## SUBUAT?

## U.S. Allergy and Sensitivity Information

 January 2019This 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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| Breads \& Wraps |  |  |  |  |  |  |  |  |  |  |  |
| Italian (white) |  |  |  |  |  |  | * |  | $\bullet$ |  |  |
| 9-Grain Wheat |  |  |  |  |  |  | * |  | - |  |  |
| Flatbread, Artisan |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ |  |  |
| Italian Herbs and Cheese |  |  | - |  |  |  | * |  | $\bullet$ |  |  |
| Local/Regional Breads $\ddagger$ |  |  |  |  |  |  |  |  |  |  |  |
| 9-Grain Honey Oat |  |  |  |  |  |  | * |  | $\bullet$ |  |  |
| Croissant | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ | * | $\bullet$ |  |  |
| English Muffin |  |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| Gluten-Free (as packaged) | $\bullet$ |  |  |  |  |  | X |  |  |  |  |
| Harvest |  |  |  |  |  |  | * |  | $\bullet$ |  |  |
| Hearty Italian |  |  |  |  |  |  | * |  | $\bullet$ |  |  |
| Jalapeno Cheese/Cheddar |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ | $\bullet$ |  |
| Monterey Cheddar |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ |  |  |
| Parmesan Oregano |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ |  |  |
| Roasted Garlic |  |  |  |  |  |  | * |  | $\bullet$ | $\bullet$ |  |
| Sourdough |  |  |  |  |  |  | * |  | $\bullet$ |  |  |
| Ultimate Cheesy Garlic Bread |  |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| Wrap, Habanero |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| Wrap, Spinach |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| Wrap, Tomato Basil |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| Wrap, Wheat |  |  |  |  |  |  |  |  | $\bullet$ |  |  |
| Meat, Poultry, Seafood \& Eggs |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Chicken Patty, Roasted |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Strips, Plain |  |  |  |  |  |  | $\bullet$ |  |  |  |  |
| Chicken Strips, Teriyaki Glazed |  |  |  |  | $\bullet$ |  | $\bullet$ |  | - |  |  |
| Cold Cut Combo Meats |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Egg (Regular) Omelet | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ |  |  |  |  |
| Egg White Patty | - |  |  |  |  |  | * |  |  |  |  |
| Ham (Black Forest) |  |  |  |  |  |  |  |  |  |  |  |
| Italian BMT® Meats (ham, pepperoni, salami) |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Meatballs \& Marinara |  |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| Pepperoni |  |  |  |  |  |  |  |  |  |  |  |
| Roast Beef |  |  |  |  |  |  |  |  |  |  |  |
| Rotisserie-Style Chicken |  |  |  |  |  |  |  |  |  |  |  |
| Spicy Italian Meats (pepperoni, salami) |  |  |  |  |  |  |  |  |  |  |  |
| Steak |  |  |  |  |  |  |  |  |  |  |  |
| Tuna | $\bullet$ | $\bullet$ |  |  |  |  | * |  |  |  |  |
| Turkey Breast |  |  |  |  |  |  | * |  |  |  |  |


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| Local/ Regional Meats Proteins $\ddagger$ |  |  |  |  |  |  |  |  |  |  |  |
| BBQ Pulled Pork |  |  |  |  |  |  | * |  |  |  |  |
| BBQ Rib Patty |  |  |  |  |  |  | - |  |  |  |  |
| Chicken Enchilada |  |  | - |  |  |  | - |  | - |  |  |
| Chicken Salad | - |  |  |  |  |  | * |  |  |  |  |
| Chicken Strips, Buffalo Chicken |  |  |  |  |  |  | $\bullet$ |  |  |  |  |
| Corned Beef |  |  |  |  |  |  |  |  |  |  | - |
| Egg Salad | - |  |  |  |  |  | * |  |  |  |  |
| Falafel |  |  |  |  |  |  |  |  | $\bullet$ |  |  |
| Orchard Chicken Salad | - |  |  |  |  |  | * |  |  |  |  |
| Pastrami |  |  |  |  |  |  |  |  |  |  | - |
| Sausage, Breakfast |  |  |  |  |  |  |  |  |  |  |  |
| Seafood Sensation | - | $\bullet$ |  |  |  |  | - |  | $\bullet$ |  |  |
| Veggie Patty (vegetarian) | $\bullet$ |  | - |  |  |  | - |  | $\bullet$ |  |  |
| Vegan Patty (Malibu) |  |  |  |  | $\bullet$ |  | - |  | $\bullet$ |  |  |
| Cheese |  |  |  |  |  |  |  |  |  |  |  |
| American, Processed |  |  | - |  |  |  | - |  |  |  |  |
| Monterey Cheddar, Shredded |  |  |  |  |  |  |  |  |  |  |  |
| Parmesan |  |  | - |  |  |  |  |  |  |  |  |
| Provolone |  |  | - |  |  |  |  |  |  |  |  |
| Local/Regional Cheese $\ddagger$ |  |  |  |  |  |  |  |  |  |  |  |
| Feta |  |  | - |  |  |  |  |  |  |  |  |
| Mozzarella, Shredded |  |  | - |  |  |  |  |  |  |  |  |
| Natural Cheddar |  |  | - |  |  |  |  |  |  |  |  |
| Pepperjack |  |  | - |  |  |  |  |  |  |  |  |
| Swiss |  |  | - |  |  |  |  |  |  |  |  |
| Condiments \& Dressings |  |  |  |  |  |  |  |  |  |  |  |
| Chipotle Southwest Sauce | - |  | - |  |  |  | * |  |  |  |  |
| Guacamole |  |  |  |  |  |  |  |  |  |  |  |
| Mayonnaise Light | $\bullet$ |  |  |  |  |  | * |  |  |  |  |
| Mayonnaise, Regular | - |  |  |  |  |  | * |  |  |  |  |
| Mustard (Deli Brown) |  |  |  |  |  |  |  |  |  |  |  |
| Mustard (Yellow) |  |  |  |  |  |  |  |  |  |  |  |
| Mustard Seed Spread |  |  |  |  |  |  |  |  |  |  |  |
| Oil |  |  |  |  |  |  |  |  |  |  |  |
| Ranch Dressing | $\bullet$ |  | - |  |  |  | * |  |  |  |  |
| Savory Caesar | - | $\bullet$ | - |  |  |  | - |  |  |  |  |
| Subway® Herb Garlic Oil |  |  |  |  |  |  | * |  |  |  |  |
| Subway® Vinaigrette |  |  |  |  |  |  | - |  |  | - |  |
| Sweet Onion Sauce (Contains Poppy Seeds) |  |  |  |  |  |  | - |  |  | - |  |
| Vinegar |  |  |  |  |  |  |  |  |  | - |  |
| Local/Regional Condiments and |  |  |  |  |  |  |  |  |  |  |  |
| Barbeque Sauce |  |  |  |  |  |  |  |  |  |  |  |
| Buffalo Sauce |  |  |  |  |  |  |  |  |  |  |  |
| Creamy Italian |  |  |  |  |  |  | * |  |  |  |  |
| Creamy Srircha | - |  |  |  |  |  | * |  |  |  |  |
| Fire Roasted Tomato Sauce |  |  |  |  |  |  |  |  |  |  |  |
| Giardiniera |  |  |  |  |  |  |  |  |  |  |  |
| Golden Italian |  |  |  |  |  |  |  |  |  |  |  |
| Gorgonzola Sauce | $\bullet$ |  | - |  |  |  | * |  |  |  |  |
| Honey Mustard Sauce, Fat Free | - |  |  |  |  |  |  |  |  |  |  |
| Hot Pepper Relish |  |  |  |  |  |  |  |  |  | - |  |
| Ketchup |  |  |  |  |  |  |  |  |  |  |  |
| Signature Horseradish Sauce | - |  |  |  |  |  | * |  |  |  |  |
| Smoky Hickory Sauce | * |  |  |  |  |  | * |  |  |  |  |
| Sweet Chili Sauce |  |  |  |  |  |  |  |  |  |  |  |
| Thousand Island | $\bullet$ |  |  |  |  |  | * |  |  |  |  |
| Tzatziki Sauce | $\bullet$ |  | $\bullet$ |  |  |  | * |  |  |  |  |
| Vegetables |  |  |  |  |  |  |  |  |  |  |  |
| Banana Peppers |  |  |  |  |  |  |  |  |  |  |  |
| Cucumbers |  |  |  |  |  |  |  |  |  |  |  |
| Green Peppers |  |  |  |  |  |  |  |  |  |  |  |


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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Jalapenos |  |  |  |  |  |  |  |  |  | $\bullet$ |  |
| Lettuce |  |  |  |  |  |  |  |  |  |  |  |
| Olives |  |  |  |  |  |  |  |  |  |  |  |
| Onions |  |  |  |  |  |  |  |  |  |  |  |
| Pickles |  |  |  |  |  |  |  |  |  |  |  |
| Spinach |  |  |  |  |  |  |  |  |  |  |  |
| Tomatoes |  |  |  |  |  |  |  |  |  |  |  |
| Local/Regional Vegetables $\ddagger$ |  |  |  |  |  |  |  |  |  |  |  |
| Avocado |  |  |  |  |  |  |  |  |  |  |  |
| Carrots |  |  |  |  |  |  |  |  |  |  |  |
| Green Chiles |  |  |  |  |  |  |  |  |  |  |  |
| House-Made Dill Pickles |  |  |  |  |  | * |  |  |  |  |  |
| Mushrooms |  |  |  |  |  |  |  |  |  |  |  |
| Sweet Peppers |  |  |  |  |  |  |  |  |  | $\bullet$ |  |
| Soups $\ddagger$ |  |  |  |  |  |  |  |  |  |  |  |
| Beef Chili |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| Black Bean |  |  |  |  |  |  | $\bullet$ |  |  |  |  |
| Broccoli \& Cheddar |  |  | $\bullet$ |  |  |  | * |  |  |  |  |
| Creamy Chicken \& Dumpling | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| Creamy Chicken and Wild Rice |  |  | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ |  |  |
| French Onion (includes bread \& cheese) |  |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| Homestyle Chicken Noodle | $\bullet$ |  | $\bullet$ |  |  |  |  |  | $\bullet$ |  |  |
| Loaded Baked Potato |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ |  |  |
| Spicy Chicken Tortilla |  |  |  |  |  |  | * |  |  |  |  |
| Tomato Basil |  |  | $\bullet$ |  |  |  |  |  |  |  |  |
| Cookies \& Desserts |  |  |  |  |  |  |  |  |  |  |  |
| Apple slices |  |  |  |  |  |  |  |  |  |  |  |
| Cookie, Chocolate Chip | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | ** | $\bullet$ |  |  |
| Cookie, Oatmeal Raisin | $\bullet$ |  | $\bullet$ | ** |  |  |  | ** | $\bullet$ |  |  |
| Cookie, Raspberry Cheesecake | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | ** | $\bullet$ |  |  |
| Cookie, White Chip Macadamia Nut | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | - | $\bullet$ |  |  |
| Local/Regional Cookies and Desserts $\ddagger$ |  |  |  |  |  |  |  |  |  |  |  |
| Brownie | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ | X | $\bullet$ |  |  |
| Brownie, Gluten-Free ${ }^{2}$ | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| Cinnamon Rolls | * |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| Cookie, Chocolate Chip with M\&M's® | $\bullet$ |  | $\bullet$ | $\bullet$ |  |  | $\bullet$ | ** | $\bullet$ |  |  |
| Cookie, Chocolate Chunk | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | ** | $\bullet$ |  |  |
| Cookie, Double Chocolate | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | ** | $\bullet$ |  |  |
| Cookie, Peanut Butter | $\bullet$ |  | $\bullet$ | $\bullet$ |  |  | $\bullet$ | ** | $\bullet$ |  |  |
| Cookie, Sugar | $\bullet$ |  | $\bullet$ | ** |  |  |  | ** | $\bullet$ |  |  |
| Muffin, Apple Cinnamon Pecan | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ |  |  |
| Muffin, Banana Bread | $\bullet$ |  | $\bullet$ |  |  |  | * | $\bullet$ | $\bullet$ |  |  |
| Muffin, Blueberry Crumb | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ |  |  |
| Muffin, Chocolate Chunk | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| Muffin, Triple Berry | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  |  |

-=contains $\quad x=m a y$ 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 foodallergic individuals.
**Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies. Peanut butter cookie may contain macadamia nuts due to manufacturing process.
$\ddagger$ Local Options: Products are not available at all locations

