

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.

BREADS

ITALIAN HERBS & CHEESE BREAD (with Mozzarella Cheese (10%) and Parmesan Oregano Topping (4.5%)): WHITE BREAD (**Wheat** Flour (Vitamin (Thiamine, Folic Acid)), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (551, 535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Mineral Salt (170), Food Acid (300), Enzymes (**Wheat**)), **MOZZARELLA CHEESE** (Pasteurised **Milk**, Salt, Anti-Caking Agent (460), Starter Culture, Vegetarian Rennet), **PARMESAN OREGANO TOPPING** (Rice Flour, Dehydrated Garlic, Herbs (Rosemary, Oregano (3%)), Salt, Vegetable Oils ((**Soy**) (Antioxidants 307b, 319)), **Wheat** Gluten, Cheese Powder (**Milk** Solids, Cheese Solids (**Milk**, Rennet), Maltodextrin, Mineral Salts (339, 509), Salt, Sugar, Yeast Extracts, Anti-caking Agent (551), Food Acid (296), Vegetable Gum (415)), Parmesan Cheese (3%) (**Milk**, Rennet), Anti-caking Agent (551), Emulsifier (322 (**Soy**)), Acidity Regulator (330), Spice Extract (160c)).

Contains: Wheat, Gluten, Milk, Soy.

May Contain: Egg, Sesame, Sulphites.

MALTED RYE BREAD (with Rye Bread Topping (12%)):

RYE BREAD (**Wheat** Flour (Vitamin (Thiamine, Folic Acid)), Water, **Rye** Flour (13%), Yeast, **Wheat** Gluten, Sugar, Kibbled **Rye** (1.9%), Canola Oil, Iodised Salt, Malted **Barley** Flour (1%), Fermented **Wheat** Flour, Fermented **Rye** Flour, Bread Improver (Sugar, **Soy** Flour, Emulsifier (322, 472e, 481, 471), Canola Oil, **Wheat** Flour, Mineral Salt (170), Enzymes (**Wheat**), Food Acid (300))).

Contains: Wheat, Gluten, Soy.

May Contain: Milk, Egg, Sesame, Sulphites.

ROASTED GARLIC BREAD:

WHITE BREAD (**Wheat** Flour (Vitamin (Thiamine, Folic Acid)), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (551, 535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Mineral Salt (170), Food Acid (300), Enzymes (**Wheat**)), **ROASTED GARLIC TOPPING** (Polenta, Sugar, Salt, Acidity Regulators (331, 334, 330), **Wheat** Starch, Dehydrated Garlic (minimum 3%), Dehydrated Onion, Spices, Yeast Extract, Herbs, Vegetable Oil, Antioxidant (300), Spice Extract (160c)).

Contains: Wheat, Gluten, Soy.

May Contain: Milk, Egg, Sesame, Sulphites.

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WHEAT BREAD:

Wheat Flour (Vitamin (Thiamine, Folic Acid)), Water, Yeast, Wholemeal Concentrate (3%) (**Wheat** Bran, **Wheat** Germ), Sugar, **Wheat** Gluten, Bread Improver (**Soy** Flour, Emulsifiers (472e, 481, 471), Flour Improver (300), Enzymes (**Wheat**), Iodised Salt (Potassium Iodate, Anti-Caking Agent (535)), Canola Oil, Mineral Salt (170), Caramel (150c).

Contains: Wheat, Gluten, Soy.

May Contain: Milk, Egg, Sesame, Sulphites.

WHITE BREAD: Wheat Flour (Vitamin ((Thiamine, Folic Acid)), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (551, 535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Mineral Salt (170), Food Acid (300), Enzymes (**Wheat**).

Contains: Wheat, Gluten, Soy.

May Contain: Milk, Egg, Sesame, Sulphites.

WRAP (FLOUR): Wheat Flour (White, Wholemeal), Water, Vegetable Oil, **Wheat** Fibre, Yeast, **Wheat** Gluten, Sugar, Iodised Salt, Cultured **Wheat** Flour, Emulsifier (471), Acidity Regulator (297), Vitamin (Folic Acid, Thiamine), Enzyme.

Contains: Wheat, Gluten.

May Contain: Soy.

WRAP, GLUTEN FREE*: Tortilla premix (Modified Starch (Tapioca) (1412, 1442), Rice Flour, **Soy** Protein Isolate, Baking Powder (Raising Agent (501, 450), Anticaking Agent (170, 551, 470), Maize Starch), Potato Starch, Thickeners (412, 464, 415), Sugar, Psyllium Husk Fibre, Emulsifier (471), Cultured Dextrose, Acidity Regulators (297, 330), Preservative (282)), Water, Vegetable Oil, Humectant (422), White Vinegar.

Contains: Soy

May be present: Egg.

MEAT, POULTRY, EGG, SEAFOOD & VEGETARIAN

BACON: Cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Preservative (250 (Sodium Nitrite)).

BUFFALO CHICKEN (with Chicken Strips (75%) and Buffalo Sauce (25%)):

CHICKEN STRIPS (Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder (Onion)), **BUFFALO SAUCE** (Water, Vinegar, Salt, Dextrose, Cayenne Chilli Puree (Cayenne Chilli, Food Acid (270)), **Milk** Solids, Sugar, Starch (Maize Thickener 1442), Corn Starch)), Natural Flavours (**Milk**), Spice, Thickener (415), Natural Colours (Paprika & Turmeric Oleoresins), Spice Extract).

Contains: Milk.

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CHICKEN & BACON RANCH:

CHICKEN STRIPS: Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder (Onion).

BACON: Cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Preservative (250 (Sodium Nitrite)).

RANCH DRESSING: Vegetable Oil (Antioxidant (319)), Water, Pasteurised **Egg** Yolk, **Milk** Solids, Yoghurt Powder (**Milk**), Lemon Juice Concentrate, Malt Vinegar (**Barley**), Sugar, Salt, Spices, Thickeners (1442, 1414, 412, 415, 401, 405), Acidity Regulator (260, 270, 330), Herb, Mustard, Dehydrated (Onion, Garlic), Preservatives (202, 211), Colour (150d), Antioxidant (385), Flavour (**Milk**), Sweetener (950).

Contains: Gluten, Egg, Milk, Soy.

CHICKEN CLASSIC: Chicken (70%), Water, Flour (**Wheat**, Maize), Salt, Flavours (**Wheat**, Contains Flavour Enhancers (627, 635, 631)), Vegetable Oil, **Wheat** Semolina, **Wheat** Gluten, Polenta, **Egg** Powder, **Wheat** Starch, Dextrose, Mineral Salts (450, 451), Sugar, **Milk** Protein, Yeast Extract, Dehydrated Vegetables (Onion, Garlic), **Soy** Sauce (**Soy**, **Wheat**), Maltodextrin (Maize), Herbs & Spices, Spice Extracts, Colours (160c, 100), Acidity Regulator (330).

Contains: Wheat, Gluten, Egg, Milk, Soy.

CHICKEN PEPPERONI MEATS:

CHICKEN STRIPS: Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder (Onion).

PEPPERONI: Pork and Beef (94%), Salt, Spices, Maltodextrin, Lactose (**Milk**) Dextrose, Flavour (Smoke), Mineral Salts (450, 451), Natural Colour (160c), Dehydrated Vegetables (Garlic, Onion), Sugar, Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

Contains: Milk.

May Contain: Soy.

CHICKEN STRIPS: Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder (Onion).

CHICKEN TERIYAKI (with Chicken Strips (75%) and Teriyaki Glaze (25%)):

CHICKEN STRIPS (Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder (Onion)), **TERIYAKI GLAZE** (Water, Sugar, Thickener (1422, 415), Glucose, Fructose, Tomato Paste, Ginger, Salt, Pineapple Juice Concentrate, Hydrolysed Maize Protein, Maize Protein Extract, Acidity Regulators (260, 270, 330), Garlic, **Sesame** Seeds, Minced Onion, Bell Peppers, **Sesame** Oil, Colour (150d), Spices, Preservatives (202, 211), Flavours).

Contains: Sesame.

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DELI SUPREME MEATS:

SALAMI: Pork & Beef (95%), Salt, Spices, Lactose (**Milk**), Maltodextrin, Dextrose, Flavour (Smoke), Dehydrated Vegetables (Garlic, Onion), Sugar, Mineral Salts (450, 451), Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

Contains: Milk.

May Contain: Soy.

PEPPERONI: Pork and Beef (94%), Salt, Spices, Maltodextrin, Lactose (**Milk**) Dextrose, Flavour (Smoke), Mineral Salts (450, 451), Natural Colour (160c), Dehydrated Vegetables (Garlic, Onion), Sugar, Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

Contains: Milk.

May Contain: Soy.

LEG HAM: Pork (70%), Water, Salt, Dextrose, Sugar, Honey, Thickeners (1412, 407a, 415), Mineral Salts (451, 452, 450, 500, 341), Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Yeast Extract, Preservative (250 (Sodium Nitrite)), Wood Smoked.

May Contain: Soy

ROAST BEEF: Beef (min 80%), Water, Dextrose, Maltodextrin, Salt, Mineral Salt (451), Dehydrated Vegetables (Garlic, Onion), Colour (150d), Spice, Vegetable Oil.

EGG OMELETTE: Cage Free Whole **Egg** (Pasteurised), Raising Agent (450), Acidity Regulator (330, 339).

Contains: Egg.

ITALIAN B.M.T.® MEATS:

SALAMI: Pork & Beef (95%), Salt, Spices, Lactose (**Milk**), Maltodextrin, Dextrose, Flavour (Smoke), Dehydrated Vegetables (Garlic, Onion), Sugar, Mineral Salts (450, 451), Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

Contains: Milk.

May Contain: Soy.

PEPPERONI: Pork and Beef (94%), Salt, Spices, Maltodextrin, Lactose (**Milk**) Dextrose, Flavour (Smoke), Mineral Salts (450, 451), Natural Colour (160c), Dehydrated Vegetables (Garlic, Onion), Sugar, Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

Contains: Milk.

May Contain: Soy.

LEG HAM: Pork (70%), Water, Salt, Dextrose, Sugar, Honey, Thickeners (1412, 407a, 415), Mineral Salts (451, 452, 450, 500, 341), Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Yeast Extract, Preservative (250 (Sodium Nitrite)), Wood Smoked.

May Contain: Soy

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LEG HAM: Pork (70%), Water, Salt, Dextrose, Sugar, Honey, Thickeners (1412, 407a, 415), Mineral Salts (451, 452, 450, 500, 341), Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Yeast Extract, Preservative (250 (Sodium Nitrite)), Wood Smoked.

May Contain: Soy

MEATBALL MARINARA (with Marinara Sauce (62%) with Beef Meatballs (38%)):

BEEF MEATBALLS (Beef (65%) Water, Textured **Soy** Protein, **Soy** Protein, Breadcrumbs (**Wheat, Rye, Oat, Barley, Soy**), Seasoning (Dehydrated Vegetables (Onion, Garlic)), Parmesan Cheese (**Milk**), Colour (150c)), **MARINARA SAUCE** (Tomato Puree (Water, Tomato Paste (33%), Food Acid (330)), Sugar, Vegetable Oil, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice).

Contains: Wheat, Gluten, Milk, Soy.

PIZZA MEATS:

SALAMI: Pork & Beef (95%), Salt, Spices, Lactose (**Milk**), Maltodextrin, Dextrose, Flavour (Smoke), Dehydrated Vegetables (Garlic, Onion), Sugar, Mineral Salts (450, 451), Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

Contains: Milk.

May Contain: Soy.

PEPPERONI: Pork and Beef (94%), Salt, Spices, Maltodextrin, Lactose (**Milk**) Dextrose, Flavour (Smoke), Mineral Salts (450, 451), Natural Colour (160c), Dehydrated Vegetables (Garlic, Onion), Sugar, Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

Contains: Milk.

May Contain: Soy.

PORK RIBLET: Pork (80%), Water, Seasoning (**Soy** Protein, Tapioca Starch, Emulsifier (451, 450), Garlic), Vegetable Oil, Breadcrumbs (**Wheat, Wheat** Gluten, **Soy**), **Soy** Protein, Salt.

Contains: Wheat, Gluten, Soy.

ROAST BEEF: Beef (min 80%), Water, Dextrose, Maltodextrin, Salt, Mineral Salt (451), Dehydrated Vegetables (Garlic, Onion), Colour (150d), Spice, Vegetable Oil.

SMASHED FALAFEL: Chickpeas (62%), Onion, Seasoning Blend (Dehydrated Vegetables (Red Bell Pepper, Onion, Garlic), Herbs & Spices, **Wheat** Flour, **Soy** Meal (**Wheat**), Salt, **Wheat** Bran, Sugar, Maltodextrin (Maize), Yeast Extract, Vegetable Oils, Flavour), Thickeners (1412 (Tapioca), Maize Starch), Water, Vegetable Oil.

Contains: Wheat, Gluten, Soy.

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SOUTHERN STYLE CHICKEN BITES: Chicken (53%), Batter (Water, **Wheat** Flour, Thickeners (1404, 1422), Salt, Mineral Salts (450, 500), Vegetable Oil, Colours (100, 160c)), Breadcrumb (**Wheat** Flour, **Wheat** Starch, Salt, Spices, Vegetable Oil, Yeast, Colours (160c, 100, 160b), **Wheat** Gluten, Glucose, Black Pepper, Dehydrated Vegetables, (Onion, Garlic), Fructose, Acidity Regulator (262, Tapioca Starch, Worcestershire Sauce Powder, Flavours, Yeast Extract, Herbs (**Wheat**), Sugar, Spice Extracts), Water, Vegetable Oils, **Soy** Protein Concentrate, Textured **Soy** Protein, Seasoning (Hydrolysed **Soy** Protein, Yeast Extract, Spice Extract (Garlic)), Onion Powder, Emulsifiers (450, 451), Salt, Ground White Pepper.

Contains: Wheat, Gluten, Soy.

STEAK, DICED: Beef (80%), Water, Dextrose (Maize), Hydrolysed Vegetable Protein (Maize, **Soy**), Thickener (1442 (Maize)), Maltodextrin (Maize), Salt, Mineral Salts (508, 450, 451), Stabiliser (407a), Colour (150d (**Sulphites**)), Vegetable Powders (Onion, Garlic), Fermented **Soy** Sauce, Yeast Extracts, Natural Flavour, Vegetable Oil, Spice Extract, Vegetable Extract.

Contains: Soy, Sulphites.

THREE PEPPER CHICKEN: Chicken Breast (62%), Flour (**Wheat**, Maize), Water, Vegetable Oils, Salt, Spices (Black Pepper (0.6%), Green Pepper (0.3%), Pink Pepper (0.2%)), Thickeners (1420, 1442, 412), **Wheat** Gluten, Dehydrated Vegetables (Onion, Garlic), Mineral Salts (339, 450, 451, 452), Semolina (**Wheat**), **Egg** Powder, Raising Agent (500), Sugar, Yeast, Spice Extracts (160c, 100), Maltodextrin.

Contains: Wheat, Gluten, Egg.

May be present: Milk, Soy.

TUNA & MAYO: (with Tuna (63%) and Mayonnaise (37%)): TUNA (Skipjack Tuna (**Fish**), Water, Salt), MAYONNAISE (Water, Sugar, Vegetable oil, Thickeners (1422, 415, 412, 401)), Skim **Milk** Powder, Salt, Food Acids (260, 270), Mustard Powder, Preservative (202, 211), **Egg** Yolk Powder, Emulsifier (433), Antioxidant (385), Natural Flavour).

Contains: Fish, Milk, Egg.

VEGGIE PATTY: Vegetables (40%) (Carrots, Bell Peppers, Mushrooms, Water Chestnuts, Onions, Black Olives), **Soy** Protein, Cooked Brown Rice, Seasonings (Herbs and Spices, Hydrolysed Vegetable Protein (**Soy**), Yeast Extracts, Sugar, Salt, Vegetable Fibre), **Oats**, Vegetable Oil, Water.

Contains: Gluten, Soy.

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SAUCES AND DRESSINGS

BLUE CHEESE DRESSING: Vegetable Oil, Water, Vinegar, Cheddar Blue Cheese Powder ((4%), (**Milk**, Microbial/Bovine Rennet)), Sugar, Corn Starch, Salt, Whey Powder (**Milk**), **Egg**, Natural Flavour (**Milk**), Food Acid (270), Herb & Spice, Thickener (415), Vegetable Powder (Garlic), Preservative (202), Antioxidant (385).

Contains: Milk, Egg.

May Contain: Soy.

BUFFALO SAUCE: Water, Vinegar, Salt, Dextrose, Cayenne Chilli Puree (Cayenne Chilli, Food Acid (270)), **Milk** Solids, Sugar, Starch (Maize Thickener 1442), Corn Starch)), Natural Flavours (**Milk**), Spice, Thickener (415), Natural Colours (Paprika & Turmeric Oleoresins), Spice Extract.

Contains: Milk.

CHIPOTLE SOUTHWEST SAUCE: Vegetable Oil, Water, White Vinegar, **Milk** Solids, **Egg** Yolk (Pasteurised), Salt, Vegetable Powders (Onion, Garlic), Acidity Regulator (270, 260), Thickener (415), Yeast Extracts, Herb and Spice, Natural Flavours (Chipotle Extract (0.1%) **Soy, Milk**), Preservatives (202, 211), Emulsifier (433), Natural Colour (160c), Sweetener (950), Antioxidant (385).

Contains: Soy, Milk, Egg.

GARLIC AIOLI: Water, Vegetable Oil, Thickener (1442, 1414, 415, 412, 401), Garlic (3%), Sugar, Skim **Milk** Powder, Salt, Food Acids (270, 260, 330), Preservatives (211, 202, 223), Garlic Oil (0.3%), Natural Flavour, Herb (**Sulphites**), Antioxidant (385), Colour (102, 110, 160a), Spice Extract.

Contains: Milk, Sulphites.

HABANERO HOT SAUCE: Water, Sugar, Mango Puree (Food Acids (330, 300)), Vinegar, Chilli Purees (Habanero (6%), Food Acid (260)), Tamarind Concentrate (Tamarind, Water), Salt, Starch (Corn Starch, Modified Maize Starch (1442)), Tomato Paste, Garlic, Fructose, Spices, Food Acid (330), Thickener (415), Natural Colours (Turmeric & Paprika Oleoresins).

HONEY MUSTARD: Water, Sugar, Vinegars, Mustard (4%), Thickeners (1422, 415), Honey (3%), Salt, Food Acids (260, 270, 330), Potato Fibre, Colour (171, 150d), Lemon Juice Concentrate, Burnt Sugar, Vegetable Powders (Onion, Garlic), Preservatives (202, 211), Spices, Natural Herb Extract.

MARINARA SAUCE: Tomato Puree (Water, Tomato Paste (33%), Food Acid (330)), Sugar, Vegetable Oil, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice.

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MAYONNAISE: Water, Sugar, Vegetable oil, Thickeners (1422, 415, 412, 401), Skim **Milk** Powder, Salt, Food Acids (260, 270), Mustard Powder, Preservative (202, 211), **Egg** Yolk Powder, Emulsifier (433), Antioxidant (385), Natural Flavour.

Contains: Milk, Egg.

RANCH DRESSING: Vegetable Oil (Antioxidant (319)), Water, Pasteurised **Egg** Yolk, **Milk** Solids, Yoghurt Powder (**Milk**), Lemon Juice Concentrate, Malt Vinegar (**Barley**), Sugar, Salt, Spices, Thickeners (1442, 1414, 412, 415, 401, 405), Acidity Regulator (260, 270, 330), Herb, Mustard, Dehydrated (Onion, Garlic), Preservatives (202, 211), Colour (150d), Antioxidant (385), Flavour (**Milk**), Sweetener (950).

Contains: Egg, Milk, Gluten.

SMOKY BBQ SAUCE: Water, Sugar, Vinegar, Golden Syrup (Sugar, Water), Fruit Paste, Tomato Paste, Glucose Syrup, Molasses, Thickeners (1422, 415), Salt, Yeast Extract, Colour (150a), Natural Flavour, Burnt Sugar Syrup, Vegetable Powders (Garlic, Onion), Rochester Sauce Powder, Spices, Smoke Flavour, Preservative (202).

May Contain: Soy.

SPICY MAYONNAISE: Vegetable Oil (Antioxidant (307)), Water, Dextrose (Tapioca, Maize), White Vinegar, Pasteurised **Egg** Yolk, Salt, Thickeners (1442, 415), Yeast Extract, Garlic, Spices (Chilli, Habanero Chilli), Onion Powder, Emulsifier (433), Preservatives (202, 385), Natural Colour (160c), Spice Extract (Capsicum Oleoresin), Natural Chilli Flavour, Antioxidant (385).

Contains: Egg.

SWEET CHILLI SAUCE: Water, Sugar, Salt, Thickeners (1422, 415), Acidity Regulator (260), Chilli Flakes (1%), Red Bell Peppers, Natural Colour (160c), Preservative (211, 202).

SWEET ONION SAUCE: Water, Sugar, Vinegar, Thickener (1422), Onion (4.2%), Salt, Spices, Poppy Seeds, Preservatives (211, 202), Bell Peppers, Natural Flavour.

CHEESE

MOZZARELLA CHEESE (shredded): Pasteurised Cow's **Milk**, Salt, Anti-Caking Agent (460) Preservative (200), Cheese Culture, Vegetarian Rennet.

Contains: Milk.

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OLD ENGLISH-STYLE PROCESSED CHEESE (slices): Cheese (min 60%) (Cow's **Milk**, Salt, Cultures (**Milk**), Enzyme (Microbial/Calf Rennet)), Water, **Milk** Solids, Emulsifiers (331, 322 (**Soy**), 339), Salt, Acidity Regulators (260, 330), Preservative (200), Colours (160b, 160c), Enzymes.

Contains: Milk, Soy.

PROCESSED CHEDDAR CHEESE (slices): Cheese (min 65%), (Cow's **Milk**, Salt, Cultures, Enzyme (Vegetarian/Calf Rennet)), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332, 322 (**Soy** Lecithin)), Salt, Acidity regulators (260,330), Preservative (200, 234).

Contains: Milk, Soy.

VEGETABLES

AVOCADO: Hass Avocado Puree (100%).

CAPSICUM: Sliced Green Capsicum.

CARROT: Shredded Carrot.

CUCUMBER: Sliced Cucumber.

JALAPEÑO PEPPER: Sliced Jalapeno Pepper, Water, Vinegar, Food Acid (260), Salt, Preservatives (211), Mineral Salt (509), Colour (102).

LETTUCE: Shredded Iceberg Variety.

OLIVE: Sliced Black Olive, Water, Salt, Ferrous Gluconate.

ONION: Sliced Red Onion.

PICKLE: Sliced Pickle, Water, Vinegar, Salt, Mineral Salt (509), Preservative (211), Natural Flavours, Emulsifier (433).

PINEAPPLE (Selected locations only): Pineapple, Unsweetened Pineapple Juice, Citric Acid (330).

SPINACH: Baby Spinach.

TOMATO: Sliced Red Ripe Tomato.

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SEASONINGS

SALT: Sea Salt

PEPPER: Black Pepper

COOKIES

CHOCOLATE CHIP COOKIE: Fortified **Wheat** Flour (Vitamin (Folic Acid)), Sugar, Dark Chocolate Chips (23%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322 (**Soy**)), Flavour), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidant (307b (**Soy**))), Water, Butter (Cream (**Milk**), Salt (Anticaking Agent (535))), Whole **Egg** Powder, Molasses, Dextrose Monohydrate (Maize), Raising Agent (Sodium Bicarbonate), Salt, Flavour.

Contains: Wheat, Gluten, Soy, Egg, Milk.

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

CHOCOLATE CHIP COOKIE WITH M&M'S®: Fortified **Wheat** Flour (Vitamin (Folic Acid)), Sugar, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidant (307b (**Soy**))), Dark Chocolate Chips (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322 (**Soy**)), Flavour), M&M'S® Chocolate Candies (9%) (**Milk** Chocolate (Sugar, Cocoa Mass, **Milk** Solids, Cocoa Butter, Vegetable Fat, Emulsifier (322 (**Soy**)), Salt, Flavour), Sugar, Starch (**Wheat**), Glucose Syrup (**Wheat**), Vegetable Gum (414), Colours (171, 129, 133, 110, 102), Dextrin, Glazing Agent (Carnauba Wax)), Water, Whole **Egg** Powder, Dextrose Monohydrate (Maize), Raising Agent (Sodium Bicarbonate), Flavour, Salt.

Contains: Wheat, Gluten, Soy, Egg, Milk.

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

M&M'S® is a registered trademark of Mars, Incorporated and/or its affiliates. Mars, Incorporated and its affiliates have no affiliation with and have no participation in the production or distribution of this product.

DOUBLE CHOCOLATE CHIP COOKIE: Sugar, Fortified **Wheat** Flour (Vitamin (Folic Acid)), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidant (307b (**Soy**))), White Confectionery Chips (12%) (Sugar, Vegetable Fat, **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), Dark Chocolate Chips (7%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322 (**Soy**)), Flavour), Water, Alkalised Cocoa Powder (3%), Butter (Cream (**Milk**), Salt (Anticaking Agents (535))), Whole **Egg** Powder, Molasses, Flavour, Salt, Raising Agent (Sodium Bicarbonate).

Contains: Wheat, Gluten, Soy, Milk, Egg.

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

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OATMEAL RAISIN COOKIE: Sugar, Fortified **Wheat** Flour (Vitamin (Folic Acid)), Raisins (Raisins (16%), Vegetable Oil), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidant (307b (**Soy**))), Wholegrain **Oats** (7%), Rolled **Oats** (6%), Water, Whole **Egg** Powder, Molasses, Salt, Raising Agent (Sodium Bicarbonate), Cinnamon.

Contains: Wheat, Gluten, Soy, Egg.

May Contain: Milk, Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

WHITE CHIP MACADAMIA NUT COOKIE: Fortified **Wheat** Flour (Vitamin (Folic Acid)), Sugar, White Confectionery Chips (14%) (Sugar, Vegetable Fat, **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidant (307b (**Soy**))), **Macadamia Nuts** (6%), Water, Butter (Cream (**Milk**), Salt (Anticaking Agents (535))), Whole **Egg** Powder, Molasses, Dextrose Monohydrate (Maize), Flavour, Salt, Raising Agent (Sodium Bicarbonate).

Contains: Wheat, Gluten, Milk, Soy, Egg, Macadamia Nut.

May Contain: Peanut, Almond, Cashew, Hazelnut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

BAKED GOODS (selected locations only)

APPLE & CUSTARD DANISH: **Wheat** Flour, Apple Filling (22%) (Apple (65%), Sugar, Water, Stabilisers (1442, 461), Acidity Regulator (330, 331), Preservative (202), Antioxidant (300)), Water, Butter (Cream (**Milk**)), Yeast, Custard Filling (4%) (Sugar, Modified Starch (1414), Vegetable Fat, Stabilisers (401, 415, 410, 407, 412, 466), Glucose, **Milk** Protein, Mineral Salt (340), Food Acid (330, 327), Salt, Preservative (202), Flavour, Emulsifiers (471, 433, 322 (**Soy**)), Colour (160a)), Sugar, **Wheat** Gluten, Whole **Egg** Powder, Salt (Anti-caking Agent (535)), Dough Improver (**Soy** Flour, Emulsifiers (472e, 481, 471), **Wheat** Flour, Flour Improver (300), Enzymes, Thiamine, Folic Acid), Colours (102, 110).

Contains: Wheat, Gluten, Milk, Soy, Egg.

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

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APRICOT & CUSTARD DANISH: **Wheat** Flour, Apricot Filling (23%) (Apricot (78%), Sugar, Stabilisers (1442, 461), Acidity Regulator (330, 331), Preservative (202), Antioxidant (300), Flavour, Colour (160c)), Water, Butter (Cream (**Milk**)), Custard Filling (5%) (Sugar, Modified Starch (1414), Vegetable Fat, Stabilisers (401, 415, 410, 407, 412, 466), Glucose, **Milk** Protein, Mineral Salt (340), Food Acid (330, 327), Salt, Preservative (202), Flavour, Emulsifiers (471, 433, 322 (**Soy**)), Colour (160a)), Yeast, Sugar, **Wheat** Gluten, Whole **Egg** Powder, Salt (Anti-caking Agent 535)), Dough Improver (**Soy** Flour, Emulsifiers (472e, 481, 471), **Wheat** Flour, Flour Improver (300), Enzymes, Thiamine, Folic Acid), Colours (102, 110).

Contains: Wheat, Gluten, Milk, Soy, Egg.

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

BOYSENBERRY & CUSTARD DANISH: **Wheat** Flour, Apple-Boysenberry Filling (23%) (Apple (28%), Boysenberry (17%), Water, Sugar, Sultanas, Stabilisers (1412, 1442, 460, 466), Acidity Regulator, (330), Preservative (202)), Water, Butter (Cream (**Milk**)), Yeast, Custard Filling (3%) (Sugar, Modified Starch (1414), Vegetable Fat, Stabilisers (401, 415, 410, 407, 412, 466), Glucose, **Milk** Protein, Mineral Salt (340), Food Acid (330, 327), Salt, Preservative (202), Flavour, Emulsifiers (471, 433, 322 (**Soy**), Colour (160a)), Sugar, **Wheat** Gluten, Whole **Egg** Powder, Salt (Anti-caking agent (535)), Dough Improver (**Soy** Flour, Emulsifiers (472e, 481, 471), **Wheat** Flour, Flour Improver (300), Enzymes, Thiamine, Folic Acid), Colours (102, 110).

Contains: Wheat, Gluten, Milk, Soy, Egg.

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

SMOOTHIES (availability of flavours vary at locations)

BLUEBERRY AND MANGO: Water, Blueberry (23%), Mango (19%), Sugar, Dates.

MANGO: Water, Mango (41%), Sugar.

MIXED BERRY BANANA : Water, Mixed Berries (Blueberry (13%), Strawberry (8%)), Banana (19%), Sugar.

STRAWBERRY: Water, Strawberry (22%), Banana, Sugar, Goji Berries.

TROPICAL: Water, Banana (14%), Mango (13%), Pineapple (13%), Sugar.

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SIDES & SNACKS

SMASHED AVO ON TOAST (previously AVOCADO TOASTIE):

Subway® WHITE BREAD, Subway® AVOCADO.

Contains: Wheat, Gluten, Soy.

May Contain: Milk, Egg, Sesame, Sulphites.

CREAMY GARLIC CHEESE BREAD (previously CHEESY GARLIC TOASTIE):

Subway® WHITE BREAD, GARLIC AIOLI, MOZZARELLA CHEESE, PARMESAN OREGANO

TOPPING (Rice Flour, Dehydrated Garlic, Herbs (Rosemary, Oregano (3%)), Salt, Vegetable Oils ((Soy) (Antioxidants 307b, 319)), **Wheat** Gluten, Cheese Powder (**Milk** Solids, Cheese Solids (**Milk**, Rennet), Maltodextrin, Mineral Salts (339, 509), Salt, Sugar, Yeast Extracts, Anti-caking Agent (551), Food Acid (296), Vegetable Gum (415)), Parmesan Cheese (3%) (**Milk**, Rennet), Anti-caking Agent (551), Emulsifier (322 (**Soy**)), Acidity Regulator (330), Spice Extract (160c)).

Contains: Wheat, Gluten, Milk, Soy, Sulphites.

May Contain: Egg, Sesame.

CHIPOTLE QUESADILLA:

FLOUR WRAP, MOZZARELLA CHEESE, CHIPOTLE SOUTHWEST SAUCE, Green Capsicum, Onion.

Contains: Wheat, Gluten, Milk, Soy, Egg.

CREAMY GARLIC HERB BREAD (previously GARLIC & HERB TOASTIE):

Subway® WHITE BREAD, GARLIC AIOLI, PARMESAN OREGANO TOPPING (Rice Flour, Dehydrated Garlic, Herbs (Rosemary, Oregano (3%)), Salt, Vegetable Oils ((Soy) (Antioxidants 307b, 319)), **Wheat** Gluten, Cheese Powder (**Milk** Solids, Cheese Solids (**Milk**, Rennet), Maltodextrin, Mineral Salts (339, 509), Salt, Sugar, Yeast Extracts, Anti-caking Agent (551), Food Acid (296), Vegetable Gum (415)), Parmesan Cheese (3%) (**Milk**, Rennet), Anti-caking Agent (551), Emulsifier (322 (**Soy**)), Acidity Regulator (330), Spice Extract (160c)).

Contains: Wheat, Gluten, Milk, Soy, Sulphites.

May Contain: Egg, Sesame.

HAM, CHEESE & TOMATO TOASTIE (previously HAM, CHEESE & TOMATO JAFFLE):

Subway® WHITE BREAD, LEG HAM, MOZZARELLA CHEESE, Tomatoes, MAYONNAISE.

Contains: Wheat, Gluten, Soy, Milk, Eggs.

May Contain: Sesame, Sulphites.

MEATBALL MOZZA POT: BEEF MEATBALLS WITH MARINARA SAUCE, MOZZARELLA CHEESE.

Contains: Wheat, Gluten, Soy, Milk.

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SOUTHERN STYLE CHICKEN BITES: SOUTHERN STYLE CHICKEN BITES

(no sauce).

Contains: Wheat, Gluten, Soy.

SOUTHERN STYLE CHICKEN BITES with SPICY MAYO: SOUTHERN STYLE CHICKEN BITES, SPICY MAYONNAISE.

Contains: Wheat, Gluten, Soy, Egg.

NEW ITEMS

CAESAR DRESSING: Vegetable Oil, Water, Vinegar, Thickeners (1442 (Tapioca), 415), Parmesan Cheese (**Milk**), Dehydrated Vegetables (Garlic, Onion), Salt, Sugar, **Milk** Solids, Mustard, Fruit Juice Concentrate, **Egg** Powder, Natural Flavour (**Fish**), Spice, Worcestershire Sauce, Yeast Extract, Preservatives (202, 211), Antioxidant (385).

Contains: Egg, Milk, Fish.

CHICKEN PEPPERONI MEATS:

CHICKEN STRIPS: Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder (Onion).

PEPPERONI: Pork and Beef (94%), Salt, Spices, Maltodextrin, Lactose (**Milk**) Dextrose, Flavour (Smoke), Mineral Salts (450, 451), Natural Colour (160c), Dehydrated Vegetables (Garlic, Onion), Sugar, Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

Contains: Milk.

May Contain: Soy.

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DELI SUPREME MEATS:

SALAMI: Pork & Beef (95%), Salt, Spices, Lactose (**Milk**), Maltodextrin, Dextrose, Flavour (Smoke), Dehydrated Vegetables (Garlic, Onion), Sugar, Mineral Salts (450, 451), Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

Contains: Milk.

May Contain: Soy.

PEPPERONI: Pork and Beef (94%), Salt, Spices, Maltodextrin, Lactose (**Milk**) Dextrose, Flavour (Smoke), Mineral Salts (450, 451), Natural Colour (160c), Dehydrated Vegetables (Garlic, Onion), Sugar, Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

Contains: Milk.

May Contain: Soy.

LEG HAM: Pork (70%), Water, Salt, Dextrose, Sugar, Honey, Thickeners (1412, 407a, 415), Mineral Salts (451, 452, 450, 500, 341), Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Yeast Extract, Preservative (250 (Sodium Nitrite)), Wood Smoked.

May Contain: Soy

ROAST BEEF: Beef (min 80%), Water, Dextrose, Maltodextrin, Salt, Mineral Salt (451), Dehydrated Vegetables (Garlic, Onion), Colour (150d), Spice, Vegetable Oil.

ULTIMATE CHEESY GARLIC SPREAD: Margarine (Vegetable Oil, Water, Salt, Emulsifier (471, 322) (**Soy**), Antioxidant (307b), Flavour, Acidity Regulator (330), Colour (160a(ii))), Vegetable Oil, Water, Garlic (10%), Thickener (1414, 1450, 415), Salt, Yeast Extract, Acidity Regulator (330, 575), Garlic Extract (0.3%), Garlic Powder (0.2%), Natural Flavour, Preservative (202), Emulsifier (322) (**Soy**), Herb, Antioxidant (385).

Contains: Soy.

ULTIMATE CHEESY GARLIC BREAD SNACK: Subway® WHITE BREAD,

MOZZARELLA CHEESE, GARLIC SPREAD (Margarine (Vegetable Oil, Water, Salt, Emulsifier (471, 322) (**Soy**), Antioxidant (307b), Flavour, Acidity Regulator (330), Colour (160a(ii))), Vegetable Oil, Water, Garlic (10%), Thickener (1414, 1450, 415), Salt, Yeast Extract, Acidity Regulator (330, 575), Garlic Extract (0.3%), Garlic Powder (0.2%), Natural Flavour, Preservative (202), Emulsifier (322) (**Soy**), Herb, Antioxidant (385)).

Contains: Wheat, Gluten, Soy, Milk,

May contain: Egg, Sesame, Sulphites.

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