



US Product Ingredient Guide

Revised September 2018

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

9-GRAIN WHEAT Water, whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), yeast, sugar, grain and seed blend (wheat, rye, yellow corn, oats, triticale, brown rice, barley, flax seed, millet, sorghum), wheat gluten, contains 2% or less of: salt, soybean oil, malted barley flour, cultured wheat flour, sunflower lecithin, dough conditioners (ascorbic acid, enzymes). **Contains wheat.**

FLATBREAD, MULTIGRAIN Whole wheat flour, water, yeast, soybean oil, sugar, contains less than 2% of the following: whole wheat flakes, oats, nonfat dry milk, wheat gluten, salt, calcium carbonate, distilled vinegar, chia seeds, amaranth seeds, cultured wheat flour, whole grain barley, corn, flaxseed, whole rye, whole grain triticale, wheat germ, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), enzyme, oat fiber, sea salt, yeast extract, vitamin D2, ascorbic acid, calcium sulfate. **Contains wheat and milk.**

FLATBREAD, WHITE Enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, soybean oil, contains less than 2% of the following: nonfat dry milk, wheat gluten, salt, sugar, calcium carbonate, distilled vinegar, dough conditioner (enzymes, oat fiber, ascorbic acid, calcium sulfate, salt), cultured wheat flour, baking powder (sodium acid pyrophosphate, baking soda, monocalcium phosphate), flavor (sea salt, sugar, yeast extract), vitamin D2. **Contains milk and wheat.**

GLUTEN-FREE BREAD (as packaged) Egg whites, cornstarch, modified cornstarch, tapioca starch, palm oil, sugar, distilled monoglycerides, contains less than 2% of the following: yeast, rice bran and germ, salt, natural flavor, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), pectin, xanthan gum, carbohydrate gum, guar gum, enzyme. **Contains eggs.**

HEARTY ITALIAN BREAD Subway® Italian bread and yellow cornmeal. **Contains wheat.**

HONEY OAT BREAD Subway® 9-Grain Wheat Bread, honey oat topping (rolled oats, brown sugar, honey, wheat starch, and natural flavor). **Contains wheat.**

ITALIAN (WHITE) BREAD Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, sugar, soybean oil, salt, wheat gluten, cultured wheat flour, malted barley flour, sunflower lecithin, dough conditioner (enzymes, ascorbic acid). **Contains wheat.**

ITALIAN HERBS & CHEESE BREAD Subway® Italian Bread, Monterey Jack cheese blend [(Monterey Jack cheese (cultured pasteurized milk, salt, enzymes), cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)], corn maltodextrin, enriched wheat flour (flour, niacin, reduced iron, thiamine

mononitrate, riboflavin, folic acid), toasted bread crumbs (enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, sea salt, yeast), salt, spices, dehydrated garlic, parmesan cheese (part skim milk, cheese cultures, salt, enzymes), modified corn starch, sunflower oil, citric acid, yeast extract, lactic acid, natural flavor & not more than 2% silicon dioxide added (as anticaking agent). **Contains milk and wheat.**

MONTEREY CHEDDAR BREAD Subway® Italian Bread, Monterey Jack cheese blend (Monterey Jack cheese (cultured pasteurized milk, salt, enzymes), cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor). **Contains milk and wheat.**

PARMESAN/OREGANO BREAD SUBWAY® Italian Bread, corn maltodextrin, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), toasted bread crumbs (enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, sea salt, yeast), salt, spices, dehydrated garlic, parmesan cheese (part skim milk, cheese cultures, salt, enzymes), modified corn starch, sunflower oil, citric acid, yeast extract, lactic acid, natural flavor & not more than 2% silicon dioxide added (as anticaking agent). **Contains milk and wheat.**

ROASTED GARLIC BREAD Subway® Italian Bread, Roasted Garlic Topping [yellow corn meal, salt, dehydrated vegetables (green bell pepper, garlic, onion), corn maltodextrin, sugar, paprika, spice, sunflower oil, calcium silicate (to make free flowing), ascorbic acid, and natural flavor]. **Contains wheat.**

SOURDOUGH Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, wheat gluten, sugar, contains 2% or less of: fermented wheat flour, salt, soybean oil, dextrose, fumaric acid, sunflower lecithin, lactic acid, enzymes, ascorbic acid. **Contains wheat.**

WRAP, SPINACH Enriched unbleached flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, malted wheat flour, cultured wheat flour, salt, wheat gluten, spinach powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), soy lecithin, enzymes, yeast, sugar, garlic, onion powder, dextrose, citric acid, parsley. **Contains wheat and soy.**

WRAP, TOMATO BASIL Enriched unbleached flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, cultured wheat flour, salt, malted wheat flour, wheat gluten, paprika, tomato powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), dehydrated bell pepper, soy lecithin, granulated sugar, enzymes, yeast, garlic granules, onion powder, dextrose, citric acid. **Contains wheat and soy.**

MEAT, POULTRY, SEAFOOD & EGGS

BACON SLICES Pork, water, salt, sugar, natural smoke flavor, sodium phosphates, sodium erythorbate, sodium nitrite, smoke.

CHICKEN PATTY Chicken breast with rib meat, water, chicken flavor (sea salt, sugar, chicken stock, salt, flavors, canola oil, onion powder, garlic powder, spice, chicken fat, honey), potato starch, sodium phosphate, dextrose, carrageenan.

CHICKEN STRIPS Boneless skinless chicken breast with rib meat, water, contains 2% or less soy protein concentrate, modified potato starch, sodium phosphate, potassium chloride, salt, maltodextrin, yeast extract, flavors, natural flavors, dextrose, caramelized sugar, paprika, vinegar solids, paprika extract, chicken broth. **Contains soy.**

CHICKEN STRIPS (Teriyaki glazed): Subway Chicken Strips (see above), teriyaki glaze (water, corn syrup, soy sauce (water, wheat, soybean, salt, sodium benzoate [a preservative]), rice vinegar, modified

corn starch, sugar, tomato paste, ginger, vinegar, garlic, sesame oil, sesame seed, salt, dehydrated green onion, dehydrated red bell pepper, natural flavors, yeast extract, dehydrated garlic, sodium benzoate (a preservative), spices, citric acid, soybean oil, dry yeast (torula), dehydrated onion.).
Contains soy, wheat and sesame.

COLD CUT COMBO: Turkey Bologna: Mechanically separated turkey, water, contains less than 2% of: salt, corn syrup solids, potassium lactate, dextrose, sodium diacetate, sodium erythorbate, sodium nitrite, flavorings. **Turkey Ham:** Cured turkey thigh meat, salt, contains less than 2% of: potassium lactate, brown sugar, sodium tripolyphosphate, dextrose, sodium diacetate, sodium erythorbate, smoke flavor, sodium nitrite, water. **Turkey Salami:** Dark turkey, mechanically separated turkey, water, salt, contains less than 2% of: potassium lactate, sugar, sodium tripolyphosphate, dextrose, spice and flavorings, sodium diacetate, sodium erythorbate, smoke flavor, sodium nitrite.

CORNED BEEF Fully cooked sliced corned beef contains up to 20% solution: water, dextrose, salt, sugar, sodium phosphates, garlic powder, sodium ascorbate, sodium nitrite, and flavoring.

EGG OMELET PATTY (Regular): Whole eggs, egg whites, nonfat dry milk, water. Contains 2% or less of the following: soybean oil, liquid butter alternative (liquid and hydrogenated soybean oil, salt, soy lecithin, natural flavor, tocopherols (vitamin E), corn starch, salt, xanthan gum, citric acid, white pepper, beta-carotene (color). **Contains egg, milk, and soy.**

EGG WHITE OMELET PATTY Egg whites, corn starch. Contains 2% or less of the following: butter flavored soybean oil (soybean oil, natural flavor), salt, xanthan gum, white pepper. **Contains egg.**

HAM (Black Forest) Ham cured with: water, dextrose, 2% or less of modified food starch, salt, vinegar, seasoning [maltodextrin, flavors, sunflower oil, and smoked flavor], sodium phosphate, sodium erythorbate, sodium nitrite.

ITALIAN B.M.T.® MEATS: Genoa Salami: Pork, beef, salt, water, corn syrup, dextrose, sugar, wine, sodium erythorbate, flavorings, sodium nitrate, spices, garlic, lactic acid starter culture, sodium nitrite. **Pepperoni:** Pork, beef, salt, dextrose, water, spices, corn syrup, paprika, oleoresin of paprika, flavorings, sodium erythorbate, lactic acid starter culture, sodium nitrite. **HAM (Black Forest)** Ham cured with: water, dextrose, 2% or less of modified food starch, salt, vinegar, seasoning [maltodextrin, flavors, sunflower oil, and smoked flavor], sodium phosphate, sodium erythorbate, sodium nitrite.

MEATBALLS Beef, water, bread crumbs (toasted wheat crumbs [enriched wheat flour {wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}], sugar, salt, soybean oil, yeast), textured soy protein concentrate, seasoning (dehydrated onion and garlic, salt, spice, dehydrated parsley, soybean oil), soy protein concentrate, Romano cheese (made from pasteurized part-skim cow's milk, cheese cultures, salt, enzymes). **Marinara Sauce:** Tomato puree (water, tomato paste), tomatoes, sugar, soybean oil, salt, modified corn starch, dehydrated onions, parsley, spices, and citric acid.
Contains milk, soy and wheat.

ROAST BEEF Fully cooked sliced roast beef upon cooking contains up to 10% solution of water, salt, dextrose, corn syrup, sodium phosphates, garlic powder, onion powder, natural flavor. Coated with: natural flavor, potato maltodextrin, salt, spices, garlic powder, onion powder, sugar.

ROTISSERIE-STYLE CHICKEN Chicken, water, soybean oil, contains 2% or less of: seasoning (flavoring, acacia gum, onion powder), salt, dextrose, sodium phosphate, spice extractives. Seared in soybean oil and/or sunflower oil.

SEAFOOD SENSATION Seafood Sensation (Alaskan Pollock, water, potato starch, wheat starch, corn starch, sugar, sorbitol, salt, natural crab flavor [contains blue crab, snow crab, maltodextrin], spices (allspice, bay, black pepper, cardamom, cassia, celery, clove, ginger, mace, nutmeg, red pepper), carrageenan, pollock oil, calcium carbonate, snow crabmeat, egg whites, sodium tripolyphosphate, tetrasodium phosphate, citric acid, color (lycopene, paprika oleoresin), soy lecithin, mayonnaise

(soybean oil, eggs, water, distilled vinegar, contains less than 2% of salt, sugar, spice, lemon juice concentrate, calcium disodium EDTA added to protect flavor). **Contains egg, fish, shellfish, soy, and wheat.**

STEAK Seasoned beef (beef, water, salt, modified corn starch, sugar, dextrose, sodium phosphate, tomato powder, yeast extract, natural flavors, natural brown color blend (vegetable juice color, turmeric), lemon powder (maltodextrin), garlic powder, onion powder, hydrolyzed corn protein, citric acid.)

TUNA Tuna (tuna, water, salt), mayonnaise (soybean oil, eggs, water, distilled vinegar, contains less than 2% of salt, sugar, spice, lemon juice concentrate, calcium disodium EDTA added to protect flavor). **Contains eggs and fish.**

TURKEY BREAST (thin sliced) Turkey breast, turkey broth, contains 2% or less of: potato starch, sea salt, dextrose, natural flavor. Browned in soybean oil

VEGGIE PATTY (Vegetarian) Water, water chestnuts (water chestnuts, water, citric acid), onions, carrots, cooked brown rice (water, brown rice), whole grain oats, mushrooms, egg whites, wheat gluten, soy flour, corn oil, calcium caseinate (from milk), green peppers, soy sauce (water, soybeans, salt, wheat), red bell peppers, contains two percent or less of soy protein concentrate, cornstarch, onion powder, salt, black olives, hydrolyzed vegetable protein (corn, wheat, and soy protein), sugar, soy protein isolate, spices, yeast extract, garlic powder, dried jalapeno peppers, natural flavors, sunflower oil, cottonseed oil, dextrose. Due to alternate product availability may also contain: zucchini, leek, celery, herbs, spices potato starch and palm fat. **Contains soy, wheat, egg, milk.**

CHEESE

AMERICAN CHEESE (processed) Milk, water, cream, cheese culture, sodium citrate, salt, sorbic acid (preservative), citric acid, tetrasodium pyrophosphate, soy lecithin, enzymes. **Contains soy and milk.**

CHEDDAR CHEESE Cultured pasteurized milk, salt, enzymes, annatto color. **Contains milk.**

MONTEREY CHEESE BLEND (shredded) Monterey Jack cheese (cultured pasteurized milk, salt, enzymes), Cheddar Cheese (cultured pasteurized milk, salt, enzymes, annatto color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor). **Contains milk.**

PARMESAN CHEESE Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (added to prevent caking), salt. **Contains milk.**

PEPPERJACK CHEESE Cultured pasteurized milk, jalapeno peppers, salt, calcium chloride and enzymes. **Contains milk.**

PROVOLONE CHEESE Cultured pasteurized milk, salt, enzymes. **Contains milk.**

SWISS CHEESE (sliced) Part skim milk, cheese culture, salt, enzymes. **Contains milk.**

VEGETABLES

BANANA PEPPERS Banana peppers, water, distilled vinegar, salt, calcium chloride, sodium benzoate (preservative), turmeric, sodium metabisulfite (preservative), natural flavors and polysorbate 80.

CUCUMBERS Fresh ripe cucumbers.

GREEN PEPPERS Fresh green bell peppers.

JALAPEÑO PEPPER SLICES Jalapeno peppers, water, distilled vinegar, salt, natural flavorings,

calcium chloride, sodium benzoate (preservative), sodium metabisulfite.

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

LETTUCE Fresh iceberg variety.

OLIVES Ripe olives, water, salt, ferrous gluconate.

ONIONS Jumbo red onions.

SPINACH Fresh baby spinach.

TOMATOES Fresh red ripe tomatoes.

CONDIMENTS

BUFFALO SAUCE Distilled vinegar, aged cayenne red peppers, salt, water, modified food starch, canola oil, paprika, vegetable fiber, xanthan gum, sodium benzoate (as a preservative), natural butter type flavor and garlic powder.

CAESAR, SAVORY Soybean oil, water, Parmesan cheese (pasteurized cultured milk or part skim, salt, enzymes, anti-caking and anti-mycotic agents), distilled vinegar, egg yolks, sugar, contains less than 2% of salt, lemon juice concentrate, anchovy paste (cured anchovies, salt, defatted soy flour and water), dehydrated garlic, dehydrated onion, phosphoric acid, sodium benzoate and potassium sorbate (as preservatives), xanthan gum, spices, dehydrated parsley, polysorbate 60, calcium disodium EDTA added to protect flavor. **Contains eggs, milk, anchovies and soy.**

CHIPOTLE SOUTHWEST Soybean oil, water, distilled vinegar, cultured lowfat buttermilk, chipotle pepper puree (water, chipotle pepper), egg yolks, sugar, nonfat dry milk, contains less than 2% of salt, dehydrated onion, food starch-modified, paprika, spice, xanthan gum, sodium benzoate and potassium sorbate (as preservatives), lactic acid, dehydrated garlic, dehydrated parsley, calcium disodium EDTA added to protect flavor. **Contains eggs and milk.**

FAT FREE HONEY MUSTARD Water, sugar, prepared mustard (vinegar, water, mustard seed, salt), Dijon mustard (vinegar, water, mustard seed, salt, white wine, citric acid, turmeric, spices, tartaric acid), country Dijon mustard (vinegar, water, mustard seed, salt, white wine, spice), vinegar, modified corn starch, honey, cider vinegar, lemon juice concentrate, salt, phosphoric acid, color, xanthan gum, dehydrated onion, sodium benzoate (a preservative), potassium sorbate (a preservative), liquid egg yolks*, dehydrated garlic. **Contains eggs.**

FAT FREE SWEET ONION Sugar, water, corn vinegar, dehydrated onion, corn starch, modified corn starch, salt, mustard seed, spices, onion juice, poppy seed, dehydrated mince onion, potassium sorbate (a preservative), sodium benzoate (a preservative), dehydrated red bell pepper, dimethylpolysiloxane (an anti-foaming agent), cucumber juice, vinegar, celery seed.

GUACAMOLE Hass avocados, jalapeno puree (white vinegar, jalapeno peppers, salt), onion, garlic, sea salt.

MAYONNAISE, LIGHT Water, soybean oil, food starch-modified, distilled vinegar, egg yolks, contains less than 2% of salt, whole egg, spice, potassium sorbate (a preservative), phosphoric acid, calcium disodium EDTA added to protect flavor, DL-alpha tocopherol acetate (vitamin E), natural flavor, vitamin K. **Contains eggs.**

MAYONNAISE, REGULAR Soybean oil, eggs, water, distilled vinegar, contains less than 2% of salt,

sugar, spice, lemon juice concentrate, calcium disodium EDTA added to protect flavor. **Contains eggs.**

MUSTARD (yellow) Vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder.

MUSTARD (deli brown) Distilled vinegar, mustard seed, water, salt, spices, turmeric, natural flavor.

OIL Canola oil, imported extra virgin olive oil.

RANCH Soybean oil, water, sugar, liquid egg yolks, vinegar, salt, buttermilk (cultured skim milk and milk, sodium citrate, salt), modified corn starch, dehydrated garlic, dehydrated onion, phosphoric acid, xanthan gum, polysorbate 60, buttermilk solids, autolyzed yeast extract, sodium benzoate (a preservative), potassium sorbate (a preservative), spice, dehydrated parsley, whey protein concentrate, calcium disodium EDTA (to protect flavor). **Contains eggs and milk.**

RED WINE VINEGAR Red wine vinegar (5% acidity), sulfiting agent.

SUBWAY® VINAIGRETTE Water, soybean oil, vinegar, sugar, salt, modified corn starch, spices, lactic acid, hydrolyzed corn and soy protein, dehydrated parsley, xanthan gum, dehydrated garlic, potassium sorbate, sodium benzoate, autolyzed yeast extract, citric acid, dehydrated onion, calcium disodium EDTA. **Contains soy.**

THOUSAND ISLAND Soybean oil, sugar, water, cured cucumber, tomato paste, vinegar, liquid egg yolks, salt, xanthan gum, polysorbate 60, natural flavors (includes celery), potassium sorbate (a preservative), sodium benzoate (a preservative), dehydrated onion, citric acid, beta carotene, calcium chloride, calcium disodium EDTA (to protect flavor), polysorbate 80. **Contains eggs.**

PIZZA (round)

CHEESE PIZZA Crust: Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, sugar, yeast, salt, nonfat dry milk, garlic, breadcrumbs (wheat flour, yeast, sugar, salt). **Mozzarella cheese:** pasteurized milk, cheese cultures, salt, enzymes. **Sauce:** tomato puree (water, tomato paste), soybean oil, salt, spices, garlic powder, Romano cheese (milk, cheese cultures, salt, enzymes), citric acid. Parmesan and Romano cheese blend: parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), Romano cheese [pasteurized cow's milk, cheese cultures, salt, enzymes), oregano, garlic, basil. **Contains wheat and milk.**

COOKIES & DESSERTS

CHOCOLATE CHIP Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), sugar, palm oil, eggs, butter (cream [milk], natural flavor), water, contains 2% or less of: molasses, baking soda, salt, soy lecithin, wheat starch, natural flavors (contains milk). **Contains egg, milk, soy, wheat.** (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 flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla extract, milk), palm oil, eggs, invert sugar, water, contains 2% or less of: molasses, baking soda, salt, whey (milk), natural flavors. **Contains egg, milk, soy, wheat.** (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 Sugar, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine

mononitrate, riboflavin, folic acid), white confectionery chips (sugar, palm kernel and palm oil, nonfat milk, soy lecithin, vanilla extract), palm oil, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), eggs, butter (cream [milk], lactic acid), cocoa (processed with alkali), water, contains 2% or less of: molasses, baking soda, salt, natural flavors (contains milk), wheat starch, soy lecithin. **Contains egg, soy, milk, wheat.** *(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 Sugar, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), palm oil, raisins, rolled oats, eggs, water, contains 2% or less of: molasses, natural flavor, whey (milk), baking soda, corn starch, salt, spice. **Contains egg, milk, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut- containing cookies.)*

PEANUT BUTTER Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, peanut butter (peanuts, sugar, palm oil, salt), peanut butter drops (sugar, palm kernel oil, peanuts, partially defatted peanut flour, lactose [milk], whey [milk], anhydrous milk fat, nonfat dry milk solids, sodium caseinate [milk], buttermilk, soy lecithin, salt, natural flavor), palm oil, eggs, butter (sweet cream [milk], natural flavor), molasses, water, contains 2% or less of: invert sugar, baking soda, salt, soy lecithin, natural flavor (contains milk), wheat starch. **Contains egg, peanuts, milk, soy, and wheat.** *Due to the nature of how these cookies are displayed and manufactured they may come in contact with macadamia nuts and other tree nuts.)*

CHOCOLATE CHIP WITH M&M's® Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, palm oil, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), m&ms (milk chocolate [sugar, chocolate, skim milk, cocoa butter, lactose, milk fat, soy lecithin, salt, artificial and natural flavors], sugar, cornstarch, less than 1% - corn syrup, dextrin, coloring [includes blue 1 lake, yellow 6, red 40, yellow 5, blue 1, yellow 6 lake, red 40 lake, yellow 5 lake, blue 2 lake, blue 2], carnauba wax, gum acacia.) eggs, water, contains 2% or less of: molasses, salt, baking soda, whey (milk), natural flavors. **Contains egg, milk, soy, wheat.** *Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

RASPBERRY CHEESECAKE Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, white confectionery chips (sugar, palm kernel and palm oil, nonfat milk, soy lecithin, vanilla extract), palm oil, eggs, raspberry flavored bits (dextrose, palm oil, sugar, corn flour, raspberry powder, vegetable extracts [red cabbage, beet juice], citric acid, natural flavor), water, invert sugar, contains 2% or less of: cream cheese (nonfat milk, cultures, salt, carob bean gum, enzymes), baking soda, salt, wheat starch, soy lecithin, natural flavors (contains milk), raspberry juice concentrate, colors added (pumpkin concentrate, turmeric, annatto). **Contains egg, milk, soy, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)*

SUGAR Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, palm oil, eggs, contains 2% or less of: water, baking soda, whey (milk), salt, soybean oil, natural flavor (contains milk). **Contains egg, milk, and wheat.** *(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 flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, white confectionery chips (sugar, palm kernel and palm oil, nonfat dry milk, soy lecithin, vanilla extract), palm oil, macadamia nuts, eggs, water, butter (cream [milk], natural flavor), contains 2% or less of: molasses, salt, baking soda, corn starch, natural flavors (contains milk). **Contains: eggs, macadamia nuts, milk, soy, and wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with peanut-containing cookie).*

SOUPS

(Not available in all locations)

BEEF CHILI WITH BEANS Ground beef, water, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), dark red kidney beans [kidney beans (water, kidney beans), salt], seasoning (spices, brown sugar, salt, hydrolyzed soy, corn and wheat protein, wheat flour, dextrose, sugar, yeast extract, garlic powder, maltodextrin, soy lecithin, onion powder and not more than 2% soybean oil and silicon dioxide added to aid processing), celery, tomato paste, contains less than 2% of the following: green bell peppers, modified corn starch, dehydrated onion, salt, beef fat type flavor (beef fat and natural flavor). **Contain soy and wheat.**

BLACK BEAN SOUP Black beans (water, black beans, and salt), water, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), onions, celery, tomato paste (tomatoes), contains 2% or less of the following: brown sugar, vegetarian flavor (water, salt, hydrolyzed soy and corn protein, soy protein concentrate, corn oil, onion powder, yeast extract, flavoring, soy protein isolate, sugar, garlic powder and turmeric), garlic puree, corn starch, orange juice concentrate, lime juice, onion juice concentrate, sea salt, seasoning blend (spices, yeast extract, and paprika), oregano and yeast extract. **Contains soy.**

BROCCOLI & CHEDDAR Water, broccoli, process cheese base (American cheese [cultured milk, salt, enzymes], whey, cream, sodium phosphate, salt, lactic acid, color [paprika & annatto]), modified corn starch, carrots, whipping cream, seasoning (corn syrup solids, sugar, natural flavor [contains milk], sodium phosphate, onion powder, garlic powder, yeast extract, modified corn starch, spice), skim milk, contains less than 2% of the following: cream flavor (cream, nonfat milk), sea salt, cheddar cheese ingredient (cheddar, granular, semi-soft and blue cheese [pasteurized milk, cheese cultures, salt, enzymes], water, sodium phosphate, vinegar, salt), salted butter, soybean oil, natural flavor. **Contains milk.**

CHICKEN & WILD RICE Water, fully cooked diced white chicken meat (chicken white meat, water, modified potato starch, salt, sodium phosphates), whipping cream, seasoning [modified corn starch, whey protein concentrate, whole milk, wheat flour, yeast extract, salt, skim milk powder, natural flavors, sugar, sodium caseinate (from milk), brown sugar, spices, chicken fat, sesame oil], cooked wild rice (water, wild rice), celery, cooked brown rice (water, brown rice), carrots, contains less than 2% of the following: chicken stock concentrate (chicken broth, salt, organic cane sugar, yeast extract, cornstarch, chicken fat, ascorbic acid, sunflower oil, natural flavor, lactic acid), onions, chicken fat, unsalted butter, wheat flour, dehydrated parsley. **Contains milk, wheat, sesame.**

CREAMY CHICKEN & DUMPLINGS Water, dumplings (water, wheat flour, eggs, durum wheat flour, salt, oleoresin turmeric), fully cooked diced white chicken meat (chicken white meat, water, modified potato starch, salt, sodium phosphates), carrots, celery, whipping cream, contains 2% or less of the following: modified corn starch, onions, seasoning (maltodextrin, salt, chicken fat, chicken broth, yeast extract, whey protein concentrate, sugar, natural flavors, chicken powder, modified corn starch, corn starch, sodium phosphate, soy protein concentrate, sodium caseinate, beta carotene, garlic powder, onion powder), chicken broth, mirepoix base (sautéed vegetables [carrot, onion, celery], salt, sugar, corn oil, potato flour, carrot powder), wheat flour, whey protein concentrate, chicken fat (chicken fat, natural flavor), umami flavor (natural flavors, safflower oil), dehydrated parsley. **Contains egg, milk, soy, wheat.**

FRENCH ONION Water, onions, roasted beef flavored base [dextrose, salt, beef type flavor (hydrolyzed soy protein, maltodextrin, corn syrup solids, soybean oil), beef fat, onion powdered, chicken fat, corn starch, natural flavors, sugar, paprika, garlic powdered], modified corn starch, no salt sherry (California white wine), tomato paste, onion juice concentrate, unsalted butter, seasoning [salt, flavor (onion, yeast extract), yeast extract, beef extract, malt extract, maltodextrin, natural flavor], vegetarian flavor (filtered water, yeast extract, dextrose, salt, corn starch, corn oil, flavoring, onion powder, garlic powder, turmeric), light brown sugar, beef base (roasted beef and concentrated beef stock, salt, yeast extract, corn oil, maltodextrin from corn, sugar, natural flavorings), thyme. **Contains milk, soy.** (*Ingredients do not include added cheese topping or bread.*)

HOMESTYLE CHICKEN NOODLE Water, noodles (water, durum wheat flour, egg whites, eggs, wheat gluten), all natural fully cooked seasoned chicken pieces (chicken breast with rib meat, chicken thigh meat, water, rice starch and salt), carrots, green cabbage, celery, chicken stock (chicken stock and flavor), contains 2% or less of the following: seasoning (corn starch, sugar, guar gum and xanthan gum, spice, extractive of turmeric), wheat flour, unsalted butter (pasteurized cream, natural flavors), sea salt, chicken flavor concentrate (chicken, yeast extract, salt and flavorings), parsley, and natural flavors. **Contains egg, milk, wheat.**

LOADED BAKED POTATO Water potatoes, whole milk (milk, vitamin D3), whipping cream, cream cheese (pasteurized milk and cream, cheese culture, salt, stabilizers [carob bean and/or xanthan and/or guar gums]), onion, seasoning (modified corn starch, salt, wheat flour, sugar, flavor [yeast extract, canola oil], whey, flavor [medium chain triglycerides, natural flavor, smoke flavor], spice and not more than 2% soybean oil added to aid processing), bacon topping (bacon [cured with water, salt, sugar, sodium erythorbate, sodium nitrite. May also contain dextrose, flavoring, honey, dehydrated pork broth, potassium chloride, potassium lactate, smoke flavoring, sodium diacetate, sodium phosphate]), contains 2% or less of the following: dehydrated potatoes (potatoes, mono and diglycerides and disodium pyrophosphate), chicken broth, green onion, canola oil, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), cheese (parmesan type) [granular and parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), water, salt, lactic acid, citric acid], pepper sauce (distilled vinegar, red pepper, salt). **Contains milk, wheat.**

SPICY CHICKEN TORTILLA Water, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), chicken (white chicken meat, water, modified potato starch, salt, sodium phosphate), roasted green poblano peppers, roasted corn, seasoning {modified corn starch, chili powder (chili pepper, spices, garlic powder, salt), onion powder, spices, garlic powder, salt, sugar, chili pepper, lime juice powder [corn syrup solids and natural flavors (lime juice solids)], turmeric, green chile pepper powder and less than 2% calcium silicate added as a processing aid), green chiles (green chile peppers, citric acid), onions, cilantro, chicken flavor concentrate (chicken, yeast extract, salt, flavoring), tortilla chips [corn, vegetable oil (contains one or more of the following: cottonseed oil, corn oil and/or palm oil), water, trace of lime (calcium hydroxide), salt], soybean oil, green bell peppers, red bell peppers, jalapeno peppers.

TOMATO BASIL SOUP Water, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), tomatoes (tomatoes, tomato puree, citric acid), whipping cream, tomato paste, onions, contains less than 2% of the following: parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), sea salt, spice, modified corn starch, natural flavors, seasoning (yeast extract, garlic powder, spice), and yeast extract. **Contains milk.**