

U.S. Allergy and Sensitivity Information November 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.

have a food allergy.											
	Egg	Fish	MIIK/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Breads & Wraps											
Artisan Italian (white)									•		
Hearty Multigrain							*		•		
Flatbread			•				*		•		
Ghost Pepper			•						•	•	
Italian Herbs and Cheese			•				ļ .		•		
Wrap			•				*		•		
Local/Regional Breads†		ı	1		1		T		1		1
Jalapeno Cheddar			•						•	•	
Monterey Cheddar			•						•		
Parmesan Oregano			•						•		
Meat, Poultry, Seafood & Eggs											
Bacon											•
Capicola											•
Chicken, Grilled							•				
Chicken, Grilled (with Buffalo sauce) Chicken, Grilled (with Sweet Onion Teriyaki Sauce)							•				
Cold Cut Combo® Meats					•		•		•		
Egg Omelet Patty (Regular)	•						•				•
Genoa Salami	•										
Ham (Black Forest)											+ -
Meatballs & Marinara			•				•		•		Ť
Pepperoni Pepperoni											•
Roast Beef											
Rotisserie-Style Chicken							*				
Spicy Italian Meats (pepperoni, salami)											•
Steak, Shaved							*				
Tuna Salad	•	•					*				
Turkey Breast, Oven Roasted							*				

									1,2		tes
									Wheat & Gluten containing ingredients ^{1,2}		Added Nitrites/Nitrates
									an redi		N/se
			Milk/Lactose					"	Wheat & Gluten containing ingre		trite
			-act	ıts	ne	lsh	Soybeans	Tree Nuts	& G Jung	es	Z
	6	Fish	 	Peanuts	Sesame	Shellfish	ybe	ee l	eat tair	Sulfites	dec
	Egg	Ě	Σ	Pe	SS	ς	Sc	Tr	Wh con	S	Ψ
Local/ Regional Meats Proteins‡	ı	1	1	ı	1	ı		ī	1		
Eggs, Cage-Free	•						•				
Pastrami Voggio Patty											•
Veggie Patty Cheese							•				
American, Processed			•				•				
BelGioioso® Fresh Mozzarella			•								
Monterey & Cheddar Cheese Blend, Shredded			•								
Parmesan			•								
Pepperjack			•				•				
Provolone			•								
Condiments & Seasonings											
Baja Chipotle Sauce	•		•				*				
BBQ										•	
Cheddar Cheese Sauce			•				*				
Franks® Red Hot Buffalo Sauce							*				
Honey Mustard Sauce	•						*				
Mayonnaise, Regular Mustard (Yellow)	•										
Olive Oil Blend											
Parmesan Vinaigrette®			•				*				
Peppercorn Ranch Sauce	•		•				*				
Red Wine Vinegar										•	
Roasted Garlic Aioli	•						*				
Sriracha Sauce	•						*				
Subkrunch™											
Sweet Onion Teriyaki Sauce (Contains Poppy Seeds)					•		•		•		
Local/Regional Condiments and Dressings ‡											
Giardiniera							*				
Vegetables											
Banana Peppers										•	
Black Olives											
Cucumbers											
Green Peppers											
Jalapeno Pepper Slices Lettuce										•	
Onions											
Pickles											
Sliced Avocado											
Smashed Avocado											
Spinach											
Suntan Peppers											
Tomatoes											
Soups and Pizza ‡											
Broccoli & Cheddar			•						•		igsquare
Chicken Noodle	•	<u> </u>	<u> </u>						•	<u> </u>	igspace
Loaded Baked Potato			•				*			<u> </u>	igspace
Pizza, Cheese			•		L				•		
Cookies & Sides Applesauce											
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, Naturally Flavored Raspberry Cheesecake	•		•	**			•	**	•		
Cookie, White Chip Macadamia Nut	•		•	**			•	•	•		
Footlong Cookie, Chocolate Chip	•		•				•		•		
Footlong Cookie, Double Chocolate Peppermint	•		•				•	Х	•		
Footlong Churro	•		•				•		•		
Footlong Pretzel			•				*		•		

•=contains x=may contain

† Local Options: Products are not available at all locations

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.