

ALLERGEN GUIDE



Mongolian Ingredient Information for People with Food Allergies and Sensitivities April 2025

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. We go to great lengths to identify allergens in the food we prepare. However, we are unable to guarantee that any items sold are free from the listed allergens. There is always a risk that allergens may be transferred to items from our menu during processing, storage or preparation in our restaurants. Individual food items may come into contact with one another and this is not reflected on the Allergen Guide.

	Eggs	Fish	Crustaceans	Molluscs	Milk/Lactose	Peanut	Tree Nuts	Sesame	Soy	Cereals with Gluten	Sulphites ≥ 10mg/kg	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/Nitrates
Subway 6-Inch® Subs With lettuce, tomato, cucumber													
Deli Supreme	•				•	•			•	•	•	•	*
Subway Club	•				•	•			•		•	•	*
Italian BMT	•				•	•			•	•	•	•	*
Chicken Teriyaki	•				•	•			•	•	•	•	*
Tuna	•				•	•			•	•	•	•	*
Steak & Cheese	•		*	*	•	•	*		•	•	•	•	*
Black forest ham	•		*	*	•	•	*		•	•	•	•	*
Chicken Bacon Ranch	•				•	•		•	•	•	•	•	*
Egg mayo	•				•	•			•		•	•	*
Egg ham	•				•	•			•		•	•	*
Egg bacon	•				•	•			•		•	•	*
Meatball	•				•	•			•	•	•	•	*
Meatball bowl	•				•	•			•	•	•	•	*
Californian	•				•	•			•	•	•	•	*
Mexican	•				•	•					•	•	*
Veggie Delite	•				•	•			•	•	•	•	*
Salad	•				•	•			•	•	•	•	*
Sauce													
Sweet Onion Sauce										•	•	•	
Teriyaki Sauce								•		*	•	•	
Chipotle Southwest sauce	•				•				•	•	•	•	
Tomato Pasta Sauce										•	•	•	
Ranch sauce	•							•			•	•	
Mayonaise	•								•		*		
Bread, Cookie													
Wheat Bread	•				•	•			•	•			
White Bread	•				•	•							
Honey Oat Bread	•				•	•			•	•			
Double Chocolate Cookie	•				•	•	•		•	•	*	*	
Oatmeal Raisin Cookie	•				•	•	•		•	•	*	*	
Meat & Poultry													
Beef Steak	*		*	*	*	*	*			*	*		
Chicken Breast ham	*		*	*	*	*	*		*	*	*		
Turkey											*		
Salami											*		*
Black Forest Ham	*		*	*	*	*	*		*	*	*		*
Pepperoni					•						*	•	*
Tuna		•									*		
Bacon											•	•	
Egg mayonaise	•									•	*	*	
Meatball with tomato sauce	•					•	•	•	•	•	•	•	*
Cheeset & others													
Mozarella cheese					•						•		
Cheddar cheese					•						•	•	
Hash brown	•				•				•	•			
Avocado										*	*	*	

• Contains

* May contain

¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.