



India Ingredient Information for People with Food Allergies and Sensitivities

(Revised October 2021)

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.

Allergens highlighted include standard builds without cheese and sauce, unless noted.	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soy	Tree Nuts	Wheat/Gluten ¹	Sulphites	Autolyzed Yeast/Hydrolyzed Prot.	Nitrates/Nitrites	Allergen declaration
Cold Subs												
Italian BMT		•				•		•			•	Contains wheat, rye, barley, oats, milk, soy
Chicken Slices						•		•				Contains wheat, rye, barley, oats, soy
Corn & Peas (with mayo)		•						•				Contains wheat, rye, barley, oats, milk
Turkey Breast						•		•				Contains wheat, rye, barley, oats, soy
Turkey Breast & Chicken Slice						•		•				Contains wheat, rye, barley, oats, soy
Tuna	•	•						•				Contains wheat, rye, barley, oats, fish, milk
Subway Club		•				•		•			•	Contains wheat, rye, barley, oats, milk, soy
Veggie Delite								•				Contains wheat, rye, barley, oats
Hot Subs												
Aloo Patty								•				Contains wheat, rye, barley, oats
Chatpata Chana (with filling)								•				Contains wheat, rye, barley, oats
Roasted Chicken						•		•				Contains wheat, rye, barley, oats, soy
Chicken Kofta		•				•		•				Contains wheat, rye, barley, oats, soy, milk
Chicken Teriyaki				•		•		•				Contains wheat, rye, barley, oats, soy
Tandoori Chicken Tikka		•				•		•				Contains wheat, rye, barley, oats, soy, milk
Hara Bhara Patty						•		•				Contains wheat, rye, barley, oats, soy
Mexican Patty (with patty)								•				Contains wheat, rye, barley, oats
Paneer Tikka		•				•		•				Contains wheat, rye, barley, oats, milk, soy
Veg Seekh						•		•				Contains wheat, rye, barley, oats, soy
Veg Shammi						•		•				Contains wheat, rye, barley, oats, soy
Peri Peri Chicken						•		•				Contains wheat, rye, barley, oats, soy
Tandoori Tofu		•				•		•				Contains wheat, rye, barley, oats, milk, soy
Signature Wraps												
Italian BMT		•				•		•			•	Contains wheat, barley, oats, milk, soy Polyols may have laxative effects
Chicken Slices						•		•				Contains wheat, barley, oats, soy Polyols may have laxative effects
Turkey Breast						•		•				Contains wheat, barley, oats, soy Polyols may have laxative effects
Turkey Breast & Chicken Slice						•		•				Contains wheat, barley, oats, soy Polyols may have laxative effects
Subway Club		•				•		•			•	Contains wheat, barley, oats, milk, soy Polyols may have laxative effects
Veggie Delite								•				Contains wheat, barley, oats Polyols may have laxative effects
Aloo Patty								•				Contains wheat, barley, oats Polyols may have laxative effects
Chatpata Chana (with filling)								•				Contains wheat, barley, oats Polyols may have laxative effects
Roasted Chicken						•		•				Contains wheat, barley, oats, soy Polyols may have laxative effects
Chicken Kofta		•				•		•				Contains wheat, barley, oats, soy, milk Polyols may have laxative effects
Chicken Teriyaki				•		•		•				Contains wheat, barley, oats, soy Polyols may have laxative effects
Tandoori Chicken Tikka		•				•		•				Contains wheat, barley, oats, soy, milk Polyols may have laxative effects
Corn & Peas		•						•				Contains wheat, barley, oats, milk Polyols may have laxative effects
Hara Bhara Patty						•		•				Contains wheat, barley, oats, soy Polyols may have laxative effects
Mexican Patty (with patty)								•				Contains wheat, barley, oats Polyols may have laxative effects
Paneer Tikka		•				•		•				Contains wheat, barley, oats, milk, soy Polyols may have laxative effects
Veg Seekh						•		•				Contains wheat, barley, oats, soy Polyols may have laxative effects
Veg Shammi						•		•				Contains wheat, barley, oats, soy Polyols may have laxative effects
Peri Peri Chicken						•		•				Contains wheat, barley, oats, soy Polyols may have laxative effects
Tandoori Tofu		•				•		•				Contains wheat, barley, oats, milk, soy Polyols may have laxative effects
Tuna	•	•						•				Contains wheat, barley, oats, milk, fish Polyols may have laxative effects
Salads												
Aloo Patty												NA
Chatpata Chana Filling												NA
Chicken Kofta		•				•		•				Contains wheat, milk, soy
Chicken Slices						•						Contains soy
Chicken Teriyaki				•		•		•				Contains wheat, soy
Corn and Peas		•										Contains milk
Hara Bhara Kebab						•		•				Contains wheat, soy
Italian BMT*		•				•					•	Contains milk, soy
Mexican Patty								•				Contains wheat
Oven Roasted Chicken						•						Contains soy
Paneer Tikka		•				•						Contains milk, soy
Peri Peri Chicken						•						Contains soy
Subway Club™		•				•					•	Contains milk, soy
Tandoori Chicken Tikka		•				•		•				Contains milk, soy, wheat
Tandoori Tofu		•				•						Contains milk, soy
Tuna	•	•										Contains milk, fish
Turkey Breast						•						Contains soy
Turkey Breast & Chicken Slices						•						Contains soy
Veg Seekh						•		•				Contains wheat, soy
Veg Shammi Kebab						•						Contains soy
Veggie Delite™												NA
Chota Subs												
Hara Bhara Kebab Chhota Sub						•		•				Contains wheat, rye, barley, oats, soy
Corn and Peas Chhota Sub		•						•				Contains wheat, rye, barley, oats, milk
Chicken Slice Chhota Sub						•		•				Contains wheat, rye, barley, oats, soy
Egg and Cheese Chhota Sub	•	•				•		•				Contains wheat, rye, barley, oats, egg, milk, soy
Snackwrap												
Chatpata Chana Snackwrap (filling)						•		•				Contains wheat, barley, oats, soy
Chicken Kofta Snackwrap		•				•		•				Contains wheat, barley, oats, soy, milk
Chicken Strips Snackwrap						•		•				Contains wheat, barley, oats, soy
Veg Shammi Snackwrap						•		•				Contains wheat, barley, oats, soy
Breakfast Subs												
Egg & cheese	•	•				•		•				Contains wheat, rye, barley, oats, egg, milk, soy
Chicken slice, Egg & cheese	•	•				•		•				Contains wheat, rye, barley, oats, egg, milk, soy
Western Egg & cheese	•	•				•		•				Contains wheat, rye, barley, oats, egg, milk, soy
Toasties												



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Pepperoni Toastie						•		•				Contains wheat,milk,soy
Veggie Toastie								•				Contains wheat,milk
Flatizza												
Paneer Tikka Flatizza		•				•		•				Contains wheat, soy, milk
Pepperoni Flatizza		•				•		•				Contains wheat, soy, milk
Peri Peri Chicken Flatizza		•				•		•				Contains wheat, soy, milk
Veggie Flatizza		•				•		•				Contains wheat, milk, soy
Desserts and Sides												
Cookie, Dark Chunk Chocolate**	•	•		•		•		•				Contains wheat,milk,soy
Cookie, Double Dark Chocolate Chunk**	•			•		•		•				Contains wheat, egg, soy
Cookie, Oatmeal Raisin**	•			•		•		•				Contains wheat, oats, egg
Choco Truffle Cake**		•				•		•				Contains wheat, milk, soy
Savoury Danish**		•		•		•		•				Contains wheat, milk, soy

INGREDIENTS												
Bread/Carriers												
Italian Bread								•				
Multigrain Bread								•				
Flatbread, White						•		•				
Parmesan Oregano, Italian White			•					•				
Honey Oat, Multigrain								•				
Roasted Garlic, Italian White								•				
Wrap, Multigrain 8"						•		•				
Wrap, Multigrain 11.5"								•				
Wrap, Spinach 11.5"								•				
Meat, Poultry, Seafood, Eggs, Veg Proteins and Fillings												
Aloo Patty												
Chatpata Chana Filling												
Chicken Breast Strips, Smoked						•						
Chicken Breast Strips, Teriyaki Glazed				•		•		•				
Chicken Kofta Meatballs			•			•		•				
Chicken Slices						•						
Corn & Peas (Includes Mayonnaise)			•									
Egg	•											
Hara Bhara Kebab						•		•				
Italian B.M.T.® Meats			•			•					•	
Mexican Bean Patty								•				
Mexican Bean Filling												
Paneer Tikka, Cottage Cheese			•			•						
Peri Peri Chicken						•						
Tandoori Chicken Tikka			•			•		•				
Tandoori Tofu			•			•						
Tuna (Includes Mayonnaise)		•	•									
Turkey						•						
Veg Seekh Kabab						•		•				
Veg Shammi Kabab						•						
Cheese/Dairy												
American Cheese, White Processed			•			•						
Mozzarella, Shredded			•									
Condiments & Dressings												
Barbecue Sauce												
Chipotle Southwest Sauce			•									
Honey Mustard			•									
Marinara Sauce												
Mayonnaise, Eggless			•									
Mayonnaise, Mint			•									
Mayonnaise, Tandoori			•									
Red Chili Sauce												
Sweet Onion Sauce												
Vegetables- No Allergens												
• = contains												
¹ Wheat & Gluten categories are combined since all Subway® gluten-containing items are wheat derived.												
² Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.												
**Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies.												