

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

CIABATTA: Wheat Flour, Water, Yeast (Yeast, Water), Wheat Gluten, Salt, Fermented Wheat Flour, Olive Oil, Wheat Flour, Citric Acid (330), Thiamine, Folic Acid. Contains: Wheat and Gluten.

ITALIAN HERBS & CHEESE BREAD: Subway® White Bread, Mozzarella Cheese (Pasteurised Milk, Salt, Anti-Caking Agent (460), Starter Culture, Rennet), Rice Flour, Garlic Dehydrated, Salt, Vegetable Oil, Wheat Gluten, Cheese Powder (Milk Solids, Cheese Solids, Starch, Salt, Vegetable Fat, Yeast Extract, Sugar, Acidity Regulator (270, 296)), Rosemary, Oregano, Parmesan Cheese, Anti-caking Agent (551), Soybean Oil, Emulsifier (322), Acidity Regulator (330), Yeast Extract, Spice Extract. Contains: Wheat, Gluten, Soy and Milk.

MALTED RYE BREAD: Rye Bread: Wheat Flour, Water, Rye Flour (13%), Soy Flour, Soy Lecithin, Ascorbic Acid, Yeast, Gluten, Kibble Rye (2%), Canola Oil, Iodised Salt, Malted Barley Flour (1%), Fermented Wheat Flour, Enzyme, Sugar, Thiamine, Folic Acid. **Rye Bread Topping:** Seeds and Grains ((91%) (Linseed, Sunflower Seeds, Pepita, Quinoa, Soy Grits, Poppy Seed, Oats (Contains Gluten), Amaranth)), Dextrin (Tapioca), Vegetable Oil, Salt, Vegetable Powders, Psyllium Fibre. Contains: Gluten, Wheat and Soy.

ROASTED GARLIC BREAD: Subway® White Bread, 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.

WHEAT BREAD: Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Wheat Bran, Sugar, Wheat Gluten, Canola Oil, Iodised Salt {Anti Caking Agent (535)}, Soya Flour, Vegetable Emulsifiers (472e, 481, 471), Caramel (150c), Food Acid (300), Enzymes. Contains: Gluten, Wheat and Soy.

WHITE BREAD: Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, Wheat Gluten, Canola Oil, Iodised Salt {Anti Caking Agent (535)}, Soy Flour, Vegetable Emulsifiers (472e, 481, 471), Food Acid (300), Enzymes. Contains: Gluten, Wheat and Soy.

WRAP: Wheat Flour (White, Wholemeal), Water, Canola Oil, Raising Agents (341, 450, 501), Wheat Fibre, White Vinegar, Wheat Gluten, Cultured Wheat, Vegetable Gum (412), Humectant (422), Maize Starch, Emulsifier (471), Sugar, Salt, Preservatives (200,202, 282), Acidity Regulator (297), Vitamins (Folic Acid, Thiamine). Contains: Wheat, Gluten and Sulphites. May Contain Milk, Sesame Seeds and Soy.

WRAP, GLUTEN FREE: Water, Brown Rice Flour, Thickeners (1442, 1450, 464), Buckwheat Flour, Rice Flour, Canola Oil, Dried Potato, Sugar Fibre, Pea Protein, Sugar, Natural Flavour, Stabilisers (415,412), Iodised Salt, Sodium Bicarbonate, Acidity Regulator (297), Inulin, Cultured Dextrose.

MEAT, POULTRY, & SEAFOOD

BACON: Pork, Water, contains less than 2% of Salt, Sugar, Smoke Flavour, Sodium Phosphates, Sodium Erythorbate (made from sugar), Sodium Nitrite.

BUFFALO CHICKEN: Chicken Breast Strips: Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder. **Buffalo Sauce:** Water, Vinegar, Salt, Dextrose, Cayenne Chilli Puree [Cayenne Chilli, Food Acid (Acetic)], Milk Solids, Sugar, Corn Starch, Natural Flavours (milk), Spice, Thickener (Xanthan Gum), Natural Colours (Paprika & Turmeric Oleoresins), Spice Extract. Contains Milk.

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. **Bacon:** Pork, Water, contains less than 2% of Salt, Sugar, Smoke Flavour, Sodium Phosphates, Sodium Erythorbate (made from sugar), Sodium Nitrite. **Ranch Dressing:** Vegetable Oil [Soy (Antioxidant (319))], Water, Egg Yolk, Milk Solids, Malt Vinegar, Sugar, Salt, Spices, Acidity Regulator (260), Thickeners (415, 405), Modified Starch (1442), Dehydrated Vegetables, Preservatives (202, 211), Colour (150d), Antioxidant (385), Flavouring. Contains: Gluten, Wheat, Egg, Milk and Soy.

CHICKEN CLASSIC: Chicken (70%), Water, Flour (Wheat, Maize), Salt, Flavours [Wheat, Contains Flavour Enhancers (627, 635, 631)], Sunflower 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: Gluten, Wheat, Egg, Milk and 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.

FALAFEL: Chickpeas (62%), Onion, Seasonings (Dehydrated Vegetables, Herbs & Spices, Wheat Flour, Soy Meal (Wheat), Salt, Wheat Bran, Sugar, Maltodextrin (Maize), Yeast Extract, Vegetable Oils, Flavour), Water, Thickener (1412), Corn Starch, Vegetable Oil. Contains: Wheat, Gluten and Soy.

ITALIAN B.M.T® MEATS: Salami: Pork and Beef (95%), Salt, Spices, Lactose (Milk), Maltodextrin (Maize), Dextrose (Maize), Mineral Salts (450, 451), Antioxidant (316), Dried Vegetables, Sugar, Preservative (250), Starter Culture, Natural Wood Smoke. Contains: Milk. **Pepperoni:** Pork and Beef (94%), Salt, Spices, Maltodextrin (Maize), Lactose (Milk), Dextrose (Maize), Mineral Salts (450,451), Antioxidant (316), Dried Vegetables, Sugar, Natural Colour (160c), Starter Culture, Preservative (250), Natural Wood Smoke. Contains: Milk. **Ham:** Pork (90%),Water, Salt, Sugar, Stabilisers (451, 450, 341),Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Honey, Preservative (250 (Sodium Nitrite)), Smoked.

LEG HAM: Pork (90%), Water, Salt, Sugar, Stabilisers (451, 450, 341), Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Honey, Preservative (250 (Sodium Nitrite)), Smoked.

MEATBALLS WITH MARINARA SAUCE: Beef (min 65%, Ground) Water, Soya Protein, Breadcrumbs (Flour (Wheat, Soya), Yeast, Gluten, Vegetable Oil, Salt, Emulsifiers (471, 472e, 481), Acidity Regulators (263)), Seasoning (Salt, Dehydrated Vegetables, Herbs & Spices, Vegetable Oil), Parmesan Cheese (Pasteurised Milk, Salt, Culture, Enzyme), Colour (Caramel 150c). Contains: Wheat, Gluten, Milk and Soy. **Marinara Sauce:** Tomato Concentrate (tomato paste, water), Vegetable Oil, Sugar, Salt, Dehydrated Onions, Thickener (1442), Food Acid [Citric Acid (330)], Herbs and Spice.

MEDITERRANEAN CHICKEN: 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. **Feta:** Cheese [Pasteurised Milk, Salt, Starter Culture, Enzyme (Non Animal Rennet), Calcium Chloride (509)], Anticaking Agent (460), Preservative (200)]. Contains Milk. **Pesto Mayo:** Canola Oil, Water, Basil Puree [Basil, Food Acid (Citric), Canola Oil, Thickener (Xanthan)], Vinegar, Sugar, Egg Yolk, Corn Starch, Salt, Whey Powder, Herb & Spice, Vegetable Powder, Garlic, Food Acid (Lactic), Parmesan Cheese Powder, Thickener (Xanthan), Preservative (Potassium Sorbate), Herb Extract, Antioxidant (EDTA). Contains Milk, Egg. **Sundried Tomatoes:** Tomatoes (65%), Vegetable Oil, Salt, Garlic Powder, Herb, Vegetable Powder, Preservatives (223), Acidity Regulator (260). Contains: Sulphites.

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

PORK RIBLET: Pork (80%, Ground), Seasoning (soy protein, tapioca starch, emulsifier (451, 450), spices), Vegetable Oil, Breadcrumbs (wheat flour, yeast, vegetable fibre, gluten, acidity regulators (330, 263), emulsifier (481)), Water, Salt. Contains: Wheat, Gluten and Soy.

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

STEAK, DICED: Beef (min.80%), Water, Hydrolysed Vegetable Protein (Maize & Soy), Dextrose, Salt, Beef Protein, Soy Protein, Beef Extract, Mineral Salt (451), Thickener (1442, 407), Soy Sauce (contains wheat), Yeast Extract, Flavours, Vegetable Oil, Spice Extract, Vegetable Extract, Maltodextrin, Colour (150d) (Sulphites), Vegetable Powders. Contains: Gluten, Wheat, Soy and Sulphites.

THREE PEPPER CHICKEN: Chicken Breast (70%), Flour (Wheat, Maize), Wheat Semolina, Spices (Black Pepper 5%, Green Pepper 2.5%, Pink Pepper 2%), Salt, Egg Powder, Wheat Gluten, Water, Vegetable Oil [Sunflower, Canola (319)], Thickener (1442,1404), Acidity Regulator (450,500,541,451), Dehydrated Vegetables, Sugar, Soy Flour, Maltodextrin, Yeast, Emulsifier (452,322). Contains: Wheat, Gluten, Egg & Soy. May contain Milk.

TERIYAKI CHICKEN: Chicken Breast Strips: Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder. **Teriyaki Glaze:** Water, Sugar, Thickener (1422), Fructose, Tomato Paste, Ginger, Salt, Hydrolysed Vegetable Protein, Acidity Regulators (260, 270), Garlic, Sesame Seeds, Minced Onion, Red Bell Peppers, Sesame Oil, Colour (150d), Spices, Preservatives (202, 211), Flavours. Contains Soy and Sesame.

TUNA: Tuna, **Subway® Mayonnaise**, Water, Salt. Contains: Fish, Egg, Milk.

TURKEY, CARVED: Turkey ((Breast and Tenderloin) 95%), Acidity Regulators (326, 262), Salt Mineral Salts (451, 452, 339).

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 (contain gluten), Vegetable Oil. Contains: Wheat, Gluten and Soy.

CHEESE

CRUMBLLED FETA: Cheese [Pasteurised Milk, Salt, Starter Culture, Enzyme (Non Animal Rennet), Calcium Chloride (509)], Anticaking Agent (460), Preservative (200)]. Contains Milk.

MOZZARELLA CHEESE (shredded): Pasteurised Milk, Salt, Anti-Caking Agent (460) Preservative (200), Cultures, Vegetarian Rennet. Contains: Milk Products.

NATURAL CHEDDAR CHEESE SLICES: Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet). Contains Milk.

OLD ENGLISH STYLE PROCESSED CHEESE: Cheese (min 60%) [Cows Milk, Salt, Cultures, Enzyme (Microbial/Calf Rennet)], Water, Milk Solids, Emulsifiers [331, 322 (Soy Lecithin) 339], Salt, Acidity Regulators (260, 330), Preservative (200), Colours (160b, 160c), Enzymes. Contains Milk and 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), Salt, Acidity regulators (260, 330), Preservative (200). Contains: Milk Products and Soy.

VEGETABLES

AVOCADO: Hass Avocados (100%)

BEETROOT: Beetroot (58%), water, sugar, food acid (260), salt, flavours.

CARROT: Shredded Carrots.

CAPSICUM: Fresh Green Capsicum.

CUCUMBERS: Fresh Ripe Cucumbers.

JALAPEÑO PEPPER SLICES: Sliced jalapeno peppers (60%), water, vinegar, food acid (260), salt, preservatives (211), mineral salt (509), colour (102).

PICKLES: Pickles, Water, Vinegar, Salt, Mineral Salt (509), Preservative (211), Natural Flavorings, Emulsifier (433).

CHOPPED ICEBERG LETTUCE: Fresh Iceberg Variety.

OLIVES: Ripe Sliced Black Olives, Water, Salt, Ferrous Gluconate.

ONIONS: Jumbo Red Onions.

SPINACH: Baby Spinach

SUNDRIED TOMATOES: Tomatoes (65%), vegetable oil, salt, garlic powder, herb, vegetable powder, preservatives (223), acidity regulator (260). Contains: Sulphites.

TOMATOES: Fresh Red Ripe Tomatoes.

SAUCES AND DRESSINGS

BLUE CHEESE DRESSING: Canola Oil, Water, Vinegar, Cheddar Blue Cheese Powder [(4%), (Milk)], Egg Yolk, Sugar, Corn Starch, Salt, Whey Powder (Milk), Natural Flavour, Food Acid (Lactic), Herb & Spice, Thickener (Xanthan), Vegetable Powder, Preservative (Potassium Sorbate), Antioxidant (EDTA). Contains: Milk, Egg.

CHIPOTLE SOUTHWEST: Soya bean oil, water, white vinegar, milk solids, egg, salt, vegetable powders, acidity regulator (270), stabiliser (415), yeast extract, herb and spice, flavours, preservatives (202, 211), emulsifier (433), antioxidant (385), sweetener (950). Contains: Soy, Milk and Egg.

CRANBERRY RELISH: Water, Cranberries [(15%) (contains Sugar, Sunflower Oil)], Sugar, Orange Juice, Thickeners (1422, Xanthan, Pectin, Guar) Red Wine Vinegar, Vegetable Powder, Cranberry Powder (0.7%), Food Acid (Citric), Salt, Natural Colours (Black Carrot Extract, Paprika Oleoresin), Spices, Orange Peel, Natural Flavour.

GARLIC AIOLI SAUCE: Water, vegetable oil, thickener (1414, 415, 412, 401), garlic (3%), sugar, skim milk powder, salt, acidity regulator (270, 260, 330), preservative (211, 202, 223), natural flavour, herb, antioxidant (385), colour (102, 110). Contains: Milk and Sulphites.

HABANERO HOT SAUCE: Water, Sugar, Mango Puree [Food Acids (Citric & Ascorbic)], Vinegar, Chilli Purees [including Habanero (6%), Food Acid (Acetic)], Tamarind Concentrate [Tamarind, Water], Salt, Corn Starch, Tomato Paste, Garlic, Fructose, Spices, Food Acid (Citric), Thickener (Xanthan), Natural Colours (Turmeric & Paprika Oleoresins).

HONEY MUSTARD: Water, sugar, vinegar, thickener (1422, 415), honey (3%), spice, crushed mustard seed, salt, acidity regulator (260, 270, 330), colour (171, 150d), lemon juice concentrate, preservative (202, 211), natural herbal extract.

MARINARA: Tomato Concentrate (tomato paste, water), Vegetable Oil, Sugar, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice, Food Acid (330).

MAYONNAISE: Water, Sugar, Soya Bean Oil, Modified Maize Starch (1422), Skim Milk Powder, Salt, Acidity Regulator (260, 270), Mustard Powder, Thickener (415, 412, 401), Preservative (202, 211), Egg Yolk Powder, Emulsifier (433), Antioxidant (385), Flavour. Contains: Milk and Egg.

PESTO MAYO: Canola Oil, Water, Basil Puree [Basil, Food Acid (Citric), Canola Oil, Thickener (Xanthan)], Vinegar, Sugar, Egg Yolk, Corn Starch, Salt, Whey Powder, Herb & Spice, Vegetable Powder, Garlic, Food Acid (Lactic), Parmesan Cheese Powder, Thickener (Xanthan), Preservative (Potassium Sorbate), Herb Extract, Antioxidant (EDTA). Contains Milk, Egg.

RANCH DRESSING: Vegetable Oil [Soy (Antioxidant (319))], Water, Egg Yolk, Milk Solids, Malt Vinegar, Sugar, Salt, Spices, Acidity Regulator (260), Thickeners (415, 405), Modified Starch (1442), Dehydrated Vegetables, Preservatives (202, 211), Colour (150d), Antioxidant (385), Flavouring. Contains: Gluten, Wheat, Egg, Milk and Soy.

SEEDED MUSTARD: Whole Grain Mustard (Minimum 50%) [Water, Mustard Seeds (Wheat, Soy), Vinegar, Salt, Food Acid (260), Sugar, Spices], Vinegar, Canola Oil, Water, Sugar, Dijon Mustard (Minimum 5%) [Water, Mustard Seed, Sugar, Salt, Acidity Regulator (260), Spice], Thickener (1422), Salt, Vegetable Gum (415), Preservative (202), Herb Extract, Food Acid (330). Contains: Wheat and Soy.

SMOKY BBQ SAUCE: Water, Sugar, White Vinegar, Tomato Paste, Glucose Syrup, Apple Paste, Molasses, Thickeners (1422, 415), Salt, Natural Flavour, Vegetable Powders, Rochester Sauce Powder, Spices, Preservative (202).

SMOKY TOMATO CHUTNEY: Sugar, Water, Tomato Paste (15%), Diced Tomatoes (12%) [Tomatoes, Food Acid (330), Mineral Salt (509)], White Vinegar, Capsicum Puree [Red Pepper, Food Acid (260)], Thickener (1422), Onion, Spices, Natural Flavours, Salt, Garlic, Preservative (202).

SWEET CHILLI SAUCE: Water, sugar, salt, thickener (1422), acidity regulator (260), chilli (1%), red bell peppers, stabilizer (415), flavour, preservative (211, 202).

SWEET ONION: Water, Sugar, White Vinegar, Thickener (1422), Spice, Salt, Minced Onion, Poppy Seed, Preservative (202, 211), Red Bell Peppers, Flavour, Herb.

TZATZIKI: Water, Vegetable Oil, Milk Solids, Acidified Cucumber (4.5%) (Sulphites), Yoghurt Powder, Thickener (1414, 415, 412, 401), Sugar, Lemon Juice Concentrate, Salt, Acidity Regulator (270, 330, 260, 325), Natural Flavours, Herb, Preservative (211, 202), Emulsifier (433), Antioxidant (385). Contains: Milk, Sulphites.

COOKIES

CHOCOLATE CHIP: Wheat Flour, Dark Chocolate (23.3%) [sugar, cocoa mass, cocoa butter, anhydrous milk fat, emulsifiers (322 (soy), 476)], Sugar, Margarine (palm oil, water, salt, emulsifiers (471, 322 (soy))), antioxidant (307), flavour, food acid (330)), Egg, Brown Sugar, Butter (cream, sodium chloride, mineral salts (341, 535)), Molasses, Dextrose Monohydrate, Water, Baking Soda, Vanilla Essence (water, propylene glycol, flavour, stabilisers (466, 460, 415), Colours (102,124,132)), Salt, Whey Powder.
Contains: Wheat, Soy, Egg, Milk. May contain traces of: Peanut and Tree Nuts.

CHOCOLATE CHIP M&M: Wheat Flour, Sugar, Margarine (palm oil, water, salt, emulsifiers (471, 322 (soy))), antioxidant (307), flavour, food acid (330)), Dark Chocolate (9.1%) [sugar, cocoa mass, cocoa butter, anhydrous milk fat, emulsifiers (322 (soy), 476)], M &M's (9.1%) [milk chocolate (68%) (sugar, cocoa mass, milk solids, cocoa butter, vegetable fat, emulsifier (322 (soy))), salt, flavour), sugar, wheat starch, wheat glucose syrup, stabiliser (414), colours (171, 129, 133, 110, 102), dextrin), glazing agent (903)], Brown Sugar, Egg, Water, Dextrose Monohydrate, Baking Soda, Whey Powder, Vanilla Essence (water, propylene glycol, flavour, stabilisers (466, 460, 415), Colours (102, 124, 132)), Salt.
Contains: Wheat, Soy, Egg, Milk. May contain traces of: Peanut and Tree Nuts.

DOUBLE CHOCOLATE CHIP: Sugar, Wheat Flour, Margarine (palm oils, water, salt, emulsifiers (471, 322 (soy))), antioxidant (307), flavour, food acid (330)), White Chocolate (12.1%) [sugar, vegetable fat (emulsifiers (492, 322 (soy))), food acid (330)), milk powder, emulsifier (soy lecithin), flavor], Dark Chocolate (7.4%) [sugar, cocoa mass, cocoa butter, anhydrous milk fat, emulsifiers (322 (soy), 476)], Egg, Cocoa Powder, Salted Butter (cream, sodium chloride, additives (341, 535)), Molasses, Water, Vanilla Essence (water, propylene glycol, flavour, stabilisers (466, 460, 415), colours (102, 124, 132)), Salt, Baking Soda.
Contains: Wheat, Soy, Milk, Egg. May contain traces of: Peanut and Tree Nuts.

OATMEAL RAISIN: Wheat Flour, Raisins (15.8%), Margarine (palm oils, water, salt, emulsifiers (471, 322 (Soy)), antioxidant (307), flavour, food acid (330)), Sugar, Dark Cane Sugar, Wholegrain Oats (6.6%), Rolled Oats (5.7%), Egg, Water, Molasses, Whey Powder, Salt, Baking Soda, Cinnamon. Contains: Wheat, Soy, Egg, Milk. May contain traces of: Peanut and Tree Nuts.

WHITE CHIP MACADAMIA NUT: Wheat Flour, Sugar, White Chips (14.3%) [sugar, vegetable fat (emulsifiers (492, 322 (soy)), food acid (330)), milk powder, emulsifier (322 (soy)), flavor], Margarine (palm oils, water, salt, emulsifier (471, 322 (soy)), antioxidant (307), flavour, food acid (330)), Macadamia Nut (6.2%), Egg, Salted Butter (cream, sodium chloride, mineral salts (341, 535)), Molasses, Dextrose Monohydrate, Vanilla Essence (water, propylene glycol, flavour, stabilisers (466, 460, 415), colours (102, 124, 132)), Salt, Baking Soda, Water, Whey Powder. Contains: Wheat, Milk, Soy, Eggs, Tree Nuts. May contain traces of: Peanut.

SEASONINGS

ROCK SALT: Salt

CRACKED PEPPER: Black Peppercorns

HERB SEASONING: Salt, Herbs (Rosemary, Oregano, Thyme), Natural Flavour.

ZESTY SPICE: Spices (contains Gluten), Dehydrated Vegetables, Salt. Contains Gluten.

SMOOTHIES

TROPICAL: Water, Banana (15%), Mango (14%), Pineapple (14%), Sugar.

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

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

TOASTIES

AVOCADO TOASTIE: Subway® White Bread, Subway® Avocado. Contains: Wheat, Gluten and Soy.

GARLIC & HERB TOASTIE: Subway® White Bread, Subway® Garlic Aioli, Rice Flour, Garlic Dehydrated, Salt, Vegetable Oil, Wheat Gluten, Cheese Powder [Milk Solids, Cheese Solids, Starch, Salt, Vegetable Fat, Yeast Extract, Sugar, Acidity Regulator (270, 296)], Rosemary, Oregano, Parmesan Cheese, Anti-caking Agent (551), Soybean Oil, Emulsifier (322), Acidity Regulator (330), Yeast Extract, Spice Extract. Contains: Wheat, Gluten, Soy, Milk and Sulphites

CHEESY GARLIC TOASTIE: Subway® White Bread, Subway® Garlic Aioli. Subway® Mozzarella Cheese. Contains: Wheat, Gluten, Soy, Milk and Sulphites.

SIDES

WATTIE'S FRUIT SQUIRTZ, APPLE & STRAWBERRY PUREE: Apple Puree (80%), Strawberry Puree (11%), Apple Juice Concentrate, Strawberry Flavour, Antioxidant (Ascorbic Acid).
Contains: Soy.

PROMOTIONAL ITEMS

GARLIC SPREAD: Vegetable Oil, Water, Garlic (10%), Salt, Emulsifiers (471, 322 (Soy)), Herb (Parsley), Preservative (202), Natural Flavour, Acidity Regulators (500, 330), Antioxidant (307b), Natural Colour (Carotene). Contains: Soy.

CHOC ESPRESSO COOKIE: Sugar, Wheat Flour, Margarine (Palm Oil, Butter (Cream, Salt), Water, Salt, Natural Flavours (Milk), Colour (160a), Vitamin A (304)), White Confectionery Chip (10%) (Sugar, Vegetable Fat (Palm Kernel, Palm Oil), Skim Milk Powder, Emulsifier (322 (Soy)), Natural Flavour), Mocha Confectionery Chunks (10%) (Sugar, Vegetable Oils (Cocoa Butter, Palm Oil, Sunflower Oil), Coffee (Whole Coffee Matter™), Cocoa, Whey (Milk), Lactose, Cocoa Liquor, Butterfat, Emulsifier (322 (soy))), Natural Flavours, Salt), Coffee Sprinkle (Sugar, Instant Coffee, Salt), Eggs (pasteurised), Cocoa (3%), Water, Espresso Coffee Blend (2%) (Coffee (Whole Coffee Matter™), Vegetable Oils (Canola Oil, Coconut Oil), Sugar, Whey (Milk), Lactose, Emulsifier (322 (soy))), Molasses, Sodium Bicarbonate, Wheat Starch. Contains Wheat, Gluten, Egg, Milk and Soy. May contain Tree Nuts and Peanuts.

SALTED CARAMEL FLAVOURED COOKIE: Wheat Flour, Sugar, Margarine [Vegetable Oil, Water, Butter (Butter Oil, Water, Salt), Salt, Buttermilk Powder (Milk), Emulsifiers (471, 472c), Food Acid (270), Natural Flavour, Antioxidant (304), Natural Colour (160a)], Salted Caramel Confectionery (10%) {Sugar (Including Caramelised Sugar), Vegetable Fat [Emulsifier (322 from Soy)], Tapioca Starch, Salt, Natural Flavour, Water}, Icing Sugar Mixture (Sugar, Tapioca Starch), Egg, Butter (Milk), Molasses, Water, Salt, Raising Agent (500), Natural Caramel Flavour. Contains Wheat, Gluten, Egg, Milk and Soy. May contain Tree Nuts and Peanuts.