



New Zealand Ingredient Information for People with Food Allergies and Sensitivities
FOR CATERING ORDERS ONLY
March 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	Peanut	Tree Nuts								Lupin	Wheat	Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/Nitrates
									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio						
Bread																						
Italian Herbs and Cheese Bread	*		●	*			●											●	●	*	●	
Malted Rye Bread	*		*	*			●											●	●	*		
Roasted Garlic Bread	*		*	*			●											●	●	*	●	
Wheat Bread	*		*	*			●											●	●	*		
White Bread	*		*	*			●											●	●	*		
Wrap, Flour							*											●	●			
Wrap, Gluten Free **	*						●															
Meat, Poultry, Eggs, Seafood & Vegetarian Items																						
Chicken Strips																					●	
Chicken Teriyaki				●																	●	
Italian B.M.T® Meats (Salami, Pepperoni, Leg Ham)			●				*														●	
Leg Ham							*														●	
Pepperoni			●				*														●	
Roast Beef																						
Salami			●				*														●	
Smashed Falafel							●											●	●		●	

● Contains * May contain ¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.
 ** 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 for the Product Ingredients Guide for full declaration and more information.



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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio						
Sauces & Dressings																						
Chipotle Southwest Sauce	●		●				●													●		
Honey Mustard																						
Mayonnaise	●		●																			
Smoky BBQ Sauce							*													●		
Sweet Onion Sauce (Contains Poppy Seeds)																						
Cheeses																						
Mozzarella Cheese (shredded)			●																			
Old English-Style Processed Cheese (slices)			●				●															
Procesed Cheddar Cheese (slices)			●				●															
Vegetables																						
Avocado																						
Vegetables (Lettuce, Spinach, Tomato, Cucumber, Onion and Capsicum)																						
Seasonings																						
Pepper																						
Salt																						
Cookies																						
Chocolate Chip Cookie	●		●				●	*	*	*	*	*	*	*	*	*		●	●			
Chocolate Chip Cookie with M&M'S®	●		●				●	*	*	*	*	*	*	*	*	*		●	●			
Double Chocolate Chip Cookie	●		●				●	*	*	*	*	*	*	*	*	*		●	●			
Oatmeal Raisin Cookie	●		●				●	*	*	*	*	*	*	*	*	*		●	●			
White Chip Macadamia Nut Cookie	●		●				●	*	*	*	*	●	*	*	*	*		●	●			

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