

**FROM
JANUARY
2023**

Symbol	Meaning
Y	Allergen contained in the product
MC	May contain - the allergen is present at the ingredients manufacturing site and our suppliers believe there is significant risk this allergen could cross-contaminate the ingredient
N	The allergen is not part of the product as delivered to store
Y	Ingredients suitable for plant-based/vegetarian
N	Ingredients NOT suitable for plant-based/vegetarian

We handle allergens in store and due to cross contact we can never 100% guarantee that our products will be allergen free.	Ingrdient suitable for vegetarians	Ingrdient suitable for a plant based diet	Egg	Fish	Milk (lactose)	Peanuts	Sesame	Crustaceans	Soya	Nuts		Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
Bread																	
Italian White Bread	Y	Y	N	N	N	N	N	N	Y	N		Wheat	N	N	N	N	N
Tiger Bread	Y	Y	MC	N	MC	N	N	N	Y	N		Wheat, Barley	N	N	N	N	N
9-Grain Wheat Bread	Y	Y	N	N	N	N	N	N	Y	N		Wheat, Rye, Barley, Oat, Spelt	N	N	N	N	N
9-Grain Multi-Seed Bread	Y	Y	N	N	N	N	N	N	Y	N		Wheat, Rye, Barley, Oat, Spelt	N	N	N	N	N
Hearty Italian Bread	Y	Y	N	N	N	N	N	N	Y	N		Wheat	N	N	N	N	N
Italian Herb & Cheese Bread	Y	N	N	N	Y	N	N	N	Y	N		Wheat	N	N	N	N	N
Honey & Oat Bread (Participating stores)	Y	N	N	N	N	N	N	N	Y	N		Wheat, Rye, Barley, Oat, Spelt	N	N	N	N	N
Gluten Free Bread	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Ciabatta Toasted Bite	Y	Y	N	N	N	N	N	N	N	N		Wheat	N	N	N	N	N
Plain Tortilla Wrap	Y	Y	N	N	N	N	N	N	N	N		Wheat	N	N	N	N	N
Meat, Poultry, Fish, Eggs & Plant-Based ^{PB} Proteins																	
Roast Chicken Breast Strips	N	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Teriyaki Glazed Chicken Breast	N	N	N	N	N	N	Y	N	Y	N		Wheat	N	N	N	N	N
Chicken Tikka	N	N	N	N	Y	N	N	N	N	N		Wheat	N	N	N	N	N
Nacho Chicken Bites	N	N	N	N	MC	N	N	N	MC	N		Wheat	N	N	N	N	N
Ham*	N	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Turkey Breast†	N	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Maple Cured Streaky Bacon	N	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Breakfast Back Bacon*	N	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Pepperoni	N	N	N	N	N	N	N	N	N	N		N	N	N	Y	N	N
Salami	N	N	N	N	N	N	N	N	N	N		N	N	N	Y	N	N
Meatballs (in Marinara Sauce)	N	N	N	N	Y	N	N	N	Y	N		Wheat	N	N	N	N	N
Breakfast Sausage	N	N	N	N	N	N	N	N	N	N		Wheat	N	N	N	N	N
Breakfast sausage pattie (Participating stores)	N	N	N	N	N	N	N	N	N	N		Wheat	N	N	N	N	N
Philly Steak†	N	N	N	N	N	N	N	N	Y	N		Barley	N	N	N	N	N
Buffalo Chicken	N	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N
Coronation Chicken Tikka	N	N	Y	N	Y	N	N	N	N	N		Wheat	N	N	Y	N	N
Big Beef	N	N	N	N	N	N	N	N	Y	N		N	N	N	N	N	N
Pig in Blankets	N	N	N	N	N	N	N	N	N	N		Wheat	Y	N	N	N	N
Tuna (with Lite Mayonnaise)	N	N	Y	Y	N	N	N	N	N	N		N	N	N	Y	N	N
Egg Omelette	Y	N	Y	N	Y	N	N	N	N	N		N	N	N	N	N	N
Poached Egg	Y	N	Y	N	N	N	N	N	N	N		N	N	N	N	N	N
Meatless Meatballs (in Marinara Sauce)	Y	Y	MC	N	N	N	MC	N	Y	N		Wheat, Barley	N	MC	MC	N	N
Plant-Based Steak	Y	Y	N	N	N	N	N	N	Y	N		Wheat	N	N	N	N	N
T.L.C.* (Taste.Like.Chicken)	Y	Y	N	N	N	N	N	N	Y	N		N	N	N	N	N	N
Plant Patty	Y	Y	N	N	N	N	N	N	Y	N		Wheat	N	Y	N	N	N
Cheese & Vegetables																	
American Sliced Cheese	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N
Shredded Mozzarella & Cheddar Cheese	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N
Mozzarella Pearls (Participating stores)	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N
Peppered Cheese (IOI)	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N
Monterey Jack Cheddar Slices (Participating stores)	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N
Vegan CheeZe	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Sliced Brie Cheese (Participating stores)	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N
Jalapenos	Y	Y	N	N	N	N	N	N	N	N		N	Y	N	N	N	N
Guacamole	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Lettuce , Cucumber, Mixed Peppers, Tomato, Onion, Carrot, Spinach, Pickles, Sweetcorn, Olives	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Sauces & Condiments																	
Hickory Smoked BBQ Sauce	Y	N	N	N	N	N	N	N	N	N		Barley	N	N	N	N	N
Chipotle Southwest Sauce	Y	N	Y	N	N	N	N	N	N	N		N	N	N	Y	N	N
Extra Spicy Chipotle (Participating stores)	Y	N	Y	N	N	N	N	N	N	N		N	N	N	Y	N	N
Honey & Wholegrain Mustard Sauce	Y	N	N	N	N	N	N	N	N	N		N	N	N	Y	N	N
Lite Mayonnaise	Y	N	Y	N	N	N	N	N	N	N		N	N	N	Y	N	N
Garlic & Herb Sauce (Participating stores)	Y	Y*	N	N	N	N	N	N	N	N		N	N	N	Y	N	N
Teriyaki Sauce	Y	Y*	N	N	N	N	Y	N	Y	N		Wheat	N	N	N	N	N
Sticky Sweet Chilli Sauce	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Sweet Onion Sauce (contains poppy seeds)	Y	Y	N	N	N	N	N	N	N	N		N	N	N	Y	N	N
Tomato Ketchup	Y	Y	N	N	N	N	N	N	N	N		N	N	Y	N	N	N
Sriracha Sauce	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Caesar Sauce	Y	N	Y	N	Y	N	N	N	Y	N		N	N	N	N	N	N
Salsa	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Marinara Sauce	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
HP Brown Sauce	Y	N	N	N	N	N	N	N	N	N		Rye, Barley	N	N	N	N	N
Plant-Based Garlic Aioli	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Blue Cheese Sauce	Y	N	Y	N	Y	N	N	N	N	N		N	N	N	Y	N	N
Caramelised Red Onion In Balsamic Vinegar (Participating stores)	Y	Y*	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Pesto (Participating stores)	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N
Garlic Infused Oil	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Dipping Gravy	Y	N	N	N	Y	N	N	N	N	N		Wheat	N	N	N	N	N
Crispy Onions	Y	Y	N	N	N	N	N	N	N	N		Wheat	N	N	N	N	N
Sea Salt / Mixed Peppercorns / Chilli Flakes	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Southwest Seasoning	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Multi-Seed Mix	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Cookies, Donuts & Muffins																	
Chocolate Chunk Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N
Double Chocolate Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N
White Macadamia Cookie	Y	N	Y	N	Y	N	N	N	Y	Macadamia nut		Wheat	N	N	N	N	N
Rainbow Chocolate Chip Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N
Vegan Double Chocolate Cookie	Y	Y	MC	N	MC	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N
Sticky Toffee Pudding Cookie	Y	N	MC	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N
Lemon Drizzle Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N
Cadbury's® Caramel Muffin	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N
Oreo® Muffin	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N
Sugared Donut	Y	N	MC	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N
Chocolate Donut	Y	N	MC	N	Y	N	N	N	Y	MC - Nuts		Wheat	N	N	N	N	N
Soups - Selected Stores																	
Carrot and Coriander	Y	N	Y	N	Y	N	N	N	N	N		N	N	N	N	N	N
Cream of Chicken	N	N	Y	N	Y	N	N	N	N	N		Wheat, Barley	N	N	N	N	N
Leek and Potato	Y	N	N	N	Y	N	N	N	N	N		N	N	Y	N	N	N
Minestrone	N	N	Y	N	MC	N	N	N	N	N		Wheat	N	Y	N	N	N
Red Pepper and Tomato	Y	N	N	N	Y	N	N	N	N	N		Barley	N	N	N	N	N
Tomato	Y	N	N	N	Y	N	N	N	N	N		Wheat	N	Y	N	N	N
Wild Mushroom	Y	N	N	N	Y	N	N	N	N	N		Wheat, Barley	N	N	N	N	N
Beef Goulash	N	N	MC	N	MC	N	N	N	N	N		Wheat, Barley	N	MC	Y	N	N
Cream of Mushroom	Y	N	Y	N	Y	N	N	N	N	N		N	N	Y	N	N	N
Miscellaneous items																	
DORITOS® Nachos (DORITOS® Lightly Salted Tortilla Chips)	Y	N	N	N	Y	N	N	N	MC	N		MC - Gluten - Wheat, Barley	N	N	N	N	N
DORITOS® FLAMIN' HOT® Nachos (DORITOS® FLAMIN' HOT® Flavoured Tortilla Chips)	Y	N	N	N	Y	N	N	N	MC	N		MC - Gluten - Wheat, Barley	N	N	N	N	N
Hash Browns	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Crinkle Wedges	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Cheesy Bites	Y	N	N	N	Y	N	N	N	N	N		Wheat	N	N	N	N	N
Flavoured Coffee Syrups: Vanilla, Gingerbread, Caramel, Chocolate	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Flavoured Coffee Syrups: Hazelnut	Y	Y	N	N	N	N	N	N	N	Hazelnut		N	N	N	N	N	N
Flavoured Coffee Syrups: Honeycomb	Y	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Black Coffee / Black Tea	Y	Y	N	N	MC	N	N	N	N	N		N	N	N	N	N	N
Cappuccino / Latte / Hot Chocolate / Chocolate Sprinkles (for Cappuccino)/ Coffee with Milk, Tea with Milk	Y	N	N	N	Y	N	N	N	N	N		N	N	N	N	N	N
Fountain drinks: Robinsons® Apple & Blackcurrant	Y	Y	N	N	N	N	N	N	N	N		N	N	Y	N	N	N
Fountain drinks: Diet Pepsi®	Y	N	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Fountain drinks: Other	Y	Y	N	N	N	N	N	N	N	N		N	N	N	N	N	N
Most of our food is freshly prepared in store, where allergens are handled by Subway team members and where equipment and utensils may be used for multiple items, including those containing allergens. Although your meal is prepared with care, we cannot guarantee it will be 100% allergen free.	*Formed meat. *Beechwood Naturally Smoked Back Bacon with added smoke flavour. IOI = Only available in the Island of Ireland. PB Our plant based products may come into contact with non-plant based products. All ingredients suitable for plant based diet are registered with the Vegan Society, excluding Drinks. *Suitable for a plant based diet but not registered with the Vegan Society																
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