



## Canada Ingredient Information for People with Food Allergies and Sensitivities

(Revised December 2019)

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. **Individual food items may come in contact with one another during food preparation and is not reflected on this chart. Please notify the sandwich artist if you have a food allergy.**

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, triticale, oats, barley) <sup>1</sup>	Sulphites	Added Nitrates/Nitrites	Mustard
<b>Sandwiches on Italian bread with fresh vegetables.</b>													
Chicken & Bacon Ranch (Includes Rotisserie-Style Chicken & Cheese)	•		•				*		•	•		•	
Cold Cut Combo			•				*		•	•		•	•
Ham							*		•	•		•	•
Italian B.M.T.®							*		•	•		•	•
Meatball Marinara			•				•		•	•			
Roast Beef							•		•	•			
Roasted Chicken Breast							•		•	•			
Spicy Italian							*		•	•		•	•
Subway Club®							•		•	•		•	•
Steak & Cheese			•				•		•	•			
Sweet Onion Chicken Teriyaki					•		•		•	•			•
Tuna	•	•					*		•	•			•
Turkey Breast							*		•	•			
Turkey Breast & Ham							*		•	•		•	
Veggie Delite™							*		•	•			
<b>Grilled Ciabattas</b>													
Grilled Cheese & Bacon	x		•				x*	x	•	•		•	
Garlic Steak & Bacon	•		•				x*	x	•	•		•	•
Smoky Honey Mustard Chicken & Bacon	•		•				x*	x	•	•		•	•
<b>Grilled Wraps</b>													
Chicken Caesar	•	•	•				•		•	•			•
Chipotle Steak & Guac	•		•				•		•	•			
Turkey, Bacon & Guac	•		•				•		•	•		•	
<b>Mighty Melts</b>													
Chicken Mighty Melt	•		•				•		•	•			•
Roast Beef Mighty Melt	•		•				•		•	•			•
Turkey Mighty Melt	•		•				•		•	•			•
<b>Salads with lettuce, spinach, tomatoes, green peppers, red onions, cucumbers and olives.</b>													
Chicken & Bacon Ranch (Includes Rotisserie-Style Chicken Cheese)	•		•				*		x	x		•	
Cold Cut Combo			•									•	•
Ham												•	•
Italian B.M.T.®												•	•
Meatball Marinara			•				•		•	•			
Roast Beef							•						
Roasted Chicken Breast							•						
Spicy Italian												•	•
Subway Club®							•					•	•
Steak & Cheese			•				•						
Sweet Onion Chicken Teriyaki					•		•		•	•			•
Tuna	•	•					*						•
Turkey Breast													
Turkey Breast & Ham												•	
Veggie Delite™													
<b>Bread</b>													
Deli Style Roll***							*		•	•			
Ciabatta Bread, regular (used for paninis)	x		x		x		x	x	•	•			
Ciabatta Bread, small (used for Mighty Melts)									•	•			
Gluten-Free Bread*** <sup>1</sup>	•												
Hearty Italian***							*		•	•			
9-Grain Honey Oat***							*		•	•			
Italian							*		•	•			
Italian Herbs and Cheese			•				*		•	•			
Monterey Cheddar***			•				*		•	•			
Parmesan Oregano***			•				*		•	•			
Roasted Garlic**							*		•	•			
Wheat, 9-Grain							*		•	•			
Fiatbread			•				*		•	•			
Wrap							•		•	•			
<b>Meat, Poultry, Seafood &amp; Eggs</b>													
Bacon Strips												•	
Chicken Patty							•						
Chicken Strips - Plain							•						
Chicken Strips - Teriyaki Glazed					•		•		•	•			
Cold Cut Combo Meats			•									•	•
Egg Omelet (used for 6-inch/footlong subs)	•		•				•						
Egg Patty (used in English Muffin sandwiches)	•		•										
Egg Salad***	•						*						•
Falafel***									•	•			
Ham												•	•
Italian B.M.T.® Meats												•	•
Meatballs & Marinara			•				•		•	•			
Meatballs, Beyond (without sauce)									•	•			
Roast Beef							•						

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, triticale, oats, barley) <sup>1</sup>	Sulphites	Added Nitrites/Nitrates	Mustard
Rotisserie-Style Chicken							*		x	x			
Seafood Sensation <sup>TM***</sup>	•	•				•	•		•	•			•
Spicy Italian Meats												•	•
Steak													
Turkey													
Tuna	•	•					*						•
Veggie Patty <sup>***</sup> (vegan) <sup>†</sup>							•		•	•			
Veggie Patty <sup>***</sup> (vegetarian - contains egg/milk) <sup>‡</sup>	•	•	•				•	•	•	•			
<b>Cheese</b>													
Cheddar Cheese, Processed			•				•						
Cheddar Cheese			•										
Feta <sup>***</sup>			•										
Monterey Cheddar Cheese, Shredded			•										
Monterey Jack Cheese <sup>***</sup>			•										
Provolone			•										
Swiss Cheese <sup>***</sup>			•										
<b>Condiments &amp; Dressings</b>													
Basil Pesto			•										
BBQ <sup>***</sup>							*						•
Buffalo Sauce <sup>***</sup>													
Caesar	•	•	•				*						•
Chipotle Southwest Sauce	•		•				*						
House Sandwich Sauce <sup>***</sup>							*						
Light Mayonnaise - Type Dressing	•						*						•
Mayonnaise, Regular	•						*						•
Mustard (Yellow and Deli Brown)													•
Original Sub Sauce <sup>***</sup>							*						•
Provençal Herbs													
Ranch Dressing	•		•				*						
Smoky Honey Mustard	•						*						•
Sweet Onion Sauce (Contains Poppy Seeds)													•
Sub Spice													
Subway® Herb Garlic Oil													
Tzatziki <sup>***</sup>	•		•				*						•
<b>Vegetables</b>													
Banana Peppers											•		
Jalapenos													
Olives (Green/Black)													
Pickles													
Vegetables, Fresh													
<b>Cookies</b>													
Chocolate Chip	•		•	**			•	**	•	•			
Chocolate Chip with M&M's®	•		•	X			•	**	•	•			
Chocolate Chunk	•		•	**			•	**	•	•			
Double Chocolate	•		•	**			•	**	•	•			
Oatmeal Raisin	•		•	**			•	**	•	•			
Peanut Butter	•		•	•			•	**	•	•			
Sugar	•		•	**			•	**	•	•			
White Chip Macadamia Nut	•		•	**			•	•	•	•			
<b>Soup<sup>***</sup></b>													
Beef Chili							•		•	•			
Black Bean							•						
Cream of Broccoli			•						•	•			
Cream of Mushroom			•						•	•			
Creamy Chicken & Dumpling	•		•				•		•	•			
Creamy Chicken and Wild Rice			•		•				•	•			
French Onion (not including cheese/croutons)							•						
Homestyle Chicken Noodle	•		•						•	•			
Loaded Baked Potato			•						•	•		•	
Mediterranean													
Spicy Chicken Tortilla													
Tomato Basil			•										

x = May contain.

<sup>†</sup>The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurant contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten free.

<sup>‡</sup>Some restaurants offer a vegetarian (non-vegan) patty. It will be identified on menu board as "containing eggs & milk".

\*The only soy-derived ingredient is refined soybean oil.

\*\*Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies

\*\*\* Local Options: Products are not available at all locations