Mint Choc Chip Cookie	100	441	4.8	23.5	13.0	0.0	0	60.5	6.0	20.1	257
Chocolate Chip (standard)	100	483	5.4	23.0	14.4	0.1	30	63.3	2.0	38.8	357
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## ALLERGEN GUIDE

 Hong Kong Ingredient Information for People with Food Allergies and Sensitivities December 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.										
	Eggs	Fish	Milk/Lactose	Peanut	Sesame	Crustaceans	Soy	Tree Nuts	Cereals with Gluten	Sulphites ≥10mg/kg
<b>Cookies</b>										
Lower Sugar Mint Choc Chip Cookie	●		●	*	*		●	*	●	
● Contains * May contain										

## 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 list does not include regional or special promotional items as ingredients vary.

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.

### Lower Sugar Mint Choc Chip Cookie

Baking Premix (Maltitol, Resistant Starch, Pea Starch, Inulin), **Wheat** Flour (E300, Permitted Enzymes, E928), Dark Chocolate Chip (Sugar, Cocoa Mass, Cocoa Butter, **Soy** Lecithin), Margarine (Vegetable Oils and Fats (Palm), Water, Salt, Emulsifiers (E435, E322(i) (**Soy**), E471, E475), Permitted Flavouring, E202, E320, E330, E385, Colouring (E160a(i)), Vitamins (A, D)), Sugar, Butter (**Milk**), **Egg**, Water, E500(ii), Vanilla Flavour (Flavouring Substance, E1520, Water, E150c, E420(ii), E330, E1442, E415), Peppermint Flavour (Natural Flavouring Substance, Flavouring Preparation, E1520), **Soy** Lecithin, Green Colour Paste (Sorbitol, E102, E133).

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

**May Contain:** Peanuts, Tree nuts and Sesame.