

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

ITALIAN HERBS & CHEESE BREAD: Subway® **WHITE BREAD**, Mozzarella Cheese (Pasteurised Cow's **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, **Wheat** Gluten, **Soy** Flour, Vegetable Oil, Emulsifiers (471, 481, 472e), Preservative (282), Vegetable Gum (412), Vitamin (Thiamine)), Rosemary, Parmesan Cheese (5%) (**Milk**, Starter Culture, Rennet (Vegetarian), Salt, Lipase), Vegetable Fat, Oregano (3.7%), Flavours, Soy bean Oil, Whey Powder (**Milk**), Food Acids (330, 270), Vegetable Gum (412), Anti-caking Agent (551), Yeast.

Contains: Wheat, Gluten, Soy, Milk. May contain: Egg, Sesame, Sulphites.

MALTED RYE BREAD:

RYE BREAD: **Wheat** Flour (Thiamine, Folic Acid), Water, **Rye** Flour (13%), Yeast (Water, Yeast, Iodised Salt), **Wheat** Gluten, Sugar, Kibbled **Rye** (2%), Canola Oil, Dark Malt Flour (**Barley**) (1%), Iodised Salt, Fermented **Rye** Flour (**Rye** Flour, Starter Culture), Bread Improver (**Soy** Flour, **Wheat** Flour, Mineral Salt (170), Enzymes (Wheat), Food Acid (300)).

RYE BREAD TOPPING: Seeds and Grains ((91%) (Linseed, Sunflower Seeds, Pepita, Quinoa, **Soy** Grits, Poppy Seed, **Oats** (Contains **Wheat** Gluten), Amaranth)), Dextrin (Tapioca), Vegetable Oil, Salt, Vegetable Powders (Garlic, Onion), Psyllium Fibre.

Contains: Wheat, Gluten, Soy. May contain: Egg, Milk, Sesame, Sulphites.

WHEAT BREAD: **Wheat** Flour (Thiamine, Folic Acid), Water, Yeast, Wholemeal Concentrate (3%) (**Wheat** Bran, **Wheat** Germ), Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt, Bread Improver (**Soy** Flour, **Wheat** Flour, Emulsifiers (472e, 481, 471), Mineral Salt (170), Enzymes (**Wheat**), Food Acid (300)), Caramel Colour (150c).

Contains: Wheat, Gluten, Soy. May contain: Egg, Milk, Sesame, Sulphites.

WHITE BREAD: **Wheat** Flour (Thiamine, Folic Acid), Water, Yeast (Water, Yeast, Iodised Salt), Sugar, Canola Oil, **Wheat** Gluten, Iodised Salt, Bread Improver (**Soy** Flour, **Wheat** Flour, Mineral Salt (170), Enzymes (**Wheat**), Food Acid (300)).

Contains: Wheat, Gluten, Soy. May contain: Egg, Milk, Sesame, Sulphites.

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WRAP (FLOUR) REGULAR size: **Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Fat, Humectant (422), Baking Powder (Raising Agents (501, 541, 516), **Wheat** Starch), Iodised Salt, Emulsifier (471), Acidity Regulator (297), Preservative (200).

Contains: Wheat, Gluten.

WRAP (FLOUR), LARGE size: **Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Fat, Humectant (422), Baking Powder (Raising Agents (501, 541, 516), **Wheat** Starch), Iodised Salt, Emulsifier (471), Acidity Regulator (297), Preservative (200).

Contains: Wheat, Gluten.

WRAP, GLUTEN FREE* REGULAR size: Water, Brown Rice Flour, Thickeners (1442, 1450, 464), Buckwheat Flour, Rice Flour, Canola Oil, Dried Potato, Sugar Fibre, Pea Protein, Sugar, Natural Flavour, Stabilisers (415,412), Iodised Salt, Sodium Bicarbonate, Acidity Regulator (297), Inulin, Cultured Dextrose.

WRAP, MULTIGRAIN, REGULAR size: **Wheat** Flour (Thiamine, Folic Acid), Water, Wholemeal **Wheat** Flour (17%) (Thiamine, Folic Acid), Vegetable Shortening (Vegetable Oil, Emulsifier (471)), 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, Dough Conditioner (Emulsifiers (481, 471), **Soy** Flour), Acidity Regulator (297), Preservative (200).

Contains: Wheat, Gluten, Soy.

MEAT, POULTRY, EGG & SEAFOOD

BACON, SMOKY: Pork (90%), Water, Salt, Sugar, Acidity Regulators (326,261), Dextrose (Maize), Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250), Wood Smoked.

BUFFALO CHICKEN:

CHICKEN STRIPS: Chicken Breast (89%), Water, Maltodextrin (Maize), Maize Starch, Dextrose (Maize), Salt, Mineral Salt (451, 450), Vegetable Protein, Natural Flavours, Hydrolysed Maize Protein, Vegetable Fibre, Yeast and Yeast Extracts, Vegetable Powder (Onion).

BUFFALO SAUCE: Water, Vinegar, Salt, Dextrose, Cayenne Chilli Puree (Cayenne Chilli, Food Acid (Acetic)), **Milk** Solids, Sugar, Corn Starch, Natural Flavours (**Milk**), Spice, Thickener (Xanthan Gum), Natural Colours (Paprika & Turmeric Oleoresins), Spice Extract.

Contains: Milk.

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CHICKEN & BACON RANCH:

CHICKEN STRIPS: Chicken Breast (89%), Water, Maltodextrin (Maize), Maize Starch, Dextrose (Maize), Salt, Mineral Salt (451, 450), Vegetable Protein, Natural Flavours, Hydrolysed Maize Protein, Vegetable Fibre, Yeast and Yeast Extracts, Vegetable Powder (Onion).

BACON, SMOKY: Pork (90%), Water, Salt, Sugar, Acidity Regulators (326,261), Dextrose (Maize), Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250), Wood Smoked.

RANCH DRESSING: Water, Vegetable Oil, Vinegar, Lemon Juice, Salt, **Milk** Solids, Whey Protein (**Milk**), Sour Cream Powder (**Milk**), Vegetable Gums (412, 415, 466), Food Acids (270, 330), Thickener (1412), Preservative (202), Yellow Mustard, Herb, Flavour (**Milk**), Garlic, Sweetener (955).

Contains: Milk.

CHICKEN CLASSIC: Chicken (82%), **Wheat** Flour, Vegetable Oil, Water, Salt, Flavour (635 (Disodium-5'-ribonucliotides), Yeast Extract), **Wheat** Starch, Herbs & Spices, Sugar, **Egg** Albumen, **Soy** Sauce (**Soy, Wheat**), Dehydrated Vegetable (Garlic), Yeast Extract, Whey Powder (**Milk**), Mineral Salts (451, 450, 452).

Contains: Wheat, Gluten, Milk, Egg, Soy.

CHICKEN SCHNITZEL (QLD, NSW, ACT, NT): Chicken Breast (70%), Breadcrumbs (**Wheat** Flour, Salt, Yeast, **Wheat** Gluten, Sugar, Canola Oil), Batter (**Wheat** flour, Thickener (1404), Mineral Salts (500, 541, 450), Salt, **Soy** flour, Emulsifier (322 (**Soy**)), Marinade (Water, Salt, Modified Starch (1442), Mineral Salts (451,452), Maltodextrin), Predust (**Wheat, Egg**), Vegetable Oil.

Contains: Wheat, Gluten, Soy, Egg.

CHICKEN SCHNITZEL (WA, SA, TAS & VIC): Chicken (57%), Water, **Wheat** Flour, Canola Oil, Sugar, Salt, **Wheat** Gluten, Yeast, **Wheat** Starch, Colours (100, 160c), Herb Extract, Modified Starch (1442), **Soy** Protein Isolate, Vegetable Powder (Garlic, Onion), Mineral Salts (451, 450), Vegetable Gum (415).

Contains: Wheat, Gluten and Soy. May Contain: Milk, Egg.

CHICKEN STRIPS: Chicken Breast (89%), Water, Maltodextrin (Maize), Maize Starch, Dextrose (Maize), Salt, Mineral Salt (451, 450), Vegetable Protein, Natural Flavours, Hydrolysed Maize Protein, Vegetable Fibre, Yeast and Yeast Extracts, Vegetable Powder (Onion).

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CHICKEN TERIYAKI:

CHICKEN STRIPS: Chicken Breast (89%), Water, Maltodextrin (Maize), Maize Starch, Dextrose (Maize), Salt, Mineral Salt (451, 450), Vegetable Protein, Natural Flavours, Hydrolysed Maize Protein, Vegetable Fibre, Yeast and Yeast Extracts, Vegetable Powder (Onion).

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.

ITALIAN B.M.T.® MEATS:

SALAMI: Pork and Beef (93%), Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Maltodextrin (Maize), Spices and Spice Extracts, Antioxidants (316, 307b, 392), Lactose (**Milk**), Mineral Salts 450, 451), Mustard Flour, Dehydrated Vegetable (Garlic, Onion), Sugar, Herb Extract, Preservative (250 (Sodium Nitrite), Starter Cultures, Fermented Red Rice, Canola Oil, Wood Smoked.

Contains Milk and Soy.

PEPPERONI: Pork and Beef (92%), Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Spices and Spice Extracts, Maltodextrin (Maize), Lactose (**Milk**), Natural Colour (160c), Antioxidants (316, 307b, 392), Dehydrated Vegetables (Garlic, Onion), Mustard Flour, Starter Cultures, Preservative (250 (Sodium Nitrite)), Fermented Red Rice, Mineral Salts (450, 451, 452), Rice Flour, Yeast Extract, Sugar, Flavour, Acidity Regulator (262), Herb Extract, Hydrolysed Vegetable Protein (Maize, **Soy**), Canola Oil, Maize Starch, Wood Smoked.

Contains Milk and Soy.

LEG HAM: Pork (72%), Water, Salt, Thickener (1442), Dextrose (Maize), Sugar, Acidity Regulators (326, 262), Mineral Salt (451, 452, 450, 341), Antioxidant (316), Preservative (250 (Sodium Nitrite)), Smoked.

LEG HAM: Pork (72%), Water, Salt, Thickener (1442), Dextrose (Maize), Sugar, Acidity Regulators (326, 262), Mineral Salt (451, 452, 450, 341), Antioxidant (316), Preservative (250 (Sodium Nitrite)), Smoked.

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MEATBALLS WITH MARINARA SAUCE:

MEATBALLS: Beef (65%), Water, Textured Vegetable Protein, **Soy** Protein, Breadcrumbs (Cereal and Cereal Flours (**Wheat** and **Soy**), Yeast, Salt, **Wheat** Gluten, Vegetable Oil, **Soy** Flour, Emulsifiers (471, 481, 472e), Acidity Regulator (263), Preservative (282), Vegetable Gum (412), Vitamin (Thiamine)), Salt, Dehydrated Vegetables, Herbs & Spices, Vegetable Oil, Hydrolysed Vegetable Protein, **Wheat** Flour, Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme), Wholemeal **Wheat** Flour, **Wheat** Gluten, **Soy** Flour, Colour (150c). **Contains: Wheat, Gluten, Soy, Milk.**

MARINARA SAUCE: Tomato Concentrate (Tomato Paste, Water), Vegetable Oil, Sugar, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice, Food Acid (330).

PIZZA MEATS:

SALAMI: Pork and Beef (93%), Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Maltodextrin (Maize), Spices and Spice Extracts, Antioxidants (316, 307b, 392), Lactose (**Milk**), Mineral Salts 450, 451), Mustard Flour, Dehydrated Vegetable (Garlic, Onion), Sugar, Herb Extract, Preservative (250 (Sodium Nitrite)), Starter Cultures, Fermented Red Rice, Canola Oil, Wood Smoked.

Contains Milk, Soy.

PEPPERONI: Pork and Beef (92%), Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Spices and Spice Extracts, Maltodextrin (Maize), Lactose (**Milk**), Natural Colour (160c), Antioxidants (316, 307b, 392), Dehydrated Vegetables (Garlic, Onion), Mustard Flour, Starter Cultures, Preservative (250 (Sodium Nitrite)), Fermented Red Rice, Mineral Salts (450, 451, 452), Rice Flour, Yeast Extract, Sugar, Flavour, Acidity Regulator (262), Herb Extract, Hydrolysed Vegetable Protein (Maize, **Soy**), Canola Oil, Maize Starch, Wood Smoked.

Contains Milk, Soy.

POACHED EGG: Cage Free Whole **Egg**.

Contains: Egg. May Contain: Wheat, Gluten.

ROAST BEEF: Beef (min 80%), Water, Dextrose, Maltodextrin, Salt, Mineral Salt (451), Dehydrated Vegetables (Garlic, Onion), Colour (150d), Spice, Vegetable Oil.

SEAFOOD SENSATION™: **Fish** Meat (37%), Starch (Tapioca, Corn), Sugar, Modified Tapioca Starch (1420), Vegetable Oil, Salt, Glycine, Colours (Carmine, Paprika), **Egg** White Powder, Stabiliser (450, 451, 452), Crab Flavour, **Subway®**
MAYONNAISE. Contains: Fish, Egg.

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SMASHED FALAFEL: Chickpeas (62%), Onion, Seasoning Blend (Dehydrated Vegetables (Red Bell Pepper, Onion, Garlic), Herbs & Spices, **Wheat** Flour, **Soy** Meal (**Wheat**), Salt, **Wheat** Bran, Sugar, Maltodextrin (Maize), Yeast Extract, Vegetable Oils, Flavour), Thickener (1412 (Corn Starch)), Water, Vegetable Oil.

Contains: Wheat, Gluten, Soy.

STEAK, DICED: Beef (77%), Water, Thickener (407a, 1442, 415), Dextrose, Salt, Hydrolysed Vegetable Protein (Maize & **Soy**), **Soy** Protein, Mineral Salts (508,450,451), Maltodextrin (Maize), Colour (150d, **Sulphites**), Yeast Extracts, Vegetable Fibre, Vegetable Powders (Onion, Garlic), Fermented **Soy** Sauce, Sugar, Natural Flavour, Spice and Vegetable Extracts (Pepper, Celery, Garlic), Vegetable Oil.

Contains: Soy, Sulphites.

TUNA & MAYO: Skipjack Tuna (**Fish**) (min 60%), Subway® **MAYONNAISE**, Water, Salt.

Contains: Fish, Egg.

TURKEY: Turkey Breast (70%), Water, Thickeners (407a, 1442), Dextrose (Maize), Salt, Mineral Salt (451), Yeast Extract, Natural Flavour, Liquid Smoke (Smoke Condensate, Emulsifier (433), Acidity Regulator (260), Caramel Colour (150a).

VEGGIE PATTY: 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**, Vegetable Oil.

Contains: Gluten, Soy.

CHEESE

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

Contains: Milk.

NATURAL CHEDDAR CHEESE: Pasteurised Cow's **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet).

Contains Milk.

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OLD ENGLISH STYLE PROCESSED CHEESE: Cheese (min 60%) (Cow's **Milk**, Salt, Cultures, Enzyme (Microbial/Calf Rennet)), Water, **Milk** Solids, Emulsifiers (331, 322 (**Soy** Lecithin) 339), Salt, Acidity Regulators (260, 330), Preservative (200), Colours (160b, 160c), Enzymes.

Contains Milk, Soy.

VEGETABLES

AVOCADO: Hass Avocado Puree (100%).

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

CAPSICUM: Sliced Green Capsicum.

CARROTS: Shredded Carrots.

CUCUMBERS: Sliced Ripe Cucumbers.

JALAPEÑO PEPPER SLICES: Sliced Jalapeno Peppers, Water, Vinegar, Food Acid (260), Salt, Preservative (211), Mineral Salt (509), Colour (102).

LETTUCE: Shredded Iceberg Variety.

OLIVES: Sliced Black Olives, Water, Salt, Ferrous Gluconate.

ONIONS: Sliced Red Onions.

PICKLES: Pickles, Water, Vinegar, Salt, Mineral Salt (509), Preservative (211), Natural Flavourings, Emulsifier (433).

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

SPINACH: Baby Spinach.

TOMATOES: Sliced Red Ripe Tomatoes.

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SAUCES AND DRESSINGS

BLUE CHEESE DRESSING: Canola Oil, Water, Vinegar, Cheddar Blue Cheese Powder ((4%), (**Milk**, Microbial/Bovine Rennet)), Pasteurised **Egg** Yolk, Sugar, Corn Starch, Salt, Whey Powder (**Milk**), Natural Flavour, Food Acid (Lactic), Herb & Spice, Thickener (Xanthan), Vegetable Powder (Garlic), Preservative (Potassium Sorbate), Antioxidant (EDTA).

Contains: Milk, Egg.

CHIPOTLE SOUTHWEST SAUCE: **Soy** Bean Oil, Water, White Vinegar, **Milk** Solids, **Egg** Yolk (Pasteurised), Salt, Vegetable Powders (Onion, Garlic), Acidity Regulator (270), Stabiliser (415), Yeast Extract, Herb and Spice, Flavours (Chipotle Extract (0.1%) **Soy, Milk**), Preservatives (202, 211), Emulsifier (433), Antioxidant (385), Sweetener (950).

Contains: Soy, Milk, Egg.

GARLIC AIOLI SAUCE: Water, Vegetable oil, Thickener (1414, 415, 412, 401), Garlic (3%), Sugar, Skim **Milk** Powder, Salt, Food Acids (270, 260, 330), Preservatives (211, 202, 223), Natural Flavour, Herb (**Sulphites**), Antioxidant (385), Colour (102, 110).

Contains: Milk, Sulphites.

HABANERO HOT SAUCE: Water, Sugar, Mango Puree (Food Acids (Citric & Ascorbic)), Vinegar, Chilli Purees (including Habanero (6%), Food Acid (Acetic)), Tamarind Concentrate (Tamarind, Water), Salt, Corn Starch, Tomato Paste, Garlic, Fructose, Spices, Food Acid (Citric), Thickener (Xanthan), Natural Colours (Turmeric & Paprika Oleoresins).

HONEY MUSTARD: Water, Sugar, Vinegar, Mustard (4%), Thickeners (1422, 415), Honey (3%), Salt, Acidity Regulators (260, 270, 330), Colour (171, 150d), Potato Fibre, Lemon Juice Concentrate, Preservatives (202, 211), Vegetable Powders (Onion, Garlic), Spices, Rice Flour, Natural Herb Extract, Anticaking Agent (551).

MARINARA SAUCE: Tomato Concentrate (Tomato Paste, Water), Vegetable Oil, Sugar, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice, Food Acid (330).

MAYONNAISE: Water, Vegetable Oil (Antioxidant (307)), White Vinegar, Pasteurised **Egg** Yolk, Thickeners (1442, 412), Salt, Mustard Flour, Preservative (202), Food Acid (270), Antioxidant (385), Colours (100, 160c).

Contains: Egg.

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RANCH DRESSING: Water, Vegetable Oil, Vinegar, Lemon Juice, Salt, **Milk** Solids, Whey Protein (**Milk**), Sour Cream Powder (**Milk**), Vegetable Gums (412, 415, 466), Food Acids (270, 330), Thickener (1412), Preservative (202), Yellow Mustard, Herb, Flavour (**Milk**), Garlic, Sweetener (955).

Contains: Milk.

SMOKY BBQ SAUCE: Water, Sugar, White Vinegar, Tomato Paste, Glucose Syrup, Apple Paste, Molasses, Thickeners (1422, 415), Salt, Natural Flavour, Vegetable Powders (Garlic, Onion), Rochester Sauce Powder, Spices, Preservative (202).

SPICY MAYONNAISE: Vegetable Oil (Antioxidant (307)), Water, Maize Dextrose, White Vinegar, Pasteurised **Egg** Yolk, Salt, Thickeners (1442, 415), Yeast Extract, Chilli Flakes, Onion Powder, Dehydrated Garlic, Preservative (202), Natural Colour (160c), Spice Extract (Capsicum Oleoresin), Natural Chilli Flavour, Antioxidant (385).

Contains: Egg.

SWEET CHILLI SAUCE: Water, Sugar, Salt, Thickener (1422), Acidity Regulator (260), Chilli (1%), Red Bell Peppers, Stabilizer (415), Flavour, Preservative (211, 202).

SWEET ONION SAUCE: Sugar, Vinegar, Water, Onion (6.6%), Thickener (1422), Mustard Flour, Salt, Poppy Seeds, Red Bell Pepper, Preservative (202), Natural Flavour, Celery Seed Powder.

THOUSAND ISLAND DRESSING: Water, Vegetable Oil, Sugar, Tomato Paste, Thickeners (1414, 415), Gherkins, Acidity Regulators (260, 270), Salt, **Milk** Solids, **Egg**, Spices, Preservatives (202, 211), Vegetable Powder (Garlic), Emulsifier (433), Natural Colours (160c, 100), Antioxidant (385).

Contains: Milk, Egg.

TOMATO SAUCE: Concentrated Tomatoes (Contains 166g of Tomatoes per 100mL), Sugar, Salt, Food Acids (260), Natural Flavours. Contains 78% Concentrated Tomatoes.

SEASONINGS

SALT: Sea Salt

PEPPER: Black Pepper

SNACKS

AVOCADO TOASTIE: Subway® WHITE BREAD, Subway® AVOCADO.

Contains: Wheat, Gluten, Soy. May contain: Egg, Milk, Sesame, Sulphites.

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CHEESY GARLIC TOASTIE: Subway® WHITE BREAD, Subway® GARLIC AIOLI, Subway® MOZZARELLA CHEESE, Garlic Powder, Maltodextrin, Rice Flour, Salt, Breadcrumbs (**Wheat** Flour, Yeast, Maize Flour, Salt, Rye, Triticale, **Wheat** Gluten, **Soy** Flour, Vegetable Oil, Emulsifiers (471, 481, 472e), Preservative (282), Vegetable Gum (412), Vitamin (Thiamine)), Rosemary, Parmesan **Cheese** (**Milk** Starter Culture, Rennet, Salt, Lipase), Vegetable Fat, Oregano, Flavours, Soy bean Oil, Whey Powder (**Milk**), Food Acids (330, 270), Vegetable Gum (412), Anti-caking Agent (551), Yeast.
Contains: Wheat, Gluten, Soy, Milk, Sulphites. May contain: Egg, Sesame.

CHIPOTLE QUESADILLA: Subway® WRAP (REGULAR size), Subway® MOZZARELLA CHEESE, Subway® CHIPOTLE SOUTHWEST SAUCE, Green Capsicum, Onions.
Contains: Wheat, Gluten, Milk, Soy, Egg.

FITCHIPS™ (Selected locations only): Potato (95%), Canola Oil, Dextrose.
May Contain: Wheat, Gluten, Sulphites.

GARLIC & HERB TOASTIE: Subway® WHITE BREAD, Subway® GARLIC AIOLI, Garlic Powder, Maltodextrin, Rice Flour, Salt, Breadcrumbs (**Wheat** Flour, Yeast, Maize Flour, Salt, Rye, Triticale, **Wheat** Gluten, **Soy** Flour, Vegetable Oil, Emulsifiers (471, 481, 472e), Preservative (282), Vegetable Gum (412), Vitamin (Thiamine)), Rosemary, Parmesan Cheese (**Milk** Starter Culture, Rennet, Salt, Lipase), Vegetable Fat, Oregano, Flavours, Soy bean Oil, Whey Powder (**Milk**), Food Acids (330, 270), Vegetable Gum (412), Anti-caking Agent (551), Yeast.
Contains: Wheat, Gluten, Soy, Milk, Sulphites. May contain: Egg, Sesame.

HAM, CHEESE & TOMATO JAFFLE: Subway® WHITE BREAD, Subway® MOZZARELLA CHEESE, Tomatoes, Subway® MAYONNAISE.
Contains: Wheat, Gluten, Soy, Milk, Eggs. May contain: Sesame, Sulphites.

MEATBALL MOZZA POT: Subway® MEATBALLS WITH MARINARA SAUCE, Subway® MOZZARELLA CHEESE.
Contains: Wheat, Gluten, Soy, Milk.

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COOKIES & SIDES

CHOCOLATE CHIP COOKIE: **Wheat** Flour, Chocolate Chips (23%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322 (**Soy**)), Flavour), Sugar, Margarine (Vegetable Oil, Butter (Cream (**Milk**), Salt), Water, Salt, Emulsifier (322 (**Soy**)), Flavours (**Milk**), Colour (Beta Carotene), Vitamin A Palmitate), Vegetable Oil, Pasteurised **Eggs**, **Wheat** Starch, Molasses, Water, Baking Soda, Flavour, Salt, Emulsifier (322 (**Soy**)).

Contains: Wheat, Gluten, Soy, Milk, Egg. May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut.

CHOCOLATE CHIP RAINBOW COOKIE: **Wheat** Flour, Sugar, Vegetable Oil, M&M'S® Chocolate Candies (9%) (**Milk** Chocolate (Sugar, Cocoa Mass, Skim **Milk**, Cocoa Butter, Lactose (**Milk**), **Milk** Fat, Emulsifier (322 (Genetically Modified **Soy**)), Salt, Flavours), Sugar, Corn Starch (Genetically Modified), Corn Syrup, Dextrin, Colours (171, 133, 110, 129, 102, 132), Glazing Agent (Carnauba Wax), Thickener (414)), Chocolate Chips (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322 (**Soy**)), Flavour), Pasteurised **Eggs**, Water, Molasses, Salt, Baking Soda, Whey Powder (**Milk**), Flavour.

Contains: Wheat, Gluten, Soy, Milk, Egg. May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut.

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DOUBLE CHOCOLATE CHIP COOKIE: Sugar, **Wheat** Flour, Margarine (Vegetable Oil, Butter (Cream (**Milk**), Salt), Water, Salt, Emulsifier (322 (**Soy**)), Flavours (**Milk**), Colour (Beta Carotene), Vitamin A Palmitate), White Confectionery Chips (12%) (Sugar, Vegetable Oil, Skim **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), Chocolate Chips (7%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322 (**Soy**)), Flavour), Pasteurised **Eggs**, Alkalised Cocoa (3%), Water, **Wheat** Starch, Molasses, Flavour, Baking Soda, Emulsifier (322 (**Soy**)), Salt.

Contains: Wheat, Gluten, Soy, Milk, Egg. May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut.

* 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.

RASPBERRY CHEESECAKE COOKIE: **Wheat** Flour, Sugar, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 322 (Sunflower)), Citric Acid, Flavour, Colour (Beta Carotene), Vitamin A Palmitate), White Confectionery Chips (15%) (Sugar, Vegetable Oil, Skim **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), Vegetable Oil, Pasteurised **Eggs**, Raspberry Confectionery Bits (4%) (Dextrose, Vegetable Oil, Sugar, Corn Flour, Beet Juice, Raspberry Powder, Red Cabbage Juice, Citric Acid, Flavour, Watermelon Juice, Huito Fruit Juice), Water, Invert Sugar, Cream Cheese Powder (2%) (Cream Cheese (Pasteurised **Milk**, Cultures, Salt, Vegetable Gum (410), Enzyme), Skim **Milk**), Flavour, Baking Soda, Wheat Starch, Salt, Colour (Pumpkin Concentrate), Emulsifier (322 (**Soy**)), Colour (102).

Contains: Wheat, Gluten, Soy, Milk, Egg. May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut.

WHITE CHIP MACADAMIA NUT COOKIE: **Wheat** Flour, Sugar, Margarine (Vegetable Oil, Butter (Cream (**Milk**), Salt), Water, Salt, Emulsifier (322 (**Soy**)), Flavours (**Milk**), Colour (Beta Carotene), Vitamin A Palmitate), White Confectionery Chips (15%) (Sugar, Vegetable Oil, Skim **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), **Macadamia Nuts** (6%), Pasteurised **Eggs**, Water, **Wheat** Starch, Molasses, Flavour, Baking Soda, Salt, Emulsifier (322 (**Soy**)).

Contains: Wheat, Gluten, Soy, Milk, Macadamia Nut, Egg. May Contain: Peanut, Almond, Cashew, Hazelnut, Pecan, Pine Nut, Pistachio, Walnut.

SPC FRUIT POWERZ, APPLE & STRAWBERRY PUREE: Apple Puree (88%), Strawberry Puree (10%), Apple Fibre, Colour (Blackcurrant Juice), Antioxidant (Ascorbic Acid), Natural Flavour.

SPC PUREE & SIMPLE, APPLE & STRAWBERRY: Apple Puree (57%), Apple Juice, Strawberry Puree (10%), Colour (Blackcurrant Juice, Fruit Pectin, Antioxidant (Ascorbic Acid), Natural Flavour.

PROMOTIONAL ITEMS

BBQ PULLED PORK: Pork (83%), Spice Rub (Sugar, Thickeners (1422, 415), Natural Flavours, Smoke Flavour, Dried Vegetables (Tomato, Garlic, Onion), Fructose, Salt, Spices, Vinegar, Worcestershire Sauce Powder, Natural Colours (150a, 160c), Yeast Extract, Maltodextrin, Canola Oil, Acidity Regulator (330), Spice Extracts, Olive Oil), Seasoning (Maltodextrin, Sugar, Salt, Mineral Salts (451, 450), Worcestershire Sauce Powder (Sugar, Salt, Vinegar, Onion, Apple, Tamarind, Natural Colour (150a), Pepper, Yeast Extract), Natural Colour (150a), Flavours, Vegetable Gum (415)), Acidity Regulators (326, 262).

May Contain: Soy.

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