

# Subway® Ingredient Information for People with Food Allergies & Sensitivities

(Information only valid in Canada- 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	MSG/Autolyzed Yeast Hydrolyzed Prot.††	Nitrites/Nitrates
<b>Sandwiches</b> ^ on Italian bread with lettuce, tomatoes, green peppers, olives, 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	✓	✓				✓	✓		✓		✓	
Subway Club®							*		✓		✓	✓
Sweet Onion Chicken Teriyaki					✓		✓		✓		✓	
Tuna	✓	✓					✓		✓			
Turkey Breast							*		✓			
Turkey Breast & Ham							*		✓			✓
Turkey Breast, Ham and Bacon Melt			✓				✓		✓			✓
Veggie Delite®							*		✓			
<b>Carb Conscious Wraps</b> ^ 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 Bacon Melt	✓		✓		✓		✓		✓		✓	✓
Turkey Breast					✓		✓		✓			
<b>Salads</b> ^ with lettuce, baby spinach, tomatoes, green peppers, red onions, olives and carrots.												
Grilled Chicken Strips					✓						✓	
Subway Club®							*				✓	✓
Tuna	✓	✓					*					
Veggie Delite®												
<b>Bread</b>												
Deli Style Roll							✓		✓			
Hearty Italian							*		✓			
Honey Oat							✓		✓	✓		
Italian							*		✓			
Italian Herbs and Cheese			✓				*		✓			
Monterey Cheddar			✓				*		✓			
Parmesan Oregano			✓				*		✓		✓	
Roasted Garlic							*		✓			
Sourdough							*		✓			
Wheat							✓		✓	✓		
<b>Meat, Poultry, Seafood</b>												
Bacon												✓
Chicken Breast Patty							✓		✓		✓	
Chicken Strips – plain					✓						✓	
Chicken Strips –teriyaki glazed					✓		✓		✓		✓	
Cold Cut Combo meats			✓				✓		✓			✓
Ham												✓
Italian BMT® meats												✓
Meatballs & Marinara	✓		✓				✓		✓			
Roast Beef											✓	
Seafood Sensation	✓	✓				✓	✓		✓		✓	
Steak							✓		✓		✓	

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat & Gluten†	Sulfites	MSG/Autolyzed Yeast Hydrolyzed Prot. ††	Nitrites/Nitrates
<b>Meats (con't)</b>												
Turkey												
Tuna							*					
<b>Cheese</b>												
Cheddar Cheese, Processed			✓				✓					
Cheddar Cheese, Natural			✓									
Feta			✓									
Monterey Cheddar Cheese, shredded			✓									
Monterey Jack Cheese			✓									
Parmesan Cheese			✓									
Provolone Cheese			✓									
Swiss Cheese, sliced			✓									
<b>Condiments &amp; Dressings</b>												
Atkins Sweet as Honey Mustard							✓		✓			
Chipotle Southwest Sauce	✓		✓				*				✓	
Croutons			✓						✓			
Greek Vinaigrette			✓				*			✓		
Honey Mustard Sauce	✓											
Light Mayonnaise-Type Dressing/Regular Mayonnaise	✓						*					
Mustard (Yellow and Deli Brown)												
Ranch Dressing	✓		✓				*				✓	
Sweet Onion Sauce (contains poppy seeds)												
<b>Vegetables</b>												
Banana Peppers										✓		
Jalapenos												
Olives												
Pickles												
Vegetables, fresh												
<b>Cookies</b>												
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 gluten-containing items also 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.

\*\*Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies.