

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

**CIABATTA:** Wheat Flour, Water, Yeast (Yeast, Water), Wheat Gluten, Salt, Fermented Wheat Flour, Olive Oil, Wheat Flour, Citric Acid (330), Thiamine, Folic Acid. Contains: Wheat and Gluten.

**CIABATTA (VIC Only):** Wheat Flour (Wheat Flour, Thiamine, Folic Acid), Water, Canola Oil, Yeast (Water, Yeast), Iodised Salt, Dough Improver (Wheat Flour, Enzyme, Ascorbic Acid (300)), Canola Oil Spray (Soy Lecithin (322)), Wheat Flour Sharps. Contains: Gluten, Wheat, Soy. May Contain Milk, Sesame Seeds, Sulphites.

**ITALIAN HERBS & CHEESE BREAD:** Subway® White Bread, Mozzarella Cheese (Pasteurised Cow's Milk, Salt, Cultures, Vegetarian Rennet, Anti-caking agent (Tapioca Starch), Preservative (200)), Garlic Powder, Maltodextrin, Rice Flour, Salt, Breadcrumbs (Wheat Flour, Yeast, Maize Flour, Salt, Rye, Triticale, Gluten, Soy Flour, Vegetable Oil, Emulsifiers (471, 481, 472e), Preservative (282), Vegetable Gum (412), Vitamin (Thiamin)), Rosemary, Parmesan Cheese (Milk Starter Culture, Rennet, Salt, Lipase), Vegetable Fat, Oregano, Flavours, Soy bean Oil, Whey Powder, Food Acids (330, 270), Vegetable Gum (412), Anti-caking Agent (551), Yeast. Contains: Wheat, Gluten, Soy and Milk

**MALTED RYE BREAD: Rye Bread:** Wheat Flour (Thiamine, Folic Acid), Water, Rye Flour (13%), Yeast, Gluten, Sugar, Kibble Rye (2%), Canola Oil, Malt Flour (1%), Iodised Salt, Fermented Wheat Flour, Bread Improver (Sugar, Soy Flour, Wheat Flour, Emulsifier (Soy Lecithin), Ascorbic Acid (300), Enzyme, Mineral Salt (170)). **Rye Bread Topping:** Seeds and Grains (91%) (Linseed, Sunflower Seeds, Pepita, Quinoa, Soy Grits, Poppy Seed, Oats (Contains Gluten), Amaranth), Dextrin (Tapioca), Vegetable Oil, Salt, Vegetable Powders, Psyllium Fibre. Contains: Wheat, Gluten and Soy.

**MULTIGRAIN WRAP:** Wheat Flour (Thiamin, Folic Acid), Water, Wholemeal Wheat Flour (17%) (Thiamin, Folic Acid), Vegetable Shortening (Vegetable Oil, Emulsifier (471)), Grain Mix (3.6%) (Kibbled Wheat, Kibbled Corn, Kibbled Rye, Malted Wheat, Linseed), Baking Powder (Emulsifiers (339, 341, 450), Raising Agent (500), Cornflour (Wheat)), Iodised Salt, Sugar, Dough Conditioner (Emulsifiers (481, 471), Soy Flour), Acidity Regulator (297), Preservative (200). Contains: Wheat, Gluten and Soy.

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**WHEAT BREAD:** Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Wholemeal Concentrate (Wheat Bran, Wheat Germ), Sugar, Wheat Gluten, Canola Oil, Bread Improver (Soy Flour, Emulsifiers (472e, 481, 471), Wheat Flour, Food Acid (300), Mineral Salt (170), Enzymes), Iodised Salt, Caramel Colour (150c). Contains: Wheat, Gluten and Soy.

**WHITE BREAD:** Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, Wheat Gluten, Canola Oil, Iodised Salt, Bread Improver (Soy Flour, Emulsifiers (472e, 481, 471), Dextrose, Wheat Flour, Mineral Salt (170), Food Acid (300), Enzymes). Contains: Wheat, Gluten and Soy.

**WRAP:** Wheat Flour (Thiamin, Folic Acid), Water, Vegetable Fat (Vegetable Oil, Antioxidant (320)), Humectant (422), Baking Powder (Emulsifiers (339, 341, 450), Raising Agent (500), Cornflour (Wheat)), Canola Oil, Iodised Salt, Thickener (412), Emulsifiers (472e, 481), Preservatives (282, 200), Acidity Regulator (297), Wheat Gluten, Dough Conditioner (920). Contains: Wheat and Gluten.

**WRAP, GLUTEN FREE \*:** Water, Brown Rice Flour, Thickeners (1442, 1450, 464), Buckwheat Flour, Rice Flour, Canola Oil, Dried Potato, Sugar Fibre, Pea Protein, Sugar, Natural Flavour, Stabilisers (415,412), Iodised Salt, Sodium Bicarbonate, Acidity Regulator (297), Inulin, Cultured Dextrose.

## MEAT, POULTRY, SEAFOOD & EGGS

**BACON, SHORTCUT:** Pork (minimum 80%), Water, Salt, Dextrose, Acidity Regulators (325, 262), Sugar, Mineral Salts (451, 450), Antioxidant (316), Sodium Nitrite (250), Wood smoked.

**BACON, STREAKY:** Cured with Water, Salt, Sugar, Smoke Flavour, Sodium Phosphates, Sodium Erythorbate (made from sugar), Sodium Nitrite (250).

**BUFFALO CHICKEN: Chicken Strips (QLD, NSW, ACT, NT):** Chicken (94%), Water, Starches (Tapioca, Maize), Salt, Hydrolysed Maize Protein, Mineral Salt (450), Vegetable Fibres, Yeast Extracts, Natural Flavour, Vegetable Powder. **Chicken Strips (WA, SA, TAS & VIC):** Chicken (92%), Milk Solids, Thickeners (1442, 407), Salt, Mineral Salt (451, 508), Flavour (Milk), Glucose, Water. Contains: Milk. **Buffalo Sauce:** Water, Vinegar, Salt, Dextrose, Cayenne Chilli Puree (Cayenne Chilli, Food Acid (Acetic)), Milk Solids, Sugar, Corn Starch, Natural Flavours (Milk), Spice, Thickener (Xanthan Gum), Natural Colours (Paprika & Turmeric Oleoresins), Spice Extract. Contains: Milk.

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**CHICKEN & BACON RANCH: Chicken Strips (QLD, NSW, ACT, NT):** Chicken (94%), Water, Starches (Tapioca, Maize), Salt, Hydrolysed Maize Protein, Mineral Salt (450), Vegetable Fibres, Yeast Extracts, Natural Flavour, Vegetable Powder. **Chicken Strips (WA, SA, TAS & VIC):** Chicken (92%), Milk Solids, Thickeners (1442, 407), Salt, Mineral Salt (451, 508), Flavour (Milk), Glucose, Water. Contains: Milk. **Bacon, Streaky:** Cured with Water, Salt, Sugar, Smoke Flavour, Sodium Phosphates, Sodium Erythorbate (made from sugar), Sodium Nitrite (250). **Ranch Dressing:** Water, Vegetable Oil, Vinegar, Lemon Juice [Preservative (223)], Sour Cream, Salt, Milk Solids, Whey Protein, Vegetable Gums (415, 412, 466), Food Acids (270, 330), Thickener (1412), Preservative (202), Flavourings, French Mustard, Herb, Vegetable Powder, Sweetener (955). Contains: Milk.

**CHICKEN CLASSIC:** Chicken (82%), Wheat Flour, Vegetable Oil, Water, Salt, Flavours, Wheat Starch, Herbs & Spices, Sugar, Egg Albumen, Soy Sauce (Contains Soy), Dehydrated Vegetable (Garlic), Yeast Extract, Whey Powder (Milk), Mineral Salts (451, 450, 452). Contains: Wheat (Gluten), Milk, Egg and Soy.

**CHICKEN STRIPS (QLD, NSW, ACT, NT):** Chicken (94%), Water, Starches (Tapioca, Maize), Salt, Hydrolysed Maize Protein, Mineral Salt (450), Vegetable Fibres, Yeast Extracts, Natural Flavour, Vegetable Powder.

**CHICKEN STRIPS (WA, SA, TAS & VIC):** Chicken (92%), Milk Solids, Thickeners (1442, 407), Salt, Mineral Salt (451, 508), Flavour (Milk), Glucose, Water. Contains: Milk

**CHICKEN SCHNITZEL (QLD, NSW, ACT, NT):** Chicken Breast (70%), Breadcrumbs (Wheat Flour, Salt, Yeast, Wheat Gluten, Sugar, Canola Oil), Batter (Wheat flour, Thickener (1404), Mineral Salts (500, 541, 450), Salt, Soy flour, Emulsifier (322 (Soy))), Marinade (Water, Salt, Modified starch (1442), Mineral salts (451,452), Maltodextrin), Predust (Wheat, Egg), Vegetable Oil. Contains: Wheat (Gluten), Soy and Egg.

**CHICKEN SCHNITZEL (WA, SA, TAS & VIC):** Chicken (57%), Water, Wheat Flour, Canola Oil, Sugar, Salt, Wheat Gluten, Yeast, Wheat Starch, Colours (100, 160c), Herb Extract, Modified Starch (1442), Soy Protein Isolate, Vegetable Powder (Garlic, Onion), Mineral Salts (451, 450), Vegetable Gum (415). Contains: Wheat, Gluten, and Soy. May contain: Milk and Egg.

**FALAFEL:** Chickpeas (62%), Onion, Seasonings (Dehydrated Vegetables (Red Bell Pepper, Onion, Garlic), Herbs & Spices, Wheat Flour, Soy Meal (Wheat), Salt, Wheat Bran, Sugar, Maltodextrin (Maize), Yeast Extract, Vegetable Oils, Flavour), Water, Thickener (1412), Corn Starch, Vegetable Oil. Contains: Wheat (Gluten) and Soy.

**LEG HAM:** Pork (84%), Water, Acidity Regulators (326, 325, 262), Salt, Mineral Salts (451, 450, 452, 341), Dextrose (Maize), Sugar, Brown Sugar, Antioxidant (316), Preservative (250 (Sodium Nitrite)) Thickener (1442), Smoked.

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**ITALIAN B.M.T.® MEATS: Salami (VIC , TAS):** Pork and Beef (93%), Salt, Soy Protein, Dextrose (Tapioca, Maize), Maltodextrin (Maize), Spices and Spice Extracts, Antioxidants (316, 307b, 392), Mustard Flour, Dehydrated Vegetable (Garlic), Mineral Salt (451), Herb Extract, Starter Cultures, Sodium Nitrite (250) Fermented Red Rice, Canola Oil, Wood Smoked. Contains: Soy. May Contain: Milk. **Pepperoni (VIC, TAS):** Pork and Beef (92%), Salt, Soy Protein, Dextrose (Tapioca, Maize), Spices and Spice Extracts, Natural Colour (160c), Antioxidants (316, 307b, 392), Dehydrated Vegetables (Garlic, Onion), Mustard Flour, Starter Cultures, Sodium Nitrite (250), Fermented Red Rice, Mineral Salts (450, 451, 452), Rice Flour, Yeast Extract, Sugar, Flavour, Acidity Regulator (262), Herb Extract, Hydrolysed Vegetable Protein (Maize, Soy), Canola Oil, Maize Starch, Wood Smoked. Contains: Soy. May Contain: Milk. **Salami (QLD, NSW, ACT, NT, WA, SA):** Pork and Beef (95%), Salt, Spices, Lactose (Milk), Maltodextrin (Maize), Dextrose (Maize), Mineral Salts (450, 451), Antioxidant (316), Dried Vegetables, Sugar, Sodium Nitrite (250), Starter Culture, Natural Wood Smoke. Contains: Milk. **Pepperoni (QLD, NSW, ACT, NT, WA, SA):** Pork and Beef (94%), Salt, Spices, Maltodextrin (Maize), Lactose (Milk), Dextrose (Maize), Mineral Salts (450,451), Antioxidant (316), Dried Vegetables, Sugar, Natural Colour (160c), Starter Culture, Sodium Nitrite (250), Natural Wood Smoke. Contains: Milk. **Ham:** Pork (84%), Water, Acidity Regulators (326, 325, 262), Salt, Mineral Salts (451, 450, 452, 341), Dextrose (Maize), Sugar, Brown Sugar, Antioxidant (316), Sodium Nitrite (250), Thickener (1442), Smoked.

**MEATBALLS WITH MARINARA SAUCE: Meatballs:** Beef (65%), Water, Textured Vegetable Protein, Soy Protein, Breadcrumb (Cereal and Cereal Flours (Wheat and Soy), Yeast, Salt, Gluten, Vegetable Oil, Soy Flour, Emulsifiers (471, 481, 472-e), Acidity Regulator (263), Preservative (282), Vegetable Gum (412), Vitamin (Thiamin)), Salt, Dehydrated Vegetables, Herbs & Spices, Vegetable Oil, Hydrolysed Vegetable Protein, Wheat Flour, Cheese (Pasteurised Milk, Salt, Culture, Enzyme), Wholemeal Wheat Flour, Gluten, Soy Flour, Colour (150c). Contains: Wheat, Gluten, Soy and Milk. **Marinara Sauce:** Tomato Concentrate (tomato paste, water), Vegetable Oil, Sugar, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice, Food Acid (330).

**PESTO CHICKEN: Chicken Strips (QLD, NSW, ACT, NT):** Chicken (94%), Water, Starches (Tapioca, Maize), Salt, Hydrolysed Maize Protein, Mineral Salt (450), Vegetable Fibres, Yeast Extracts, Natural Flavour, Vegetable Powder. **Chicken Strips (WA, SA, TAS & VIC):** Chicken (92%), Milk Solids, Thickeners (1442, 407), Salt, Mineral Salt (451, 508), Flavour (Milk), Glucose, Water. Contains: Milk. **Feta:** Cheese (Pasteurised Cows Milk, Salt, Starter Culture, Enzyme (Non Animal Rennet), Calcium Chloride (509), Anticaking Agent (460), Preservative (200)). Contains Milk. **Pesto Mayo:** Canola Oil, Water, Basil Puree (Basil, Food Acid (Citric), Canola Oil, Thickener (Xanthan)), Vinegar, Sugar, Pasteurised Egg Yolk, Corn Starch, Salt, Whey Powder (Milk), Herb & Spice, Vegetable Powder, Garlic, Food Acid (Lactic), Parmesan Cheese Powder, Thickener (Xanthan), Preservative (Potassium Sorbate), Herb Extract, Antioxidant (EDTA). Contains Milk and Egg. **Sundried Tomatoes:** Tomatoes (65%), Vegetable Oil, Salt, Garlic, Herb, Vegetable Powder, Preservatives (223 (Sulphite)), Acidity Regulator (260). Contains: Sulphites.

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**POACHED EGG:** Cage Free Whole Egg. May contain Gluten.

**ROAST BEEF:** Beef (minimum 80%), Water, Dextrose, Maltodextrin, Salt, Mineral Salt (451), Dehydrated Vegetables (Garlic, Onion), Colour (150d), Spice, Vegetable Oil.

**STEAK, DICED:** Beef (min.80%), Water, Dextrose, Hydrolysed Vegetable Protein (Maize & Soy), Maltodextrin, Thickener (1442), Beef Protein, Salt, Mineral Salts (508,450,451), Stabiliser (407a), Colour (150d (Sulphites)), Vegetable Powders, Fermented Soy Sauce (Soy), Yeast Extract, Natural Flavour, Vegetable Oil, Spice Extracts, Vegetable Extracts. Contains: Soy and Sulphites.

**TERIYAKI CHICKEN: Chicken Strips (QLD, NSW, ACT, NT):** Chicken (94%), Water, Starches (Tapioca, Maize), Salt, Hydrolysed Maize Protein, Mineral Salt (450), Vegetable Fibres, Yeast Extracts, Natural Flavour, Vegetable Powder. **Chicken Strips (WA, SA, TAS & VIC):** Chicken (92%), Milk Solids, Thickeners (1442, 407), Salt, Mineral Salt (451, 508), Flavour (Milk), Glucose, Water. Contains: Milk. **Teriyaki Glaze:** Water, Sugar, Thickener (1422), Fructose, Tomato Paste, Ginger, Salt, Hydrolysed Vegetable Protein, Acidity Regulators (260, 270), Garlic Powder, Sesame Seeds, Minced Onion, Red Bell Peppers, Sesame Oil, Colour (150d), Spices, Preservatives (202, 211), Flavours. Contains: Sesame.

**TUNA:** Chunk Style Tuna, **Subway® Mayonnaise**, Water, Salt. Contains: Fish and Egg.

**TURKEY, CARVED:** Turkey (69%), Brine Mix (Water, Salt, Thickeners (1412, 415), Mineral Salt (451, 450, 452, 508), Vegetable Gum (407a, 415, 407), Maltodextrin (Maize), Antioxidant (316), Hydrolysed Vegetable Protein (Maize), Acidity Regulator (331), Canola Oil, Soy Protein Isolate, Whey Protein (Milk), Sugar, Dextrose (Maize), Yeast Extract, Spice Extract). Contains: Milk and Soy.

**VEGGIE PATTY:** Vegetables (40%) (Carrots, Bell Peppers, Mushrooms, Water Chestnuts, Onions, Black Olives), Soy Protein, Cooked Brown Rice, Seasonings [Herbs and Spices, Hydrolysed Vegetable Protein (Soy), Yeast Extracts, Sugar, Salt, Vegetable Fibre], Oats (Contain Gluten), Vegetable Oil. Contains: Wheat, Gluten and Soy.

## CHEESE

**CRUMBLED FETA:** Cheese (Pasteurised Cow's Milk, Salt, Starter Culture, Enzyme (Non Animal Rennet), Calcium Chloride (509), Anticaking Agent (460), Preservative (200)). Contains Milk.

**MOZZARELLA CHEESE (shredded):** Pasteurised Cow's Milk, Salt, Cultures, Vegetarian Rennet, Anti-caking agent (Tapioca Starch), Preservative (200). Contains: Milk.

**NATURAL CHEDDAR CHEESE:** Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet). Contains Milk.

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**OLD ENGLISH STYLE PROCESSED CHEESE:** Cheese (min 60%) (Cow's Milk, Salt, Cultures, Enzyme (Microbial/Calf Rennet)), Water, Milk Solids, Emulsifiers (331, 322 (Soy Lecithin) 339), Salt, Acidity Regulators (260, 330), Preservative (200), Colours (160b, 160c), Enzymes. Contains Milk and Soy.

## VEGETABLES

**AVOCADO:** Avocado Puree.

**BEETROOT (Selected locations only):** Beetroot (58%), Water, Sugar, Food Acid (260), Salt, Flavours.

**CARROT:** Shredded Carrots.

**CUCUMBERS:** Fresh Ripe Cucumbers.

**CAPSICUM:** Fresh Green Capsicum.

**JALAPEÑO PEPPER SLICES:** Sliced Jalapeno Peppers (60%), Water, Vinegar, Food Acid (260), Salt, Preservative (211), Mineral Salt (509), Colour (102).

**CHOPPED ICEBERG LETTUCE:** Fresh Iceberg Variety.

**OLIVES:** Ripe Olives, Water, Salt, Ferrous Gluconate.

**ONIONS:** Jumbo Red Onions.

**PINEAPPLE (Selected locations only):** Pineapple, Unsweetened Pineapple Juice, Citric Acid (330).

**PICKLES:** Pickles, Water, Vinegar, Salt, Mineral Salt (509), Preservative (211), Natural Flavorings, Emulsifier (433).

**SPINACH:** Baby Spinach

**SUNDRIED TOMATOES:** Tomatoes (65%), Vegetable Oil, Salt, Garlic Powder, Herb, Vegetable Powder, Preservatives (223), Acidity Regulator (260). Contains: Sulphites.

**TOMATOES:** Fresh Red Ripe Tomatoes.

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## SAUCES AND DRESSINGS

**BLUE CHEESE DRESSING:** Canola Oil, Water, Vinegar, Cheddar Blue Cheese Powder ((4%), (Milk)), Pasteurised Egg Yolk, Sugar, Corn Starch, Salt, Whey Powder (Milk), Natural Flavour, Food Acid (Lactic), Herb & Spice, Thickener (Xanthan), Vegetable Powder, Preservative (Potassium Sorbate), Antioxidant (EDTA). Contains: Milk and Egg.

**CHIPOTLE SOUTHWEST:** Soy Bean Oil, Water, White Vinegar, Milk Solids, Egg, Salt, Vegetable Powders, Acidity Regulator (270), Stabiliser (415), Yeast Extract, Herb and Spice, Flavours, Preservatives (202, 211), Emulsifier (433), Antioxidant (385), Sweetener (950). Contains: Soy, Milk and Egg

**CRANBERRY RELISH:** Water, Cranberries ((15%) (contains Sugar, Sunflower Oil)), Sugar, Orange Juice, Thickeners (1422, Xanthan, Pectin, Guar) Red Wine Vinegar, Vegetable Powder, Cranberry Powder (0.7%), Food Acid (Citric), Salt, Natural Colours (Black Carrot Extract, Paprika Oleoresin), Spices, Orange Peel, Natural Flavour.

**GARLIC AIOLI SAUCE:** Water, Vegetable oil, Thickener (1414, 415, 412, 401), Garlic (3%), Sugar, Skim Milk Powder, Salt, Food Acids (270, 260, 330), Preservatives (211, 202, 223), Natural Flavour, Herb, Antioxidant (385), Colour (102, 110). Contains: Milk and Sulphites.

**HABANERO HOT SAUCE:** Water, Sugar, Mango Puree (Food Acids (Citric & Ascorbic)), Vinegar, Chilli Purees (including Habanero (6%), Food Acid (Acetic)), Tamarind Concentrate (Tamarind, Water), Salt, Corn Starch, Tomato Paste, Garlic, Fructose, Spices, Food Acid (Citric), Thickener (Xanthan), Natural Colours (Turmeric & Paprika Oleoresins).

**HONEY MUSTARD:** Water, Sugar, Vinegar, Thickener (1422, 415), Honey (3%), Spice, Crushed Mustard Seed, Salt, Acidity Regulator (260, 270, 330), Colour (171, 150d), Lemon Juice Concentrate, Preservative (202, 211), Natural Herbal Extract.

**MARINARA:** Tomato Concentrate (Tomato Paste, Water), Vegetable Oil, Sugar, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice, Food Acid (330).

**MAYONNAISE:** Water, Vegetable Oil (Antioxidant (307)), White Vinegar, Pasteurised Egg Yolk, Thickeners (1442, 412), Salt, Mustard Flour, Preservative (202), Food Acid (270), Antioxidant (385), Colours (100, 160c). Contains: Egg

**PESTO MAYO:** Canola Oil, Water, Basil Puree (Basil, Food Acid (Citric), Canola Oil, Thickener (Xanthan)), Vinegar, Sugar, Pasteurised Egg Yolk, Corn Starch, Salt, Whey Powder, Herb & Spice, Vegetable Powder, Garlic, Food Acid (Lactic), Parmesan Cheese Powder, Thickener (Xanthan), Preservative (Potassium Sorbate), Herb Extract, Antioxidant (EDTA). Contains Milk and Egg.

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**RANCH DRESSING:** Water, Vegetable Oil, Vinegar, Lemon Juice [Preservative (223)], Sour Cream, Salt, Milk Solids, Whey Protein, Vegetable Gums (415, 412, 466), Food Acids (270, 330), Thickener (1412), Preservative (202), Flavourings, French Mustard, Herb, Vegetable Powder, Sweetener (955). Contains: Milk.

**SEEDED MUSTARD:** Whole Grain Mustard (Minimum 50%) (Water, Mustard Seeds, Vinegar, Salt, Food Acid (260), Sugar, Spices), Water, Canola Oil, Sugar, Dijon Mustard (Minimum 5%) (Water, Mustard Seed, Vinegar, Salt, Acidity Regulator (330, 334) Spice), Thickener (1422), Salt, Vegetable Gum (415), Vinegar, Preservative (202), Herb Extract, Colour (150a), Food Acid (330).

**SMOKY BBQ SAUCE:** Water, Sugar, White Vinegar, Tomato Paste, Glucose Syrup, Apple Paste, Molasses, Thickeners (1422, 415), Salt, Natural Flavour, Vegetable Powders, Rochester Sauce Powder, Spices, Preservative (202).

**SMOKY TOMATO CHUTNEY:** Sugar, Water, Tomato Paste (15%), Diced Tomatoes (12%) [Tomatoes, Food Acid (330), Mineral Salt (509)], White Vinegar, Capsicum Puree [Red Pepper, Food Acid (260)], Thickener (1422), Onion, Spices, Natural Flavours, Salt, Garlic, Preservative (202).

**SWEET CHILLI SAUCE:** Water, sugar, salt, thickener (1422), acidity regulator (260), chilli (1%), red bell peppers, stabilizer (415), flavour, preservative (211, 202).

**SWEET ONION:** Sugar, Vinegar, Water, Onion (6.6%), Thickener (1422), Mustard Flour, Salt, Poppy Seeds, Red Bell Pepper, Preservative (202), Natural Flavour, Celery Seed Powder.

**TOMATO SAUCE:** Concentrated Tomatoes (Contains 141g of Tomatoes per 100mL), Sugar, Salt, Food Acids (Acetic Acid, Citric Acid), Natural Flavours. Contains 79% Concentrated Tomatoes.

**TZATZIKI:** Water, Vegetable Oil, Milk Solids, Acidified Cucumber (4.5%) (Sulphites), Yoghurt Powder, Thickener (1414, 415, 412, 401), Sugar, Lemon Juice Concentrate, Salt, Acidity Regulator (270, 330, 260, 325), Natural Flavours, Herb, Preservative (211, 202), Emulsifier (433), Antioxidant (385). Contains: Milk, Sulphites.

## SEASONINGS

**ROCK SALT:** Salt

**CRACKED PEPPER:** Black Peppercorns

**HERB SEASONING:** Salt, Herbs (Rosemary, Oregano, Thyme), Natural Flavour.

**ZESTY SPICE:** Spices (contains Gluten), Dehydrated Vegetables, Salt. Contains Gluten.

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## COOKIES and BAKERY ITEMS

**CHOCOLATE CHIP COOKIE (except WA):** Wheat Flour, Sugar, Chocolate Chips (23%) (Sugar, Chocolate Mass, Cocoa Butter, Emulsifier (322 (Soy)), Flavour), Vegetable Oil Spread (Vegetable Oil, Butter (Cream (Milk), Salt), Water, Salt, Flavour, Colour (160e), Antioxidant (304)), Vegetable Oil, Pasteurised Egg, Molasses, Water, Sodium Bicarbonate, Salt, Flavour. Contains: Wheat (Gluten), Soy, Milk, Egg. May contain: Tree Nuts and Peanuts.

**CHOCOLATE CHIP COOKIE (WA only):** Wheat Flour, Chocolate Chips (23%) (Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322 (Soy))), Natural Vanilla Flavour), Sugar, Margarine (Vegetable Oil, Butter (Cream (Milk), Salt), Water, Salt, Emulsifiers (322 (Soy))), Flavour, Natural Colour (Beta Carotene), Vitamin A Palmitate), Pasteurised Eggs, Wheat Starch, Molasses, Water, Sodium Bicarbonate, Natural Vanilla Flavour, Emulsifier (322 (Soy)). Contains: Wheat, Gluten, Soy, Milk and Egg. May contain: Tree Nuts and Peanuts.

**CHOCOLATE CHIP RAINBOW COOKIE (except WA):** Wheat Flour, Sugar, Vegetable Oil, Chocolate Chips (9%) (Sugar, Chocolate Mass, Cocoa Butter, Emulsifier (322 (Soy)), Flavour), Chocolate Confectionery Candies (9%) (Milk Chocolate (Sugar, Cocoa Butter, Chocolate Mass, Whole Milk Powder, Emulsifier (322 (Soy))), Flavour), Sugar, Rice Starch, Stabiliser (414), Colours (100, 162, 160a), Carnauba Wax, Pasteurised Egg, Water, Molasses, Salt, Sodium Bicarbonate, Whey Powder (Milk), Flavour. Contains: Wheat (Gluten), Soy, Milk, Egg. May contain: Tree Nuts and Peanuts.

**CHOCOLATE CHIP M&M (WA only):** Wheat Flour, Sugar, Margarine (Palm Oils, Water, Salt, Emulsifier 471, 322 (Soy), Antioxidant 307, Flavour, Food Acid 330), Dark Chocolate (9.1%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous Milk Fat, Emulsifiers Soy Lecithin, 476), M&Ms (9.1%) ((Milk Chocolate (Sugar, Cocoa Mass, Milk Powder, Cocoa Butter, Lactose, Vegetable Fat, Milk Fat, Emulsifier, 322 (Soy), Salt, Artificial Flavour), Sugar, Wheat Starch, Wheat Glucose Syrup, Stabiliser (Gum Arabic), Colours (171, 129, 133, 110, 102), Dextrin)), Brown Sugar, Egg, Water, Dextrose Monohydrate, Baking Soda, Whey Powder, Vanilla Essence (Water, Propylene Glycol, Flavour, Stabilisers (466, 460, 415), Colours (102, 124, 132)), Salt. Contains: Wheat, Gluten, Soy, Egg, Milk. May contain: Tree Nuts and Peanuts.

**DOUBLE CHOCOLATE CHIP COOKIE (except WA):** Sugar, Wheat Flour, Vegetable Oil Spread (Vegetable Oil, Butter (Cream (Milk), Salt), Water, Salt, Flavour, Colour (160e), Antioxidant (304)), White Confectionery Chips (12%) (Sugar, Vegetable Oil, Skim Milk, Emulsifier (322 (Soy)), Flavour), Chocolate Chips (7%) (Sugar, Chocolate Mass, Cocoa Butter, Emulsifier (322 (Soy))), Flavour), Pasteurised Egg, Alkalised Cocoa (3%), Molasses, Water, Salt, Sodium Bicarbonate, Flavour. Contains: Wheat (Gluten), Soy, Milk, Egg. May contain: Tree Nuts and Peanuts.

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**DOUBLE CHOCOLATE CHIP COOKIE (WA only):** Sugar, Wheat Flour, Margarine (Vegetable Oil, Butter (Cream (Milk), Salt), Water, Salt, Emulsifiers (322 (Soy)), Flavour, Natural Colour (Beta Carotene), Vitamin A Palmitate), White Confectionery Chips (12%) (Sugar, Vegetable Oil, Non Fat Dry Milk, Emulsifier (322, (Soy)), Flavour), Chocolate Chips (7%) (Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322 (Soy)), Natural Vanilla Flavour), Pasteurised Eggs, Cocoa (Alkalised), Water, Wheat Starch, Molasses, Natural Vanilla Flavour, Sodium Bicarbonate, Emulsifier (322 (Soy)), Salt. Contains: Wheat, Gluten, Soy, Milk and Eggs. May contain: Tree Nuts and Peanuts.

**RASPBERRY CHEESECAKE COOKIE (except WA):** Wheat Flour, Sugar, Margarine [Palm Oil, Water, Soybean Oil, Salt, Emulsifier (471), Natural Flavours, Food Acid (330), Vitamin A (Antioxidant 304), Colour (160a)], White Confectionery Chips (15%) [Sugar, Palm Kernel and Palm Oil, Nonfat Dry Milk, Emulsifier (322), Natural Vanilla Flavour], Eggs, Raspberry Confectionery Bits (4%) [Dextrose, Palm Oil, Corn Flour, Raspberry Powder, Vegetable Extract (Red Cabbage, Beet Juice), Food Acid (330), Natural Flavour], Invert Sugar, Maltodextrin, Neufchatel Cheese (2%) [Pasteurised Milk and Cream, Cheese Culture, Salt, Stabilisers (410, 412, 415)], Raising Agent (500), Salt, Soybean Oil, Raspberry Juice Concentrate, Natural Flavour, Colour (102, 100, 160b). Contains: Wheat, Gluten, Milk, Soybeans and Eggs. May contain: Tree Nuts and Peanuts.

**RASPBERRY CHEESECAKE COOKIE (WA only):** Wheat Flour, Sugar, White Confectionery Chips (15%) (Sugar, Vegetable Oil, Non Fat Dry Milk, Emulsifier (322, (Soy)), Flavour), Vegetable Oil, Pasteurised Eggs, Raspberry Confectionery Bits (4%) (Dextrose, Vegetable Oil, Sugar, Corn Flour, Beet Juice, Raspberry Powder, Citric Acid, Flavour, Fruit Juice (Watermelon, Huito Fruit)), Water, Invert Sugar, Cream Cheese Powder (2%) (Cream Cheese (Milk, Culture, Salt, Thickener (410), Enzyme), Non Fat Milk), Natural Raspberry Flavour, Sodium Bicarbonate, Wheat Starch, Salt, Pumpkin Concentrate, Emulsifier (322 (Soy)), Vegetable Oil (Flavour, Colour (Annatto, Turmeric)). Contains: Wheat, Gluten, Milk, Soy and Eggs. May contain: Tree Nuts and Peanuts.

**WHITE CHIP MACADAMIA NUT COOKIE (except WA):** Wheat Flour, Sugar, Vegetable Oil Spread (Vegetable Oil, Butter (Cream (Milk), Salt), Water, Salt, Flavour, Colour (160e), Antioxidant (304)), White Confectionery Chip (15%) (Sugar, Vegetable Oil, Skim Milk, Emulsifier (322 (Soy)), Flavour), Macadamia Nuts (6%), Pasteurised Egg, Molasses, Water, Salt, Sodium Bicarbonate, Flavour. Contains: Wheat (Gluten), Soy, Milk, Egg, Tree Nuts. May contain: Peanuts.

**WHITE CHIP MACADAMIA NUT COOKIE (WA only):** Wheat Flour, Sugar, Margarine (Vegetable Oil, Butter (Cream (Milk), Salt), Water, Salt, Emulsifiers (322 (Soy)), Flavour, Natural Colour (Beta Carotene), Vitamin A Palmitate), White Confectionery Chips (15%) (Sugar, Vegetable Oil, Non Fat Dry Milk, Emulsifier (322, (Soy)), Flavour), Macadamia Nuts (6%), Pasteurised Eggs, Water, Wheat Starch, Molasses, Natural Vanilla Flavour, Sodium Bicarbonate, Emulsifier (322 (Soy)), Salt. Contains: Wheat, Gluten, Milk, Soy, Eggs and Tree Nuts. May contain: Peanuts.

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## TOASTIES

**AVOCADO TOASTIE:** Subway® White Bread, Subway® Avocado. Contains: Wheat, Gluten and Soy

**AVO AND FETA TOASTIE:** Subway® White Bread, Subway® Avocado, Feta. Contains: Wheat, Gluten, Soy and Milk.

**GARLIC & HERB TOASTIE:** Subway® White Bread, Subway® Garlic Aioli, Garlic Powder, Maltodextrin, Rice Flour, Salt, Breadcrumbs (Wheat Flour, Yeast, Maize Flour, Salt, Rye, Triticale, Gluten, Soy Flour, Vegetable Oil, Emulsifiers (471, 481, 472e), Preservative (282), Vegetable Gum (412), Vitamin (Thiamin)), Rosemary, Parmesan Cheese (Milk Starter Culture, Rennet, Salt, Lipase), Vegetable Fat, Oregano, Flavours, Soy bean Oil, Whey Powder, Food Acids (330, 270), Vegetable Gum (412), Anti-caking Agent (551), Yeast. Contains: Wheat, Gluten, Soy, Milk and Sulphites.

**CHEESY GARLIC TOASTIE:** Subway® White Bread, Subway® Garlic Aioli, Subway® Mozzarella Cheese. Contains: Wheat, Gluten, Soy, Milk and Sulphites.

## SIDES

**FITCHIPS™: (Selected locations only):** Potato (95%), Canola Oil, Dextrose.

**SPC PUREE & SIMPLE, APPLE & STRAWBERRY:** Apple Puree (57%), Apple Juice, Strawberry Puree (10%), Colour (Blackcurrant Juice, Fruit Pectin, Antioxidant (Ascorbic Acid), Natural Flavour.

## PROMOTIONAL ITEMS

**GARLIC SPREAD:** Vegetable Oil, Water, Garlic (10%), Salt, Emulsifiers (471, 322 (Soy)), Herb (Parsley), Preservative (202), Natural Flavour, Acidity Regulators (500, 330), Antioxidant (307b), Natural Colour (Carotene). Contains: Soy.

**SALTED CARAMEL FLAVOURED COOKIE:** Wheat Flour, Sugar, Margarine (Vegetable Oil, Water, Butter (Butter Oil, Water, Salt), Salt, Buttermilk Powder (Milk), Emulsifiers (471, 472c), Food Acid (270), Natural Flavour, Antioxidant (304), Natural Colour (160a)), Salted Caramel Confectionery (10%)(Sugar (Including Caramelised Sugar), Vegetable Fat [Emulsifier (322 from Soy)], Tapioca Starch, Salt, Natural Flavour, Water), Icing Sugar Mixture (Sugar, Tapioca Starch), Egg, Butter (Milk), Molasses, Water, Salt, Raising Agent (500), Natural Caramel Flavour. Contains Wheat, Gluten, Egg, Milk and Soy. May contain Tree Nuts and Peanuts.

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**CHOC ESPRESSO COOKIE:** Sugar, Wheat Flour, Margarine (Palm Oil, Butter (Cream, Salt), Water, Salt, Natural Flavours (Milk), Colour (160a), Vitamin A (304)), White Confectionery Chip (10%) (Sugar, Vegetable Fat (Palm Kernel, Palm Oil), Skim Milk Powder, Emulsifier (322 (Soy)), Natural Flavour), Mocha Confectionery Chunks (10%) (Sugar, Vegetable Oils (Cocoa Butter, Palm Oil, Sunflower Oil), Coffee (Whole Coffee Matter™), Cocoa, Whey (Milk), Lactose, Cocoa Liquor, Butterfat, Emulsifier (322 (soy)), Natural Flavours, Salt), Coffee Sprinkle (Sugar, Instant Coffee, Salt), Eggs (pasteurised), Cocoa (3%), Water, Espresso Coffee Blend (2%) (Coffee (Whole Coffee Matter™), Vegetable Oils (Canola Oil, Coconut Oil), Sugar, Whey (Milk), Lactose, Emulsifier (322 (soy))), Molasses, Sodium Bicarbonate, Wheat Starch. Contains: Wheat, Gluten, Milk, Soy, Egg. May contain: traces of tree nuts and peanuts.

### Gluten Free Range \* (Selected Locations Only)

**GLUTEN FREE WHITE BREAD \*:** Water, Modified Starch (1442), Maize Starch, Vegetable Oil, Maltodextrin, Rice Flour, Faba Bean Flour, Maize Flour, Yeast, Sugar, Apple Cider Vinegar, Psyllium Husk Powder, Thickeners (464, 415), Iodised Salt, Faba Bean Protein, Rice Bran, Preservative (202), Emulsifier (322 (Soy)). Contains: Soy. May contain traces sesame seed.

**GLUTEN FREE CHOCOLATE CHIP COOKIE \*:** Sugar, Dark Chocolate (22%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322 (Soy)), Milk Solids), Margarine (Vegetable Oils and Fats, Water, Salt, Emulsifiers (322 (Soy), 471), Natural Flavour, Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b)), Rice Flour, Maize Starch, Egg, Modified Starch (1442), Soy Flour, Molasses, Thickeners (412, 464), Natural Flavour, Raising Agent (500), Iodised Salt, Preservative (202). Contains: Soy, Milk, Egg. May contain traces of tree nuts and sesame seed.

**GLUTEN FREE DOUBLE CHOCOLATE CHIP COOKIE \*:** Sugar, White and Dark Chocolate Bits (21%) [White Chocolate (13%) (Sugar, Milk Solids, Cocoa Butter, Emulsifier (322 (Soy)), Natural Flavour), Dark Chocolate (8%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322 (Soy)), Milk Solids)], Rice Flour, Margarine (Vegetable Oils and Fats, Water, Salt, Emulsifiers (322 (Soy)), 471), Natural Flavour, Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b)), Maize Starch, Egg, Cocoa Powder (4%), Modified Starch (1442), Soy Flour, Molasses, Thickeners (412, 464), Raising Agent (500), Iodised Salt, Preservative (202), Natural Flavour. Contains: Soy, Milk, Egg. May contain traces of tree nuts and sesame seed.

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## Spicy Korean BBQ Range \*\* (Selected Locations Only)

**SPICY KOREAN BBQ SAUCE:** Water, Sugar, Hot Chilli Puree (15%) (Chilli, Food Acid (Acetic Acid)), Miso Paste (Water, Soybeans, Rice, Salt, Yeast), Apple Puree, Vinegar, Soy Sauce (Water, Soybeans, Wheat, Salt), Golden Syrup, Corn Starch, Apple Cider Vinegar Powder, Salt, Vegetable Powders (Garlic, Onion), Flavours, Sesame Oil, Natural Colour (Paprika Oleoresin), Yeast Extract, Food Acid (Lactic Acid), Vegetable Gum (Xanthan). Contains: Soy, Wheat (Gluten), Sesame.

**KEWPIE ROASTED SESAME DRESSING:** Soybean Oil, Water, Sugar, Soy Sauce (Water, Soybean, Wheat, Salt), Sesame Seed (6%), Distilled Vinegar, Sesame Oil (2.5%), Egg Yolk, Salt, Yeast Extract, Acidity Regulator (330), Sesame Flavour, Stabiliser (415), Preservative (202), Antioxidant (385), Spices (Mustard). Contains: Soy, Wheat (Gluten), Sesame and Egg. May contain: Fish, Milk, Peanut, Crustacean and Sulphites.

**SESAME BREAD \*\*:** Subway® White Bread: Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, Wheat Gluten, Canola Oil, Iodised Salt (Anticaking Agent (551, 535)), Soy Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Food Acid (300), Enzymes. Sesame Seed Topping: Sesame Seed (4%). Contains: Wheat (Gluten), Soy and Sesame.

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