SUBWAY® Allergen Information

White coffee

White Tea

ur products are made in plants which handle nuts	Eggs	Fish	Milk	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	
andwiches [▲] 9-Grain wheat bread with lettuce, tomates, green peppers, cucur					0,		0,	_	0 0 0	0)		_	_	
Big Beef Melt‡ (includes American Style Processed Cheese)			✓				✓		W,R,O,S,B					Γ
Chicken & Bacon Ranch Melt (includes Monterey Jack/Cheddar Shredded Cheese)	✓		✓				1		W,R,O,S,B					T
Chicken Breast							1		W,R,O,S,B					T
Chicken Tikka			✓				1		W,R,O,S,B					T
Ham‡							1		W,R,O,S,B					T
Italian B.M.T.®							1		W,R,O,S,B			✓		T
Meatball Marinara			√				1		W,R,O,S,B					T
Spicy Italian							1		W,R,O,S,B			✓		Ť
Steak‡Ø & Cheese	\top	\vdash	✓				1		W,R,O,S,B		✓			t
Subway Melt™ (includes American Style Processed Cheese)			✓				1		W,R,O,S,B					Ť
Chicken Teriyaki	\top	\vdash			1		1		W,R,O,S,B		✓			t
Tuna (with Lite Mayonnaise)	1	·					1		W,R,O,S,B			1		t
Turkey Breast‡	+						1		W,R,O,S,B					t
Turkey Breast‡ & Ham‡	+-	\vdash					· ·		W,R,O,S,B					t
Veggie Delite®^	+-	\vdash				\vdash	· ·		W,R,O,S,B					t
Veggie Patty^	· ·	\vdash	·			-	· ·	-			/		\vdash	t
	· ·						V		W,R,O,S,B		· ·			1
alads^ with lettuce, tomatoes, green peppers, cucumber and red onions Big Beef Melt‡ (includes American Style Processed Cheese)			✓				√							Ī
Chicken & Bacon Ranch Melt (includes Monterey Jack/Cheddar Shredded Cheese)	/	 	✓ ✓	-		 	Ť	 			\vdash			+
	+ •	\vdash	Ť			-	_				_		\vdash	ł
Chicken Breast Chicken Tikka	+-	 			<u> </u>	-	 	 			 		<u> </u>	4
	+-	\vdash	✓			-	_							+
Ham‡	+-	\vdash				-					_			+
talian B.M.T.®	+-	\vdash		_			<u> </u>	 				✓	\vdash	$\frac{1}{2}$
Meatball Marinara	+-	₩	✓			-	✓		W				<u> </u>	4
Spicy Italian	+-	₩				-						✓	<u> </u>	4
Steak‡Ø & Cheese	+-	├─	✓				✓	<u> </u>	B,W		✓		<u> </u>	4
Subway Melt™ (includes American Style Processed Cheese)	+-	├─	✓				✓	<u> </u>					<u> </u>	4
Chicken Teriyaki	₩	—			✓		✓	<u> </u>	W		✓		<u> </u>	4
Tuna (with Lite Mayonnaise)	✓	✓									<u> </u>	✓	<u> </u>	4
Turkey Breast‡	—	↓									<u> </u>		<u> </u>	4
Turkey Breast‡ & Ham‡	igspace	↓									<u> </u>		<u> </u>	1
√eggie Delite®∧													<u> </u>	4
Veggie Patty^	✓		✓				✓		W		✓			
read	_													
9-Grain Honey Oat	+	-					✓		W,R,O,S,B					4
9-Grain Wheat	₩	—				_	√		W,R,O,S,B		<u> </u>		<u> </u>	_
Hearty Italian		ـ					✓		W					_
talian		↓					✓		w				<u> </u>	_
talian Herb & Cheese	↓	ـــــــ	✓				✓		w		<u> </u>		<u> </u>	
Flatbread			✓						W,O					
eat, Poultry, Seafood, Eggs and Veggie Patty														l
Bacon Strips (Streaky & Back≠)	\perp	$oxed{oxed}$												
Beef Patty‡							✓							
Chicken Breast														
Chicken, Teriyaki glazed					✓		✓		w		✓			
Chicken Tikka			✓						w					1
Chorizo														
Egg Omelette	1		✓											1
Poached Egg	✓													1
Ham‡														1
Meatballs	\vdash	\vdash	/				1		w					٦
Sausage	\top								w					1
Pepperoni	_											1		1
	+													
Salami	+						✓		B,W		·		\vdash	-
	1	·				-	<u> </u>		D,VV		_	/	\vdash	
Salami Steak‡Ø Tuna (with Lite Mayonnaise)	-1		I	-			 	 			_	<u> </u>		-
Steak‡Ø Tuna (with Lite Mayonnaise)	✓	-			ı							1	1	_
Steak‡Ø Tuna (with Lite Mayonnaise) Turkey Breast‡			,				,		141					J
Steak‡Ø Funa (with Lite Mayonnaise) Furkey Breast‡ Veggie Patty^	✓		✓				✓		w		✓			,
Steak‡Ø Funa (with Lite Mayonnaise) Furkey Breast‡ Veggie Patty^		·					✓		W		✓			
Steak‡Ø Funa (with Lite Mayonnaise) Furkey Breast‡ Veggie Patty^			✓ ✓				√		w		✓ -			

▲ = Allergen information for additional condiments and breads are listed separately on this chart. ✓ = CONTAINS ** = Due to the nature of storage, product may come into contact with nuts.

‡Formed meat.

ØMade with shaved steak strips, green pepper and onion. ^May come in contact with non-vegetarian items. ≠ Beechwood Naturally Smoked Back Bacon with added smoke flavour.

Within the normal operating environment, it is not possible to guarantee that Sub and salad ingredients are 100% free from cross-contamination. Store product range may vary from the above selection. Please refer to your Sandwich Artist™ with any questions related to items not shown on this chart.

Nuts Include: Almonds - A Brazil nut - B Walnut - Wa Macadamia nut - M Pecan nut - Pe Hazelnut - H Pistachio - Pi Cashew - C Queensland nut - Q Water Chestnut - Ch Cereals which contain Gluten include: W = Wheat, R = Rye, B = Barley, O = Oats, S = Spelt, **K** = Kamut or their hybrid strains.

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SUBWAY® Nutrition Information

LOW FAT SUBS per 6-inch	Energy (kJ)	Energy (kcal)	Fat (g)	of which Saturates (g)	Sugars (g)	Salt (g)
Chicken Breast	1279	306	3.7	1.5	7.1	1.2
Chicken Teriyaki	1347	322	3.8	1.5	10.0	1.7
Chicken Tikka	1297	310	3.7	1.3	7.6	1.3
Ham‡	1213	290	4.4	1.6	7.5	1.6
Turkey Breast‡	1158	277	3.2	1.2	7.0	1.4
Turkey Breast‡ & Ham‡	1225	293	3.9	1.4	7.3	1.6
Veggie Delite®^	924	221	2.2	1.0	6.7	0.6
SUBS per 6-inch	Energy (kJ)	Energy (kcal)	Fat (g)	of which Saturates (g)	Sugars (g)	Salt (g)
Big Beef Melt‡	1686	403	15.3	8.1	7.9	1.6
Chicken Bacon Ranch Melt	2103	503	19.7	8.3	7.3	2.4
Italian B.M.T.®	1725	412	17.7	7.3	7.3	2.4
Meatball Marinara	1838	439	16.2	6.8	13.5	1.8
Spicy Italian	2019	482	26.2	11.0	7.0	2.7
Steak‡Ø & Cheese	1483	355	7.0	3.7	9.0	1.7
Subway Melt™ (includes cheese)	1562	373	10.2	4.7	7.8	2.2
Tuna (with Lite Mayonnaise)	1489	356	11.6	1.8	7.3	1.6
Veggie Patty^	1592	381	10.7	3.0	8.0	1.6
KIDS' PAK™ MINI SUBS	Energy (kJ)	Energy (kcal)	Fat (g)	of which Saturates (g)	Sugars (g)	Salt (g)
Ham‡	760	182	2.6	1.0	4.9	0.9
Turkey Breast‡	772	184	2.1	0.8	4.7	0.9
Veggie Delite®^	615	147	1.5	0.7	4.5	0.4
BREAKFAST SUBS per 6-inch	Energy (kJ)	Energy (kcal)	Fat (g)	of which Saturates (g)	Sugars (g)	Salt (g)
Bacon≠	1164	278	6.9	2.9	4.7	1.5
Bacon≠, Egg & Cheese	1411	337	12.1	4.8	5.3	1.6
Egg & Cheese	1258	301	9.7	3.8	5.3	1.2
Mega Melt	2149	514	23.2	8.9	6.6	2.7
Sausage, Egg & Cheese	1996	477	20.8	7.9	6.6	2.3
Sausage	1596	381	13.2	5.1	6.0	1.8

Footlong nutritional information can be calculated by doubling the 6-inch Sub values. Nutrition information refer to products prepared on 6-inch 9-grain

Nutritional and allergen information is correct at the time of print (December 2016), however it may be subject to change.

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For up-to-date information please visit www.subway.com or scan the QR code on display.

bread or salad to standard recipe, with meat (where applicable), lettuce, cucumber, tomato, green pepper and red onion without sauce or cheese.
requests to modify the standard recipes will alter the nutritional information.
[‡] Formed meat. ^Ø Made with shaved steak strips, green pepper and onion. ^May come in contact with non-vegetarian items.
≠ Beechwood Naturally Smoked Back Bacon with added smoke flavour.

	sf	ے	,	Peanuts	Sesame	Crustaceal	/a	φ	Cereals containing Gluten	Sulphites	Celery	Mustard	Ë	Molluscs
Our products are made in plants which handle nuts	Eggs	Fish	Μ	Pea	Ses	Cru	Soya	Nuts	Se Ce	Sul	Cel	Ψ	Lupin	Mo
Condiments & Toppings														
Barbecue Sauce											✓	✓		
Caesar	✓		✓						w					
Chipotle Southwest Sauce	✓		✓						W			✓		
Honey Mustard Sauce										✓		✓		
Hot Chili Sauce														
Lite Mayonnaise	✓											✓		
Ranch Dressing	✓		✓											
Sweet Onion Sauce (contains poppy seeds)												✓		
Teriyaki Glaze					√		√		W		√			
Thousand Island	✓								W					
Marinara Sauce							✓			√				
Jalapenos Olives										•				
Pickles														
Sweetcorn														
Sweet Chilli Sauce									w					
Yellow Mustard												√		
Brown Mustard												√		
Ketchup											√			
HP Sauce									B, R		•			
Salad Cream	✓								D, K			√		
Oregano												-		
Fresh Vegetables - lettuce, carrots, tomatoes, cucumbers,														
green peppers and red onions														
Cookies**, Donuts & Muffins														
Rainbow	√		√				√	**	W					
Chocolate Chunk	√		√				√	**	W					
Double Chocolate	√		√				✓	**	W					
Oatmeal Raisin	✓ ✓		✓ ✓					**	W,O					
Raspberry Cheesecake			_				√		W					
White Chip Macadamia Nut	√		√				√	**M	W					
Blueberry Muffin	√		✓				√		W					
Triple Chocolate Muffin	✓		✓				√		W					
Chocolate Donut			√				√		W					
Sugar Donut			✓				✓		W					
Maple Pecan Plait	✓		✓					Pe	W					
Vanilla Crown	✓		✓						W					
Apricot Crown	✓		✓						W					
Cinnamon Swirl	✓		✓						W					
Apple Coronet	✓								W					
Apple Crown	✓							Α	W					
Soups														
Carrot & Coriander	√		√											
Country Chicken and Vegetable Cream of Chicken	✓ ✓		✓ ✓						В		√			
Leek & Potato			√						В		✓			
Lentil & Bacon			·								· ·	√		
Minestrone	√		√						W,B		· ·	•		
Red Pepper and Tomato			√						В					
Cream of Tomato			✓						w		✓			
Wild Mushroom			✓						w					
Beef Goulash									w			✓		
Thai Style Vegetables			✓					Ch						
Cream of Mushroom	✓		✓								✓			
Miscellaneous Items														
Cheese Toastie			✓				✓		w					
Pepperoni Pizza Toastie			✓				✓		w			✓		
Bowl of Meatballs (includes cheese)			✓				✓		w					
Melted Cheese Nachos (includes salsa and jalapenos)			✓							✓				
Nachos														
Salsa														
Coffee Flavour Syrup Vanilla														
Coffee Flavour Syrup Hazelnut								н						
Coffee Flavour Syrup Caramel														
Coffee Flavour Syrup Chocolate														
Fountain Drinks - Pepsi, Pepsi Max, Seven Up Free, Tango Orange, Tango Apple Fountain Drinks - Apple & Blackcurrant, Club Orange														

LOW FAT SALADS per portion	Energy (kJ)	Energy (kcal)	Fat (g)	of which Saturates (g)	Sugars (g)	Salt (g)
Chicken Breast	573	137	2.3	0.6	6.4	0.7
Chicken Tikka	591	141	2.3	0.5	6.9	0.8
Ham‡	507	121	3.1	0.8	6.9	1.1
Chicken Teriyaki	640	153	2.4	0.7	9.4	1.2
Turkey Breast‡	452	108	1.8	0.4	6.4	0.9
Turkey Breast‡ & Ham‡	518	124	2.6	0.6	6.7	1.1
Veggie Delite®^	217	52	0.9	0.2	6.1	0.2
SALADS per portion	Energy (kJ)	Energy (kcal)	Fat (g)	of which Saturates (g)	Sugars (g)	Salt (g)
Big Beef Melt‡	979	234	14.0	7.3	7.2	1.1
Chicken & Bacon Ranch Melt	1397	334	18.4	7.5	6.6	1.9
Italian B.M.T.®	1019	244	16.4	6.5	6.7	1.9
Meatball Marinara	1131	270	14.8	6.0	12.9	1.3
Spicy Italian	1312	314	24.9	10.2	6.4	2.3
Steak‡Ø & Cheese	777	186	5.7	2.9	8.4	1.2
Subway Melt™ (includes cheese)	856	205	8.9	3.9	7.2	1.8
Tuna (with Lite Mayonnaise)	783	187	10.3	1.0	6.7	1.1
Veggie Patty^	886	212	9.4	2.2	7.4	1.1
BREADS per 6-inch	Energy (kJ)	Energy (kcal)	Fat (g)	of which Saturates (g)	Sugars (g)	Salt (g)
6-inch Italian (White) Bread	829	198	1.9	0.9	4.9	0.7
6-inch 9-Grain Wheat Bread	858	205	2.1	1.0	4.7	0.6
6-inch 9-Grain Honey Oat	914	218	2.3	1.0	6.3	0.6
6-inch Hearty Italian Bread	876	209	2.0	0.9	5.0	0.7
6-inch Italian Herb & Cheese	1014	242	4.9	2.7	5.1	0.9
Flatbread	932	220	2.6	0.3	4.4	0.6
SNACKS per portion	Energy (kJ)	Energy (kcal)	Fat (g)	of which Saturates (g)	Sugars (g)	Salt (g)
Bowl of Meatballs	1315	314	19.2	8.6	11.2	1.9
Cheese Toastie	895	214	9.7	5.9	2.5	0.8
Pepperoni Pizza Toastie	1062	254	12.9	6.2	4.6	1.4
Melted Cheese Nachos	1685	403	22.3	6.6	2.9	2.2

Reference Intakes							
Energy	8400 kJ /2000 kcal	Sugars	90 g				
Total Fat	70 g	Salt	6 g				
Saturates	20 g						
Reference amount for an average adult							

