



New Zealand Ingredient Information for People with Food Allergies and Sensitivities October 2025

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	Egg	Fish	Milk	Sesame	Crustaceans	Mollusc	Soy	Peanut	Tree Nuts								Lupin	Wheat	Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/Nitrates	
									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio							Walnut
Subway 6-Inch® Subs																							
Pork Riblet (processed cheddar cheese, lettuce, tomato, onion, carrot, smoky bbq sauce on white bread)	*		●	*			●												●	●	*	●	
Roast Beef (processed cheddar cheese, lettuce, spinach, tomato, onion, mayonnaise on roasted garlic bread)	●		●	*			●												●	●	*	●	
Smashed Falafel (processed cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli on wheat bread)	*		●	*			●												●	●	●	●	
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce, toasted on white bread)	*		●	●			●												●	●	*	●	
Three Pepper Chicken (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli, toasted on Italian herbs & cheese bread)	●		●	*			●												●	●	●	●	
Tuna Mayo (tuna in mayonnaise, processed cheddar cheese, lettuce, tomato, onion, pickle on wheat bread)	●	●	●	*			●												●	●	*		
Veggie Delite® with Avo (processed cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot on malted rye bread)	*		●	*			●												●	●	*		
Veggie Patty (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli, toasted on wheat bread)	*		●	*			●												●	●	●	●	
BBQ Southern Style Chicken (old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce)			●				●												●	●		●	

● Contains * May contain

¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio							Walnut
Wraps (on flour wrap)																							
Chicken & Bacon Ranch (chicken strips, bacon, processed cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing)	●		●				●												●	●		●	●
Chicken Classic (old English-style processed cheese, lettuce tomato, cucumber, onion, garlic aioli)	●		●				●												●	●	●	●	
Chicken Strips (processed cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise)	●		●				●												●	●		●	
Chipotle Steak Melt (old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle sauce)	●		●				●												●	●	●	●	
Honey Mustard Leg Ham (processed cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard)			●				●												●	●			●
Italian B.M.T.* (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise)	●		●				*												●	●			●
Italian Meatball (beef meatball in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli)			●				●												●	●	●		
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce)			●				*												●	●			●
Pork Riblet (processed cheddar cheese, lettuce, tomato, onion, carrot, smoky bbq sauce)			●				●												●	●		●	

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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio							Walnut
Salads (with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)																							
Chicken Classic (old English-style processed cheese, garlic aioli)	●		●				●												●	●	●	●	
Chicken Strips (processed cheddar cheese, mayonnaise)	●		●				●															●	
Chipotle Steak Melt (old English-style processed cheese, chipotle sauce)	●		●				●														●	●	
Honey Mustard Leg Ham (processed cheddar cheese, honey mustard)			●				●																●
Italian B.M.T.* (salami, pepperoni, leg ham, mozzarella cheese, mayonnaise)	●		●				*																●
Italian Meatball (beef meatball in marinara sauce, mozzarella cheese, garlic aioli)			●				●												●	●	●		
Pizza Melt (salami, pepperoni, mozzarella cheese, marinara sauce)			●				*																●
Pork Riblet (processed cheddar cheese, smoky bbq sauce)			●				●												●	●		●	
Roast Beef (processed cheddar cheese, mayonnaise)	●		●				●																
Smashed Falafel (mozzarella cheese, garlic aioli)			●				●												●	●	●		
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, sweet onion sauce)			●	●																		●	
Three Pepper Chicken (old English-style processed cheese, garlic aioli)	●		●				●												●	●	●		

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									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio						
Salads (with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)																						
Tuna Mayo (tuna in mayonnaise, processed cheddar cheese)	●	●	●				●															
Veggie Delite® with Avo (processed cheddar cheese)			●				●															
Veggie Patty (mozzarella cheese, garlic aioli, sweet chilli)			●				●										●	●	●			
Mini Subs With white bread, lettuce, spinach, tomato, cucumber, onion, capsicum																						
Leg Ham	*		*	*			●										●	●	*	●		
Roast Beef	*		*	*			●										●	●	*			
Veggie Delite® with Avo	*		*	*			●										●	●	*			
Breakfast																						
BLT with Egg & Cheese Sub (bacon, lettuce, tomato, egg omelette, old English-style cheese, garlic aioli, toasted on white bread)	●		●	*			●										●	●	●	●		
Classic Ham & Egg Sub (leg ham, egg omelette, old English-style cheese, mayonnaise, toasted on white bread)	●		●	*			●										●	●	*	●		
Steak & Egg Brekkie Sub (diced steak, egg omelette, mozzarella cheese, lettuce, tomato, onion, BBQ sauce, toasted on Italian herbs & cheese bread)	●		●	*			●										●	●	●	●		
Mexican-Style Brekkie Wrap (leg ham, egg omelette, mozzarella cheese, avocado, tomato, onion, jalapeno pepper, chipotle sauce, toasted on white flour wrap)	●		●				*										●	●		●		
Spinach & Egg Wrap (egg omelette, mozzarella cheese, spinach, tomato, flour wrap)	●		●				●										●	●				

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Sides & Snacks																							
Smashed Avo on Toast (on white bread) previously Avocado Toastie	*		*	*			●												●	●	*		
Creamy Garlic Cheese Bread (mozzarella cheese, garlic aioli, parmesan oregano topping on white bread) previously Cheesy Garlic Toastie	*		●	*			●												●	●	●	●	
Chipotle Quesadilla (mozzarella cheese, chipotle southwest sauce on white flour wrap (regular size))	●		●				●												●	●		●	
Creamy Garlic Herb Bread (garlic aioli, parmesan oregano topping on white bread) previously Garlic & Herb Toastie	*		●	*			●												●	●	●	●	
Ham, Cheese & Tomato Toastie (mozzarella cheese, mayonnaise on White Bread) previously Ham, Cheese & Tomato Jaffle	●		●	*			●												●	●	*		●
Meatball Mozza Po t (with mozzarella cheese & marinara sauce)			●				●												●	●		●	
Southern Style Chicken Bites (no sauce)							●												●	●		●	

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Cookies																						
Chocolate Chip Cookie	●		●				●	*	*	*	*	*	*	*	*	*	*		●	●		
Chocolate Chip Cookie with M&M'S®	●		●				●	*	*	*	*	*	*	*	*	*	*		●	●		
Double Chocolate Chip Cookie	●		●				●	*	*	*	*	*	*	*	*	*	*		●	●		
Oatmeal Raisin Cookie	●		●				●	*	*	*	*	*	*	*	*	*	*		●	●		
White Chip Macadamia Nut Cookie	●		●				●	*	*	*	*	*	●	*	*	*	*		●	●		
Baked Goods (available at selected locations)																						
Apple & Custard Danish	●		●				●	*	*	*	*	*	*	*	*	*	*		●	●		
Apricot & Custard Danish	●		●				●	*	*	*	*	*	*	*	*	*	*		●	●		
Boysenberry & Custard Danish	●		●				●	*	*	*	*	*	*	*	*	*	*		●	●		
Smoothies (availability of flavours vary at locations)																						
Blueberry & Mango																						
Mango																						
Mixed Berry Banana																						
Strawberry																						
Tropical																						
Bread																						
Italian Herbs and Cheese Bread	*		●	*			●												●	●	*	●
Malted Rye Bread	*		*	*			●												●	●	*	
Roasted Garlic Bread	*		*	*			●												●	●	*	●
Wheat Bread	*		*	*			●												●	●	*	
White Bread	*		*	*			●												●	●	*	
Wrap, Flour							*												●	●		
Wrap, Gluten Free **	*						●												●	●		

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Meat, Poultry, Eggs, Seafood & Vegetarian Items																						
Bacon, Streaky																					●	
Buffalo Chicken			●																		●	
Chicken Classic	●		●				●											●	●		●	
Chicken Pepperoni Meats (Chicken Strips, Pepperoni)			●				*														●	
Chicken Strips																					●	
Chicken Teriyaki				●																	●	
Deli Supreme Meats (Salami, Pepperoni, Leg Ham, Roast Beef)			●				*														●	
Egg Omelette	●																					
Italian B.M.T® Meats (Salami, Pepperoni, Leg Ham)			●				*														●	
Leg Ham							*														●	
Meatballs (Beef) with Marinara Sauce			●				●											●	●			
Pepperoni			●				*														●	
Pizza Melt Meats (Pepperoni, Salami)			●				*														●	
Pork Riblet							●											●	●			
Roast Beef																						
Salami			●				*														●	
Smashed Falafel							●											●	●		●	
Southern Style Chicken Bites							●											●	●		●	
Steak, Diced							●													●	●	
Three Pepper Chicken	●		*				*											●	●			
Tuna & Mayo (with Mayonnaise)	●	●	●																			
Veggie Patty							●														●	

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Sauces & Dressings																						
Blue Cheese Dressing	●		●																			
Buffalo Sauce			●																			
Chipotle Southwest Sauce	●		●				●													●		
Garlic Aioli			●																●			
Habanero Hot Sauce																						
Honey Mustard																						
Marinara Sauce																						
Mayonnaise	●		●																			
Ranch Dressing	●		●															●				
Smoky BBQ Sauce							*													●		
Spicy Mayonnaise	●																			●		
Sweet Chilli Sauce																						
Sweet Onion Sauce (Contains Poppy Seeds)																						
Cheeses																						
Mozzarella Cheese (shredded)			●																			
Old English-Style Processed Cheese (slices)			●				●															
Procesed Cheddar Cheese (slices)			●				●															
Vegetables																						
Avocado																						
Jalapeno Pepper																						
Olive																						

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Vegetables																						
Pickle																						
Pineapple (selected locations only)																						
Vegetables (Lettuce, Spinach, Tomato, Cucumber, Onion and Capsicum)																						
Seasonings																						
Pepper																						
Salt																						
New																						
Chicken Caesar Subway 6-Inch® Sub (chicken strips, smoky bacon, egg, mozzarella cheese, lettuce, tomato, onion, Caesar dressing on white bread)	●	●	●	*			●										●	●	*	●	●	
Chicken Caesar Wrap (Regular) (chicken strips, smoky bacon, egg, mozzarella cheese, lettuce, tomato, onion, Caesar dressing on white flour wrap)	●	●	●				*										●	●		●	●	
Chicken Pepperoni Subway 6-Inch® Sub (chicken strips, mozzarella cheese, spinach, tomato, onion, olive, marinara sauce, garlic aioli toasted on Italian herbs & cheese bread)	*		●	*			●										●	●	●	●	●	
Deli Supreme Subway 6-Inch® Sub (pepperoni, salami, leg ham, roast beef, processed cheddar cheese, lettuce, tomato, onion, mayonnaise on malted rye bread)	●		●	*			●										●	●	*		●	
Philly-Style Three-Cheese Steak Subway 6-Inch® Sub (diced steak, processed cheddar cheese, old English-style processed cheese, mozzarella cheese, capsicum, onion, jalapeno pepper, garlic aioli toasted on white bread)	*		●	*			●										●	●	●	●		
Ultimate Cheesy Garlic Bread Snack (white bread, garlic spread, mozzarella)	*		●	*			●										●	●	*	●		
Caesar Dressing																						
Caesar Dressing	●	●	●																	●		
Chicken Pepperoni Meats (chicken strips, pepperoni)			●				*													●		
Deli Supreme Meats (salami, pepperoni, leg ham, roast beef)			●				*													●		
Philly-Style Three-Cheese (mozzarella, processed cheddar, old English-style processed cheeses)			●				●															
Ultimate Cheesy Garlic Spread							●													●		

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