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**

**HONEY OAT BREAD:** Subway® 9 Grain Wheat Bread, Honey Oat Topping (Soy grits, sugar, rolled oats, thickener (1412), honey powder, molasses powder, salt, flavour (nature identical), colour (150 caramel). Contains: Gluten, Wheat, Soy and Sulphites.

**ITALIAN HERBS & CHEESE BREAD:** Subway® White Bread, Mozzarella Cheese [Milk, Salt, Cultures, Vegetarian Rennet, Anti-caking agent (Tapioca Starch), Preservative (200)], Garlic Powder, Maltodextrin, Rice Flour, Salt, Breadcrumbs (wheat flour, yeast, maize flour, salt, rye, Triticale, gluten, Soy flour, vegetable oil, emulsifiers (471,481,472e), Preservative (282), vegetable gum (412), Vitamin (thiamin)), Rosemary, Parmesan Cheese(Milk Starter culture, rennet, salt, lipase), Vegetable Fat, Oregano, Flavours, Soy bean Oil, Whey Powder, Food Acids (330, 270), Vegetable Gum (412), Anti-caking Agent (551), Yeast. Contains: Gluten, Wheat, Soy and Milk.

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

**WRAP:** Wheat flour, Water, Vegetable Fat, Glycerine, Iodised Salt, Canola Oil, Wheat Gluten, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Guar Gum, Sodium Stearoyl Lactylate (SSL), Monodiglyceride, Preservative (282, 200), L-cysteine Hydrochloride, Fumaric Acid, Vitamins (Thiamin, Folate). Contains: Wheat, Gluten and Soy.

**MULTIGRAIN WRAP:** Flour (wheat flour, vitamins (thiamin, folic acid)), water, wholemeal flour (17%) (wholemeal wheat flour, vitamins (thiamin, folic acid)), vegetable shortening (vegetable fat, emulsifier (471), antioxidant (320)), grain mix (3.6%) (kibbled wheat, kibbled corn, kibbled rye, malted wheat, linseed), baking powder (emulsifiers (339, 341, 450), raising agent (500), cornflour (wheat), iodised salt, sugar, conditioner (emulsifiers (481, 471), soy flour, wheat flour), acidity regulator (297), preservative (200). Contains: Wheat, Gluten and Soy.

**9 GRAIN WHEAT BREAD:** Water, Whole Wheat Flour [(29%) (Thiamine, Folic Acid)], Wheat Flour (Thiamine, Folic Acid), Yeast, Mixed Grains 3 % (Wheat, Rye, Corn Grit, Oats, Brown Rice, Triticale, Barley, Flaxseed, Millet, Sorghum Flour), Gluten, Sugar, Canola Oil, Iodised Salt (Anti Caking Agent (551, 535)), Soya Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Food Acid (300), Enzymes. Contains: Gluten, Wheat and Soy.

**MEAT, POULTRY, SEAFOOD & EGGS**


Caramelised Onion Relish: Water, sugar, onion (9%), balsamic vinegar, thickener (1442, 1422, 415),
salt, ginger, acidity regulator (260, 325, 330), natural colour (caramelised sugar), garlic, vinegar, herbs, mustard seeds, mustard powder, spices, preservative (202, 211), yeast extract, natural flavor, natural herb extract.

BBQ PULLED PORK (Selected locations only): Pulled Pork: Pork 80%, Salt, Maltodextrin, Yeast Extract, Mineral Salt (500), Sugar, Spices and Spice Extracts (160c), Tomato Powder, Natural Smoke Flavour. Smokey BBQ Marinade: (see above).

BACON, SHORTCUT: Pork (minimum 80%), Water, Salt, Dextrose, Acidity Regulators (325, 262), Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Wood smoked.

CHICKEN BREAST STRIPS: Chicken (94%), Soy Protein, Salt, Modified Starch (1412), Flavour [Hydrolysed Vegetable Protein (Soy)], Mineral Salt (450), Vegetable Oil [Canola (Antioxidant (319))]. Contains: Soy.


CHICKEN, OVEN ROASTED: Chicken Breast (88%), Water, Thickener (1442), Maltodextrin, Sugar, Soy Protein, Hydrolysed Vegetable Protein (Soy), Salt, Mineral Salts (450,451), Yeast Extract, Vegetable Powder, Flavours (Milk), Food Acid (262), Spice & Herb Extracts. Contains: Soy and Milk


CHICKEN SCHNITZEL: Chicken Breast (70%), Breadcrumb [Wheat Flour, Salt, Yeast, Wheat Gluten, Sugar, Canola Oil], Batter {Wheat flour, Thickener (1404), Fructose, Tomato Paste, Ginger, Salt, Hydrolysed Vegetable Protein, Acid Regulator (260,262), Dextrose, Soy flour, Antioxidant (316), Sodium Nitrite (250), Starter Culture (Milk and Soy) }. Contains: Wheat, Gluten, Soy and Egg.

HAM: Pork (min 68%), Water, Thickener (1442), Salt, Acide Regulator (326,262), Dextrose, Mineral Salts (451,450), Antioxidant (316), Natural Smoke Flavour, Preservative (250), Colours (Sorghum Husk Extract, Anatto Extract).


MEATBALLS WITH MARINARA SAUCE: Meatballs: Beef (65%), Textured Vegetable Protein, Soy Protein, Breadcrumb [Cereal & cereal flours, yeast, salt, vegetable oil, Soy Flour, Emulsifiers (471, 481, 472-e), Preservative (282), vegetable gum (412), Acid Regulator (262) vitamin (thiamin)], Salt, Hydrolysed Vegetable Protein, Unbleached Flour, Herbs & Spices, Dehydrated Vegetables, Cheese (Milk, Culture Enzyme), Unbleached Wholemeal Flour, Gluten, Soya Flour, Caramel (150 c). Contains:
Wheat, Gluten, Dairy and Soy. **Marinara Sauce**: Tomato Concentrate, Vegetable Oil, Sugar, Thickener (1414, 1442), Salt, Onion, Food Acid (Citric Acid), Herb, Herb Extract and Spice.

**POACHED EGG**: Cage Free Whole Egg.

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

**SUBWAY SEAFOOD SENSATION ™**: Fish (45%), Water, Wheat Starch, Tapioca Starch, Sugar, Crab Extract (1.8%) [contains flavour enhancers (635)], Wheat Flour, Iodised Salt, Mineral Salts (450, 451), Natural Colours (120, 160c). Contains: Fish, Wheat, Gluten and Crustacea. **Subway® Mayonnaise**.

**STEAK, DICED (WA, NT, QLD, NSW, SA)**: Beef (min.80%), Water, Dextrose, Hydrolysed Vegetable Protein (Maize & Soy), Thickener (1442), Maltodextrin, Salt, Mineral Salts (508,450,451), Stabiliser (407a), Colour (150d) (sulphites), Vegetable Powders, Fermented Soya Sauce (Soy), Yeast Extract, Natural Flavour, Vegetable Oil, Spice Extracts, Vegetable Extracts. Contains: Soy and Sulphites.

**STEAK, DICED (VIC & TAS)**: Beef (min.80%), Water, Dextrose, Maltodextrin, Hydrolysed Vegetable Protein (Maize & Soy), Thickener (1442), Beef Protein, Salt, Mineral Salt (451), Colour (150d) (sulphites), Vegetable Powders, Yeast Extract, Natural Flavour, Vegetable Oil, Spice Extracts, Vegetable Extracts. Contains: Soy and Sulphites.

**TUNA**: Chunk Style Tuna, **Subway® Mayonnaise**, Water, Salt.

**TURKEY**: Turkey Breast (min 66%), Water, Thickener (1442), Dextrose, Salt, Acidity Regulator (325, 262), Vegetable Gum (407a), Mineral Salts (451, 450, 508), Yeast Extract, Preservative (223) (Sulphite), Vegetable Oil, Natural Antioxidant (Rosemary), Colour (Sorghum Husk Extract, Annatto Extract). Contains: Sulphites.

**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**

**MOZZARELLA CHEESE (shredded)**: Milk, Salt, Cultures, Vegetarian Rennet, Anti-caking agent (Tapioca Starch), Preservative (200). Contains: Milk.

**OLD ENGLISH STYLE PROCESSED CHEESE**: Cheese (min 60%), (Cow’s Milk, Salt Cultures, Enzyme [Vegetarian/Calf Rennet], Water, Milk Solids, Emulsifiers (331), Non Fat Milk Solids, Salt, Acidity Regulator (260), Emulsifier (322), Preservative (200), Colours (160b, 160c). Contains: Milk Products and 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), Salt, Acidity regulators (260, 330), Preservative (200). Contains: Milk Products and Soy

**SWISS CHEESE, NATURAL**: Milk, Salt, Cultures, Enzyme (Non-Animal Rennet), Natural Preservative (235). Contains: Milk Products.
VEGETABLES

AVOCADO: Avocado puree.

BEETROOT (Selected locations only): Beetroot (58%), Water, Sugar, Food Acid (260), Salt, Flavours.

CARROT: Shredded Carrots.

CUCUMBERS: Fresh Ripe Cucumbers.

CAPSICUM: Fresh Green Capsicum.

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

LETTUCE: Fresh Iceberg Variety.


ONIONS: Jumbo Red Onions.

PICKLES: Pickles, Water, Distilled Vinegar, Salt, Calcium Chloride (509), Sodium Benzoate (211), Natural Flavor, Polysorbate 80 (433), Tartrazine (102).

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

SPINACH: Baby Spinach

TOMATOES: Fresh Red Ripe Tomatoes.

CONDIMENTS


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.

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.

HONEY MUSTARD (LOW FAT): Water, sugar, vinegar (white, cider), thickener (modified maize starch 1422, 1414), honey (3%), spice (mustard powder, onion powder, turmeric, garlic powder, cloves, white pepper, nutmeg, cinnamon), crushed mustard seed (1.7%), salt, acidity regulator (260, 338, 330), colour (171, 150d), lemon juice concentrate, stabilizer (415), preservative (202, 211), natural herbal extract.

MAYONNAISE: Water, Soya Bean Oil (Antioxidant (320)), Egg Yolk, Food Acids (260, 270), Thickener (1442), Salt, Mustard Flour, Preservative (202), Flavour, Colours (100, 160 (c)). Contains: Soy and Egg.

SWEET CHILI SAUCE (LOW FAT): Water, sugar, salt, thickener (1422), acidity regulator (260), chilli (1%), red bell peppers, stabilizer (415), flavour, preservative (211, 202).

SWEET ONION (LOW FAT): Water, Sugar, Vinegar, Thickener (1422), Dehydrated Onion (1.7%), Mustard Flour, Salt, Poppy Seeds, Preservative (202), Natural Flavour, Dehydrated Red Bell Pepper, Celery Powder.

TOMATO SAUCE (LOW FAT): Concentrated Tomatoes (Contains 141g of Tomatoes per 100mL), Sugar, Salt, Food Acids (Acetic Acid, Citric Acid), Natural Flavours. Contains 79% Concentrated Tomatoes.

SALAD DRESSINGS & TOPPINGS


THOUSAND ISLAND DRESSING: Water, soya bean oil, sugar, tomato paste, gherkin, thickener (1414), acidity regulator (260, 270), milk solids, egg, salt, spices, stabilizer (415), vegetable powder, preservative (202, 211), emulsifier (433), flavour, antioxidant (385). Contains: Soy, Milk and Egg.

COOKIES and BAKERY ITEMS


CHOCOLATE CHIP RAINBOW COOKIE (Selected locations only): Wheat Flour, Sugar, Palm Oil, Chocolate Chips (9%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322), Vanilla], Chocolate Confectionary Pieces (9%) [Milk Chocolate, (Sugar, Cocoa Butter, Chocolate Liquor, Whole Milk Powder, Emulsifier (322), Vanilla Extract] Sugar, Rice Starch, Gum Arabic (414), Colours [Turmeric Oleoresin (100), Beet Juice (160a)], Dried Cane Syrup, Confectioners Glaze (Carnauba Wax], Eggs, Water, Molasses, Raising Agent (500), Salt, Milk Protein [Whey Powder], Flavouring. Contains: Wheat, Gluten, Soybeans, Eggs and Milk. May contain traces of tree nuts and peanuts.

CHOCOLATE WALNUT BROWNIE (Selected locations only): Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Chocolate Chips 17% (Sugar, Chocolate
Mass, Dextrose (Corn), Cocoa Butter, Emulsifier (322) (Soy), Flavouring, Invert Sugar, Sugar, Margarine [Vegetable Oil (Palm), Water, Salt, Emulsifier (471), Flavouring, Food Acid (330), Vitamin A (Antioxidant 304), Colour 160E], Whole Eggs, Walnuts (6%), Bulking Agent (1200), Cocoa, Vegetable Oil (Palm), Butter (Cream, Salt), Defatted Soy flour, Raising Agents (500,450,341), Salt, Emulsifier (471), Flavouring, Stabilizer (415), Firming Agent (516). Contains: Wheat, Gluten, Soy, Eggs, Walnuts and Milk. May contain traces of peanuts.

DOUBLE CHOCOLATE CHIP COOKIE: Sugar, Wheat Flour, Margarine [Palm Oil, Butter, Water, Salt, Emulsifiers (471, 322), Natural Flavour, Vitamin A, Colour (160e)], White Chips (12%) [Sugar, Palm Kernel and Palm Oil, Milk Protein (Milk Powder), Emulsifier (322), Flavouring], Chocolate Chips (7%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322), Vanilla], Eggs, Cocoa processed with alkali, Molasses, Water, Flavouring, Raising Agent (500), Salt. Contains: Gluten, Milk, Soybeans and Eggs. May contain traces of tree nuts and peanuts.

RASPBERRY CHEESECAKE COOKIE: Wheat Flour, Sugar, Margarine [Palm Oil, Water, Soybean Oil, Salt, Emulsifier (471), Natural Flavours, Food Acid (330), Vitamin A (Antioxidant 304), Colour (160a)], White Confectionary Chips (15%) [Sugar, Palm Kernel and Palm Oil, Nonfat Dry Milk, Emulsifier (322), Natural Vanilla Flavour], Eggs, Raspberry Confectionary Bits (4%) [Dextrose, Palm Oil, Corn Flour, Raspberry Powder, Vegetable Extract (Red Cabbage, Beet Juice), Food Acid (330), Natural Flavour], Invert Sugar, Maltodextrin, Neufchatel Cheese (2%) [Pasteurised Milk and Cream, Cheese Culture, Salt, Stabilisers (410, 412, 415)], Raising Agent (500), Salt, Soybean Oil, Raspberry Juice Concentrate, Natural Flavour, Colour (102, 100, 160b). Contains: Wheat, Gluten, Milk, Soybeans and Eggs. May contain traces of tree nuts and peanuts.

WHITE CHIP MACADAMIA NUT COOKIE: Wheat Flour, Sugar, Margarine [Palm Oil, Butter, Water, Salt, Emulsifiers (471, 322), Natural Flavour, Vitamin A, Colour (160e)], White Chips (6%) [Sugar, Palm Kernel and Palm Oil, Milk Protein (Milk Powder), Emulsifier (322), Flavouring], Macadamia Nuts (6%), Eggs, Molasses, Water, Flavouring, Raising Agent (500), Salt. Contains: Wheat, Gluten, Milk, Soybeans, Eggs and Macadamia Nuts. May contain traces of peanuts.

SMOOTHIES


MANGO: Water, Mango Puree (17 %), Apple Puree, Sugar, Yoghurt Powder (Milk), Sweetener (968, 960), Thickener (412, 415, 407), Flavour, Colour (Carotene 160a). Contains Milk. May Contain Wheat, Oats, Egg, Peanuts, Soybean, Tree Nuts.

MIXED BERRY: Apple Juice, Water, Berries (11%), (Strawberry, Raspberries, Blueberries), Apple Puree, Banana Puree, Sugar, Blackcurrant Juice, Sweetener (968, 960), Thickener (412, 415). May Contain Wheat, Oats, Egg, Milk, Peanuts, Soybean, Tree Nuts.

TOASTIES

AVOCADO TOASTIE: Subway® White Bread, Subway® Avocado. Contains: Wheat, Gluten and Soy
**GARLIC & HERB TOASTIE:** Subway® White Bread, Subway® Garlic Aioli, Garlic Powder, Maltodextrin, Rice Flour, Salt, Breadcrumbs (wheat flour, yeast, maize flour, salt, rye, Triticale, gluten, Soy flour, vegetable oil, emulsifiers (471,481,472e), Preservative (282), vegetable gum (412), Vitamin (thiamin)), Rosemary, Parmesan Cheese (Milk Starter culture, rennet, salt, lipase), Vegetable Fat, Oregano, Flavours, Soy bean Oil, Whey Powder, Food Acids (330, 270), Vegetable Gum (412), Anti-caking Agent (551), Yeast. Contains: Wheat, Gluten, Soy, Milk and Sulphites.


**SIDES**

**FITCHIPS ™:** (Selected locations only): Potato (95%), Canola Oil, Dextrose.

**SPC PUREE & SIMPLE, APPLE & STRAWBERRY:** Apple Puree (57%), Apple Juice, Strawberry Puree (10%), Colour (Blackcurrant Juice, Fruit Pectin, Antioxidant (Ascorbic Acid), Natural Flavour.

**PROMOTIONAL SUBS**

**CHICKEN BANDIT:** Homestyle Chicken: Chicken Breast (86%), Water, Vegetable Oil, Dextrose, Natural Flavours (contains Soy), Maltodextrin, Corn Starch, Salt, Yeast Extract, Spice Extract. Contains: Soy. May Contain Gluten. **Bacon:** As above. **Ranch Dressing:** As above. **Swiss Cheese:** As above.

**STEAK SHERIFF:** Diced Steak: As above. **Bacon:** As above. **Chipotle Southwest Sauce:** As above. **Old English Style Processed Cheese:** As above.