

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. Disease | | | | | | | | | | | ΙΟί |
|---|---------|--------------|--------------|---------|--------|-----------|----------|---------------|---|----------|-------------------------|
| reflected on this chart. Please | i notti | <u>v ine</u> | sanov | MICH & | rust | l Vou | nave | <u>a 1000</u> | i allero | 1V. | S |
| | Egg | Fish | Milk/Lactose | Peanuts | Sesame | Shellfish | Soybeans | Tree Nuts | Wheat & Gluten containing ingredients ¹ | Sulfites | Added Nitrites/Nitrates |
| Breads & Wraps | | | | | | | | | | | |
| Italian (white) | | | | | | | * | | • | | |
| 9-Grain Wheat | | | | | | | * | | • | | |
| Flatbread, Artisan | | | • | | | | * | | • | | |
| Italian Herbs and Cheese | | | • | | | | * | | • | | |
| Local/Regional Breads‡ | | | | | | | | | | | |
| 9-Grain Honey Oat | | | | | | | * | | • | | |
| Croissant | • | | • | | | | • | * | • | | |
| English Muffin | | | • | | | | • | | • | | |
| Gluten-Free (as packaged) | • | | | | | | Х | | | | |
| Harvest | | | | | | | * | | • | | |
| Hearty Italian | | | | | | | * | | • | | |
| Jalapeno Cheese/Cheddar | | | • | | | | * | | • | • | |
| Monterey Cheddar | | | • | | | | * | | • | | |
| Parmesan Oregano | | | • | | | | * | | • | | |
| Roasted Garlic | | | | | | | * | | • | | |
| Slider Roll | | | | | | | * | | • | | |
| Sourdough | | | | | | | * | | • | | |
| Ultimate Cheesy Garlic Bread | | | • | | | | • | | • | | |
| Wrap, Spinach | | | | | | | • | | • | | 1 |
| Wrap, Tomato Basil | | | | | | | • | | • | | |
| Meat, Poultry, Seafood & Eggs | | | | | | | | | | | |
| Bacon Strips | | | | | | | | | | | • |
| Chicken Patty, Roasted | | | | | | | | | | | |
| Chicken Strips, Plain | | | | | | | • | | | | |
| Chicken Strips, Teriyaki Glazed | | | | | • | | • | | • | | |
| Cold Cut Combo Meats | | | | | | | | | | | |
| Egg (Regular) Omelet | • | | • | | | | • | | | | |
| Egg White Patty | • | | | | | | * | | | | |
| Ham (Black Forest) | | | | | | | | | | | • |
| Italian BMT® Meats (ham, pepperoni, salami) | | | | | | | | | | | • |
| Meatballs & Marinara | | | • | | | | • | | • | | |
| Pepperoni | | | | | | | | | | | • |
| Roast Beef | | | | | | | | | | | Ť |
| Rotisserie-Style Chicken | | | | | | | * | | | | |
| Spicy Italian Meats (pepperoni, salami) | | | | | | | | | | | • |
| Steak | | | | | | | | | | | Ť |
| Tuna | | | | | | | * | | | | |
| | • | • | | | | | * | | | | |
| Turkey Breast | | | | | | | | | | | |

| | | | | | | | | | S 1,2 | | ites |
|--|----------|--|--------------|--|----------|--|--|--|---|--|-------------------------|
| | | | | | | | | | Wheat & Gluten containing ingredients ^{1,2} | | Added Nitrites/Nitrates |
| | | | Se | | | | | | uten ngre | | ites/ |
| | | | Milk/Lactose | ડ | Φ | 뜮 | ans | uts | Wheat & Gluten containing ingre | S | Nitr |
| | 6 | چ | IK/L | Peanuts | Sesame | Shellfish | Soybeans | Tree Nuts | eat & | Sulfites | papı |
| | Egg | Fish | Ξ | Pe | Se | ည် | So | Ţ | Wh. | Su | Ad |
| Local/ Regional Meats Proteins‡ | | _ | | _ | | | | | | | |
| BBQ Pulled Pork | | <u> </u> | | ļ | | ļ | * | | | | |
| BBQ Rib Patty | | | | | | | • | | | | |
| Chicken Enchilada | <u> </u> | | • | <u> </u> | | 1 | * | | • | | |
| Chicken Salad | • | | | <u> </u> | | | | | | | |
| Chicken Strips, Buffalo Chicken | | | | | | | • | | | | - |
| Corned Beef | | | | <u> </u> | | | * | | | | • |
| Egg Salad | • | | | | | | | | _ | | |
| Falafel Orchard Chicken Salad | • | \vdash | | \vdash | } | \vdash | * | - | • | - | |
| Pastrami | + • | | | | | | | | | | • |
| Sausage, Breakfast | - | | | | - | | | | 1 | | |
| Seafood Sensation | • | • | | | | • | • | | • | | |
| Veggie Patty (vegetarian) | • | ┝ | • | 1 | | Ť | • | - | • | | |
| Vegan Patty (Walibu) | Ť | | | | • | | • | | • | | |
| Cheese | | | | | | | , | | | | |
| American, Processed | | | • | | | | • | | | | |
| Monterey Cheese Blend | | | • | | | | | | | | |
| Parmesan | | | • | | | | | | | | |
| Provolone | | | • | | | | | | | | |
| Local/Regional Cheese‡ | <u> </u> | | | | <u> </u> | | | | | | |
| Feta | | | • | | | | | | | | |
| Mozzarella, Shredded | | | • | | | | | | | | |
| Natural Cheddar | | | • | | | | | | | | |
| Pepperjack | | | • | | | | | | | | |
| Smoked Cheddar | | | • | | | | | | | | |
| Swiss | | | • | | | | | | | | |
| Condiments & Dressings | | | | | | | | | | | |
| Chipotle Southwest Sauce | • | | • | | | | * | | | | |
| Guacamole | | | | | | | | | | | |
| Mayonnaise Light | • | | | | | | * | | | | |
| Mayonnaise, Regular | • | | | | | | * | | | | |
| Mustard (Deli Brown) | | | | | | | | | | | |
| Mustard (Yellow) | | | | | | | | | | | |
| Mustard Seed Spread | | | | | | | | | | | |
| Oil | | | | | | | | | | | |
| Ranch Dressing | • | | • | | | | * | | | | |
| Savory Caesar | • | • | • | | | | • | | | | |
| Subway® Herb Garlic Oil | | | | | | | * | | | | |
| Subway® Vinaigrette | | | | | | | • | | | • | |
| Sweet Onion Sauce (Contains Poppy Seeds) | | | | | | | | | | | |
| Vinegar | | | | | | | | | | • | |
| Local/Regional Condiments and | T | T | 1 | T | T | I | 1 | | | 1 | |
| Barbeque Sauce | | - | | | | - | | <u> </u> | | | |
| Buffalo Sauce Creamy Italian | | | | | | - | * | | | | |
| Creamy Srircha | 1 - | - | | | 1 | | * | | 1 | | |
| | • | | | | | - | * | | | | |
| Fire Roasted Tomato Sauce Giardiniera | | - | | - | | | * | | 1 | | |
| Golden Italian | | 1 | | - | | } | * | | } | | |
| Gorgonzola Sauce | - | 1 | | 1 | | 1 | * | - | 1 | | |
| ourgurizora sauce | • | <u> </u> | • | | ! | ├ | | <u> </u> | 1 | - | 1 |
| Honey Mustard Sauce, Fat Free | • | | | | | | | | | | |

| Hot Pepper Relish Ketchup Signature Horseradish Sauce Smoky Hickory Sauce Sweet Chili Sauce Thousand Island | Egg * | Fish | Milk/Lactose | Peanuts | Sesame | Shellfish | * Soybeans | Tree Nuts | Wheat & Gluten containing ingredients ^{1,2} | Sulfites | Added Nitrites/Nitrates |
|--|---------------------------------------|------|--------------|------------|--------|-----------|---|--------------------|---|----------|-------------------------|
| Triousariu isiariu Tzatziki Sauce | • | | • | | | | * | | | | |
| Vegetables | | | | | | | | | | | |
| Banana Peppers | | | | | | | | | | • | |
| Cucumbers | | | | | | | | | | | |
| Green Peppers | | | | | | | | | | | |
| Jalapenos | | | | | | | | | | • | |
| Lettuce | | | | | | | | | | | |
| Olives | | | | | | | | | | | |
| Onions | | | | | | | | | | | |
| Pickles | | | | | | | | | | | |
| Spinach | | | | | | | | | | | |
| Tomatoes | | | | | | | | | | | |
| Local/Regional Vegetables † | | | | | | | | | | | |
| Avocado | | | | | | | | | | | |
| Carrots | | | | | | | | | | | |
| Green Chiles | | | | | | | | | | | |
| House-Made Dill Pickles | | | | | | * | | | | | |
| Mushrooms | | | | | | <u> </u> | | | | | |
| Sweet Peppers | | | | | | | | | | • | |
| Soups † | | | | | | | | | | | |
| | | | | | | | • | | • | | |
| Beef Chili | | | | | | i i | | | | | |
| Black Bean | | | | | | | * | | | | |
| Black Bean Broccoli & Cheddar | | | • | | | | * | | | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling | • | | • | | | | | | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice | • | | | | • | | * | | | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling | • | | • | | • | | * | | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) | | | • | | • | | * | | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable | | | • | | • | | * | | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato | | | • | | • | | * | | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable | | | • | | • | | * | | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla | | | • | | • | | * | | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla Tomato Basil Cookies & Desserts Apple slices | | | • | | • | | * | | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla Tomato Basil Cookles & Desserts Apple slices Cookie, Chocolate Chip | | | • | ** | • | | * | ** | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla Tomato Basil Cookles & Desserts Apple slices Cookie, Chocolate Chip Cookie, Chocolate Chunk | • | | • | ** | • | | * | ** | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla Tomato Basil Cookies & Desserts Apple slices Cookie, Chocolate Chip Cookie, Oatmeal Raisin | • | | • | ** | • | | * | ** | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla Tomato Basil Cookies & Desserts Apple slices Cookie, Chocolate Chip Cookie, Chocolate Chunk Cookie, Raspberry Cheesecake | • | | • | ** | • | | * | ** | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla Tomato Basil Cookies & Desserts Apple slices Cookie, Chocolate Chip Cookie, Chocolate Chunk Cookie, Oatmeal Raisin Cookie, Raspberry Cheesecake Cookie, White Chip Macadamia Nut | • | | • | ** | • | | * | ** | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla Tomato Basil Cookies & Desserts Apple slices Cookie, Chocolate Chip Cookie, Chocolate Chunk Cookie, Oatmeal Raisin Cookie, Raspberry Cheesecake Cookie, White Chip Macadamia Nut Local/Regional Cookies and Desserts | • | | • | ** | • | | * * * * | ** ** ** | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla Tomato Basil Cookies & Desserts Apple slices Cookie, Chocolate Chip Cookie, Chocolate Chunk Cookie, Oatmeal Raisin Cookie, Raspberry Cheesecake Cookie, White Chip Macadamia Nut Local/Regional Cookies and Desserts Brownie | • • • • • s‡ | | • | ** | • | | * | ** | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla Tomato Basil Cookies & Desserts Apple slices Cookie, Chocolate Chip Cookie, Chocolate Chunk Cookie, Oatmeal Raisin Cookie, Raspberry Cheesecake Cookie, White Chip Macadamia Nut Local/Regional Cookies and Desserts Brownie Brownie, Gluten-Free ² | • • • • • • • | | • | ** | • | | * | ** ** ** | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla Tomato Basil Cookies & Desserts Apple slices Cookie, Chocolate Chip Cookie, Chocolate Chunk Cookie, Oatmeal Raisin Cookie, Raspberry Cheesecake Cookie, White Chip Macadamia Nut Local/Regional Cookies and Desserts Brownie Brownie, Gluten-Free ² Cinnamon Rolls | • • • • • • • • • • • • • • • • • • • | | • | ** ** ** | | | * | ** ** ** ** ** | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla Tomato Basil Cookles & Desserts Apple slices Cookie, Chocolate Chip Cookie, Chocolate Chunk Cookie, Oatmeal Raisin Cookie, Raspberry Cheesecake Cookie, White Chip Macadamia Nut Local/Regional Cookies and Desserts Brownie Brownie, Gluten-Free ² Cinnamon Rolls Cookie, Chocolate Chip with M&M's® | • | | • | ** | | | * * * * * * * * * * * * * | ** ** ** ** ** | • | | |
| Black Bean Broccoli & Cheddar Creamy Chicken & Dumpling Creamy Chicken and Wild Rice French Onion (includes bread & cheese) Homestyle Chicken Noodle Loaded Baked Potato Mediterranean Vegetable Spicy Chicken Tortilla Tomato Basil Cookies & Desserts Apple slices Cookie, Chocolate Chip Cookie, Chocolate Chunk Cookie, Oatmeal Raisin Cookie, Raspberry Cheesecake Cookie, White Chip Macadamia Nut Local/Regional Cookies and Desserts Brownie Brownie, Gluten-Free ² Cinnamon Rolls | • • • • • • • • • • • • • • • • • • • | | • | ** ** ** | | | * | ** ** ** ** ** | • | | |

| | Egg | Fish | Milk/Lactose | Peanuts | Sesame | Shellfish | Soybeans | Tree Nuts | Wheat & Gluten containing ingredients ^{1,2} | Sulfites | Added Nitrites/Nitrates |
|------------------------------|-----|------|--------------|---------|--------|-----------|----------|-----------|---|----------|-------------------------|
| Cookie, Peanut Butter | • | | • | • | | | • | ** | • | | |
| Cookie, Sugar | • | | • | ** | | | | ** | • | | |
| Muffin, Apple Cinnamon Pecan | • | | • | | | | • | • | • | | |
| Muffin, Banana Bread | • | | • | | | | * | • | • | | |
| Muffin, Blueberry Crumb | • | | • | | | | • | • | • | | |
| Muffin, Chocolate Chunk | • | | • | | | | • | | • | | |
| Muffin, Triple Berry | • | | • | | | | • | | • | | |

•=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. Peanut butter cookie may contain macadamia nuts due to manufacturing process.