

# Ingredient Information for People with Food Allergies and Sensitivities

Our products are made in plants which handle nuts	Eggs	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
<b>Sandwiches* 9-Grain wheat bread with lettuce, tomatoes, green peppers, cucumbers and red onions.</b>														
Big Beef Melt (with American Style Processed Cheese)			ü				ü		<b>W,R,O,S,B</b>					
Chicken & Bacon Ranch Melt (includes Monterey Jack/Cheddar Shredded Cheese)	ü		ü				ü		<b>W,R,O,S,B</b>					
Chicken Breast			ü				ü		<b>W,R,O,S,B</b>					
Chicken Tikka			ü				ü		<b>W,R,O,S,B</b>					
Ham							ü		<b>W,R,O,S,B</b>					
Italian B.M.T.*							ü		<b>W,R,O,S,B</b>			ü		
Meatball Marinara			ü				ü		<b>W,R,O,S,B</b>					
Spicy Italian							ü		<b>W,R,O,S,B</b>			ü		
Steak & Cheese			ü				ü		<b>W,R,O,S,B</b>	ü				
Subway Melt™ (includes American Style Processed Cheese)			ü				ü		<b>W,R,O,S,B</b>					
Chicken Teriyaki				ü			ü		<b>W,R,O,S,B</b>	ü				
Tuna Mayo	ü	ü					ü		<b>W,R,O,S,B</b>			ü		
Turkey Breast							ü		<b>W,R,O,S,B</b>					
Turkey Breast & Ham							ü		<b>W,R,O,S,B</b>					
Veggie Delite®							ü		<b>W,R,O,S,B</b>					
Veggie Patty	ü		ü				ü		<b>W,R,O,S,B</b>	ü				
<b>Salads* with lettuce, tomatoes, green peppers, cucumber and red onions</b>														
Big Beef Melt (with American Style Processed Cheese)			ü				ü							
Chicken & Bacon Ranch Melt (includes Monterey Jack/Cheddar Shredded Cheese)	ü		ü											
Chicken Breast			ü						<b>W</b>					
Chicken Tikka			ü											
Ham														
Italian B.M.T.*												ü		
Meatball Marinara			ü				ü		<b>W</b>					
Spicy Italian												ü		
Steak & Cheese			ü				ü		<b>B,W</b>	ü				
Subway Melt™ (includes American Style Processed Cheese)			ü				ü							
Chicken Teriyaki				ü			ü		<b>W</b>	ü				
Tuna Mayo	ü	ü										ü		
Turkey Breast														
Turkey Breast & Ham														
Veggie Delite®														
Veggie Patty	ü		ü				ü		<b>W</b>	ü				
<b>Bread</b>														
9-Grain Honey Oat							ü		<b>W,R,O,S,B</b>					
9-Grain Wheat							ü		<b>W,R,O,S,B</b>					
Hearty Italian							ü		<b>W</b>					
Italian							ü		<b>W</b>					
Italian Herbs and Cheese			ü				ü		<b>W</b>					
Flatbread			ü						<b>W,O</b>					
<b>Meat, Poultry, Seafood, Eggs and Veggie Patty</b>														
Bacon Strips (Streaky & Back)														
Beef Patty							ü							
Chicken Breast														
Chicken, teriyaki glazed					ü		ü		<b>W</b>	ü				
Chicken Tikka			ü						<b>W</b>					
Chorizo														
Egg Omelette	ü		ü											
Poached Egg	ü													
Ham														
Meatballs			ü				ü		<b>W</b>					
Sausage									<b>W</b>					
Pepperoni												ü		
Salami												ü		
Steak							ü		<b>B,W</b>	ü				
Tuna (with Mayo)	ü	ü										ü		
Turkey Breast														
Veggie Patty	ü		ü				ü		<b>W</b>	ü				
<b>Cheese</b>														
American Style Processed Cheese			ü											
Monterey Jack/Cheddar Shredded Cheese			ü											
Peppered Sliced Cheese			ü											

**▲** = Allergen information for additional condiments and breads are listed separately on this chart. **ü** = CONTAINS  
**\*\*** = Due to the nature of storage, product may come into contact with nuts. <sup>(1)</sup> Formed meat <sup>(2)</sup> Made with shaved steak strips, green pepper and onion.

Within the normal operating environment, it is not possible to guarantee that Sub and salad ingredients are 100% free from cross-contamination. Store product range may vary from the above selection. Please refer to your Sandwich Artist with any questions related to items not shown on this chart.

**Nuts Include:** Almonds - **A** Brazil nut - **B** Walnut - **W** Macadamia nut - **M** Pecan nut - **Pe** Hazelnut - **H** Pistachio - **Pi** Cashew - **C** Queensland nut - **Q** Water Chestnut - **Ch**

**Cereals which contain Gluten include:** **W** = Wheat, **R** = Rye, **B** = Barley, **O** = Oats, **S** = Spelt, **K** = Kamut or their hybrid strains.

Visit [subway.co.uk](http://subway.co.uk)

Our products are made in plants which handle nuts	Eggs	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
<b>Condiments &amp; Toppings</b>														
Barbecue Sauce											ü	ü		
Caesar	ü		ü						<b>W</b>					
Chipotle Southwest Sauce	ü		ü						<b>W</b>				ü	
Honey Mustard Sauce											ü		ü	
Hot Chili Sauce														
Light Mayonnaise	ü												ü	
Ranch Dressing	ü		ü											
Sweet Onion Sauce (contains poppy seeds)													ü	
Teriyaki Glaze					ü		ü		<b>W</b>		ü			
Thousand Island	ü								<b>W</b>					
Marinara Sauce							ü							
Jalapenos											ü			
Olives														
Pickles													ü	
Sweetcorn														
Sweet chilli Sauce									<b>W</b>					
Yellow Mustard													ü	
Brown Mustard													ü	
Ketchup													ü	
HP Sauce									<b>B, R</b>					
Salad Cream	ü												ü	
Oregano														
Fresh Vegetables - lettuce, carrots, tomatoes, cucumbers, green peppers and red onions														
<b>Cookies**, Donuts &amp; Muffins</b>														
Chocolate Chip Cookie Dough	ü		ü				ü	**	<b>W</b>					
Rainbow	ü		ü				ü	**	<b>W</b>					
Chocolate Chunk	ü		ü				ü	**	<b>W</b>					
Double Chocolate	ü		ü				ü	**	<b>W</b>					
Oatmeal Raisin	ü		ü					**	<b>W,O</b>					
Raspberry Cheese Cake Cookie Dough	ü		ü				ü	**	<b>W</b>					
White Chip Macadamia Nut	ü		ü				ü	** <b>M</b>	<b>W</b>					
Blueberry Muffin	ü		ü				ü		<b>W</b>					
Triple Chocolate Muffin	ü		ü				ü		<b>W</b>					
Chocolate Donut			ü				ü		<b>W</b>					
Sugar Donut			ü				ü		<b>W</b>					
Maple Pecan Plait	ü		ü					<b>Pe</b>	<b>W</b>					
Vanilla Crown	ü		ü						<b>W</b>					
Apricot Crown	ü		ü						<b>W</b>					
Cinnamon Swirl	ü		ü						<b>W</b>					
Apple Coronet	ü								<b>W</b>					
Apple Crown	ü							<b>A</b>	<b>W</b>					
<b>Soups</b>														
Carrot & Coriander	ü		ü											
Country Chicken and Vegetable	ü		ü						<b>B</b>		ü			
Cream of Chicken	ü		ü						<b>B</b>					
Leek & Potato			ü									ü		
Lentil & Bacon												ü	ü	
Minestrone	ü		ü						<b>W,B</b>		ü			
Red Pepper and Tomato			ü						<b>B</b>					
Cream of Tomato			ü						<b>W</b>			ü		
Wild Mushroom			ü						<b>W</b>					
Beef Goulash									<b>W</b>			ü		
Thai Style Vegetables			ü						<b>Ch</b>					
Cream of Mushroom	ü		ü									ü		
<b>Miscellaneous Items</b>														
Cheese Toastie			ü				ü		<b>W</b>					
Pepperoni Pizza Toastie			ü				ü		<b>W</b>			ü		
Meatball bowl			ü				ü		<b>W</b>					
Melted cheese nachos with salsa and jalapenos			ü									ü		
Nachos														
Salsa														
Coffee Flavour Syrup Vanilla														
Coffee Flavour Syrup Hazelnut											<b>H</b>			
Coffee Flavour Syrup Caramel														
Coffee Flavour Syrup Chocolate														
Fountain Drinks - Pepsi, Pepsi Max, Seven Up Free, Tango Orange, Tango Apple													ü	
Fountain Drinks - Apple, Blackcurrant, Orange Club													ü	
Hot chocolate			ü											
White coffee			ü											
White Tea			ü											

