

ALLERGEN INFORMATION

SEPTEMBER 2024

| Symbol | Meaning |
|--------|---|
| Y | Ingredients suitable for vegetarian / plant-based diet |
| X | Allergen contained in the ingredient |
| MC | May Contain - the allergen is present at the ingredient's manufacturing site and our suppliers believe there is a significant risk this allergen could cross-contaminate the ingredient |

| | Ingredient suitable for vegetarians | Ingredient suitable for a plant-based diet | Egg | Fish | Milk (lactose) | Peanuts | Sesame | Crustaceans | Soya | Tree Nuts | Cereals containing gluten | | | | | Sulphites | Celery | Mustard | Lupin | Molluscs |
|---|-------------------------------------|--|-----|------|----------------|---------|--------|-------------|------|-----------|---------------------------|--------|-----|-----|-------|-----------|--------|---------|-------|----------|
| | | | | | | | | | | | Wheat | Barley | Oat | Rye | Spelt | | | | | |
| All food is freshly prepared in our kitchens and whilst we have controls in place to minimise cross-contamination, many allergens are handled in store and we cannot guarantee that our food will be allergen free or that it will be suitable for those with allergies. Our vegan items are made to vegan recipes, however, they are not suitable for those with dairy & egg allergies. | | | | | | | | | | | | | | | | | | | | |
| Bread | | | | | | | | | | | | | | | | | | | | |
| Italian White Bread | Y | Y | | | | | | | X | | X | | | | | | | | | |
| Wholegrain Bread | Y | Y | | | | | | | X | | X | X | | | | | | | | |
| Wheat Bread | Y | Y | | | | | | | X | | X | X | X | X | | | | | | |
| Hearty Italian Bread | Y | Y | | | | | | | X | | X | | | | | | | | | |
| Italian Herb & Cheese Bread | Y | | | | X | | | | X | | X | | | | | | | | | |
| Honey & Oat Bread | Y | | | | | | | | X | | X | X | X | X | | | | | | |
| Jalapeños Cheese Bread | Y | | | | X | | | | X | | X | | | | X | | | | | |
| Gluten Free Bread* | Y | Y | | | | | | | | | | | | | | | | | | |
| Plain Tortilla Wrap | Y | Y | | | | | | | | | X | | | | | | | | | |
| Meat, Poultry, Fish, Eggs & Plant-Based Proteins | | | | | | | | | | | | | | | | | | | | |
| Roast Chicken Breast Strips / Ham* / Turkey Breast* | | | | | | | | | | | | | | | | | | | | |
| Bacon/ Pepperoni / Salami | | | | | | | | | | | | | | | | | | | | |
| Chicken Tikka | | | | | X | | | | | | X | | | | | | | | | |
| Rotisserie-Style Chicken | | | | | | | | | | | | | | | | | | | | |
| Nacho Chicken Bites | | | | | MC | | | | MC | | X | | | | | | | | | |
| Meatballs (in Marinara Sauce) | | | | | X | | | | | | X | | | | | | | | | |
| Meatballs (in BBQ Sauce) | | | | | X | | | | | | X | X | | | | | | X | | |
| Breakfast Sausage Pattie | | | | | | | | | | | X | | | | | | | | | |
| Philly Steak* | | | | | | | | | | | | X | | | | | | | | |
| Pigs in Blankets | | | | | | | | | | | | | | | | | | | | |
| Tuna (With Lite Mayonnaise) | | | X | X | | | | | | | | | | | X | | | X | | |
| Poached Egg | Y | | X | | | | | | | | | | | | | | | | | |
| Plant-Based Steak | Y | Y | | | | | | | X | | X | | | | | MC | | MC | | |
| Plant Patty | Y | Y | | | | | | | X | | X | | | | | X | | MC | | |
| Cheese & Vegetables | | | | | | | | | | | | | | | | | | | | |
| American Sliced Cheese | Y | | | | X | | | | | | | | | | | | | | | |
| Shredded Mozzarella & Cheddar Cheese / Mozzarella | Y | | | | X | | | | | | | | | | | | | | | |
| Monterey Jack Cheddar Slices / Peppered Cheese | Y | | | | X | | | | | | | | | | | | | | | |
| Vegan CheeZe | Y | Y | | | | | | | | | | | | | | | | | | |
| Jalapeños | Y | Y | | | | | | | | | | | | | X | | | | | |
| Lettuce / Cucumber / Mixed Peppers / Tomato | Y | Y | | | | | | | | | | | | | | | | | | |
| Onion / Pickles / Sweetcorn / Olives | Y | Y | | | | | | | | | | | | | | | | | | |
| Sauces & Condiments | | | | | | | | | | | | | | | | | | | | |
| BBQ Sauce | Y | | | | | | | | | | | X | | | | | | X | | |
| HP Brown Sauce | Y | | | | | | | | | | | X | | X | | | | | | |
| Chipotle Southwest Sauce | Y | | X | | | | | | | | | | | | | | | X | | |
| Extra Spicy Chipotle | Y | | | | | | | | | | | | | | | | | X | | |
| Lite Mayonnaise | Y | | X | | | | | | | | | | | | | | | X | | |
| Garlic & Herb Sauce | Y | Y | | | | | | | | | | | | | | | | X | | |
| Teriyaki Sauce | Y | Y | | | | | | | X | | | | | | | | | | | |
| Sticky Sweet Chilli Sauce | Y | Y | | | | | | | | | X | | | | | | | | | |
| Sweet Onion Sauce | Y | Y | | | | | | | | | | | | | | | | X | | |
| Tomato Ketchup | Y | Y | | | | | | | | | | | | | | X | | | | |
| Caesar Sauce | Y | | X | | X | | | | X | | | | | | | | | | | |
| Marinara Sauce / Salsa / Garlic-Infused Oil | Y | Y | | | | | | | | | | | | | | | | | | |
| Caramelised Red Onion in Balsamic Vinegar | Y | Y | | | | | | | | | | | | | | | | | | |
| Mango Habanero Sauce | Y | Y | | | | | | | | | | | | | | | | | | |
| Chimichurri Sauce | Y | | | | | | | | | | | | | | | | | | | |
| Pesto | Y | | | | X | | | | | | | | | | | | | | | |
| Crispy Onions | Y | Y | | | | | | | | | X | | | | | | | | | |
| Sea Salt / Mixed Peppercorns / Southwest Seasoning | Y | Y | | | | | | | | | | | | | | | | | | |
| Desserts | | | | | | | | | | | | | | | | | | | | |
| Footlong Cookie | Y | | X | | X | | | | X | MC | X | | | | | | | | | |
| Footlong Churro | Y | | X | | X | | | | X | | X | | | | | | | | | |
| Caramel Sauce | Y | | | | X | | | | | | | | | | | | | | | |
| Chocolate Chunk Cookie | Y | | X | | X | | | | X | MC | X | | | | | | | | | |
| White Macadamia Cookie | Y | | X | | X | | | | X | MC | Macademia | X | | | | | | | | |
| Rainbow Chocolate Chip Cookie | Y | | X | | X | | | | X | MC | X | | | | | | | | | |
| Double Chocolate Cookie | Y | Y | MC | | MC | | | | X | | MC | X | | | | | | | | |
| Sticky Toffee Pudding Cookie | Y | | MC | | X | | | | X | | MC | X | | | | | | | | |
| Raspberry Cheescake Cookie | Y | | X | | X | | | | X | | MC | X | | | | | | | | |
| Oreo® Muffin | Y | | X | | X | | | | X | | MC | X | | | | | | | | |
| Sugared Donut / Chocolate Donut | Y | | MC | | X | | | | X | | MC | X | | | | | | | | |
| Snacks & Sides | | | | | | | | | | | | | | | | | | | | |
| Doritos® Nachos (Doritos® Lightly Salted Tortilla Chips) | Y | | | | X | | | | MC | | MC | MC | | | | | | | | |
| Doritos® Nachos (Doritos® Tangy Cheese Tortilla Chips) | Y | | | | X | | | | MC | | X | MC | | | | | | | | |
| Doritos® Nachos (Doritos® Chilli Heatwave Chips) | Y | | | | X | | | | X | | X | MC | | | | | | | | |
| Cheesy Bites | Y | | | | X | | | | | | X | | | | | | | | | |
| Chipotle Cheesy Bites | Y | | | | X | | | | | | X | | | | | | | | | |
| Hash Browns, Crinkle Wedges | Y | Y | | | | | | | | | | | | | | | | | | |
| Waffle Fries | Y | Y | | | | | | | | | X | | | | | | | | | |
| Drinks | | | | | | | | | | | | | | | | | | | | |
| Flavoured Coffee Syrups: Vanilla, Caramel | Y | Y | | | | | | | | | | | | | | | | | | |
| Flavoured Coffee Syrups: Hazelnut | Y | Y | | | | | | | | Hazelnut | | | | | | | | | | |
| Flavoured Coffee Syrups: Honeycomb | Y | | | | | | | | | | | | | | | | | | | |
| Black Coffee / Black Tea | Y | Y | | | MC | | | | | | | | | | | | | | | |
| Cappuccino / Latte / Coffee With Milk / Tea With Milk | Y | | | | X | | | | | | | | | | | | | | | |
| Hot Chocolate / Chocolate Sprinkles (for Cappuccino) | Y | | | | X | | | | | | | | | | | | | | | |
| Fountain Drinks: Robinsons® Apple & Blackcurrant | Y | Y | | | | | | | | | | | | | X | | | | | |
| Fountain Drinks: Other | Y | Y | | | | | | | | | | | | | | | | | | |

*Formed meat.
IOI = Only available in the Island of Ireland.
Our plant-based products may come into contact with non-plant-based products.
*Our Gluten Free Bread is manufactured in a gluten free facility, however, as other ingredients in our stores contain gluten and products are prepared on shared equipment, our Gluten Free Bread may come into contact with gluten as we prepare your meal.
Correct at time of printing (July 2024). */© 2024 Subway IP LLC.

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SEPTEMBER 2024

| Symbol | Meaning |
|--------|---|
| Y | Ingredients suitable for vegetarian / plant-based diet |
| X | Allergen contained in the ingredient |
| MC | May Contain - the allergen is present at the ingredient's manufacturing site and our suppliers believe there is a significant risk this allergen could cross-contaminate the ingredient |

| | Ingredient suitable for vegetarians | Ingredient suitable for a plant-based diet | Egg | Fish | Milk (lactose) | Peanuts | Sesame | Crustaceans | Soya | Tree Nuts | Cereals containing gluten | | | | | Sulphites | Celery | Mustard | Lupin | Molluscs |
|---|-------------------------------------|--|-----|------|----------------|---------|--------|-------------|------|-----------|---------------------------|--------|-----|-----|-------|-----------|--------|---------|-------|----------|
| | | | | | | | | | | | Wheat | Barley | Oat | Rye | Spelt | | | | | |
| All food is freshly prepared in our kitchens and whilst we have controls in place to minimise cross-contamination, many allergens are handled in store and we cannot guarantee that our food will be allergen free or that it will be suitable for those with allergies. Our vegan items are made to vegan recipes, however, they are not suitable for those with dairy & egg allergies. | | | | | | | | | | | | | | | | | | | | |
| Bread | | | | | | | | | | | | | | | | | | | | |
| Italian White Bread | Y | Y | | | | | | | X | | X | | | | | | | | | |
| Wholegrain Bread | Y | Y | | | | | | | X | | X | X | | | | | | | | |
| Wheat Bread | Y | Y | | | | | | | X | | X | X | X | X | | | | | | |
| Hearty Italian Bread | Y | Y | | | | | | | X | | X | | | | | | | | | |
| Italian Herb & Cheese Bread | Y | | | | X | | | | X | | X | | | | | | | | | |
| Honey & Oat Bread | Y | | | | | | | | X | | X | X | X | X | | | | | | |
| Jalapeños Cheese Bread | Y | | | | X | | | | X | | X | | | | X | | | | | |
| Gluten Free Bread* | Y | Y | | | | | | | | | | | | | | | | | | |
| Plain Tortilla Wrap | Y | Y | | | | | | | | | X | | | | | | | | | |
| Halal Meat, Eggs & Plant-Based Proteins | | | | | | | | | | | | | | | | | | | | |
| Halal Roast Chicken Breast Strips / Halal Turkey Ham* / Halal Turkey Breast* | | | | | | | | | | | | | | | | | | | | |
| Halal Turkey Rashers* / Halal Pepperoni (Beef) / Halal Salami (Beef) | | | | | | | | | | | | | | | | | | | | |
| Halal Rotisserie-Style Chicken | | | | | | | | | | | | | | | | | | | | |
| Halal Chicken Tikka | | | | | X | | | | | | X | | | | | | | | | |
| Halal Nacho Chicken Bites | | | | | MC | | | | MC | | X | | | | | | | | | |
| Halal Beef Meatballs (in Marinara Sauce) | | | | | X | | | | X | | X | | | | | | | | | |
| Halal Beef Meatballs (in BBQ Sauce) | | | | | X | | | | | | X | X | | | | | X | | | |
| Halal Breakfast Turkey* Sausage Pattie | | | | | | | | | | | X | | | | | | | | | |
| Halal Philly Steak* | | | | | | | | | | | | X | | | | | | | | |
| Tuna (With Lite Mayonnaise) | | | X | X | | | | | | | | | | | | | X | | | |
| Poached Egg | Y | | X | | | | | | | | | | | | | | | | | |
| Plant-Based Steak | Y | Y | | | | | | | X | | X | | | | | MC | | MC | | |
| Plant Patty | Y | Y | | | | | | | X | | X | | | | | X | | MC | | |
| Cheese & Vegetables | | | | | | | | | | | | | | | | | | | | |
| American Sliced Cheese | Y | | | | X | | | | | | | | | | | | | | | |
| Shredded Mozzarella & Cheddar Cheese / Mozzarella | Y | | | | X | | | | | | | | | | | | | | | |
| Monterey Jack Cheddar Slices / Peppered Cheese | Y | | | | X | | | | | | | | | | | | | | | |
| Vegan CheeZe | Y | Y | | | | | | | | | | | | | | | | | | |
| Jalapeños | Y | Y | | | | | | | | | | | | | X | | | | | |
| Lettuce / Cucumber / Mixed Peppers / Tomato | Y | Y | | | | | | | | | | | | | | | | | | |
| Onion / Pickles / Sweetcorn / Olives | Y | Y | | | | | | | | | | | | | | | | | | |
| Sauces & Condiments | | | | | | | | | | | | | | | | | | | | |
| BBQ Sauce | Y | | | | | | | | | | | X | | | | | | X | | |
| HP Brown Sauce | Y | | | | | | | | | | | X | | X | | | | | | |
| Chipotle Southwest Sauce / Extra Spicy Chipotle | Y | | X | | | | | | | | | | | | | | | X | | |
| Lite Mayonnaise | Y | | X | | | | | | | | | | | | | | | X | | |
| Garlic & Herb Sauce | Y | Y | | | | | | | | | | | | | | | | X | | |
| Teriyaki Sauce | Y | Y | | | | | | | X | | | | | | | | | | | |
| Sticky Sweet Chilli Sauce | Y | Y | | | | | | | | | X | | | | | | | | | |
| Sweet Onion Sauce | Y | Y | | | | | | | | | | | | | | | | X | | |
| Tomato Ketchup | Y | Y | | | | | | | | | | | | | | X | | | | |
| Caesar Sauce | Y | | X | | X | | | | X | | | | | | | | | | | |
| Marinara Sauce / Salsa / Garlic-Infused Oil | Y | Y | | | | | | | | | | | | | | | | | | |
| Caramelised Red Onion in Balsamic Vinegar | Y | Y | | | | | | | | | | | | | | | | | | |
| Mango Habanero Sauce | Y | Y | | | | | | | | | | | | | | | | | | |
| Chimichurri Sauce | Y | | | | | | | | | | | | | | | | | | | |
| Pesto | Y | | | | X | | | | | | | | | | | | | | | |
| Crispy Onions | Y | Y | | | | | | | | | X | | | | | | | | | |
| Sea Salt / Mixed Peppercorns / Southwest Seasoning | Y | Y | | | | | | | | | | | | | | | | | | |
| Desserts | | | | | | | | | | | | | | | | | | | | |
| Footlong Cookie | Y | | X | | X | | | | X | MC | X | | | | | | | | | |
| Footlong Churro | Y | | X | | X | | | | X | | X | | | | | | | | | |
| Caramel Sauce | Y | | | | X | | | | | | | | | | | | | | | |
| Chocolate Chunk Cookie | Y | | X | | X | | | | X | MC | X | | | | | | | | | |
| White Macadamia Cookie | Y | | X | | X | | | | X | MC | Macademia | X | | | | | | | | |
| Rainbow Chocolate Chip Cookie | Y | | X | | X | | | | X | MC | X | | | | | | | | | |
| Double Chocolate Cookie | Y | Y | MC | | MC | | | | X | MC | X | | | | | | | | | |
| Sticky Toffee Pudding Cookie | Y | | MC | | X | | | | X | MC | X | | | | | | | | | |
| Raspberry Cheesecake Cookie | Y | | X | | X | | | | X | MC | X | | | | | | | | | |
| Oreo® Muffin | Y | | X | | X | | | | X | MC | X | | | | | | | | | |
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| Doritos® Nachos (Doritos® Chilli Heatwave Chips) | Y | | | | X | | | | X | | X | MC | | | | | | | | |
| Chipotle Cheesy Bites | Y | | | | X | | | | | | X | | | | | | | | | |
| Cheesy Bites | Y | | | | X | | | | | | X | | | | | | | | | |
| Hash Browns, Crinkle Wedges | Y | Y | | | | | | | | | | | | | | | | | | |
| Waffle Fries | Y | Y | | | | | | | | | X | | | | | | | | | |
| Drinks | | | | | | | | | | | | | | | | | | | | |
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| Flavoured Coffee Syrups: Hazelnut | Y | Y | | | | | | | | Hazelnut | | | | | | | | | | |
| Flavoured Coffee Syrups: Honeycomb | Y | | | | | | | | | | | | | | | | | | | |
| Black Coffee / Black Tea | Y | Y | | | MC | | | | | | | | | | | | | | | |
| Cappuccino / Latte / Coffee With Milk / Tea With Milk | Y | | | | X | | | | | | | | | | | | | | | |
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