## SUBUAY

## U.S. Allergy and Sensitivity Information J une 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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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breads \& Wraps |  |  |  |  |  |  |  |  |  |  |  |
| Artisan Italian (white) |  |  |  |  |  |  |  |  | $\bullet$ |  |  |
| Hearty Multigrain |  |  |  |  |  |  | * |  | $\bullet$ |  |  |
| Flatbread, Artisan |  |  | X |  |  |  | * |  | $\bullet$ |  |  |
| New Flatbread |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ |  |  |
| Italian Herbs and Cheese |  |  | $\bullet$ |  |  |  |  |  | $\bullet$ |  |  |
| New Wrap |  |  | - |  |  |  | * |  | $\bullet$ |  |  |
| Wrap |  |  |  |  |  |  | $\bullet$ |  | - |  |  |
| Local/Regional Breads $\ddagger$ |  |  |  |  |  |  |  |  |  |  |  |
| J alapeno Cheddar |  |  | $\bullet$ |  |  |  |  |  | $\bullet$ | $\bullet$ |  |
| M onterey Cheddar |  |  | $\bullet$ |  |  |  |  |  | $\bullet$ |  |  |
| Parmesan Oregano |  |  | $\bullet$ |  |  |  |  |  | $\bullet$ |  |  |
| Meat, Poultry, Seafood \& Eggs |  |  |  |  |  |  |  |  |  |  |  |
| Bacon |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Capicola |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Chicken, Grilled |  |  |  |  |  |  | $\bullet$ |  |  |  |  |
| Chicken, Grilled (with Buffalo sauce) |  |  |  |  |  |  | $\bullet$ |  |  |  |  |
| Chicken, Grilled (with Sweet Onion Teriyaki Sauce) |  |  |  |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  |  |
| Cold Cut Combo®Meats |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Egg Omelet Patty (Regular) | $\bullet$ |  |  |  |  |  | $\bullet$ |  |  |  |  |
| Genoa Salami |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Ham (Black Forest) |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| M eatballs \& M arinara |  |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| Pepperoni |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Roast Beef |  |  |  |  |  |  |  |  |  |  |  |
| Rotisserie-Style Chicken |  |  |  |  |  |  | * |  |  |  |  |
| Spicy Italian M eats (pepperoni, salami) |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Steak, Shaved |  |  |  |  |  |  | * |  |  |  |  |
| Tuna Salad | $\bullet$ | $\bullet$ |  |  |  |  | * |  |  |  |  |
| Turkey Breast, Oven Roasted |  |  |  |  |  |  | * |  |  |  |  |


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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Local/ Regional Meats Proteins $\ddagger$ |  |  |  |  |  |  |  |  |  |  |  |
| Eggs, Cage-Free | $\bullet$ |  |  |  |  |  | - |  |  |  |  |
| Pastrami |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Veggie Patty |  |  |  |  |  |  | $\bullet$ |  |  |  |  |
| Cheese |  |  |  |  |  |  |  |  |  |  |  |
| American, Processed |  |  | $\bullet$ |  |  |  | $\bullet$ |  |  |  |  |
| Cheddar Cheese Sauce |  |  | $\bullet$ |  |  |  | * |  |  |  |  |
| BelGioioso ®Fresh Mozzarella |  |  | $\bullet$ |  |  |  |  |  |  |  |  |
| M onterey \& Cheddar Cheese Blend, Shredded |  |  | - |  |  |  |  |  |  |  |  |
| Parmesan |  |  | $\bullet$ |  |  |  |  |  |  |  |  |
| Pepperjack |  |  | $\bullet$ |  |  |  | $\bullet$ |  |  |  |  |
| Provolone |  |  | - |  |  |  |  |  |  |  |  |
| Local/Regional Cheese $\ddagger$ |  |  |  |  |  |  |  |  |  |  |  |
| M ozzarella, Shredded |  |  | $\bullet$ |  |  |  |  |  |  |  |  |
| Condiments \& Seasonings |  |  |  |  |  |  |  |  |  |  |  |
| Baja Chipotle Sauce | $\bullet$ |  | $\bullet$ |  |  |  | * |  |  |  |  |
| Creamy Sriracha | $\bullet$ |  |  |  |  |  | * |  |  |  |  |
| Franks®Red Hot Buffalo Sauce |  |  |  |  |  |  |  |  |  |  |  |
| Honey Mustard Sauce | $\bullet$ |  |  |  |  |  | * |  |  |  |  |
| Mayonnaise, Regular | $\bullet$ |  |  |  |  |  | * |  |  |  |  |
| Mustard (Yellow) |  |  |  |  |  |  |  |  |  |  |  |
| MVP Parmesan Vinaigrette ${ }^{\circledR}$ |  |  | - |  |  |  | * |  |  |  |  |
| Oil Blend |  |  |  |  |  |  |  |  |  |  |  |
| Peppercorn Ranch Sauce | $\bullet$ |  | - |  |  |  | * |  |  |  |  |
| Red Wine Vinegar |  |  |  |  |  |  |  |  |  |  |  |
| Roasted Garlic Aioli | $\bullet$ |  |  |  |  |  | * |  |  |  |  |
| Sweet Onion Teriyaki Sauce (Contains Poppy Seeds) |  |  |  |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  |  |
| Local/Regional Condiments and Dressings $\ddagger$ |  |  |  |  |  |  |  |  |  |  |  |
| Barbeque Sauce |  |  |  |  |  |  |  |  |  |  |  |
| Giardiniera |  |  |  |  |  |  | * |  |  |  |  |
| Vegetables |  |  |  |  |  |  |  |  |  |  |  |
| Banana Peppers |  |  |  |  |  |  |  |  |  | - |  |
| Black Olives |  |  |  |  |  |  |  |  |  |  |  |
| Cucumbers |  |  |  |  |  |  |  |  |  |  |  |
| Green Peppers |  |  |  |  |  |  |  |  |  |  |  |
| J alapeno Pepper Slices |  |  |  |  |  |  |  |  |  | $\bullet$ |  |
| Lettuce |  |  |  |  |  |  |  |  |  |  |  |
| Onions |  |  |  |  |  |  |  |  |  |  |  |
| Pickles |  |  |  |  |  |  |  |  |  |  |  |
| Sliced Avocado |  |  |  |  |  |  |  |  |  |  |  |
| Smashed Avocado |  |  |  |  |  |  |  |  |  |  |  |
| Spinach |  |  |  |  |  |  |  |  |  |  |  |
| Suntan Peppers |  |  |  |  |  |  |  |  |  |  |  |
| Tomatoes |  |  |  |  |  |  |  |  |  |  |  |
| Soups and Pizza $\ddagger$ |  |  |  |  |  |  |  |  |  |  |  |
| Broccoli \& Cheddar |  |  | $\bullet$ |  |  |  |  |  | $\bullet$ |  |  |
| Chicken Noodle | $\bullet$ |  |  |  |  |  |  |  | $\bullet$ |  |  |
| Loaded Baked Potato |  |  | $\bullet$ |  |  |  |  |  |  |  |  |
| Pizza, Cheese |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ |  |  |
| Cookies \& Sides |  |  |  |  |  |  |  |  |  |  |  |
| Applesauce |  |  |  |  |  |  |  |  |  |  |  |


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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Cookie, Chocolate Chip | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | ** | - |  |  |
| Cookie, Double Chocolate | $\bullet$ |  | $\bullet$ | ** |  |  | - | ** | $\bullet$ |  |  |
| Cookie, Oatmeal Raisin | $\bullet$ |  | $\bullet$ | ** |  |  |  | ** | $\bullet$ |  |  |
| Cookie, Raspberry Cheesecake | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | ** | $\bullet$ |  |  |
| Cookie, White Chip Macadamia Nut | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | - | - |  |  |
| Footlong Cookie, Chocolate Chip | - |  | - |  |  |  | - |  | - |  |  |
| Footlong Churro | - |  | $\bullet$ |  |  |  | - |  | - |  |  |
| Footlong Pretzel |  |  | $\bullet$ |  |  |  | * |  | - |  |  |
| Local/Regional Cookies and Desserts $\ddagger$ |  |  |  |  |  |  |  |  |  |  |  |
| Muffin, Apple Cinnamon Pecan | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ | - | $\bullet$ |  |  |
| M uffin, Banana Bread | - |  | - |  |  |  | * | - | - |  |  |
| M uffin, Blueberry Crumb | - |  | - |  |  |  | $\bullet$ | - | - |  |  |
| M uffin, Chocolate Chunk | - |  | $\bullet$ |  |  |  | - |  | $\bullet$ |  |  |
| M uffin, Triple Berry | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  |  |
| - = contains $\quad \mathrm{x}=$ may contain <br> ${ }^{1}$ Wheat \& Gluten categories are combined since all Subway ${ }^{\circledR} g$ gluten-containing items contain wheat. <br> ${ }^{2}$ 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. <br> *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. |  |  |  |  |  |  |  |  |  |  |  |

