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	Sesame	Crustaceans	Mollusc	Soy	Peanuts	Tree Nuts									Lupin	Wheat	Gluten	Sulphites	Autolyzed Yeast Hydrolyzed Prot.[1]	Nitrites/Nitrates
									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut						
Subway® Subs																							
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	*		●	*			●												●	●	*		
Wraps																							
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	*		●				●												●	●			
Bread																							
Wheat Bread	*		*	*			●												●	●	*		
White Bread	*		*	*			●												●	●	*		
Wrap, Wheat Flour							*												●	●			
Wrap, Gluten Free **	*						●																

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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut						
Meat, Poultry, Egg, Seafood & Vegetarian																							
Chicken Strips																						●	
Chicken Teriyaki				●																		●	
Leg Ham																							●
Roast Beef																							
Sauces & Dressings																							
Honey Mustard																							
Mayonnaise	●		●																				
Smoky BBQ Sauce																							
Cheeses																							
Mozzarella Cheese (shredded)			●																				
Processed Cheddar Cheese (slices)			●				●																
Vegetables																							
Avocado																							
Capsicum																							
Carrot																							
Cucumber																							
Lettuce																							
Onion																							
Tomato																							
Cookies																							
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 for the Product Ingredients Guide for more information.

[1] Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.