



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 Wheat flour, water, vegetable oil (antioxidant 330), milk solids, yeast, wheat gluten, iodised salt, sugar, calcium carbonate, dough conditioner (oat fibre), raising agents (450,501), maize starch, preservative (282). Contains: Wheat, Gluten, and Milk. *Made in a plant that processes sesame and tree nuts.*

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 [Milk, Salt, Cultures, Vegetarian Rennet, Anti-caking agent (Tapioca Starch), Preservative (200)], 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.

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.

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.

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). Contains: Sulphites.

MEAT, POULTRY, SEAFOOD & EGGS

BACON, SHORTCUT Pork (90%), Water, Salt, Sugar, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (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))].

CHICKEN CLASSIC (Breaded) 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, 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 BREAST STRIPS (Teriyaki glazed): Subway® Chicken Breast Strips (see above), Teriyaki Glaze: Water, Sugar, Thickener (1422), Fructose, Tomato Paste, Ginger, Salt, Hydrolysed Vegetable Protein, Acidity Regulators (260, 270), Garlic Powder, Sesame Seeds, Minced Onion, Red Bell Peppers, Sesame Oil, Colour (150d), Spices, Preservatives (202, 211), Flavours. Contains: Sesame

CHICKEN SCHNITZEL Chicken Breast (70%), Breadcrumbs [Wheat Flour, Salt, Yeast, Wheat Gluten, Sugar, Canola Oil], Batter {Wheat flour, Thickener (1404), Mineral Salts (500,541,450), Salt, Soy flour, Emulsifier (322)}, Marinade (Water, Salt, Modified starch (1442), Mineral salts (451,452), Maltodextrin), Predust (Wheat, Egg), Vegetable oil. Contains: Wheat, Gluten, Soy and Egg.

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

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

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.

POACHED EGG Whole egg.

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

SUBWAY 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, Hydrolysed Vegetable Protein, Dextrose, Salt, Maltodextrin, Mineral Salt (508, 450, 451), Thickener (1422, 414, 415, 412), Colour (150d), Yeast Extract, Vegetable Powder,

Soy Sauce, Gelatine, Flavour, Vegetable Oil, Spice, Vegetable Extract, Spice Extract, Humectant (1520), Preservative (211, 202), Acidity Regulator (330). Contains: Gluten, Wheat, Soy and Sulphites.

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 PATTY Carrots, Bread Crumbs (Wheat Flour, Water, Wholemeal Wheat Flour, Maize Flour, Rye Flour, Yeast, Salt, Vinegar, Canola Oil, Preservatives (202, 262) Colours (102,122) Thiamine and Folate), Chick Peas, Onions, Broccoli, Fresh Garlic, Canola Oil, Herbs and Spices.

CHEESE

CHEDDAR CHEESE 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

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

OLD ENGLISH 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

SWISS CHEESE, NATURAL Milk, Salt, Cultures, Enzyme (Non-Animal Rennet), Natural Preservative (235)

VEGETABLES

AVOCADO Avocado puree.

BEETROOT 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, salt, preservative (211), mineral salt (509), colour (102).

LETTUCE Fresh Iceberg Variety.

OLIVES Ripe Olives, Water, Salt, Ferrous Gluconate.

ONIONS Jumbo Red Onions.

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

PINEAPPLE Pineapple (60%), Pineapple Juice, Reconstituted Pear Juice

SPINACH Baby Spinach

TOMATOES Fresh Red Ripe Tomatoes.

CONDIMENTS

BBQ SAUCE Tomato Pulp [Antioxidant (330)], Sucrose Syrup, Water, Apple Pulp, Thickener (1442), Maltodextrin, Salt, Food Acids (330, 260), Colour (150c), Spices, Flavouring, Vegetable Powder.

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

HOT CHILLI 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).

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, Chilli (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

RANCH DRESSING Water, Vegetable Oil, Vinegar, Lemon Juice [Preservative (223)], Sour Cream, Salt, Milk Solids, Whey Protein, Vegetable Gums (415, 412, 466), Food Acids (270, 330), Thickener (1412), Preservative (202), Flavourings, French Mustard, Herb, Vegetable Powder, Sweetener (955).

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

CHOCOLATE CHIP Wheat Flour, Sugar, Chocolate Chips (23%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322), Vanilla], Margarine [Palm Oil, Butter, Water, Salt, Emulsifiers (471, 322), Natural Flavour, Vitamin A, Colour (160e)], Palm Oil, Eggs, Molasses, Water, Raising Agent (500), Salt, Flavouring. Contains: Gluten, Soybeans, Milk and Eggs. *May contain traces of peanut, tree nuts and sesame.*

DOUBLE CHOCOLATE CHIP 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 peanut, tree nuts and sesame.*

CHOCOLATE CHIP M&M Wheat Flour, Sugar, Palm Oil, Chocolate Chips (9%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322), Vanilla], Candy Pieces (9%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322), Vanilla, Colours (102, 110, 129, 132, 133), Gum (414)], Eggs, Water, Molasses, Raising Agent (500), Salt, Milk Protein [Whey Powder], Flavouring. Contains: Gluten, Soybeans, Eggs and Milk. *May contain traces of peanut, tree nuts and sesame.*

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). Contains: Gluten, Milk, Soybeans and Eggs. *May contain traces of peanut, tree nuts and sesame.*

WHITE CHIP MACADAMIA NUT Wheat Flour, Sugar, Margarine [Palm Oil, Butter, Water, Salt, Emulsifiers (471, 322), Natural Flavour, Vitamin A, Colour (160e)], White Chips (14%) [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: Gluten, Milk, Soybeans, Eggs and Macadamia Nuts *May contain traces of peanut, 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).