



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.

SYMBOL/MEANING	Allergen contained in the product										Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs	
	Y	MC	N	VE	PL	EG	FI	ML	PE	SE							CU
Y	MC	N	VE	PL	EG	FI	ML	PE	SE	CU	SO	NU					
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 VE Ingredients suitable for plant-based/vegetarian PL Ingredients NOT suitable for plant-based/vegetarian																	
<b>Bread</b>																	
Italian (White) Bread	Y	Y	N	N	N	N	N	N	N	N	Y	N	Wheat	N	N	N	N
Tiger Bread	Y	Y	N	N	N	N	N	N	N	N	Y	N	Wheat, Barley	N	N	N	N
9-Grain Wheat Bread	Y	Y	N	N	N	N	N	N	N	N	Y	N	Wheat, Rye, Barley, Oat, Spelt	N	N	N	N
9-Grain Multi-Seed Bread	Y	Y	N	N	N	N	N	N	N	N	Y	N	Wheat, Rye, Barley, Oat, Spelt	N	N	N	N
Hearty Italian Bread	Y	Y	N	N	N	N	N	N	N	N	Y	N	Wheat	N	N	N	N
Italian Herb & Cheese Bread	Y	N	N	N	N	Y	N	N	N	N	Y	N	Wheat	N	N	N	N
Gluten Free Bread	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chilli & Paprika Bread	Y	Y	N	N	N	N	N	N	N	N	N	N	Wheat	N	N	N	N
Ciabatta Toasted Bite	Y	Y	N	N	N	N	N	N	N	N	N	N	Wheat	N	N	N	N
Tomato Basil Wrap	Y	Y	N	N	N	N	N	N	N	N	N	N	Wheat	N	N	N	N
Plain Tortilla Wrap	Y	Y	N	N	N	N	N	N	N	N	N	N	Wheat	N	N	N	N
<b>Meat, Poultry, Fish, Eggs &amp; Plant<sup>ve</sup> Patty</b>																	
Halal Roast Chicken Breast Strips	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Halal Teriyaki Glazed Chicken Breast	N	N	N	N	N	N	N	N	Y	N	Y	N	Wheat	N	Y	N	N
Halal Chicken Tikka	N	N	N	N	N	Y	N	N	N	N	N	N	Wheat	N	N	N	N
Halal Rotisserie-Style Chicken*	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Halal Turkey Ham*	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Halal Turkey Breast*	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Halal Turkey Rashers*	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Halal Pepperoni (Beef)	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Halal Salami (Beef)	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Halal Meatballs (in Marinara Sauce)	N	N	N	N	Y	N	N	N	Y	N	N	N	Wheat	N	N	N	N
Halal Turkey Sausage Patty*	N	N	N	N	N	N	N	N	N	N	Y	N	Wheat	Y	N	N	N
Halal Steak *Ø(made with shaved steak strips, green pepper and onion)	N	N	N	N	N	N	N	N	N	N	Y	N	Barley	N	N	N	N
Tuna (with Lite Mayonnaise)	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N
Egg Omelette	Y	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Poached Egg	Y	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Halal Meatless <sup>ve</sup> Meatballs (in Marinara Sauce)	Y	Y	N	N	N	N	N	N	N	N	Y	N	Wheat, Barley	N	N	N	N
Plant <sup>ve</sup> Patty	Y	Y	N	N	N	N	N	N	N	N	Y	N	Wheat	N	Y	N	N
<b>Cheese &amp; Vegetables</b>																	
American Sliced Cheese	Y	N	N	N	Y	N	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	N
Peppered Cheese (IOI)	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Mozzarella-Style Plant-based <sup>ve</sup> slice	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Olives	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pickles	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Jalapeños	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Sweetcorn	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Guacamole	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Lettuce, Cucumber, Mixed Peppers, Tomato, Onion, Carrot, Spinach	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
<b>Sauces &amp; Condiments</b>																	
Hickory Smoked BBQ Sauce	Y	N	N	N	N	N	N	N	N	N	N	N	Barley	N	N	N	N
Chipotle Southwest Sauce	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Honey & Wholegrain Mustard Sauce	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Lite Mayonnaise	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Sticky Sweet Chilli Sauce	Y	Y	N	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	N	N	Y	N
Tomato Ketchup	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Sriracha Sauce	Y	Y	N	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	N
Salsa	Y	Y	N	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	N
HP Brown Sauce	Y	Y	N	N	N	N	N	N	N	N	N	N	Rye, Barley	N	N	N	N
Plant-based <sup>ve</sup> Garlic Aioli	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Crispy Onions	Y	Y	N	N	N	N	N	N	N	N	N	N	Wheat	N	N	N	N
Diced Beetroot	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chopped SunBlush™ Tomatoes	Y	Y	N	N	N	N	N	N	N	N	N	N	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	N
Multi-Seed Mix	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
<b>Cookies, Donuts &amp; Muffins</b>																	
Chocolate Chunk Cookie	Y	N	Y	N	Y	N	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Double Chocolate Cookie	Y	N	Y	N	Y	N	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
White Chip Macadamia Nut Cookie	Y	N	Y	N	Y	N	N	N	Y	Macadamia nut	Wheat	N	N	N	N	N	N
Oatmeal Raisin Cookie	Y	N	Y	N	Y	N	N	N	N	MC - Nuts	Wheat, Oat	N	N	N	N	N	N
Rainbow Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N	N
Mince Pie Cookie	Y	N	Y	N	Y	N	N	N	N	Hazelnut	Wheat	N	N	N	N	N	N
Chocolate Orange Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N	N
Nutella® Muffin	Y	N	Y	N	Y	N	N	N	Y	Hazelnut	Wheat	N	N	N	N	N	N
Sugar Donut	Y	N	N	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N	N
Choco Donut	Y	N	N	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N	N
<b>Soups - Selected Stores</b>																	
Carrot and Coriander	Y	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Country Chicken and Vegetable	N	N	Y	N	Y	N	N	N	N	N	N	N	Wheat, Barley	N	Y	N	N
Cream of Chicken	N	N	Y	N	Y	N	N	N	N	N	N	N	Barley	N	N	N	N
Leek and Potato	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	Y	N	N
Minestrone	N	N	Y	N	Y	N	N	N	N	N	N	N	Wheat	N	Y	N	N
Red Pepper and Tomato	Y	N	N	N	Y	N	N	N	N	N	N	N	Barley	N	N	N	N
Tomato	Y	N	N	N	Y	N	N	N	N	N	N	N	Wheat	N	Y	N	N
Wild Mushroom	Y	N	N	N	Y	N	N	N	N	N	N	N	Wheat, Barley	N	N	N	N
Beef Goulash	N	N	N	N	N	N	N	N	N	N	N	N	Wheat, Barley	N	N	Y	N
Thai Style Vegetable	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Cream of Mushroom	Y	N	Y	N	Y	N	N	N	N	N	N	N	N	N	Y	N	N
<b>Miscellaneous Items</b>																	
DORITOS® Nachos (DORITOS® Lightly Salted Tortilla Chips)	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
DORITOS® FLAMIN' HOT® Nachos (DORITOS® FLAMIN' HOT® Flavoured Tortilla Chips)	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Hash Browns	Y	Y	N	N	N	N	N	N	N	N	N	N	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	N
Flavoured Coffee Syrups: Hazelnut	Y	Y	N	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	N
Coffee / Tea	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cappuccino / Latte / Hot Chocolate / Chocolate Sprinkles (for Cappuccino)	Y	N	N	N	Y	N	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	N	N	Y	N	N
Fountain drinks: Diet Pepsi®	Y	N	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	N
SubShake - Vanilla - Selected Stores	Y	N	N	N	Y	N	N	N	MC	MC - Nuts	MC - Gluten - Wheat	N	N	N	N	N	N
SubShake - Strawberry - Selected Stores	Y	N	N	N	Y	N	N	N	MC	MC - Nuts	MC - Gluten - Wheat	N	N	N	N	N	N
SubShake - Chocolate - Selected Stores	Y	N	N	N	Y	N	N	N	Y	MC - Nuts	MC - Gluten - Wheat	N	N	N	N	N	N
Roasted Garlic & Parsley Spread	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

\* = Form