

Canada Allergen Information (Revised September 2024)

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. Individual food items may come in contact with one another during food preparation and is not reflected on this chart. Please notify the sandwich

artist if you have a food allergy.													
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										Gluten (from wheat, rye, tritacle, oats, barley)1			
										Gluten (from wheat, ry tritacle, oats, barley)1			
										ne2 arle		S	
										, ₩ Ž		Nitrites/Nitrates	
			Milk/Lactose							m ts,		tra	
			l 유			_	ડા	ts		fro oa		Z	
			ğ	ıts	ne	<u>is</u>	ear	Þ	+	n (Ie,	es	es/	ard
	I 5	_	\geq	l Ĕ	gan	₩	/pe	ē.	ea	ıte ac	Ę	ŧ	ste
	Egg	Fish	₹	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	3lC	Sulfites	₹	Mustard
Bread					07	07	0)			<u> </u>	07		
Ciabatta	х		х		Х		Х	х	•	•			
English Muffin	<u> </u>		^		^		*	^	•	•			
Flatbread			•				*		•	•			
Gluten-Free Bread ¹			•						•	•			
Italian (White) Bread	•												
									•	•			
Italian Herbs and Cheese Bread			•						•	•			
Multigrain Bread									•	•			
Potato Bun	•		х		X				•	•			
Wrap							•		•	•			
Meat, Poultry, Seafood & Eggs													
Bacon Slices												•	
Brisket							•					•	
Capicola												•	
Chicken, Grilled **							•						
Chicken Strips - Plain							•						
Chicken Strips - Sweet Onion Teriyaki							-						
Glazed					•		•		•	•			•
Cold Cut Combo Meats			•									•	•
Egg Patty, Scrambled	•		•										
Ham, Black Forest	<u> </u>		<u> </u>									•	
Italian BMT® Meats												•	•
Meatballs with Marinara			•				•		•	•			
Pepperoni												•	•
Porchetta, Diced													
Pork Sausage Patty													
Rotisserie-Style Chicken									х	X			
Rotisserie-Style Chicken, Jerk-Spiced							•		•	•			
Rotisserie-Style Chicken, Shawarma									х	Х			
Salami												•	
Steak							*						
Tandoori-Spiced Pork Cutlet													
Tuna (without dressing)		•											
Turkey Breast												•	
Veggie Patty							•					_	
Cheese													
Canadian Cheddar Cheese			•										
Cheddar Cheese, Processed			•				•						
Habanero Jack Cheese			•										
Monterey Jack & Cheddar Cheese													
Blend, Shredded			•										
Mozzarella, Fresh			•										
Parmesan, Grated			•										
Swiss			•										
Condiments & Dressings													
BBQ, Sweet & Smoky													•

	Egg	Fish	MIIK/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, tritacle, oats, barley)1	Sulfites	Nitrites/Nitrates	Mustard
Chimichurri Sauce	ш		_	-	0)	0)	0)	_	^	4 0	0)		
Chipotle Southwest	•		•				*						
Cuban-Style Sauce	•						*						•
Garlic Aioli	•						*						•
House Sandwich Sauce							*						
Jerk Aioli	•						•		•	•			•
Mayonnaise	•						*						•
Mustard, Yellow													•
Nashville-Style Hot Sauce							*						
Peppercorn Ranch	•		•				*						
Smoky Honey Mustard	•						*						•
Sweet Onion Teriyaki Sauce (Contains													
Poppy Seeds)					•		•		•	•			•
Tahini Garlic Sauce	•					•	*						
Tandoori-Spiced Sauce	•						*						•
Vegetables													
- og o talbioo													
Avocado, Smashed													
Avocado, Smashed											•		
Avocado, Smashed Banana Peppers											•		
Avocado, Smashed													
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices													
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles													
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black)									•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh									•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions	•		•	X			•	X	•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts			•	x			•	x				•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookies ** & Desserts Chocolate Chip with M&M® Candies	_								•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin	•		•	х			•	х	•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate	•		•	X X			•	X X	•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookies ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Sidekicks	•		•	X X X			•	X X X	•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookies ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut	•		•	X X X	x		•	X X X	•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Sidekicks Footlong Cookie, Chocolate Chip Footlong Churro	•		•	X X X	x		•	X X X	•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Sidekicks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel	•		•	X X X	x		•	X X X	•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookies ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Sidekicks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel Soups & Sides	•		•	X X X	x		•	X X X	•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookies ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Sidekicks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel Soups & Sides Beef & Barley	•		•	X X X	x		•	X X X	•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookies ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Sidekicks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel Soups & Sides Beef & Barley Beef Chilii	•		•	X X X	x		•	X X X	•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookies ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Sidekicks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel Soups & Sides Beef & Barley Beef Chili Chicken Noodle	•		•	X X X	x		•	X X X	•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookies ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Sidekicks Footlong Cookie, Chocolate Chip Footlong Pretzel Soups & Sides Beef & Barley Beef Chili Chicken Noodle Cream of Broccoli	•		•	X X X	x		•	X X X	•	•			
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Sidekicks Footlong Cookie, Chocolate Chip Footlong Pretzel Soups & Sides Beef & Barley Beef Chili Chicken Noodle Cream of Broccoli Cream of Mushroom	•		•	X X X	x		•	X X X	•	•		•	
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Sidekicks Footlong Cookie, Chocolate Chip Footlong Pretzel Soups & Sides Beef & Barley Beef Chili Chicken Noodle Cream of Broccoli Cream of Mushroom Loaded Baked Potato	•		•	X X X	x		•	X X X	•	•			
Avocado, Smashed Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Sidekicks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel Soups & Sides Beef & Barley Beef Chili Chicken Noodle Cream of Mushroom	•		•	X X X	x		•	X X X	•	•		•	

• = Contains Allergen X = May Contain Allergen

¹The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurant contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten free. *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