



## US Product Ingredients

(Revised March 2012)

*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**

**9-GRAIN WHEAT** Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, whole wheat flour, sugar, contains 2% or less of the following: wheat gluten, oat fiber, soybean oil, wheat bran, salt, wheat, rye, yellow corn, oats, triticale, brown rice, barley, flaxseed, millet, sorghum, yeast nutrients (calcium carbonate, calcium sulfate, ammonium sulfate), vitamin D2, dough conditioners (DATEM, sodium stearoyl lactylate, potassium iodate, ascorbic acid, azodicarbonamide), caramel color, refinery syrup, honey, yeast extract, natural flavor, enzymes. **Contains wheat.**

**LIGHT WHEAT ENGLISH MUFFIN** Water, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, enzyme), whole wheat flour, modified wheat starch, wheat gluten, yeast, degermed yellow corn meal, contains 2% or less of: wheat fiber, salt, sugar, calcium propionate (preservative), potassium sorbate (preservative), calcium sulfate, lactic acid, ascorbic acid. **Contains: Wheat.**

**FLATBREAD** Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour, ascorbic acid), water, soybean oil, yeast; contains 2% or less of: nonfat dry milk, wheat gluten, salt, dough conditioners (guar gum, Arabic gum, sodium stearoyl lactylate, enzymes), sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate. **Contains milk and wheat.**

**HEARTY ITALIAN BREAD** Subway® Italian bread and yellow cornmeal. **Contains wheat.**

**HONEY OAT BREAD** Subway® Wheat Bread, honey oat topping (organic cane juice solids, rolled oats, diced soy nuts, honey solids, wheat starch, sunflower oil, salt, caramel color, and natural flavor). **Contains soy and wheat.**

**ITALIAN (WHITE) BREAD** Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, yeast, sugar, contains 2% or less of the following: soybean oil, wheat gluten, salt, dough conditioners (DATEM, sodium stearoyl lactylate, ascorbic acid, potassium iodate, azodicarbonamide), yeast nutrients (calcium carbonate, calcium sulfate, ammonium sulfate), wheat protein isolate, yeast extract, vitamin D2, natural flavor, enzymes. **Contains: Wheat**

**ITALIAN HERBS & CHEESE BREAD** Subway® Italian Bread, Monterey Jack cheese (cultured pasteurized milk, salt, enzymes, artificial color), cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color) potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor], garlic powder, corn maltodextrin, long grain rice powder, salt, toasted bread crumbs (wheat flour, dextrose, modified wheat starch, sugar, salt, yeast, caramel coloring, paprika), spice, parmesan cheese solids (milk, cheese, cultures, salt, enzymes, calcium chloride), cellulose), modified palm oil, oregano, natural and artificial flavor (including butter extract), sunflower oil, whey, gum arabic, citric acid, yeast extract, lactic acid, calcium lactate, disodium phosphate and not more than 2% silicon dioxide added (as anticaking agent). **Contains milk and wheat.**

**MONTEREY CHEDDAR BREAD** Subway® Italian Bread, Monterey Jack cheese (cultured pasteurized milk, salt, enzymes, artificial color), cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color) potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor). **Contains milk and wheat.**

**PARMESAN/OREGANO BREAD** SUBWAY® Italian Bread, garlic powder, corn maltodextrin, long grain rice powder, salt, toasted bread crumbs (wheat flour, dextrose, modified wheat starch, sugar, salt, yeast, caramel coloring, paprika), spice, parmesan cheese solids (milk, cheese, cultures, salt, enzymes, calcium chloride), cellulose), modified palm oil, oregano, natural and artificial flavor (including butter extract), sunflower oil, whey, gum arabic, citric acid, yeast extract, lactic acid, calcium lactate, disodium phosphate and not more than 2% silicon dioxide added (as anticaking agent). **Contains, milk and wheat.**

**ROASTED GARLIC BREAD** Subway® Italian Bread, Roasted Garlic Topping (yellow cornmeal, salt, sugar, green bell pepper, sodium diacetate, dehydrated garlic, spices, onion powder, soybean oil, paprika, disodium guanylate, disodium inosinate, ascorbic acid, natural flavor, soy lecithin, and not more than 2% calcium silicate (as anticaking agent). **Contains soy and wheat.**

**SOURDOUGH BREAD** Enriched flour (flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, yeast, high fructose corn syrup, soybean oil, salt, fumaric acid, sodium stearoyl-2-lactylate, sodium diacetate, acetylated tartaric acid esters of mono-and diglycerides, lactic acid, ammonium sulfate, calcium sulfate, ascorbic acid, azodicarbonamide, potassium iodate, amylase, mineral oil. **Contains wheat.**

**WRAP** Bleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil) with mono- and diglycerides added, potato starch with monoglyceride, sugar, contains 2% or less of the following: salt, vital wheat gluten, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), monoglycerides and citric acid to preserve freshness, fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), sodium propionate and potassium sorbate (preservatives). **Contains wheat.**

## **MEAT, POULTRY, SEAFOOD & EGGS**

**BACON SLICES** Pork cured with water, salt, sugar, smoke flavor, sodium phosphate, sodium erythorbate, sodium nitrite.

**BMT® MEATS: Genoa Salami:** Pork, beef, salt, water, corn syrup, dextrose, sugar, wine, sodium erythorbate, flavorings, sodium nitrate, spices, garlic, lactic acid starter culture, sodium nitrite.

**Pepperoni:** Pork, beef, salt, dextrose, water, spices, corn syrup, paprika, oleoresin of paprika, flavorings, sodium erythorbate, lactic acid starter culture, sodium nitrite. **Ham:** ham (cured with water), salt, dextrose, modified food starch (from corn), sodium phosphates, sodium erythorbate, smoke flavoring, and sodium nitrite. May contain: seasoning [potassium chloride, pork stock, sugar, yeast extract, salt, lactic acid, fructose, sunflower oil, cysteine HCL, calcium lactate, modified food starch, flavors, grill flavor (from sunflower oil), polysorbate 80, rendered pork fat, and smoke flavor],

**CHICKEN BREAST PATTY** Chicken breast with rib meat, water, seasoning (corn syrup solids, vinegar powder [maltodextrin, modified corn starch and tapioca starch, dried vinegar], brown sugar, salt,

dextrose, garlic powder, onion powder, chicken type flavor [hydrolyzed corn gluten, autolyzed yeast extract, thiamine hydrochloride, disodium inosinate and disodium guanylate]), sodium phosphates.

**CHICKEN BREAST STRIPS** Boneless, skinless, chicken breasts with rib meat, water, soy protein concentrate, salt, modified food starch, chicken flavor (contains salt, autolyzed yeast extract, sugar, molasses, disodium inosinate, disodium guanylate, sodium phosphates), and sodium phosphates.  
**Contains soy.**

**CHICKEN STRIPS (Teriyaki glazed):** Subway Chicken Breast Strips (see above), teriyaki glaze (water, soy sauce [water, wheat, soybeans, salt and less than 0.1% sodium benzoate as a preservative], corn syrup, high fructose corn syrup, rice vinegar, modified food starch, tomato paste, garlic puree, ginger puree, oriental spice concentrate (sautéed ginger, chili garlic sauce [chili pepper, garlic, water, salt, sugar, rice vinegar, acetic acid, modified food starch], maltodextrin, sesame oil, salt, sugar, canola oil, soybeans, water, cornstarch, spice, wheat, natural flavoring, brown sugar, garlic powder, caramel color, vinegar and yeast extract), sesame oil, sesame seeds, distilled vinegar, dehydrated green onion, salt, dehydrated red bell pepper, natural flavor, spice, dehydrated onion).  
**Contains soy and wheat.**

**COLD CUT COMBO: Turkey Bologna:** Mechanically separated turkey, water, contains less than 2% of: salt, corn syrup solids, potassium lactate, dextrose, sodium diacetate, sodium erythorbate, sodium nitrite, flavorings. **Turkey Ham:** Cured turkey thigh meat, salt, contains less than 2% of: potassium lactate, brown sugar, sodium tripolyphosphate, dextrose, sodium diacetate, sodium erythorbate, smoke flavor, sodium nitrite, water. **Turkey Salami:** Dark turkey, mechanically separated turkey, water, salt, contains less than 2% of: potassium lactate, sugar, sodium tripolyphosphate, dextrose, spice and flavorings, sodium diacetate, sodium erythorbate, smoke flavor, sodium nitrite.

**EGG OMELET PATTY (Regular):** Whole Eggs, Egg Whites, Water, Nonfat Dry Milk, Premium Egg Blend (isolated pea product, salt, citric acid, dextrose, guar gum, xanthan gum, extractive of spice, propylene glycol and not more than 2% calcium silicate and glycerin to prevent caking), Soybean Oil, Butter Alternative (liquid and hydrogenated soybean oil, salt, soy lecithin, natural and artificial flavors, beta carotene (color), TBHQ and citric acid added to protect flavor, dimethylpolysiloxane (antifoaming agent added), Salt, Beta-Carotene (color). **Contains eggs, milk and soy.**

**EGG WHITE OMELET PATTY** Egg whites, artificial butter oil (soybean oil, artificial flavor), modified corn starch. Contains less than 2% of the following: dicalcium phosphate, salt, xanthan gum, white pepper. **Contains eggs.**

**HAM (Black Forest)** Ham cured with: water, dextrose, salt, potassium lactate, contains 2% or less modified food starch (derived from corn), sodium phosphates, sodium diacetate, sodium erythorbate, smoke flavoring, sodium nitrite. May contain: seasoning [potassium chloride, pork stock, sugar, yeast extract, salt, lactic acid, fructose, sunflower oil, cysteine HCL, calcium lactate, modified food starch, flavors, grill flavor (from sunflower oil), polysorbate 80, rendered pork fat, and smoke flavor],

**MEATBALLS** Beef, water, seasoning (soy protein concentrate, breadcrumbs [bleached wheat flour, sugar, salt, soybean oil, dried yeast], dehydrated onion and garlic, salt, spice, dehydrated parsley, caramel color), Romano cheese (made from pasteurized cow's milk, cheese cultures, salt, enzymes), caramel color. **Marinara Sauce:** tomatoes, tomato puree (water, tomato paste), corn syrup, high fructose corn syrup, soybean oil, modified food starch, salt, dehydrated onions, spices, onion powder  
**Contains milk, soy, and wheat.**

**ROAST BEEF** Roast beef, water, salt, dextrose, corn syrup, sodium phosphates, and spice extractive. Coated with: salt, dextrose, caramel color, pepper and garlic powder.

**SEAFOOD SENSATION SEAFOOD SENSATION** Alaskan Pollock, water, Pacific Whiting, cornstarch, potato starch, wheat starch, sugar, sorbitol, contains 2% or less of the following: Snow crabmeat, natural and artificial flavors, refined fish oil, egg whites, carrageenan, spices (allspice, bay, black pepper, cardamon, cassia, celery, clove, ginger, mace, nutmeg, red pepper), salt, modified potato starch, calcium carbonate, sodium tripolyphosphate, tetrasodium phosphate, citric acid, color (titanium dioxide, carmine, paprika oleoresin and caramel Color). Subway® regular mayonnaise. **Contains egg, fish, shellfish, soy, and wheat.**

**STEAK** Seasoned Beef (Beef, Water, Modified Corn Starch, Salt, Dextrose, Sodium Phosphate, Autolyzed Yeast and Hydrolyzed Corn Protein), Water, Seasoning (Sugar, Salt, Dextrose, Modified Corn Starch, Tomato Powder, Caramel Color, Onion, Garlic, Natural Flavors, Lemon Powder [Lemon Juice, Maltodextrin], citric acid). **Contains soy.**

**TUNA** Tuna, Subway regular mayonnaise, water, salt. **Contains eggs and fish.**  
(\* Tuna in Minnesota and Florida may contain hydrolyzed vegetable protein.)

**TURKEY BREAST** Turkey breast, turkey broth, contains 2% or less of: carrageenan, dextrose, modified food starch (derived from corn), salt, seasoned salt (salt, sodium diacetate, flavoring), sodium lactate, sodium phosphate. \* Browned in soybean oil. May contain: seasonings (modified corn starch, dextrose, salt, carrageenan, sodium diacetate, flavorings), potassium lactate.

## **CHEESE**

**AMERICAN CHEESE (processed)** Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, acetic acid, enzymes, lecithin. **Contains soy and milk.**

**CHEDDAR CHEESE** Cultured pasteurized milk, salt, enzymes, artificial color. **Contains milk.**

**MONTEREY CHEESE BLEND (shredded)** Monterey Jack cheese (cultured pasteurized milk, salt, enzymes, artificial color), cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color) potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor). **Contains milk.**

**PARMESAN CHEESE** Cultured part-skim milk, salt, enzymes, powdered cellulose to prevent caking. **Contains milk.**

**PEPPERJACK CHEESE** Cultured pasteurized milk, jalapeno peppers, salt, calcium chloride and enzymes. **Contains milk.**

**PROVOLONE CHEESE** Cultured pasteurized milk, salt, calcium chloride, enzymes. **Contains milk.**

**SWISS CHEESE (sliced)** Cultured pasteurized milk, salt, enzymes. **Contains milk.**

## **VEGETABLES**

**AVOCADO PUREE** 100% pure avocado.

**BANANA PEPPERS** Banana peppers, water, distilled vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative), yellow #5, natural flavors, polysorbate 80.

**CUCUMBERS** Fresh ripe cucumbers

**GREEN PEPPERS** Fresh green bell peppers

**JALAPEÑO PEPPER SLICES** Jalapeno peppers, water, distilled vinegar, salt, natural flavorings, calcium chloride, sodium benzoate (preservative).

**PICKLES** Cucumbers, water, distilled vinegar, salt, calcium chloride, sodium benzoate (preservative), alum, natural flavors, polysorbate 80, FD&C yellow no. 5.

**LETTUCE** Fresh iceberg variety

**OLIVES** Ripe olives, water, salt, ferrous gluconate

**ONIONS** Jumbo red onions

**TOMATOES** Fresh red ripe tomatoes

## **CONDIMENTS**

**BUFFALO SAUCE** Distilled vinegar, aged cayenne red peppers, salt, water, modified food starch, canola oil, paprika, vegetable fiber, xanthan gum, sodium benzoate (as a preservative), natural butter type flavor and garlic powder.

**CHIPOTLE SOUTHWEST** Soybean oil, water, buttermilk (cultured pasteurized skim milk and milk, sodium citrate, salt), chipotle pepper sauce concentrate (red jalapeno peppers, distilled vinegar, sugar, salt and onions), high fructose corn syrup, egg yolks, distilled vinegar, corn syrup, contains less than 2% of non-fat milk solids, salt, dehydrated onion, phosphoric acid, autolyzed yeast extract, xanthan gum, sodium benzoate and potassium sorbate (as preservatives), dehydrated garlic, torula yeast, lactic acid, disodium inosinate and disodium guanylate, dehydrated parsley, Oleoresin paprika, polysorbate 60, propylene glycol alginate, calcium disodium EDTA added to protect flavor. **Contains eggs and milk.**

**FAT FREE HONEY MUSTARD** High Fructose corn syrup, water, prepared mustard (distilled vinegar, water, mustard seed, salt), Dijon mustard (distilled vinegar, water, mustard seed, salt, white wine, citric acid, turmeric, spices, tartaric acid), country Dijon mustard (distilled vinegar, water, mustard seed, salt, white wine, spice), distilled vinegar, honey, food starch-modified, cider vinegar, contains less than 2% of lemon juice concentrate, salt, phosphoric acid, artificial color (titanium dioxide), sodium benzoate and potassium sorbate (as preservatives), xanthan gum, dehydrated onion, egg yolks, dehydrated garlic, caramel color. **Contains eggs.**

**FAT FREE SWEET ONION** Sugar, water, corn vinegar, contains less than 2% of corn starch, food starch-modified, spices, salt, toasted onion, dehydrated onion, poppy seeds, onion juice, sodium benzoate and potassium sorbate (as preservatives), dehydrated red bell pepper, caramel color, cucumber juice, calcium disodium EDTA added to protect flavor, celery seed.

**MAYONNAISE, LIGHT** Water, soybean oil, food starch-modified\*, distilled vinegar, egg yolks, contains less than 2% of eggs, salt, spice, potassium sorbate\* (a preservative), phosphoric acid\*, calcium disodium EDTA added to protect flavor, DL-alpha-tocopheryl acetate (vitamin E), extractive of paprika,

soy lecithin\*, phylloquinone (Vitamin K1).\* Ingredient not normally found in mayonnaise. **Contains eggs.**

**MAYONNAISE, REGULAR** Soybean oil, water, eggs, egg yolks, vinegar, contains less than 2% of salt, mustard flour, lemon juice concentrate, dried onions, dried garlic, calcium disodium EDTA (to protect flavor), paprika, natural flavor. **Contains eggs.**

**MUSTARD (yellow)** Distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder.

**MUSTARD (deli brown)** Distilled vinegar, mustard seed, water, salt, spices, turmeric, natural flavor.

**OIL** Canola oil, extra virgin olive oil.

**RED WINE VINAIGRETTE** Water, corn syrup, red wine vinegar, sugar, parmesan cheese (partially skimmed milk, cheese culture, salt, enzymes, anti-caking agent), salt, distilled vinegar, contains less than 2% of food starch-modified, dehydrated red bell pepper, xanthan gum, spices, dehydrated onion, dehydrated garlic, sodium benzoate (a preservative), natural flavor, color red #40 and blue #1. **Contains: milk, sulfites.**

**RED WINE VINEGAR** Red wine vinegar (5% acidity), sulfiting agent.

## **SALAD DRESSINGS & TOPPINGS**

**CROUTONS** Ingredients: Enriched Flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), canola oil, sugar, salt, natural and artificial butter flavor with other natural flavors, yeast, dehydrated garlic, whey, spices, nonfat dry milk, dehydrated parsley, romano cheese (cow's milk, cultures, salt, enzymes), lactic acid, ascorbic acid. **Contains milk and wheat.**

**FAT FREE ITALIAN DRESSING** Water, vinegar, high fructose corn syrup, corn syrup, salt, contains less than 2% of Parmesan cheese (part-skim milk, cheese culture, salt, enzymes), garlic, onion juice, whey, phosphoric acid, xanthan gum, potassium sorbate and calcium disodium EDTA as preservatives, yeast extract, spice, dried bell peppers, lemon juice concentrate, dried garlic, dried buttermilk, caramel color, sodium phosphates, enzymes, oleoresin paprika. **Contains milk.**

**RANCH DRESSING** Soybean oil, water, sugar, egg yolks, vinegar, salt, contains less than 2% of whey, onions\*, buttermilk, xanthan gum, phosphoric acid, with sorbic acid and calcium disodium EDTA as preservatives, garlic\*, polysorbate 60, parsley\*, spice, disodium inosinate, disodium guanylate, natural flavor. \*Dried. **Contains milk and eggs.**

## **PIZZA**

**CHEESE PIZZA CRUST:** Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, bread crumbs (bleached wheat flour, yeast, sugar, salt), soybean oil, sugar, yeast, salt, non-fat dry milk, garlic. **MOZZARELLA CHEESE:** Pasteurized milk, cheese cultures, salt, enzymes. **SAUCE:** Tomato puree (vine ripened tomatoes, salt, citric acid), water, tomato paste, soybean oil, salt, spices, garlic powder, Romano cheese (pasteurized part-skim cow's milk, cheese culture, salt, enzymes). **PARMESAN AND ROMANO CHEESE BLEND:** Parmesan cheese (pasteurized part skim milk, cheese culture, salt, enzymes), Romano cheese (pasteurized cows milk, cheese cultures, salt, enzymes). **OREGANO. GARLIC. BASIL. Contains: Milk and Wheat**

## COOKIES & DESSERTS

**CHOCOLATE CHIP COOKIES** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), margarine (palm oil, butter, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), eggs, water, molasses, baking soda, natural and artificial flavors, potassium chloride, salt. **CONTAINS: Wheat, milk, eggs and soybeans.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**CHOCOLATE CHUNK CONTAINS:** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, natural and artificial flavors), palm oil, eggs, high fructose corn syrup, water, molasses, baking soda, salt, whey, natural and artificial flavor. **CONTAINS: Wheat, milk, eggs and soybeans.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**DOUBLE CHOCOLATE CHIP** Sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), margarine (palm oil, butter, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), white chips (sugar, palm kernel and palm oil, nonfat dry milk, soy lecithin, vanilla), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), eggs, cocoa processed with alkali, molasses, water, natural and artificial flavors, potassium chloride, baking soda, salt. **CONTAINS: Wheat, milk, eggs and soybeans.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**M&M®** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, palm oil, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), candy pieces (milk chocolate [sugar, chocolate, milk, cocoa butter, lactose, soy lecithin, salt, artificial flavors] sugar, corn starch, corn syrup, gum acacia, coloring [includes red 40 lake, yellow 5, yellow 6, blue 2 lake, red 40, blue 1 lake, blue 1, blue 2, yellow 5 lake, yellow 6 lake], dextrin), eggs, water, molasses, baking soda, salt, whey, natural and artificial flavor. **CONTAINS: Wheat, Milk, Eggs and Soybeans. May Contain: Peanuts** *Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)*

**OATMEAL RAISIN** Sugar, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), raisins, palm oil, oats, eggs, water, molasses, whey, baking soda, salt, natural flavor, potassium chloride, cinnamon. **CONTAINS: Wheat, milk and eggs.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**PEANUT BUTTER** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, peanut butter (peanuts, sugar, palm oil, salt), peanut butter chips (sugar, palm kernel oil, peanuts, partially defatted peanut flour, lactose, whey, anhydrous milkfat, nonfat milk, sodium caseinate, buttermilk, soy lecithin, salt, artificial flavor), margarine (palm oil, butter, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), eggs, molasses, high fructose corn syrup, palm oil, water, natural flavor, potassium chloride, baking soda. **CONTAINS: Wheat, peanuts, milk, eggs and soybeans.** *Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)*

**RASPBERRY CHEESECAKE** Enriched bleached flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, margarine (palm oil, water, soybean oil, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), white chips (sugar, palm kernel and palm oil, nonfat dry milk, soy lecithin, vanilla), eggs, raspberry bits (dextrose, palm oil, sugar, corn flour, raspberry powder, natural flavor, citric acid, blueberry and carrot extracts), neufchatel cheese (pasteurized milk and cream, cheese culture, salt, stabilizer [carob bean and/or guar and/or xanthan gums]), invert sugar, maltodextrin, natural and artificial flavors, baking soda, potassium chloride, yellow 5. **Contains: Wheat, milk, soybeans, eggs and yellow 5.** *(Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)*

**SUGAR** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, palm oil, eggs, natural butter flavor, water, whey, baking soda, salt. **CONTAINS: Wheat, milk, and eggs.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**WHITE CHIP MACADAMIA NUT** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, margarine (palm oil, butter, water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene), white chips (sugar, palm kernel and palm oil, nonfat dry milk, soy lecithin, vanilla), macadamia nuts, eggs, molasses, water, natural and artificial flavors, potassium chloride, baking soda, salt. **Contains: Macadamia Nuts, Wheat, Milk, Eggs and Soybeans** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut-containing cookies.)*

**YOGURT PARFAIT** Vanilla yogurt (cultured pasteurized grade A low fat milk, sugar, modified food starch, whey protein concentrate, vanilla extract, carrageenan, pectin, potassium sorbate (to maintain freshness)), strawberries, blueberries, granola (whole rolled oats, sugar, wheat flakes, corn syrup, soy oil, whey, molasses, natural flavor, mixed tocopherols (used to preserve freshness)). **Contains: Wheat, milk and soy. Granola may contain tree nuts.**