

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, triticale, oats, barley) ¹	Sulphites	Added Nitrites/Nitrates	Mustard
Meatballs & Marinara			•				•		•	•			
Roast Beef													
Rotisserie-Style Chicken							*		x	x			
Seafood Sensation ^{TM***}	•	•				•	•		•	•			•
Spicy Italian Meats												•	•
Steak													
Turkey													
Tuna	•	•					*						•
Veggie Patty ^{***} (vegan) ²							•		•	•			
Veggie Patty ^{***} (vegetarian - contains egg/milk) ²	•		•				•		•	•			
Cheese													
Cheddar Cheese, Processed			•				•						
Cheddar Cheese			•										
Feta ^{***}			•										
Monterey Cheddar Cheese, Shredded			•										
Monterey Jack Cheese ^{***}			•										
Provolone			•										
Swiss Cheese ^{***}			•										
Condiments & Dressings													
Basil Pesto			•										
BBQ ^{***}							*						•
Buffalo Sauce ^{***}													
Caesar	•	•	•				*						•
Chipotle Southwest Sauce	•		•				*						
House Sandwich Sauce ^{***}							*						
Light Mayonnaise - Type Dressing	•												•
Mayonnaise, Regular	•						*						•
Mustard (Yellow and Deli Brown)													•
Original Sub Sauce ^{***}							*						•
Provençal Herbs													
Ranch Dressing	•		•				*						
Smoky Honey Mustard	•						*						•
Sweet Onion Sauce (Contains Poppy Seeds)													•
Sub Spice													
Subway® Herb Garlic Oil													
Tzatziki ^{***}	•		•				*						•
Vegetables													
Banana Peppers											•		
Jalapenos													
Olives (Green/Black)													
Pickles													
Vegetables, Fresh													
Cookies													
Chocolate Chip	•		•	**			•	**	•	•			
Chocolate Chip with M&M's®	•		•	X			•	**	•	•			
Chocolate Chunk	•		•	**			•	**	•	•			
Double Chocolate	•		•	**			•	**	•	•			
Oatmeal Raisin	•		•	**			•	**	•	•			
Peanut Butter	•		•	•			•	**	•	•			
Sugar	•		•	**				**	•	•			
White Chip Macadamia Nut	•		•	**			•	•	•	•			
Soup^{***}													
Beef Chili							•		•	•			
Black Bean							•						
Cream of Broccoli			•						•	•			
Cream of Mushroom			•						•	•			
Creamy Chicken & Dumpling	•		•				•		•	•			
Creamy Chicken and Wild Rice			•		•				•	•			
French Onion (not including cheese/croutons)							•						
Homestyle Chicken Noodle	•		•						•	•			
Loaded Baked Potato			•						•	•		•	
Mediterranean													
Spicy Chicken Tortilla													
Tomato Basil			•										

x = May contain.

¹The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurant contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten free.

²Some restaurants offer a vegetarian (non-vegan) patty. It will be identified on menu board as "containing eggs & milk".

*The only soy-derived ingredient is refined soybean oil.

**Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies

*** Local Options: Products are not available at all locations