



Australia Ingredient Information for People with Food Allergies and Sensitivities

(Revised July 2020)

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. We go to great lengths to identify allergens in the food we prepare. However, we are unable to guarantee that any items sold are free from the listed allergens. There is always a risk that allergens may be transferred to items from our menu during processing, storage or preparation in our restaurants. Individual food items may come into contact with one another and this is not reflected on the Allergen Guide.

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soy	Tree Nuts	Lupin	Wheat & Gluten ¹	Sulphites	Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates
Sandwiches* on White or Wheat Bread with lettuce, spinach, carrot, tomatoes, capsicum, red onions, and cucumbers.													
Buffalo Chicken with Blue Cheese Dressing	•		•				•			•		•	
Chicken & Bacon Ranch Melt (Includes mozzarella)	•		•				•			•		•	•
Chicken Classic	•		•				•			•		•	
Chicken Schnitzel	•		*				•			•		•	
Chicken Strips	•		•				•			•		•	
Chicken Teriyaki	•		•		•		•			•		•	
Chipotle Steak Melt (Includes mozzarella)	•		•				•			•		•	
Italian B.M.T.®	•		•				•			•		•	•
Leg Ham with Seeded Mustard	•		•				•			•		•	
Meatball Melt (Includes mozzarella and marinara sauce)	•		•				•			•		•	
Pesto Chicken (Includes sun-dried tomatoes, feta and olives)	•		•				•			•		•	
Pizza Melt (Includes mozzarella and marinara sauce)	•		•				•			•		•	
Roast Beef with Smoky Tomato Chutney	•		•				•			•		•	
Smashed Falafel with Tzatziki	•		•				•			•		•	
Tuna & Mayo	•	•	•				•			•		•	
Carved Turkey with Cranberry Relish	•		•				•			•		•	
Veggie Delite® with Avo	•		•				•			•		•	
Veggie Patty	•		•				•			•		•	
Bread													
Ciabatta			*		*		•			•		*	
Italian Herbs and Cheese			•				•			•		•	
9 Grain Wheat Bread (Selection Locations Only)			•				•			•		•	
Malted Rye Bread			•				•			•		•	
White			•				•			•		•	
White			•				•			•		•	
Wrap			•				•			•		•	
Wrap, Gluten Free **			•				•			•		•	
Wrap, Multigrain			•				•			•		•	
Meat, Poultry, Seafood, Eggs													
Bacon, shortcut													•
Bacon, streaky													•
Buffalo Chicken			•									•	
Chicken Classic	•		•				•			•		•	
Chicken Schnitzel	•		*				•			•		•	
Chicken Strips - Plain	•		•				•			•		•	
Chicken Strips - Teriyaki Glazed	•		•		•		•			•		•	
Falafel	•		•				•			•		•	
Leg Ham	•		•				•			•		•	
Poached Egg	•		•				•			*		•	
Italian B.M.T.® Meats	•		•				•			•		•	
Meatballs & Marinara	•		•				•			•		•	
Roast Beef	•		•				•			•		•	
Salami/Pepperoni	•		•				•			•		•	
Steak, Diced	•		•				•			•		•	
Tuna & Mayo	•	•	•				•			•		•	
Carved Turkey	•		•				•			•		•	
Veggie Patty	•		•				•			•		•	
Cheese													
Crumbled Feta			•										
Mozzarella Cheese, Shredded			•										
Natural Cheddar Cheese, Slices			•										
Old English Style Processed Cheese			•				•						
Condiments & Dressings													
Blue Cheese Dressing	•		•										
Chipotle Southwest Sauce	•		•				•					•	
Cranberry Relish	•		•										
Garlic Aioli	•		•								•		
Habanero Hot Sauce	•		•										
Honey Mustard Sauce	•		•										
Marinara	•		•										
Maiyonnaise	•		•										
Pesto Mayo	•		•										
Ranch Dressing	•		•										
Seeded Mustard	•		•										
Smoky BBQ Sauce	•		•										
Smoky Tomato Chutney	•		•										
Sweet Chili Sauce	•		•										
Sweet Onion Sauce (Contains Poppy Seeds)	•		•										
Tomato Sauce	•		•										
Tzatziki	•		•									•	
Vegetables													
Avocado													
Jalapenos													
Olives													
Pickles													
Sundried Tomatoes												•	
Vegetables, Fresh													
Seasonings													
Cracked Pepper													
Herb Seasoning													
Rock Salt													
Zesty Spice												•	
Desserts and Sides													
Chocolate Chip	•		•	*			•	*		•		•	
Chocolate Chip M&M Cookie	•		•	*			•	*		•		•	
Double Chocolate Chip	•		•	*			•	*		•		•	
Rainbow Choc Chip Cookie	•		•	*			•	*		•		•	
Raspberry Cheesecake	•		•	*			•	*		•		•	
White Chip Macadamia Nut	•		•	*			•	*		•		•	
Avocado Toastie			•				•			•		•	
Avo & Feta Toastie			•				•			•		•	
Garlic and Herb Toastie			•				•			•		•	
Cheesy Garlic Toastie			•				•			•		•	
SPC Purée & Simple, Apple & Strawberry			•				•			•		•	
Selected Locations Only													
Pineapple													
Beetroot													
FitChips™													
Chocolate Walnut Brownie	•		•	*			•	*		•		•	
Promotional Items - Sandwiches* on White or Wheat Bread with garlic spread, mozzarella, spinach, and onions.													
Ultimate Meatball Marinara			•				•			•		•	
Ultimate Pizza Sub with Marinara			•				•			•		•	
Ultimate Garlic Bread Toastie			•				•			•		•	
Garlic Spread			•				•			•		•	
Salted Caramel Flavoured Cookie	•		•	*			•	*		•		•	
Gluten Free Range ** (Selected Locations Only)													
Gluten Free White Bread			•				•			•		•	
Gluten Free Chocolate Chip Cookie	•		•	*			•	*		•		•	
Gluten Free Double Chocolate Chip Cookie	•		•	*			•	*		•		•	
Spicy Korean BBQ Range ^ (Selected Locations Only) on Sesame Seed White Bread with capsicum, cucumber, onion, spinach, tomato and carrot.													
Korean Chicken			•				•			•		•	
Korean Steak			•				•			•		•	
Kewpie Roasted Sesame Dressing	•	•	•	•	•	•	•	•	•	•	•	•	•
Sesame Bread	•	•	•	•	•	•	•	•	•	•	•	•	•

¹ Wheat & Gluten categories are combined since all Subway® gluten-containing items contain wheat.
² Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.
 * Contains
 ^ Allergen info for additional condiments and breads are listed separately on this chart.
 ** Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website - www.subway.com.au for more information.
 ^ We now serve Sesame Topped White Bread. Although we take steps to reduce the chances of cross contamination of sesame seeds, we prepare our items on shared equipment so we cannot guarantee that our menu items are free from sesame. If you have food allergies, sensitivities or special dietary needs please visit our website - www.subway.com.au for more information.