

# summer '25



**Cookiemas/Grilled Wraps Nutritional Information NZ**

17 November, 2025 - 5 January, 2026



# New Zealand nutrition information per serve

November 2025

AVG QTY Per Serve	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>Grilled Wraps</b>										
Values include flour wrap, chicken classic, mozzarella cheese, smoky BBQ sauce, spinach, tomato, cucumber, onion, pickles										
Chicken Classic Grilled Wrap	238	1710	409	21.1	15.4	5.9	47	12.8	4.8	1063
Values include flour wrap, diced steak, mozzarella cheese, chipotle southwest sauce, spinach, tomato, onion, capsicum, jalapeno										
Chipotle Steak Melt Grilled Wrap	229	1880	449	26.2	22.3	7.2	37	7.0	4.7	924
Values include flour wrap, chicken teriyaki, mozzarella cheese, sweet onion sauce, lettuce, tomato, cucumber, capsicum										
Sweet Onion Chicken Teriyaki Grilled Wrap	274	1590	379	26.2	9.4	4.9	50.2	16.9	5.7	883
<b>Cookies</b>										
Salted Caramel	45	854	204	2.1	9.0	5.3	28.9	18.1	0.5	236

Nutrition information compiled from approved food manufacturers, independent laboratories and the USDA National Nutrient Database for Standard Reference.

The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

# New Zealand nutrition information per 100g

November 2025

AVG QTY Per 100g	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>Grilled Wraps</b>										
Values include flour wrap, chicken classic, mozzarella cheese, smoky BBQ sauce, spinach, tomato, cucumber, onion, pickles										
Chicken Classic Grilled Wrap	100	720	172	8.9	6.5	2.5	19.6	5.4	2.0	448
Values include flour wrap, diced steak, mozzarella cheese, chipotle southwest sauce, spinach, tomato, onion, capsicum, jalapeno										
Chipotle Steak Melt Grilled Wrap	100	821	196	11.4	9.7	3.1	16.1	3.1	2.0	403
Values include flour wrap, chicken teriyaki, mozzarella cheese, sweet onion sauce, lettuce, tomato, cucumber, capsicum										
Sweet Onion Chicken Teriyaki Grilled Wrap	100	580	138	9.5	3.4	1.8	18.3	6.2	2.1	322
<b>Cookies</b>										
Salted Caramel	100	1900	454	4.6	20.0	11.7	64.2	40.2	1.2	524

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# **New Zealand Ingredient Information for People with Food Allergies and Sensitivities**

November 2025

# Australia Ingredient Information for People with Food Allergies and Sensitivities

November 2025

	Egg	Fish	Milk	Sesame	Crustaceans	Mollusc	Soy	Peanut	Tree Nuts									Lupin	Wheat	Gluten	Sulphites	Autolyzed Yeast Hydrolyzed Prot. <sup>1</sup>	Nitrites/ Nitrates
									Almond	Brazil Nut	Cashew	Hazelnut	Macadmia Nut	Pecan	Pine Nut	Pistachio	Walnut						
Grilled Wraps																							
Includes flour wrap, chicken classic, mozzarella cheese, smoky BBQ sauce, spinach, tomato, cucumber, onion, pickles																							
Chicken Classic Grilled Wrap	●		●				●												●	●		●	
Includes flour wrap, diced steak, mozzarella cheese, chipotle southwest sauce, spinach, tomato, onion, capsicum, jalapeno																							
Chipotle Steak Melt Grilled Wrap	●		●				●												●	●	●	●	
Includes flour wrap, chicken teriyaki, mozzarella cheese, sweet onion sauce, lettuce, spinach, tomato, cucumber, capsicum																							
Sweet Onion Chicken Teriyaki Grilled Wrap			●	●			*												●	●		●	
Cookies																							
Salted Caramel	●		●				●	*	*	*	*	*	*	*	*	*	*		●	●			

• Contains

\* May be present

<sup>1</sup>Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

Please visit our website - [www.subway.co.nz](http://www.subway.co.nz) for the Product Ingredients Guide for full declaration.

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.

# **New Zealand Product Ingredients**

November 2025

# New Zealand Product Ingredients

November 2025

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 list does not include regional or special promotional items as ingredients vary.

	Ingredients List	Contains	May Contain
<b>Cookies</b>			
<b>Salted Caramel Cookie (New Zealand)</b>	Fortified <b>Wheat</b> Flour ( <b>Wheat</b> , Folic Acid), Sugar, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 322 ( <b>Soy</b> )), Antioxidant (307b ( <b>Soy</b> )), Salted Caramel Fudge (10%) (Sugar, Condensed <b>Milk</b> ( <b>Milk</b> , Sugar), Glucose ( <b>Wheat</b> ), Vegetable Fat (Palm Fat, Emulsifier (322 ( <b>Soy</b> ))), Butter ( <b>Milk</b> ), Tapioca Starch, Salt, Water), Brown Sugar, Water, Butter ( <b>Milk</b> ), <b>Egg</b> Powder, Dextrose Monohydrate, Flavour, Raising Agent (500ii), Sea Salt (0.4%) (Anti-Caking Agent (535)), Colour (150C).	<b>Wheat, Gluten, Soy, Milk, Egg.</b>	<b>Peanut, Macadamia Nut, Walnut, Hazelnut, Almond, Pistachio, Cashew, Pecan, Pine Nut, Brazil Nut.</b>

\* Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website - [www.subway.com.nz](http://www.subway.com.nz) for more information.