



## New Zealand Ingredient Information for People with Food Allergies and Sensitivities

### School Lunch Program Only

### February 2025

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	Peanuts	Sesame	Crustaceans	Mollusc	Soy	Tree Nuts ^	Lupin	Wheat	Gluten	Sulphites	Autolyzed Yeast Hydrolyzed Prot. <sup>1</sup>	Nitrites/Nitrates
<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	*		*		*			●			●	●	*		
White Bread	*		*		*			●			●	●	*		
Wrap, Wheat Flour								*			●	●			
Wrap, Gluten Free **	*							●							
<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															
<b>Cookies</b>															
Chocolate Chip Cookie	●		●	*				●	*		●	●			
Chocolate Chip Cookie with M&M'S®	●		●	*				●	*		●	●			
Oatmeal Raisin Cookie	●		*	*				●	*		●	●			

● 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. If you have food allergies, sensitivities or special dietary needs, please visit our website – [www.subway.com.nz](http://www.subway.com.nz) for the Product Ingredients Guide for more information.

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

^ Almond, Brazil Nut, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut. Please visit our website – [www.subway.com.nz](http://www.subway.com.nz) for the Product Ingredients Guide for full declaration.