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**


**MALTED RYE BREAD:** Rye Bread: Wheat Flour (Thiamine), 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), Folic Acid], 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.

**ROASTED GARLIC BREAD:** Subway® White Bread, Polenta, Sugar, Salt, Acidity Regulators (331, 334, 330), Wheat Starch, Dehydrated Garlic, Dehydrated Onion, Spices, Yeast Extract, Herbs, Vegetable Oil [Canola (Antioxidant (319))], Antioxidant (300), Spice Extract. Contains: Wheat, Gluten, Soy.

**WHEAT BREAD:** Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Wheat Bran, Sugar, Wheat Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (535)), Soya Flour, Vegetable Emulsifiers (472e, 481, 471), Caramel (150c), 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 (535)), Soya Flour, Vegetable Emulsifiers (472e, 481, 471), 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.

MEAT, POULTRY, & SEAFOOD

BACON: Pork, Water, contains less than 2% of Salt, Sugar, Smoke Flavour, Sodium Phosphates, Sodium Erythorbate (made from sugar), Sodium Nitrite.


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. Contains Soy.

ITALIAN B.M.T® MEATS: Genoa Salami: Meat 94% (Beef / Pork), Salt, Spices, Dextrose Monohydrate, Acidity Regulator (575), Antioxidant (316), Preservative (250), Culture, Natural Smoke. Pepperoni: Meat 94% (Beef / Pork), Salt, Spices, Dextrose Monohydrate, Acidity Regulator (575), Antioxidant (316), Preservative (250), Culture, Natural Smoke. Ham: Pork (84%), Water, Salt, Stabilisers (451, 450, 341), Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Honey, Preservative (250). Contains Milk.

LEG HAM: Pork (90%), Water, Salt, Sugar, Stabilisers (451, 450, 341), Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Honey, Preservative (250), Smoked.

MEATBALLS WITH MARINARA SAUCE: Beef (min 65%, Ground) Water, Soya Protein, Breadcrumbs (Flour (Wheat, Soya), Yeast, Gluten, Vegetable Oil, Salt, Emulsifiers (471, 472e, 481), Acidity Regulators (263)), Seasoning (Salt, Dehydrated Vegetables, Herbs & Spices, Vegetable Oil), Parmesan Cheese (Pasteurised Milk, Salt, Culture, Enzyme), Colour (Caramel 150c). Contains: Wheat, Gluten, Milk and Soy. Marinara Sauce: Tomato Concentrate (tomato paste, water), Vegetable Oil, Sugar, Salt, Dehydrated Onions, Thickener (1442), Food Acid [Citric Acid (330)], Herbs and Spice.


OMELETTE EGG: Cage Free Whole Egg (pasteurised), Raising Agent (450), Acidity Regulator (330, 339). Contains: Egg.

PORK RIBLET: Pork (80%, Ground), Seasoning (soy protein, tapioca starch, emulsifier (451, 450), spices), Vegetable Oil, Breadcrumbs (wheat flour, yeast, vegetable fibre, gluten, acidity regulators (330, 263), emulsifier (481)), Water, Salt. Contains: Wheat, Gluten and Soy.

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, Hydrolysed Vegetable Protein (Maize & Soy), Dextrose, Salt, Beef Protein, Soy Protein, Beef Extract, Mineral Salt (451), Thickener (1442, 407), Soy Sauce (contains wheat), Yeast Extract, Flavours, Vegetable Oil, Spice Extract, Vegetable Extract, Maltodextrin, Colour (150d) (sulphites), Vegetable Powders. Contains: Gluten, Wheat, Soy and Sulphites.


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

TURKEY, CARVED: Turkey (98%), Salt, Acidity Regulators (326, 262), Mineral Salts (451, 452, 339).

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%) [Cows 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: Hass Avocados (100%)
**BEETROOT**: Beetroot (58%), water, sugar, food acid (260), salt, flavours.

**CARROT**: Shredded Carrots.

**CAPSICUM**: Fresh Green Capsicum.

**CUCUMBERS**: Fresh Ripe Cucumbers.

**JALAPEÑO PEPPER SLICES**: Sliced jalapeno peppers (60%), water, vinegar, food acid (260), salt, preservatives (211), mineral salt (509), colour (102).

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

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

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

**ONIONS**: Jumbo Red Onions.

**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:** 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.

**MAYONNAISE:** Water, Sugar, Soya Bean Oil, Modified Maize Starch (1422), Skim Milk Powder, Salt, Acidity Regulator (260, 270), Mustard Powder, Thickener (415, 412, 401), Preservative (202, 211), Egg Yolk Powder, Emulsifier (433), Antioxidant (385), Flavour. Contains: Milk and Egg.

**PESTO MAYO:** Canola Oil, Water, Basil Puree [Basil, Food Acid (Citric), Canola Oil, Thickener (Xanthan)], Vinegar, Sugar, 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, Egg.

**RANCH DRESSING:** Vegetable Oil [Soy (Antioxidant (319))], Water, Egg Yolk, Milk Solids, Malt Vinegar, Sugar, Salt, Spices, Acidity Regulator (260), Thickeners (415, 405), Modified Starch (1442), Dehydrated Vegetables, Preservatives (202, 211), Colour (150d), Antioxidant (385), Flavouring. Contains: Gluten, Wheat, Egg, Milk and Soy.

**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 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:** Water, Sugar, White Vinegar, Thickener (1422), Spice, Salt, Minced Onion, Poppy Seed, Preservative (202, 211), Red Bell Peppers, Flavour, Herb.

**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.

**COOKIES**


**CHOCOLATE CHIP M&M:** 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 &M’s (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, Dairy. May contain tree nuts from shared process line. May contain traces of peanuts.

**DOUBLE CHOCOLATE CHIP:** Sugar, Wheat Flour, Margarine (palm oils, water, salt, emulsifier 471, 322 (Soy), antioxidant 307, flavour, food acid 330), White Chocolate (12.1%) [Sugar, vegetable fat (emulsifier 492 Soy lecithin, food acid 330), milk powder, emulsifier (soy lecithin), flavour ], Dark Chocolate (7.4%) (sugar, cocoa mass, cocoa butter, anhydrous milk fat, emulsifiers soy lecithin, 476), Egg, Cocoa Powder, Salted Butter (Cream, sodium chloride, additives 341, 535), Molasses, Water, Vanilla Essence [Water, Propylene Glycol, Flavour, Stabilisers (466, 460, 415), Colours (102, 124, 132)], Salt, Baking Soda. Contains: Wheat, Gluten, Soy, Dairy, Egg. May contain tree nuts from shared process line. May contain traces of peanuts.

**OATMEAL RAISIN:** Wheat Flour, Raisins (15.8%), Margarine (palm oils, water, salt, emulsifier 471, 322 (Soy), antioxidant 307, flavour, food acid 330), Sugar, Dark Cane Sugar, Wholegrain Oats (6.6%), Rolled Oats (5.7%), Egg, Water, Molasses, Whey Powder, Salt, Baking Soda, Cinnamon. Contains: Wheat, Gluten, Soy, Egg & Dairy. May contain tree nuts from shared process line. May contain traces of peanuts.
**WHITE CHIP MACADAMIA NUT:** Wheat Flour, Sugar, White Chocolate (14.3%) [Sugar, vegetable fat (emulsifier 492-soy lecithin, food acid 330), Milk powder, emulsifier (Soy lecithin), flavour], Margarine (palm oils, water, salt, emulsifier 471, 322 (Soy), antioxidant 307, flavour, food acid 330), Macadamia Nut (6.2%), Egg, Salted Butter (Cream, sodium chloride, additives 341, 535), Molasses, Dextrose Monohydrate, Vanilla Essence [Water, Propylene Glycol, Flavour, Stabilisers (466, 460, 415), Colours (102, 124, 132)], Salt, Baking Soda, Water, Whey Powder. Contains: Wheat, Gluten, Dairy, Soy, Eggs, Tree Nuts. May contain traces of peanuts.

**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.

**SMOOTHIES**

**TROPICAL:** Water, Banana (15%), Mango (14%), Pineapple (14%), Sugar.

**STRAWBERRY:** Water, Strawberry (22%), Banana, Sugar, Goji Berries.

**BLUEBERRY AND MANGO:** Water, Blueberry (23%), Mango (19%), Sugar, Dates.

**TOASTIES**

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


SIDES

**WATTIE’S FRUIT SQUIRTZ, APPLE & STRAWBERRY PUREE:** Apple Puree (80%), Strawberry Puree (11%), Apple Juice Concentrate, Strawberry Flavour, Antioxidant (Ascorbic Acid). Contains: Soy.

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 (160). 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.