

Subway® Ingredient Information for People with Food Allergies & Sensitivities

(Information only valid in the US- Revised February 2005)

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.

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten†	Sulfites	Autolyzed Yeast Hydrolyzed Prot.††	Nitrites/Nitrates
Sandwiches ^ on Italian bread with lettuce, tomatoes, green peppers, red onions, pickles and olives.												
Cheese Steak			✓				✓		✓		✓	
Chicken & Bacon Ranch (includes cheese)	✓		✓				✓		✓			✓
Chipotle Southwest Cheese Steak	✓		✓				✓		✓		✓	
Cold Cut Combo							*		✓			✓
Ham							*		✓			✓
Honey Mustard Ham	✓						*		✓			✓
Italian BMT®							*		✓			✓
Meatball Marinara	✓		✓				✓		✓			
Roast Beef							*		✓			
Roasted Chicken Breast							✓		✓		✓	
Seafood Sensation	✓	✓				✓	✓		✓		✓	
Sweet Onion Chicken Teriyaki					✓		✓		✓		✓	
Tuna	✓	✓					*		✓			
Turkey Breast							*		✓			
Turkey Breast & Ham							*		✓			✓
Subway Club®							*		✓			✓
Turkey Breast, Ham and Bacon Melt			✓				*		✓			✓
Veggie Delite®							*		✓			
Carb-Conscious Wraps ^ on wrap with lettuce, tomatoes, green peppers, red onions, pickles and olives.												
Carb Conscious Wrap (alone)					✓		✓		✓			
Chicken & Bacon Ranch (includes cheese)	✓		✓		✓		✓		✓			✓
Tuna (includes cheese)	✓	✓	✓		✓		✓		✓			
Turkey Breast					✓		✓		✓			
Turkey Breast & Bacon Melt	✓		✓		✓		✓		✓		✓	✓
Salads ^ with lettuce, baby spinach, tomatoes, green peppers, red onions, olives and carrots.												
Grilled Chicken Breast & Baby Spinach							✓					
Subway Club®							*					✓
Tuna	✓	✓					*					
Veggie Delite®												
Bread												
Deli Style Roll							✓		✓			
Hearty Italian							*		✓			
Honey Oat							✓		✓	✓		
Italian							*		✓			
Italian Herbs and Cheese			✓				*		✓			
Monterey Cheddar			✓				*		✓			
Parmesan Oregano			✓				*		✓		✓	
Roasted Garlic							*		✓			
Sourdough							*		✓			
Wheat							✓		✓	✓		
Meat, Poultry, Seafood												
Bacon Strips												✓
Chicken Breast Patty							✓		✓		✓	
Chicken Strips – plain							✓		✓			
Chicken Strips –teriyaki glazed					✓		✓		✓		✓	
Cold Cut Combo meats												✓
Ham												✓
Italian BMT® meats												✓
Meatballs & Marinara	✓		✓				✓		✓			
Roast Beef												
Seafood Sensation	✓	✓				✓	✓		✓		✓	

	Egg	Fish	Milk/ Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten†	Sulfites	Autolyzed Yeast Hydrolyzed Prot.††	Nitrites/Nitrates
Meats (con't)												
Tuna	✓	✓					*					
Turkey Breast							*					
Cheese												
American Cheese			✓									
Cheddar Cheese			✓									
Feta			✓									
Monterey Cheddar Cheese, shredded			✓									
Parmesan Cheese			✓									
Pepperjack Cheese			✓									
Provolone Cheese			✓									
Swiss Cheese			✓									
Condiments & Dressings												
Atkins Sweet as Honey Mustard							✓		✓			
Chipotle Southwest Sauce	✓		✓								✓	
Croutons			✓						✓			
Greek Vinaigrette			✓							✓		
Honey Mustard Sauce	✓											
Light Mayonnaise/Regular Mayonnaise	✓											
Mustard (Yellow and Deli Brown)												
Oil												
Ranch Dressing	✓		✓									
Sweet Onion Sauce (contains poppy seeds)										✓		
Vinegar										✓		
Vegetables												
Banana Peppers										✓		
Jalapenos												
Olives												
Pickles												
Vegetables, fresh												
Cookies												
Chocolate Chip	✓		✓	**			*	**	✓			
Chocolate Chunk	✓		✓	**			*	**	✓			
Double Chocolate	✓		✓	**			*	**	✓			
M&M®	✓		✓	✓			*	**	✓			
Oatmeal Raisin	✓		✓	**			*	**	✓			
Peanut Butter	✓		✓	✓			*	**	✓			
Sugar	✓		✓	**			*	**	✓			
White Chocolate Macadamia Nut	✓		✓	**			*	✓	✓			

▲ Allergen information for additional fixings and different bread varieties are listed separately on this chart.

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

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

*The only soy-derived ingredient is refined soybean oil or soy lecithin. Most soy-allergic individuals can safely consume soybean oil and soy lecithin.

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