

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.

WHITE BREAD: Wheat Flour (Vitamin ((Thiamine, Folic Acid)), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (551, 535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Mineral Salt (170), Food Acid (300), Enzymes (**Wheat**).

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, EGG, SEAFOOD & VEGETARIAN

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, Tomato Paste, Glucose Syrup, Fruit Paste, Molasses, Thickeners (1422, 415), Salt, Natural Flavour, Burnt Sugar Syrup, Vegetable Powders (Garlic, Onion), Rochester Sauce Powder, Yeast Extract, Colour (150a), Spices, Smoke Flavour, Preservative (202).

May Contain: Soy

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CHEESE

MOZZARELLA CHEESE (shredded): Pasteurised Cow's **Milk**, Salt, Anti-Caking Agent (460) Preservative (200), Cheese Culture, Vegetarian Rennet.

Contains: Milk.

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.

COOKIES

CHOCOLATE CHIP COOKIE: **Wheat** Flour (Vitamin (Folic Acid)), Sugar, Dark Chocolate Chips (23%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (476, 322 (**Soy**)), Flavour), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), Water, Butter (Cream (**Milk**), Salt (Anticaking Agent (535))), Whole **Egg** Powder, Molasses, Dextrose Monohydrate (Maize), Raising Agent (Sodium Bicarbonate), Salt, Flavour.

Contains: Wheat, Gluten, Soy, Egg, Milk.

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

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CHOCOLATE CHIP COOKIE WITH M&M'S®: **Wheat** Flour (Vitamin (Folic Acid)), Sugar, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), Dark Chocolate Chips (9%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (476, 322 (**Soy**)), Flavour), M&M'S® Chocolate Candies (9%) (**Milk** Chocolate (Sugar, Cocoa Mass, **Milk** Solids, Cocoa Butter, Vegetable Fat, Emulsifier (322 (**Soy**)), Salt, Flavour), Sugar, Starch (**Wheat**), Glucose Syrup (**Wheat**), Vegetable Gum (414), Colours (171, 129, 133, 110, 102), Dextrin, Glazing Agent (Carnauba Wax)), Water, Whole **Egg** Powder, Dextrose Monohydrate (Maize), Raising Agent (Sodium Bicarbonate), Flavour, Salt.

Contains: Wheat, Gluten, Soy, Egg, Milk.

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

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OATMEAL RAISIN COOKIE: Sugar, **Wheat** Flour (Vitamin (Folic Acid)), Raisins (Raisins (16%), Vegetable Oil), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), Wholegrain **Oats** (7%), Rolled **Oats** (6%), Water, Whole **Egg** Powder, Molasses, Salt, Raising Agent (Sodium Bicarbonate), Cinnamon.

Contains: Wheat, Gluten, Soy, Egg.

May Contain: Milk, Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

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