

Subway® Ingredient Information for People with Food Allergies & Sensitivities

(Information only valid in the US- Revised February 2010)

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 ¹ | Sulfites | Autolyzed Yeast Hydrolyzed Prot. ² | Nitrites/Nitrates |
|---|-----|------|--------------|---------|--------|-----------|----------|-----------|-----------------------------|----------|---|-------------------|
| Sandwiches[^] on Italian bread with lettuce, tomatoes, green peppers, red onions, pickles and olives. | | | | | | | | | | | | |
| Chicken & Bacon Ranch (includes cheese) | • | | • | | | | • | | • | | | • |
| Cold Cut Combo | | | | | | | * | | • | | | • |
| Ham (Black Forest) | | | | | | | * | | • | | • | • |
| Italian BMT® | | | | | | | * | | • | | • | • |
| Meatball Marinara | | | • | | | | • | | • | | | |
| Oven Roasted Chicken | | | | | | | * | | • | | • | |
| Roast Beef | | | | | | | * | | • | | | |
| Seafood Sensation | • | • | | | | • | • | | • | | • | |
| Sweet Onion Chicken Teriyaki | | | | | • | | • | | • | | • | |
| Tuna | • | • | | | | | * | | • | | • ³ | |
| 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. | | | | | | | | | | | | |
| Chicken & Bacon Ranch (includes cheese) | • | | • | | | | • | | | | | • |
| Cold Cut Combo | | | | | | | | | | | | • |
| Ham (Black Forest) | | | | | | | | | | | • | • |
| Italian BMT® | | | | | | | | | | | • | • |
| Meatball Marinara | | | • | | | | • | | • | | | |
| Oven Roasted Chicken | | | | | | | * | | | | • | |
| Roast Beef | | | | | | | | | | | | |
| Seafood Sensation | • | • | | | | • | • | | • | | • | |
| Sweet Onion Chicken Teriyaki | | | | | • | | • | | • | • | • | |
| Tuna | | | | | | | * | | | | • ³ | |
| Turkey Breast | | | | | | | * | | | | | |
| Turkey Breast & Ham | | | | | | | * | | | | • | • |
| Spicy Italian | | | | | | | | | | | • | • |
| Subway Club® | | | | | | | * | | | | • | • |
| Steak & Cheese | | | • | | | | • | | | • | | |
| Veggie Delite® | | | | | | | | | | | | |
| Breads & Wraps | | | | | | | | | | | | |
| Ciabatta Bread | | | | | | | * | | • | | | |
| Flatbread | | | • | | | | * | | • | | | |
| Hearty Italian | | | | | | | * | | • | | | |
| Honey Oat | | | | | | | • | | • | | | |
| Italian (White) | | | | | | | * | | • | | | |
| Italian Herbs and Cheese | | | • | | | | * | | • | | | |
| Monterey Cheddar | | | • | | | | * | | • | | | |
| Parmesan Oregano | | | • | | | | * | | • | | • | |
| Roasted Garlic | | | | | | | • | | • | | | |
| Sourdough | | | | | | | * | | • | | | |
| 9-Grain Wheat | | | | | | | * | | • | | | |
| Wrap | | | | | | | * | | • | | | |
| Meat, Poultry, Seafood & Eggs | | | | | | | | | | | | |
| Bacon Strips | | | | | | | | | | | | • |
| Oven Roasted Chicken | | | | | | | * | | | | • | |
| Chicken Strips – plain | | | | | | | • | | | | | |
| Chicken Strips –teriyaki glazed | | | | | • | | • | | • | | • | |

| | Egg | Fish | Milk/ Lactose | Peanuts | Sesame | Shellfish | Soybeans | Tree Nuts | Wheat & Gluten [†] | Sulfites | Autolyzed Yeast Hydrolyzed Prot. ^{††} | Nitrites/Nitrates |
|--|-----|------|---------------|---------|--------|-----------|----------|-----------|-----------------------------|----------|--|-------------------|
| Meats (con't) | | | | | | | | | | | | |
| Cold Cut Combo meats | | | | | | | | | | | | • |
| Egg Omelet | • | | • | | | | * | | | | | |
| Ham (Black Forest) | | | | | | | | | | | • | • |
| Italian BMT® meats | | | | | | | | | | | • | • |
| Meatballs & Marinara | | | • | | | | • | | • | | | |
| Roast Beef | | | | | | | | | | | | |
| Seafood Sensation | • | • | | | | • | • | | • | | • | |
| Steak | | | | | | | • | | | • | • | |
| Tuna | • | • | | | | | * | | | | • ³ | |
| Turkey Breast | | | | | | | * | | | | | |
| Cheese | | | | | | | | | | | | |
| American Cheese | | | • | | | | • | | | | | |
| Cheddar Cheese | | | • | | | | | | | | | |
| Monterey Cheddar Cheese, shredded | | | • | | | | | | | | | |
| Parmesan Cheese | | | • | | | | | | | | | |
| Pepperjack Cheese | | | • | | | | | | | | | |
| Provolone Cheese | | | • | | | | | | | | | |
| Swiss Cheese | | | • | | | | | | | | | |
| Condiments & Dressings | | | | | | | | | | | | |
| Atkins Sweet as Honey Mustard | | | | | | | • | | • | | | |
| Chipotle Southwest Sauce | • | | • | | | | | | | | • | |
| Croutons | | | • | | | | | | • | | | |
| Honey Mustard Sauce | • | | | | | | | | | | | |
| Light Mayonnaise/Regular Mayonnaise | • | | | | | | * | | | | | |
| Mustard (Yellow and Deli Brown) | | | | | | | | | | | | |
| Oil | | | | | | | | | | | | |
| Ranch Dressing | • | | • | | | | * | | | | | |
| Red Wine Vinaigrette | | | • | | | | | | | • | | |
| Sweet Onion Sauce (contains poppy seeds) | | | | | | | | | | • | | |
| Vinegar | | | | | | | | | | • | | |
| Vegetables | | | | | | | | | | | | |
| Banana Peppers | | | | | | | | | | • | | |
| Jalapenos | | | | | | | | | | | | |
| Olives | | | | | | | | | | | | |
| Pickles | | | | | | | | | | | | |
| Vegetables, fresh | | | | | | | | | | | | |
| Pizza | | | | | | | | | | | | |
| Cheese Pizza | | | • | | | | * | | • | | | |
| Cookies | | | | | | | | | | | | |
| Chocolate Chip | • | | • | ** | | | • | ** | • | | | |
| Chocolate Chunk | • | | • | ** | | | • | ** | • | | | |
| Double Chocolate | • | | • | ** | | | • | ** | • | | | |
| M&M® | • | | • | • | | | • | ** | • | | | |
| Oatmeal Raisin | • | | • | ** | | | • | ** | • | | | |
| Peanut Butter | • | | • | • | | | • | ** | • | | | |
| Sugar | • | | • | ** | | | | ** | • | | | |
| White Chip Macadamia Nut | • | | • | ** | | | • | • | • | | | |

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

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

² Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

³ Tuna served Minnesota and Florida contains hydrolyzed vegetable protein.

*The only soy-derived ingredient is refined soybean oil.

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