



Canada Ingredient Information for People with Food Allergies and Sensitivities

(Revised January 2019)

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. **Individual food items may come in contact with one another during food preparation and is not reflected on this chart. Please notify the sandwich artist if you have a food allergy.**

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, triticale, oats, barley) ¹	Sulfites	Nitrites/Nitrates	Mustard
Sandwiches[▲] on Italian bread with lettuce, tomatoes, green peppers, red onions, pickles, and olives.													
Chicken & Bacon Ranch (Includes Rotisserie-Style Chicken & Cheese)	•		•				*		•	•		•	
Cold Cut Combo			•				*		•	•		•	•
Ham							*		•	•		•	
Italian B.M.T.®							*		•	•		•	•
Meatball Marinara			•				•		•	•			
Roast Beef							•		•	•			
Roasted Chicken Breast							•		•	•			
Spicy Italian							*		•	•		•	•
Subway Club®							•		•	•		•	
Steak & Cheese			•				•		•	•			
Sweet Onion Chicken Teriyaki					•		•		•	•			•
Tuna	•	•					•		•	•			•
Turkey Breast							*		•	•			
Turkey Breast & Ham							*		•	•		•	
Subway Melt™			•				•		•	•		•	
Veggie Delite™							*		•	•			
Paninis[▲] on Ciabatta bread.													
Grilled Cheese & Bacon	X		•				X	X	•	•		•	
Montreal Steak & Provolone	•		•				*	X	•	•			•
Sweet & Smoky Chicken	•		•				*	X	•	•			•
Salads[▲] with lettuce, tomatoes, green peppers, red onions, olives and carrots.													
Chicken & Bacon Ranch (Includes Rotisserie-Style Chicken Cheese)	•		•				*		X			•	
Cold Cut Combo			•									•	•
Ham												•	
Italian B.M.T.®												•	•
Meatball Marinara			•				•		•	•			
Roast Beef							•						
Roasted Chicken Breast							•						
Spicy Italian												•	•
Subway Club®							•					•	
Steak & Cheese			•				•						
Sweet Onion Chicken Teriyaki					•		•		•	•			•
Tuna	•	•					*						•
Turkey Breast													
Turkey Breast & Ham												•	
Subway Melt™ (Includes Cheese)			•				•					•	
Veggie Delite™													
Bread													
Deli Style Roll							•		•	•			
Ciabatta Bread (used for paninis)	X		X				X	X	•	•			
Gluten-Free Bread ¹	•												
Hearty Italian							*		•	•			
Honey Oat							•		•	•			
Italian							*		•	•			
Italian Herbs and Cheese			•				*		•	•			
Monterey Cheddar			•				*		•	•			
Parmesan Oregano			•				*		•	•			
Roasted Garlic							•		•	•			
Wheat, 9-Grain							*		•	•			
Flatbread, White/Multigrain			•				*		•	•			
Wrap							*		•	•			
Meat, Poultry, Seafood & Eggs													
Bacon Strips												•	
Chicken Cutlet							•						
Chicken Strips - Plain					•		•						
Chicken Strips - Teriyaki Glazed					•		•		•	•			
Cold Cut Combo Meats			•									•	•
Egg (Regular) Omelet	•		•				•		•				
Egg (White) Omelet	•						*						
Falafel										•			
Ham												•	
Italian BMT® Meats												•	•
Meatballs & Marinara			•				•		•	•			
Roast Beef							•						

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, triticale, oats, barley) ¹	Sulfites	Nitrites/Nitrates	Mustard
Rotisserie-Style Chicken							*		X				
Rotisserie-Style Chicken, Sweet & Smoky			•				*		X				
Spicy Italian Meats												•	•
Steak													
Steak, Montreal Seasoned							*						
Turkey													
Tuna	•	•					*						•
Veggie Patty (vegan) ²							•		•				
Veggie Patty (vegetarian - contains egg/milk) ²	•		•				•		•				
Cheese													
Cheddar Cheese, Processed			•				•						
Cheddar Cheese			•										
Feta			•										
Monterey Cheddar Cheese, Shredded			•										
Monterey Jack Cheese			•										
Provolone			•										
Swiss Cheese, Sliced			•										
Condiments & Dressings													
Chipotle Southwest Sauce	•		•				*						
Garlic Aioli	•						*						•
Italian Sub Sauce (House Sauce)							*						
Light Mayonnaise - Type Dressing	•						*						•
Mayonnaise, Regular	•						*						•
Mustard (Yellow and Deli Brown)													•
Ranch Dressing	•		•				*						
Savory Caesar	•	•	•				•						•
Smoky Honey Mustard	•						*						•
Sweet Onion Sauce (Contains Poppy Seeds)													•
Tzatziki	•	•					*						•
Vegetables													
Banana Peppers											•		
Jalapenos													
Olives (Green/Black)													
Pickles													
Vegetables, Fresh													
Cookies													
Chocolate Chip	•		•	**			•	**	•	•			
Chocolate Chip with M&M's®	•		•	•			•	**	•	•			
Chocolate Chunk	•		•	**			•	**	•	•			
Double Chocolate	•		•	**			•	**	•	•			
Oatmeal Raisin	•		•	**			•	**	•	•			
Peanut Butter	•		•	•			•	**	•	•			
Sugar	•		•	**				**	•	•			
White Chip Macadamia Nut	•		•	**			•	•	•	•			
Yogurt Parfait			•	X			*	X	•	•			
Soup													
Beef Chili							•		•	•			
Black Bean							•						
Cream of Broccoli			•						•	•			
Cream of Mushroom			•						•	•			
Creamy Chicken & Dumpling	•		•				•		•	•			
Creamy Chicken and Wild Rice			•		•				•	•			
French Onion (not including cheese/croutons)							•						
Homestyle Chicken Noodle	•		•						•	•			
Loaded Baked Potato			•						•	•		•	
Mediterranean													
Spicy Chicken Tortilla													
Tomato Basil			•										

X =May Contain

¹The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurant contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten free.

²Some restaurants offer a vegetarian (non-vegan) patty. It will be identified on menu board as "containing eggs & milk".

*The only soy-derived ingredient is refined soybean oil.

**Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies