



Allergen Information

Our products are produced in factories which handle nuts.
All meats are Halal certified. Halal certified meats are only available at participating Halal Subway® stores.

	Eggs	Fish	Milk (lactose)	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs	
Bread															
Italian (White) Bread									1						
9-Grain Wheat Bread									1, 2, 3, 4, 5						
9-Grain Honey Oat									1, 2, 3, 4, 5						
Hearty Italian Bread									1						
Italian Herb & Cheese Flatbread									1						
Jalapeño Cheese Bread									1, 4						
Wrap (Tomato / Spinach)									1						
Meat, Poultry, Seafood, Eggs and Veggie Patty															
Big Beef Patty†															
Turkey Sausage Patty†									1						
Chicken Breast															
Teriyaki Glazed Chicken Breast									1						
Chicken Tikka									1						
Egg Omelette															
Turkey Ham†															
Turkey Breast†															
Turkey Rashers†															
Pepperoni (Beef)															
Salami (Beef)															
Meatballs (in Marinara Sauce)									1						
Poached Egg															
Steak† (made with shaved steak strips, green pepper and onion)									1, 3						
Tuna (with Lite Mayonnaise)															
Veggie Patty^									1						
Chorizo (Beef)															
Rotisserie-Style Chicken*															
Taco Beef															
Cheese & Vegetables															
Monterey Cheddar Cheese / Italian Hard Grated Cheese															
Processed Cheddar Cheese / Peppered Cheese															
Olives / Pickles															
Jalapeños															
Sweetcorn															
Guacamole															
Cucumber, Green Pepper, Lettuce, Tomato, Onion, Carrot															
Sauces & Condiments															
Barbecue Sauce															
Chipotle Southwest Sauce															
Honey Mustard Sauce															
Hot Chili Sauce															
Lite Mayonnaise															
Ranch Sauce															
Sweet Chili Sauce									1						
Sweet Onion Sauce (contains poppy seeds)															
Tomato Ketchup															
Sriracha Sauce															
Caesar Sauce															
Salsa															
Marinara Sauce															
HP Brown Sauce									2, 3						
Yellow Mustard															
Salad Cream															
Mango Chutney															
Salt / Pepper / Oregano															
Cookies**, Donuts & Muffins															
Chocolate Chunk Cookie									**	1					
Double Chocolate Cookie									**	1					
White Chip Macadamia Nut Cookie									14	1					
Oatmeal Raisin Cookie									**	1, 4					
Raspberry Cheesecake Cookie									**	1					
Rainbow Cookie									**	1					
Chocolate Doughnut									**	1					
Sugared Doughnut									**	1					
Blueberry Muffin									**	1					
Rich Chocolate Muffin									**	1					
Apricot Crown Danish									7	1					
Cinnamon Swirl Danish									**	1					
Vanilla Crown Danish									7, 8	1					
Maple Pecan Plait									11	1					
Soups															
Carrot and Coriander															
Leek and Potato															
Minestrone									1						
Red Pepper and Tomato									1						
Cream of Tomato									1						
Thai Style Vegetable															
Cream of Mushroom															
Miscellaneous items															
Nachos (Doritos Lightly Salted)															
Hash Browns															
Flavoured Coffee Syrups: Vanilla, Gingerbread, Caramel, Chocolate															
Flavoured Coffee Syrups: Hazelnut									8						
Coffee / Tea															
Cappuccino / Latte / Hot Chocolate / Chocolate Sprinkles (for Cappuccino)															
Fountain drinks: Robinsons Apple And Blackcurrant															
Fountain drinks: Other															

†Formed meat. ^May come in contact with non-vegetarian items. *Hand torn in-store, 100% chicken breast marinated, seared and cooked in its own juices.

■ = CONTAINS ** = Due to the nature of storage, product may come into contact with nuts.

Within the normal operating environment, it is not possible to guarantee that Sub and salad ingredients are 100% free from cross-contamination. Store product range may vary from the above selection. Please refer to your Sandwich Artist™ with any questions related to items not shown on this chart. Correct at time of printing (28/09/2018)
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Grains (gluten)	
1	Wheat
2	Rye
3	Barley
4	Oat
5	Spelt
6	Kamut

Nuts	
7	Almond
8	Hazelnut
9	Walnut
10	Cashew nut
11	Pecan nut
12	Brazil nut
13	Pistachio
14	Macadamia nut

