



U.S. Allergy and Sensitivity Information

(Revised 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. Individual food items may come in contact with one another during food preparation and is not reflected on this chart. Please notify the sandwich artist if you have a food allergy.

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ²	Sulfites	Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates
Sandwiches[▲] on Italian bread with lettuce, tomatoes, green peppers, red onions, pickles, and olives.												
Buffalo Chicken (includes Ranch dressing)	•		•				•		•		•	
Carved Turkey				*			*		•			
Chicken & Bacon Ranch Melt (Includes Cheese)	•		•				•		•		•	•
Cold Cut Combo							*		•			•
Ham (Black Forest)							*		•		•	•
Italian BMT®							*		•		•	•
Meatball Marinara			•				•		•			
Oven Roasted Chicken							*		•		•	
Roast Beef							*		•			
Rotisserie-Style Chicken							*		•			
Seafood Sensation	•	•				•	•		•		•	
Sweet Onion Chicken Teriyaki					•		•		•	•	•	
Tuna	•	•					*		•			
Turkey Breast							*		•			
Turkey Breast & Ham							*		•		•	•
Spicy Italian							*		•		•	•
Subway Club®							*		•		•	•
Subway Melt®			•				*		•		•	•
Steak & Cheese			•				•		•	•	•	
Veggie Delite®							*		•			
Salads[▲] with lettuce, cucumbers, tomatoes, green peppers, red onions, olives and carrots.												
Buffalo Chicken (includes Ranch dressing)	•		•				•				•	
Chicken & Bacon Ranch Melt (Includes Cheese)	•		•				•				•	•
Cold Cut Combo												•
Ham (Black Forest)											•	•
Italian BMT®											•	•
Meatball Marinara			•				•		•			
Oven Roasted Chicken (with chicken strips)							•				•	
Roast Beef												
Rotisserie-Style Chicken												
Seafood Sensation	•	•				•	•		•		•	
Sweet Onion Chicken Teriyaki					•		•		•	•	•	
Tuna	•	•					*					
Turkey Breast							*					
Turkey Breast & Ham							*				•	•
Spicy Italian											•	•
Subway Club®							*				•	•
Steak & Cheese			•				•			•		
Veggie Delite®												
Flatizza[™]												
Cheese Flatizza [™]			•				*		•			
Pepperoni [™]			•				*		•			•
Spicy Italian [™]			•				*		•			•
Veggie Flatizza [™]			•				*		•			
Breads & Wraps												
Flatbread, Multigrain			•				*		•			
Flatbread, White			•				*		•			

[illegible]

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ²	Sulfites	Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates
Creamy Chicken & Dumplings	•		•				•		•			
Creamy Chicken and Wild Rice			•		•				•			
Homestyle Chicken Noodle	•		•						•			
Pizza												
Cheese Pizza			•				*		•			
Cookies & Dessert												
Chocolate Chip	•		•	**			•	**	•			
Chocolate Chunk	•		•	**			•	**	•			
Double Chocolate	•		•	**			•	**	•			
M&M®	•		•	•			•	**	•			
Oatmeal Raisin	•		•	**			•	**	•			
Peanut Butter	•		•	•			•	**X	•			
Raspberry Cheesecake	•		•	**			•	**	•			
Sugar	•		•	**				**	•			
White Chip Macadamia Nut	•		•	**			•	•	•			

•=contains x=may contain

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

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

⁴ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

*Only contains highly refined oil from this ingredient. FDA exempts labeling refined oils as allergens since they can be safely consumed by food-allergic individuals.

**Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies. Peanut butter cookie may contain macadamia nuts due to manufacturing process.