

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

WHEAT BREAD: **Wheat** Flour (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.

WRAP, MULTIGRAIN, REGULAR size: **WRAP, MULTIGRAIN, 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.

POULTRY & MEAT:

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.

HAM: Pork (72%), Water, Salt, Thickener (1442), Dextrose (Maize), Sugar, Acidity Regulators (326, 262, 325), Mineral Salt (451, 452, 450, 341), Antioxidant (316), Preservative (250 (Sodium Nitrite)), Smoked.

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)).

SAUCES AND DRESSINGS

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.

SMOKY BBQ SAUCE: Water, Sugar, Vinegar, Golden Syrup (Sugar, Water), Fruit Paste, Tomato Paste, Glucose Syrup, Molasses, Thickeners (1422, 415), Salt, Yeast Extract, Colour (150a), Natural Flavour, Burnt Sugar Syrup, Vegetable Powders (Garlic, Onion), Rochester Sauce Powder, Spices, Smoke Flavour, Preservative (202).

May Contain: Soy.

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

CHEESE

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

Contains: Milk.

VEGETABLES

AVOCADO: Hass Avocado Puree (100%).

CARROT: Shredded Carrot.

CUCUMBER: Sliced Ripe Cucumber.

LETTUCE: Shredded Iceberg Variety.

TOMATOE: Sliced Red Ripe Tomato.

BEVERAGE (per vendor branded label)

MT FRANKLIN WATER: Australian Spring Water.