SUBWAY

U.S. Allergy and Sensitivity Information December 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 some 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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	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten contalning ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Breads & Wraps											
Artisan Italian (white)									•		
Hearty Multigrain							*		•		
Everything Bagel-Seasoned Bread			х		•		*		•		
Flatbread			•				*		•		
Ghost Pepper			•				*		•	•	
Italian Herbs and Cheese			•						•		
Wrap			•				*		•		
Local/Regional Breadsŧ											
Jalapeno Cheddar			•						•	•	
Monterey Cheddar			•						•		
Parmesan Oregano			•						•		
Meat, Poultry, Seafood & Eggs											
Bacon											•
Capicola											•
Chicken, Grilled							•				
Chicken, Grilled (with Buffalo sauce)							•				
Chicken, Grilled (with Sweet Onion Teriyaki Sauce)					•		•		•		
Cold Cut Combo® Meats											•
Egg Omelet Patty (Regular)	•						•				
Genoa Salami											•
Ham (Black Forest)											•
Meatballs & Marinara			•				•		•		
Pepperoni											•
Roast Beef											
Rotisserie-Style Chicken							*				
Spicy Italian Meats (pepperoni, salami)											•
Steak, Shaved							*				
Tuna Salad	•	•					*				
Turkey Breast, Oven Roasted							*				

Eqgs. Cage. Free • • • • • • Pastrami • • • • • • Vergie Patty • • • • • • Chesses • • • • • • • Carlie Horb Chesses Blend. Structlided •	Local/ Regional Meats Proteins†	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Pastrami Page Patty Page Page Patty Page Page Page Page Page Page Page Page		1	1	r –	r –	r –	r —	1	r	1	1	_
Vergine Party Image: Section of the		•						•				
Chesse Image and the set of the set o												•
American, Processed •								•				
Garlic Herb Cheese Stend. Image: Cheese Stend. Imag						<u> </u>						
Montercy & Cheddar Cheese Blend, Shredded Image: Shredded <thimage: shredded<="" th=""> Image: Shredded <thimage: shredded<="" th=""> <thimage: shredded<="" th=""></thimage:></thimage:></thimage:>								•				
Parmesan •<												
Pepperjack •												
Browlone •<												
Condiments & Seasonings Image: Chipotte Sauce												
Baja Chipotle Sauce •												
BBO Image: Constraint of the second seco		•		•				*				
Cheddar Cheese Sauce •	-	–		-								
Franks® Red Hot Buffalo Sauce Image: Sector Sauce Image: Sec								*			<u> </u>	
Honey Mustard Sauce •												
Hot Honey Sauce I		•						*				
Mayonnaise. Regular •		-										
Mustard (Yellow) Image: Container of the second		•						*				
Olive Oil Blend Image: Section of the section of t												
Parmesan Vinaigrette® •												
Peppercorn Ranch Sauce•••*IIIRed Wine Vinegar•• <td></td> <td></td> <td></td> <td>•</td> <td></td> <td></td> <td></td> <td>*</td> <td></td> <td></td> <td></td> <td></td>				•				*				
Red Wine Vinegar Image: Section of the section of		•		•				*				
Roasted Garlic Aioli••III											•	
Sindarda Sades •		•						*				
Sweet Onion Terlyaki Sauce (Contains Poppy Seeds)••<	Sriracha Sauce	•						*				
Local/Regional Condiments and Dressings #Glardiniera* <td>Subkrunch™</td> <td></td>	Subkrunch™											
Local/Regional Condiments and Dressings #Glardiniera* <td>Sweet Onion Teriyaki Sauce (Contains Poppy Seeds)</td> <td></td> <td></td> <td></td> <td></td> <td>•</td> <td></td> <td>•</td> <td></td> <td>•</td> <td></td> <td></td>	Sweet Onion Teriyaki Sauce (Contains Poppy Seeds)					•		•		•		
VegetablesBanana PeppersImage: Constraint of the second s	Local/Regional Condiments and Dressings ‡											
Banana PeppersImage: Constraint of the second s	Giardiniera							*				
Black OlivesImage: Section of the section	Vegetables											
CucumbersImage: constraint of the second											•	
Green PeppersImage: segment of the segmen												
Jalapeno Pepper SlicesImage: Slices<												
LettuceImage: state sta												
OnionsImage: style styl											•	
PicklesImage: style sty												
Sliced AvocadoImage: Sliced Avocado<												
Smashed AvocadoImage: Smashed Avocado												
Spinach <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>												
Suntan PeppersImage: Suntan Peppers<												
TomatoesImage: Soups and Pizza #Broccoli & CheddarImage: Soups and Pizza #Broccoli & CheddarImage: Soups and Pizza #Chicken NoodleImage: Soups and Pizza #Loaded Baked PotatoImage: Soups and Pizza #Pizza, CheeseImage: Soups and Pizza #												
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Chicken Noodle•III•ILoaded Baked Potato••IIIIPizza, Cheese••IIII												
Loaded Baked Potato•• </td <td></td> <td> </td> <td> </td> <td>•</td> <td> </td> <td> </td> <td> </td> <td></td> <td> </td> <td></td> <td> </td> <td>┝──┤</td>				•								┝──┤
Pizza, Cheese • • • • • • •		•								•		┝──┤
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	Pizza, Cheese Cookies & Sides			•						•		

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Applesauce											
Cookie, Chocolate Chip	•		•	**			•	**	•		
Cookie, Double Chocolate	•		•	**			•	**	•		
Cookie, Oatmeal Raisin	•		•	**				**	•		
Cookie, Naturally Flavored Raspberry Cheesecake	•		•	**			•	**	•		
Cookie, White Chip Macadamia Nut	•		•	**			•	•	•		
Footlong Cookie, Chocolate Chip	•		•				•		•		
Footlong Cookie, Double Chocolate Peppermint	•		•				•	х	•		
Footlong Cookie, Oreo	•		•				•	Х	•		
Footlong Churro	•		•				•		•		
Footlong Pretzel			•				*		•		

•=contains x=may contain

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

² The Gluten-Free bread is manufactured in a Gluten-Free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.

*Only contains highly refined oil from this ingredient. FDA exempts labeling refined oils as allergens since they can be safely consumed by food-allergic individuals.

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

‡ Local Options: Products are not available at all locations