

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten ¹	Sulfites	Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates
Egg (Regular) Omelet	•		•				•					
Egg (White) Omelet	•						*					
Ham (Black Forest)											•	•
Italian BMT® Meats											•	•
Meatballs & Marinara			•				•		•			
Roast Beef												
Seafood Sensation	•	•				•	•		•		•	
Steak							•			•	•	
Tuna	•	•					*				• ³	
Turkey Breast							*					
Cheese												
American Cheese			•				•					
Cheddar Cheese			•									
Monterey Cheddar Cheese, Shredded			•									
Mozzarella Cheese, Shredded			•									
Parmesan Cheese			•									
Pepper Jack Cheese			•									
Provolone Cheese			•									
Swiss Cheese			•									
Condiments & Dressings												
Buffalo Sauce												
Chipotle Southwest Sauce	•		•				*				•	
Croutons			•						•			
Honey Mustard Sauce	•											
Light Mayonnaise/Regular Mayonnaise	•						*					
Mustard (Yellow and Deli Brown)												
Oil												
Ranch Dressing	•		•				*					
Red Wine Vinaigrette			•							•		
Sweet Onion Sauce (Contains Poppy Seeds)										•		
Vinegar										•		
Vegetables												
Banana Peppers										•		
Jalapenos												
Olives												
Pickles												
Vegetables, Fresh												
Pizza												
Cheese Pizza			•				*		•			
Cookies & Dessert												
Chocolate Chip	•		•	**			•	**	•			
Chocolate Chunk	•		•	**			•	**	•			
Double Chocolate	•		•	**			•	**	•			
M&M®	•		•	•			•	**	•			
Oatmeal Raisin	•		•	**			•	**	•			
Peanut Butter	•		•	•			•	**	•			
Raspberry Cheesecake	•		•	**			•	**	•			
Sugar	•		•	**				**	•			
White Chip Macadamia Nut	•		•	**			•	•	•			
Yogurt Parfait			•				•	X	•			

•=contains x=may contain

▲=Allergen info for additional condiments and breads are listed separately on this chart.

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

⁴ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

³ Tuna served in Minnesota and Florida contains hydrolyzed vegetable protein.

*The only soy-derived ingredient is refined soybean oil.

**Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies