

summer '25



Cookiemas/Grilled Wraps Nutritional Information AU

17 November, 2025 - 5 January, 2026



Australia nutrition information per serve

November 2025

AVG QTY Per Serve	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Grilled Wraps										
Values include white flour wrap, chicken classic, mozzarella cheese, smoky BBQ sauce, spinach, tomato, cucumber, onion, pickles										
Chicken Classic Grilled Wrap Regular	243	1930	461	19.8	18.3	8.3	53	10.2	3.9	1340
Chicken Classic Grilled Wrap Large	420	3030	724	34.2	31.5	14.0	74	19.7	6.4	2350
Values include white flour wrap, diced steak, mozzarella cheese, chipotle southwest sauce, spinach, tomato, onion, capsicum, jalapeno										
Chipotle Steak Melt Grilled Wrap Regular	234	2060	492	23.1	24.4	8.0	43	4.4	2.9	1200
Chipotle Steak Melt Grilled Wrap Large	403	3290	787	40.7	43.9	13.4	54	8.2	4.5	2080
Values include multigrain wrap, chicken teriyaki, mozzarella cheese, sweet onion sauce, lettuce, spinach, tomato, cucumber, capsicum										
Sweet Onion Chicken Teriyaki Grilled Wrap Regular	279	1760	422	24.6	9.7	5.0	56.8	16.5	5.1	998
Values include white flour wrap, chicken teriyaki, mozzarella cheese, sweet onion sauce, lettuce, spinach, tomato, cucumber, capsicum										
Sweet Onion Chicken Teriyaki Grilled Wrap Large	493	2750	660	43.1	18.2	9.8	79.7	31.9	4.9	1600
Cookies										
Salted Caramel	45	900	215	1.8	10.0	5.3	29.1	17.6	0.0	150

Nutrition information compiled from approved food manufacturers, independent laboratories and the USDA National Nutrient Database for Standard Reference.

The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Australia nutrition information per 100g

November 2025

AVG QTY Per 100g	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Grilled Wraps										
Values include white flour wrap, chicken classic, mozzarella cheese, smoky BBQ sauce, spinach, tomato, cucumber, onion, pickles										
Chicken Classic Grilled Wrap Regular	100	796	190	8.2	7.5	3.4	21.8	4.2	1.6	553
Chicken Classic Grilled Wrap Large	100	721	172	8.1	7.5	3.3	17.7	4.7	1.5	560
Values include white flour wrap, diced steak, mozzarella cheese, chipotle southwest sauce, spinach, tomato, onion, capsicum, jalapeno										
Chipotle Steak Melt Grilled Wrap Regular	100	880	210	9.9	10.4	3.4	18.2	1.9	1.2	513
Chipotle Steak Melt Grilled Wrap Large	100	816	195	10.1	10.9	3.3	13.3	2.0	1.1	516
Values include multigrain wrap, chicken teriyaki, mozzarella cheese, sweet onion sauce, lettuce, spinach, tomato, cucumber, capsicum										
Sweet Onion Chicken Teriyaki Grilled Wrap Regular	100	631	151	8.8	3.5	1.8	20.4	5.9	1.8	358
Values include white flour wrap, chicken teriyaki, mozzarella cheese, sweet onion sauce, lettuce, spinach, tomato, cucumber, capsicum										
Sweet Onion Chicken Teriyaki Grilled Wrap Large	100	558	134	8.7	3.7	2.0	16.2	6.5	1.0	325
Cookies										
Salted Caramel	100	2000	477	4.0	22.2	11.7	64.6	39.0	0.0	333

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Australia Ingredient Information for People with Food Allergies and Sensitivities

November 2025

Australia Ingredient Information for People with Food Allergies and Sensitivities

November 2025

	Egg	Fish	Milk	Sesame	Crustaceans	Mollusc	Soy	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Tree Nuts	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut	Lupin	Wheat	Gluten	Sulphites	Autolyzed Yeast	Hydrolyzed Prot. ¹	Nitrites/ Nitrates
Grilled Wraps																									
Includes white flour wrap, chicken classic, mozzarella cheese, smoky BBQ sauce, spinach, tomato, cucumber, onion, pickles																									
Chicken Classic Grilled Wrap	●		●					●												●	●			●	
Includes white flour wrap, diced steak, mozzarella cheese, chipotle southwest sauce, spinach, tomato, onion, capsicum, jalapeno																									
Chipotle Steak Melt Grilled Wrap	●		●					●												●	●	●	●		
Includes multigrain wrap, chicken teriyaki, mozzarella cheese, lettuce, spinach, tomato, cucumber, capsicum																				●	●			●	
Sweet Onion Chicken Teriyaki Grilled Wrap Regular				●	●			●												●	●			●	
Includes white flour wrap, chicken teriyaki, mozzarella cheese, lettuce, spinach, tomato, cucumber, capsicum																									
Sweet Onion Chicken Teriyaki Grilled Wrap Large				●	●			●												●	●			●	
Cookies																									
Salted Caramel	●		●					●	*	*	*	*	*	*	*	*	*	*	●	●					

• Contains

* May be present

¹Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

Please visit our website - www.subway.com.au for the Product Ingredients Guide for full declaration.

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. We go to great lengths to identify allergens in the food we prepare. However, we are unable to guarantee that any items sold are free from the listed allergens. There is always a risk that allergens may be transferred to items from our menu during processing, storage or preparation in our restaurants. Individual food items may come into contact with one another and this is not reflected on the Allergen Guide.

Australia Product Ingredients

November 2025

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	Ingredients List	Contains	May Contain
Cookies			
Salted Caramel Cookie (Australia)	Wheat Flour, Sugar, Vegetable Oil, Salted Caramel Fudge (10%) (Sugar, Glucose (Wheat), Condensed Milk, Vegetable Fat (Emulsifier (322 (Soy))), Butter (Milk), Water, Salt), Water, Butter (Milk), Milk Solids, Egg Powder, Molasses, Natural Flavour, Sea Salt (0.5%), Emulsifier (322 (Soy)), Raising Agent (500).	Wheat, Gluten, Milk, Soy, Egg.	Peanut, Macadamia Nut, Walnut, Hazelnut, Almond, Pistachio, Cashew, Pecan, Pine Nut, Brazil Nut.

* Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website - www.subway.com.au for more information.