



Australia Ingredient Information for People with Food Allergies and Sensitivities
School Lunch Program (NSW only)
December 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.

	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	Walnut											
Subway 6-Inch® Subs with wheat bread, lettuce, tomato, cucumber, carrot																				
Chicken & Salad (with Cheddar Cheese & BBQ Sauce)	*		●	*			●								●	●	*	●		
Chicken & Salad (with Cheddar Cheese & Mayonnaise)	●		●	*			●								●	●	*	●		
Chicken Teriyaki & Salad (with Cheddar Cheese)	*		●	●			●								●	●	*	●		
Ham & Salad (with Cheddar Cheese & Honey Mustard)	*		●	*			●								●	●	*			
Turkey & Salad (with Cheddar Cheese & Honey Mustard)	*		●	*			●								●	●	*	●		
Veggie Delite® with Avo	*		*	*			●								●	●	*			
Wraps with multigrain wrap, lettuce, tomato, cucumber, carrot																				
Chicken & Salad (with Cheddar Cheese & BBQ Sauce)			●				*								●	●		●		
Chicken & Salad (with Cheddar Cheese & Mayonnaise)	●		●				*								●	●		●		
Chicken Teriyaki & Salad (with Cheddar Cheese)			●	●			*								●	●		●		
Ham & Salad (with Cheddar Cheese & Honey Mustard)			●				*								●	●		●		
Turkey & Salad (with Cheddar Cheese & Honey Mustard)			●				*								●	●		●		
Veggie Delite® with Avo			*				*								●	●				
Salads with lettuce, tomato, cucumber, carrot																				
Chicken (with Cheddar Cheese)			●															●		
Veggie Delite® with Avo																				

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

Please refer to Product Ingredients Guide for this program for full ingredient declaration.



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	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut											
Bread																				
Wheat Bread	*		*	*			●									●	●	*		
Wrap, Multigrain			*				*									●	●			
Meat & Poultry																				
Chicken Strips																		●		
Chicken Teriyaki				●														●		
Ham																			●	
Turkey, Sliced																			●	
Sauces & Dressings																				
Honey Mustard																				
Marinara Sauce																				
Mayonnaise	●																			
Smoky BBQ Sauce							*													
Tomato Sauce																				
Cheeses																				
Natural Cheddar Cheese (slices)				●																
Vegetables																				
Avocado																				
Vegetables (Lettuce, Tomato, Cucumber, Carrot)																				
Beverage & Sides (per vendor branded label)																				
Mt Franklin Water																				

● Contains

* May contain

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