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**

**HONEY OAT BREAD**: Subway® 9 Grain Wheat Bread, Honey Oat Topping (Soy grits, sugar, rolled oats, thickener (1412), honey powder, molasses powder, salt, flavour (nature identical), colour (150 caramel)). Contains: Gluten, Wheat, Soy and Sulphites.

**ITALIAN HERBS & CHEESE BREAD**: Subway® White Bread, Mozzarella Cheese [Milk, Salt, Cultures, Vegetarian Rennet, Anti-caking agent (Tapioca Starch), Preservative (200)], Garlic Powder, Maltodextrin, Rice Flour, Salt, Breadcrumbs (wheat flour, yeast, maize flour, salt, rye, Triticale, gluten, Soy flour, vegetable oil, emulsifiers (471,481,472e), Preservative (282), vegetable gum (412), Vitamin (thiamin)), Rosemary, Parmesan Cheese(Milk Starter culture, rennet, salt, lipase), Vegetable Fat, Oregano. Flavours, Soy bean Oil, Whey Powder, Food Acids (330, 270), Vegetable Gum (412), Anticaking Agent (551), Yeast. Contains: Gluten, Wheat, Soy and Milk.


**MULTIGRAIN WRAP**: Flour (wheat flour, vitamins (thiamin, folic acid)), water, wholemeal flour (17%) (wholemeal wheat flour, vitamins (thiamin, folic acid)), vegetable shortening (vegetable fat, emulsifier (471), antioxidant (320)), grain mix (3.6%) (kibbled wheat, kibbled corn, kibbled rye, malted wheat, linseed), baking powder (emulsifiers (339, 341, 450), raising agent (500), cornflour (wheat), iodised salt, sugar, conditioner (emulsifiers (481, 471), soy flour, wheat flour), acidity regulator (297), preservative (200). Contains: Wheat, Gluten and Soy.

**9 GRAIN WHEAT BREAD**: Water, Whole Wheat Flour [(29%) (Thiamine, Folic Acid)], Wheat Flour (Thiamine, Folic Acid), Yeast, Mixed Grains 3 % (Wheat, Rye, Corn Grit, Oats, Brown Rice, Triticale, Barley, Flaxseed, Millet, Sorghum Flour), Gluten, Sugar, Canola Oil, Iodised Salt(Anti Caking Agent (551, 535)) Soya Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Food Acid (300), Enzymes. Contains: Gluten, Wheat and Soy.

**MEAT, POULTRY, SEAFOOD & EGGS**

**ANGUS BEEF PATTY AND CARAMELISED ONION RELISH (Selected locations only)**: Angus Beef Patty: Beef (71%), Water, Breadcrumbs (Wheat Flour, Salt, Yeast), Eggs, Textured Vegetable Proteins, Whey Protein Concentrate , Soya Sauce, Yeast Extract, Maltodextrin, Salt, Sugar, Vegetable Fat (High Oleic Sunflower Oil, Glucose Syrup, Modified Starch), Thickener (1412), Salt, Black Pepper, White Pepper, Nutmeg, Onion Powder, Garlic Powder. Contains: Wheat, Gluten, Egg, Milk and Soy. Caramelised Onion Relish: Water, sugar, onion (9%), balsamic vinegar, thickener (1442, 1422, 415),
salt, ginger, acidity regulator (260, 325, 330), natural colour (caramelised sugar), garlic, vinegar, herbs, mustard seeds, mustard powder, spices, preservative (202, 211), yeast extract, natural flavor, natural herb extract.

**BBQ PULLED PORK (Selected locations only):** Pulled Pork: Pork 80%, Salt, Maltodextrin, Yeast Extract, Mineral Salt (500), Sugar, Spices and Spice Extracts (160c), Tomato Powder, Natural Smoke Flavour. Smokey BBQ Marinade: (see above).

**BACON, SHORTCUT:** Pork (minimum 80%), Water, Salt, Dextrose, Acidity Regulators (325, 262), Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Wood smoked.

**CHICKEN BREAST STRIPS:** Chicken (94%), Soy Protein, Salt, Modified Starch (1412), Flavour [Hydrolysed Vegetable Protein (Soy)], Mineral Salt (450), Vegetable Oil [Canola (Antioxidant (319))].


**CHICKEN, OVEN ROASTED:** Chicken Breast (88%), Water, Thickener (1442), Maltodextrin, Sugar, Soy Protein, Hydrolysed Vegetable Protein (Soy), Salt, Mineral Salts (450, 451), Yeast Extract, Vegetable Powder, Flavours (Milk), Food Acid (262), Spice & Herb Extracts. Contains: Soy and Milk.

**CHICKEN BREAST STRIPS (Teriyaki glazed):** Subway ® Chicken Breast Strips (see above), Teriyaki Glaze: Water, Sugar, Thickener (1422), Fructose, Tomato Paste, Ginger, Salt, Hydrolysed Vegetable Protein, Acidity Regulators (260, 270), Garlic Powder, Sesame Seeds, Minced Onion, Red Bell Peppers, Sesame Oil, Colour (150d), Spices, Preservatives (202, 211), Flavours. Contains: Sesame.

**CHICKEN SCHNITZEL:** Chicken Breast (70%), Breadcrumb [Wheat Flour, Salt, Yeast, Wheat Gluten, Sugar, Canola Oil], Batter {Wheat flour, Thickener (1404), Mineral Salts (500, 541, 450), Salt, Soy flour, Emulsifier (322)}, Marinade (Water, Salt, Modified starch (1442), Mineral salts (451, 452), Maltodextrin), Predust (Wheat, Egg), Vegetable oil. Contains: Wheat, Gluten, Soy and Egg.

**HAM:** Pork (min 68%), Water, Thickener (1442), Salt, Acid Regulator (326, 262), Dextrose, Mineral Salts (451, 450), Antioxidant (316), Natural Smoke Flavour, Preservative (250), Colours (Sorghum Husk Extract, Annatto Extract).

**ITALIAN B.M.T.® MEATS: Genoa Salami:** Meat Including Pork (96%), Salt, Soy Protein, Spices, Dextrose (from Tapioca), Milk Solids (Non Fat), Lactose, Food Acids (575, 330), Mineral Salts (451), Antioxidant (316), Sodium Nitrite (250), Starter Culture. Smoke. Contains: Milk and Soy. **Pepperoni:** Meat Including Pork (96%), Salt, Soy Protein, Spices, Dextrose (from Tapioca), Milk Solids (Non Fat), Lactose, Food Acids (575, 330), Mineral Salts (451), Antioxidant (316), Sodium Nitrite (250), Starter Culture. Contains: Milk and Soy. Smoked. **Ham:** Pork (min 68%), Water, Thickener (1442), Salt, Acid Regulator (326, 262), Dextrose, Mineral Salts (451, 450), Antioxidant (316), Natural Smoke Flavour, Preservative (250), Colours (Sorghum Husk Extract, Annatto Extract).

**MEATBALLS WITH MARINARA SAUCE:** Meatballs: Beef (65%), Textured Vegetable Protein, Soy Protein, Breadcrumb [Cereal & cereal flours, yeast, salt, vegetable oil, Soy Flour, Emulsifiers (471, 481, 472-e), Preservative (282), vegetable gum (412), Acidity Regulator (262) vitamin (thiamin)], Salt, Hydrolysed Vegetable Protein, Unbleached Flour, Herbs & Spices, Dehydrated Vegetables, Cheese.
(Milk, Culture Enzyme), Unbleached Wholemeal Flour, Gluten, Soya Flour, Caramel (150 c). Contains: Wheat, Gluten, Dairy and Soy. **Marinara Sauce**: Tomato Concentrate, Vegetable Oil, Sugar, Thickener (1414, 1442), Salt, Onion, Food Acid (Citric Acid), Herb, Herb Extract and Spice.

**POACHED EGG**: Whole egg.

**ROAST BEEF**: Beef (minimum 80%), Water, Dextrose, Maltodextrin, Salt, Mineral Salt (451), Dehydrated Vegetables, Colour (150d), Spice, Vegetable Oil

**SUBWAY SEAFOOD SENSATION ™**: Fish (45%), Water, Wheat Starch, Tapioca Starch, Sugar, Crab Extract (1.8%) [contains flavour enhancers (635)], Wheat Flour, Iodised Salt, Mineral Salts (450, 451), Natural Colours (120, 160c). Contains: Fish, Wheat, Gluten and Crustacea. **Subway® Mayonnaise**.

**STEAK, Diced**: Beef (min.80%), Water, Dextrose, Hydrolysed Vegetable Protein (Maize & Soy), Thickener (1442), Maltodextrin, Salt, Mineral Salts (508,450,451), Stabiliser (407a), Colour (150d) (sulphites), Vegetable Powders, Fermented Soya Sauce (Soy), Yeast Extract, Natural Flavour, Vegetable Oil, Spice Extracts, Vegetable Extracts. Contains: Soy and Sulphites.

**TUNA**: Chunk Style Tuna, **Subway® Mayonnaise**, Water, Salt.

**TURKEY**: Turkey Breast (min 66%), Water, Thickener (1442), Dextrose, Salt, Acidity Regulator (325, 262), Vegetable Gum (407a), Mineral Salts (451, 450, 508), Yeast Extract, Preservative (223) (Sulphite), Vegetable Oil, Natural Antioxidant (Rosemary), Colour (Sorghum Husk Extract, Annatto Extract). Contains: Sulphites.

**VEGGIE PATTY (Qld, NSW, WA, ACT, SA, NT)** Vegetables (40%) (Carrots, Bell Peppers, Mushrooms, Water Chestnuts, Onions, Black Olives), Soy Protein, Cooked Brown Rice, Seasonings [Herbs and Spices, Hydrolysed Vegetable Protein (Soy), Yeast Extracts, Sugar, Salt, Vegetable Fibre], Oats (contain gluten), Vegetable Oil. Contains: Wheat, Gluten and Soy.


**CHEESE**

**MOZZARELLA CHEESE (shredded)**: Milk, Salt, Cultures, Vegetarian Rennet, Anti-caking agent (Tapioca Starch), Preservative (200). Contains: Milk.

**OLD ENGLISH CHEESE**: Cheese (min 60%), (Cow’s Milk, Salt Cultures, Enzyme [Vegetarian/Calf Rennet], Water, Milk Solids, Emulsifiers (331), Non Fat Milk Solids, Salt, Acidity Regulator (260), Emulsifier (322), Preservative (200), Colours (160b, 160c). Contains: Milk Products and Soy

**PALE TRIANGLE CHEESE**: Cheese (min 65%), (Cow’s Milk, Salt, Cultures, Enzyme [Vegetarian/Calf Rennet]). Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332, 322), Salt, Acidity regulators (260, 330), Preservative (200). Contains: Milk Products and Soy

**SWISS CHEESE, NATURAL**: Milk, Salt, Cultures, Enzyme (Non-Animal Rennet), Natural Preservative (235). Contains: Milk Products.
VEGETABLES

AVOCADO: Avocado puree.

BEETROOT (Selected locations only): Beetroot (58%), Water, Sugar, Food Acid (260), Salt, Flavours.

CARROT: Shredded Carrots.

CUCUMBERS: Fresh Ripe Cucumbers.

CAPSICUM: Fresh Green Capsicum.

JALAPEÑO PEPPER SLICES: Sliced jalapeno peppers (60%), water, vinegar, food acid (260) salt, preservative (211), mineral salt (509), colour (102).

LETTUCE: Fresh Iceberg Variety.


ONIONS: Jumbo Red Onions.

PICKLES: Pickles, Water, Distilled Vinegar, Salt, Calcium Chloride (509), Sodium Benzoate (211), Natural Flavor, Polysorbate 80 (433), Tartrazine (102).

PINEAPPLE (Selected locations only): Pineapple, Unsweetened Pineapple Juice, Citric Acid (330).

SPINACH: Baby Spinach

TOMATOES: Fresh Red Ripe Tomatoes.

CONDIMENTS


CHIPOTLE SOUTHWEST: Soya bean oil, water, white vinegar, milk solids, egg, salt, vegetable powders, acidity regulator (270), stabiliser (415), yeast extract, herb and spice, flavours, preservatives (202, 211), emulsifier (433), antioxidant (385), sweetener (950). Contains: Soy, Milk and Egg

GARLIC AIOLI SAUCE: Water, vegetable oil, thickener (1414, 415, 412, 401), garlic (3%), sugar, skim milk powder, salt, acidity regulator (270, 260, 330), preservative (211, 202, 223), natural flavour, herb, antioxidant (385), colour (102, 110). Contains: Milk, Soy and Sulphites.

HONEY MUSTARD (LOW FAT): Water, sugar, vinegar (white, cider), thickener (modified maize starch 1422 , 1414), honey (3%), spice (mustard powder, onion powder, turmeric, garlic powder, cloves, white pepper, nutmeg, cinnamon), crushed mustard seed (1.7%), salt, acidity regulator (260, 338, 330), colour (171, 150d), lemon juice concentrate, stabilizer (415), preservative (202, 211), natural herbal extract

MAYONNAISE: Water, Soya Bean Oil (Antioxidant (320)), Egg Yolk, Food Acids (260, 270), Thickener (1442), Salt, Mustard Flour, Preservative (202), Flavour, Colours (100, 160 (c)).Contains: Soy and Egg.

SWEET CHILLI SAUCE (LOW FAT): Water, sugar, salt, thickener (1422), acidity regulator (260), chilli (1%), red bell peppers, stabilizer (415), flavour, preservative (211, 202).

SWEET ONION (LOW FAT): Water, Sugar, Vinegar, Thickener (1422), Dehydrated Onion (1.7%), Mustard Flour, Salt, Poppy Seeds, Preservative (202), Natural Flavour, Dehydrated Red Bell Pepper, Celery Powder.

TOMATO SAUCE (LOW FAT): Concentrated Tomatoes (Contains 141g of Tomatoes per 100mL), Sugar, Salt, Food Acids (Acetic Acid, Citric Acid), Natural Flavours. Contains 79% Concentrated Tomatoes.

SALAD DRESSINGS & TOPPINGS


THOUSAND ISLAND DRESSING: Water, soya bean oil, sugar, tomato paste, gherkin, thickener (1414), acidity regulator (260, 270), milk solids, egg, salt, spices, stabilizer (415), vegetable powder, preservative (202, 211), emulsifier (433), flavour, antioxidant (385). Contains: Soy, Milk and Egg.

COOKIES and BAKERY ITEMS

APPLE LATTICE SQUARE (Selected locations only): Apple Filling (45%) [Apple (75%), Sugar, Thickener (1422-Maize), Spices, Preservatives (223,202)], Wheat Flour, Butter (unsalted), Water, Iodized Salt, Thiamine, Folic Acid. Contains: Wheat, Milk and Sulphites.


CHOCOLATE CHIP RAINBOW COOKIE (Selected locations only): Wheat Flour, Sugar, Palm Oil, Chocolate Chips (9%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322), Vanilla], Chocolate Confectionary Pieces (9%) [Dried Cane Syrup, Cocoa Butter, Chocolate Liquor, Whole Milk Powder, Emulsifier (322), Vanilla] Sugar, Rice Starch, Gum Arabic (414), Colours [Turmeric Oleoresin, Colour (160e), Spirulina Extract, Vegetable Juice], Dried Cane Syrup, Confectioners Glaze (Shellac, Carnauba Wax, Beeswax), Eggs, Water, Molasses, Raising Agent (500), Salt, Milk Protein [Whey Powder], Flavouring. Contains: Wheat, Gluten, Soybeans, Eggs and Milk. May contain traces of tree nuts.
CHOCOLATE WALNUT BROWNIE (Selected locations only): Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Chocolate Chips 17% (Sugar, Chocolate Mass, Dextrose (Corn), Cocoa Butter, Emulsifier (322)(Soy), Flavouring), Invert Sugar, Sugar, Margarine [Vegetable Oil (Palm), Water, Salt, Emulsifier (471), Flavouring, Food Acid (330), Vitamin A (Antioxidant 304). Colour 160E], Whole Eggs, Walnuts (6%), Bulking Agent (1200), Cocoa, Vegetable Oil (Palm), Butter (Cream, Salt), Defatted Soy flour, Raising Agents (500,450,341), Salt, Emulsifier (471), Flavouring, Stabilizer (415), Firming Agent (516). Contains: Wheat, Gluten, Soy, Eggs, Walnuts and Milk.

CUSTARD LATTICE SQUARE (Selected locations only): Custard filling (45%) [water, sugar, full cream milk powder, thickener (1414), whey powder, vegetable gums (401,407,412,466), salt, acidity regulator (331), flavour, colours (102, 110), wheat flour, butter (unsalted), water, iodised salt, thiamine, folic acid. Contains: Wheat, Milk. May contain Sulphites.

DOUBLE CHOCOLATE CHIP COOKIE: Sugar, Wheat Flour, Margarine [Palm Oil, Butter, Water, Salt, Emulsifiers (471, 322), Natural Flavour, Vitamin A, Colour (160e)], White Chips (12%) [Sugar, Palm Kernel and Palm Oil, Milk Protein (Milk Powder), Emulsifier (322), Flavouring], Chocolate Chips (7%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322), Vanilla], Eggs, Cocoa processed with alkali, Molasses, Water, Flavouring, Raising Agent (500), Salt. Contains: Gluten, Milk, Soybeans and Eggs. May contain traces of tree nuts.

RASPBERRY CHEESECAKE COOKIE: Wheat Flour, Sugar, Margarine [Palm Oil, Water, Soybean Oil, Salt, Emulsifier (471), Natural Flavours, Food Acid (330), Vitamin A (Antioxidant 304), Colour (160a)], White Confectionary Chips (15%) [Sugar, Palm Kernel and Palm Oil, Nonfat Dry Milk, Emulsifier (322), Natural Vanilla Flavour], Eggs, Raspberry Confectionary Bits (4%) [Dextrose, Palm Oil, Corn Flour, Raspberry Powder, Vegetable Extract (Red Cabbage, Beet Juice), Food Acid (330), Natural Flavour], Invert Sugar, Maltodextrin, Neufchatel Cheese (2%) [Pasteurised Milk and Cream, Cheese Culture, Salt, Stabilisers (410, 412, 415)], Raising Agent (500), Salt, Soybean Oil, Raspberry Juice Concentrate, Natural Flavour, Colour (102, 100, 160b). Contains: Wheat, Gluten, Milk, Soybeans and Eggs. May contain traces of tree nuts.

WHITE CHIP MACADAMIA NUT COOKIE: Wheat Flour, Sugar, Margarine [Palm Oil, Butter, Water, Salt, Emulsifiers (471, 322), Natural Flavour, Vitamin A, Colour (160e)], White Chips (14%) [Sugar, Palm Kernel and Palm Oil, Milk Protein (Milk Powder), Emulsifier (322), Flavouring], Macadamia Nuts (6%), Eggs, Molasses, Water, Flavouring, Raising Agent (500), Salt. Contains: Wheat, Gluten, Milk, Soybeans, Eggs and Macadamia Nuts. May contain traces of tree nuts.

SMOOTHIES


MANGO: Water, Mango Puree (17 %), Apple Puree, Sugar, Yoghurt Powder (Milk), Sweetener (968, 960), Thickener (412, 415, 407), Flavour, Colour (Carotene 160a). Contains Milk. May Contain Wheat, Oats, Egg, Peanuts, Soybean, Tree Nuts.

MIXED BERRY: Apple Juice, Water, Berries (11%), (Strawberry, Raspberries, Blueberries), Apple Puree, Banana Puree, Sugar, Blackcurrant Juice, Sweetener (968, 960), Thickener (412, 415). May Contain Wheat, Oats, Egg, Milk, Peanuts, Soybean, Tree Nuts.
TOASTIES

AVOCADO TOASTIE: Subway® White Bread, Subway® Avocado. Contains: Wheat, Gluten and Soy

GARLIC & HERB TOASTIE: Subway® White Bread, Subway® Garlic Aioli, Garlic Powder, Maltodextrin, Rice Flour, Salt, Breadcrumbs (wheat flour, yeast, maize flour, salt, rye, Triticale, gluten, Soy flour, vegetable oil, emulsifiers (471,481,472e), Preservative (282), vegetable gum (412), Vitamin (thiamin)), Rosemary, Parmesan Cheese (Milk Starter culture, rennet, salt, lipase), Vegetable Fat, Oregano, Flavours, Soy bean Oil, Whey Powder, Food Acids (330, 270), Vegetable Gum (412), Anti-caking Agent (551), Yeast. Contains: Wheat, Gluten, Soy, Milk and Sulphites


SIDES

FITCIPS ™: (Selected locations only): Potato (95%), Canola Oil, Dextrose.

SPC FRUIT CRUSH UPS ™STRAWBERRY FLAVOUR: Apple Puree (90%), Pear Juice Concentrate (9%), Natural Strawberry Flavour, Blackcurrant Juice Concentrate, Antioxidant (Ascorbic Acid).