

# SUBWAY® Allergen Information

*Our products are made in plants which handle nuts*

	Eggs	Fish	Milk	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
<b>Sandwiches* 9-Grain wheat bread with lettuce, tomatoes, green peppers, cucumbers and red onions.</b>														
Big Beef Melt‡ (with American Style Processed Cheese)			✓					✓	W,R,O,S,B					
Chicken & Bacon Ranch Melt (includes Monterey Jack/Cheddar Shredded Cheese)	✓		✓					✓	W,R,O,S,B					
Chicken Breast								✓	W,R,O,S,B					
Chicken Tikka			✓					✓	W,R,O,S,B					
Ham‡								✓	W,R,O,S,B					
Italian B.M.T.®								✓	W,R,O,S,B			✓		
Meatball Marinara			✓					✓	W,R,O,S,B					
Spicy Italian			✓					✓	W,R,O,S,B			✓		
Steak‡Ø & Cheese			✓					✓	W,R,O,S,B		✓			
Subway Melt™ (includes American Style Processed Cheese)			✓					✓	W,R,O,S,B					
Chicken Teriyaki					✓			✓	W,R,O,S,B		✓			
Tuna (with Lite Mayonnaise)	✓	✓						✓	W,R,O,S,B			✓		
Turkey Breast‡								✓	W,R,O,S,B					
Turkey Breast‡ & Ham‡								✓	W,R,O,S,B					
Veggie Delite®A								✓	W,R,O,S,B					
Veggie Patty^	✓		✓					✓	W,R,O,S,B		✓			
<b>Salads* with lettuce, tomatoes, green peppers, cucumber and red onions</b>														
Big Beef Melt‡ (with American Style Processed Cheese)			✓											
Chicken & Bacon Ranch Melt (includes Monterey Jack/Cheddar Shredded Cheese)	✓		✓											
Chicken Breast									W					
Chicken Tikka			✓											
Ham‡														
Italian B.M.T.®									W					✓
Meatball Marinara			✓						W					
Spicy Italian			✓											✓
Steak‡Ø & Cheese			✓						B,W		✓			
Subway Melt™ (includes American Style Processed Cheese)			✓											
Chicken Teriyaki					✓				W		✓			
Tuna (with Lite Mayonnaise)	✓	✓												✓
Turkey Breast‡														
Turkey Breast‡ & Ham‡														
Veggie Delite®A														
Veggie Patty^	✓		✓						W		✓			
<b>Bread</b>														
9-Grain Honey Oat								✓	W,R,O,S,B					
9-Grain Wheat								✓	W,R,O,S,B					
Hearty Italian									W					
Italian									W					
Italian Herbs and Cheese			✓						W					
Flatbread			✓						W,O					
<b>Meat, Poultry, Seafood, Eggs and Veggie Patty</b>														
Bacon Strips (Sreaky & Back #)														
Beef Patty‡								✓						
Chicken Breast														
Chicken, teriyaki glazed					✓				W		✓			
Chicken Tikka			✓						W					
Chorizo														
Egg Omelette	✓	✓												
Poached Egg	✓													
Ham‡														
Meatballs			✓						W					
Sausage									W					
Pepperoni														
Salami														✓
Steak‡Ø									B,W		✓			
Tuna (with Lite Mayonnaise)	✓	✓												✓
Turkey Breast‡														
Veggie Patty^	✓		✓						W		✓			
<b>Cheese</b>														
American Style Processed Cheese			✓											
Monterey Jack/Cheddar Shredded Cheese			✓											
Peppered Sliced Cheese			✓											

▲ = 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. ‡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.

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 - **W** 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.

Visit [www.subway.com](http://www.subway.com)

# 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®A	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 Mayo)	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®A	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 bread or salad to standard recipe, with meat (where applicable), lettuce, cucumber, tomato, green pepper and red onion without sauce or cheese. Customer requests to modify the standard recipes will alter the nutritional information.

†Formed meat. ‡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.

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

For up-to-date information please visit [www.subway.com](http://www.subway.com) or scan the QR code on display.

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	Eggs	Fish	Milk	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
<b>Condiments &amp; Toppings</b>														
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 Chili Sauce									W					
Yellow Mustard														✓
Brown Mustard														✓
Ketchup											✓			
HP Sauce									B, R					
Salad Cream	✓													✓
Oregano														
Fresh Vegetables - lettuce, carrots, tomatoes, cucumbers, green peppers and red onions														
<b>Cookies**, Donuts &amp; Muffins</b>														
Rainbow Candy	✓		✓				✓	**	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					



