



U.S. Allergy and Sensitivity Information

June 2017

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. Individual food items may come in contact with one another during food preparation and is not reflected on this chart. Please notify the sandwich artist if you have a food allergy.

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ¹	Sulfites	Nitrites/Nitrates
Breads & Wraps											
Italian (white)							*		•		
9-Grain Wheat							*		•		
Flatbread, Multigrain			•				*		•		
Flatbread, White			•				*		•		
Italian Herbs and Cheese			•				*		•		
Local/Regional Breads‡											
9-Grain Honey Oat							*		•		
Biscuits											
English Muffin			•				•		•		
Gluten-Free (as packaged)	•						X				
Harvest							*		•		
Hawaiian Sweet	•		•						•		
Hearty Italian							*		•		
Jalapeno Cheese/Cheddar			•				*		•	•	
Monterey Cheddar			•				*		•		
Parmesan Oregano			•				*		•		
Roasted Garlic							*		•	•	
Rosemary and Sea Salt							*		•	•	
Rye							*		•		
Sourdough							*		•		
Southwestern Spicy							*		•		
Wrap, Habanero							•		•		
Wrap, Spinach							•		•		
Wrap, Tomato Basil							•		•		
Wrap, Wheat									•		
Meat, Poultry, Seafood & Eggs											
Bacon Strips											•
Chicken Patty, Roasted							*				
Chicken Strips, Plain							•				
Chicken Strips, Teriyaki Glazed					•		•		•		
Cold Cut Combo Meats											•
Egg (Regular) Omelet	•		•				•				
Egg White Patty	•						*				
Ham (Black Forest)											•
Italian BMT® Meats (ham, pepperoni, salami)											•
Meatballs & Marinara			•				•		•		
Pepperoni											*
Roast Beef											
Rotisserie-Style Chicken							*				
Spicy Italian Meats (pepperoni, salami)											•
Steak										•	
Tuna	•	•					*				

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ¹	Sulfites	Nitrites/Nitrates
Turkey Breast							*				
Local/ Regional Meats Proteins‡											
BBQ Pulled Pork							*				
BBQ Rib Patty							•				
Carved Turkey				*			*				
Chicken Enchilada			•				•		•		
Chicken Salad	•						*				
Chicken Strips, Buffalo Chicken							•				
Egg Salad	•						*				
Falafel									•		
Orchard Chicken Salad	•						*				
Pastrami											•
Sausage, Breakfast											
Seafood Sensation	•	•				•	•		•		
Veggie Patty (vegetarian/VegiMax)	•		•				•		•		
Vegan Patty (maibu)					•		•		•		
Cheese											
American, Processed			•				•				
Monterey Cheddar, Shredded			•								
Local/Regional Cheese‡											
Feta			•								
Mozzarella, Shredded			•								
Natural Cheddar			•								
Parmesan			•								
Pepper jack			•								
Provolone			•								
Swiss			•								
Condiments & Dressings											
Chipotle Southwest Sauce	•		•				*				
Light Mayonnaise/Regular Mayonnaise	•						*				
Mustard (Deli Brown)											
Mustard (Yellow)											
Oil											
Ranch Dressing	•		•				*				
Subway® Vinaigrette							•			•	
Sweet Onion Sauce (Contains Poppy Seeds)							•			•	
Vinegar										•	
Local/Regional Condiments and											
Barbeque Sauce											
Buffalo Sauce											
Creamy Italian							*				
Creamy Srircha	•						*				
Fire Roasted Tomato Sauce							*				
Giardiniera							*				
Golden Italian							*				
Gorgonzola Sauce	•		•				*				
Guacamole											
Honey Mustard Sauce, Fat Free	•										
Hot Pepper Relish										•	
Ketchup											
Pico de Gallo							*				
Sauerkraut										•	
Savory Caesar	•	•	•				•				
Signature Horseradish Sauce	•						*				

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ¹	Sulfites	Nitrites/Nitrates
Smoky Hickory Sauce	*						*				
Sweet Chili Sauce											
Sweet Potato Curry											
Thousand Island	•						*				
Tzatziki Sauce	•		•				*				
Vegetables											
Banana Peppers										•	
Cucumbers											
Green Peppers											
Jalapenos										•	
Lettuce											
Olives											
Onions											
Pickles											
Spinach											
Tomatoes											
Local/Regional Vegetables ‡											
Avocado											
Carrots											
Green Chiles											
House-Made Dill Pickles						*					
Mushrooms											
Sweet Peppers										•	
Soups ‡											
Beef Chili							•		•		
Black Bean							•				
Broccoli & Cheddar			•				*				
Chicken Tortilla							*				
Creamy Chicken & Dumpling	•		•				•		•		
Creamy Chicken and Wild Rice			•		•				•		
French Onion (includes bread & cheese)			•				•		•		
Homestyle Chicken Noodle	•		•						•		
Loaded Baked Potato			•				*		•		
Tomato Basil ‡			•								
Cookies & Desserts											
Apple slices											
Cookie, Chocolate Chip	•		•	**			•	**	•		
Cookie, Oatmeal Raisin	•		•	**			•	**	•		
Cookie, Raspberry Cheesecake	•		•	**			•	**	•		
Cookie, White Chip Macadamia Nut	•		•	**			•	•	•		
Local/Regional Cookies and Desserts‡											
Brownie	•		•				•	X	•		
Brownie, Gluten-Free ²	•										
Cinnamon Rolls	*		•				•		•		
Cookie, Chocolate Chunk	•		•	**			•	**	•		
Rainbow Gems	•		•	•			•	**	•		
Cookie, Double Chocolate Chip	•		•	**			•	**	•		
Cookie, Peanut Butter	•		•	•			•	**	•		
Cookie, Sugar	•		•	**				**	•		
Croissant											
Muffin, Apple Cinnamon Pecan	•		•				•	•	•		
Muffin, Banana Bread	•		•				*	•	•		
Muffin, Blueberry Crumb	•		•				•	•	•		
Muffin, Chocolate Chunk	•		•				•		•		

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Muffin, Triple Berry	•		•				•		•		

●=contains x=may contain

¹ Wheat & Gluten categories are combined since all Subway® gluten-containing items contain wheat.

² The Gluten-Free bread is manufactured in a Gluten-Free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.

*Only contains highly refined oil from this ingredient. FDA exempts labeling refined oils as allergens since they can be safely consumed by food-allergic individuals.

**Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies. Peanut butter cookie may contain macadamia nuts due to manufacturing process.

‡ Local Options: Products are not available at all locations