

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 list does not include regional or special promotional items as ingredients vary.

## BREADS

**WHEAT BREAD:** **Wheat** Flour (Thiamine, Folic Acid), Water, Yeast (Water, Yeast, Iodised Salt), Wholemeal Concentrate (3%) (**Wheat** Bran, **Wheat** Germ), Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt, Bread Improver (**Soy** Flour, **Wheat** Flour, Mineral Salt (170), Enzymes (**Wheat**), Food Acid (300)), Caramel Colour (150c).

**Contains: Wheat, Gluten, Soy.**

**May contain: Egg, Milk, Sesame, Sulphites.**

**WRAP, MULTIGRAIN, REGULAR size:** **Wheat** Flour (Thiamine, Folic Acid), Water, Wholemeal **Wheat** Flour (17%) (Thiamine, Folic Acid), Vegetable Shortening (Vegetable Oil, Emulsifier (471)), Grain Mix (3.6%) (Kibbled **Wheat**, Kibbled Corn, Kibbled **Rye**, Malted **Wheat**, Linseed), Baking Powder (Emulsifiers (339, 341, 450), Raising Agent (500), Cornflour (**Wheat**)), Iodised Salt, Sugar, Dough Conditioner (Emulsifiers (481, 471), **Soy** Flour), Acidity Regulator (297), Preservative (200).

**Contains: Wheat, Gluten, Soy.**

## POULTRY & MEAT:

**CHICKEN STRIPS:** Chicken Breast (89%), Water, Maltodextrin (Maize), Maize Starch, Dextrose (Maize), Salt, Mineral Salt (451, 450), Vegetable Protein, Natural Flavours, Hydrolysed Maize Protein, Vegetable Fibre, Yeast and Yeast Extracts, Vegetable Powder (Onion).

**CHICKEN TERIYAKI (with Chicken Strips (75%) and Teriyaki Glaze (25%)):**

**CHICKEN STRIPS** (Chicken Breast (89%), Water, Maltodextrin (Maize), Maize Starch, Dextrose (Maize), Salt, Mineral Salt (451, 450), Vegetable Protein, Natural Flavours, Hydrolysed Maize Protein, Vegetable Fibre, Yeast and Yeast Extracts, Vegetable Powder (Onion)), **TERIYAKI GLAZE** (Water, Sugar, Tomato Puree, Vegetables (Bell Pepper, Onion, Garlic), Thickener (1422 (Maize)), Fructose, Salt, Hydrolysed Maize Protein, Ginger, Food Acids (260, 270), **Sesame** Seeds, **Sesame** Oil, Colour (150d), Preservatives (202, 211), Spices, Spice Extract (Ginger), Flavour).

**Contains: Sesame.**

**HAM:** Pork (72%), Water, Salt, Thickener (1442), Dextrose (Maize), Sugar, Acidity Regulators (326, 262, 325), Mineral Salt (451, 452, 450, 341), Antioxidant (316), Preservative (250 (Sodium Nitrite)), Smoked.

**TURKEY, SLICED:** Turkey Breast (70%), Water, Thickeners (407a, 1442), Dextrose (Maize), Salt, Mineral Salt (451), Yeast Extract, Natural Flavour, Liquid Smoke (Smoke Condensate, Emulsifier (433), Acidity Regulator (260), Caramel Colour (150a).

## SAUCES AND DRESSINGS

**HONEY MUSTARD:** Water, Sugar, Vinegar, Mustard (4%), Thickeners (1422, 415), Honey (3%), Salt, Acidity Regulators (260, 270, 330), Colour (171, 150d), Potato Fibre, Lemon Juice Concentrate, Preservatives (202, 211), Vegetable Powders (Onion, Garlic), Spices, Rice Flour, Natural Herb Extract, Anticaking Agent (551).

**MARINARA SAUCE:** Tomato Puree (Water, Tomato Paste (33%), Food Acid (330)), Sugar, Vegetable Oil, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice.

**MAYONNAISE:** Water, Vegetable Oil (Antioxidant (307)), White Vinegar, Pasteurised Egg Yolk, Thickeners (1442, 412), Salt, Mustard Flour, Preservative (202), Food Acid (270), Antioxidant (385), Colours (100, 160c).

**Contains: Egg.**

**SMOKY BBQ SAUCE:** Water, Sugar, White Vinegar, Tomato Paste, Glucose Syrup, Apple Paste, Molasses, Thickeners (1422, 415), Salt, Natural Flavour, Burnt Sugar Syrup, Vegetable Powders (Garlic, Onion), Rochester Sauce Powder, Spices, Preservative (202).

**TOMATO SAUCE:** Concentrated Tomatoes (Contains 166g of Tomatoes per 100mL), Sugar, Salt, Food Acids (260), Natural Flavours. Contains 78% Concentrated Tomatoes.

## CHEESE

**NATURAL CHEDDAR CHEESE (slices):** Pasteurised Cow's Milk, Salt, Cultures, Enzyme (Non-Animal Rennet).

**Contains: Milk.**

## VEGETABLES

**AVOCADO:** Hass Avocado Puree (100%).

**CARROT:** Shredded Carrot.

**CUCUMBER:** Sliced Ripe Cucumber.

**LETTUCE:** Shredded Iceberg Variety.

**TOMATOE:** Sliced Red Ripe Tomato.

## BEVERAGE & SIDES (per vendor branded label)

**MT FRANKLIN WATER:** Australian Spring Water.

**M2GO CHOCOLATE MILK:** Reduced Fat **Milk**, Sugar, Cocoa Powder (0.3%), Flavours, Vegetable Gum (Carrageenan).

**Contains: Milk.**

**JUST JUICE APPLE JUICE:** Reconstituted Apple Juice (99.9%), Acidity Regulator (330), Vitamin C, Natural Flavour.

**SUNBITES SEA SALT POP CORN:** Popcorn (81%), Canola Oil, Salt.

**SUNBITES SOUR CREAM & CHIVES GRAIN WAVES:** Wholegrain Cereals (67%) (Corn (41%), **Wheat** (23%), **Oats** (3%), Sunflower and/or Canola Oil, Sugar, Rice, Maltodextrin, **Milk** Powder, Salt, Mineral Salt (Potassium Chloride), Onion Powder, Yeast Extract, Natural Flavours (**Milk, Soy**), Food Acids (Citric Acid, Lactic Acid), Cheese Powder (**Milk**), Whey Powder (**Milk**), Herbs (Parsley, Chives), Natural Colour (Paprika Extract), Sour Cream Powder (**Milk**), Hydrolysed Vegetable Protein, Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract).

**Contains: Wheat, Gluten, Milk, Soy.**