



Canada Allergen Information

(Revised January 2024)

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) ¹	Sulfites	Nitrites/Nitrates	Mustard
Bread													
Cheesy Tex Mex Bread			•				•		•	•			
English Muffin							*		•	•			
Flatbread			x				*		•	•			
Gluten-Free Bread ¹	•												
Italian (White) Bread							•		•	•			
Italian Herbs and Cheese Bread			•				•		•	•			
Multigrain Bread							•		•	•			
Potato Bun	•		x		x				•	•			
Wrap							•		•	•			
Meat, Poultry, Seafood & Eggs													
Bacon Slices												•	
Brisket							•					•	
Capicola												•	
Chicken, Grilled **							•						
Chicken, Crispy	•		•				x		•	•			
Chicken Strips - Plain							•						
Chicken Strips - Sweet Onion Teriyaki Glazed					•		•		•	•			•
Cold Cut Combo Meats			•									•	•
Egg Omelet Patty	•		•										
Ham, Black Forest												•	
Italian BMT® Meats												•	•
Meatballs with Marinara			•				•		•	•			
Pepperoni												•	•
Rotisserie-Style Chicken									x	x			
Rotisserie-Style Chicken, Jerk-Spiced							•		•	•			
Salami												•	
Steak							*						
Steak, Jerk-Spiced							•		•	•			
Tuna (without dressing)		•											
Turkey Breast												•	
Veggie Patty							•						
Cheese													
Canadian Cheddar Cheese			•										
Cheddar Cheese, Processed			•				•						
Habanero Jack Cheese			•										
Monterey Jack & Cheddar Cheese Blend, Shredded			•										
Mozzarella, Fresh ²			•										
Parmesan, Grated			•										
Condiments & Dressings													
BBQ, Sweet & Smoky													•
Chipotle Southwest	•		•				*						
Creamy Sriracha	•						*						•
Garlic Aioli	•						*						•

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Green Goddess Dressing	•		•										
House Sandwich Sauce							*						
Jerk Aioli	•						•		•	•			•
Mayonnaise	•						*						•
Mustard, Yellow													•
Peppercorn Ranch	•		•				*						
Smoky Honey Mustard	•						*						•
Sunflower Seed Basil Pesto			•										
Sweet Onion Teriyaki Sauce (Contains Poppy Seeds)					•		•		•	•			•
Vegetables													
Avocado, Smashed													
Banana Peppers											•		
Jalapeno Pepper Slices											•		
Olives (Green/Black)													
Pickles													
Vegetables, Fresh													
Cookies ** & Desserts													
Chocolate Chip with M&M® Candies	•		•	X			•	X	•	•			
Chocolate Chunk	•		•	X			•	X	•	•			
Double Chocolate	•		•	X			•	X	•	•			
Oatmeal Raisin	•		•	X			•	X	•	•			
Raspberry Cheesecake	•		•	X			•	X	•	•		•	
White Chip Macadamia Nut	•		•	X			•	•	•	•			
Soups & Sides													
Beef & Barley							•		•	•			
Chicken Noodle	•								•	•		•	
Cream of Broccoli			•				*		•	•			
Cream of Mushroom			•				*		•	•			
Loaded Baked Potato			•						•	•		•	
Rice Blend													
Crispy Onions									•	•		•	
• = Contains Allergen X = May Contain Allergen													
¹ 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.													
² Fresh Mozzarella Product													
*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													