

# Allergen information

All food is freshly prepared in our kitchens and whilst we have controls in place to minimise cross-contamination, many allergens are handled in store and we cannot guarantee that our food will be allergen free or that it will be suitable for those with allergies. Our vegan items are made to vegan recipes however are not suitable for those with dairy & egg allergies.

|  | Egg | Fish | Milk (lactose) | Peanuts | Sesame | Crustaceans | Soya | Tree nuts     | Cereals containing gluten | Sulphites | Celery | Mustard | Lupin | Molluscs |
|--|-----|------|----------------|---------|--------|-------------|------|---------------|---------------------------|-----------|--------|---------|-------|----------|
| <b>Bread</b>   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Italian white bread  |     |      |                |         |        |             | Y    |               | Wheat                     |           |        |         |       |          |
| Sesame (white bread with sesame seeds)   |     |      |                |         | Y      |             | Y    | MC: Tree nuts | Wheat                     |           |        |         |       |          |
| Cheese Oregano (white bread with cheese oregano)                                   |     |      | Y              |         |        |             | Y    |               | Wheat                     |           |        |         |       |          |
| Honey Oat (wholegrain bread with honey and oat flakes)                             |     |      |                |         |        |             | Y    |               | Wheat, Barley, Oat        |           |        |         |       |          |
| Wholegrain bread (whole wheat bread with seed mixture)                             |     |      |                |         |        |             | Y    |               | Wheat, Barley             |           |        |         |       |          |
| Tortilla Wrap  |     |      |                |         |        |             |      |               | Wheat                     |           |        |         |       |          |
| Gluten free bread  |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Baked Potato   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| <b>Meat, Poultry, Fish, Eggs &amp; Plant-Based Proteins</b>                        |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Pepperoni  |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Salami   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Tuna mix   | Y   | Y    |                |         |        |             |      |               |                           |           |        | Y       |       |          |
| Philly Beef  |     |      |                |         |        |             |      |               | Barley                    |           |        |         |       |          |
| Sliced Chicken   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Rotisserie-Style Chicken   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Chicken Breast   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Chicken Teriyaki   |     |      |                |         | Y      |             | Y    |               | Wheat                     |           |        |         |       |          |
| Chicken Fajita   |     |      |                |         |        |             |      |               | Wheat                     |           |        |         |       |          |
| Chicken Tandoori   |     |      |                |         |        |             |      |               | Barley                    |           |        |         |       |          |
| Döner-Style Chicken  |     |      |                |         |        |             |      |               |                           | Y         |        |         |       |          |
| Plant-based Döner-Style Chicken  |     |      |                |         |        |             | Y    |               |                           | Y         |        |         |       |          |
| Ham*   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| BBQ Rib  |     |      |                |         |        |             |      |               |                           |           |        | Y       |       |          |
| Bacon  |     |      |                |         |        |             |      |               |                           |           |        |         | Y     |          |
| Omelet   | Y   |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |
| Taco Beef  |     |      |                |         |        |             |      |               | Wheat                     |           |        |         |       |          |
| Spicy Vegan Patty  |     |      |                |         |        |             | Y    |               | Wheat                     |           | Y      | MC      |       |          |
| Plant-based Chicken Teriyaki   |     |      |                |         | Y      |             | Y    |               | Wheat                     |           | MC     | MC      |       |          |
| Chicken Nacho Bites  |     |      | MC             |         |        |             | MC   |               | Wheat                     |           |        |         |       |          |
| Falafel  |     |      |                |         |        |             |      |               | Wheat                     |           |        |         |       |          |
| <b>Cheese &amp; Vegetables</b>   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| American style processed cheese  |     |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |
| Sliced mozzarella  |     |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |
| Mozzarella-Emmental-Mix  |     |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |
| Cream cheese   |     |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |
| Cheddar  |     |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |
| Gouda  |     |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |
| Parmesan   |     |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |
| Vegan Slices   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Jalapeños  |     |      |                |         |        |             |      |               |                           | Y         |        |         |       |          |
| Olives   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Pickles  |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Lettuce, carrots, tomatoes, cucumbers, peppers, onions, spinach, sweetcorn, rocket |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| <b>Sauces &amp; Condiments</b>   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Döner Sauce  |     |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |
| Vegan Hickory BBQ Sauce  |     |      |                |         |        |             |      |               |                           |           |        |         | Y     |          |
| Caesar Sauce   | Y   |      | Y              |         |        |             | Y    |               |                           |           |        |         |       |          |
| Chipotle Southwest Sauce   | Y   |      |                |         |        |             |      |               |                           |           |        |         | Y     |          |
| X-spicy Chipotle Sauce   |     |      |                |         |        |             |      |               |                           |           |        |         | Y     |          |
| Honey Mustard Sauce  |     |      |                |         |        |             |      |               |                           |           |        |         | Y     |          |
| Lite Mayonnaise  | Y   |      |                |         |        |             |      |               |                           |           |        |         | Y     |          |
| Yogurt Sauce   |     |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |
| Sweet Onion Sauce  |     |      |                |         |        |             |      |               |                           |           |        |         | Y     |          |
| Garlic & Herb Sauce (vegan)  |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Balsamic vinegar   |     |      |                |         |        |             |      |               |                           | Y         |        |         |       |          |
| Olive oil  |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Crispy Onions  |     |      |                |         |        |             |      |               | Wheat                     |           |        |         |       |          |
| Guacamole  |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Salt/Pepper  |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Waffle Fries   |     |      |                |         |        |             |      |               | Wheat                     |           |        |         |       |          |
| Nachos (Doritos® Nacho Cheese)   |     |      | Y              |         |        |             | MC   |               | Wheat                     |           |        |         |       |          |
| Sour Cream   | Y   |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |
| Butter   |     |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |
| <b>Footlong Sidekicks</b>  |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Footlong Cookie  | Y   |      | Y              |         |        |             | Y    | MC            | Wheat                     |           |        |         |       |          |
| <b>Cookies</b>   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Double Chocolate Cookie (vegan)  | MC  |      | MC             |         |        |             | Y    | MC: Nuts      | Wheat                     |           |        |         |       |          |
| Chocolate Chunk Cookie   | Y   |      | Y              |         |        |             | Y    | MC: Nuts      | Wheat                     |           |        |         |       |          |
| Chocolate Chip with Rainbow Candy Cookie   | Y   |      | Y              |         |        |             | Y    | MC: Nuts      | Wheat                     |           |        |         |       |          |
| Double Chocolate & Orange Cookie   |     |      | Y              |         |        |             | Y    | MC: Nuts      | Wheat                     |           |        |         |       |          |
| White Chip Macadamia Nut Cookie  | Y   |      | Y              |         |        |             | Y    | MC Macadamia  | Wheat                     |           |        |         |       |          |
| Oat & Raisin Cookie  | MC  |      | MC             |         |        |             | MC   | MC: Nuts      | Wheat, Oat                |           |        |         |       |          |
| Raspberry Cheesecake Cookie  | Y   |      | Y              |         |        |             | Y    | MC: Nuts      | Wheat                     |           |        |         |       |          |
| <b>Drinks</b>  |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Drinks from dispenser  |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Drinks PET   |     |      |                |         |        |             |      |               |                           |           |        |         |       |          |
| Coffee / Tea   |     |      | MC             |         |        |             |      |               |                           |           |        |         |       |          |
| Cappuccino / Latte Macchiato / Milk coffee / Hot chocolate                         |     |      | Y              |         |        |             |      |               |                           |           |        |         |       |          |

\* Formed meat.

Although every care has been taken to remove bones from meat and fish ingredients, some may remain. Although extra care has been taken to remove all olive stones, some may remain. Product selection may vary from restaurant to restaurant. Please ask your Sandwich Artist™ about products not listed.

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**J** = Allergen contained in the product.

**MC** = May contain: The allergen is present at the manufacturing site of the ingredients and could contaminate the ingredient.

# Additives

|  | Food colouring | Preservatives | Antioxidants | Flavour enhancers | Blackened | Waxed | Phosphates | Sweeteners | Phenylalanine source | May have a laxative effect if consumed in excess | Caffeine |
|--|----------------|---------------|--------------|-------------------|-----------|-------|------------|------------|----------------------|--|----------|
| <b>Bread</b>   |                |               |              |                   |           |       |            |            |                      |  |          |
| Italian white bread  |                |               |              |                   |           |       |            |            |                      |  |          |
| Sesame (white bread with sesame seeds)   |                |               |              |                   |           |       |            |            |                      |  |          |
| Cheese Oregano (white bread with cheese oregano)                                   |                |               |              |                   |           |       |            |            |                      |  |          |
| Honey Oat (wholegrain bread with honey and oat flakes)                             |                |               | x            |                   |           |       |            |            |                      |  |          |
| Wholegrain bread (whole wheat bread with seed mixture)                             |                |               | x            |                   |           |       |            |            |                      |  |          |
| Tortilla Wrap  |                |               |              |                   |           |       | x          |            |                      |  |          |
| Gluten free bread  |                |               |              |                   |           |       |            |            |                      |  |          |
| Baked Potato   |                |               |              |                   |           |       |            |            |                      |  |          |
| <b>Meat, Poultry, Fish, Eggs &amp; Plant-Based Proteins</b>                        |                |               |              |                   |           |       |            |            |                      |  |          |
| Pepperoni  |                | x             | x            |                   |           |       |            |            |                      |  |          |
| Salami   |                | x             | x            |                   |           |       |            |            |                      |  |          |
| Tuna mix   |                |               |              |                   |           |       |            |            |                      |  |          |
| Philly Beef  |                |               |              |                   |           |       | x          |            |                      |  |          |
| Sliced Chicken   |                |               |              |                   |           |       | x          |            |                      |  |          |
| Rotisserie-Style Chicken   |                |               |              |                   |           |       | x          |            |                      |  |          |
| Chicken Breast   |                |               |              |                   |           |       |            |            |                      |  |          |
| Chicken Teriyaki   |                | x             |              |                   |           |       |            |            |                      |  |          |
| Chicken Fajita   | x              |               |              |                   |           |       |            |            |                      |  |          |
| Chicken Tandoori   | x              |               |              |                   |           |       |            |            |                      |  |          |
| Döner-Style Chicken  |                |               |              |                   |           |       |            |            |                      |  |          |
| Plant-based Döner-Style Chicken  |                |               |              |                   |           |       |            |            |                      |  |          |
| Ham*   |                | x             | x            | x                 |           |       | x          |            |                      |  |          |
| BBQ Rib  |                | x             | x            |                   |           |       | x          |            |                      |  |          |
| Bacon  |                | x             |              |                   |           |       | x          |            |                      |  |          |
| Omelet   |                |               |              |                   |           |       |            |            |                      |  |          |
| Taco Beef  |                |               | x            |                   |           |       |            |            |                      |  |          |
| Spicy Vegan Patty  |                |               |              |                   |           |       |            |            |                      |  |          |
| Plant-based Chicken Teriyaki   |                | x             |              |                   |           |       |            |            |                      |  |          |
| Chicken Nacho Bites  |                |               |              |                   |           |       |            |            |                      |  |          |
| Falafel  |                |               |              |                   |           |       |            |            |                      |  |          |
| <b>Cheese &amp; Vegetables</b>   |                |               |              |                   |           |       |            |            |                      |  |          |
| American style processed cheese  |                | x             |              |                   |           |       |            |            |                      |  |          |
| Sliced mozzarella  |                |               |              |                   |           |       |            |            |                      |  |          |
| Mozzarella-Emmental-Mix  |                |               |              |                   |           |       |            |            |                      |  |          |
| Cream cheese   |                |               |              |                   |           |       |            |            |                      |  |          |
| Csurheddar   | x              |               |              |                   |           |       |            |            |                      |  |          |
| Gouda  |                |               |              |                   |           |       |            |            |                      |  |          |
| Parmesan   |                |               |              |                   |           |       |            |            |                      |  |          |
| Vegan Slices   | x              |               |              |                   |           |       |            |            |                      |  |          |
| Jalapeños  |                | x             |              |                   |           |       |            |            |                      |  |          |
| Olives   |                |               |              |                   | x         |       |            |            |                      |  |          |
| Pickles  |                | x             |              |                   |           |       |            |            |                      |  |          |
| Lettuce, carrots, tomatoes, cucumbers, peppers, onions, spinach, sweetcorn, rocket |                |               |              |                   |           |       |            |            |                      |  |          |
| <b>Sauces &amp; Condiments</b>   |                |               |              |                   |           |       |            |            |                      |  |          |
| Döner Sauce  |                |               |              |                   |           |       |            |            |                      |  |          |
| Vegan Hickory BBQ Sauce  |                |               |              |                   |           |       |            |            |                      |  |          |
| Caesar Sauce   |                |               |              |                   |           |       |            |            |                      |  |          |
| Chipotle Southwest Sauce   |                |               |              |                   |           |       |            |            |                      |  |          |
| X-spicy Chipotle Sauce   |                |               |              |                   |           |       |            |            |                      |  |          |
| Honey Mustard Sauce  |                |               |              |                   |           |       |            |            |                      |  |          |
| Lite Mayonnaise Sauce  |                |               |              |                   |           |       |            |            |                      |  |          |
| Yogurt Sauce   |                |               |              |                   |           |       |            |            |                      |  |          |
| Sweet Onion Sauce  |                |               |              |                   |           |       |            |            |                      |  |          |
| Garlic & Herb Sauce (vegan)  |                |               |              |                   |           |       |            |            |                      |  |          |
| Balsamic vinegar   |                |               | x            |                   |           |       |            |            |                      |  |          |
| Olive oil  |                |               |              |                   |           |       |            |            |                      |  |          |
| Crispy Onions  |                |               |              |                   |           |       |            |            |                      |  |          |
| Guacamole  |                |               |              |                   |           |       |            |            |                      |  |          |
| Salt/Pepper  |                |               |              |                   |           |       |            |            |                      |  |          |
| Waffle Fries   |                |               |              |                   |           |       |            |            |                      |  |          |
| Nachos (Doritos® Nacho Cheese)   | x              |               |              |                   |           |       |            |            |                      |  |          |
| Sour Cream Fries   |                |               |              |                   |           |       |            |            |                      |  |          |
| Butter   |                |               |              |                   |           |       |            |            |                      |  |          |
| <b>Footlong Sidekicks</b>  |                |               |              |                   |           |       |            |            |                      |  |          |
| <b>Footlong Cookie</b>   |                |               |              |                   |           |       |            |            |                      |  |          |
| <b>Cookies</b>   |                |               |              |                   |           |       |            |            |                      |  |          |
| Double Chocolate Cookie (vegan)  |                |               |              |                   |           |       |            |            |                      |  |          |
| Chocolate Chunk Cookie   |                |               |              |                   |           |       |            |            |                      |  |          |
| Chocolate Chip with Rainbow Candy Cookie   | x              |               |              |                   |           |       |            |            |                      |  |          |
| Double Chocolate & Orange Cookie   |                |               |              |                   |           |       |            |            |                      |  |          |
| White Chip Macadamia Nut Cookie  | x              |               |              |                   |           |       |            |            |                      |  |          |
| Oat & Raisin Cookie  |                |               |              |                   |           |       |            |            |                      |  |          |
| Raspberry Cheesecake Cookie  | x              |               |              |                   |           |       |            |            |                      |  |          |
| <b>Drinks</b>  |                |               |              |                   |           |       |            |            |                      |  |          |
| Drinks from dispenser  | x              |               | x            |                   |           |       |            | x          | x                    |  | x        |
| Coffee / Tea   |                |               |              |                   |           |       |            |            |                      |  |          |
| Cappuccino / Latte Macchiato / Milk coffee / Hot chocolate                         |                |               |              |                   |           |       |            |            |                      |  |          |

\* Formed meat.

Product selection may vary from restaurant to restaurant. Please ask your Sandwich Artist™ about products not listed.

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# ALLERGENS & ADDITIVES - PACKAGED PRODUCTS

## Allergen information

Subway is in no way responsible or liable for the accuracy or validity of the listed or unlisted allergen information on the pre-packaged and/or pre-prepared products supplied by third parties and made available to Subway guests.

|                                | Egg | Fish | Milk (lactose) | Peanuts | Sesame | Crustaceans | Soya | Tree nuts | Cereals containing gluten | Sulphites | Celery | Mustard | Lupin | Molluscs |
|--------------------------------|-----|------|----------------|---------|--------|-------------|------|-----------|---------------------------|-----------|--------|---------|-------|----------|
| Drinks PET                     |     |      |                |         |        |             |      |           |                           |           |        |         |       |          |
| Lay's Original Salted          |     |      |                |         |        |             |      |           |                           |           |        |         |       |          |
| Lay's Chips Paprika            |     |      | Y              |         |        |             | Y    |           | Wheat                     |           |        |         |       |          |
| Doritos Sweet Chili Pepper     |     |      |                |         |        |             | Y    |           | Wheat                     |           |        |         |       |          |
| Doritos Nacho Cheese           |     |      | Y              |         |        |             | MC   |           | Wheat                     |           |        |         |       |          |
| Buddy Fruit Apple / Strawberry |     |      |                |         |        |             |      |           |                           |           |        |         |       |          |

## Additives

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|   | Food colouring | Preservatives | Antioxidants | Flavour enhancers | Blackened | Waxed | Phosphates | Sweeteners | Phenylalanine source | May have a laxative effect if consumed in excess | Caffeine |
|---|----------------|---------------|--------------|-------------------|-----------|-------|------------|------------|----------------------|--|----------|
| <b>Drinks</b>   |                |               |              |                   |           |       |            |            |                      |  |          |
| Pepsi Regular   | x              |               |              |                   |           |       | x          | x          | x                    |  | x        |
| Pepsi Max   | x              |               |              |                   |           |       | x          | x          | x                    |  | x        |
| Pepsi Electric Blue   | x              |               |              |                   |           |       | x          | x          | x                    |  | x        |
| Schwip Schwap   | x              |               |              |                   |           |       |            |            |                      |  | x        |
| Schwip Schwap Zero  | x              |               |              |                   |           |       |            | x          | x                    |  | x        |
| Schwip Schwap Zero Orange   | x              |               | x            |                   |           |       |            | x          | x                    |  |          |
| 7UP Zero  |                | x             |              |                   |           |       |            | x          | x                    |  |          |
| Lipton Pfirsich   |                |               | x            |                   |           |       |            | x          |                      |  |          |
| Lipton Zitrone  |                |               | x            |                   |           |       |            | x          |                      |  |          |
| Mountain Dew  | x              | x             | x            |                   |           |       |            |            |                      |  | x        |
| Coca-Cola®  | x              |               |              |                   |           |       | x          |            |                      |  | x        |
| Coca-Cola light®  | x              |               |              |                   |           |       | x          | x          | x                    |  | x        |
| Coca-Cola zero®   | x              |               |              |                   |           |       | x          | x          | x                    |  | x        |
| Mezzo Mix®  | x              |               |              |                   |           |       |            |            |                      |  | x        |
| Fanta®  | x              |               | x            |                   |           |       |            |            |                      |  |          |
| Lift® Apfelschorle  |                | x             |              |                   |           |       |            |            |                      |  |          |
| Fuze Tea Grüner Tee Limette Minze   |                |               | x            |                   |           |       |            | x          |                      |  |          |
| FuzeTea Zitrone   |                |               | x            |                   |           |       |            |            |                      |  |          |
| ViO® BiO LiMO Zitrone Limette   |                |               | x            |                   |           |       |            |            |                      |  |          |
| Capri-Sun Fruit Crush, BuddyFruits Frucht mousse  |                |               |              |                   |           |       |            |            |                      |  |          |
| Gerolsteiner Medium, Gerolsteiner Still, Sprite®, ViO® medium, ViO® still, FuzeTea Pfirsich |                |               |              |                   |           |       |            |            |                      |  |          |
| Adelholzener Classic, Adelholzerner Naturell  |                |               |              |                   |           |       |            |            |                      |  |          |
| <b>Snacks</b>   |                |               |              |                   |           |       |            |            |                      |  |          |
| Lay's Original Salted   |                |               |              |                   |           |       |            |            |                      |  |          |
| Lay's Chips Paprika   | x              |               |              | x                 |           |       |            |            |                      |  |          |
| Doritos Sweet Chili Pepper  | x              |               | x            | x                 |           |       |            |            |                      |  |          |
| Doritos Nacho Cheese  | x              |               | x            | x                 |           |       |            |            |                      |  |          |
| Buddy Fruit Apple / Strawberry  |                |               |              |                   |           |       |            |            |                      |  |          |

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= Allergen contained in the product.

= May contain: The allergen is present at the manufacturing site of the ingredients and could contaminate the ingredient.

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