

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 (Thiamine, Folic Acid), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (551, 535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Mineral Salt (170), Food Acid (300), Enzymes (**Wheat**)), **MOZZARELLA CHEESE** (Pasteurised **Milk**, Salt, Anti-Caking Agent (460), Starter Culture, Vegetarian Rennet),

**PARMESAN OREGANO TOPPING** (Rice Flour, Dehydrated Garlic, Herbs (Rosemary, Oregano (3%)), Salt, Vegetable Oils ((**Soy**) (Antioxidants 307b, 319)), **Wheat** Gluten, Cheese Powder (**Milk** Solids, Cheese Solids (**Milk**, Microbial Rennet), Maltodextrin, Mineral Salts (339, 509), Salt, Sugar, Yeast Extracts, Anti-caking Agent (551), Food Acid (296), Vegetable Gum (415)), Parmesan Cheese (3%) (**Milk**, Microbial Rennet), Anti-caking Agent (551), Emulsifier (322 (**Soy**)), Acidity Regulator (330), Spice Extract (160c)).

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

**May Contain: Egg, Sesame, Sulphites.**

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

**RYE BREAD** (**Wheat** Flour (Thiamine, Folic Acid), Water, **Rye** Flour (13%), Yeast, **Wheat** Gluten, Sugar, Kibbled **Rye** (1.9%), Canola Oil, Iodised Salt, Malted **Barley** Flour (1%), Fermented **Wheat** Flour, Fermented **Rye** Flour, Bread Improver (Sugar, **Soy** Flour, Emulsifier (322, 472e, 481, 471), Canola Oil, **Wheat** Flour, Mineral Salt (170), Enzymes (**Wheat**), Food Acid (300))).

**Contains: Wheat, Gluten, Soy.**

**May Contain: Milk, Egg, Sesame, Sulphites.**

### ROASTED GARLIC BREAD:

**WHITE BREAD** (**Wheat** Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (551, 535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Mineral Salt (170), Food Acid (300), Enzymes (**Wheat**)), **ROASTED GARLIC TOPPING** (Polenta, Sugar, Salt, Acidity Regulators (331, 334, 330), **Wheat** Starch, Dehydrated Garlic (minimum 3%), Dehydrated Onion, Spices, Yeast Extract, Herbs, Vegetable Oil, Antioxidant (300), Spice Extract (160c)).

**Contains: Wheat, Gluten, Soy.**

**May Contain: Milk, Egg, Sesame, Sulphites.**

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**WHEAT BREAD:**

**Wheat** Flour (Thiamine, Folic Acid), Water, Yeast, Wholemeal Concentrate (3%) (**Wheat** Bran, **Wheat** Germ), Sugar, **Wheat** Gluten, Bread Improver (**Soy** Flour, Emulsifiers (472e, 481, 471), Flour Improver (300), Enzymes (**Wheat**), Iodised Salt (Potassium Iodate, Anti-Caking Agent (535)), Canola Oil, Mineral Salt (170), Caramel (150c).

**Contains: Wheat, Gluten, Soy.**

**May Contain: Milk, Egg, Sesame, Sulphites.**

**WHITE BREAD:** **Wheat** Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (551, 535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Mineral Salt (170), Food Acid (300), Enzymes (**Wheat**).

**Contains: Wheat, Gluten, Soy.**

**May Contain: Milk, Egg, Sesame, Sulphites.**

**WRAP (FLOUR):** **Wheat** Flour (White, Wholemeal), Water, Vegetable Oil, Raising Agents (341, 450, 501), **Wheat** Fibre, White Vinegar, **Wheat** Gluten, Cultured **Wheat** Flour, Vegetable Gum (412), Humectant (422), Maize Starch, Emulsifier (471), Sugar, Salt, Preservatives (200,202, 282), Acidity Regulator (297), Vitamins (Folic Acid, Thiamine).

**Contains: Wheat, Gluten.**

**May Contain: Soy.**

**WRAP, GLUTEN FREE\*:** 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.**

## MEAT, POULTRY, EGG, SEAFOOD & VEGETARIAN

**BACON:** Cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Preservative (250 (Sodium Nitrite)).

**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.**

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**CHICKEN & BACON RANCH:**

**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).

**BACON:** Cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Preservative (250 (Sodium Nitrite)).

**RANCH DRESSING:** Vegetable Oil (**Soy** (Antioxidant (319))), Water, **Egg** Yolk, **Milk** Solids, Malt (**Barley**) 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, Egg, Milk, Soy.**

**CHICKEN CLASSIC:** Chicken (70%), Water, Flour (**Wheat**, Maize), Salt, Flavours (**Wheat**, Contains Flavour Enhancers (627, 635, 631)), Vegetable Oil, **Wheat** Semolina, **Wheat** Gluten, Polenta, **Egg** Powder, **Wheat** Starch, Dextrose, Mineral Salts (450, 451), Sugar, **Milk** Protein, Yeast Extract, Dehydrated Vegetables (Onion, Garlic), **Soy** Sauce (**Soy, Wheat**), Maltodextrin (Maize), Herbs & Spices, Spice Extracts, Colours (160c, 100), Acidity Regulator (330).

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

**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).

**CHICKEN TERIYAKI (with Chicken Strips (75%) and Teriyaki Glaze (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)), **TERIYAKI GLAZE** (Water, Sugar, Thickener (1422), Fructose, Tomato Paste, Ginger, Salt, Hydrolysed Vegetable Protein, Acidity Regulators (260, 270), Garlic, **Sesame** Seeds, Minced Onion, Red Bell Peppers, **Sesame** Oil, Colour (150d), Spices, Preservatives (202, 211), Flavours).

**Contains: Sesame.**

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

**Contains: Egg.**

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**ITALIAN B.M.T.® MEATS:**

**SALAMI:** Pork & Beef (95%), Salt, Spices, Lactose (**Milk**), Maltodextrin, Dextrose, Flavour (Smoke), Dehydrated Vegetables (Garlic, Onion), Sugar, Mineral Salts (450, 451), Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

**Contains: Milk.**

**May Contain: Soy.**

**PEPPERONI:** Pork and Beef (94%), Salt, Spices, Maltodextrin, Lactose (**Milk**) Dextrose, Flavour (Smoke), Mineral Salts (450, 451), Natural Colour (160c), Dehydrated Vegetables (Garlic, Onion), Sugar, Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

**Contains: Milk.**

**May Contain: Soy.**

**LEG HAM:** Pork (70%), Water, Salt, Dextrose, Sugar, Honey, Thickeners (1412, 407a, 415), Mineral Salts (451, 452, 450, 500, 341), Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Yeast Extract, Preservative (250 (Sodium Nitrite)), Wood Smoked.

**May Contain: Soy**

**LEG HAM:** Pork (70%), Water, Salt, Dextrose, Sugar, Honey, Thickeners (1412, 407a, 415), Mineral Salts (451, 452, 450, 500, 341), Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Yeast Extract, Preservative (250 (Sodium Nitrite)), Wood Smoked.

**May Contain: Soy**

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

**BEEF MEATBALLS** (Beef (65%) Water, Textured **Soy** Protein, **Soy** Protein, Breadcrumbs (**Wheat, Rye, Oat, Barley, Soy**), Seasoning (Dehydrated Vegetables (Onion, Garlic)), Parmesan 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, Milk, Soy.**

**PIZZA MEATS:**

**SALAMI:** Pork & Beef (95%), Salt, Spices, Lactose (**Milk**), Maltodextrin, Dextrose, Flavour (Smoke), Dehydrated Vegetables (Garlic, Onion), Sugar, Mineral Salts (450, 451), Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

**Contains: Milk.**

**May Contain: Soy.**

**PEPPERONI:** Pork and Beef (94%), Salt, Spices, Maltodextrin, Lactose (**Milk**) Dextrose, Flavour (Smoke), Mineral Salts (450, 451), Natural Colour (160c), Dehydrated Vegetables (Garlic, Onion), Sugar, Preservative (250 (Sodium Nitrite)), Antioxidant (316), Starter Culture. Wood Smoked.

**Contains: Milk.**

**May Contain: Soy.**

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**PORK RIBLET:** Pork (80%), Water, Seasoning (**Soy** Protein, Tapioca Starch, Emulsifier (451, 450), Garlic), Vegetable Oil, Breadcrumbs (**Wheat, Wheat** Gluten, **Soy**), **Soy** Protein, Salt.  
**Contains: Wheat, Gluten, Soy.**

**ROAST BEEF:** Beef (min 80%), Water, Dextrose, Maltodextrin, Salt, Mineral Salt (451), Dehydrated Vegetables (Garlic, Onion), Colour (150d), Spice, Vegetable Oil.

**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), Thickeners (1412 (Tapioca), Maize Starch), Water, Vegetable Oil.  
**Contains: Wheat, Gluten, Soy.**

**SOUTHERN STYLE CHICKEN BITES:** Chicken (53%), Batter (Water, **Wheat** Flour, Thickeners (1404, 1422), Salt, Mineral Salts (450, 500), Vegetable Oil, Colours (100, 160c)), Breadcrumb (**Wheat** Flour, **Wheat** Starch, Salt, Spices, Vegetable Oil, Yeast, Colours (160c, 100, 160b), **Wheat** Gluten, Glucose, Black Pepper, Dehydrated Vegetables, (Onion, Garlic), Fructose, Acidity Regulator (262, Tapioca Starch, Worcestershire Sauce Powder, Flavours, Yeast Extract, Herbs (**Wheat**), Sugar, Spice Extracts), Water, Vegetable Oils, **Soy** Protein Concentrate, Textured **Soy** Protein, Seasoning (Hydrolysed **Soy** Protein, Yeast Extract, Spice Extract (Garlic)), Onion Powder, Emulsifiers (450, 451), Salt, Ground White Pepper.  
**Contains: Wheat, Gluten, Soy.**

**STEAK, DICED:** Beef (80%), Water, Dextrose (Maize), Hydrolysed Vegetable Protein (Maize, **Soy**), Thickener (1442 (Maize)), Maltodextrin (Maize), Salt, Mineral Salts (508, 450, 451), Stabiliser (407a), Colour (150d (**Sulphites**)), Vegetable Powders (Onion, Garlic), Fermented **Soy** Sauce, Yeast Extracts, Natural Flavour, Vegetable Oil, Spice Extract, Vegetable Extract.  
**Contains: Soy, Sulphites**

**THREE PEPPER CHICKEN:** Chicken Breast (62%), Flour (**Wheat**, Maize), Water, Vegetable Oils, Salt, Spices (Black Pepper (0.6%), Green Pepper (0.3%), Pink Pepper (0.2%)), Thickeners (1420, 1442, 412), **Wheat** Gluten, Dehydrated Vegetables (Onion, Garlic), Mineral Salts (339, 450, 451, 452), Semolina (**Wheat**), **Egg** Powder, Raising Agent (500), Sugar, Yeast, Spice Extracts (160c, 100), Maltodextrin.  
**Contains: Wheat, Gluten, Egg.**  
**May be present: Milk, Soy.**

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**TUNA & MAYO: (with Tuna (63%) and Mayonnaise (37%)):** Skipjack Tuna (**Fish**), MAYONNAISE (Water, Sugar, Vegetable oil, Thickeners (1422, 415, 412, 401)), Skim **Milk** Powder, Salt, Food Acids (260, 270), Mustard Powder, Preservative (202, 211), **Egg** Yolk Powder, Emulsifier (433), Antioxidant (385), Natural Flavour).

**Contains: Fish, Milk, Egg.**

**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)), Pasteurised **Egg** Yolk, Sugar, Corn Starch, Salt, Whey Powder (**Milk**), Natural Flavour (**Milk**), Food Acid (270), Herb & Spice, Thickener (415), Vegetable Powder (Garlic), Preservative (202), Antioxidant (385).

**Contains: Milk, Egg.**

**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, Sugar, Vegetable oil, Thickeners (1422, 415, 412, 401)), Skim **Milk** Powder, Salt, Food Acids (260, 270), Mustard Powder, Preservative (202, 211), **Egg** Yolk Powder, Emulsifier (433), Antioxidant (385), Natural Flavour.

**Contains: Milk, Egg.**

**RANCH DRESSING:** Vegetable Oil (Antioxidant (319)), Water, Pasteurised **Egg** Yolk, **Milk** Solids, Malt Vinegar (**Barley**), Sugar, Salt, Spices, Acidity Regulator (260), Thickeners (415, 405, 1442), Dehydrated (Onion, Garlic), Preservatives (202, 211), Colour (150d), Antioxidant (385), Flavouring.

**Contains: Egg, Milk, Gluten.**

**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, Chilli Flakes, Onion Powder, Dehydrated Garlic, Preservative (202), Natural Colour (160c), Spice Extract (Capsicum Oleoresin), Natural Chilli Flavour, Antioxidant (385).

**Contains: Egg.**

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

**SWEET ONION SAUCE:** Water, Sugar, Vinegar, Thickener (1422), Onion (4.2%), Salt, Spices, Poppy Seeds, Preservatives (211, 202), Bell Peppers, Natural Flavour.

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## SEASONINGS

**SALT:** Sea Salt

**PEPPER:** Black Pepper

## CHEESE

**MOZZARELLA CHEESE (shredded):** Pasteurised Cow's **Milk**, Salt, Anti-Caking Agent (460) Preservative (200), Cheese Culture, Vegetarian 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.**

**PROCESSED CHEDDAR CHEESE (slices):** Cheese (min 65%), (Cow's **Milk**, Salt, Cultures, Enzyme (Vegetarian/Calf Rennet)), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332, 322 (**Soy** Lecithin)), Salt, Acidity regulators (260,330), Preservative (200, 234).

**Contains: Milk, Soy.**

## VEGETABLES

**AVOCADO:** Hass Avocado Puree (100%).

**BEETROOT:** Sliced Beetroot, Water, Sugar, Food Acid (260), Salt, Flavours.

**CAPSICUM:** Sliced Green Capsicum.

**CARROT:** Shredded Carrot.

**CUCUMBER:** Sliced Cucumber.

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

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**LETTUCE:** Shredded Iceberg Variety.

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

**ONION:** Sliced Red Onion.

**PICKLE:** Sliced Pickle, Water, Vinegar, Salt, Mineral Salt (509), Preservative (211), Natural Flavorings, Emulsifier (433).

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

**SPINACH:** Baby Spinach.

**TOMATO:** Sliced Red Ripe Tomato.

## COOKIES

**CHOCOLATE CHIP COOKIE:** **Wheat** Flour (Vitamin (Folic Acid)), Sugar, Dark Chocolate Chips (23%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (476, 322 (**Soy**)), Flavour), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), Water, Butter (Cream (**Milk**), Salt (Anticaking Agent (535))), Whole **Egg** Powder, Molasses, Dextrose Monohydrate (Maize), Raising Agent (Sodium Bicarbonate), Salt, Flavour.

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

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

**CHOCOLATE CHIP COOKIE WITH M&M'S®:** **Wheat** Flour (Vitamin (Folic Acid)), Sugar, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), Dark Chocolate Chips (9%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (476, 322 (**Soy**)), Flavour), M&M'S® Chocolate Candies (9%) (**Milk** Chocolate (Sugar, Cocoa Mass, **Milk** Solids, Cocoa Butter, Vegetable Fat, Emulsifier (322 (**Soy**)), Salt, Flavour), Sugar, Starch (**Wheat**), Glucose Syrup (**Wheat**), Vegetable Gum (414), Colours (171, 129, 133, 110, 102), Dextrin, Glazing Agent (Carnauba Wax)), Water, Whole **Egg** Powder, Dextrose Monohydrate (Maize), Raising Agent (Sodium Bicarbonate), Flavour, Salt.

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

**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 (Vitamin (Folic Acid)), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), White Confectionery Chips (12%) (Sugar, Vegetable Fat, **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), Dark Chocolate Chips (7%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (476, 322 (**Soy**)), Flavour), Water, Alkalised Cocoa Powder (3%), Butter (Cream (**Milk**), Salt (Anticaking Agents (535))), Whole **Egg** Powder, Molasses, Flavour, Salt, Raising Agent (Sodium Bicarbonate).

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

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

**OATMEAL RAISIN COOKIE:** Sugar, **Wheat** Flour (Vitamin (Folic Acid)), Raisins (Raisins (16%), Vegetable Oil), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), Wholegrain **Oats** (7%), Rolled **Oats** (6%), Water, Whole **Egg** Powder, Molasses, Salt, Raising Agent (Sodium Bicarbonate), Cinnamon.

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

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

**WHITE CHIP MACADAMIA NUT COOKIE:** **Wheat** Flour (Vitamin (Folic Acid)), Sugar, White Confectionery Chips (14%) (Sugar, Vegetable Fat, **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Antioxidants (307 (**Soy**))), **Macadamia Nuts** (6%), Water, Butter (Cream (**Milk**), Salt (Anticaking Agents (535))), Whole **Egg** Powder, Molasses, Dextrose Monohydrate (Maize), Flavour, Salt, Raising Agent (Sodium Bicarbonate).

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

**Peanut, Almond, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut, Brazil Nut.**

## **BAKED GOODS (selected locations only)**

**APPLE & CUSTARD DANISH:** **Wheat** Flour, Apple Filling (22%) (Apple (65%), Sugar, Water, Stabilisers (1442, 461), Acidity Regulator (330, 331), Preservative (202), Antioxidant (300)), Water, Butter (Cream (**Milk**)), Yeast, Custard Filling (4%) (Sugar, Modified Starch (1414), Vegetable Fat, Stabilisers (401, 415, 410, 407, 412, 466), Glucose, **Milk** Protein, Mineral Salt (340), Food Acid (330, 327), Salt, Preservative (202), Flavour, Emulsifiers (471, 433, 322 (**Soy**)), Colour (160a)), Sugar, **Wheat** Gluten, Whole **Egg** Powder, Salt (Anti-caking Agent (535)), Dough Improver (**Soy** Flour, Emulsifiers (472e, 481, 471), **Wheat** Flour, Flour Improver (300), Enzymes, Thiamine, Folic Acid), Colours (102, 110).

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

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

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**APRICOT & CUSTARD DANISH:** **Wheat** Flour, Apricot Filling (23%) (Apricot (78%), Sugar, Stabilisers (1442, 461), Acidity Regulator (330, 331), Preservative (202), Antioxidant (300), Flavour, Colour (160c)), Water, Butter (Cream (**Milk**)), Custard Filling (5%) (Sugar, Modified Starch (1414), Vegetable Fat, Stabilisers (401, 415, 410, 407, 412, 466), Glucose, **Milk** Protein, Mineral Salt (340), Food Acid (330, 327), Salt, Preservative (202), Flavour, Emulsifiers (471, 433, 322 (**Soy**)), Colour (160a)), Yeast, Sugar, **Wheat** Gluten, Whole **Egg** Powder, Salt (Anti-caking Agent 535)), Dough Improver (**Soy** Flour, Emulsifiers (472e, 481, 471), **Wheat** Flour, Flour Improver (300), Enzymes, Thiamine, Folic Acid), Colours (102, 110).

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

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

**BOYSENBERRY & CUSTARD DANISH:** **Wheat** Flour, Apple-Boysenberry Filling (23%) (Apple (28%), Boysenberry (17%), Water, Sugar, Sultanas, Stabilisers (1412, 1442, 460, 466), Acidity Regulator, (330), Preservative (202)), Water, Butter (Cream (**Milk**)), Yeast, Custard Filling (3%) (Sugar, Modified Starch (1414), Vegetable Fat, Stabilisers (401, 415, 410, 407, 412, 466), Glucose, **Milk** Protein, Mineral Salt (340), Food Acid (330, 327), Salt, Preservative (202), Flavour, Emulsifiers (471, 433, 322 (**Soy**), Colour (160a)), Sugar, **Wheat** Gluten, Whole **Egg** Powder, Salt (Anti-caking agent (535)), Dough Improver (**Soy** Flour, Emulsifiers (472e, 481, 471), **Wheat** Flour, Flour Improver (300), Enzymes, Thiamine, Folic Acid), Colours (102, 110).

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

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

## SIDES & SNACKS

**AVOCADO TOASTIE:** Subway® WHITE BREAD, Subway® AVOCADO.

**Contains: Wheat, Gluten, Soy.**

**May Contain: Milk, Egg, Sesame, Sulphites.**

**CHEESY GARLIC TOASTIE:** Subway® WHITE BREAD, GARLIC AIOLI, MOZZARELLA CHEESE, PARMESAN OREGANO TOPPING (Rice Flour, Dehydrated Garlic, Herbs (Rosemary, Oregano (3%)), Salt, Vegetable Oils ((Soy) (Antioxidants 307b, 319)), **Wheat** Gluten, Cheese Powder (**Milk** Solids, Cheese Solids (**Milk**, Microbial Rennet), Maltodextrin, Mineral Salts (339, 509), Salt, Sugar, Yeast Extracts, Anti-caking Agent (551), Food Acid (296), Vegetable Gum (415)), Parmesan Cheese (3%) (**Milk**, Microbial Rennet), Anti-caking Agent (551), Emulsifier (322 (**Soy**)), Acidity Regulator (330), Spice Extract (160c)).

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

**May Contain: Egg, Sesame.**

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**CHIPOTLE QUESADILLA:** FLOUR WRAP, MOZZARELLA CHEESE, CHIPOTLE  
SOUTHWEST SAUCE, Green Capsicum, Onion.  
**Contains: Wheat, Gluten, Milk, Soy, Egg.**

**GARLIC & HERB TOASTIE:** Subway® WHITE BREAD, GARLIC AIOLI, PARMESAN  
OREGANO TOPPING (Rice Flour, Dehydrated Garlic, Herbs (Rosemary, Oregano (3%)), Salt,  
Vegetable Oils ((Soy) (Antioxidants 307b, 319)), **Wheat** Gluten, Cheese Powder (**Milk** Solids,  
Cheese Solids (**Milk**, Microbial Rennet), Maltodextrin, Mineral Salts (339, 509), Salt, Sugar,  
Yeast Extracts, Anti-caking Agent (551), Food Acid (296), Vegetable Gum (415)), Parmesan  
Cheese (3%) (**Milk**, Microbial Rennet), Anti-caking Agent (551), Emulsifier (322 (**Soy**)), Acidity  
Regulator (330), Spice Extract (160c)).  
**Contains: Wheat, Gluten, Milk, Soy, 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.**

**SOUTHERN STYLE CHICKEN BITES with SPICY MAYO:** SOUTHERN STYLE  
CHICKEN BITES, SPICY MAYONNAISE.  
**Contains: Wheat, Gluten, Soy, Egg.**

## 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.

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## PROMOTIONAL ITEMS:

**HOT HARISSA MAYO:** Vegetable Oil (Antioxidant (307)), Water, Vinegar, Cayenne Chilli Puree (Chilli, Acidity Regulator (260)), Sugar, Pasteurised **Egg** Yolk, Thickeners (1442, 415), Salt, Spices, Lemon Juice Concentrate, Yeast Extract, Garlic, Spice Extract, Natural Flavour, Preservative (202), Emulsifier (433), Natural Colour (160c).

**Contains Egg.**

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