



# Canada Allergen Information

(Revised March 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. **Individual food items may come in contact with one another during food preparation and is not reflected on this chart.** Please notify the sandwich artist if you have a food allergy.

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, triticale, oats, barley) <sup>1</sup>	Sulfites	Nitrites/Nitrates	Mustard
<b>Bread</b>													
Ciabatta	x		x		x		x	x	•	•			
English Muffin							*		•	•			
Flatbread			•				*		•	•			
Gluten-Free Bread <sup>1</sup>	•												
Italian (White) Bread									•	•			
Italian Herbs and Cheese Bread			•						•	•			
Multigrain Bread									•	•			
Potato Bun	•		x		x				•	•			
Wrap							•		•	•			
<b>Meat, Poultry, Seafood &amp; Eggs</b>													
Bacon Slices												•	
Beans & Corn	•		•		•		•		•	•			•
Brisket							•					•	
Capicola												•	
Chicken, Grilled **							•						
Chicken Strips - Plain							•						
Chicken Strips - Sweet Onion Teriyaki Glazed					•		•		•	•			•
Cold Cut Combo Meats			•									•	•
Egg Patty, Scrambled	•		•										
Ham, Black Forest												•	
Italian BMT® Meats												•	•
Meatballs with Marinara			•				•		•	•			
Pepperoni												•	•
Porchetta, Diced													
Pork Sausage Patty													
Rotisserie-Style Chicken									x	x			
Rotisserie-Style Chicken, Jerk-Spiced							•		•	•			
Rotisserie-Style Chicken, Shawarma									x	x			
Salami												•	
Steak							*						
Tandoori-Spiced Pork Cutlet													
Tuna (without dressing)		•											
Turkey Breast												•	
Veggie Patty							•						
<b>Cheese</b>													
Canadian Cheddar Cheese			•										
Cheddar Cheese, Processed			•				•						
Habanero Jack Cheese			•										
Monterey Jack & Cheddar Cheese Blend, Shredded			•										
Mozzarella, Fresh			•										
Parmesan, Grated			•										
Swiss			•										
<b>Condiments &amp; Dressings</b>													

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, triticale, oats, barley) <sup>1</sup>	Sulfites	Nitrites/Nitrates	Mustard
Bourbon BBQ													•
BBQ, Sweet & Smoky													•
Chimichurri Sauce													
Chipotle Southwest	•		•				*						
Cuban-Style Sauce	•						*						•
Garlic Aioli	•						*						•
House Sandwich Sauce							*						
Jerk Aioli	•						•		•	•			•
Mayonnaise	•						*						•
Mojo Sauce	•												•
Mustard, Yellow													•
Nashville-Style Hot Sauce							*						
Peppercorn Ranch	•		•				*						
Piri Piri Sauce							*						
Smoky Honey Mustard	•						*						•
Sweet Onion Teriyaki Sauce (Contains Poppy Seeds)					•		•		•	•			•
Tahini Garlic Sauce	•					•	*						
Tandoori-Spiced Sauce	•						*						•
<b>Vegetables</b>													
Avocado, Smashed													
Banana Peppers											•		
Jalapeno Pepper Slices											•		
Olives (Green/Black)													
Pickles													
Vegetables, Fresh													
Crispy Onions								•	•			•	
<b>Cookies ** &amp; Desserts</b>													
Chocolate Chip with M&M® Candies	•		•	X			•	X	•	•			
Chocolate Chunk	•		•	X			•	X	•	•			
Double Chocolate	•		•	X			•	X	•	•			
Oatmeal Raisin	•		•	X			•	X	•	•			
White Chip Macadamia Nut	•		•	X			•	•	•	•			
<b>Sidekicks</b>													
Footlong Cookie, Chocolate Chip	•		•		X		•	X	•	•			
Footlong Churro	•		•				•		•	•			
Footlong Pretzel									•	•			
<b>Soups &amp; Sides</b>													
Beef & Barley									•	•			
Chicken Noodle	•								•	•		•	
Cream of Broccoli			•				*		•	•			
Cream of Mushroom			•				*		•	•			
Loaded Baked Potato			•									•	
Rice Blend													
Potato Rings							*						
• = Contains Allergen X = May Contain Allergen													
<sup>1</sup> The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurant contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten free.													
*The only soy-derived ingredient is refined soybean oil.													
**Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies													