



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

FLATBREAD, WHITE Enriched unbleached wheat flour (wheat flour, malted barley flour, ascorbic acid added as a dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, soybean oil, contains less than 2% of the following: nonfat dry milk, wheat gluten, salt, sugar, calcium carbonate, distilled vinegar, dough conditioner (enzymes, oat fiber, ascorbic acid, calcium sulfate, salt), cultured wheat flour, baking powder (sodium acid pyrophosphate, baking soda, monocalcium phosphate), flavor (sea salt, sugar, yeast extract), vitamind2. **Contains milk and wheat.**

HEARTY ITALIAN BREAD: Subway® White bread and yellow cornmeal. **Contains: Wheat and Soy. May contain traces of eggs and dairy.**

HONEY OAT BREAD: Subway® Multigrain Bread, Soy Grits, Sugar, Rolled Oats, Wheat Starch, Honey Powder (Heat Treated), Molasses Powder [mineral salts (340,500)], Salt, Anti-caking Agent (551), Colour (150d). **Contains: Wheat, Gluten and Soy. May contain: Sulphites.**

ITALIAN HERBS & CHEESE BREAD: Subway® White Bread, Mozzarella Cheese [Pasteurised Milk, salt, Starter Culture, Rennet, Anti-Caking Agent (460)], Rice Flour, Garlic Dehydrated, Salt, Vegetable Oil, Wheat Gluten, Cheese Powder [Milk Solids, Cheese Solids, Starch, Salt, Vegetable Fat, Yeast Extract, Sugar, Acidity Regulator (270, 296)], Rosemary, Oregano, Parmesan Cheese, Anti-caking Agent (551), Soybean Oil, Emulsifier (322), Acidity Regulator (330), Yeast Extract, Spice Extract. **Contains: Wheat, Gluten, Soy and Milk.**

PARMESAN OREGANO: Subway® White Bread, Rice Flour, Garlic Dehydrated, Salt, Vegetable Oil, Wheat Gluten, Cheese Powder [Milk Solids, Cheese Solids, Starch, Salt, Vegetable Fat, Yeast Extract, Sugar, Acidity Regulator (270, 296)], Rosemary, Oregano, Parmesan Cheese, Anti-caking Agent (551), Soybean Oil, Emulsifier (322), Acidity Regulator (330), Yeast Extract, Spice Extract. **Contains: Wheat, Gluten, Soy and Milk.**

MULTIGRAIN BREAD: Wheat Flour, Water, Whole Wheat Flour, Grains (Wheat, Brown Flax, Rye, Triticale, Barley, Sesame, Spelt, Quinoa, Millet), Wheat Gluten, Yeast, Sugar, Bread Improvers [Emulsifiers (Sodium Stearoyl-2-Lactylate, Calcium Stearoyl-2-Lactylate, Diacetyl Tartaric Acid Ester of Mono-diglycerides), Tricalcium Phosphate, Rye Flour, Soy Flour, Folic Acid Premix (Iron, Zinc, Riboflavin, Thiamine, Folic Acid), Ascorbic Acid, Enzymes], Vegetable Shortening [Palm Oil, Emulsifiers (Propylene Glycol Esters of Fatty Acids, Glycerin Esters of Fatty Acids, Sorbitan Esters of Fatty Acids), Tocopherol], Salt, Dextrose Monohydrate, Canola Oil, Malt Flour. **Contains: Wheat, Soy and Rye. May contain traces of eggs and dairy.**

WHITE BREAD: Wheat Flour, Water, Yeast, Sugar, Bread Improvers [Soy Flour, Emulsifiers (Sodium Stearoyl-2-Lactylate, Calcium Stearoyl-2-Lactylate, Diacetyl Tartaric Acid Ester of Mono-diglycerides), Trehalose, Tricalcium Phosphate, Folic Acid Premix (Iron, Zinc, Riboflavin, Thiamine, Folic Acid), Ascorbic Acid, Enzymes], Vegetable Shortening [Palm Oil, Emulsifiers (Propylene Glycol Esters of Fatty Acids, Glycerin Esters of Fatty Acids, Sorbitan Esters of Fatty Acids), Tocopherol], Salt, Dextrose

Monohydrate, Wheat Gluten, Canola Oil, Malt Flour. **Contains: Wheat and Soy. May contain traces of eggs and dairy.**

WRAP: Unbleached wheat flour, Water, Vegetable shortening (Palm oil shortening with Vitamin E), Contains 2% or less of the following: Salt, Baking powder (Sodium acid pyrophosphate, Sodium bicarbonate, Tapioca starch, Monocalcium phosphate), Sugar, Calcium propionate, Sodium bicarbonate, Fumaric acid, Yeast. **Contains Wheat.**

MEAT, POULTRY, & SEAFOOD

BACON: Pork Belly, Salt, Sugar, Smoke Flavouring, Stabiliser: E451, Antioxidant: E316, Preservative: E250

CHICKEN BREAST STRIPS: Chicken Breast Meat, Water, Isolated Soy Protein (non GMO) [(from defatted soy flakes) with less than 2% lecithin], Salt [Sodium Chloride (NaCl) (rock salt)], Modified Tapioca Starch (E1420), Seasoning Mix [Yeast Extract, Salt, Flavour Natural (Chicken), Maltodextrin (Used Sulphur Dioxide 0.95 ppm for processing aids), Sugar, Flavour Enhancers (Sodium Inosinate (E631), Sodium Guanylate (E627))] Sodium Tripolyphosphate (E451i) (produced from phosphoric acid, caustic soda)

CHICKEN BREAST STRIPS (Teriyaki glazed): Subway Chicken Breast Strips (see above), **Teriyaki glaze:** Water, Sugar, Red Bell Pepper, Thickener (1442), Minced Onion, Spices (Ginger, Peppercorn, Clove), Fructose Syrup, Salt, Yeast Extract, Tomato Pulp, Food Acids (260, 270), Garlic, Sesame Seeds, Colours (Caramel III, Paprika Oleoresin), Sesame Oil, Preservatives (202, 211), Spice Extract (Ginger). **Contains sesame.**

CHICKEN PATTY: Chicken Breast Meat, Seasoning [modified starch (tapioca E420), vegetable oil, dextrose, sugar, salt, onion, vinegar powder, hydrolyzed vegetable protein, yeast extract, spice (garlic), flavor enhancer (E631, E627), stabilizer [E451i], soybean oil], Sodium Tripolyphosphate (E451i)

COLD CUT TRIO: Turkey Bologna: Mechanically separated turkey, water, contains less than 2% of: salt, corn syrup solids, potassium lactate, dextrose, sodium diacetate, sodium erythorbate, sodium nitrite, flavorings. **Turkey Ham:** Cured turkey thigh meat, salt, contains less than 2% of: potassium lactate, brown sugar, sodium tripolyphosphate, dextrose, sodium diacetate, sodium erythorbate, smoke flavor, sodium nitrite, water. **Turkey Salami:** Dark turkey, mechanically separated turkey, water, salt, contains less than 2% of: potassium lactate, sugar, sodium tripolyphosphate, dextrose, spice and flavorings, sodium diacetate, sodium erythorbate, smoke flavor, sodium nitrite.

EGG: Whole egg. **Contains: Eggs**

HAM (Black Forest) Ham cured with: water, dextrose, 2% or less of modified food starch, salt, vinegar, seasoning [maltodextrin, flavors, sunflower oil, and smoked flavor], sodium phosphate, sodium erythorbate, sodium nitrite.

ITALIAN B.M.T® MEATS: Genoa Salami: Pork, salt, water, corn syrup, dextrose, sugar, wine, sodium erythorbate, flavorings, sodium nitrate, spices, garlic, lactic acid starter culture, sodium nitrite. **Pepperoni:** Pork, salt, dextrose, water, spices, corn syrup, paprika, oleoresin of paprika, flavorings, sodium erythorbate, lactic acid starter culture, sodium nitrite. **HAM (Black Forest):** Ham cured with: water, dextrose, 2% or less of modified food starch, salt, vinegar, seasoning [maltodextrin, flavors, sunflower oil, and smoked flavor], sodium phosphate, sodium erythorbate, sodium nitrite.

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:** tomatoes, tomato puree (water, tomato paste), sugar, soybean oil, modified food starch, salt, dehydrated onions, spices, onion powder. **Contains milk, soy, and wheat.**

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, Dextrose, Hydrolysed Vegetable Protein (Maize&Soy), Modified Maize Starch (1442), Maltodextrin (Maize), Salt, Potassium Chloride (508), Sodium-/Potassium pyrophosphate (450), Sodium tripolyphosphate (451), Vegetable Gum Carageenan (407a), Caramel IV (150d) (Sulphites), Vegetable Powders (Onion, Garlic), Fermented Soya Sauce (Soy), Yeast Extract, Natural Flavour (Fried Flavour), Vegetable Oil (Canola), Spice Extracts (Pepper), Vegetable Extracts (Onion, Garlic, Celery), Anticaking Agent 551 (Silicon Dioxide). **Contains: Soy and Sulphites**

SPICY ITALIAN MEATS (Pepperoni & Salami): Pepperoni: Pork, salt, dextrose, water, spices, corn syrup, paprika, oleoresin of paprika, flavorings, sodium erythorbate, lactic acid starter culture, sodium nitrite. **Genoa Salami:** Pork, salt, water, corn syrup, dextrose, sugar, wine, sodium erythorbate, flavorings, sodium nitrate, spices, garlic, lactic acid starter culture, sodium nitrite.

SUBWAY MELT™ MEATS: Turkey: Turkey breast, water, dextrose, salt, carrageenan, sodium phosphate, browned in soybean oil. **Ham (black forest):** Ham cured with: water, dextrose, 2% or less of modified food starch, salt, vinegar, seasoning [maltodextrin, flavors, sunflower oil, and smoked flavor], sodium phosphate, sodium erythorbate, sodium nitrite. **Bacon:** Pork Belly, Salt, Sugar, Smoke Flavouring, Stabiliser: E451, Antioxidant: E316, Preservative: E250 **American Cheese (processed):** Milk, water, cream, cheese culture, sodium citrate, salt, sorbic acid (preservative), citric acid, tetrasodium pyrophosphate, soy lecithin, enzymes. Contains soy and milk.

TUNA: Tuna, Subway® regular mayonnaise, water, salt. **Contains eggs and fish.**

TURKEY BREAST (thin sliced) Turkey breast, turkey broth, proprietary seasoning blend (modified food starch, dextrose, salt, carrageenan, seasoned salt [salt, sodium diacetate, flavoring]), contains 2% or less sodium lactate, sodium phosphates. Browned in soybean oil.

VEGGIE PATTY: Vegetables 47% (mushroom, corn, courgette, onion, carrot, green sweet pepper, red sweet pepper, leek, celery, garlic), water, vegetable protein (soya, wheat gluten), rice, sunflower oil, starch (potato, wheat, corn), egg protein*, soy sauce (water, salt, soybeans, wheat (gluten), palm fat, flavour (celery), herbs and spices, milk protein (lactose), dextrose. **Contains Eggs, Milk, Soy, Wheat, Gluten**

CHEESE

AMERICAN CHEESE (processed) Milk, water, cream, cheese culture, sodium citrate, salt, sorbic acid (preservative), citric acid, tetrasodium pyrophosphate, soy lecithin, enzymes. Contains soy and milk.

MONTEREY CHEESE BLEND (shredded) Monterey Jack cheese (cultured pasteurized milk, salt, enzymes), Cheddar Cheese (cultured pasteurized milk, salt, enzymes, annatto color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor). Contains milk.

VEGETABLES

AVOCADO: Hass Avocados (100%)

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

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

LETTUCE: Fresh Iceberg Variety.

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

ONIONS: Jumbo Red Onions.

TOMATOES: Fresh Red Ripe Tomatoes.

SAUCES AND DRESSINGS

BBQ: Sugar, Tomato Pulp, Water, Onion, Thickener (1442), Salt, Garlic, Spices (Mustard, Black Pepper), Food Acids (260, 338), Colour (150c), Flavours, Vegetable Gum (415). **Contains soy and wheat.**

CHIPOTLE SOUTHWEST: Soybean Oil, Water, Vinegar, UHT Milk, Sugar, Egg Yolk, High Fructose Syrup, Onion Powder, Smoke Flavour, Chipotle Flavour, Contains Yeast Extract (Yeast Extract, Maltodextrin, Salt) As Permitted Flavour Enhancer, Xanthan Gum, [E415], Garlic Powder, Chili Powder, Caramel Color [E150c], Parsley Flakes, Paprika Extract [E160c], Capsicum Flavour, Calcium Disodium EDTA [E385], Mustard Seed Extract. Contains Thickener (Xanthan Gum), Stabiliser (Calcium Disodium EDTA) As Permitted Food Conditioners. **Contains: Soybeans, Milk, Egg.**

HONEY MUSTARD: Water, Fructose Syrup, Dijon Mustard [Water, Mustard Seed, Vinegar, Salt, Food Acids (330, 334), Spices], Honey, Thickener (1442), Vinegar, Mustard, Onion, Salt, Food Acids (260, 338), Flavour, Colours (Titanium Dioxide, Caramel III), Vegetable Gum (415), Preservatives (202, 211), Egg Yolk, Garlic. **Contains eggs.**

CHILLI SAUCE: Water, Chilli, Sugar, Fructose Glucose Syrup, Vinegar, Thickener (1422), Salt, Food Acid (260), Preservative (211), Vegetable Gum (415), Spice Extract, Colours (124, 122).

MAYONNAISE: Soybean oil, Water, Eggs, Vinegar, Egg Yolks, Salt, Sugar, Sodium Acetate [E262], Mustard Powder, Onion Powder, Contains Yeast Extract (Yeast Extract, Maltodextrin) As Permitted Flavour Enhancer, Garlic Powder, Xanthan Gum [E415], White Pepper Powder, Citric Acid [E330], Calcium Disodium EDTA [E385], Mustard Seed Extract. Contains Acidity Regulator (Sodium Acetate,

Citric Acid), Thickener (Xanthan Gum), Stabiliser (Calcium Disodium EDTA), As Permitted by Food Conditioner. **Contains Eggs, Soybeans.**

MUSTARD (yellow) Distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder.

OIL: Canola oil, extra virgin olive oil.

RANCH DRESSING: Soy Oil, Water, Egg Yolk, Sugar, Buttermilk Powder, Salt, Vinegar, Spices (Mustard, Turmeric, Black Pepper, White Pepper), Food Acid (260), Thickener (1442), Vegetable Powders (Onion, Garlic), Vegetable Gum (415), Preservatives (202,211,385), Herb (Dill), Colour (150c), Antioxidant (306), Herb Extract (Dill). **Contains: Soy, Milk, Egg and Wheat.**

RED WINE VINEGAR Red wine vinegar (5% acidity), sulfiting agent.

SWEET ONION (LOW FAT): Water, Sugar, Onion, Thickener (1442), Red Bell Pepper, Spices (Mustard, Black Pepper, Celery Seed), Food Acid (260), Salt, Preservative

TOMATO SAUCE: Tomato Pulp, Water, Sugar, Fructose Glucose Syrup, Thickener (1422), Salt, Food Acid (260), Vegetable Gum (415), Flavours (Soy), Preservative (211), Spice Extract (Soy), Colours (122, 124).

COOKIES

CHOCOLATE CHIP: Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), margarine (palm oil, butter, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), eggs, water, molasses, baking soda, natural and artificial flavors, potassium chloride, salt. **CONTAINS:** Wheat, milk, eggs and soybeans. *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

DOUBLE CHOCOLATE CHIP: Sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), margarine (palm oil, butter, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), white chips (sugar, palm kernel and palm oil, nonfat dry milk, soy lecithin, vanilla), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), eggs, cocoa processed with alkali, molasses, water, natural and artificial flavors, potassium chloride, baking soda, salt. **CONTAINS:** Wheat, milk, eggs and soybeans. *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

OATMEAL RAISIN: Sugar, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), raisins, palm oil, oats, eggs, water, molasses, whey, baking soda, salt, natural flavor, potassium chloride, cinnamon. **CONTAINS:** Wheat, milk and eggs. *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

PEANUT BUTTER Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, peanut butter (peanuts, sugar, palm oil, salt), peanut butter chips (sugar, palm kernel oil, peanuts, partially defatted peanut flour, lactose, whey, anhydrous milk fat, nonfat milk, sodium caseinate, buttermilk, soy lecithin, salt, artificial flavor), margarine (palm oil,

butter, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), eggs, molasses, invert sugar, palm oil, water, natural flavor, potassium chloride, baking soda. CONTAINS: Wheat, peanuts, milk, eggs and soybeans. *Due to the nature of how these cookies are displayed and manufactured they may come in contact with macadamia nuts and other tree nuts.*)

PINEAPPLE Wheat flour, Pineapple paste [Pineapple, Sugar, Glucose, Salt], Sugar (Mixture of castor sugar and brown sugar), Dried Pineapple bits [Pineapple, Sugar, Citric acid, Sulphur dioxide], Vegetable Shortening [Vegetable oil, Propylene glycol esters of fatty acid, glycerin esters of fatty acids, sorbitan esters of fatty acids, tocopherols], Unsalted butter, Egg, Salt, Baking Powder [Corn starch, Sodium Bicarbonate, Sodium Aluminium Phosphate, Mono-calcium Phosphate], Flavouring
Contains: Wheat, Milk and Eggs. May contain traces of soy bean

RASPBERRY CHEESECAKE Enriched bleached flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, margarine (palm oil, water, soybean oil, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), white chips (sugar, palm kernel and palm oil, nonfat dry milk, soy lecithin, vanilla), eggs, raspberry bits (dextrose, palm oil, sugar, corn flour, raspberry powder, natural flavor, citric acid, blueberry and carrot extracts), Neufchatel cheese (pasteurized milk and cream, cheese culture, salt, stabilizer [carob bean and/or guar and/or xanthan gums]), invert sugar, maltodextrin, natural and artificial flavors, baking soda, potassium chloride, yellow 5. Contains: Wheat, milk, soybeans, and soybeans. (Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)

WHITE CHIP MACADAMIA NUT Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, margarine (palm oil, butter, water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene), white chips (sugar, palm kernel and palm oil, nonfat dry milk, soy lecithin, vanilla) macadamia nuts, eggs, molasses, water, natural and artificial flavors, potassium chloride, baking soda, salt. **Contains: Macadamia nuts, wheat, milk, eggs and soybeans.**