

Allergen Information

Within the normal operating environment, it is not possible to guarantee that Sub and salad ingredients are 100% free from allergen cross-contact.

Our products are produced in factories which handle nuts and peanuts.

	Eggs	Fish	Milk (lactose)	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs	
Bread															
Italian (White) Bread*									1						
9-Grain Wheat Bread*									1, 2, 3, 4, 5						
9-Grain Multi seed Bread*									1, 2, 3, 4, 5						
9-Grain Honey & Oat Bread									1, 2, 3, 4, 5						
Hearty Italian Bread*									1						
Italian Herb & Cheese Bread									1						
Gluten Free Bread*															
Chilli & Paprika Bread*									1						
Tomato Basil Wrap*									1						
Flatbread									1, 4						
Spinach Wrap*									1						
Ciabatta Bread*									1						
Meat, Poultry, Seafood, Eggs and Vegan Patty/Veggie Patty*															
Roast Chicken Breast Strips															
Teriyaki Glazed Chicken Breast									1						
Chicken Tikka									1						
Rotisserie-Style Chicken*															
Ham‡															
Turkey Breast‡															
Maple Cured Streaky Bacon															
Back Bacon‡															
Pepperoni															
Salami															
Meatballs (in Marinara Sauce)									1						
Sausage									1						
Steak‡ (made with shaved steak strips, green pepper and onion)									3						
Chorizo															
Tuna (with Lite Mayonnaise)															
Egg Omelette															
Poached Egg															
Meatless Meatball* (in Marinara Sauce*)									1, 3						
Vegan Patty*									1						
Veggie Patty*									1						
Cheese & Vegetables															
American Cheese															
Shredded Mozzarella & Cheddar Cheese															
Italian Hard Cheese															
Peppered Cheese (IOI)															
Vegan Cheese*															
Olives*															
Pickles*															
Jalapeños															
Sweetcorn*															
Guacamole															
Diced Beetroot*															
Chopped SunBlush™ Tomatoes*															
Crispy Onions									1						
Lettuce*, Cucumber*, Tri-Colour Peppers*, Tomato*, Onion*, Carrot*, Spinach*															
Sauces & Condiments															
Hickory Smoked Barbecue Sauce									3						
Chipotle Southwest Sauce															
Honey & Wholegrain Mustard Sauce															
Lite Mayonnaise															
Sticky Sweet Chilli Sauce*															
Sweet Onion Sauce* (Contains Poppy seeds)															
Tomato Ketchup*															
Sriracha Sauce															
Caesar Sauce															
Salsa*															
Marinara Sauce*															
HP Brown Sauce*									2, 3						
Vinaigrette Dressing*															
Vegan Garlic Aioli*															
Sea Salt* / Mixed Peppercorns* / Chilli Flakes* / Oregano*															
Ranch Sauce															
Cookies*, Donuts & Muffins															
Chocolate Chunk Cookie								**	1						
Double Chocolate Cookie								**	1						
White Chip Macadamia Nut Cookie								14	1						
Oatmeal Raisin Cookie								**	1, 4						
Rainbow Cookie								**	1						
Cadbury's® Caramel Muffin								**	1						
Nutella® Muffin								8	1						
Oreo® Muffin								**	1						
Sugar Donut								**	1						
Choco Donut								**	1						
Mince Pie Cookie								8	1						
Chocolate Orange Cookie								**	1						
Dark Chocolate and Ginger Cookie								**	1						
Soups															
Carrot and Coriander									1, 3						
Country Chicken and Vegetable									1, 3						
Cream of Chicken									1, 3						
Leek and Potato															
Minestrone									1						
Red Pepper and Tomato									3						
Tomato									1						
Wild Mushroom									1, 3						
Beef Goulash									1, 3						
Thai Style Vegetable															
Cream of Mushroom															
Miscellaneous items															
Nachos (Doritos® Lightly Salted)															
Hash Browns*															
Flavoured Coffee Syrups: Vanilla*, Gingerbread*, Caramel*, Chocolate*															
Flavoured Coffee Syrups: Hazelnut*								8							
Coffee* / Tea*															
Cappuccino / Latte / Hot Chocolate / Chocolate Sprinkles (for Cappuccino)															
Fountain drinks*: Robinsons Apple And Blackcurrant															
Fountain drinks*: Other															
Garlic & Parsley Spread															

*Formed meat. Our Vegan products are made using vegan ingredients. However within normal operating environments our vegan ingredients may come into contact with non-vegan ingredients. †May come into contact with non-vegetarian items. ‡Hand torn in-store, 100% chicken breast marinated, seared and cooked in its own juices. #Beechwood Naturally Smoked Back Bacon with added smoke flavour.

■ = CONTAINS

** = Due to the nature of storage, product may come into contact with nuts.

IOI = Only available in the Island of Ireland

Grains (gluten)	
1	Wheat
2	Rye
3	Barley
4	Oat
5	Spelt
6	Kamut

Nuts	
7	Almond
8	Hazelnut
9	Walnut
10	Cashew nut
11	Pecan nut
12	Brazil nut
13	Pistachio
14	Macadamia nut

Store product range may vary from the above selection. Please refer to your Sandwich Artist™ with any questions related to items not shown on this chart. Correct at time of printing (19/12/2019). ©2020 Subway IP LLC. Subway® is a registered trademark of Subway IP LLC.



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9-Grain Wheat Bread*									1, 2, 3, 4, 5						
9-Grain Multi-seed Bread*									1, 2, 3, 4, 5						
9-Grain Honey & Oat Bread									1, 2, 3, 4, 5						
Hearty Italian Bread									1						
Italian Herb & Cheese Bread									1						
Gluten Free Bread*									1						
Chilli & Paprika Bread*									1						
Tomato Basil Wrap*									1						
Flatbread									1, 4						
Spinach Wrap*									1						
Ciabatta Bread*									1						
Meat, Poultry, Seafood, Eggs and Vegan Patty/Veggie Patty*															
Halal Roast Chicken Breast Strips									1						
Halal Teriyaki Glazed Chicken Breast									1						
Halal Chicken Tikka									1						
Halal Rotisserie-Style Chicken*															
Halal Turkey Ham†															
Halal Turkey Breast†															
Halal Turkey Rasher†															
Halal Pepperoni (Beef)															
Halal Salsami (Beef)															
Halal Meatballs (in Marinara Sauce)									1						
Halal Turkey Sausage Patty†									1						
Halal Steak† (made with shaved steak strips, green pepper and onion)									3						
Halal Chorizo (Beef)															
Tuna (with Lite Mayonnaise)															
Egg Omelette															
Poached Egg															
Halal Meatless Meatball* (in Marinara Sauce*)									1, 3						
Vegan Patty*									1						
Veggie Patty*									1						
Cheese & Vegetables															
American Cheese															
Shredded Mozzarella & Cheddar Cheese															
Italian Hard Grated Cheese															
Peppered Cheese (IO)															
Vegan Cheese															
Olives*															
Pickles*															
Jalapenos*															
Sweetcorn*															
Guacamole															
Diced Beetroot*															
Chopped SunBlush™ Tomatoes*															
Crispy Onions*									1						
Lettuce*, Cucumber*, Tri-Colour Peppers*, Tomato*, Onion*, Carrot*, Spinach*															
Sauces & Condiments															
Hickory Smoked BBQ Sauce									3						
Chipotle Southwest Sauce															
Honey & Wholegrain Mustard Sauce															
Lite Mayonnaise															
Sticky Sweet Chili Sauce*															
Sweet Onion Sauce* (contains poppy seeds)															
Tomato Ketchup*															
Sriracha Sauce*															
Caesar Sauce															
Salsa*															
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Vinaigrette Dressing*															
Vegan Garlic Aioli*															
Ranch Sauce															
Sea Salt* / Mixed Peppercorns* / Chilli Flakes* / Oregano*															
Cookies*, Donuts & Muffins															
Chocolate Chunk Cookie								**	1						
Double Chocolate Cookie								**	1						
White Chip Macadamia Nut Cookie								14	1						
Oatmeal Raisin Cookie								**	1, 4						
Rainbow Cookie								**	1						
Nutella® Muffin								8	1						
Sugar Donut								**	1						
Choco Donut								**	1						
Mince Pie Cookie								8	1						
Chocolate Orange Cookie								**	1						
Dark Chocolate & Ginger Cookie								**	1						
Soups															
Carrot and Coriander															
Country Chicken and Vegetable									1, 3						
Cream of Chicken									1, 3						
Leek and Potato															
Minestrone									1						
Red Pepper and Tomato									3						
Tomato									1						
Wild Mushroom									1, 3						
Beef Goulash									1, 3						
Thai Style Vegetable															
Cream of Mushroom															
Miscellaneous items															
Nachos (Doritos® Lightly Salted)															
Hash Browns															
Flavoured Coffee Syrups: Vanilla*, Gingerbread*, Caramel*, Chocolate*															
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Fountain drinks*: Robinsons® Apple And Blackcurrant															
Fountain drinks*: Other															
Garlic & Parsley Spread															

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