

U.S. Allergy and Sensitvity 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.

this chart. Please notify the sandwich artis												
	E99	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients²	Sulfites	Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates
Sandwiches [♠] on Italian bread with lettuce, tomatoe		n peppe	ers, red	onions,	pickles	s, and o	lives.					
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		, red or		lives an	d carro	ts.						
Salads with lettuce, cucumbers, tomatoes, green Buffalo Chicken (includes Ranch dressing)	•	, red or	•	lives an	d carro	ts.	•				•	
Salads with lettuce, cucumbers, tomatoes, green Buffalo Chicken (includes Ranch dressing) Chicken & Bacon Ranch Melt (Includes Cheese)		, red or		lives an	d carro	ts.	•				•	•
Salads with lettuce, cucumbers, tomatoes, green Buffalo Chicken (includes Ranch dressing) Chicken & Bacon Ranch Melt (Includes Cheese) Cold Cut Combo	•	, red or	•	lives an	d carro	ts.					٠	•
Salads with lettuce, cucumbers, tomatoes, green Buffalo Chicken (includes Ranch dressing) Chicken & Bacon Ranch Melt (Includes Cheese) Cold Cut Combo Ham (Black Forest)	•	, red or	•	lives an	d carro	ts.					•	•
Salads with lettuce, cucumbers, tomatoes, green Buffalo Chicken (includes Ranch dressing) Chicken & Bacon Ranch Melt (Includes Cheese) Cold Cut Combo Ham (Black Forest) Italian BMT®	•	, red or	•	lives an	d carro	ts.	•				٠	•
Salads with lettuce, cucumbers, tomatoes, green Buffalo Chicken (includes Ranch dressing) Chicken & Bacon Ranch Melt (Includes Cheese) Cold Cut Combo Ham (Black Forest) Italian BMT® Meatball Marinara	•	, red or	•	lives an	d carro	ts.	•		•		•	•
Salads with lettuce, cucumbers, tomatoes, green 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)	•	, red or	•	lives an	d carro	ts.	•				•	•
Salads with lettuce, cucumbers, tomatoes, green 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	•	, red or	•	lives an	d carro	ts.	•				•	•
Salads with lettuce, cucumbers, tomatoes, green 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	•		•	lives an	d carro		•		•		•	•
Salads with lettuce, cucumbers, tomatoes, green 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	•	, red or	•	lives an		ts.	•		•		•	•
Salads with lettuce, cucumbers, tomatoes, green 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	•	•	•	ives an	d carro		•		•	•	•	•
Salads with lettuce, cucumbers, tomatoes, green 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	•		•	ives an			•		•		•	•
Salads with lettuce, cucumbers, tomatoes, green 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	•	•	•	ives an			•		•	•	•	•
Salads with lettuce, cucumbers, tomatoes, green 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	•	•	•	ives an			•		•	•	•	•
Salads with lettuce, cucumbers, tomatoes, green 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	•	•	•	ives an			•		•	•	•	•
Salads with lettuce, cucumbers, tomatoes, green 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®	•	•	•	ives an			*		•		•	•
Salads with lettuce, cucumbers, tomatoes, green 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	•	•	•	ives an			•		•	•	•	•
Salads with lettuce, cucumbers, tomatoes, green 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®	•	•	•	ives an			*		•		•	•
Salads with lettuce, cucumbers, tomatoes, green 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 TM	•	•	•	ives an			*		•		•	•
Salads with lettuce, cucumbers, tomatoes, green 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™ Cheese Flatizza™	•	•	•	ives an			*		•		•	•
Salads with lettuce, cucumbers, tomatoes, green 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 TM Cheese Flatizza IM Pepperoni IM	•	•	•	ives an			*		•		•	•
Salads with lettuce, cucumbers, tomatoes, green 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 TM Cheese Flatizza IM Pepperoni IM Spicy Italian IM Spicy Italian	•	•	•	ives an			*		•		•	•
Salads with lettuce, cucumbers, tomatoes, green 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 TM Cheese Flatizza TM Pepperoni TM Spicy Italian TM Veggie Flatizza TM	•	•	•	ives an			*		•		•	•
Salads with lettuce, cucumbers, tomatoes, green 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 TM Cheese Flatizza TM Cheese Flatizza TM Pepperoni TM Spicy Italian Veggie Flatizza TM Veggie Flatizza TM Veggie Flatizza TM Breads & Wraps	•	•	•	ives an			*		•		•	•
Salads* with lettuce, cucumbers, tomatoes, green 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 TM Cheese Flatizza TM Pepperoni Spicy Italian Spicy Italian Spicy Italian Spicy Italian Cheese Flatizza TM Cheese Flatizza TM Spicy Italian	•	•	•	ives an			*		•		•	•

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											Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates
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			Milk/Lactose			l_	S	ω	Wheat & Gluten containing ingredients ²		ס ס	岸
			aci	ts	<u>e</u>	S	ä	ヹ	ם פֿר str	S	,ze	l/s
		۱_	7	12	aμ	≝	þe	~	ĕ <u>=</u> ĕ	ite	l 중 중	<u>te</u>
	Egg	Fish	i	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Glu containing ingredients ²	Sulfites	# #	臣
	ш	正	Σ	۵	Ś	S	Ś	F	A po gr	S	₹	Z
Hearty Italian							*		•			
							•		•			
Honey Oat												
Italian (white)							*		•			
Italian Herbs and Cheese			•				*		•			
Monterey Cheddar			•				*		•			
Parmesan Oregano			•				*		•		•	
Sourdough							*		•		1	
							*					
9-Grain Wheat									•			
Wrap							*		•			
Meat, Poultry, Seafood & Eggs												
Bacon Strips												•
Carved Turkey				*			*					
Chicken, Oven Roasted Patty							*				•	1
Chicken Strips - Plain							•				•	
Chicken Strips - Teriyaki Glazed	<u> </u>		<u></u>	<u> </u>	•		•	<u> </u>	•	<u></u>	•	<u> </u>
Cold Cut Combo Meats												•
Egg (Regular) Omelet	•		•				•					
Egg (White) Omelet	•						*					
Ham (Black Forest)												
											•	•
Italian BMT® Meats (ham, pepperoni, salami)											•	•
Meatballs & Marinara			•				•		•			
Roast Beef												
Rotisserie-Style Chicken												
Seafood Sensation	•	•				•	•		•		•	
Spicy Italian Meats (pepperoni, salami)	<u> </u>	Ť				Ť					├	•
												-
Steak							•			•	•	
Tuna	•	•					*					
Turkey Breast							*					
Cheese												
American Cheese			•				•					
Cheddar Cheese			•									
Monterey Cheddar Cheese, Shredded			•									
Mozzarella Cheese, Shredded			•									
Parmesan Cheese			•									
Pepper Jack Cheese			•									
Provolone Cheese			•							1		
Swiss Cheese			•									
Condiments & Dressings												
Buffalo Sauce												
Chipotle Southwest Sauce	•		•				*				•	
Croutons			•						•			
Honey Mustard Sauce	•											
Light Mayonnaise/Regular Mayonnaise	•						*					
Mustard (Yellow and Deli Brown)	+			1								1
,												
Oil												
Ranch Dressing	•	L	•	<u>L</u>	<u></u>	L	*	<u>L</u>	<u></u>	<u></u>	<u>L</u>	<u>L</u>
Subway® Vinaigrette							•			•		
Sweet Onion Sauce (Contains Poppy Seeds)							•			•		
Vinegar										•		
						_					_	
Vegetables												
Banana Peppers										•		<u> </u>
Jalapenos												
Olives												
Pickles												
Vegetables, Fresh				1								1
Soups												
Beef Chili												
							•		•		•	
Black Bean Soup	1			_			•	<u> </u>	_		•	_
Broccoli & Cheddar			•									
Diococii a Cilcadai												

	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.