



## Australia Ingredient Information for People with Food Allergies and Sensitivities

### October 2025

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	Egg	Fish	Milk	Sesame	Crustaceans	Mollusc	Soy	Peanut	Tree Nuts									Lupin	Wheat	Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Prot. <sup>1</sup>	Nitrites/Nitrates
									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut						
Subway 6-Inch® Subs																							
<b>BBQ Southern Style Chicken</b> (old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce, toasted on Italian herbs & cheese bread)	*		●	*			●												●	●	*	●	
<b>Chicken &amp; Bacon Ranch</b> (chicken strips, bacon, natural cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing, toasted on white bread)	*		●	*			●												●	●	*	●	●
<b>Chicken Classic</b> (old English-style processed cheese, lettuce tomato, cucumber, onion, garlic aioli, toasted on Italian herbs & cheese bread)	●		●	*			●												●	●	●	●	
<b>Chicken Schnitzel</b> (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli, toasted on Italian herbs & cheese bread)	●		●	*			●												●	●	●	●	
<b>Chicken Strips</b> (natural cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise on wheat bread)	●		●	*			●												●	●	*	●	
<b>Chipotle Steak Melt</b> (old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle sauce, toasted on Italian herbs & cheese bread)	●		●	*			●												●	●	●	●	
<b>Honey Mustard Leg Ham</b> (natural cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard on malted rye bread)	*		●	*			●												●	●	*		●
<b>Italian B.M.T.®</b> (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise on Italian herbs & cheese bread)	●		●	*			●												●	●	*	●	●
<b>Italian Meatball</b> (beef meatball in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli, toasted on Italian herbs & cheese bread)	*		●	*			●												●	●	●	●	

● Contains \* May contain

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									Tree Nuts														
	Egg	Fish	Milk	Sesame	Crustaceans	Mollusc	Soy	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut	Lupin	Wheat	Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Prot. <sup>1</sup>	Nitrites/Nitrates
Subway 6-Inch® Subs																							
<b>Pizza Melt</b> (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce, toasted on Italian herbs & cheese bread)	*		●	*			●												●	●	*	●	●
<b>Seafood Sensation</b> (seafood in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, carrot, thousand island dressing on white bread)	●	●	●	*			●												●	●	*		
<b>Smashed Falafel</b> (natural cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli on wheat bread)	*		●	*			●												●	●	●	●	
<b>Sweet Onion Chicken Teriyaki</b> (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce, toasted on white bread)	*		●	●			●												●	●	*	●	
<b>Tuna Mayo</b> (tuna in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, pickle on wheat bread)	●	●	●	*			●												●	●	*		
<b>Turkey on Rye</b> (natural cheddar cheese, lettuce, spinach, tomato, onion, honey mustard on malted rye bread)	*		●	*			●												●	●	*	●	
<b>Veggie Delite® with Avo</b> (natural cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot on malted rye bread)	*		●	*			●												●	●	*		
<b>Veggie Patty</b> (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli, toasted on wheat bread)	*		●	*			●												●	●	●	●	
Wraps (on regular or large flour wrap)																							
<b>BBQ Southern Style Chicken</b> (old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce)	*		●				●												●	●		●	

● Contains      \* May contain      <sup>1</sup> Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut						
Wraps (on regular or large flour wrap)																							
<b>Chicken &amp; Bacon Ranch</b> (chicken strips, bacon, natural cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing)			●																●	●		●	●
<b>Chicken Classic</b> (old English-style processed cheese, lettuce tomato, cucumber, onion, garlic aioli)	●		●				●												●	●	●	●	
<b>Chicken Schnitzel</b> (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli)	●		●				●												●	●	●		
<b>Chicken Strips</b> (natural cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise)	●		●																●	●		●	
<b>Chipotle Steak Melt</b> (old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle sauce)	●		●				●												●	●	●	●	
<b>Honey Mustard Leg Ham</b> (natural cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard)			●																●	●			●
<b>Italian B.M.T.*</b> (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise)	●		●				●												●	●		●	●
<b>Italian Meatball</b> (beef meatball in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli)			●				●												●	●	●	●	
<b>Pizza Melt</b> (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce)			●				●												●	●		●	●

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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut							
Wraps (on regular or large flour wrap)																								
<b>Seafood Sensation</b> (seafood in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, carrot, thousand island dressing)	●	●	●																	●	●			
<b>Smashed Falafel</b> (natural cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli)			●				●													●	●	●	●	
<b>Sweet Onion Chicken Teriyaki</b> (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce)			●	●																●	●		●	
<b>Tuna Mayo</b> (tuna in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, pickle)	●	●	●																	●	●			
<b>Turkey on Rye</b> (natural cheddar cheese, lettuce, spinach, tomato, onion, honey mustard)			●																	●	●		●	
<b>Veggie Delite® with Avo</b> (natural cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot)			●																	●	●			
<b>Veggie Patty</b> (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli)			●				●													●	●	●	●	
Salads (with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)																								
<b>BBQ Southern Style Chicken</b> (old English-style processed cheese, smoky bbq sauce)	*		●				●													●	●		●	
<b>Chicken &amp; Bacon Ranch</b> (chicken strips, bacon, natural cheddar cheese, ranch dressing)			●																				●	●

● Contains

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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut						
Salads (with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)																							
Chicken Classic (old English-style processed cheese, garlic aioli)	●		●				●												●	●	●	●	
Chicken Schnitzel (old English-style processed cheese, garlic aioli)	●		●				●												●	●	●		
Chicken Strips (natural cheddar cheese, mayonnaise )	●		●																			●	
Chipotle Steak Melt (old English-style processed cheese, chipotle sauce)	●		●				●														●	●	
Honey Mustard Leg Ham (natural cheddar cheese, honey mustard)			●																				●
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, mayonnaise)	●		●				●															●	●
Italian Meatball (beef meatball in marinara sauce, mozzarella cheese, garlic aioli)			●				●												●	●	●	●	
Pizza Melt (salami, pepperoni, mozzarella cheese, marinara sauce)			●				●															●	●
Seafood Sensation (seafood in mayonnaise, natural cheddar cheese, thousand island dressing)	●	●	●																				
Smashed Falafel (mozzarella cheese, garlic aioli )			●																●	●	●	●	
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, sweet onion sauce)			●	●																		●	
Tuna Mayo (tuna in mayonnaise, natural cheddar cheese)	●	●	●																				
Turkey on Rye (natural cheddar cheese, honey mustard)			●																			●	

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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio						
Salads (with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)																						
Veggie Delite® with Avo (natural cheddar cheese)			●																			
Veggie Patty (mozzarella cheese, garlic aioli, sweet chilli)			●															●	●	●		
Mini Subs																						
With white bread, lettuce, spinach, tomato, cucumber, onion, capsicum																						
Turkey	*		*	*			●											●	●	*		
Leg Ham	*		*	*			●											●	●	*		
Veggie Delite® with Avo	*		*	*			●											●	●	*		
Breakfast																						
BLT with Egg & Cheese Sub (bacon, lettuce, tomato, poached egg, old English-style cheese, garlic aioli, toasted on white bread)	●		●	*			●											●	●	●		
Classic Ham & Egg Sub (leg ham, poached egg, old English-style cheese, mayonnaise, toasted on white bread)	●		●	*			●											●	●	*		
Steak & Egg Brekkie Sub (diced steak, poached egg, mozzarella cheese, lettuce, tomato, onion, BBQ sauce, toasted on Italian herbs & cheese bread)	●		●	*			●											●	●	●		
Mexican-Style Brekkie Wrap (leg ham, poached egg, mozzarella cheese, avocado, tomato, onion, jalapeno pepper, chipotle sauce, toasted on white flour wrap)	●		●				●											●	●			
Spinach & Egg Wrap (poached egg, mozzarella cheese, spinach, tomato, multigrain wrap)	●		●				*											●	●			

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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio							Walnut
Sides & Snacks																							
Smashed Avo on Toast (on white bread) previously Avocado Toastie	*		*	*			●												●	●	*		
Creamy Garlic Cheese Bread (mozzarella cheese, garlic aioli, parmesan oregano topping on white bread) previoulsy Cheesy Garlic Toastie	*		●	*			●												●	●	●	●	
Chipotle Quesadilla (mozzarella cheese, chipotle southwest sauce on white flour wrap (regular size))	●		●				●												●	●		●	
Creamy Garlic Herb Bread (garlic aioli, parmesan oregano topping on white bread) previously Garlic & Herb Toastie	*		●	*			●												●	●	●	●	
Ham, Cheese & Tomato Toastie (mozzarella cheese, mayonnaise on White Bread) previously Ham, Cheese & Tomato Jaffle	●		●	*			●												●	●	*		●
Meatball Mozza Pot (with mozzarella cheese & marinara sauce)			●				●												●	●		●	
Southern Style Chicken Bites (no sauce)	*		*				●												●	●		●	
Cookies																							
Chocolate Chip Cookie	●		●				●	*	*	*	*	*	*	*	*	*	*		●	●			
Chocolate Chip Rainbow Cookie	●		●				●	*	*	*	*	*	*	*	*	*	*		●	●			
Double Chocolate Chip Cookie	●		●				●	*	*	*	*	*	*	*	*	*	*		●	●			
Raspberry Cheesecake Cookie	●		●				●	*	*	*	*	*	*	*	*	*	*		●	●			
White Chip Macadamia Nut Cookie	●		●				●	*	*	*	*	*	●	*	*	*	*		●	●			

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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio							Walnut	
Smoothies (selected locations only)																								
Mango																								
Mixed Berry Banana																								
Tropical																								
Bread																								
Italian Herbs and Cheese Bread	*		●	*			●													●	●	*	●	
Malted Rye Bread	*		*	*			●													●	●	*		
Wheat Bread	*		*	*			●													●	●	*		
White Bread	*		*	*			●													●	●	*		
Wrap, Flour (regular & large)																				●	●			
Wrap, Gluten Free **	*						●																	
Wrap, Multigrain Flour			*				*													●	●			
Meat, Poultry, Eggs, Seafood & Vegetarian Items																								
Bacon, Smoky																								●
Buffalo Chicken			●																					
Chicken Classic	●		●				●													●	●		●	
Chicken Pepperoni Meats (Rotisserie-style Chicken, Pepperoni)		*	●	*			●													*	*		●	●
Chicken Schnitzel	●						●													●	●			
Chicken Strips																							●	
Chicken Teriyaki				●																			●	
Deli Supreme Meats (Salami, Pepperoni, Leg Ham, Sliced Turkey)			●				●																●	●
Italian B.M.T.® Meats (Salami, Pepperoni, Leg Ham)			●				●																	●
Leg Ham																								●
Meatballs (Beef) with Marinara Sauce			●				●													●	●		●	

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Meat, Poultry, Eggs, Seafood & Vegetarian																								
Pepperoni			●				●														●	●		
Pizza Melt Meats (Salami, Pepperoni)			●				●														●	●		
Poached Egg	●																	*	*					
Rotisserie-Style Chicken		*	*	*			*											*	*					
Salami			●				●															●		
Seafood Sensation (with Mayonnaise)	●	●																						
Smashed Falafel							●											●	●		●			
Southern Style Chicken Bites	*		*				●											●	●		●			
Steak, Diced							●													●	●			
Tuna & Mayo (with Mayonnaise)	●	●					●																	
Turkey, Sliced																					●			
Veggie Patty							●												●		●			
Sauces & Dressings																								
Blue Cheese Dressing	●		●																					
Buffalo Sauce			●																					
Chipotle Southwest Sauce	●		●				●														●			
Garlic Aioli			●																	●				
Habanero Hot Sauce																								
Honey Mustard																								
Marinara Sauce																								
Mayonnaise	●																							
Ranch Dressing			●																					
Smoky BBQ Sauce							*														●			

● Contains

\* May contain

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

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## Australia Ingredient Information for People with Food Allergies and Sensitivities

### October 2025

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.

										Tree Nuts														
										Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio							
Sauces & Dressings																								
Spicy Mayonnaise	●																				●			
Sweet Chilli Sauce																								
Sweet Onion Sauce (Contains Poppy Seeds)																								
Thousand Island Dressing	●		●																					
Tomato Sauce																								
Cheeses																								
Mozzarella Cheese (shredded)			●																					
Natural Cheddar Cheese (slices)			●																					
Old English-Style Processed Cheese (slices)			●				●																	
Vegetables																								
Avocado																								
Beetroot (selected locations only)																								
Jalapeno Pepper																								
Olive																								
Pickle																								
Pineapple (selected locations only)																								
Vegetables (Lettuce, Spinach, Tomato, Cucumber, Onion and Capsicum)																								
Seasonings																								
Pepper																								
Salt																								

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	Egg	Fish	Milk	Sesame	Crustaceans	Mollusc	Soy	Peanut	Tree Nuts									Lupin	Wheat	Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Prot. <sup>1</sup>	Nitrites/Nitrates
									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut						
New																							
Chicken Caesar Subway 6-Inch® Sub (rotisserie-style chicken, smoky bacon, poached egg, mozzarella cheese, lettuce, tomato, onion, Caesar dressing on white bread)	●	●	●	*			●												●	●	*	●	●
Chicken Caesar Wrap (Regular) (rotisserie-style chicken, smoky bacon, poached egg, mozzarella cheese, lettuce, tomato, onion, Caesar dressing on white flour wrap)	●	●	●	*			*												●	●		●	●
Chicken Pepperoni Subway 6-Inch® Sub (rotisserie-style chicken, mozzarella cheese, spinach, tomato, onion, olive, marinara sauce, garlic aioli toasted on Italian herbs & cheese bread)	*	*	●	*			●												●	●	●	●	
Deli Supreme Subway 6-Inch® Sub (pepperoni, salami, leg ham, sliced turkey, cheddar cheese, lettuce, tomato, onion, mayonnaise on malted rye bread)	●		●	*			●												●	●	*	●	●
Philly-Style Three-Cheese Steak Subway 6-Inch® Sub (diced steak, cheddar cheese, old English-style cheese, mozzarella cheese, capsicum, onion, jalapeno pepper, garlic aioli toasted on white bread)	*		●	*			●												●	●	●	●	
Rotisserie-Style Chicken Subway 6-Inch® Sub (old english style cheese, lettuce, tomato, cucumber, onion, chipotle southwest sauce on Italian herbs & cheese bread)	●	*	●	*			●												●	●	*	●	
Ultimate Cheesy Garlic Bread Snack (white bread, garlic spread, mozzarella)	*		●	*			●												●	●	*	●	
Caesar Dressing	●	●	●																			●	
Chicken Pepperoni Meats (rotisserie-style chicken, pepperoni)		*	●	*			●												*	*		●	●
Deli Supreme Meats (salami, pepperoni, leg ham, sliced turkey)			●				●															●	●
Philly-Style Three-Cheese (mozzarella, natural cheddar, old English-style cheeses)			●				●																
Rotisserie-Style Chicken		*	*	*			*												*	*			
Ultimate Cheesy Garlic Spread							●															●	

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