

Subway® Ingredient Information for People with Food Allergies

(Information only valid in the US- Revised June 2003)

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	Peanuts	Shellfish	Soy	Tree Nuts	Wheat & Gluten†	Sulfites	Autolyzed Yeast Hydrolyzed Prot. ††	Nitrites/Nitrates
Sandwiches^ on Italian bread with lettuce, tomatoes, green peppers, olives, pickles and olives.											
Veggie Delite®						*		✓			
Turkey Breast						*		✓			
Turkey Breast & Ham						*		✓			✓
Ham						*		✓			✓
Roast Beef						*		✓			
Subway Club®						*		✓			✓
Roasted Chicken Breast						✓		✓		✓	
Tuna	✓	✓				✓		✓		✓	
Seafood & Crab	✓	✓			✓	✓		✓		✓	
Italian BMT®						*		✓			✓
Cold Cut Trio™						*		✓			✓
Subway Melt®			✓			✓		✓			✓
Steak and Cheese			✓			✓		✓		✓	
Meatball	✓		✓			✓		✓			
Sweet Onion Chicken Teriyaki						✓		✓		✓	
Red Wine Vinaigrette Club			✓			*		✓	✓		✓
Honey Mustard Ham	✓					*		✓			✓
Southwest Turkey Bacon	✓					*		✓		✓	✓
Dijon Horseradish Melt	✓		✓			✓		✓	✓		✓
Salads^ made with lettuce, tomatoes, green peppers, onions, pickles and olives.											
Veggie Delite®											
Turkey Breast						*					
Turkey Breast & Ham						*					✓
Ham											✓
Roast Beef											
Subway Club®						*					✓
Roasted Chicken Breast						✓		✓		✓	
Tuna	✓	✓				✓		✓		✓	
Seafood & Crab	✓	✓			✓	✓		✓		✓	
Italian BMT®											✓
Cold Cut Trio™											✓
Subway Melt®			✓			✓					✓
Steak and Cheese			✓			✓		✓		✓	
Meatball	✓		✓			✓		✓			
Breads											
Italian						*		✓			
Wheat						✓		✓	✓		
Honey Oat						✓		✓	✓		
Monterey Cheddar			✓			*		✓			
Parmesan Oregano			✓			*		✓		✓	
Roasted Garlic						*		✓			
Hearty Italian						*		✓			
Sourdough						*		✓			
Atkin's-Friendly Wrap (contains SESAME)						✓		✓			
Deli Style Roll						✓		✓			

▲Allergen information on sandwiches and salads includes standard vegetables but does not include condiments, cheese and sauces. Allergen information for fixings and different bread varieties are listed separately on this chart.

†Wheat & Gluten categories are combined since the only source of gluten in Subway® foods is from wheat containing ingredients. Please note: distilled vinegar is gluten-free per American Dietetic Association guidelines

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

*Soybean oil is the only soy-derived ingredient.

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat & Gluten†	Sulfites	Autolyzed Yeast Hydrolyzed Prot. ††	Nitrites/Nitrates
Meats, Poultry, Seafood											
Turkey Breast						*					
Ham											✓
Roast Beef											
Subway Club® meats						*					✓
Roasted Chicken Breast Patty						✓		✓		✓	
Teriyaki Chicken Strips						✓		✓		✓	
Chicken Strips - plain						✓					
Tuna	✓	✓								✓	
Seafood & Crab	✓	✓			✓	✓		✓		✓	
Italian BMT® meats											✓
Cold Cut Trio™ meats											✓
Steak						✓		✓		✓	
Meatballs	✓		✓			✓		✓			
Condiments & Fixings											
Bacon											✓
Light Mayonnaise	✓					*					
Mustard (Yellow and Deli Brown)											
Oil											
Vinegar									✓		
Dijon Horseradish Sauce	✓					*			✓		
Honey Mustard Sauce	✓										
Red Wine Vinaigrette Sauce			✓						✓		
Chipotle Southwest Sauce	✓		✓			*				✓	
Sweet Onion Sauce											
American Cheese			✓			✓					
Cheddar Cheese			✓								
Pepperjack Cheese			✓			✓					
Provolone Cheese			✓								
Swiss Cheese			✓								
Vegetables, fresh (lettuce, tomatoes, green peppers, onions and cucumbers)											
Olives											
Pickles											
Jalapenos											
Banana Peppers									✓		
Cookies											
Chocolate Chip	✓		✓	**		✓	**	✓			
Chocolate Chunk	✓		✓	**		✓	**	✓			
Double Chocolate	✓		✓	**		✓	**	✓			
M&M®	✓		✓	✓		✓	**	✓			
Oatmeal Raisin	✓		✓	**		*	**	✓			
Peanut Butter	✓		✓	✓		✓	**	✓			
Sugar	✓		✓	**		*	**	✓			
White Chocolate Macadamia Nut	✓		✓	**		✓	✓	✓			

†Wheat & Gluten categories are combined since the only source of gluten in Subway® foods is from wheat containing ingredients. Please note: distilled vinegar is gluten-free per American Dietetic Association guidelines

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

*Soybean oil is the only soy-derived ingredient

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