



New Zealand Ingredient Information for People with Food Allergies and Sensitivities

May 2024

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	Peanut	Sesame	Crustaceans	Mollusc	Soy	Tree Nuts ^	Lupin	Wheat	Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed	Nitrites/Nitrates
Subway 6-Inch® Subs on White or Wheat Bread with lettuce, spinach, tomato, cucumber, onion, capsicum															
Buffalo Chicken	*		●		*			●			●	●	*	●	
Chicken & Bacon Ranch Melt (with Mozzarella Cheese)	●		●		*			●			●	●	*	●	●
Chicken Classic	●		●		*			●			●	●	*	●	
Chicken Strips	*		*		*			●			●	●	*	●	
Chicken Teriyaki	*		*		●			●			●	●	*	●	
Italian B.M.T® (with Salami, Pepperoni, Leg Ham)	*		●		*			●			●	●	*		●
Leg Ham	*		*		*			●			●	●	*		●
Meatball Melt (Includes Mozzarella Cheese, Marinara Sauce)	*		●		*			●			●	●	*		
Pizza Melt (with Salami, Pepperoni, Mozzarella Cheese, Marinara Sauce)	*		●		*			●			●	●	*		●
Pork Riblet (with Smoky BBQ sauce)	*		*		*			●			●	●	*		
Roast Beef	*		*		*			●			●	●	*		
Smashed Falafel	*		*		*			●			●	●	*	●	
Southern Style Chicken	*		*		*			●			●	●	*	●	
Steak Melt (Includes Mozzarella Cheese)	*		●		*			●			●	●	●	●	
Three Pepper Chicken	●		*		*			●			●	●	*		
Tuna & Mayo (with Mayonnaise)	●	●	●		*			●			●	●	*		
Veggie Delite® with Avo	*		*		*			●			●	●	*		
Veggie Patty	*		*		*			●			●	●	*	●	
Bread															
Italian Herbs and Cheese Bread	*		●		*			●			●	●	*	●	
Malted Rye Bread	*		*		*			●			●	●	*		
Roasted Garlic Bread	*		*		*			●			●	●	*	●	
Wheat Bread	*		*		*			●			●	●	*		
White Bread	*		*		*			●			●	●	*		
Wrap, Flour								*			●	●			
Wrap, Gluten Free **	*							*							
Meat, Poultry, Eggs, Seafood & Vegetarian															
Bacon, Streaky															●
Buffalo Chicken			●											●	●
Chicken Classic	●		●					●			●	●		●	
Chicken Strips														●	
Chicken Teriyaki					●									●	
Egg Omelette	●														
Italian B.M.T® Meats (Salami, Pepperoni, Leg Ham)			●					*							●
Leg Ham								*							●
Meatballs (Beef) with Marinara Sauce			●					●			●	●			
Pepperoni			●					*							●
Pizza Melt Meats (Pepperoni, Salami)			●					*							●
Pork Riblet								●			●	●			
Roast Beef															
Salami			●					*							●
Smashed Falafel								●			●	●		●	
Southern Style Chicken Bites								●			●	●		●	
Steak, Diced								●					●	●	
Three Pepper Chicken	●		*					*			●	●			
Tuna & Mayo (with Mayonnaise)	●	●	●												
Veggie Patty								●				●		●	
Sauces & Dressings															
Blue Cheese Dressing	●		●												
Chipotle Southwest Sauce	●		●					●						●	
Garlic Aioli			●												
Habanero Hot Sauce													●		
Honey Mustard															
Marinara Sauce															

● Contains ¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

* May contain

** 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/en-NZ for the Product Ingredients Guide more information.

^ Almond, Brazil Nut, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut. Please visit our website – www.subway.com/en-NZ for the Product Ingredients Guide for full declaration.



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	Egg	Fish	Milk	Peanut	Sesame	Crustaceans	Mollusc	Soy	Tree Nuts ^	Lupin	Wheat	Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed	Nitrites/Nitrates
Sauces & Dressings															
Mayonnaise	●		●												
Ranch Dressing	●		●					●				●			
Smoky BBQ Sauce															
Spicy Mayonnaise	●													●	
Sweet Chilli Sauce															
Sweet Onion Sauce (Contains Poppy Seeds)															
Cheeses															
Mozzarella Cheese (shredded)			●												
Old English-Style Processed Cheese (slices)			●					●							
Processed Cheddar Cheese (slices)			●					●							
Vegetables															
Avocado															
Beetroot															
Jalapeno Pepper															
Olive															
Pickle															
Pineapple (Selected Locations Only)															
Vegetables (Lettuce, Spinach, Tomato, Cucumber, Onion, Capsicum)															
Seasonings															
Pepper															
Salt															
Cookies															
Chocolate Chip Cookie	●		●	*				●	*		●	●			
Chocolate Chip Cookie with M&M'S	●		●	*				●	*		●	●			
Double Chocolate Chip Cookie	●		●	*				●	*		●	●			
Oatmeal Raisin Cookie	●		●	*				●	*		●	●			
White Chip Macadamia Nut Cookie	●		●	*				●	●		●	●			
Baked Goods (available at selected locations)															
Apple & Custard Danish	●		●	*				●	*		●	●			
Apricot & Custard Danish	●		●	*				●	*		●	●			
Boysenberry & Custard Danish	●		●	*				●	*		●	●			
Sides & Snacks															
Avocado Toastie (on White Bread)	*		*		*			●			●	●	*		
Cheesy Garlic Toastie (on White Bread)	*		●		*			●			●	●	●		
Chipotle Quesadilla (on Wheat Flour Wrap with Mozzarella Cheese)	●		●					●			●	●	●		
Garlic & Herb Toastie (on White Bread)	*		●		*			●			●	●	●		
Ham, Cheese & Tomato Jaffle (on White Bread with Mayonnaise)	●		●		*			●			●	●	*		
Meatball Mozza Pot (with Marinara Sauce)			●					●			●	●			
Southern Style Chicken Bites (no sauce)								●			●	●		●	
Southern Style Chicken Bites (with Spicy Mayo)	●							●			●	●		●	
Smoothies															
Blueberry & Mango															
Strawberry															
Tropical															
Promotional Items															
Subway® Subs															
	Values include Italian herbs & cheese bread, meatball with marinara sauce, pepperoni, mozzarella cheese, chipotle southwest sauce, spinach, capsicum, onion, olives														
Chipotle Meatball & Pepperoni	●		●		*			●			●	●	*	●	●
	Values include white bread, diced steak, mozzarella cheese, hot harissa mayo, lettuce, tomato, capsicum, onion, carrot, jalapeno pepper														
Fiery Harissa Steak	●		●		*			●			●	●	●	●	●
	With roasted garlic bread, three pepper chicken, avocado, mozzarella cheese, spinach, tomato, onion, capsicum, jalapeno, chipotle sauce														
Spicy Chicken Classic	●		●		*			●			●	●	*	●	
	With roasted garlic bread, three pepper chicken, avocado, mozzarella cheese, spinach, tomato, onion, capsicum, jalapeno, chipotle sauce														
Hot Harissa Mayo	●													●	

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