



# U.S. Ingredient Information for People with Food Allergies and Sensitivities

(Revised October 2010)

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.

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten <sup>1</sup>	Sulfites	Autolyzed Yeast Hydrolyzed Prot. <sup>2</sup>	Nitrites/Nitrates
<b>Sandwiches<sup>▲</sup> on Italian bread with lettuce, tomatoes, green peppers, red onions, pickles, and olives.</b>												
Chicken & Bacon Ranch (Includes Cheese)	•		•				•		•			•
Cold Cut Combo							*		•			•
Ham (Black Forest)							*		•		•	•
Italian BMT®							*		•		•	•
Meatball Marinara			•				•		•			
Oven Roasted Chicken							*		•		•	
Roast Beef							*		•			
Seafood Sensation	•	•				•	•		•		•	
Sweet Onion Chicken Teriyaki					•		•		•		•	
Tuna	•	•					*		•		• <sup>3</sup>	
Turkey Breast							*		•			
Turkey Breast & Ham							*		•		•	•
Spicy Italian							*		•		•	•
Subway Club®							*		•		•	•
Subway Melt®			•				*		•		•	•
Steak & Cheese			•				•		•	•	•	
Veggie Delite®							*		•			
<b>Salads<sup>▲</sup> with lettuce, cucumbers, tomatoes, green peppers, red onions, olives and carrots.</b>												
Chicken & Bacon Ranch (Includes Cheese)	•		•				•					•
Cold Cut Combo												•
Ham (Black Forest)											•	•
Italian BMT®											•	•
Meatball Marinara			•				•		•			
Oven Roasted Chicken (with chicken strips)							•				•	
Roast Beef												
Seafood Sensation	•	•				•	•		•		•	
Sweet Onion Chicken Teriyaki					•		•		•	•	•	
Tuna	•	•					*				• <sup>3</sup>	
Turkey Breast							*					
Turkey Breast & Ham							*				•	•
Spicy Italian											•	•
Subway Club®							*				•	•
Steak & Cheese			•				•			•		
Veggie Delite®												
<b>Breads &amp; Wraps</b>												
Ciabatta Bread							*		•			
English Muffin, Light Wheat									•			
Flatbread			•				*		•			
Hearty Italian							*		•			
Honey Oat							•		•			
Italian (white)							*		•			
Italian Herbs and Cheese			•				*		•			
Monterey Cheddar			•				*		•			
Parmesan Oregano			•				*		•		•	
Roasted Garlic							•		•			
Sourdough							*		•			
9-Grain Wheat							*		•			
Wrap							*		•			

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten <sup>1</sup>	Sulfites	Autolyzed Yeast Hydrolyzed Prot. <sup>2</sup>	Nitrites/Nitrates
<b>Meat, Poultry, Seafood &amp; Eggs</b>												
Bacon Strips												•
Oven Roasted Chicken							*				•	
Chicken Strips - Plain							•					
Chicken Strips - Teriyaki Glazed					•		•		•		•	
Cold Cut Combo Meats												•
Egg (Regular) Omelet	•		•				•					
Egg (White) Omelet	•						*					
Ham (Black Forest)											•	•
Italian BMT® Meats											•	•
Meatballs & Marinara			•				•		•			
Roast Beef												
Seafood Sensation	•	•				•	•		•		•	
Steak							•			•	•	
Tuna	•	•					*				• <sup>3</sup>	
Turkey Breast							*					
<b>Cheese</b>												
American Cheese			•				•					
Cheddar Cheese			•									
Monterey Cheddar Cheese, Shredded			•									
Mozzarella Cheese, Shredded			•									
Parmesan Cheese			•									
Pepper Jack Cheese			•									
Provolone Cheese			•									
Swiss Cheese			•									
<b>Condiments &amp; Dressings</b>												
Chipotle Southwest Sauce	•		•								•	
Croutons			•						•			
Honey Mustard Sauce	•											
Light Mayonnaise/Regular Mayonnaise	•						*					
Mustard (Yellow and Deli Brown)												
Oil												
Ranch Dressing	•		•				*					
Red Wine Vinaigrette			•							•		
Sweet Onion Sauce (Contains Poppy Seeds)										•		
Vinegar										•		
<b>Vegetables</b>												
Banana Peppers										•		
Jalapenos												
Olives												
Pickles												
Vegetables, Fresh												
<b>Pizza</b>												
Cheese Pizza			•				*		•			
<b>Cookies</b>												
Chocolate Chip	•		•	**			•	**	•			
Chocolate Chunk	•		•	**			•	**	•			
Double Chocolate	•		•	**			•	**	•			
M&M®	•		•	•			•	**	•			
Oatmeal Raisin	•		•	**			•	**	•			
Peanut Butter	•		•	•			•	**	•			
Sugar	•		•	**				**	•			
White Chip Macadamia Nut	•		•	**			•	•	•			

▲=Allergen info for additional condiments and breads are listed separately on this chart.

<sup>1</sup> Wheat & Gluten categories are combined since all Subway® gluten-containing items contain wheat

<sup>4</sup> Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

<sup>3</sup> Tuna served in Minnesota and Florida contains hydrolyzed vegetable protein.

\*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