



**New Zealand Ingredient Information for People with Food Allergies and Sensitivities**  
**Player of the Match Voucher Range**  
**January 2026**

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	Sesame	Crustaceans	Mollusc	Soy	Peanuts	Tree Nuts						Lupin	Wheat	Gluten	Sulphites	Autolyzed Yeast	Hydrolyzed Prot. <sup>1</sup>	Nitrates/Nitrates
	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut												
<b>Subway® Subs</b>																					
Includes wheat bread, processed cheddar cheese, lettuce, tomato, cucumber, onion, capsicum, carrot																					
BBQ Chicken (with Smoky BBQ Sauce)	*		●	*			●									●	●	*	●		
Chicken & Mayo	●	●	●	*		●	●									●	●	*	●		
Chicken Teriyaki	*		●	●			●									●	●	*	●		
Leg Ham (with Honey Mustard)	*	●	●	*		●	●									●	●	*		●	
Roast Beef (with Honey Mustard)	*		●	*			●									●	●	*			
Veggie Delite® with Avo	*	●	●	*		●	●									●	●	*			
<b>Wraps</b>																					
Includes wheat flour wrap, processed cheddar cheese, lettuce, tomato, cucumber, onion, capsicum, carrot																					
BBQ Chicken	*		●				●									●	●		●		
Chicken & Mayo	●		●				●									●	●		●		
Chicken Teriyaki	*		●	●			●									●	●		●		
Leg Ham (with Honey Mustard)	*	●	●				●									●	●			●	
Roast Beef (with Honey Mustard)	*		●				●									●	●				
Veggie Delite® with Avo	*	●	●				●									●	●				
<b>Bread</b>																					
Wheat Bread	*		*	*			●									●	●	*			
Wrap, Wheat Flour							*									●	●				
Wrap, Gluten Free **	*						●														

● Contains

\* May be present

\*\* 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.

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

If you have food allergies, sensitivities or special dietary needs, please refer to Player of the Match Voucher Range Product Ingredients Guide for full ingredient declaration.



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	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut													
<b>Meat, Poultry, Egg, Seafood &amp; Vegetarian</b>																						
Chicken Strips																				•		
Chicken Teriyaki				•																•		
Leg Ham																					•	
Roast Beef																						
<b>Sauces &amp; Dressings</b>																						
Honey Mustard																						
Mayonnaise	•		•																			
Smoky BBQ Sauce																						
<b>Cheeses</b>																						
Mozzarella Cheese (shredded)				•																		
Processed Cheddar Cheese (slices)			•				•															
<b>Vegetables</b>																						
Avocado																						
Capsicum																						
Carrot																						
Cucumber																						
Lettuce																						
Onion																						
Tomato																						

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