



Australia Ingredient Information for People with Food Allergies and Sensitivities May 2026

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

● Contains * May contain

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

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Subway 6-Inch® Subs																						
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce, toasted on Italian herbs & cheese bread)	*		●	*			●											●	●	*	●	●
Rotisserie-Style Chicken (old english style cheese, lettuce, tomato, cucumber, onion, chipotle southwest sauce on Italian herbs & cheese bread)	●	*	●	*			●											●	●	*	●	
Seafood Sensation (I) (seafood in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, carrot on white bread)	●	●	●	*			●											●	●	*		
Smashed Falafel (natural cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli on wheat bread)	*		●	*			●											●	●	*	●	
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce, toasted on white bread)	*		●	●			●											●	●	*	●	
Tuna Mayo (I) (tuna in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, pickle on wheat bread)	●	●	●	*			●											●	●	*		
Turkey on Rye (natural cheddar cheese, lettuce, spinach, tomato, onion, honey mustard on malted rye bread)	*		●	*			●											●	●	*	●	
Veggie Delite® with Avo (natural cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot on malted rye bread)	*		●	*			●											●	●	*		
Veggie Patty (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli, toasted on wheat bread)	*		●	*			●											●	●	*	●	
Wraps (on regular or large flour wrap)																						
BBQ Southern Style Chicken (southern-style chicken bites, old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce)	*		●				●											●	●		●	

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Wraps (on regular or large flour wrap)																						
Chicken & Bacon Ranch (chicken strips, bacon, natural cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing)			●															●	●		●	●
Chicken Classic (old English-style processed cheese, lettuce tomato, cucumber, onion, garlic aioli)	●		●				●											●	●		●	
Chicken Schnitzel (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli)	●		●				●											●	●			
Chicken Strips (natural cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise)	●		●															●	●		●	
Chipotle Steak Melt (diced steak, old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle sauce)	●		●				●											●	●	●	●	
Honey Mustard Leg Ham (natural cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard)			●				*											●	●			●
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise)	●		●				●											●	●		●	●
Italian Meatball (beef meatball in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli)			●				●											●	●		●	
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce)			●				●											●	●		●	●
Seafood Sensation (I) (seafood in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, carrot)	●	●	●															●	●			

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

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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)																						
Chicken Strips (natural cheddar cheese, mayonnaise)	●		●																		●	
Chipotle Steak Melt (diced steak, 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 (I) (seafood in mayonnaise, natural cheddar cheese)	●	●	●																			
Smashed Falafel (mozzarella cheese, garlic aioli)			●														●	●			●	
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, sweet onion sauce)			●	●																	●	
Tuna Mayo (I) (tuna in mayonnaise, natural cheddar cheese)	●	●	●																			
Turkey on Rye (natural cheddar cheese, honey mustard)			●																		●	
Veggie Delite® with Avo (natural cheddar cheese)			●																			
Veggie Patty (mozzarella cheese, garlic aioli, sweet chilli)			●														●				●	

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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio						
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 on white flour wrap)	●		●															●	●			
Sides & Snacks																						
Smashed Avo on Toast (on white bread)	*		*	*			●											●	●	*		
Creamy Garlic Cheese Bread (mozzarella cheese, garlic aioli, parmesan oregano topping on white bread)	*		●	*			●											●	●	*	●	
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)	*		●	*			●											●	●	*	●	

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Sides & Snacks																						
Ham, Cheese & Tomato Toastie (mozzarella cheese, mayonnaise on White Bread)	●		●	*			●											●	●	*		●
Meatball Mozza Pot (meatballs in marinara sauce, mozzarella cheese)			●				●											●	●		●	
Nachos (Doritos® Cheese Supreme Corn Chips, mozzarella cheese, avocado, jalapeno pepper, Mexican salsa)			●				●											●	●		●	
Nachos with Chicken Strips (Doritos® Cheese Supreme Corn Chips, mozzarella cheese, avocado, jalapeno pepper, Mexican salsa)			●				●											●	●		●	
Nachos with Diced Steak (Doritos® Cheese Supreme Corn Chips, mozzarella cheese, avocado, jalapeno pepper, Mexican salsa)			●				●											●	●	●	●	
Nachos with Rotisserie-Style Chicken (Doritos® Cheese Supreme Corn Chips, mozzarella cheese, avocado, jalapeno pepper, Mexican salsa)		*	●	*			●											●	●		●	
Southern Style Chicken Bites (no sauce)	*		*				●											●	●		●	
Southern Style Chicken Bites (with spicy mayo)	●		*				●											●	●		●	
Cookies																						
Chocolate Chip Cookie	●		●				●	*	*	*	*	*	*	*	*	*	*	●	●			
Chocolate Chip Rainbow Cookie	●		●				●	*	*	*	*	*	*	*	*	*	*	●	●			
Double Chocolate Chip Cookie	●		●				●	*	*	*	*	*	*	*	*	*	*	●	●			
Raspberry Cheesecake Cookie	●		●				●	*	*	*	*	*	*	*	*	*	*	●	●			
White Chip Macadamia Nut Cookie	●		●				●	*	*	*	*	*	●	*	*	*	*	●	●			

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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			●				●										●	●		●		
Pepperoni			●				●													●		
Pizza Melt Meats (Salami, Pepperoni)			●				●													●		

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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio						
Meat, Poultry, Eggs, Seafood & Vegetarian Items																						
Poached Egg	●																	*	*			
Rotisserie-Style Chicken		*	*	*			*											*	*			
Salami			●				●														●	
Seafood Sensation (with Mayonnaise) (I)	●	●																				
Smashed Falafel							●											●	●		●	
Southern Style Chicken Bites	*		*				●											●	●		●	
Steak, Diced							●														●	
Tuna & Mayo (with Mayonnaise) (I)	●	●					●															
Turkey, Sliced																					●	
Veggie Patty							●												●		●	
Sauces & Dressings																						
Chipotle Southwest Sauce	●		●				●														●	
Garlic Aioli			●																			
Habanero Hot Sauce																						
Honey Mustard																						
Marinara Sauce																						
Mayonnaise	●																					
Mexican Salsa							*															
Ranch Dressing			●																			
Smoky BBQ Sauce							*														●	
Spicy Mayonnaise	●																				●	
Sweet Chilli Sauce																						
Sweet Onion Sauce (Contains Poppy Seeds)																						
Thousand Island Dressing	●		●																			
Tomato Sauce																						

● Contains * May contain

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

** 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 the Product Ingredients Guide for more information.

Please visit our website www.subway.com.au to view the Product Ingredients Guide for the full declaration of our current menu items.

Seafood Origin: (A) = Australian, (I) = Imported, (M) = Mixed

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.

	Egg	Fish	Milk	Sesame	Crustaceans	Mollusc	Soy	Peanut	Tree Nuts								Lupin	Wheat	Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrates/Nitrites
									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio						
Cheeses																						
Mozzarella Cheese (shredded)			●																			
Natural Cheddar Cheese (slices)			●																			
Old English-Style Processed Cheese (slices)			●				●															
Philly-Style Three-Cheese (mozzarella, natural cheddar, old English-style cheeses)			●				●															
Vegetables																						
Avocado																						
Beetroot (selected locations only)																						
Jalapeno Pepper																						
Olive																						
Pickle																						
Pineapple (selected locations only)																						
Vegetables (Lettuce, Spinach, Tomato, Cucumber, Onion and Capsicum)																						
Toppings																						
Doritos® Cheese Supreme Flavoured Corn Chips			●				●											●	●	●		
Seasonings																						
Pepper																						
Salt																						

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

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