

**MAY
2023**

We handle allergens in store and due to cross contact we can never 100% guarantee that our products will be allergen free.

Most of our food is freshly prepared in store, where allergens are handled by Subway team members and where equipment and utensils may be used for multiple items, including those containing allergens. Although your meal is prepared with care, we cannot guarantee it will be 100% allergen free.

*Suitable for a plant based diet but not registered with the Vegan Society

**MAY
2023**

حلال All meals are Halal We handle allergens in store and due to cross contact we can never 100% guarantee that our products will be allergen free.		Ingredient suitable for vegetarians	Ingredient suitable for a plant based diet	Eggs	Fish	Milk (lactose)	Peanuts	Sesame	Crustaceans	Soya	Nuts		Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Mollusca
Bread																		
Italian White Bread	Y	Y	N	N	N	N	N	N	Y	N		Wheat	N	N	N	N	N	
9-Grain Wheat Bread	Y	Y	N	N	N	N	N	N	Y	N		Wheat, Rye, Barley, Oat, Spelt	N	N	N	N	N	
Hearty Italian Bread	Y	Y	N	N	N	N	N	N	Y	N		Wheat	N	N	N	N	N	
Italian Herb & Cheese Bread	Y	N	N	N	Y	N	N	N	Y	N		Wheat	N	N	N	N	N	
Honey & Oat Bread	Y	N	N	N	N	N	N	N	Y	N		Wheat, Rye, Barley, Oat, Spelt	N	N	N	N	N	
Gluten Free Bread	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Plain Tortilla Wrap	Y	Y	N	N	N	N	N	N	N	N		Wheat	N	N	N	N	N	
Meat, Poultry, Fish, Eggs & Plant-Based Proteins																		
Halal Roast Chicken Breast Strips	N	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Halal Chicken Tikka	N	N	N	N	Y	N	N	N	N	N		Wheat	N	N	N	N	N	
Halal Nacho Chicken Bites	N	N	N	N	MC	N	N	N	MC	N		Wheat	N	N	N	N	N	
Halal Turkey Ham*	N	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Halal Turkey Breast*	N	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Halal Turkey Rashers*	N	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Halal Pepperoni (Beef)	N	N	N	N	N	N	N	N	N	N		N	N	N	Y	N	N	
Halal Salami (Beef)	N	N	N	N	N	N	N	N	N	N		N	N	N	Y	N	N	
Halal Beef Meatballs (in Marinara Sauce)	N	N	N	N	Y	N	N	N	Y	N		Wheat	N	N	N	N	N	
Halal Breakfast Turkey Sausage* Patty	N	N	N	N	N	N	N	N	Y	N		Wheat	N	N	N	N	N	
Halal Philly Steak*	N	N	N	N	N	N	N	N	Y	N		Barley	N	N	N	N	N	
Halal Big Beef	N	N	N	N	N	N	N	N	Y	N		N	N	N	N	N	N	
Tuna (with Lite Mayonnaise)	N	N	Y	Y	N	N	N	N	N	N		N	N	N	Y	N	N	
Poached Egg	Y	N	Y	N	N	N	N	N	N	N		N	N	N	N	N	N	
Meatless Meatballs (in Marinara Sauce)	Y	Y	MC	N	N	N	MC	N	Y	N		Wheat, Barley	N	MC	MC	N	N	
Plant-Based Steak	Y	Y	N	N	N	N	N	N	Y	N		Wheat	N	N	N	N	N	
Plant Patty	Y	Y	N	N	N	N	N	N	Y	N		Wheat	N	Y	N	N	N	
Cheese & Vegetables																		
American Sliced Cheese	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N	
Shredded Mozzarella & Cheddar Cheese	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N	
Mozzarella	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N	
Peppered Cheese (IOI)	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N	
Monterey Jack Cheddar Slices	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N	
Vegan CheeZe	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Sliced Brie Cheese	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N	
Jalapeños	Y	Y	N	N	N	N	N	N	N	N		N	Y	N	N	N	N	
Lettuce , Cucumber, Mixed Peppers, Tomato, Onion, Carrot, Pickles, Sweetcorn, Olives	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Sauces & Condiments																		
Hickory Smoked BBQ Sauce	Y	N	N	N	N	N	N	N	N	N		Barley	N	N	N	N	N	
Chipotle Southwest Sauce	Y	N	Y	N	N	N	N	N	N	N		N	N	N	Y	N	N	
Extra Spicy Chipotle	Y	N	Y	N	N	N	N	N	N	N		N	N	N	Y	N	N	
Honey & Wholegrain Mustard Sauce	Y	N	N	N	N	N	N	N	N	N		N	N	N	Y	N	N	
Lite Mayonnaise	Y	N	Y	N	N	N	N	N	N	N		N	N	N	Y	N	N	
Garlic & Herb Sauce	Y	Y*	N	N	N	N	N	N	N	N		N	N	N	Y	N	N	
Teriyaki Sauce	Y	Y*	N	N	N	N	Y	N	Y	N		Wheat	N	N	N	N	N	
Sticky Sweet Chilli Sauce	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Sweet Onion Sauce (contains poppy seeds)	Y	Y	N	N	N	N	N	N	N	N		N	N	N	Y	N	N	
Tomato Ketchup	Y	Y	N	N	N	N	N	N	N	N		N	N	N	Y	N	N	
Sriracha Sauce	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Caesar Sauce	Y	N	Y	N	Y	N	N	N	Y	N		N	N	N	N	N	N	
Salsa	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Marinara Sauce	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
HP Brown Sauce	Y	N	N	N	N	N	N	N	N	N		Rye, Barley	N	N	N	N	N	
Blue Cheese Sauce	Y	N	Y	N	Y	N	N	N	N	N		N	N	N	Y	N	N	
Caramelised Red Onion In Balsamic Vinegar	Y	Y*	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Pesto	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N	
Garlic Infused Oil	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Dipping Gravy	Y	N	N	N	Y	N	N	N	N	N		Wheat	N	N	N	N	N	
Crispy Onions	Y	Y	N	N	N	N	N	N	N	N		Wheat	N	N	N	N	N	
Sea Salt / Mixed Peppercorns / Chilli Flakes	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Southwest Seasoning	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Multi-Seed Mix	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Cookies, Donuts & Muffins																		
Chocolate Chunk Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N	
Double Chocolate Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N	
White Macadamia Cookie	Y	N	Y	N	Y	N	N	N	Y	Macadamia nut		Wheat	N	N	N	N	N	
Rainbow Chocolate Chip Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N	
Lemon Drizzle Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N	
Vegan Double Chocolate Cookie	Y	Y	MC	N	MC	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N	
Sticky Toffee Pudding Cookie	Y	N	MC	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N	
Strawberries & Cream Cookie	Y	N	MC	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N	
Sugared Donut	Y	N	MC	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N	
Chocolate Donut	Y	N	MC	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N	
Soups - Selected Stores																		
Carrot and Coriander	Y	N	Y	N	Y	N	N	N	N	N		N	N	N	N	N	N	
Leek and Potato	Y	N	N	N	Y	N	N	N	N	N		N	N	Y	N	N	N	
Minestrone	N	N	Y	N	MC	N	N	N	N	N		Wheat	N	Y	N	N	N	
Red Pepper and Tomato	Y	N	N	N	Y	N	N	N	N	N		Barley	N	N	N	N	N	
Tomato	Y	N	N	N	Y	N	N	N	N	N		Wheat	N	Y	N	N	N	
Wild Mushroom	Y	N	N	N	Y	N	N	N	N	N		Wheat, Barley	N	N	N	N	N	
Cream of Mushroom	Y	N	Y	N	Y	N	N	N	N	N		N	N	Y	N	N	N	
Miscellaneous items																		
DORITOS® Nachos (DORITOS® Lightly Salted Tortilla Chips)	Y	N	N	N	Y	N	N	N	MC	N		MC - Gluten - Wheat, Barley	N	N	N	N	N	
Hash Browns	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Crinkle Wedges	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Cheesy Bites	Y	N	N	N	Y	N	N	N	N	N		Wheat	N	N	N	N	N	
Flavoured Coffee Syrups: Vanilla, Gingerbread, Caramel, Chocolate	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Flavoured Coffee Syrups: Hazelnut	Y	Y	N	N	N	N	N	N	N	Hazelnut		N	N	N	N	N	N	
Flavoured Coffee Syrups: Honeycomb	Y	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Black Coffee / Black Tea	Y	Y	N	N	MC	N	N	N	N	N		N	N	N	N	N	N	
Cappuccino / Latte / Hot Chocolate / Chocolate Sprinkles (for Cappuccino)	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N	
Fountain drinks: Robinsons® Apple & Blackcurrant	Y	Y	N	N	N	N	N	N	N	N		N	Y	N	N	N	N	
Fountain drinks: Diet Pepsi®	Y	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N	
Fountain drinks: Other	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N	

All meats are certified halal at this store. *Formed meat.
IOI = Only available in the Island of Ireland.
 Our plant based products may come into contact with non-plant based products. All ingredients suitable for plant based diet are registered with the Vegan Society, excluding Drinks.
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