



Canada Product Ingredients

(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 list does not include regional or special promotional items as ingredients vary.

BREADS

CIABATTA: Unbleached wheat flour, Water, Extra virgin olive oil, Salt, Malted barley flour, Yeast, Rice flour (for dusting). **Contains: Wheat, Barley. May contain: Almonds, Eggs, Milk, Pecans, Sesame seeds, Soy, Walnuts.**

ENGLISH MUFFIN: Enriched wheat flour, Water, Yeast, Salt, Sugar/Glucose-Fructose, Wheat gluten, Soybean and/or Canola oil, Vegetable Monoglycerides, Calcium Propionate, Sorbic Acid, Fumaric Acid Topping: Cornmeal. **Contains Wheat.**

FLATBREAD: Enriched wheat flour, Water, Soybean oil, Sugar, Wheat sourdough (water, cultured wheat flour), Skim milk powder, Yeast, Salt, Wheat gluten, Cultured wheat flour, Oat bran, Oat fiber, Xanthan gum, Xylanase, Amylase. **Contains: Oats, Wheat, Milk.**

GLUTEN-FREE BREAD (as packaged): Corn starch, Water, Sugars (cane sugar, honey, sugar), Tapioca starch, Palm oil, Dried egg whites, Distilled monoglycerides, Apple cider vinegar, Yeast, Salt, Rice bran and germ, Xanthan gum, Baking powder, Modified cellulose, Pectin, Guar gum, Enzyme (amylase). **Contains Eggs.**

ITALIAN (WHITE) BREAD: Enriched wheat flour (contains barley), Water, Yeast, Sugar, Wheat gluten, Wheat sourdough (cultured wheat flour, natural flavour), Salt, Palm oil shortening, Cultured wheat flour, Mono- and diglycerides, Ascorbic acid, Amylase, Xylanase, Lipase, Glucose oxidase. **Contains: Barley, Wheat.**

ITALIAN HERBS & CHEESE BREAD: Subway® Italian Bread [Enriched wheat flour (contains barley), Water, Yeast, Sugar, Wheat gluten, Wheat sourdough (cultured wheat flour, natural flavour), Salt, Palm oil shortening, Cultured wheat flour, Mono- and diglycerides, Ascorbic acid, Amylase, Xylanase, Lipase, Glucose oxidase]. **Monterey Jack & Cheddar Cheese Blend** [Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium chloride, Microbial enzyme, Annatto, Cellulose (to prevent caking), Natamycin]. **Parmesan-Oregano Topping** [Sugars (corn maltodextrin), Wheat flour, Toasted wheat crumbs, Salt, Spices, Dehydrated garlic, Parmesan cheese solids, Natural flavour, High oleic sunflower oil, Citric acid, Yeast extract, Lactic acid, Silicon dioxide]. **Contains Milk, Barley, Wheat.**

MULTIGRAIN: Enriched wheat flour (contains barley), Water, Whole wheat flour, Yeast, Sugars (sugar, brown sugar, dried blackstrap molasses with wheat starch), Wheat gluten, Rye sourdough (water, fermented rye flour), Salt, Soybean oil, Whole oat groats, Sunflower seeds, Millet seed, Flax seeds, Cracked wheat, Mono- and diglycerides, Ascorbic acid, Glucose oxidase, Amylase, Xylanase, Lipase. **Contains: Barley, Oats, Rye, Wheat.**

POTATO BUN: Unbleached wheat flour, Water, Dehydrated Potatoes, Cane Sugar, Liquid Whole Eggs, Sunflower oil, Liquid Egg Yolks, Liquid Egg White, Salt, Yeast, Malted Barley flour. **May contain Sesame seeds, Milk. Contains Wheat, Barley, Eggs.**

WRAP: Unbleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, Non GMO Canola oil, cultured wheat flour, malted wheat flour, wheat gluten, salt, sugar, sodium acid pyrophosphate, Sodium bicarbonate, Corn starch, Monocalcium phosphate, Guar gum, inactive dry yeast, Soy lecithin, Citric acid, enzymes. **Contains Wheat, Soy and Barley**

MEAT, POULTRY, SEAFOOD & EGGS

BACON SLICES: Pork, Water, Salt, Sugar, Natural smoke flavour, Sodium phosphates, Sodium erythorbate, Sodium nitrite, Smoke.

BEANS & CORN: Navy beans (water, navy beans), Cooked black beans, Corn, Red peppers, Cooked red kidney beans, Canola oil, Green and white onions, Chipotle peppers in adobo sauce (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), Vinegar, Salt, Dried garlic, Spices, Water, Citric acid, Herb. **May contain: Egg, Milk, Mustard, Sesame, Soy, Wheat.**

BRISKET: Beef, Water, Potassium lactate and sodium diacetate, Seasoning (sugars [corn syrup solids], hydrolyzed soy and corn protein, potassium chloride, salt, sodium phosphate, flavour, spice extract), Seasoning (salt, spices, sugar, sodium erythorbate, dehydrated onion and garlic, sodium nitrite, herbs), Smoke. **Contains: Soy**

CAPICOLA: Pork, Water, Sugars (dextrose), Salt, Spices, Vinegar, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke

CHICKEN, GRILLED: Chicken breast, Water, Seasoning (sea salt, sugar, salt, onion powder, chicken broth, garlic powder, flavours, canola oil, spice, spice extracts), Soy protein concentrate, Pea fibre, Sodium phosphate, Spices. **Contains: Soy**

CHICKEN STRIPS: Chicken breast, Water, Seasoning [sugars (maltodextrin, dextrose), potassium chloride, yeast extract, spice, onion powder, flavour, salt, turmeric, garlic powder, chicken broth, paprika, vinegar solids, paprika extracts], Soy protein concentrate/product, Modified potato starch, Pea fiber, Sodium phosphate, Salt, Natural flavour. **Contains: Soy**

CHICKEN STRIPS (Sweet Onion Teriyaki glazed): Subway® Chicken Strips [see above], Sweet Onion Teriyaki Sauce [Sugars (sugar, glucose syrup), Corn sugar vinegar, Water, Soy sauce (water, wheat, soybeans, salt, sodium benzoate), Modified corn starch, Rice vinegar, Salt, Dehydrated onion, Tomato paste, Garlic puree (water, dehydrated garlic, canola oil, citric acid), Mustard seed, Ginger puree, Sesame oil, Dehydrated green onion, Poppy seed, Sesame seed, Spices, Dehydrated red bell pepper, Potassium sorbate, Sodium benzoate, Autolyzed yeast extract, Natural flavours, Dehydrated garlic, Citric acid]. **Contains: Wheat, Soy, Sesame and Mustard.**

COLD CUT COMBO MEATS: Bologna [Pork, Chicken, Water, Modified corn starch, Salt, Potassium lactate, Modified milk ingredients, Sodium phosphate, Spice, Sodium erythorbate,

Sodium diacetate, Sodium nitrite, Garlic powder, Smoke]. Salami [Pork, Chicken, Water, Salt, Potassium lactate, Spice, Sugar, Sodium phosphate, Sodium erythorbate, Garlic powder, Sodium diacetate, Sodium nitrite, Smoke]. Smoked Luncheon Meat [Pork, Water, Modified corn starch, Salt, Potassium lactate, Sugar, Spice, Sodium phosphate, Onion powder, Sodium erythorbate, Garlic powder, Sodium diacetate, Sodium nitrite, Smoke]. **Contains: Milk, Mustard.**

EGG PATTY, SCRAMBLED: Liquid whole eggs, Water, Canola oil, Skim milk powder, Pea hull fibre, Salt, Sugars (corn maltodextrin, dextrose), Citric acid, Guar gum, Xanthan gum, Calcium silicate, Black pepper flavour, Beta carotene. **Contains: Egg and milk.**

HAM, BLACK FOREST: Pork, Water, Rice starch, Sugars (sugar, dextrose), Salt, Modified corn starch, Modified vinegar, Sodium phosphate, Dehydrated pork broth, Carrageenan, Sodium erythorbate, Sodium nitrite, Smoke

ITALIAN BMT MEATS: Ham [Pork, Water, Rice starch, Sugars (sugar, dextrose), Salt, Modified corn starch, Modified vinegar, Sodium phosphate, Dehydrated pork broth, Carrageenan, Sodium erythorbate, Sodium nitrite, Smoke]. **Pepperoni** [Pork, Beef, Salt, Water, Sugars (Dextrose, Corn syrup), Mustard, Spices, Flavorings, Paprika, Oleoresin of paprika, Sodium erythorbate, Bacterial culture, Sodium nitrite]. **Salami** [Pork, Beef, Salt, Water, Sugars (Corn syrup, Dextrose, sugar), Flavours, Wine, Sodium erythorbate, Spices, Sodium nitrate, Garlic, Lactic acid starter culture, Sodium nitrite]. **Contains Mustard**

MEATBALLS WITH MARINARA: Meatballs [Beef, Water, Breadcrumbs [toasted wheat crumbs (enriched flour, sugar, salt, soybean oil, yeast)], Textured soy protein concentrate, Seasoning (dehydrated onion and garlic, salt, spices, dehydrated parsley, soybean oil), Soy protein concentrate, Romano cheese (made from milk, bacterial culture, salt, calcium chloride, rennet and / or microbial enzyme, lipase, powdered cellulose)], **Marinara Sauce** [Tomato Puree (Water, Tomato Paste), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Sugar, Seasoning Blend (Modified Corn Starch, Onion Powder, Herbs and Spices, Salt), Soybean Oil, Salt, Citric Acid]. **Contains: Milk, Soy, Wheat**

PEPPERONI: Pork, Beef, Salt, Water, Sugars (Dextrose, Corn syrup), Spices, Flavours, Oleoresin of paprika, Sodium erythorbate, Lactic acid starter culture, Sodium nitrite. **Contains Mustard**

PORCHETTA, DICED: Pork, Dehydrated garlic, Water, Salt, Modified Vinegar, Dehydrated red bell pepper, Dehydrated green bell pepper, Spice, Flavour.

PORK SAUSAGE PATTY: Pork, Water, Contains less than 2% of Salt, Sugar, Spice, Natural Flavours.

ROTISSERIE STYLE CHICKEN: Chicken Breast, Water, Canola oil, Salt, Chicken broth powder, Sugars (dextrose, maltodextrin), Sodium phosphate, Spice extracts, Chicken powder, Chicken flavour (chicken broth, chicken skins, salt, natural flavour, xanthan gum), Onion powder, Acacia gum, Natural flavour. **May contain wheat.**

ROTISSERIE-STYLE CHICKEN, JERK-SPICED: Subway® Rotisserie-Style Chicken [Chicken Breast, Water, Canola oil, Salt, Chicken broth powder, Sugars (dextrose, maltodextrin), Sodium phosphate, Spice extracts, Chicken powder, Chicken flavour (chicken broth, chicken skins, salt, natural flavour, xanthan gum), Onion powder, Acacia gum, Natural flavour], **Jerk seasoning** [Sugars (sugar, maltodextrin, molasses), spices, modified corn starch, salt, garlic powder, soy sauce (wheat, soybeans, salt, bacteria and yeast cultures), onion powder, vinegar, spice extracts, smoke flavour, silicon dioxide (mfg. aid)] **Contains Soy, Wheat, Gluten**

ROTISSERIE STYLE CHICKEN, SHAWARMA SPICED: Subway® Rotisserie-Style Chicken [Chicken Breast, Water, Canola oil, Salt, Chicken broth powder, Sugars (dextrose, maltodextrin), Sodium phosphate, Spice extracts, Chicken powder, Chicken flavour (chicken broth, chicken skins, salt, natural flavour, xanthan gum), Onion powder, Acacia gum, Natural flavour], **Shawarma Seasoning** [Sugars (maltodextrin), salt, spices, onion powder, garlic powder]. **May contain wheat.**

SALAMI: Pork, Beef, Salt, Water, Sugars (Corn syrup, Dextrose, sugar), Flavours, Wine, Sodium erythorbate, Spices, Sodium nitrate, Garlic, Lactic acid starter culture, Sodium nitrite

STEAK: Beef, Water, Salt, Modified corn starch, Sugars (sugar, dextrose, caramelized sugar, maltodextrin (corn, potato)), Sodium phosphate, Autolyzed yeast, Dried tomato, Flavouring, Lemon juice solids, Onion powder, Garlic powder, Citric acid, Hydrolyzed corn protein, Sodium hydroxide, Soybean oil

STEAK, JERK-SPICED: Subway® Steak [Beef, Water, Salt, Modified corn starch, Sugars (sugar, dextrose, caramelized sugar, maltodextrin (corn, potato)), Sodium phosphate, Autolyzed yeast, Dried tomato, Flavouring, Lemon juice solids, Onion powder, Garlic powder, Citric acid, Hydrolyzed corn protein, Sodium hydroxide, Soybean oil] **Jerk seasoning** [Sugars (sugar, maltodextrin, molasses), spices, modified corn starch, salt, garlic powder, soy sauce (wheat, soybeans, salt, bacteria and yeast cultures), onion powder, vinegar, spice extracts, smoke flavour, silicon dioxide (mfg. aid)] **Contains Soy, Wheat, Gluten**

TANDOORI SPICED BONELESS RIB: Boneless Rib Patty [Pork, Water, Brown sugar, Salt, Sodium phosphate, Canola oil], **Tandoori Seasoning** [Spices, salt, dried garlic, yeast extract, sugars (sugar, fructose), dried onion, spice extracts, beet colour (beet red, maltodextrin, citric acid), silicon dioxide (mfg. aid)]

TUNA (without dressing): Tuna, water, salt. **Contains Fish.**

TURKEY BREAST: Turkey breast, Water, Sugars (dextrose, corn maltodextrin), Salt, Rice starch, Modified corn starch, Flavour, Modified vinegar, Sodium phosphate, Spices, Carrageenan, Potassium chloride, Ascorbic acid, Sodium nitrite, Smoked flavour, Smoke

VEGGIE PATTY: Carrots, Onions, Green Beans, Oat Bran, Expeller Pressed Canola Oil, Zucchini, Soybeans, Peas, Broccoli, Corn, Soy Flour, Spinach, Red Bell Peppers, Arrowroot Powder, Garlic, Corn Starch, Corn Meal, Salt, Methyl Cellulose, Parsley, Black Pepper.
Contains: Soy

CHEESE

CANADIAN CHEDDAR CHEESE: Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium chloride, Annatto, Microbial enzyme. **Contains Milk.**

CHEDDAR CHEESE, PROCESSED: Cheese (milk, modified milk ingredients, cream, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, lipase, sorbic acid), Modified milk ingredients, Water, Glucose, Sodium citrate and/or Sodium phosphate, Salt, Sorbic acid, Soy lecithin, Soybean oil (for slice separation), Citric acid, Acetic acid, Carboxymethylcellulose. **Contains Milk and Soy**

HABANERO JACK CHEESE: Milk, Salt, Habanero/Jalapeno seasoning, Bacterial culture, Calcium chloride, Microbial enzyme. **Contains Milk**

MONTEREY JACK & CHEDDAR CHEESE BLEND (SHREDDED): Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium chloride, Microbial enzyme, Annatto, Cellulose (to prevent caking), Natamycin **Contains: Milk**

MOZZARELLA, FRESH: Milk, Salt, Vinegar, Citric acid, Microbial enzyme, Bacterial culture. **Contains Milk.**

PARMESAN, GRATED: Milk, Bacterial Culture, Salt, Lipase, Microbial Enzyme, Cellulose, Sorbic Acid, May Contain Calcium Chloride. **Contains Milk**

SWISS: Milk, Modified milk ingredients, Salt, Bacterial culture, Microbial enzyme. **Contains Milk**

VEGETABLES

AVOCADO, SMASHED: Hass avocados, sea salt

BANANA PEPPERS: Banana Peppers, Water, White Vinegar, Salt, Calcium Chloride, Sodium benzoate (as a preservative), Polysorbate 80, Sodium Metabisulfite, Seasonings, and Turmeric.

CUCUMBERS: Long English cucumbers

GREEN PEPPERS: Green bell peppers

JALAPEÑO PEPPER SLICES: Jalapeno peppers, water, distilled vinegar, salt, natural flavor, sodium benzoate (preservative), calcium chloride, sodium metabisulfite (preservative)

LETTUCE: Fresh iceberg variety

OLIVES, BLACK: Sliced black olives, water, salt, ferrous gluconate

OLIVES, GREEN: Green Olives, Water, Salt and Citric Acid

ONIONS: Red onions

PICKLES: Cucumbers, water, distilled vinegar, salt, calcium chloride, alum, sodium benzoate (preservative), natural flavors, polysorbate 80, turmeric.

SPINACH: Baby Spinach

TOMATOES, RED: Fresh red ripe

TOMATOES, PINK: Pink Tomatoes

CRISPY ONIONS: Onions, Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Vegetable oil (sunflower, safflower and/or canola), Sea salt. **Contains Wheat**

CONDIMENTS & SEASONINGS

BBQ, SWEET & SMOKY: Sugars (sugar, glucose syrup, blackstrap molasses, pineapple juice concentrate), Tomato paste, Water, Vinegar, Salt, Natural flavour, Spices, Sodium benzoate, Dehydrated garlic, Paprika extract **Contains Mustard**

BOURBON BBQ: Sugars (sugar, honey, apple cider concentrate), Water, Tomato paste, Vinegar, Salt, Modified corn starch, Bourbon whisky (bourbon, salt), Spices, Natural smoke flavour, Natural flavour, Sodium benzoate, Potassium sorbate, Calcium disodium EDTA. **Contains: Mustard.**

CHIMICHURRI SAUCE Canola Oil, Extra Virgin Olive Oil, Parsley, Cilantro, Red Wine Vinegar, Garlic (Garlic, Water), Lime Juice, Shallots, Water, Thyme, Spices, Sea Salt, Basil, Sugar, Sodium Benzoate (Preservative), Potassium Sorbate (Preservative).

CHIPOTLE SOUTHWEST: Soybean oil, Water, Chipotle pepper sauce concentrate (chipotle pepper puree, water, vinegar, salt, sugar, onion powder), Buttermilk (partially skimmed milk, salt, sodium citrate, bacterial culture), Vinegar, Liquid egg yolk, Skim milk powder, Salt, Modified corn starch, Sugar, Dehydrated onion, Phosphoric acid, Autolyzed yeast extract (salt), Xanthan gum, Dehydrated garlic, Dried yeast, Sodium benzoate, Potassium sorbate, Lactic acid, Dehydrated parsley, Polysorbate 60, Paprika extract, Natural flavour, Sucralose (0.36 mg per 15 mL serving), Calcium disodium EDTA Sweetened with Sucralose and Sugar. **Contains Egg and Milk.**

CUBAN-STYLE SAUCE: Soybean oil, Water, Frozen yolk, Garlic, Concentrated lime juice, Vinegar, Spices, Salt, Maltodextrin, Dehydrated parsley, Mustard flour, Yeast extract, Xanthan gum, Dehydrated cilantro, Herb, Phosphoric acid, Potassium sorbate, Sodium benzoate, Natural flavour, Calcium disodium EDTA. **Contains: Egg, Mustard.**

GARLIC AIOLI: Soybean oil, Water, Sugar, Prepared mustard (vinegar, water, mustard seed, salt), Garlic puree (water, dehydrated garlic, canola oil, citric acid), Liquid egg yolk, Extra virgin olive oil, Salt, Vinegar, Concentrated lemon juice, Modified corn starch, Dehydrated garlic, Dehydrated onion, Xanthan gum, Natural flavour, Spices, Potassium sorbate, Sodium benzoate, Citric acid, Calcium disodium EDTA. **Contains: Mustard, Egg.**

HOUSE SANDWICH SAUCE: Soybean oil, Water, Vinegar, Sugar, Seasoning (spices, natural flavour, hydrolyzed corn protein, yeast extract, salt, parsley, dehydrated garlic, dehydrated onion), Salt, Xanthan gum, Propylene glycol alginate, Sodium benzoate, Potassium sorbate.

JERK AIOLI: Subway® Mayonnaise (Soybean oil, Water, Liquid egg yolks, Vinegar, Salt, Sugar, Liquid whole eggs, Spices, Concentrated lemon juice, Calcium disodium EDTA), **Jerk seasoning** (Sugars (sugar, maltodextrin, molasses), spices, modified corn starch, salt, garlic powder, soy sauce (wheat, soybeans, salt, bacteria and yeast cultures), onion powder, vinegar, spice extracts, smoke flavour, silicon dioxide (mfg. aid)) **Contains Soy, Wheat, Gluten, Egg, Mustard**

MAYONNAISE: Soybean oil, Water, Liquid egg yolks, Vinegar, Salt, Sugar, Liquid whole eggs, Spices, Concentrated lemon juice, Calcium disodium EDTA. **Contains Egg and Mustard**

MOJO SAUCE: Subway® Mayonnaise (Soybean oil, Water, Liquid egg yolks, Vinegar, Salt, Sugar, Liquid whole eggs, Spices, Concentrated lemon juice, Calcium disodium EDTA), **Mojo Seasoning** (Spices, Dehydrated garlic, Sugar, Salt, Onion powder, Citric acid, Sodium diacetate, Spice extracts, Lime oil). **Contains Egg and Mustard**

MUSTARD (Yellow): Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors and Garlic Powder. **Contains Mustard.**

NASHVILLE-STYLE HOT SAUCE Water, Soybean oil, Sugars (sugar), Hot sauce (aged cayenne pepper, distilled vinegar, salt, garlic), Vinegar, Spices, Salt, Paprika, Dehydrated garlic, Modified corn starch, Xanthan gum, Turmeric, Potassium sorbate, Sodium benzoate, Propylene glycol alginate, Calcium disodium EDTA.

PEPPERCORN RANCH: Soybean oil, Water, Buttermilk (partly skimmed milk, salt, sodium citrate, bacterial culture), Vinegar, Liquid egg yolk, Sugar, Salt, Buttermilk powder, Natural flavours, Spices, Lactic acid, Dehydrated garlic, Xanthan gum, Dehydrated onion, Herbs, Sodium benzoate, Potassium sorbate, Calcium disodium EDTA. **Contains Egg and Milk**

PEPPER, BLACK: Black Pepper

PIRI PIRI SAUCE: Soybean oil, water, Roasted red bell pepper puree (red bell pepper, water, salt, citric acid), Vinegar, Tomato paste, Chili garlic sauce (red chili pepper, vinegar, salt, dehydrated garlic, natural flavours, paprika extract, xanthan gum, guar gum), Sugar, Salt, Spices and herbs, Dehydrated red bell pepper, Concentrated lemon juice, Dehydrated garlic, Dehydrated onion, Xanthan gum, Propylene glycol alginate, Paprika extract, Sodium benzoate, Potassium sorbate, Calcium disodium EDTA.

SALT: Salt

SMOKY HONEY MUSTARD: Soybean oil, Sugars (sugar, honey), Creole mustard (water, vinegar, mustard seed, salt, xanthan gum), Dijon mustard (distilled vinegar, water, mustard seed, salt, white wine, citric acid, turmeric, spices, tartaric acid), Vinegar, Liquid egg yolk, Water, Salt, Spices, Natural flavour, Xanthan gum, Turmeric, Sodium benzoate, Dehydrated onion, Dehydrated garlic, Seasoning, Paprika, Oleoresin turmeric, Calcium disodium EDTA. **Contains Mustard and Egg**

SWEET ONION TERIYAKI SAUCE: Sugars (sugar, glucose syrup), Corn sugar vinegar, Water, Soy sauce (water, wheat, soybeans, salt, sodium benzoate), Modified corn starch, Rice vinegar, Salt, Dehydrated onion, Tomato paste, Garlic puree (water, dehydrated garlic, canola oil, citric acid), Mustard seed, Ginger puree, Sesame oil, Dehydrated green onion, Poppy seed, Sesame seed, Spices, Dehydrated red bell pepper, Potassium sorbate, Sodium benzoate, Autolyzed yeast extract, Natural flavours, Dehydrated garlic, Citric acid. **Contains: Wheat, Soy, Sesame and Mustard.**

TAHINI GARLIC SAUCE: Soybean oil, Water, Sesame paste, Vinegar, Egg yolk, Olive oil, Sugars (sugar), Salt, Spices, Concentrated lemon juice, Dehydrated garlic, Xanthan gum, Natural Flavour, Sodium benzoate, Potassium sorbate, Propylene glycol alginate, Herbs, Calcium disodium EDTA. **Contains: Egg, Sesame Seeds.**

TANDOORI-SPICED SAUCE: Subway® Mayonnaise [Soybean oil, Water, Liquid egg yolks, Vinegar, Salt, Sugar, Liquid whole eggs, Spices, Concentrated lemon juice, Calcium disodium EDTA], Tandoori Seasoning [Spices, salt, dried garlic, yeast extract, sugars (sugar, fructose), dried onion, spice extracts, beet colour (beet red, maltodextrin, citric acid), silicon dioxide (mfg. aid)]. **Contains Egg and Mustard**

COOKIES

CHOCOLATE CHIP WITH M&M® CANDIES: Enriched wheat flour, Sugars (sugar, blackstrap molasses), Palm oil, Semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavour, milk ingredients), M&Ms milk chocolate candies (milk chocolate [sugar, cocoa mass, milk ingredients, cocoa butter, lactose (milk), soy lecithin, salt, artificial flavour, flavour], sugars (sugar, corn syrup), cornstarch, tapioca dextrin, carnauba wax, modified coconut oil and/or modified palm oil (medium chain triglycerides), gum arabic, titanium dioxide, brilliant blue FCF, sunset yellow, allurared ,tartrazine, indigotine), Liquid whole eggs, Water, Salt, Sodium bicarbonate, Whey powder (milk), Natural flavour. **Contains Egg, Milk, Soy, Wheat. May contain Peanuts, Almonds, cashew, hazelnuts, macadamia nuts, pecans, pine nuts, pistachio, walnuts.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

CHOCOLATE CHUNK: Enriched wheat flour, Sugars (sugar, invert sugar, blackstrap molasses), Semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, natural flavour), Palm oil, Liquid whole eggs, Water, Whey powder (milk), Sodium bicarbonate, Salt, Natural flavours. **Contains Eggs, Milk, Soy, Wheat. May contain: Peanuts, almonds, Macadamia nuts, Pecans, Walnuts** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

DOUBLE CHOCOLATE: Sugars (sugar, blackstrap molasses), Enriched wheat flour, Palm and modified palm oil spread (palm and modified palm oil, butter [milk], water, salt, flavours [contains milk], beta carotene [colour], vitamin A palmitate), White confectionery chips (sugar, modified palm kernel oil and/or modified palm oil and/or palm oil, skim milk powder, soy lecithin, natural flavour), Semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavour, milk ingredients), Liquid whole eggs, Cocoa powder, Water, Wheat starch, Flavours, Sodium bicarbonate, Soy lecithin, Salt. **Contains: Eggs, Milk, Soy,**

Wheat. May contain: Peanut, Almond, Cashew, Hazelnut, Macadamia nut, Pecan, Pine nut, Pistachio, Walnut. *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

OATMEAL RAISIN: Sugars (sugar, blackstrap molasses), Enriched wheat flour, Raisins, Palm oil, Rolled oats, Liquid whole eggs, Water, Natural flavour, Whey powder (milk), Sodium bicarbonate, Salt, Spice. **Contains Eggs, Milk, Oats, Wheat. May Contain: Peanuts, Almonds, Cashew, Hazelnuts, Macadamia nuts, Pecans, Pine Nuts, Pistachio, Walnut.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

WHITE CHIP MACADAMIA NUT: Enriched wheat flour, Sugars (sugar, blackstrap molasses), Palm and modified palm oil spread (palm and modified palm oil, butter [milk], water, salt, natural flavour [contains milk], beta carotene [colour], vitamin A palmitate), White confectionery chips (sugar, modified palm kernel oil and/or modified palm oil and/or palm oil, skim milk powder, soy lecithin, natural flavour), Macadamia nuts, Liquid whole eggs, Water, Pre-gelatinized wheat starch, Sodium bicarbonate, Soy lecithin, Salt, Natural flavour. **Contains: Eggs, Macadamia nuts (tree nuts), Milk, Soy, Wheat. May contain: Peanuts, Almonds, Coconut, Pecans, Walnuts.** *(Due to the nature of how these cookies are displayed they may come in contact with peanut cookies.)*

CHOCOLATE CHUNK COOKIE ICE CREAM SANDWICH: Subway® Chocolate Chunk Cookie [Enriched wheat flour, Sugars (sugar, invert sugar, blackstrap molasses), Semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, natural flavour), Palm oil, Liquid whole eggs, Water, Whey powder (milk), Sodium bicarbonate, Salt, Natural flavours] **Vanilla Ice Cream puck** [Cream, Sugars (sugar, glucose), Modified milk ingredients, Ice cream stabilizer (Mono- And Diglycerides, Guar Gum, Cellulose Gum, Dextrose, Carrageenan, Locust Bean Gum), Artificial flavour, Tartrazine, Sunset yellow FCF. **Contains Eggs, Milk, Soy, Wheat. May contain: Peanuts, tree nuts, almonds, Macadamia nuts, Pecans, Walnuts** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

SIDEKICKS

FOOTLONG COOKIE, CHOCOLATE CHIP: Enriched wheat flour, Sugars (sugar, liquid invert sugar, fancy molasses), Semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavour, milk ingredients), Margarine, Liquid whole eggs, Butter (milk), Wheat starch, Sodium bicarbonate, Salt, Soy lecithin, Natural flavour. **Contains: Eggs, Milk, Soy, Wheat. May contain: Tree nuts (pecans, walnuts), Sesame.** *(Due to the nature of how these cookies are displayed they may come in contact with sesame allergen.)*

FOOTLONG CHURRO: Wheat Starch, Vegetable Oil (Contains One or More of the Following: Canola Oil, Cottonseed Oil, Palm Oil, Soybean Oil), Water, Natural and Artificial Flavors, Yellow Corn Flour, Contains 2% or Less of the Following: Sodium Caseinate, Eggs, Cinnamon, Egg Whites, Egg Yolks, Guar Gum, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Mono- and Diglycerides, Propylene Glycol Mono-And Diesters of Fatty Acids, Salt, Soy Lecithin, Sugar. **Cinnamon Sugar Packet: Sugar, Cinnamon. Contains: Egg, Milk, Soy, Wheat.**

FOOTLONG PRETZEL: Enriched Flour (Wheat, Barley), Water, Palm Oil Shortening, Sea Salt, Yeast, Mono-And-Diglycerides, Sugars (Malted Barley Extract, Corn Syrup Solids), Guar Gum, Sodium Hydroxide, Vegetable Oil, Enzymes. Sea Salt
Contains: Wheat

SOUPS & SIDES

(Not available in all locations)

BEEF AND BARLEY: Water, Carrots, Sugars (maltodextrin) , Green Peas, Diced beef (beef, salt) , Barley, Diced onion, Sweet corn, Tomato paste, Modified corn starch, Salt, Roasted diced tomato (fire roasted diced tomatoes, tomato juice, salt, calcium chloride, citric acid) , Natural flavour, Yeast extract (yeast extract, salt) , Beef stock, Xanthan gum, Black pepper, Dehydrated parsley. **Contains gluten (barley).**

CHICKEN NOODLE: Water, White Chicken Meat, Carrots, Noodles (Semolina [Wheat], Eggs, Niacin, Iron [Ferrous Sulfate], Thiamin Mononitrate, Riboflavin, Folic Acid), Celery, Chicken and Stock Base (Chicken Stock, Yeast Extract, Chicken, Natural Flavors, Salt, Chicken Fat, Dried Potato, Xanthan Gum), Seasoning (Sea Salt, Yeast Extract, Natural Flavor, Disodium Inosinate and Disodium Guanylate), Seasoning (Corn Starch, Sugar, Spice, Xanthan Gum, Guar Gum, Turmeric Extractives [for color], Natural Flavor), Chicken Fat (Chicken Fat, Natural Flavoring), Parsley, Tomato Concentrate. **Contains: Egg, Wheat**

CREAM OF BROCCOLI: Water, Broccoli, Whole Milk (Milk, Vitamin D3), Whipping Cream (Cream, Milk), Seasoning (Corn Syrup Solids, Wheat Flour, Modified Corn Starch, Yeast Extract, Natural Flavor [contains milk], Dehydrated Onion, Garlic Powder, Spice), Skim Milk Powder, Modified Corn Starch, Onions, Dry Cream (Whole Milk, Cream), Sea Salt, Soybean Oil, Lemon Juice, Natural Flavor. **Contains: Milk and Wheat**

CREAM OF MUSHROOM: Water, Sliced mushroom, Cream (milk, cream, vitamin A palmitate, vitamin D3), Wheat flour enriched (wheat flour, niacin, reduced Iron, thiamine mononitrate, riboflavin, folic acid), Whey powder, Soybean oil, Modified corn starch, Butter, Salt, Yeast extract (yeast extract, salt), Xanthan gum. **Contains Milk, Wheat.**

LOADED BAKED POTATO WITH BACON: Water, Potato (potatoes, sodium acid pyrophosphate), Cream (milk, cream), Sugars (maltodextrin), Diced onion, Potato soup seasoning (modified corn starch, salt, enriched wheat flour, sugar, yeast extract, whey powder, spice, natural flavouring), Parmesan cheese (milk, salt, bacterial culture, lipase, calcium chloride, microbial enzyme, cellulose), Bacon [pork, water, salt, sugar, sodium erythorbate, sodium nitrite. may contain: sugars (dextrose, brown sugar, honey), smoke flavour, sodium phosphates, sea salt, potassium chloride, sodium diacetate, flavour], Cream cheese (modified milk ingredients, salt, lactic acid, sodium phosphate, locust bean gum, citric acid), Green onion, Butter, Natural flavour, Tabasco sauce (distilled vinegar, red pepper and salt). **Contains Milk and Wheat.**

RICE BLEND Water, Rice Blend (Brown Rice, Red Rice, Wild Rice), Olive Oil, Salt, Garlic Powder, Black Pepper

POTATO RINGS: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Calcium Lactate, Dehydrated Potatoes (Potatoes, Mono and Diglycerides, Sodium Acid Pyrophosphate (To Maintain Color), Citric Acid (To Maintain Color)), Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Yellow Corn Flour.