



US Product Ingredient Guide

Revised April 2020

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 list does not include regional or special promotional items as ingredients vary.

BREADS

9-GRAIN WHEAT Whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), yeast, sugar, grain and seed blend (wheat, rye, yellow corn, oats, triticale, brown rice, barley, flax seed, millet, sorghum), wheat gluten, contains 2% or less of: salt, soybean oil, malted barley flour, cultured wheat flour, sunflower lecithin, dough conditioners (ascorbic acid, enzymes). **Contains wheat.**

FLATBREAD, ARTISAN Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), grain and seed blend (sourdough (water, fermented wheat flour, fermented rye flour), wheat grains, rye grains, oat grains, flaxseed, millet seed, teff seed, salt), soybean oil, sugar, wheat gluten, yeast, salt, natural flavors, oat bran, oat fiber, cultured wheat flour, enzymes, milk. **Contains wheat and milk.**

GLUTEN-FREE BREAD (as packaged) Egg whites, cornstarch, modified cornstarch, tapioca starch, palm oil, sugar, distilled monoglycerides, contains less than 2% of the following: yeast, rice bran and germ, salt, natural flavor, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), pectin, xanthan gum, carbohydrate gum, guar gum, enzyme. **Contains eggs. May contain Soy**

HEARTY ITALIAN BREAD Subway® Italian bread and yellow cornmeal. **Contains wheat.**

HONEY OAT BREAD Subway® 9-Grain Wheat Bread, honey oat topping (rolled oats, brown sugar, honey, wheat starch, and natural flavor). **Contains wheat.**

ITALIAN (WHITE) BREAD Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, sugar, soybean oil, salt, wheat gluten, cultured wheat flour, malted barley flour, sunflower lecithin, dough conditioner (enzymes, ascorbic acid). **Contains wheat.**

ITALIAN HERBS & CHEESE BREAD Subway® Italian Bread, Monterey Jack cheese blend [(Monterey Jack cheese (cultured pasteurized milk, salt, enzymes), cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)], Corn maltodextrin, enriched wheat flour (flour, niacin, reduced iron, thiamine

mononitrate, riboflavin, folic acid), toasted bread crumbs (enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, sea salt, yeast), salt, spices, dehydrated garlic, parmesan cheese (part skim milk, cheese cultures, salt, enzymes), modified corn starch, sunflower oil, citric acid, yeast extract, lactic acid, natural flavor & not more than 2% silicon dioxide added (as anticaking agent). **Contains milk and wheat.**

JALAPENO CHEDDAR BREAD Subway® Italian Bread, Monterey Jack Cheese (Cultured pasteurized milk, salt, enzymes), Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annatto color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor). Jalapeno peppers, water, distilled vinegar, salt, natural flavorings, sodium benzoate (preservative), calcium chloride, sodium metabisulfite (preservative). **Contains: Milk, Wheat and Sulfites**

MONTEREY CHEDDAR BREAD Subway® Italian Bread, Monterey Jack cheese blend (Monterey Jack cheese (cultured pasteurized milk, salt, enzymes), cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor). **Contains milk and wheat.**

PARMESAN/OREGANO BREAD SUBWAY® Italian Bread, corn maltodextrin, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), toasted bread crumbs (enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, sea salt, yeast), salt, spices, dehydrated garlic, parmesan cheese (part skim milk, cheese cultures, salt, enzymes), modified corn starch, sunflower oil, citric acid, yeast extract, lactic acid, natural flavor & not more than 2% silicon dioxide added (as anticaking agent). **Contains milk and wheat.**

ROASTED GARLIC BREAD Subway® Italian Bread, Roasted Garlic Topping [yellow corn meal, salt, dehydrated vegetables (green bell pepper, garlic, onion), corn maltodextrin, sugar, paprika, spice, sunflower oil, calcium silicate (to make free flowing), ascorbic acid, and natural flavor]. **Contains wheat.**

SLIDER ROLL Unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sour culture, organic canola oil, sugar, salt, yeast, semolina, cultured wheat starch, organic whole wheat flour, ascorbic acid (added as a dough conditioner), enzymes. **Contains wheat. (Made in a bakery that also processes eggs, milk, soy and tree nuts [almonds, coconut, pecans and walnuts]).**

SOURDOUGH Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, wheat gluten, sugar, contains 2% or less of: fermented wheat flour, salt, soybean oil, dextrose, fumaric acid, sunflower lecithin, lactic acid, enzymes, ascorbic acid. **Contains wheat.**

ULTIMATE CHEESY GARLIC BREAD Italian (white) bread Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, sugar, soybean oil, salt, wheat gluten, cultured wheat flour, malted barley flour, sunflower lecithin, dough conditioner (enzymes, ascorbic acid). Garlic Butter Spread: Soybean oil, palm oil, water, dehydrated garlic, butter (cream, salt), contains less than 2% of natural flavors (includes milk), salt, nonfat dry milk, spice, dehydrated

parsley, lactic acid, cultured nonfat dry milk, soy lecithin, distilled monoglycerides, beta carotene (color), vitamin a palmitate added. Mozzarella Cheese: Low moisture mozzarella cheese (pasteurized milk, cheese culture, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor) low moisture mozzarella cheese (pasteurized milk, cheese culture, salt, enzymes), potato starch, powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor) contain. Parmesan cheese: Cultured pasteurized part-skim milk, salt, enzymes, powdered cellulose added to prevent caking, salt. **Contains milk, soy, wheat.**

WRAP, SPINACH Unbleached Wheat Flour (wheat flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), water, Malted Wheat Flour, Wheat Gluten, Cultured Wheat Flour, Palm Oil, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate, Yeast, Spinach Powder, Dextrose, Sugar, Salt, Dehydrated Parsley, Dehydrated Garlic, Dehydrated Onion, Soy Lecithin, Citric Acid, Enzymes **Contains: Wheat and Soy.**

WRAP, TOMATO BASIL Enriched unbleached flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, cultured wheat flour, salt, malted wheat flour, wheat gluten, paprika, tomato powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), dehydrated bell pepper, soy lecithin, granulated sugar, enzymes, yeast, garlic granules, onion powder, dextrose, citric acid. **Contains wheat and soy.**

MEAT, POULTRY, SEAFOOD & EGGS

BACON Pork, water, salt, sugar, natural smoke flavor, sodium phosphates, sodium erythorbate, sodium nitrite, smoke.

CHICKEN PATTY Chicken breast with rib meat, water, chicken flavor (sea salt, sugar, chicken stock, salt, flavors, canola oil, onion powder, garlic powder, spice, chicken fat, honey), contains 2% or less of potato starch, sodium phosphate, dextrose, carrageenan.

CHICKEN STRIPS Boneless skinless chicken breast with rib meat, water, contains 2% or less soy protein concentrate, modified potato starch, sodium phosphate, potassium chloride, salt, maltodextrin, yeast extract, flavors, natural flavors, dextrose, caramelized sugar, paprika, vinegar solids, paprika extract, chicken broth. **Contains soy.**

CHICKEN STRIPS (Teriyaki glazed): Subway Chicken Strips (see above), Teriyaki sauce (water, corn syrup, soy sauce (water, wheat, soybean, salt, sodium benzoate [a preservative]), rice vinegar, modified corn starch, sugar, tomato paste, ginger, vinegar, garlic, sesame oil, sesame seed, salt, dehydrated green onion, dehydrated red bell pepper, natural flavours, autolyzed yeast extract, dehydrated garlic, sodium benzoate (a preservative), spices, citric acid, soybean oil, dry yeast (torula), dehydrated onion.) **Contains soy, wheat and sesame.**

COLD CUT COMBO: Turkey Bologna: Mechanically Separated Turkey, Water, Contains less than 2% of: Salt, Corn syrup solids, Potassium lactate, dextrose, Sodium diacetate, Sodium Erythorbate, Sodium Nitrite, Flavorings Cooked **Turkey Salami (Smoke Flavor Added):** Dark Turkey, Mechanically Separated Turkey, Water, Salt,

Contains less than 2% of: Potassium lactate, Sugar, Sodium Tripolyphosphate, Dextrose, Spice and Flavorings, Sodium diacetate, Sodium Erythorbate, Smoke Flavor, Sodium Nitrite. **Turkey Ham** (Cured Turkey Thigh Meat. Chopped and Formed. Smoke Flavor Added with 7% Water Added): Cured Turkey Thigh Meat, Salt, Contains less than 2% of: Potassium lactate, Brown Sugar, Sodium Tripolyphosphate, Dextrose, Sodium Diacetate, Sodium Erythorbate, Smoke Flavor, Sodium Nitrite, Water.

CORNED BEEF Fully cooked sliced corned beef contains up to 20% solution: water, dextrose, salt, sugar, sodium phosphates, garlic powder, sodium ascorbate, sodium nitrite, and flavoring.

EGG OMELET PATTY (Regular) Egg Whites, Egg Yolks, Soybean Oil, Water. Contains 2% or Less of the Following: Unmodified Corn Starch, Liquid Butter Alternative (Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural Flavor, Tocopherols (Vitamin E)), Salt, Black Pepper, Xanthan Gum, Cellulose Gum, Citric Acid. **Contains Eggs and Soy**

EGG WHITE OMELET PATTY Egg Whites, Water, Unmodified Corn Starch, Soybean Oil, Contains 2% or less of: Butter Flavored Soybean Oil (Soybean Oil, Natural Flavor), Salt, Black Pepper, Xanthan Gum, White Pepper. **Contains: Eggs**

EGG WHITE OMELET PATTY Egg Whites, Water, Unmodified Corn Starch, Soybean Oil, Contains 2% Or Less Of The Following: Butter Flavored Soybean Oil (Soybean Oil, Natural Flavor), Salt, Black Pepper, Xanthan Gum, White Pepper. **Contains: Egg**

HAM (Black Forest) Black Forest Ham (Water added-Natural Smoke flavor added) Cured with: water, dextrose, 2% or less of modified food starch, salt, vinegar, sodium phosphates, natural smoke flavor, sodium erythorbate, sodium nitrite.

ITALIAN B.M.T.® MEATS: Sliced Genoa Salami: Pork, Beef, Salt, contains 2% or less of Water, Corn Syrup, Dextrose, Sugar, Flavorings, Wine, Sodium Erythorbate, Sodium Nitrate, Spices, Garlic, Lactic Acid Starter Culture, Sodium Nitrite. **Pepperoni:** Pork, Beef, Salt, contains 2% or less of Water, Spices, Dextrose, Corn Syrup, Flavorings, Paprika, Oleoresin of Paprika, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite. **HAM (Black Forest)** Black Forest Ham (Water added-Natural Smoke flavor added) Cured with: water, dextrose, 2% or less of modified food starch, salt, vinegar, sodium phosphates, natural smoke flavor, sodium erythorbate, sodium nitrite.

MEATBALLS Beef, water, bread crumbs [toasted wheat crumbs (enriched wheat flour {wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, sugar, salt, soybean oil, yeast)], textured soy protein concentrate, seasoning (dehydrated onion and garlic, salt, spice, dehydrated parsley, soybean oil), soy protein concentrate, Romano cheese (made from pasteurized part-skim cows milk, cheese cultures, salt, enzymes). **Marinara Sauce:** Tomato puree (water, tomato paste), tomatoes, sugar, soybean oil, salt, modified corn starch, dehydrated onions, parsley, spices, and citric acid. **Contains milk, soy and wheat.**

PASTRAMI: Beef, Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate , Sodium Nitrite, Flavorings, Oil of Onion and Garlic. Rubbed With: Black Pepper, Dextrose, Coriander, Allspice, Paprika, Garlic, Salt.

ROAST BEEF Fully cooked sliced roast beef upon cooking contains up to 10% solution of water, salt, dextrose, corn syrup, sodium phosphates, garlic powder, onion powder, natural flavor. Coated with: natural flavor, potato maltodextrin, salt, spices, garlic powder, onion powder, sugar.

ROTISSERIE-STYLE CHICKEN Chicken, water, soybean oil, contains 2% or less of: seasoning (flavoring, acacia gum, onion powder), salt, dextrose, sodium phosphate, spice extractives. Seared in soybean oil and/or sunflower oil.

SEAFOOD SENSATION Alaskan Pollock, Water, Potato Starch, Wheat Starch, Corn Starch, Sugar, Sorbitol, Salt, Natural Crab Flavor (contains Blue crab, Snow crab, maltodextrin), Spices (Allspice, Bay, Black Pepper, Cardamom, Cassia, Celery, Clove, Ginger, Mace, Nutmeg, Red Pepper), Carrageenan, Pollock Oil, Calcium Carbonate, Snow Crabmeat, Sodium Tripolyphosphate, Tetrasodium Phosphate, Citric Acid, Color (Lycopene, Paprika Oleoresin) **Mayonnaise:** Soybean oil, eggs, water, distilled vinegar, contains less than 2% of salt, sugar, spice, lemon juice concentrate, calcium disodium EDTA added to protect flavor. **Contains: Fish (Alaska Pollock), Wheat, Crustacean Shellfish (Blue Crab, Snow Crab) and Egg. May contain: Mustard**

STEAK Seasoned beef (beef, water, salt, modified corn starch, sugar, dextrose, sodium phosphate, tomato powder, yeast extract, natural flavors, natural brown color blend (vegetable juice color, turmeric), lemon powder (maltodextrin), garlic powder, onion powder, hydrolyzed corn protein, citric acid.)

TUNA SALAD Flaked Tuna in Brine (tuna, water, salt), mayonnaise (soybean oil, eggs, water, distilled vinegar, contains less than 2% of salt, sugar, spice, lemon juice concentrate, calcium disodium EDTA added to protect flavor). **Contains eggs and fish. May contain Mustard**

TURKEY BREAST, OVEN ROASTED Turkey breast, turkey broth, contains 2% or less of: sea salt, potato starch, dextrose, sodium phosphate, natural flavor. Browned in soybean oil

VEGGIE PATTY (Vegetarian) Water, water chestnuts (water chestnuts, water, citric acid), onions, carrots, cooked brown rice (water, brown rice), whole grain oats, mushrooms, egg whites, wheat gluten, soy flour, corn oil, calcium caseinate (from milk), green peppers, soy sauce (water, soybeans, salt, wheat), red bell peppers, contains two percent or less of soy protein concentrate, cornstarch, onion powder, salt, black olives, hydrolyzed vegetable protein (corn, wheat, and soy protein), sugar, soy protein isolate, spices, yeast extract, garlic powder, dried jalapeno peppers, natural flavors, sunflower oil, cottonseed oil, dextrose. Due to alternate product availability may also contain: zucchini, leek, celery, herbs, spices, potato starch and palm fat. **Contains soy, wheat, egg, milk.**

CHEESE

AMERICAN CHEESE Milk, water, cream, sodium citrate, salt, cheese culture, sorbic acid (preservative), citric acid, enzymes, soy lecithin. **Contains soy and milk.**

CHEDDAR CHEESE Cultured pasteurized milk, salt, enzymes, annatto color. **Contains milk.**

MONTEREY CHEESE BLEND (shredded) Monterey Jack cheese (cultured pasteurized milk, salt, enzymes), Cheddar Cheese (cultured pasteurized milk, salt, enzymes, annatto color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor). **Contains milk.**

MOZZARELLA: Low-Moisture Mozzarella Cheese (Cultured pasteurized milk, salt, enzymes), Potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor). **Contains Milk.**

PARMESAN CHEESE Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (added to prevent caking), salt. **Contains milk.**

PEPPERJACK CHEESE Cultured pasteurized milk, jalapeno peppers, salt, calcium chloride and enzymes. **Contains milk.**

PROVOLONE CHEESE Cultured pasteurized milk, salt, enzymes. **Contains Milk.**

SMOKED CHEDDAR CHEESE Cultured pasteurized milk, salt, enzymes, annatto color. **Contains Milk.**

SWISS CHEESE (Sliced) Cultured Pasteurized Part skim milk, salt, enzymes. **Contains Milk.**

VEGETABLES

BANANA PEPPERS Banana Peppers, Water, Distilled Vinegar, Salt, Calcium Chloride, Sodium Benzoate (preservative), Sodium Metabisulfite (preservative), Polysorbate 80, Turmeric, and Natural Flavors. **Contains: Sulfites.**

CUCUMBERS Fresh ripe cucumbers.

GREEN PEPPERS Fresh green bell peppers.

JALAPEÑO PEPPER SLICES Jalapeno Peppers, Water, Distilled Vinegar, Salt, Natural Flavors, Sodium Benzoate (preservative), Calcium Chloride, Sodium Metabisulfite (preservative). **Contains: Sulfites.**

PICKLES Cucumbers, water, distilled vinegar, salt, calcium chloride, sodium benzoate (preservative), alum, natural flavors, polysorbate 80, turmeric.

LETTUCE Fresh iceberg variety.

SLICED BLACK OLIVES Ripe olives, water, salt, ferrous gluconate.

ONIONS Jumbo red onions.

SPINACH Fresh baby spinach.

TOMATOES Fresh red ripe tomatoes.

CONDIMENTS & SEASONINGS

BARBEQUE SAUCE Sugar, Water, Tomato paste, distilled vinegar, Corn syrup, Salt, Food starch-modified, Contains less than 2% of: Pineapple juice concentrate, Fruit & Vegetable juice (color), Spices, Natural Flavors (includes celery), Sodium benzoate (a preservative), dehydrated garlic, Molasses, Tamarind concentrate, celery seed.

BUFFALO SAUCE Distilled vinegar, aged cayenne red peppers, salt, water, modified food starch, canola oil, paprika, vegetable fiber, xanthan gum, sodium benzoate (as a preservative), natural butter type flavor and garlic powder.

CAESAR, SAVORY Soybean oil, water, Parmesan cheese (pasteurized cultured milk or part skim, salt, enzymes, anti-caking and anti-mycotic agents), distilled vinegar, egg yolks, sugar, contains less than 2% of salt, lemon juice concentrate, anchovy paste (cured anchovies, salt, defatted soy flour and water), dehydrated garlic, dehydrated onion, phosphoric acid, sodium benzoate and potassium sorbate (as preservatives), xanthan gum, spices, dehydrated parsley, polysorbate 60, calcium disodium EDTA added to protect flavor. **Contains eggs, milk, fish and soy.**

CHIPOTLE SOUTHWEST SAUCE Soybean oil, water, distilled vinegar, cultured lowfat buttermilk, chipotle pepper puree (water, chipotle pepper), egg yolks, sugar, nonfat dry milk, contains less than 2% of salt, dehydrated onion, food starch-modified, paprika, spice, xanthan gum, sodium benzoate and potassium sorbate (as preservatives), lactic acid, dehydrated garlic, dehydrated parsley, calcium disodium EDTA added to protect flavor. **Contains eggs and milk.**

GUACAMOLE Hass avocados, jalapeno puree (white vinegar, jalapeno peppers, salt), onion, garlic, sea salt.

HONEY MUSTARD SAUCE Water, sugar, vinegar, mustard seed, honey, modified corn starch, cider vinegar, salt, white wine, lemon juice concentrate, phosphoric acid, spices, citric acid, xanthan gum, dehydrated onion, turmeric, tartaric acid, sodium benzoate (a preservative), potassium sorbate (a preservative), dehydrated garlic.

MAYONNAISE, LIGHT Water, soybean oil, food starch-modified, distilled vinegar, egg yolks, contains less than 2% of salt, whole egg, spice, potassium sorbate (a preservative), phosphoric acid, calcium disodium EDTA added to protect flavor, DL-alpha tocopherol acetate (vitamin E), natural flavor, vitamin K. **Contains eggs.**

MAYONNAISE, REGULAR Soybean oil, eggs, water, distilled vinegar, contains less than 2% of salt, sugar, spice, lemon juice concentrate, calcium disodium EDTA added to protect flavor. **Contains eggs. May contain Mustard.**

MUSTARD (yellow) Vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder.

MUSTARD (deli brown) Distilled vinegar, mustard seed, water, salt, spices, turmeric, natural flavor.

OIL Canola oil, imported extra virgin olive oil.

RANCH SAUCE Soybean oil, water, sugar, liquid egg yolks, vinegar, salt, cultured lowfat buttermilk, modified corn starch, dehydrated garlic, dehydrated onion, phosphoric acid, xanthan gum, polysorbate 60, buttermilk solids, autolyzed yeast extract, sodium benzoate (a preservative), potassium sorbate (a preservative), spice, dehydrated parsley, whey protein concentrate, calcium disodium EDTA (to protect

flavor). **Contains eggs and milk.**

RED WINE VINEGAR Red wine vinegar (5% acidity), sulfiting agent.

SUBWAY HERB GARLIC OIL: Soybean oil, red wine vinegar, olive oil, dehydrated garlic, salt, spice, dehydrated onion, citric acid, natural flavour (includes yeast).

SUB SPICE Salt, garlic powder, spice, onion powder, paprika extractives, natural flavor

SUBWAY® VINAIGRETTE Water, soybean oil, vinegar, sugar, salt, modified corn starch, spices, lactic acid, hydrolyzed corn and soy protein, dehydrated parsley, xanthan gum, dehydrated garlic, potassium sorbate (a preservative), sodium benzoate (a preservative), autolyzed yeast extract, citric acid, dehydrated onion, calcium disodium EDTA (to protect flavour).

SWEET ONION SAUCE Sugar, water, corn vinegar, dehydrated onion, corn starch, modified corn starch, salt, mustard seed, spices, onion juice, potassium sorbate (a preservative), sodium benzoate (a preservative), dehydrated red bell pepper, dimethylpolysiloxane, an anti-foaming agent, cucumber juice, vinegar, celery seed.

PIZZA (round)

CHEESE PIZZA Crust: Crust (Enriched flour [wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic acid], Water, Bread crumbs, [Wheat flour, sugar, yeast, salt], Yeast, Soybean oil, Sugar, Salt, Non-fat dry milk, garlic), Mozzarella Cheese (Cultured Pasteurized milk, Salt, Enzymes), Sauce (tomato puree [tomatoes, salt, citric acid], water, tomato paste, soybean oil, Salt, Seasoning [Spices, Garlic powder, soybean oil], Romano cheese [pasteurized cows milk, Cheese culture, salt, enzymes]), Parmesan and Romano made from Cows milk cheese blend (Pasteurized milk and part skim milk, cheese culture, salt, enzymes), Oregano, Garlic, Basil. **Contains Milk and Wheat.**

Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, sugar, yeast, salt, nonfat dry milk, garlic, breadcrumbs (wheat flour, yeast, sugar, salt). **Mozzarella cheese:** pasteurized milk, cheese cultures, salt, enzymes. **Sauce:** tomato puree (water, tomato paste), soybean oil, salt, spices, garlic powder, Romano cheese (milk, cheese cultures, salt, enzymes), citric acid. **Parmesan and Romano cheese blend:** parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), Romano cheese [pasteurized cow's milk, cheese cultures, salt, enzymes), oregano, garlic, basil. **Contains wheat and milk.**

COOKIES & DESSERTS

CHOCOLATE CHIP Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), butter blend (palm oil, butter (cream, salt), water, salt, natural flavors, beta carotene (color), vitamin a palmitate), eggs, contains 2% or less of: wheat starch, molasses, water, baking soda, natural flavor, soy lecithin. **Contains egg, milk, soy, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other*

peanut or tree nut-containing cookies.)

CHOCOLATE CHUNK Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla extract, milk), palm oil, eggs, invert sugar, water, contains 2% or less of: molasses, baking soda, salt, whey (milk), natural flavors. **Contains egg, milk, soy, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

DARK CHERRY CHOCOLATE Sugar, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin and folic acid), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin (an emulsifier), natural vanilla extract, margarine (palm oil, butter (cream, salt) water, salt, contains less than 2 % of natural flavors [includes milk], beta carotene [color], vitamin a, palmitate added), infused red tart cherries, (red tart cherries, cane sugar, citric acid, natural flavor, sunflower oil, organic beet juice powder), whole liquid egg, cocoa powder (processed with alkali), water, molasses, natural flavors, sodium bicarbonate, wheat starch. Sugar topping: Sugar, vegetable juice (color), 2% or less of: carnauba wax, corn maltodextrin, modified corn starch, natural flavor, calcium silicate (anti caking agent). **Contains eggs, soy, milk, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

DOUBLE CHOCOLATE Sugar, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), butter blend (palm oil, butter [cream{milk}], salt], water, salt, natural flavors [milk], beta carotene [color], vitamin a palmitate), white confectionery chips (sugar, palm kernel and palm oil, nonfat milk, soy lecithin, vanilla extract), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract, milk), eggs, cocoa (processed with alkali), water, contains 2% or less of: wheat starch, molasses, natural flavor, baking soda, soy lecithin, salt. **Contains egg, soy, milk, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

OATMEAL RAISIN Sugar, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), palm oil, raisins, rolled oats, eggs, water, contains 2% or less of: molasses, natural flavor, whey (milk), baking soda, corn starch, salt, spice. **Contains egg, milk, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut- containing cookies.)*

PEANUT BUTTER Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, peanut butter (peanuts, sugar, palm oil, salt), peanut butter drops (sugar, palm kernel oil, peanuts, partially defatted peanut flour, lactose [milk], whey [milk], anhydrous milk fat, nonfat dry milk solids, sodium caseinate [milk], buttermilk, soy lecithin, salt, natural flavor), palm oil, eggs, butter (sweet cream [milk], natural flavor), molasses, water, contains 2% or less of: invert sugar, baking soda, salt, soy lecithin, natural flavor (contains milk), wheat starch. **Contains egg, peanuts, milk, soy, and wheat.** *(Due to the nature of how these cookies are displayed and manufactured they may come in contact with macadamia nuts and other tree nuts.)*

CHOCOLATE CHIP WITH M&M's® Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, palm oil, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), m&ms (milk chocolate [sugar, chocolate, skim milk, cocoa butter, lactose, milk fat, soy lecithin, salt, artificial and natural flavors], sugar, cornstarch, less than 1% - corn syrup, dextrin, coloring [includes blue 1 lake, yellow 6, red 40, yellow 5, blue 1, yellow 6 lake, red 40 lake, yellow 5 lake, blue 2 lake, blue 2], carnauba wax, gum acacia.) eggs, water, contains 2% or less of: molasses, salt, baking soda, whey (milk), natural flavors. **Contains egg, milk, soy, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

RASPBERRY CHEESECAKE Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, white confectionery chips (sugar, palm kernel and palm oil, nonfat milk, soy lecithin, vanilla extract), palm oil, eggs, raspberry flavored bits (dextrose, palm oil, sugar, corn flour, raspberry powder, vegetable extracts [red cabbage, beet juice], citric acid, natural flavor), water, invert sugar, contains 2% or less of: cream cheese (nonfat milk, cultures, salt, carob bean gum, enzymes), baking soda, salt, wheat starch, soy lecithin, natural flavors (contains milk), raspberry juice concentrate, colors added (pumpkin concentrate, turmeric, annatto). **Contains egg, milk, soy, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)*

SUGAR Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, palm oil, eggs, contains 2% or less of: water, baking soda, whey (milk), salt, soybean oil, natural flavor (contains milk). **Contains egg, milk, and wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

WHITE CHIP MACADAMIA NUT Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, butter blend (palm oil, butter (cream, salt), water, salt, natural flavors (contains milk), beta carotene (color), vitamin A palmitate), white confectionery chips (sugar, palm kernel and palm oil, nonfat dry milk, soy lecithin, vanilla extract), macadamia nuts, eggs, water, contains 2% or less of: wheat starch, molasses, natural flavor, baking soda, soy lecithin, salt. **Contains eggs, tree nuts, milk, soy, and wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with peanut-containing cookie.)*

SOUPS

(Not available in all locations)

BEEF CHILI WITH BEANS Ground Beef, Water, Tomatoes (Diced Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Dark Red Kidney Beans [Kidney Beans (Water, Kidney Beans), Salt], Seasoning (Spices [Including Chili Pepper], Brown Sugar, Salt, Hydrolyzed Soy, Corn and Wheat Protein, Wheat Flour, Dextrose, Sugar, Yeast Extract, Garlic Powder, Maltodextrin, Soy Lecithin, Onion Powder; with Soybean Oil and Silicon Dioxide [as processing aids]), Celery, Tomato Paste, Green Bell Peppers, Modified Corn Starch, Dehydrated Onion, Salt, Beef Fat Type Flavor (Beef Fat and Natural Flavor). **Contains: Soy, Wheat**

BLACK BEAN SOUP Black beans (water, black beans, and salt), water, tomatoes

(diced tomatoes, tomato juice, citric acid, calcium chloride), onions, celery, tomato paste (tomatoes), contains 2% or less of the following: brown sugar, vegetarian flavor (water, salt, hydrolyzed soy and corn protein, soy protein concentrate, corn oil, onion powder, yeast extract, flavoring, soy protein isolate, sugar, garlic powder and turmeric), garlic puree, corn starch, orange juice concentrate, lime juice, onion juice concentrate, sea salt, seasoning blend (spices, yeast extract, and paprika), oregano and yeast extract. **Contains soy.**

BROCCOLI & CHEDDAR Water, Broccoli, Process Cheese Base (American Cheese [Cultured Milk, Salt, Enzymes], Whey, Cream, Sodium Phosphate, Salt, Lactic Acid, Color [Paprika & Annatto]), Modified Corn Starch, Carrots, Whipping Cream (Cream, Milk), Seasoning (Corn Syrup Solids, Sugar, Sodium Tripolyphosphate, Garlic Powder, Onion Powder, Cheddar Cheese Powder [Cultured Milk, Salt, Enzymes], Yeast Extract, Modified Corn Starch, Maltodextrin, Salt, Spice, Calcium Silicate, Natural Flavor, Sodium Phosphate), Skim Milk (Vitamin A Palmitate and Vitamin D3 added), Cream Flavor (Cream, Skim Milk), Sea Salt, Cheddar Cheese Ingredient (Cheddar, Granular, Semi-Soft and Blue Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Water, Sodium Phosphate, Vinegar, Salt), Salted Butter (Pasteurized Cream, Salt), Soybean Oil, Natural Flavor. **Contains: Milk**

CHICKEN & WILD RICE Water, fully cooked diced white chicken meat (chicken white meat, water, modified potato starch, salt, sodium phosphates), whipping cream, seasoning [modified corn starch, whey protein concentrate, whole milk, wheat flour, yeast extract, salt, skim milk powder, natural flavors, sugar, sodium caseinate (from milk), brown sugar, spices, chicken fat, sesame oil], cooked wild rice (water, wild rice), celery, cooked brown rice (water, brown rice), carrots, contains less than 2% of the following: chicken stock concentrate (chicken broth, salt, organic cane sugar, yeast extract, cornstarch, chicken fat, ascorbic acid, sunflower oil, natural flavor, lactic acid), onions, chicken fat, unsalted butter, wheat flour, dehydrated parsley. **Contains milk, wheat, sesame.**

CREAMY CHICKEN & DUMPLINGS Water, Dumplings (Water, Wheat Flour, Eggs, Durum Wheat Flour, Salt, Oleoresin Turmeric), Fully Cooked Diced Chicken Breast Meat (White Chicken Meat, Water, Modified Potato Starch, Salt, Sodium Phosphate), Carrots, Celery, Whipping Cream (Cream, Milk), Modified Corn Starch, Onions, Mirepoix Base (Sauteed Vegetables [Carrot, Onion, Celery], Salt, Sugar, Corn Oil, Potato Flour, Carrot Powder), Wheat Flour, Seasoning (Salt, Maltodextrin, Yeast Extract, Whey Protein Concentrate, Sugar, Sodium Phosphate, Corn Starch, Soy Protein Concentrate, Sodium Caseinate, Beta Carotene, Natural Flavor), Chicken Stock (Chicken Stock, Flavor), Whey Protein Concentrate, Chicken Fat Flavor (Chicken Fat, Flavors), Umami Flavor (Natural Flavors, Safflower Oil), Dehydrated Parsley. **CONTAINS: Egg, Milk, Soy, Wheat**

FRENCH ONION Water, onions, roasted beef flavored base [dextrose, salt, beef type flavor (hydrolyzed soy protein, maltodextrin, corn syrup solids, soybean oil), beef fat, onion powdered, chicken fat, corn starch, natural flavors, sugar, paprika, garlic powdered], modified corn starch, no salt sherry (California white wine), tomato paste, onion juice concentrate, unsalted butter, seasoning [salt, flavor (onion, yeast extract), yeast extract, beef extract, malt extract, maltodextrin, natural flavor], vegetarian flavor (filtered water, yeast extract, dextrose, salt, corn starch, corn oil, flavoring, onion powder, garlic powder, turmeric), light brown sugar, beef base (roasted beef and concentrated beef stock, salt, yeast extract, corn oil, maltodextrin

from corn, sugar, natural flavorings), thyme. **Contains milk, soy.** (*Ingredients do not include added cheese topping or bread.*)

HOMESTYLE CHICKEN NOODLE Water, Fully Cooked Seasoned Chicken Pieces (Chicken Breast with Rib Meat, Chicken Thigh Meat, Water, Rice Starch, Salt), Carrots, Pasta (Semolina [Wheat], Eggs, Egg Whites, Niacin, Iron [Ferrous Sulfate], Thiamin Mononitrate, Riboflavin, Folic Acid), Green Cabbage, Celery, Seasoning (Corn Starch, Sugar, Spice, Xanthan Gum, Guar Gum, Turmeric Extractives [for color]), Wheat Flour, Chicken Stock Plus (Chicken Stock, Flavor), Unsalted Butter (Pasteurized Cream, Natural Flavors [Lactic Acid, Starter Distillate]), Sea Salt, Chicken Flavor Concentrate (Chicken, Yeast Extract, Salt, Flavoring), Parsley, Umami Flavor (Umami and Natural Flavors), Green Onion Flavor (Green Onion, Natural Flavors and Mixed Tocopherols), Tomato Flavor (Tomato and Natural Flavor). **CONTAINS: Egg, Milk, Wheat**

NEW CHICKEN NOODLE (to be rolled out 5/2020):

Water, Fully Cooked Seasoned Chicken Pieces (Chicken Breast with Rib Meat, Chicken Thigh Meat, Water, Rice Starch, Salt), Carrots, Noodles (Semolina [Wheat], Eggs, Niacin, Iron [Ferrous Sulfate], Thiamin Mononitrate, Riboflavin, Folic Acid), Green Cabbage, Celery, Seasoning (Corn Starch, Sugar, Spice, Xanthan Gum, Guar Gum, Turmeric Extractives [for color]), Wheat Flour, Chicken Stock Plus (Chicken Stock, Flavor), Unsalted Butter (Pasteurized Cream, Natural Flavors [Lactic Acid, Starter Distillate]), Sea Salt, Chicken Flavor Concentrate (Chicken, Yeast Extract, Salt, Flavoring), Parsley, Umami Flavor (Umami and Natural Flavors), Green Onion Flavor (Green Onion, Natural Flavors and Mixed Tocopherols), Tomato Flavor (Tomato and Natural Flavor). **CONTAINS: Egg, Milk, Wheat**

LOADED BAKED POTATO WITH BACON Water, Potatoes (Potatoes, Sodium Acid Pyrophosphate [to maintain natural color]), Whole Milk (Milk, Vitamin D3), Whipping Cream (Cream, Milk), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), Onions, Seasoning (Modified Corn Starch, Salt, Wheat Flour, Sugar, Flavor [Yeast Extract, Canola Oil], Whey, Flavor [Medium Chain Triglycerides, Natural Flavor, Smoke Flavor], Spice, Soybean Oil [processing aid]), Bacon Topping (Bacon [Cured With Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite. May Also Contain Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate]), Green Onions, Parmesan Cheese ([Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [Added to Prevent Caking], Salt), Canola Oil, Chicken Stock Plus (Chicken Stock, Flavor), Cheese (Parmesan Type) (Granular and Parmesan Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Water, Salt, Lactic Acid, Citric Acid), Pepper Sauce (Distilled Vinegar, Red Pepper, Salt). **Contains Milk and Wheat**

MEDITERRANEAN VEGETABLE Water, Dark Red Kidney Beans (Kidney Beans [Water, Kidney Beans], Salt), Tomatoes (Diced Tomatoes, Tomato Puree, Citric Acid [added as needed]), Potatoes (Potatoes, Sodium Acid Pyrophosphate), Onions, Zucchini, Spinach, Carrots, Red Bell Peppers, Vegetable Stock Plus (Yeast Extract, Salt, Water, Natural Flavor, Olive Oil, Potato Maltodextrin, Turmeric, Spice, Carrot Powder), Modified Corn Starch, Extra Virgin Olive Oil, Garlic Puree (Garlic, Water), Sugar, Sea Salt, Spice.

SPICY CHICKEN TORTILLA Water, tomatoes (diced tomatoes, tomato juice, citric

acid, calcium chloride), chicken (white chicken meat, water, modified potato starch, salt, sodium phosphate), roasted green poblano peppers, roasted corn, seasoning {modified corn starch, chili powder (chili pepper, spices, garlic powder, salt), onion powder, spices, garlic powder, salt, sugar, chili pepper, lime juice powder [corn syrup solids and natural flavors (lime juice solids)], turmeric, green chile pepper powder and less than 2% calcium silicate added as a processing aid), green chiles (green chile peppers, citric acid), onions, cilantro, chicken flavor concentrate (chicken, yeast extract, salt, flavoring), tortilla chips [corn, vegetable oil (contains one or more of the following: cottonseed oil, corn oil and/or palm oil), water, trace of lime (calcium hydroxide), salt], soybean oil, green bell peppers, red bell peppers, jalapeno peppers.

TOMATO BASIL SOUP Water, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), tomatoes (tomatoes, tomato puree, citric acid), whipping cream, tomato paste, onions, contains less than 2% of the following: parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), sea salt, spice, modified corn starch, natural flavors, seasoning (yeast extract, garlic powder, spice), and yeast extract. **Contains milk.**