

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

ITALIAN HERBS & CHEESE BREAD (with Mozzarella Cheese (10%) and Parmesan Oregano Topping (4.5%)): WHITE BREAD (**Wheat** Flour (Vitamin (Thiamine, Folic Acid)), Water, Yeast (Water, Yeast, Iodised Salt), Sugar, Canola Oil, **Wheat** Gluten, Iodised Salt, Bread Improver (**Soy** Flour, **Wheat** Flour, Mineral Salt (170), Enzymes (**Wheat**), Food Acid (300))), **MOZZARELLA CHEESE** (Pasteurised Cow's **Milk**, Salt, Cultures, Vegetarian Rennet, Anti-caking agent (Tapioca Starch), Preservative (200)), **PARMESAN OREGANO TOPPING** (Maltodextrin, Dehydrated Vegetable (Garlic), Rice Flour, Salt, Breadcrumbs (**Wheat** Flour, Salt, Sugar, Yeast), Rosemary, Parmesan Cheese (5%) (**Milk**, Tapioca Starch, Salt, Starter Culture, Non-Animal Rennet), Hydrogenated Vegetable Fat, Oregano (3.5%), Vegetable Oil, Whey Powder (**Milk**), Cheese Powders (**Milk**), Natural Flavour (**Milk**), Food Acids (330, 270), Anti-caking Agent (551), Vegetable Gum (412), Yeast Extract).

Contains: Wheat, Gluten, Soy, Milk.

May contain: Egg, Sesame, Sulphites.

MALTED RYE BREAD (with Rye Bread Topping (12%)):

RYE BREAD (**Wheat** Flour (Vitamin (Thiamine, Folic Acid)), Water, **Rye** Flour (13%), Yeast (Water, Yeast, Iodised Salt), **Wheat** Gluten, Sugar, Kibbled **Rye** (2%), Canola Oil, Dark Malt Flour (**Barley**) (1%), Iodised Salt, Fermented **Rye** Flour (**Rye** Flour, Starter Culture), Bread Improver (**Soy** Flour, **Wheat** Flour, Mineral Salt (170), Enzymes (**Wheat**), Food Acid (300))), **RYE BREAD TOPPING** (Seeds and Grains ((91%) (Linseed, Sunflower Seeds, Pepita, Quinoa, **Soy** Grits, Poppy Seed, **Oats** , Amaranth)), Dextrin (Tapioca), Vegetable Oil, Salt, Vegetable Powders (Garlic, Onion), Psyllium Fibre).

Contains: Wheat, Gluten, Soy.

May contain: Egg, Milk, Sesame, Sulphites.

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WHEAT BREAD: **Wheat** Flour (Vitamin (Thiamine, Folic Acid)), Water, Yeast (Water, Yeast, Iodised Salt), Wholemeal Concentrate (3%) (**Wheat** Bran, **Wheat** Germ), Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt, Bread Improver (**Soy** Flour, **Wheat** Flour, Mineral Salt (170), Enzymes (**Wheat**), Food Acid (300)), Caramel Colour (150c).

Contains: Wheat, Gluten, Soy.

May contain: Egg, Milk, Sesame, Sulphites.

WHITE BREAD: **Wheat** Flour (Vitamin (Thiamine, Folic Acid)), Water, Yeast (Water, Yeast, Iodised Salt), Sugar, Canola Oil, **Wheat** Gluten, Iodised Salt, Bread Improver (**Soy** Flour, **Wheat** Flour, Mineral Salt (170), Enzymes (**Wheat**), Food Acid (300)).

Contains: Wheat, Gluten, Soy.

May contain: Egg, Milk, Sesame, Sulphites.

WRAP (FLOUR) Regular & Large size: **Wheat** Flour (Vitamin (Thiamine, Folic Acid)), Water, Vegetable Fat, Humectant (422), Baking Powder (Raising Agents (501, 541, 516), **Wheat** Starch), Iodised Salt, Emulsifier (471), Acidity Regulator (297), Preservative (200).

Contains: Wheat, Gluten.

WRAP, GLUTEN FREE* Regular size: Dried Potato, Thickeners (1442, 1450, 464), Buckwheat Flour, Rice Flour, Canola Oil, Pea Protein, Sugar Fibre, Stabilisers (412, 415), Sugar, Flavour, Iodised Salt, Inulin, Sodium Bicarbonate (500), Acidity Regulator (297), Cultured Dextrose.

May be present: Soy, Egg.

WRAP, MULTIGRAIN (FLOUR), REGULAR size: **Wheat** Flour (Vitamin (Thiamine, Folic Acid)), Water, Wholemeal **Wheat** Flour (20%) (Thiamine, Folic Acid), Vegetable Fat, Grain Mix (4%) (Kibbled **Wheat**, Kibbled Corn, Kibbled **Rye**, Malted **Wheat**, Linseed), Baking Powder (Raising Agents (450, 431, 339, 500), **Wheat** Starch), Iodised Salt, Sugar, Acidity Regulator (297), Emulsifier (471), Preservative (200).

Contains: Wheat, Gluten,

May be present: Soy, Milk.

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MEAT, POULTRY, EGG, SEAFOOD & VEGETARIAN

BACON, SMOKY: Pork (90%), Water, Salt, Sugar, Acidity Regulators (326,261), Dextrose (Maize), Mineral Salts (451, 452), Antioxidant (316), Preservative (250 (Sodium Nitrite)), Wood Smoked.

BUFFALO CHICKEN (with Chicken Strips (75%) and Buffalo Sauce (25%)):
CHICKEN STRIPS (Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder (Onion)), **BUFFALO SAUCE** (Water, Vinegar, Salt, Dextrose, Cayenne Chilli Puree (Cayenne Chilli, Food Acid (270)), **Milk** Solids, Sugar, Starch (Maize Thickener 1442), Corn Starch)), Natural Flavours (**Milk**), Spice, Thickener (415), Natural Colours (Paprika & Turmeric Oleoresins), Spice Extract).

Contains: Milk.

CHICKEN & BACON RANCH:

CHICKEN STRIPS: Chicken Breast (89%), Water, Maltodextrin (Maize), Maize Starch, Dextrose (Maize), Salt, Mineral Salt (451, 450), Vegetable Protein, Natural Flavours, Hydrolysed Maize Protein, Vegetable Fibre, Yeast and Yeast Extracts, Vegetable Powder (Onion).

BACON, SMOKY: Pork (90%), Water, Salt, Sugar, Acidity Regulators (326,261), Dextrose (Maize), Mineral Salts (451, 452), Antioxidant (316), Preservative (250 (Sodium Nitrite)), Wood Smoked.

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

Contains: Milk.

CHICKEN CLASSIC: Chicken (82%), **Wheat** Flour, Vegetable Oil, Water, Salt, Flavours (635 (Disodium-5'-ribonucleotides), **Wheat** Starch, Herbs & Spices, Sugar, **Egg** Albumen, **Soy** Sauce (**Wheat**), Dehydrated Garlic, Yeast Extract, Whey Powder (**Milk**), Mineral Salts (451, 450, 452).

Contains: Wheat, Gluten, Milk, Egg, Soy.

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CHICKEN SCHNITZEL: Chicken Breast (70%), Breadcrumbs (**Wheat** Flour, Salt, Yeast, **Wheat** Gluten, Sugar, Vegetable Oil), Batter (**Wheat** Flour, Thickener (1404 (Maize)), 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, Egg.

CHICKEN STRIPS: Chicken Breast (89%), Water, Maltodextrin (Maize), Maize Starch, Dextrose (Maize), Salt, Mineral Salt (451, 450), Vegetable Protein, Natural Flavours, Hydrolysed Maize Protein, Vegetable Fibre, Yeast and Yeast Extracts, Vegetable Powder (Onion).

CHICKEN TERIYAKI (with Chicken Strips (75%) and Teriyaki Glaze (25%)):

CHICKEN STRIPS (Chicken Breast (89%), Water, Maltodextrin (Maize), Maize Starch, Dextrose (Maize), Salt, Mineral Salt (451, 450), Vegetable Protein, Natural Flavours, Hydrolysed Maize Protein, Vegetable Fibre, Yeast and Yeast Extracts, Vegetable Powder (Onion)), **TERIYAKI GLAZE** (Water, Sugar, Tomato Puree, Vegetables (Bell Pepper, Onion, Garlic), Thickener (1422 (Maize))), Fructose, Salt, Hydrolysed Maize Protein, Ginger, Food Acids (260, 270), **Sesame** Seeds, **Sesame** Oil, Colour (150d), Preservatives (202, 211), Spices, Spice Extract (Ginger), Flavour).

Contains: Sesame.

ITALIAN B.M.T.[®] MEATS:

SALAMI: Pork and Beef (93%), Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Maltodextrin (Maize), Spices and Spice Extracts, Antioxidants (316, 307b, 392), Lactose (**Milk**), Mineral Salts 450, 451), Mustard Flour, Dehydrated Vegetables (Garlic, Onion), Sugar, Herb Extract, Preservative (250 (Sodium Nitrite)), Starter Cultures, Fermented Red Rice, Vegetable Oil, Wood Smoked.

Contains: Milk, Soy.

PEPPERONI: Pork and Beef (92%), Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Spices and Spice Extracts, Maltodextrin (Maize), Lactose (**Milk**), Natural Colour (160c), Antioxidants (316, 307b, 392), Dehydrated Vegetables (Garlic, Onion), Mustard Flour, Starter Cultures, Preservative (250 (Sodium Nitrite)), Fermented Red Rice, Mineral Salts (450, 451, 452), Rice Flour, Yeast Extract, Sugar, Flavour, Acidity Regulator (262), Herb Extract, Hydrolysed Vegetable Protein (Maize, **Soy**), Vegetable Oil, Maize Starch, Wood Smoked.

Contains: Milk, Soy.

LEG HAM: Pork (72%), Water, Salt, Thickener (1442), Dextrose (Maize), Sugar, Acidity Regulators (326, 262, 325), Mineral Salt (451, 452, 450, 341), Antioxidant (316), Preservative (250 (Sodium Nitrite)), Smoked.

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LEG HAM: Pork (72%), Water, Salt, Thickener (1442), Dextrose (Maize), Sugar, Acidity Regulators (326, 262, 325), Mineral Salt (451, 452, 450, 341), Antioxidant (316), Preservative (250 (Sodium Nitrite)), Smoked.

MEATBALL MARINARA (with Marinara Sauce (62%) with Beef Meatballs (38%)):

BEEF MEATBALLS (Beef (65%), Water, Textured **Soy** Protein, **Soy** Protein, Bread Crumbs (**Wheat, Rye, Oat, Barley, Soy**, Yeast, Salt, Vegetable Oil, **Soy** Flour, Emulsifiers (471, 481, 472-e), Preservative (282), Vegetable Gum (412), Vitamin (Thiamin)), Salt, Hydrolysed Vegetable Protein, **Wheat** Flour, Herbs & Spices, **Wheat** Gluten, **Soy** Flour, Seasoning (Dehydrated Vegetables (Onion, Garlic)), Cheese (**Milk**), Colour (150c)), **MARINARA SAUCE** (Tomato Puree (Water, Tomato Paste (33%), Food Acid (330)), Sugar, Vegetable Oil, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice).

Contains: Wheat, Gluten, Soy, Milk.

PIZZA MEATS:

SALAMI: Pork and Beef (93%), Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Maltodextrin (Maize), Spices and Spice Extracts, Antioxidants (316, 307b, 392), Lactose (**Milk**), Mineral Salts 450, 451), Mustard Flour, Dehydrated Vegetables (Garlic, Onion), Sugar, Herb Extract, Preservative (250 (Sodium Nitrite)), Starter Cultures, Fermented Red Rice, Vegetable Oil, Wood Smoked.

Contains: Milk, Soy.

PEPPERONI: Pork and Beef (92%), Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Spices and Spice Extracts, Maltodextrin (Maize), Lactose (**Milk**), Natural Colour (160c), Antioxidants (316, 307b, 392), Dehydrated Vegetables (Garlic, Onion), Mustard Flour, Starter Cultures, Preservative (250 (Sodium Nitrite)), Fermented Red Rice, Mineral Salts (450, 451, 452), Rice Flour, Yeast Extract, Sugar, Flavour, Acidity Regulator (262), Herb Extract, Hydrolysed Vegetable Protein (Maize, **Soy**), Vegetable Oil, Maize Starch, Wood Smoked.

Contains: Milk, Soy.

POACHED EGG: Cage Free Whole **Egg**.

Contains: Egg.

May Contain: Wheat, Gluten.

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SEAFOOD SENSATION (with Seafood Chunks (67%) and Mayonnaise

(33%): SEAFOOD CHUNKS (Fish Meat (37%), Starch (Tapioca, Corn), Sugar, Modified Tapioca Starch (1420), Vegetable Oil, Salt, Glycine, Colours (Carmine, Paprika), Egg White Powder, Stabiliser (450, 451, 452), Crab Flavour),

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: Fish, Egg.

SMASHED FALAFEL: Chickpeas (62%), Onion, Seasoning Blend (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), Thickener (1412 (Corn Starch)), Water, Vegetable Oil.

Contains: Wheat, Gluten, Soy.

SOUTHERN STYLE CHICKEN BITES: Chicken (48%), Water, **Wheat** Flour, Vegetable Oils, Salt, **Soy** Protein, **Wheat** Gluten, **Wheat** Starch, Dehydrated Vegetables (Garlic, Onion), Spices & Spice Extracts, Fructose, Tapioca Starch, Acidity Regulators (262, 270, 330), Worcestershire Sauce Powder, Flavours, Yeast & Yeast Extract, Herbs (**Wheat**), Mineral Salts (451, 508), Maltodextrin (Maize, Potato), Hydrolysed Vegetable Protein, Sugar, Colours (160c, 100).

Contains: Wheat, Gluten, Soy.

May Be Present: Milk, Egg.

STEAK, DICED: Beef (77%), Water, Dextrose (Maize), Hydrolysed Vegetable Protein (Maize, **Soy**), Thickener (1442 (Maize), 407a, 415), Maltodextrin (Maize), Salt, Mineral Salts (508, 450, 451), Stabiliser (407a), Colour (150d (**Sulphites**)), Vegetable Powders (Onion, Garlic), Sugar, Fermented **Soy** Sauce, Yeast Extracts, Vegetable Fibre, Natural Flavour, Vegetable Oil, Spice Extracts (Garlic), Vegetable Extract.

Contains: Soy, Sulphites.

TUNA & MAYO (with Tuna (63%) and Mayonnaise (37%)): Skipjack Tuna (**Fish**), **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)), Water, Salt.**

Contains: Fish, Egg.

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TURKEY, SLICED: Turkey Breast (70%), Water, Thickeners (407a, 1442), Dextrose (Maize), Salt, Mineral Salt (451), Yeast Extract, Natural Flavour, Liquid Smoke (Smoke Condensate, Emulsifier (433), Acidity Regulator (260), Caramel Colour (150a).

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**, Vegetable Oil.

Contains: Gluten, Soy.

SAUCES AND DRESSINGS

BLUE CHEESE DRESSING: Vegetable Oil, Water, Vinegar, Cheddar Blue Cheese Powder ((4%), (**Milk**, Microbial/Bovine Rennet)), Sugar, Corn Starch, Salt, Whey Powder (**Milk**), **Egg**, Natural Flavour (**Milk**), Food Acid (270), Herb & Spice, Thickener (415), Vegetable Powder (Garlic), Preservative (202), Antioxidant (385).

Contains: Milk, Egg.

May Contain: Soy.

BUFFALO SAUCE: Water, Vinegar, Salt, Dextrose, Cayenne Chilli Puree (Cayenne Chilli, Food Acid (270)), **Milk** Solids, Sugar, Starch (Maize Thickener 1442), Corn Starch)), Natural Flavours (**Milk**), Spice, Thickener (415), Natural Colours (Paprika & Turmeric Oleoresins), Spice Extract.

Contains: Milk.

CHIPOTLE SOUTHWEST SAUCE: Vegetable Oil, Water, White Vinegar, **Milk** Solids, **Egg** Yolk (Pasteurised), Salt, Vegetable Powders (Onion, Garlic), Acidity Regulator (270), Thickener (415), Yeast Extract, Herb and Spice, Natural Flavours (Chipotle Extract (0.1%) **Soy, Milk**), Preservatives (202, 211), Emulsifier (433), Natural Colour (160c), Sweetener (950), Antioxidant (385).

Contains: Soy, Milk, Egg.

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 (**Sulphites**), Antioxidant (385), Colour (102, 110).

Contains: Milk, Sulphites.

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HABANERO HOT SAUCE: Water, Sugar, Mango Puree (Food Acids (330, 300)), Vinegar, Chilli Purees (Habanero (6%), Food Acid (260)), Tamarind Concentrate (Tamarind, Water), Salt, Starch (Corn Starch, Modified Maize Starch (1442)), Tomato Paste, Garlic, Fructose, Spices, Food Acid (330), Thickener (415), Natural Colours (Turmeric & Paprika Oleoresins).

HONEY MUSTARD: Water, Sugar, Vinegar, Mustard (4%), Thickeners (1422, 415), Honey (3%), Salt, Acidity Regulators (260, 270, 330), Colour (171, 150d), Potato Fibre, Lemon Juice Concentrate, Preservatives (202, 211), Vegetable Powders (Onion, Garlic), Spices, Rice Flour, Natural Herb Extract, Anticaking Agent (551).

MARINARA SAUCE: Tomato Puree (Water, Tomato Paste (33%), Food Acid (330)), Sugar, Vegetable Oil, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice.

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.

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

Contains: Milk.

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

SPICY MAYONNAISE: Vegetable Oil (Antioxidant (307)), Water, Maize Dextrose, White Vinegar, Pasteurised **Egg** Yolk, Salt, Thickeners (1442, 415), Yeast Extract, Garlic, Chilli Flakes, Onion Powder, Preservative (202), Natural Colour (160c), Spice Extract (Capsicum Oleoresin), Natural Chilli Flavour, Antioxidant (385).

Contains: Egg.

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SWEET CHILLI SAUCE: Water, Sugar, Salt, Thickener (1422, 415), Acidity Regulator (260), Chilli Flakes (1%), Red Bell Peppers, Natural Colour (160c) Preservative (211, 202).

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

THOUSAND ISLAND DRESSING: Water, Vegetable Oil, Sugar, Tomato Paste, Thickeners (1414, 415), Gherkins, Acidity Regulators (260, 270), Salt, **Milk** Solids, **Egg**, Spices, Preservatives (202, 211), Vegetable Powder (Garlic), Emulsifier (433), Natural Colours (160c, 100), Antioxidant (385).

Contains: Milk, Egg.

TOMATO SAUCE: Concentrated Tomatoes (Contains 166g of Tomatoes per 100mL), Sugar, Salt, Food Acids (260), Natural Flavours. Contains 78% Concentrated Tomatoes.

SEASONINGS

SALT: Sea Salt

PEPPER: Black Pepper

CHEESE

MOZZARELLA CHEESE (shredded): Pasteurised Cow's **Milk**, Salt, Cultures, Vegetarian Rennet, Anti-caking agent (Tapioca Starch), Preservative (200, 202).

Contains: Milk.

NATURAL CHEDDAR CHEESE (slices): Pasteurised Cow's **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).

Contains: Milk.

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

Contains: Milk, Soy.

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VEGETABLES

AVOCADO: Hass Avocado Puree (100%).

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

CAPSICUM: Sliced Green Capsicum.

CARROT: Shredded Carrot.

CUCUMBER: Sliced Ripe Cucumber.

JALAPEÑO PEPPER: Sliced Jalapeno Pepper, Water, Vinegar, Food Acid (260), Salt, Preservative (211), Mineral Salt (509), Colour (102).

LETTUCE: Shredded Iceberg Variety.

OLIVE: Sliced Black Olive, Water, Salt, Ferrous Gluconate.

ONION: Sliced Red Onion.

PICKLE: Pickles, Water, Vinegar, Salt, Mineral Salt (509), Preservative (211), Natural Flavourings, Emulsifier (433).

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

SPINACH: Baby Spinach.

TOMATO: Sliced Red Ripe Tomato.

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COOKIES

CHOCOLATE CHIP COOKIE: **Wheat** Flour, Sugar, Chocolate Chips (23%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (322 (**Soy**), 476), Flavour, **Milk**), Margarine (Vegetable Oil, Butter (Cream (**Milk**), Salt), Water, Salt, Emulsifier (471, 322 (**Soy**)), Flavours (**Milk**), Colour (Beta Carotene), Vitamin A Palmitate, (Antioxidant (307 (**Soy**))), Vegetable Oil, Pasteurised **Eggs**, Molasses, Water, Dextrose Monohydrate (Maize), Raising Agent (Baking Soda), Salt, Flavour.

Contains: Wheat, Gluten, Soy, Milk, Egg.

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

CHOCOLATE CHIP RAINBOW COOKIE: **Wheat** Flour, Sugar, Vegetable Oil (Emulsifiers (471, 322 (**Soy**)), Antioxidant (307 (**Soy**))), *M&M'S®* Chocolate Candies (9%) (**Milk** Chocolate (Sugar, Cocoa Mass, Skim **Milk**, Cocoa Butter, Lactose (**Milk**), **Milk** Fat, Emulsifier (322 (Genetically Modified **Soy**)), Salt, Flavour), Sugar, Cornstarch (Genetically Modified), Corn Syrup, Dextrin, Colours (171, 133, 110, 129, 102, 132), Glazing Agent (Carnauba Wax), Thickener (414)), Chocolate Chips (9%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322 (**Soy**)), Flavour **Milk**), Pasteurised **Eggs**, Water, Molasses, Salt, Dextrose Monohydrate (Maize), Raising Agent (Baking Soda), Whey Powder (**Milk**), Flavour.

Contains: Wheat, Gluten, Soy, Milk, Egg.

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

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DOUBLE CHOCOLATE CHIP COOKIE: Sugar, **Wheat** Flour, Margarine (Vegetable Oil, Butter (Cream (**Milk**), Salt), Water, Salt, Emulsifier (471, 322 (**Soy**)), Flavours (**Milk**), Colour (Beta Carotene), Vitamin A Palmitate, (Antioxidant (307 (**Soy**))), White Confectionery Chips (12%) (Sugar, Vegetable Oil, Skim **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), Chocolate Chips (7%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (322 (**Soy**), 476), Flavour, **Milk**), Pasteurised **Eggs**, Alkalised Cocoa (3%), Molasses, Water, Raising Agent (Baking Soda), Salt, Flavour.

Contains: Wheat, Gluten, Soy, Milk, Egg.

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

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RASPBERRY CHEESECAKE COOKIE: **Wheat** Flour, Sugar, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 322 (Sunflower)), Citric Acid, Flavour, Colour (Beta Carotene), Vitamin A Palmitate), White Confectionery Chips (15%) (Sugar, Vegetable Oil, Skim **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), Pasteurised **Eggs**, Raspberry Confectionery Bits (Dextrose, Vegetable Oil, Corn Flour, Raspberry Powder (0.07%), Colours (Beet Juice, Red Cabbage Juice), Citric Acid, Flavour), Invert Sugar, Cream Cheese Powder (2%) (Cream Cheese (Pasteurised **Milk**, Cultures, Salt, Vegetable Gum (410), Enzyme), Skim **Milk**), Flavour, Raising Agent (Baking Soda), Salt, Colour (102).

Contains: Wheat, Gluten, Soy, Milk, Egg.

May Contain: Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

WHITE CHIP MACADAMIA NUT COOKIE: **Wheat** Flour, Sugar, Margarine (Vegetable Oil, Butter (Cream (**Milk**), Salt), Water, Salt, Emulsifier (471, 322 (**Soy**)), Flavours (**Milk**), Colour (Beta Carotene), Vitamin A Palmitate, Antioxidant (307 (**Soy**))), White Confectionery Chips (15%) (Sugar, Vegetable Oil, Skim **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), **Macadamia Nuts** (6%), Pasteurised **Eggs**, Molasses, Dextrose Monohydrate (Maize), Water, Salt, Raising Agent (Baking Soda), Flavour.

Contains: Wheat, Gluten, Soy, Milk, Macadamia Nut, Egg.

May Contain: Peanut, Almond, Cashew, Hazelnut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.

SIDES & SNACKS

AVOCADO TOASTIE: Subway® WHITE BREAD, AVOCADO.

Contains: Wheat, Gluten, Soy.

May contain: Egg, Milk, Sesame, Sulphites.

CHEESY GARLIC TOASTIE: Subway® WHITE BREAD, GARLIC AIOLI, MOZZARELLA CHEESE, PARMESAN OREGANO TOPPING (Maltodextrin, Dehydrated Vegetable (Garlic), Rice Flour, Salt, Breadcrumbs (**Wheat** Flour, Salt, Sugar, Yeast), Rosemary, Parmesan Cheese (5%) (**Milk**, Tapioca Starch, Salt, Starter Culture, Non-Animal Rennet), Hydrogenated Vegetable Fat, Oregano (3.5%), Vegetable Oil, Whey Powder (**Milk**), Cheese Powders (**Milk**), Natural Flavour (**Milk**), Food Acids (330, 270), Anti-caking Agent (551), Vegetable Gum (412), Yeast Extract).

Contains: Wheat, Gluten, Soy, Milk, Sulphites.

May contain: Egg, Sesame.

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CHIPOTLE QUESADILLA: FLOUR WRAP (REGULAR size), MOZZARELLA CHEESE, CHIPOTLE SOUTHWEST SAUCE, Green Capsicum, Onions.

Contains: Wheat, Gluten, Milk, Soy, Egg.

GARLIC & HERB TOASTIE: Subway® WHITE BREAD, GARLIC AIOLI, PARMESAN OREGANO TOPPING (Maltodextrin, Dehydrated Vegetable (Garlic), Rice Flour, Salt, Breadcrumbs (Wheat** Flour, Salt, Sugar, Yeast), Rosemary, Parmesan Cheese (5%) (**Milk**, Tapioca Starch, Salt, Starter Culture, Non-Animal Rennet), Hydrogenated Vegetable Fat, Oregano (3.5%), Vegetable Oil, Whey Powder (**Milk**), Cheese Powders (**Milk**), Natural Flavour (**Milk**), Food Acids (330, 270), Anti-caking Agent (551), Vegetable Gum (412), Yeast Extract).**

Contains: Wheat, Gluten, Soy, Milk, Sulphites.

May contain: Egg, Sesame.

HAM, CHEESE & TOMATO JAFFLE: Subway® WHITE BREAD, LEG HAM, MOZZARELLA CHEESE, Tomatoes, MAYONNAISE.

Contains: Wheat, Gluten, Soy, Milk, Eggs.

May contain: Sesame, Sulphites.

MEATBALL MOZZA POT: BEEF MEATBALLS WITH MARINARA SAUCE, MOZZARELLA CHEESE.

Contains: Wheat, Gluten, Soy, Milk.

SOUTHERN STYLE CHICKEN BITES: SOUTHERN STYLE CHICKEN BITES (no sauce).

Contains: Wheat, Gluten, Soy.

May Be Present: Milk, Egg.

SOUTHERN STYLE CHICKEN BITES with SPICY MAYO: SOUTHERN STYLE CHICKEN BITES, SPICY MAYONNAISE.

Contains: Wheat, Gluten, Soy, Egg.

May Be Present: Milk.

SMOOTHIES (selected locations only)

MANGO: Water, Mango (41%), Sugar.

MIXED BERRY BANANA: Water, Mixed Berries (Blueberry (13%), Strawberry (8%)), Banana (19%), Sugar.

TROPICAL: Water, Banana (14%), Mango (13%), Pineapple (13%), Sugar.

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