

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

### 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.**

**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\*:** Dried Potato, Modified Starch (1412), Thickeners (1442, 1450, 464), Buckwheat Flour, Rice Flour, Vegetable Oil, Pea Protein, **Soy** Protein Isolate, Potato Starch, Maize Starch, Sugar Fibre, Psyllium Husk Fibre, Stabilisers (412, 415), Emulsifier (471), Sugar, Flavour, Iodised Salt, Inulin, Baking Powder (Raising Agents (500, 501, 450), Anticaking Agent (170, 551, 470)), Acidity Regulator (297, 330), Preservative (282), Humectant (422), Water, Cultured Dextrose, White Vinegar.

**Contains: Soy.**

**May be present: Egg.**

## MEAT & POULTRY ITEMS

**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).

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**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), 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: Sesame.**

**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.

## SAUCES AND DRESSINGS

**HONEY MUSTARD:** Water, Sugar, Vinegar, Mustard (4%), Thickeners (1422, 415), Honey (3%), Salt, Acidity Regulators (260, 270, 330), Colour (171, 150d), Potato Fibre, Lemon Juice Concentrate, Preservatives (202, 211), Vegetable Powders (Onion, Garlic), Spices, Rice Flour, Natural Herb Extract, Anticaking Agent (551).

**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.**

**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.**

## 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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**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.

**LETTUCE:** Shredded Iceberg Variety.

**ONION:** Sliced Red Onion.

**TOMATO:** Sliced Red Ripe Tomato.

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