


Nutritionals

 AUSTRALIA NUTRITION INFORMATION										
PER SERVING - AUS	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Values include white bread, lettuce, tomatoes, onions, capsicum, cucumbers.										
Subway 6-Inch® Sandwiches										
Angus Beef Patty with Caramelised Onion Relish	251	1720	412	20.6	13.2	5.8	50.7	11.5	2.8	810
<small>*Regular SUBWAY SIX INCH® sub with 6 grams of fat or less prepared according to standard recipes on white or wheat bread without cheese or additional low-fat condiments such as mayonnaise.</small>										
<small>The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.</small>										
<small>Double values for approximate Subway Footlong® sub nutrition values.</small>										

Allergens

Australia Ingredient Information for People with Food Allergies and Sensitivities (May 2016)

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.

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soy	Tree Nuts	Wheat & Gluten ¹	Sulphites	Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates
Sandwiches[▲] on White or Wheat Bread with lettuce, spinach, carrot, tomatoes, capsicum, red onions, and cucumbers.												
Angus Beef Patty with Caramelised Onion Relish	•		•				•		•		•	

• Contains

▲=Allergen info for additional condiments and breads are listed separately on this chart.

* May contain traces

¹ Wheat & Gluten categories are combined since all Subway® gluten-containing items contain wheat.

² Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

Product Ingredients

Angus Beef Patty: Beef (71%), Water, Breadcrumbs (Wheat Flour, Salt, Yeast), Eggs, Textured Vegetable Proteins, Whey Protein Concentrate, Soya Sauce, Yeast Extract, Maltodextrin, Salt, Sugar, Vegetable Fat (High Oleic Sunflower Oil, Glucose Syrup, Modified Starch), Thickener (1412), Salt, Black Pepper, White Pepper, Nutmeg, Onion Powder, Garlic Powder. Contains: Wheat, Gluten, Egg, Milk and Soy.

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.