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:** Subway® White Bread, Mozzarella Cheese [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: Gluten, Wheat, Soy and Milk.

**MALTED RYE BREAD:** Rye Bread: Wheat Flour (Thiamine, Folic Acid), Water, Rye Flour, Yeast, Gluten, Sugar, Kibble Rye, Canola Oil, Iodised Salt, Rye Sourdough (Rye Flour, Starter Culture), Bread Improver [Soya Flour, Wheat Flour, Enzyme, Food Acid (300)], Dark Malt Flour. **Rye Bread Topping:** Seeds & Grains [(95%) (Pepita, Quinoa, Linseed, Sunflower Seeds, Amaranth, Poppy Seed, Oats (Contains Gluten)], Salt, Vegetable Powder, Psyllium Fibre. Contains: Gluten, Wheat and Soy.

**MULTIGRAIN WRAP:** Flour (wheat flour, vitamins (thiamin, folic acid)), water, wholemeal flour (17%) (wholemeal wheat flour, vitamins (thiamin, folic acid)), vegetable shortening (vegetable fat, emulsifier (471), antioxidant (320)), 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, conditioner (emulsifiers (481, 471), soy flour, wheat flour), acidity regulator (297), preservative (200). Contains: Wheat, Gluten and Soy.

**WHEAT BREAD:** Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Wheat Bran, Sugar, Wheat Gluten, Canola Oil, Iodised Salt {Anti Caking Agent (551)}, Soya Flour, Vegetable Emulsifiers (472e, 481, 471), Caramel (150c), Dextrose, Food Acid (300), Enzymes. Contains: Gluten, Wheat and Soy.

**WHITE BREAD:** Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, Wheat Gluten, Canola Oil, Iodised Salt [Anti Caking Agent (551, 535)], Soya Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Food Acid (300), Enzymes. Contains: Gluten, Wheat and Soy.

**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.

**9 GRAIN WHEAT BREAD (SELECTED LOCATIONS ONLY)**: Water, Whole Wheat Flour [(29%) (Thiamine, Folic Acid)], Wheat Flour (Thiamine, Folic Acid), Yeast, Mixed Grains 3 % (Wheat, Rye, Corn Grit, Oats, Brown Rice, Triticale, Barley, Flaxseed, Millet, Sorghum Flour), Gluten, Sugar, Canola Oil, Iodised Salt (Anti Caking Agent (551, 535)) Soya Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Food Acid (300), Enzymes. Contains: Gluten, Wheat and Soy.

**MEAT, POULTRY, SEAFOOD & EGGS**

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

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

**BUFFALO CHICKEN: Chicken Breast Strips**: Chicken (94%), Water, Starches (Tapioca, Maize, Potato), Salt, Hydrolysed Maize Protein, Mineral Salt (450), Vegetable Fibres, Sugar, Yeast Extracts, Natural Flavour, Vegetable Powder. Contains Soy. **Buffalo Sauce**: Water, Vinegar, Salt, Cayenne Chilli Puree [Cayenne Chilli, Food Acid (Acetic)], Milk Solids, Sugar, Dextrose, Corn Starch, Natural Flavours, Spice, Thickener (Xanthan Gum), Natural Colours (Paprika & Turmeric Oleoresins), Spice Extract. Contains Milk & Soy.

**CHICKEN & BACON RANCH: Chicken Breast Strips**: Chicken (94%), Water, Starches (Tapioca, Maize, Potato), Salt, Hydrolysed Maize Protein, Mineral Salt (450), Vegetable Fibres, Sugar, Yeast Extracts, Natural Flavour, Vegetable Powder. Contains Soy. **Bacon, Streaky**: Cured with Water, Salt, Sugar, Smoke Flavour, Sodium Phosphates, Sodium Erythorbate (made from sugar), Sodium Nitrite. Contains Soy.

**CHICKEN STRIPS:** Chicken (94%), Water, Starches (Tapioca, Maize, Potato), Salt, Hydrolysed Maize Protein, Mineral Salt (450), Vegetable Fibres, Sugar, Yeast Extracts, Natural Flavour, Vegetable Powder. Contains Soy.

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

**FALAFEL:** Chickpeas (62%), Onion, Seasonings (Dehydrated Vegetables, 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) Thickener (1442), Smoked.


**MEATBALLS WITH MARINARA SAUCE:** Meatballs: Beef (65%), Textured Vegetable Protein, Soy Protein, Breadcrumb [Cereal & cereal flours, yeast, salt, vegetable oil, Soy Flour, Emulsifiers (471, 481, 472-e), Preservative (282), vegetable gum (412), Acidity Regulator (262) vitamin (thiamin)], Salt, Hydrolysed Vegetable Protein, Unbleached Flour, Herbs & Spices, Dehydrated Vegetables, Cheese (Milk, Culture Enzyme), Unbleached Wholemeal Flour, Gluten, Soya Flour, Caramel (150 c). Contains: Wheat, Gluten, Dairy and Soy. Marinara Sauce: Tomato Concentrate, Vegetable Oil, Sugar, Thickener (1414, 1442), Salt, Onion, Food Acid (Citric Acid), Herb, Herb Extract and Spice.

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

ROAST BEEF: Beef (minimum 80%), Water, Dextrose, Maltodextrin, Salt, Mineral Salt (451), Dehydrated Vegetables, 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 Soya Sauce (Soy), Yeast Extract, Natural Flavour, Vegetable Oil, Spice Extracts, Vegetable Extracts. Contains: Soy and Sulphites.


TUNA: Chunk Style Tuna, Subway® Mayonnaise, Water, Salt.

TURKEY, CARVED: Turkey (69%), Brine Mix (Water, Salt, Thickeners (1412, 415), Mineral Salts (451, 452, 508), Vegetable Gums (407a, 407), Maltodextrin (Maize), Antioxidant (316), Hydrolysed Vegetable Protein (Maize), Acidity Regulator (331), Canola Oil.

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 Milk, Salt, Starter Culture, Enzyme (Non Animal Rennet), Calcium Chloride (509)], Anticaking Agent (460), Preservative (200)]. Contains Milk.


Old English Style Processed Cheese: Cheese (min 60%), (Cow's Milk, Salt Cultures, Enzyme [Vegetarian/Calf Rennet], Water, Milk Solids, Emulsifiers (331), Non Fat Milk Solids, Salt, Acidity Regulator (260), Emulsifier (322), Preservative (200), Colours (160b, 160c). Contains: Milk Products 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.


Onions: Jumbo Red Onions.

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

Pickles: Pickles, Water, Distilled Vinegar, Salt, Calcium Chloride (509), Sodium Benzoate (211), Natural Flavor, Polysorbate 80 (433), Tartrazine (102).
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.

SAUCES AND DRESSINGS

BLUE CHEESE DRESSING: Canola Oil, Water, Vinegar, Cheddar Blue Cheese Powder [(4%), (Milk)], 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, Egg.

CHIPOTLE SOUTHWEST: Soya 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, acidity regulator (270, 260, 330), preservative (211, 202, 223), natural flavour, herb, antioxidant (385), colour (102, 110). Contains: Milk, Soy 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 (LOW FAT): Water, sugar, vinegar (white, cider), thickener (modified maize starch 1422, 1414), honey (3%), spice (mustard powder, onion powder, turmeric, garlic powder, cloves, white pepper, nutmeg, cinnamon), crushed mustard seed (1.7%), salt, acidity regulator (260, 338, 330), colour (171, 150d), lemon juice concentrate, stabilizer (415), preservative (202, 211), natural herbal extract.
MAYONNAISE: Water, Soya Bean Oil (Antioxidant (320)), Egg Yolk, Food Acids (260, 270), Thickener (1442), Salt, Mustard Flour, Preservative (202), Flavour, Colours (100, 160 (c)). Contains: Soy and Egg.


SEEDED MUSTARD: Whole Grain Mustard (Minimum 50%) [Water, Mustard Seeds (Wheat, Soy), Vinegar, Salt, Food Acid (260), Sugar, Spices], Vinegar, Canola Oil, Water, Sugar, Dijon Mustard (Minimum 5%) [Water, Mustard Seed, Sugar, Salt, Acidity Regulator (260), Spice], Thickener (1422), Salt, Vegetable Gum (415), Preservative (202), Herb Extract, Food Acid (330). Contains: Wheat and Soy.


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 ONION (LOW FAT): Water, Sugar, Vinegar, Thickener (1422), Dehydrated Onion (1.7%), Mustard Flour, Salt, Poppy Seeds, Preservative (202), Natural Flavour, Dehydrated Red Bell Pepper, Celery Powder.

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


SEASONINGS

ROCK SALT: Salt
CRACKED PEPPER: Black Peppercorns

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


COOKIES and BAKERY ITEMS


CHOCOLATE CHIP RAINBOW COOKIE: Wheat Flour, Sugar, Palm Oil, Chocolate Chips (9%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322), Vanilla], Chocolate Confectionary Pieces (9%) [Milk Chocolate, (Sugar, Cocoa Butter, Chocolate Liquor, Whole Milk Powder, Emulsifier (322), Vanilla Extract] Sugar, Rice Starch, Gum Arabic (414), Colours [Turmeric Oleoresin (100), Beet Juice (160a)], Dried Cane Syrup, Confectioners Glaze (Carnauba Wax), Eggs, Water, Molasses, Raising Agent (500), Salt, Milk Protein [Whey Powder], Flavouring. Contains: Wheat, Gluten, Soybeans, Eggs and Milk. May contain traces of tree nuts and peanuts.

DOUBLE CHOCOLATE CHIP COOKIE: Sugar, Wheat Flour, Margarine [Palm Oil, Butter, Water, Salt, Emulsifiers (471, 322), Natural Flavour, Vitamin A, Colour (160e)], White Chips (12%) [Sugar, Palm Kernel and Palm Oil, Milk Protein (Milk Powder), Emulsifier (322), Flavouring], Chocolate Chips (7%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322), Vanilla], Eggs, Cocoa processed with alkali, Molasses, Water, Flavouring, Raising Agent (500), Salt. Contains: Gluten, Milk, Soybeans and Eggs. May contain traces of tree nuts and peanuts.
RASPBERRY CHEESECAKE COOKIE: Wheat Flour, Sugar, Margarine [Palm Oil, Water, Soybean Oil, Salt, Emulsifier (471), Natural Flavours, Food Acid (330), Vitamin A (Antioxidant 304), Colour (160a)], White Confectionary Chips (15%) [Sugar, Palm Kernel and Palm Oil, Nonfat Dry Milk, Emulsifier (322), Natural Vanilla Flavour], Eggs, Raspberry Confectionary 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 traces of tree nuts and peanuts.

WHITE CHIP MACADAMIA NUT COOKIE: Wheat Flour, Sugar, Margarine [Palm Oil, Butter, Water, Salt, Emulsifiers (471, 322), Natural Flavour, Vitamin A, Colour (160e)], White Chips (14%) [Sugar, Palm Kernel and Palm Oil, Milk Protein (Milk Powder), Emulsifier (322), Flavouring], Macadamia Nuts (6%), Eggs, Molasses, Water, Flavouring, Raising Agent (500), Salt. Contains: Wheat, Gluten, Milk, Soybeans, Eggs and Macadamia Nuts. May contain traces of peanuts.

SMOOTHIES


MANGO: Water, Mango Puree (17 %), Apple Puree, Sugar, Yoghurt Powder (Milk), Sweetener (968, 960), Thickener (412, 415, 407), Flavour, Colour (Carotene 160a). Contains Milk. May Contain Wheat, Oats, Egg, Peanuts, Soybean, Tree Nuts.

MIXED BERRY: Apple Juice, Water, Berries (11%), (Strawberry, Raspberries, Blueberries), Apple Puree, Banana Puree, Sugar, Blackcurrant Juice, Sweetener (968, 960), Thickener (412, 415). May Contain Wheat, Oats, Egg, Milk, Peanuts, Soybean, Tree Nuts.

TOASTIES

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


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 BUTTER SPREAD: Vegetable Oil (Palm, Canola), Water, Butter (18%) [Butterfat, Butter Milk (Buttermilk Powder, Water)], Garlic Premix [Dehydrated Garlic (2.3%), Garlic Powder (0.6%), Sugar, Herb (Parsley), Food Acid (330)], Salt, Emulsifiers [(471), (322) (Soy)], Natural Flavours, Antioxidant (307b), Natural Colour (160a). Contains: Milk and 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.