SUBWAY

U.S. Allergy and Sensitivity Information

June 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.

ereads & Wraps Intisan Italian (white) learty Multigrain latbread, Artisan				Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
learty Multigrain Iatbread, Artisan									•		
latbread, Artisan							*		•		
			х				*		•		
<i>lew</i> Flatbread			•				*		•		
alian Herbs and Cheese			٠						•		
<i>lew</i> Wrap			٠				*		•		
Vrap							•		•		
ocal/Regional Breads‡											
alapeno Cheddar			٠						•	•	
1onterey Cheddar			•						٠		
armesan Oregano			•						•		
leat, Poultry, Seafood & Eggs											
acon											•
apicola											•
hicken, Grilled							•				
hicken, Grilled (with Buffalo sauce)							•				
hicken, Grilled (with Sweet Onion Teriyaki Sauce)					•		•		•		
old Cut Combo® Meats											•
gg Omelet Patty (Regular)	•						•				
ienoa Salami											•
lam (Black Forest)											•
leatballs & Marinara			•				•		•		
epperoni							ļ				•
loast Beef	_						*				
totisserie-Style Chicken	_						Â				
picy Italian Meats (pepperoni, salami)							*				•
teak, Shaved una Salad							^ *				
una salad urkey Breast, Oven Roasted	•	•					^ *		1		

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
	ш	<u> </u>	2	4	S	S	S	<u>⊢</u>	<u> </u>	S	<
Local/ Regional Meats Proteins‡			1	1	1		_				
Eggs, Cage-Free	•					┝───	•	<u> </u>			+
Pastrami		<u> </u>				┣───	<u> </u>				•
Veggie Patty							•				
Cheese											·
American, Processed		<u> </u>	•			<u> </u>	•				
Cheddar Cheese Sauce BelGioioso® Fresh Mozzarella		<u> </u>	•			<u> </u>	<u> </u>				
Monterey & Cheddar Cheese Blend, Shredded	+	<u> </u>	•			<u> </u>	<u> </u>				+
Parmesan	+	<u> </u>	•			<u> </u>	<u> </u>				
Pepperjack			•			<u> </u>	•				
Provolone			•				-				
Local/Regional Cheese‡	-	1		!							1
Mozzarella, Shredded	T	r	•	<u> </u>	<u> </u>	r	r	r			T
Condiments & Seasonings				I							
Baja Chipotle Sauce	•		•				*				
Creamy Sriracha	•		, ,			<u> </u>	*	<u> </u>			
Franks® Red Hot Buffalo Sauce	Ť										
Honey Mustard Sauce	•					<u> </u>	*	<u> </u>			
Mayonnaise, Regular	•					<u> </u>	*	<u> </u>			
Mustard (Yellow)	<u> </u>					<u> </u>		<u> </u>			
MVP Parmesan Vinaigrette®			•				*				
Oil Blend											
Peppercorn Ranch Sauce	•	<u> </u>	•				*				
Red Wine Vinegar										•	
Roasted Garlic Aioli	•						*				
Sweet Onion Teriyaki Sauce (Contains Poppy Seeds))				•		•		•		
	-						-			-	-
Local/Regional Condiments and Dressings ‡	_		•	1	•	_	_				
Barbeque Sauce											
Giardiniera							*				
Vegetables								ļ			
Banana Peppers										•	
Black Olives											
Cucumbers											
Green Peppers		<u> </u>				<u> </u>	<u> </u>	<u> </u>			
Jalapeno Pepper Slices										•	
Lettuce											
Onions											
Pickles											
Sliced Avocado	-										
Smashed Avocado	-										
Spinach Suptan Dannars						<u> </u>					
Suntan Peppers Tomatoes							<u> </u>				
Soups and Pizza †											
Broccoli & Cheddar			•						•		
Chicken Noodle	•	┢────	-			├───	┣───	╂────	•	┢────	╉───┤
Loaded Baked Potato	+	┼───	•		<u> </u>	├──	├──	<u> </u>			╉──┤
Pizza, Cheese	+		•			<u> </u>	*		•		╉──┤
Cookles & Sides				I							
Applesauce											

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Cookie, Chocolate Chip	•		•	**			•	**	•		
Cookie, Double Chocolate	•		•	**			•	**	•		
Cookie, Oatmeal Raisin	•		•	**				**	•		
Cookie, Raspberry Cheesecake	•		•	**			•	**	•		
Cookie, White Chip Macadamia Nut	•		•	**			•	•	•		
Footlong Cookie, Chocolate Chip	•		•				•		•		
Footlong Churro	•		•				•		•		
Footlong Pretzel			•				*		•		
Local/Regional Cookies and Desserts†											
Muffin, Apple Cinnamon Pecan	•		٠				•	•	•		
Muffin, Banana Bread	•		٠				*	•	•		
Muffin, Blueberry Crumb	•		•				•	•	•		
Muffin, Chocolate Chunk	•		•				•		•		
Muffin, Triple Berry	•		•				•		•		

•=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