



New Zealand Ingredient Information for People with Food Allergies and Sensitivities

(Revised Oct 2020)

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. We go to great lengths to identify allergens in the food we prepare. However, we are unable to guarantee that any items sold are free from the listed allergens. There is always a risk that allergens may be transferred to items from our menu during processing, storage or preparation in our restaurants. Individual food items may come into contact with one another and this is not reflected on the Allergen Guide.

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soy	Tree Nuts	Lupin	Wheat & Gluten	Sulphites	Autolyzed Yeast Hydrolyzed Prot.?	Nitrites/Nitrates
Subway 6-Inch® Sandwiches[▲] on White or Wheat bread with lettuce, spinach, tomatoes, capsicum, red onions, carrot and cucumbers.													
Buffalo Chicken with Blue Cheese Dressing	•		•				•			•		•	
Chicken & Bacon Ranch Melt (Includes mozzarella)	•		•				•			•		•	•
Chicken Classic (Breaded Chicken)	•		•				•			•		•	
Chicken Strips							•			•		•	
Chicken Teriyaki					•		•			•		•	
Chipotle Steak Melt (Includes mozzarella)	•		•				•			•	•	•	
Italian B.M.T®			•				•			•		•	•
Leg Ham with Seeded Mustard							•			•		•	•
Meatball Melt (Includes mozzarella and marinara sauce)			•				•			•		•	
Mediterranean Chicken (Includes sun-dried tomatoes, feta and pesto mayo)	•		•				•			•	•	•	
Pizza Melt (Includes mozzarella and marinara sauce)			•				•			•		•	•
Pork Riblet (with Smoky BBQ sauce)							•			•		•	
Roast Beef (with Smoky Tomato Chutney)							•			•		•	
Smashed Falafel with Tzatziki			•				•			•	•	•	
Three Pepper Chicken	•		*				•			•		•	
Tuna & Mayo	•	•	•				•			•		•	
Carved Turkey with Cranberry Relish							•			•		•	
Veggie Delite® with Avo							•			•		•	
Veggie Patty							•			•		•	
Bread													
Ciabatta							•			•		•	
Italian Herbs and Cheese			•				•			•		•	
Malted Rye Bread							•			•		•	
Roasted Garlic							•			•		•	
Wheat							•			•		•	
White							•			•		•	
Wrap			*		*		*			•	•	•	
Wrap, Gluten Free										•		•	
Meat, Poultry, Seafood													
Bacon													•
Buffalo Chicken			•									•	
Chicken Classic (Breaded Chicken)	•		•				•			•		•	
Chicken Strips - Plain							•			•		•	
Teriyaki Chicken					•		•			•		•	
Leg Ham							•			•		•	•
Falafel							•			•		•	
Italian B.M.T® Meats			•				•			•		•	•
Meatballs & Marinara			•				•			•		•	
Omelette Egg	•												•
Pepperoni/Salami			•										•
Pork Riblet							•			•		•	
Roast Beef							•			•		•	
Steak, Diced							•			•		•	
Three Pepper Chicken	•		*				•			•		•	
Tuna & Mayo	•	•	•				•			•		•	
Turkey							•			•		•	
Veggie Patty							•			•		•	
Cheese													
Crumbled Feta			•										
Mozzarella Cheese, Shredded			•										
Natural Cheddar Cheese Slice			•										
Old English Style Processed Cheese			•				•						
Processed Cheddar Cheese Slices			•				•						
Condiments & Dressings													
Blue Cheese Dressing	•		•										
Chipotle Southwest Sauce	•		•				•					•	
Cranberry Relish													
Garlic Aioli			•								•		
Habanero Hot Sauce													
Honey Mustard Sauce													
Marinara													
Mayonnaise	•		•										
Pesto Mayo	•		•										
Ranch Dressing	•		•							•			
Seeded Mustard							•			•			
Smoky BBQ Sauce										•			
Smoky Tomato Chutney													
Sweet Chilli Sauce													
Sweet Onion Sauce (Contains Poppy Seeds)													
Tzatziki			•								•		
Seasonings													
Cracked Pepper													
Herb Seasoning													
Rock Salt													
Zesty Spice										•			

• = Contains
 ▲ = Allergen info for additional condiments and breads are listed separately on this chart.
 * = May contain traces

¹ Wheat & Gluten categories are combined since all Subway® gluten-containing items contain wheat.
² Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.



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	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soy	Tree Nuts	Lupin	Wheat & Gluten	Sulphites	Autolyzed Yeast Hydrolyzed Prot.²	Nitrites/Nitrates
Vegetables													
Avocado													
Beetroot													
Jalapenos													
Olives													
Pickles													
Sundried Tomatoes													
Vegetables, Fresh											•		
Desserts and Sides													
Chocolate Chip	•		•	*			•	*		•			
Chocolate Chip M&M	•		•	*			•	*		•			
Choc Espresso Cookie	•		•	*			•	*		•			
Double Chocolate Chip	•		•	*			•	*		•			
Oatmeal Raisin	•		•	*			•	*		•			
White Chip Macadamia Nut	•		•	*			•	•		•			
Avocado Toastie							•			•			
Garlic & Herb Toastie			•				•			•	•		
Cheesy Garlic Toastie			•				•			•	•		
Watties Fruit Sqrirtz, Apple & Strawberry Puree							•						
Smoothies													
Blueberry & Mango													
Strawberry													
Tropical													
Promotional Items													
Ultimate Meatball Marinara			•				•			•			
Ultimate Pizza Sub			•				•			•			•
Ultimate Garlic Bread Toastie			•				•			•			
Garlic Spread			•										
Salted Caramel Flavoured Cookie	•		•	*			•	*		•			

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