

SEPTEMBER 2023

Symbol	Meaning
Y	Ingredients suitable for plant-based/vegetarian
X	Allergen contained in the ingredient
MC	May Contain- the allergen is present at the ingredient's manufacturing site and our suppliers believe there is a significant risk this allergen could cross-contaminate the ingredient

[illegible]

ALLERGEN
INFORMATION

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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	Egg	Fish	Milk (lactose)	Peanuts	Sesame	Crustaceans	Soya	Tree Nuts	Cereals containing gluten					Sulphites	Celery	Mustard	Lupin	Molluscs
											Wheat	Barely	Oat	Rye	Spelt					
Bread																				
Italian White Bread	Y	Y							X		X									
9-Grain Wheat Bread	Y	Y							X		X	X	X	X						
Hearty Italian Bread	Y	Y							X		X									
Italian Herb & Cheese Bread	Y				X				X		X									
Honey & Oat Bread	Y								X		X	X	X	X						
Gluten Free Bread*	Y	Y																		
Plain Tortilla Wrap	Y	Y									X									
Meat, Poultry, Fish, Eggs & Plant-Based Proteins																				
Roast Chicken Breast Strips / Ham* / Turkey Breast*																				
Bacon/ Pepperoni / Salami																				
Chicken Tikka					X						X									
Nacho Chicken Bites					MC				MC		X									
Meatballs (in Marinara Sauce)					X				MC		X									
Breakfast Sausage Pattie											X									
Philly Steak*												X								
Big Beef									X											
Pig in Blankets											X					X				
Tuna (with Lite Mayonnaise)			X	X														X		
Poached Egg	Y		X																	
Plant-Based Steak	Y	Y							X		X									
Plant Patty	Y	Y							X		X					X				
Cheese & Vegetables																				
American Sliced Cheese / Sliced Brie Cheese	Y				X															
Shredded Mozzarella & Cheddar Cheese / Mozzarella	Y				X															
Monterey Jack Cheddar Slices / Peppered Cheese (IOI)	Y				X															
Vegan CheeZe	Y	Y																		
Blue Cheese (in participating stores only)	Y				X															
Jalapeños	Y	Y														X				
Lettuce / Cucumber / Mixed Peppers / Tomato,	Y	Y																		
Onion / Carrot / Pickles / Sweetcorn / Olives	Y	Y																		
Sauces & Condiments																				
Hickory Smoked BBQ Sauce	Y											X								
HP Brown Sauce	Y											X								
Chipotle Southwest Sauce / Extra Spicy Chipotle	Y		X										X					X		
Lite Mayonnaise	Y		X															X		
Honey & Wholegrain Mustard Sauce	Y																	X		
Garlic & Herb Sauce	Y	Y																X		
Teriyaki Sauce	Y	Y				X			X		X									
Sticky Sweet Chilli Sauce	Y	Y									X									
Sweet Onion Sauce	Y	Y																X		
Tomato Ketchup	Y	Y															X			
Caesar Sauce	Y		X		X				X											
Marinara Sauce / Sriracha Sauce / Salsa / Garlic Infused Oil	Y	Y																		
Caramelised Red Onion In Balsamic Vinegar	Y	Y																		
Pesto	Y				X															
Crispy Onions	Y	Y									X									
Sea Salt / Mixed Peppercorns / Chilli Flakes	Y	Y																		
Southwest Seasoning / Multi-Seed Mix	Y	Y																		
Cookies, Donuts & Muffins																				
Chocolate Chunk Cookie	Y		X		X				X	MC	X									
Double Chocolate Cookie	Y		X		X				X	MC	X									
White Macadamia Cookie	Y		X		X				X	MC	Macademia	X								
Rainbow Chocolate Chip Cookie	Y		X		X				X	MC	X									
Vegan Double Chocolate Cookie	Y	Y	MC		MC				X	MC	X									
Sticky Toffee Pudding Cookie	Y		MC		X				X	MC	X									
Strawberries & Cream Cookie	Y		MC		X				X	MC	X									
Cherry Bakewell Cookie	Y		X		MC				X	MC	Almond	X								
Cadbury's® Caramel Muffin	Y		X		X				X	MC	X									
Oreo® Muffin	Y		X		X				X	MC	X									
Sugared Donut / Chocolate Donut	Y		MC		X				X	MC	X									
Soups - Selected Stores																				
Carrot and Coriander	Y		X		X															
Cream of Chicken			X		X							X								
Red Pepper and Tomato	Y				X							X								
Tomato	Y				X						X						X			
Wild Mushroom	Y				X						X	X								
Cream of Mushroom	Y		X		X												X			
Miscellaneous items																				
DORITOS® Nachos (DORITOS® Lightly Salted Tortilla Chips)	Y				X				MC		MC	MC								
DORITOS® Nachos (DORITOS® Tangy Cheese Tortilla Chips)	Y				X				MC		X	MC								
DORITOS® Nachos (DORITOS® Chilli Heatwave Chips)	Y				X				X		X	MC								
Cheesy Bites	Y				X						X									
Hash Browns, Crinkle Wedges	Y	Y																		
Flavoured Coffee Syrups: Vanilla, Caramel,	Y	Y																		
Flavoured Coffee Syrups: Hazelnut	Y	Y								Hazelnut										
Flavoured Coffee Syrups: Honeycomb	Y																			
Black Coffee / Black Tea	Y	Y			MC															
Cappuccino / Latte / Coffee with Milk / Tea with Milk	Y				X															
Hot Chocolate / Chocolate Sprinkles (for Cappuccino)	Y				X															
Fountain drinks: Robinsons® Apple & Blackcurrant	Y	Y														X				
Fountain drinks: Diet Pepsi®	Y																			
Fountain drinks: Other	Y	Y																		

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.

*Formed meat.
IOI = Only available in the Island of Ireland.
Our plant based products may come into contact with non-plant based products.
*Our Gluten Free bread is manufactured in a gluten free facility, however, as other ingredients in our stores contain gluten and products are prepared on shared equipments, our Gluten Free Bread may come into contact with gluten as we prepare your meal.