



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 *All breads are made in a plant that also processes sesame and dairy.*

HONEY OAT BREAD Subway® Wheat Bread, Honey Oat Topping (Soy grits, sugar, rolled oats, thickener (1412), honey powder, molasses powder, salt, flavour (nature identical), colour (150 caramel)).

ITALIAN HERBS & CHEESE BREAD Subway® White Bread, Mozzarella Cheese [Pasteurised Milk, salt, Starter Culture, Rennet, Anti-Caking Agent (460)], Rice Flour, Partially Hydrogenated Vegetable Fat & Oil, Garlic, Salt, Wheat Gluten, Cheese Powders (Pasteurised Milk, Salt, Starter Culture, Anticaking Agent (460), Enzymes), Rosemary, Oregano, Anticaking Agent (551), Soybean Oil (Antioxidant (320)), Flavour, Food Acids (330, 270), Autolysed Yeast, Lecithin. *Made in a plant that also processes sesame and dairy.*

MULTIGRAIN BREAD Wheat flour, water, grains (12%) [kibbled wheat, kibbled rye], yeast, wheat gluten, wheat fibre, sugar, iodised salt (anticaking agent (535)), canola oil, soya flour, emulsifiers (472e, 481, 471), food acid (300), enzyme, thiamine, folate. *Made in a plant that also processes sesame and dairy.*

WHEAT BREAD Wheat Flour, Water, Yeast, Wheat Bran, Sugar, Wheat Gluten, Iodised Salt, Canola Oil, Palm Oil, Soya Flour, Emulsifiers (481, 472e, 471), Malt Flour, Caramel (150c), Food Acid (300), Enzymes, Anti-caking Agent (535), Thiamine, Folic Acid. *Made in a plant that also processes sesame and dairy.*

WHITE BREAD Wheat Flour, Water, Yeast, Sugar, Iodised Salt, Canola Oil, Palm Oil, Wheat Gluten, Soya Flour, Emulsifiers (481, 472e, 471), Malt Flour, Food Acid (300), Enzymes, Anti-caking Agent (535), Thiamine, Folic Acid. *Made in a plant that also processes sesame and dairy.*

WRAP Wheat flour, Water, Vegetable Fat, Glycerine, Iodised Salt, Canola Oil, Wheat Gluten, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Guar Gum, Sodium Stearoyl Lactylate (SSL), Mono-Diglyceride, Preservative (282, 200), L-cysteine Hydrochloride, Fumaric Acid, Vitamins (Thiamin, Folate) May contain traces of sulphites.

MEAT, POULTRY, SEAFOOD & EGGS

BACON SLICES Pork Meat, Water, Salt, Sugar, Soy Protein (Non-GM), Mineral Salts (451 potassium tripolyphosphate, sodium tripolyphosphate), Antioxidant (316 Sodium Erythorbate), Sodium Nitrite (250). Wood Smoked.

Potassium Lactate, Mineral Salts (451, 452), Hydrolysed Vegetable Protein, Antioxidant (316), Sodium Nitrite (250), Smoke Flavour. May contain traces of sulphites.

CHICKEN BREAST PATTY Chicken (92%), Dried Glucose Syrup (Wheat, Barley), Soy Protein Isolate, Acidity Regulators (451, 262, 450), Brown Sugar, Salt, Dextrose, Dehydrated Vegetables, Natural Flavour, Vegetable Oil, Soy Lecithin (322).

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

CHICKEN FILLET Chicken (82%), Flour (Wheat), Water, Mineral Salt (450, 451, 452), Salt, Vegetable Oil, Wheat Starch, Sugar, Herbs & Spices, Hydrolysed Vegetable Protein, Egg Albumen, Dehydrated Vegetable (Garlic), Yeast Extract, Soy Sauce (Wheat), Flavours (Wheat, Milk), Maltodextrin, Acidity Regulators (331, 336), Whey Protein (Milk).

CHICKEN SCHNITZEL Chicken Breast (72%), Water, Salt, Thickener(1442, 1404), Sugar, Maltodextrin, Acidity Regulator (450,451,450, 500), Emulsifier (452), Crumb (Wheat flour [vitamin Thiamin]), Maize flour, Egg Albumen, Vegetable gums (412, 415), yeast, vegetable oil.

CHICKEN STRIPS (Teriyaki glazed): Subway Chicken Breast Strips (see above), Teriyaki Glaze: Water, Sugar, Thickener (1422)(Maize), Fructose, Tomato Paste, Ginger (Crushed Ginger, Ginger Oleoresin), Salt, Hydrolysed Vegetable Protein (Maize), Acidity Regulators (260, 270), Garlic (Dehydrated, Powder), Sesame Seeds, Minced Onion, Red Bell Peppers, Sesame Oil, Colour (150d), Spices (Pepper, Cayenne, Clove), Preservatives (202, 211), Flavours (Green Onion, Garlic).

HAM Pork Meat (Minimum 66%), Water, Salt, Sugar, Dextrose, Modified Maize Starch, Potassium Acetate, Potassium Lactate, Mineral Salts (451, 452), Hydrolysed Vegetable Protein, Antioxidant (316), Sodium Nitrite (250), Smoke Flavour. May contain traces of sulphites.

ITALIAN B.M.T.® MEATS: Genoa Salami: Meat Including Pork (96%), Salt, Soy Protein, Spices, Dextrose (from Tapioca), Milk Solids (Non Fat), Lactose, Food Acids (575,330), Mineral Salts (451), Antioxidant (316), Sodium Nitrite (250), Starter Culture. Smoked. **Pepperoni:** Meat Including Pork (96%), Salt, Soy Protein, Spices, Dextrose (from Tapioca), Milk Solids (Non Fat), Lactose, Food Acids (575,330), Mineral Salts (451), Antioxidant (316), Sodium Nitrite (250), Starter Culture. Smoked. **Ham:** Pork Meat (Minimum 66%), Water, Salt, Sugar, Dextrose, Modified Maize Starch, Potassium Acetate, Potassium Lactate, Mineral Salts (451, 452), Hydrolysed Vegetable Protein, Antioxidant (316), Sodium Nitrite (250), Smoke Flavour. May contain traces of sulphites.

MEATBALLS & MARINARA SAUCE Meatballs: Beef (65%), Textured Vegetable Protein, Soy Protein, Breadcrumbs [Cereal & cereal flours, yeast, salt, vegetable oil, Soy Flour, Emulsifiers (471, 481, 472-e), Preservative (282), vegetable gum (412), vitamin (thiamin)], Salt, Hydrolysed Vegetable Protein, Unbleached Flour, Herbs & Spices, Cheese, Unbleached Wholemeal Flour, Gluten, Soya Flour. **Marinara Sauce:** Concentrated Tomatoes, Sugar, Vegetable Oil, Onion, Salt, Maize Thickener (1414), Food Acid (citric acid), Spices.

OMELETTE EGG Egg (73%), Water, Skim Milk Powder, Vegetable Oil, Stabiliser [starch, vegetable gums (415,412)], Salt.

ROAST BEEF Beef (80%), Water, Dextrose monohydrate, Salt, Colour (150d), Mineral Salt (451), Dehydrated Vegetables (garlic, onion). Contains wheat/gluten.

SAUSAGE, BREAKFAST Beef (69%), Soy Protein [contains Preservative (223), Emulsifier (322)], Wheat Cereal, Vegetable Oil [contains antioxidant (320)], Wheat Flour, Rice Flour, Salt, Glucose Syrup, Yeast Extract (Flavour, Salt, Maltodextrin), Onion Powder, Mineral Salt (451), Flavour, Preservative (223), Spice, Spice Extract (160c), Herb.

SEAFOOD SENSATION Fish 45%, Water, Wheat Starch, Sugar, Salt, Crab Flavour and Extract 2%, Mineral Salts (450 tetra sodium pyrophosphate, 451 sodium/potassium tripolyphosphate), Colours (120 Cochineal, 160c Capsanthin). Mayonnaise.

STEAK, Diced Beef (80%), Water, Salt, Modified Corn Starch, Dextrose, Maltodextrin, Hydrolysed Soy Protein, Acidity Regulator (330, 339), Gelatine, Hydrolysed Vegetable Protein, Flavour, Colour (Caramel), Soy, Yeast Extract, Garlic, Anti-caking Agent (551), Onion, Thickener (414, 415), Emulsifier (433), Tapioca Maltodextrin, Vegetable Oil, Alcohol, Humectant (1520), Preservative (202).

TUNA Chunk Style Tuna, Mayonnaise, Water, Salt.

TURKEY Turkey (Minimum 66%), Water, Thickener (1442), Salt, Dextrose, Vegetable Gum (407), Mineral Salts (451, 452), Preservative (223), Glycerine (422). Contains Sulphites.

VEGGIE PATTIE Carrots, Bread Crumbs (Wheat Flour (white, wholemeal), Water, Yeast, Salt, Soya Flour, Gluten, Rye Flour, Vegetable Oils, Nature's Gold Flour, Maize Corn Flour, Vinegar, Sesame Seeds, Emulsifiers (471, 481, 473-e), Preservatives (282), Barley Oat Bran, Sugar, Vegetable Gum (412), Mineral (iron), Vitamins (niacin, thiamin, vitamin E, folate)), Yellow Split Peas, Chick Pea Splits, Onions, Broccoli, Fresh Garlic, Selected Herbs and Spices. *May contain traces of milk and tree nuts.*

CHEESE

CHEESE TRIANGLES, PROCESSED Milk, Cream, Food Acid (270, 331), Salt, Mineral Salt (339), Preservative (200), Starter Culture, Enzymes, 54% Milk Solids.

MOZZARELLA CHEESE (shredded) Pasteurised Milk, Salt, Rennet, Culture, Anti-caking agent (Tapioca Starch)

OLD ENGLISH CHEESE Milk, Cream, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160(b)), Preservative (200), Spice, Starter Culture, Enzymes, 55% Milk Solids.

SWISS CHEESE, PROCESSED Cheese (Min 60% Made From Cows' Milk, Vegetarian / Calves Rennet, Culture and Salt), Water, Milk Solids, Emulsifiers (331, 339), Non Fat Milk Solids, Salt, Emulsifier (Soya Lecithin [322]), Preservative [(200), (1105, From Egg)]

VEGETABLES

CARROT Shredded Carrots.

CUCUMBERS Fresh Ripe Cucumbers.

CAPSICUM Fresh Green Capsicum.

JALAPEÑO PEPPER SLICES Sliced jalapeno peppers (60%), water, vinegar, salt, preservative (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 Olives, Water, Salt, Ferrous Gluconate.

ONIONS Jumbo Red Onions.

TOMATOES Fresh Red Ripe Tomatoes.

CONDIMENTS

BBQ SAUCE (LOW FAT) Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Food Acid (Acetic Acid), Colour (Caramel), Natural Flavours (Including Hickory Smoke Flavour), Spice. *May contain traces of tree nuts.*

CHIPOTLE SOUTHWEST Soya bean oil, water, white vinegar, milk solids, egg, salt, spices, acidity regulator (270), yeast extract, stabiliser (415),flavours, emulsifier (405, 433), preservative (202, 211), parsley, antioxidant (385), sweetener (950).

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 (Origanox WS).

HOT CHILI SAUCE Water, Sucrose Syrup, Food Acid (260), Salt, Spices [Including Chilli (Minimum 1.3%), (100)], Thickener (1422), Milk Solids [Emulsifier (322)], Wheat Flour, Mustard Flour, Spice Extract (160c), Vegetable Gum (415).

MARINARA SAUCE (LOW FAT) Concentrated Tomatoes, Sugar, Vegetable Oil, Onion, Salt, Maize Thickener (1414), Food Acid (citric acid), Spices.

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)).

SWEET CHILLI SAUCE (LOW FAT) Water, Sugar, Chili (13%), Salt, Maize Thickener (1414), Food Acid (Acetic Acid), Vegetable Gum (Xanthan), Colours (Paprika Extract, Caramel).Natural Flavour .

SWEET ONION (LOW FAT)Water, Sugar, Vinegar, Thickener (1422), Onion, Spices, Salt, Poppy Seed, Preservative (202), Red Bell Pepper.

TOMATO SAUCE (LOW FAT) Concentrated Tomatoes (Contains 168 g of Tomatoes per 100 mL), Sugar, Salt, Food Acids (Acetic Acid, Citric Acid), Natural Flavors.

SALAD DRESSINGS & TOPPINGS

CAESAR Water, Soybean oil (Antioxidant 320), Glucose Syrup (Preservative 220), Vinegar, Sugar, Cheese Powders, Mustard, Thickener (1442), Salt, Egg, Cream Powder, Whey Powder, Food Acid (330), Black Pepper, Garlic, Vegetable Gum (415), Flavour, Colours (171, 150d), Mustard Seeds, Preservative (211), Antioxidant (385)

RANCH DRESSING Water, Canola oil 30%, Vinegar (260), Flavours, Sour Cream (Pasteurised Cream, Culture, Xanthum Gum, Guar Gum), Salt, Buttermilk Powder, Milk Protein, Sucralose, Starch (1412), Lactic Acid (270), Guar, Gum (412), Citric Acid (330), Xanthum Gum (415), Carboxy Methyl Cellulose (466), Mustard, Lemon Concentrate, Potassium Sorbate (202), Black Pepper, Garlic, Parsley

THOUSAND ISLAND Water, Soya Bean Oil, Sugar, Tomato Paste, Gherkin, Thickener (1414), Acidity Regulator (260, 270), Milk Solids, Egg, Salt, Spice (Mustard Powder, Pepper White, Paprika, Garlic, Cinnamon, Turmeric), Stabilizer (415), Preservative (202, 211), Emulsifier (433), Flavour (Paprika Oleoresin), Antioxidant (385)

COOKIES

CHOCOLATE CHIP COOKIE Wheat Flour, Sugar, Butter:(Cream, Water, Salt), Glucose, Chocolate Chips:(Sugar, Cocoa Liquor, Cocoa Butter, Emulsifier (Soy, Lecithin), May Contain Nut Traces), Chocolate Chips:(Sugar, Cocoa Mass, Butter Oil, Cocoa Butter, Emulsifiers, (322, 476), Flavour), Water, Milk Protein:(Whey Powder), Milk Protein: (Skim Milk), Baking Soda:(Sodium Bicarbonate), Vanilla Essence: (Water, Flavour (N, I, NI), Solvent (Ethanol), Colour (150, Wheat), Preservative (211), Food Acid (330)) May contain: Unsweetened Chocolate, Vanilla, Emulsifiers: E471, Vitamin A Palmitate, Beta Carotene), Palm Oil, Eggs, Molasses, Water, Raising Agent: E500. *May contain traces of peanuts, tree nuts and sesame.*

DOUBLE CHOCOLATE CHIP COOKIE Wheat Flour, Sugar, Butter:(Cream, Water, Salt), White Chocolate:(Sugar, Full Cream Milk Powder, Cocoa Butter, Whey, Powder, Butter Oil, Emulsifiers:(Soya Lecithin, 476), Flavour, May Contain, Nut Traces), Glucose, White Chocolate:(Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya, Lecithin, 492), May Contain Nut Traces), Water, Cocoa Powder, Milk Protein:(Whey Powder), Milk Protein: (Skim Milk), Baking Soda:(Sodium Bicarbonate), Vanilla Essence: (Water, Flavour (N, I, NI), Solvent (Ethanol), Colour (150, Wheat), Preservative (211), Food Acid (330)). **MAY CONTAIN:** Palm Oil, Emulsifiers: E471, E322, Vitamin A Palmitate, Beta Carotene), White Chips (14%) (Sugar, Partially Hydrogenated Palm Kernel and Palm Oils, Milk Protein [Milk Powder], Emulsifier: E322, Flavouring), Unsweetened Chocolate, Vanilla), Eggs, Cocoa processed with alkali, Molasses, Raising Agent: E500, Salt.

RASPBERRY CHEESECAKE Wheat Flour, Sugar, Margarine [Palm Oil, Water, Soybean Oil, Salt, Emulsifier (471), Natural Flavour, Acid Regulator (330), Vitamin A, Colour (160e)], White Chips (15%) [Sugar, Palm Kernel and Palm Oil, Nonfat Dry Milk, Emulsifier (322), Vanilla], Eggs, Raspberry Bits (4%) [Dextrose, Palm Oil, Sugar, Corn Flour, Raspberry Powder, Natural Flavour, Acid Regulator (330), Colours (163, 160a)], Invert Sugar, Maltodextrin, Neufchatel Cheese (2%) [Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilisers (410, 412, 415)], Flavour, Raising Agent (500), Salt, Colour (102). *May contain traces of peanuts tree nuts and sesame.*

WHITE CHIP MACADAMIA NUT Wheat Flour, Sugar, Margarine (Palm Oil, Butter, Water, Salt, Emulsifiers: E471, E322, Natural Flavour, Vitamin A Palmitate, Beta Carotene), White Chips (14%) (Sugar, Partially Hydrogenated Palm Kernel and Palm Oils, Milk Protein [Milk Powder], Emulsifier: E322, Flavouring), Macadamia Nuts (6%), Eggs, Molasses, Water, Flavouring, Raising Agent: E500, Salt. *May contain traces of peanuts, tree nuts and sesame.*

SMOOTHIES

BANANA Skim milk, water, ice, non fat yoghurt (9.5 %) [water, skim milk powder, emulsifier (471), culture], banana purée (5%), sugar, skim milk powder, dextrose, tapioca maltodextrin , whey powder, unsalted butter, stabilisers (410,412, 407), flavour.

CARRIBEAN Water, sorbet (water, sugar, invert syrup, maltodextrin, stabilisers [412, 410, 466]), ice, reconstituted tropical juice concentrate (12.5%) (apple juice concentrate [water , apple juice concentrate, preservative (202)], orange juice concentrate, pineapple juice concentrate, passion fruit juice concentrate, mango puree, vitamin C), frozen strawberries (3.3%), pineapple puree (1%), food acid (330), flavour, colour (160a). *May contain milk*

MANGO Water, ice, reconstituted apple mango juice(12.7%)[reconstituted apple juice concentrate (water ,apple juice concentrate), mango puree (12%), preservative (202), vitamin C (300) non fat yoghurt [water, skim milk powder, emulsifier (471) culture] , banana puree (2.6%), sugar, skim milk powder, milk fat, mango puree (0.2%), dextrose, tapioca maltodextrin, whey powder, stabilisers (410, 412, 407), flavour, colour (160a).

STRAWBERRY Water, ice, reconstituted apple juice concentrate (12.3%)[water, apple juice concentrate, preservative (202)], non fat yoghurt [water, skim milk powder, emulsifier (471) culture], sugar, frozen strawberries (3.4%), skim milk powder, banana puree (1.5%), milk fat, dextrose, tapioca maltodextrin, whey powder, stabilisers (410, 412, 407), flavour, food acid (330), colour (162).