

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 (with Mozzarella Cheese (10%) and Parmesan Oregano Topping (4.5%)): **WHITE BREAD (Wheat** Flour (Vitamin (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))), **MOZZARELLA CHEESE** (Pasteurised Cow's **Milk**, Salt, Cultures, Microbial Rennet, Anti-caking Agent (Tapioca Starch), Preservative (200)), **PARMESAN OREGANO TOPPING** (Maltodextrin, Dehydrated Vegetable (Garlic), Rice Flour, Salt, Breadcrumbs (**Wheat** Flour, Salt, Sugar, Yeast), Rosemary, Parmesan Cheese (5%) (**Milk**, Salt, Starter Culture, Microbial Rennet, Enzymes), Hydrogenated Vegetable Fat, Oregano (3.5%), Vegetable Oil, Cheese Powders (**Milk**) (Includes Animal Rennet), Whey Powder (**Milk**), Natural Flavour (**Milk**), Food Acids (330, 270), Anti-caking Agent (551), Vegetable Gum (412), Yeast Extract).
Contains: Wheat, Gluten, Soy, Milk.
May contain: Egg, Sesame, Sulphites.

MALTED RYE BREAD (with Rye Bread Topping (12%)):
RYE BREAD (Wheat Flour (Vitamin (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** , Amaranth)), Dextrin (Tapioca), Vegetable Oil, Salt, Vegetable Powders (Garlic, Onion), Psyllium Fibre).
Contains: Wheat, Gluten, Soy.
May contain: Egg, Milk, Sesame, Sulphites.

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WHEAT BREAD: **Wheat** Flour (Vitamin (Thiamine, Folic Acid)), Water, Yeast (Water, Yeast, Iodised Salt), Wholemeal Concentrate (3%) (**Wheat** Bran, **Wheat** Germ), Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt, Bread Improver (**Soy** Flour, **Wheat** Flour, 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 (Vitamin (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.

WRAP (FLOUR) Regular & Large size: **Wheat** Flour (Vitamin (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: Tortilla Premix (Modified Starch (Tapioca) (1412, 1442), Rice Flour, **Soy** Protein Isolate, Baking Powder (Raising Agent (501, 450), Anticaking Agent (170, 551, 470), Maize Starch), Potato Starch, Thickeners (412, 464, 415), Sugar, Psyllium Husk Fibre, Emulsifier (471), Cultured Dextrose, Acidity Regulators (297, 330), Preservative (282)), Water, Vegetable Oil, Humectant (422), White Vinegar.

Contains: Soy.

WRAP, MULTIGRAIN (FLOUR), REGULAR size: **Wheat** Flour (Vitamin (Thiamine, Folic Acid)), Water, Wholemeal **Wheat** Flour (20%) (Thiamine, Folic Acid), Vegetable Fat, Grain Mix (4%) (Kibbled **Wheat**, Kibbled Corn, Kibbled **Rye**, Malted **Wheat**, Linseed), Baking Powder (Raising Agents (450, 431, 339, 500), **Wheat** Starch), Iodised Salt, Sugar, Acidity Regulator (297), Emulsifier (471), Preservative (200).

Contains: Wheat, Gluten,

May be present: Soy, Milk.

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MEAT, POULTRY, EGG, SEAFOOD & VEGETARIAN

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

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), Preservative (250 (Sodium Nitrite)), Wood Smoked.

RANCH DRESSING: Water, Vegetable Oil, Vinegar, Lemon Juice, Salt, **Milk** Solids, Whey Protein (**Milk**), Sour Cream Powder (**Milk**), Yoghurt Powder (**Milk**) Vegetable Gums (412, 415, 466), Food Acids (270, 330), Thickener (1412, 1414, 401), Preservative (202, 211), Yellow Mustard, Herb, Flavour (**Milk**), Garlic, Sweetener (955, 950), Antioxidant (385).

Contains: Milk.

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

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

CHICKEN SCHNITZEL: Chicken Breast (68%), Breadcrumbs (**Wheat** Flour, Rice Flour, Salt, Yeast, **Wheat** Gluten, Sugar, Vegetable Oil, Colours (100, 160c), Herb Extract), Batter (**Wheat** flour, **Wheat** Starch, Thickeners (1404, 1420), Dehydrated Vegetables (Garlic, Onion), Yeast Extract, Mineral Salts (500, 541, 450), Spice, Spice Extract, Salt, **Soy** flour, Emulsifier (322 (**Soy**), Colour (160c)), Marinade (Water, Salt, Modified Starch (1442), Mineral Salts (450, 451, 452), Maltodextrin, **Soy** Protein, Vegetable Gum (415)), Predust (Thickener (1422), **Wheat** Flour, Rice Flour, Sugar, Salt, **Yeast Extract**, **Wheat** Gluten, Dehydrated Vegetable & Powders (Garlic, Onion), Spice, Spice Extract, **Egg**), Vegetable Oil.

Contains: Wheat, Gluten, Soy, Egg.

May Contain: Milk.

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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).

CHICKEN TERIYAKI (with Chicken Strips (75%) and Teriyaki Glaze (25%)):

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, Tomato Puree, Vegetables (Bell Pepper, Onion, Garlic), Thickener (1422 (Maize)), Fructose, Salt, Hydrolysed Maize Protein, Ginger, Food Acids (260, 270), **Sesame** Seeds, **Sesame** Oil, Colour (150d), Preservatives (202, 211), Spices, Spice Extract (Ginger), Flavour).

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 Vegetables (Garlic, Onion), Sugar, Herb Extract, Preservative (250 (Sodium Nitrite)), Starter Cultures, Fermented Red Rice, Vegetable 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**), Vegetable Oil, Maize Starch, Wood Smoked.

Contains: Milk, Soy.

LEG HAM: Pork (72%), Water, Salt, Thickener (1442, 1412, 415), Dextrose (Maize, Tapioca), Sugar, Brown Sugar, Acidity Regulators (326, 262, 325), Mineral Salt (451, 452, 450, 341), Antioxidant (316), Preservative (250 (Sodium Nitrite)), Smoke Flavour, Vegetable Oil, Smoked.

May Contain: Soy, Milk.

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LEG HAM: Pork (72%), Water, Salt, Thickener (1442, 1412, 415), Dextrose (Maize, Tapioca), Sugar, Brown Sugar, Acidity Regulators (326, 262, 325), Mineral Salt (451, 452, 450, 341), Antioxidant (316), Preservative (250 (Sodium Nitrite)), Smoke Flavour, Vegetable Oil, Smoked.

May Contain: Soy, Milk.

MEATBALL MARINARA (with Marinara Sauce (62%) with Beef Meatballs (38%)):

BEEF MEATBALLS (Beef (65%), Water, Textured **Soy** Protein, **Soy** Protein, Bread Crumbs (**Wheat, Rye, Oat, Barley, Soy**, Yeast, Salt, Vegetable Oil, **Soy** Flour, Emulsifiers (471, 481, 472-e), Preservative (282), Vegetable Gum (412), Vitamin (Thiamin)), Salt, Hydrolysed Vegetable Protein, **Wheat** Flour, Herbs & Spices, **Wheat** Gluten, **Soy** Flour, Seasoning (Dehydrated Vegetables (Onion, Garlic)), Cheese (**Milk**), Colour (150c)), **MARINARA SAUCE** (Tomato Puree (Water, Tomato Paste (33%), Food Acid (330)), Sugar, Vegetable Oil, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice).

Contains: Wheat, Gluten, Soy, Milk.

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 Vegetables (Garlic, Onion), Sugar, Herb Extract, Preservative (250 (Sodium Nitrite)), Starter Cultures, Fermented Red Rice, Vegetable 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**), Vegetable Oil, Maize Starch, Wood Smoked.

Contains: Milk, Soy.

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

Contains: Egg.

May Contain: Wheat, Gluten.

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ROTISSERIE-STYLE CHICKEN: Chicken Breast (83%), Water, Vegetable Oil, Seasoning (Starch (Tapioca, Maize), Salt, Mineral Salts (450, 451, 500), Pea Protein, Dehydrated Vegetables (Onion, Garlic), Sugar, Dextrose (Maize), Fibres (Bamboo, Pea), Yeast Extract, Flavours, Spices and Spice Extracts, Vegetable Gum (415), Herb and Herb Extract), Salt, Food Acid (330), Pepper.

May Contain: Wheat, Gluten, Milk, Sesame, Soy, Fish.

SEAFOOD SENSATION (I) (with Seafood Chunks (67%) and Mayonnaise (33%)) (I): SEAFOOD CHUNKS (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), 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: Fish, Egg.

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.

SOUTHERN STYLE CHICKEN BITES: Chicken (48%), Water, **Wheat** Flour, Vegetable Oils, Salt, **Soy** Protein, **Wheat** Gluten, **Wheat** Starch, Dehydrated Vegetables (Garlic, Onion), Spices & Spice Extracts, Fructose, Tapioca Starch, Acidity Regulators (262, 270, 330), Worcestershire Sauce Powder, Flavours, Yeast & Yeast Extract, Herbs (**Wheat**), Mineral Salts (451, 508), Maltodextrin (Maize, Potato), Hydrolysed Vegetable Protein, Sugar, Colours (160c, 100).

Contains: Wheat, Gluten, Soy.

May Be Present: Milk, Egg.

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

Contains: Soy, Sulphites.

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TUNA & MAYO (I) (with Tuna (63%) and Mayonnaise (37%)): **TUNA** (Skipjack Tuna (**Fish**), Water, Salt), **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)), Water, Salt).

Contains: Fish, Egg.

TURKEY, SLICED: 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.

SAUCES AND DRESSINGS

CHIPOTLE SOUTHWEST SAUCE: Vegetable Oil (Antioxidant (307)), Water, Vinegar, Sugar, **Milk** Solids, **Egg** Yolk (Pasteurised), Salt, Vegetable Powders (Onion, Garlic), Acidity Regulator (270), Thickener (1442, 415), Yeast Extract, Herb and Spice, Natural Flavours (Chipotle Extract (0.1%) **Soy, Milk**), Preservatives (202, 211), Emulsifier (433), Natural Colour (160c), Sweetener (950), Antioxidant (385).

Contains: Soy, Milk, Egg.

GARLIC AIOLI: Water, Vegetable Oil, Garlic Puree (4.8%), Liquid Sugar, **Milk** Powder, Thickeners (1442, 415, 412), Salt, Acidity Regulators (270, 260, 330), Preservative (202), Garlic Oil (0.03%), Herb, Antioxidant (385), Colour (160a), Spice Extract.

Contains: Milk.

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HABANERO HOT SAUCE: Water, Sugar, Mango Puree (Food Acids (330, 300)), Vinegar, Chilli Purees (Habanero (6%), Food Acid (260)), Tamarind Concentrate (Tamarind, Water), Salt, Starch (Corn Starch, Modified Maize Starch (1442)), Tomato Paste, Garlic, Fructose, Spices, Food Acid (330), Thickener (415), Natural Colours (Turmeric & Paprika Oleoresins).

HONEY MUSTARD: Water, Sugar, Vinegars, Mustard (4%), Thickeners (1422, 415), Honey (3%), Salt, Food Acids (260, 270, 330), Potato Fibre, Colour (171, 150d), Lemon Juice Concentrate, Burnt Sugar, Vegetable Powders (Onion, Garlic), Preservatives (202, 211), Spices, Natural Herb Extract.

MARINARA SAUCE: Tomato Puree (Water, Tomato Paste (33%), Food Acid (330)), Sugar, Vegetable Oil, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice.

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.

MEXICAN SALSA: Water, Vegetables (Onion, Capsicum, Food Acid (330)), Tomato Paste, Vinegar, Thickeners (1422, 415), Salt, Spices & Herb, Garlic Powder, Fruit Juice Concentrate, Food Acids (296, 330), Preservative (202), Natural Colour (160c), Herb Extract.

RANCH DRESSING: Water, Vegetable Oil, Vinegar, **Milk** Solids, Thickeners (1414, 415, 412, 401), Salt, Yoghurt Powder (**Milk**), Lemon Juice Concentrate, Food Acids (270, 330), Herb, Mustard, Preservatives (202, 211), Emulsifier (433), Vegetable Powder (Garlic), Natural Flavour (**Milk**), Sweetener (950), Antioxidant (385).

Contains: Milk.

SMOKY BBQ SAUCE: Water, Sugar, Vinegar, Golden Syrup (Sugar, Water), Fruit Paste, Molasses, Tomato Paste, Dehydrated Vegetables (Onion, Garlic), Thickeners (1422, 415), Salt, Yeast Extract, Colour (150a), Spices, Smoke Flavour, Preservative (202).

May Contain: Soy.

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

Contains: Egg.

SWEET CHILLI SAUCE: Water, Sugar, Salt, Thickener (1422, 415), Acidity Regulator (260), Chilli Flakes (1%), Red Bell Peppers, Natural Colour (160c) 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.

CHEESE

MOZZARELLA CHEESE (shredded): Pasteurised Cow's **Milk**, Salt, Cultures, Micobial Rennet, Anti-Caking Agent (Tapioca Starch), Preservative (200, 202).

Contains: Milk.

NATURAL CHEDDAR CHEESE (slices): Pasteurised Cow's **Milk**, Salt, Cultures (**Milk**), Enzyme (Microbial Rennet), Colour (160a).

Contains: Milk.

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OLD ENGLISH-STYLE PROCESSED CHEESE (slices): Cheese (min 60%) (Cow's **Milk**, Salt, Cultures (**Milk**), Enzyme (Microbial, Calf Rennet)), Water, **Milk** Solids, Emulsifiers (331, 322 (**Soy**), 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.

CARROT: Shredded Carrot.

CUCUMBER: Sliced Ripe Cucumber.

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

LETTUCE: Shredded Iceberg Variety.

OLIVE: Sliced Black Olive, Water, Salt, Ferrous Gluconate.

ONION: Sliced Red Onion.

PICKLE: Sliced Gherkin, Water, Vinegar, Salt, Mineral Salt (509), Preservative (211), Natural Flavours, Emulsifier (433).

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

SPINACH: Baby Spinach.

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TOMATO: Sliced Red Ripe Tomato.

SEASONINGS

SALT: Sea Salt

PEPPER: Black Pepper

COOKIES

CHOCOLATE CHIP COOKIE: **Wheat** Flour, Sugar, Chocolate Chips (22%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322 (**Soy**)), Flavour, **Milk**), Margarine (Vegetable Oil, Butter (Cream (**Milk**), Salt (Anticaking Agent (535)), Water, Salt, Flavours (**Milk**), Colour (Beta Carotene), Vitamin A (Palmitate) in Oil, Emulsifiers (471, 322 (**Soy**)), Antioxidant (307b (**Soy**))), **Milk** Solids, Vegetable Oil, Pasteurised **Egg**, Molasses, Water, Dextrose Monohydrate, Raising Agent (500), Salt, Flavour.

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

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

CHOCOLATE CHIP RAINBOW COOKIE: **Wheat** Flour, Sugar, Vegetable Oil, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidant (307b (**Soy**))), M&M'S® Chocolate Candies (9%) (**Milk** Chocolate (Sugar, Cocoa Mass, **Milk** Solids, Cocoa Butter, Lactose (**Milk**), **Milk** Fat, Vegetable Fat, Emulsifier (322 (Genetically Modified **Soy**)), Salt, Flavour), Sugar, Cornstarch (Genetically Modified), **Wheat** Starch, Corn Syrup, Glucose Syrup (**Wheat**), Dextrin, Colours (170, 171, 133, 110, 129, 102, 132), Glazing Agent (Carnauba Wax), Thickeners (414, 1400)), Chocolate Chips (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322 (**Soy**)), Flavour, **Milk**), Pasteurised **Egg**, Dextrose Monohydrate, Water, Butter (**Milk**), Molasses, Salt, Emulsifier (322 (**Soy**)), Raising Agent (500), **Milk** Solids, Flavour.

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

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

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DOUBLE CHOCOLATE CHIP COOKIE: Sugar, **Wheat** Flour, Margarine (Vegetable Oil, Butter (Cream (**Milk**), Salt (Anticaking Agent (535))), Water, Salt, Flavours (**Milk**), Colour (Beta Carotene), Vitamin A (Palmitate) in Oil), Emulsifier (471, 472c, 322 (**Soy**)), Antioxidant (304, 307b (**Soy**))), Vegetable Oil, White Confectionery Chips (12%) (Sugar, Vegetable Fat, **Milk** Solids, Emulsifiers (322 (**Soy**), 492), Flavour), Chocolate Chips (7%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322 (**Soy**)), Flavour, **Milk**), Pasteurised **Egg**, Alkalised Cocoa (3%), Molasses, Water, Raising Agent (500), Salt, Flavour.

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

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

RASPBERRY CHEESECAKE COOKIE: **Wheat** Flour, Sugar, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 322 (Sunflower), 472c), Citric Acid, Antioxidant (304), Flavour, Colour (Beta Carotene), Vitamin A Palmitate), White Confectionery Chips (15%) (Sugar, Vegetable Fat, **Milk** Solids, Emulsifiers (322 (**Soy**), 492)), Flavour), Vegetable Oil, Pasteurised **Egg**, Water, Raspberry Confectionery Bits (Dextrose, Vegetable Oil, Corn Flour, Raspberry Powder (0.04%), Colours (Red Cabbage, Watermelon, Huito, Beet Juices), Citric Acid, Flavour), Invert Sugar, Cream Cheese Powder (2%) (Cream Cheese (Pasteurised **Milk**, Cultures, Salt, Vegetable Gum (410), Emulsifier (471), Enzyme), **Milk** Solids, Antioxidant (307b)), Flavours, Raising Agent (500), Salt, Colours (102, 160a), Emulsifier (322 (**Soy**)).

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

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

WHITE CHIP MACADAMIA NUT COOKIE: **Wheat** Flour, Sugar, Margarine (Vegetable Oil, Butter (Cream (**Milk**), Salt (Anticaking Agent (535))), Water, Salt, Flavours (**Milk**), Colour (Beta Carotene), Vitamin A (Palmitate) in Oil), Emulsifiers (471, 322 (**Soy**)), Antioxidant (307b (**Soy**))), White Confectionery Chips (14%) (Sugar, Vegetable Fat, **Milk** Powder, Emulsifiers (322 (**Soy**), 492), Flavour), Macadamia Nuts (5.8%), Pasteurised **Egg**, Molasses, Water, Dextrose Monohydrate, Salt, Raising Agent (500), Flavour.

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

May Contain: Peanut, Almond, Cashew, Hazelnut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

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SMOOTHIES (selected locations only)

MANGO: Water, Mango (41%), Sugar.

MIXED BERRY BANANA: Water, Mixed Berries (Blueberry (13%), Strawberry (8%)), Banana (19%), Sugar.

TROPICAL: Water, Banana (14%), Mango (13%), Pineapple (13%), Sugar.

SIDES & SNACKS

SMASHED AVO ON TOAST:

Subway® WHITE BREAD, AVOCADO.

Contains: Wheat, Gluten, Soy.

May contain: Egg, Milk, Sesame, Sulphites.

CREAMY GARLIC CHEESE BREAD: Subway® WHITE BREAD, GARLIC AIOLI, MOZZARELLA CHEESE, PARMESAN OREGANO TOPPING (Maltodextrin, Dehydrated Vegetable (Garlic), Rice Flour, Salt, Breadcrumbs (**Wheat** Flour, Salt, Sugar, Yeast), Rosemary, Parmesan Cheese (5%) (**Milk**, Salt, Starter Culture, Microbial Rennet, Enzymes), Hydrogenated Vegetable Fat, Oregano (3.5%), Vegetable Oil, Cheese Powders (**Milk**) (Includes Animal Rennet), Whey Powder (**Milk**), Natural Flavour (**Milk**), Food Acids (330, 270), Anti-caking Agent (551), Vegetable Gum (412), Yeast Extract).

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

May contain: Egg, Sesame.

CHIPOTLE QUESADILLA:

FLOUR WRAP (REGULAR size), MOZZARELLA CHEESE, CHIPOTLE SOUTHWEST SAUCE, GREEN CAPSICUM, ONION.

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

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CREAMY GARLIC HERB BREAD: Subway® WHITE BREAD, GARLIC AIOLI, PARMESAN OREGANO TOPPING (Maltodextrin, Dehydrated Vegetable (Garlic), Rice Flour, Salt, Breadcrumbs (**Wheat** Flour, Salt, Sugar, Yeast), Rosemary, Parmesan Cheese (5%) (**Milk**, Salt, Starter Culture, Microbial Rennet, Enzymes), Hydrogenated Vegetable Fat, Oregano (3.5%), Vegetable Oil, Cheese Powders (**Milk**) (Includes Animal Rennet), Whey Powder (**Milk**), Natural Flavour (**Milk**), Food Acids (330, 270), Anti-caking Agent (551), Vegetable Gum (412), Yeast Extract).

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

May contain: Egg, Sesame.

HAM, CHEESE & TOMATO TOASTIE:

Subway® WHITE BREAD, LEG HAM, MOZZARELLA CHEESE, TOMATO, MAYONNAISE.

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

May contain: Sesame, Sulphites.

MEATBALL MOZZA POT: BEEF MEATBALLS WITH MARINARA SAUCE, MOZZARELLA CHEESE.

Contains: Wheat, Gluten, Soy, Milk.

SOUTHERN STYLE CHICKEN BITES: SOUTHERN STYLE CHICKEN BITES (no sauce).

Contains: Wheat, Gluten, Soy.

May Be Present: Milk, Egg.

SOUTHERN STYLE CHICKEN BITES (with SPICY MAYO): SOUTHERN STYLE CHICKEN BITES, SPICY MAYONNAISE.

Contains: Wheat, Gluten, Soy, Egg

May Be Present: Milk.

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NACHOS:

Doritos® CHEESE SUPREME FLAVOURED CORN CHIPS (Corn (67%), Canola Oil, Cheese Powder (**Milk, Soy**), Maltodextrin, Salt, **Wheat** Flour, Flavour Enhancers (621,635), Tomato Powder, Onion Powder, Garlic Powder, Natural Flavours (**Milk**), Dextrose, Yeast Extract, Sugar, Mineral Salt (Potassium Chloride), Food Acids (Lactic Acid, Citric Acid), Colours (110, 150C), Spice (White Pepper), Sunflower Oil, Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract)), **MEXICAN SALSA** (Water, Vegetables (Onion, Capsicum, Food Acid (330)), Tomato Paste, Vinegar, Thickeners (1422, 415), Salt, Spices & Herb, Garlic Powder, Fruit Juice Concentrate, Food Acids (296, 330), Preservative (202), Natural Colour (160c), Herb Extract), **MOZZARELLA CHEESE, AVOCADO, JALAPENO PEPPER.**

Contains: Wheat, Gluten, Milk, Soy.

NACHOS WITH CHICKEN STRIPS:

CHICKEN STRIPS, Doritos® CHEESE SUPREME FLAVOURED CORN CHIPS (Corn (67%), Canola Oil, Cheese Powder (**Milk, Soy**), Maltodextrin, Salt, **Wheat** Flour, Flavour Enhancers (621,635), Tomato Powder, Onion Powder, Garlic Powder, Natural Flavours (**Milk**), Dextrose, Yeast Extract, Sugar, Mineral Salt (Potassium Chloride), Food Acids (Lactic Acid, Citric Acid), Colours (110, 150C), Spice (White Pepper), Sunflower Oil, Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract)), **MEXICAN SALSA** (Water, Vegetables (Onion, Capsicum, Food Acid (330)), Tomato Paste, Vinegar, Thickeners (1422, 415), Salt, Spices & Herb, Garlic Powder, Fruit Juice Concentrate, Food Acids (296, 330), Preservative (202), Natural Colour (160c), Herb Extract), **MOZZARELLA CHEESE, AVOCADO, JALAPENO PEPPER.**

Contains: Wheat, Gluten, Milk, Soy.

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NACHOS WITH DICED STEAK:

DICED STEAK, Doritos® CHEESE SUPREME FLAVOURED CORN CHIPS (Corn (67%), Canola Oil, Cheese Powder (**Milk, Soy**), Maltodextrin, Salt, **Wheat** Flour, Flavour Enhancers (621,635), Tomato Powder, Onion Powder, Garlic Powder, Natural Flavours (**Milk**), Dextrose, Yeast Extract, Sugar, Mineral Salt (Potassium Chloride), Food Acids (Lactic Acid, Citric Acid), Colours (110, 150C), Spice (White Pepper), Sunflower Oil, Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract)), **MEXICAN SALSA** (Water, Vegetables (Onion, Capsicum, Food Acid (330)), Tomato Paste, Vinegar, Thickeners (1422, 415), Salt, Spices & Herb, Garlic Powder, Fruit Juice Concentrate, Food Acids (296, 330), Preservative (202), Natural Colour (160c), Herb Extract), **MOZZARELLA CHEESE, AVOCADO, JALAPENO PEPPER.**

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

NACHOS WITH ROTISSERIE-STYLE CHICKEN:

ROTISSERIE-STYLE CHICKEN, Doritos® CHEESE SUPREME FLAVOURED CORN CHIPS (Corn (67%), Canola Oil, Cheese Powder (**Milk, Soy**), Maltodextrin, Salt, **Wheat** Flour, Flavour Enhancers (621,635), Tomato Powder, Onion Powder, Garlic Powder, Natural Flavours (**Milk**), Dextrose, Yeast Extract, Sugar, Mineral Salt (Potassium Chloride), Food Acids (Lactic Acid, Citric Acid), Colours (110, 150C), Spice (White Pepper), Sunflower Oil, Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract)), **MEXICAN SALSA** (Water, Vegetables (Onion, Capsicum, Food Acid (330)), Tomato Paste, Vinegar, Thickeners (1422, 415), Salt, Spices & Herb, Garlic Powder, Fruit Juice Concentrate, Food Acids (296, 330), Preservative (202), Natural Colour (160c), Herb Extract), **MOZZARELLA CHEESE, AVOCADO, JALAPENO PEPPER.**

Contains: Wheat, Gluten, Milk, Soy.

May Contain: Sesame, Fish.

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