## SUBWAT <br> Allergies and Sensitivities <br> (Revised March 2015)

This list is compiled based on product information provided by Subway ${ }^{\circledR}$ 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 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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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sandwiches ${ }^{\wedge}$ on Italian bread with lettuce, tomatoes, green peppers, red onions, pickles, and olives. |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken \& Bacon Ranch (Includes Cheese) | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ | $\bullet$ |  |
| Cold Cut Combo |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ |  |  | $\bullet$ | $\bullet$ |
| Ham |  |  |  |  |  |  | * |  | $\bullet$ |  |  | $\bullet$ |  |
| Italian BMT® |  |  |  |  |  |  | * |  | $\bullet$ |  |  | $\bullet$ | $\bullet$ |
| Meatball Marinara |  |  | - |  |  |  | $\bullet$ |  | $\bullet$ |  |  |  |  |
| Roast Beef |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  |  |
| Roasted Chicken Breast |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  |  |
| Spicy Italian |  |  |  |  |  |  | * |  | $\bullet$ |  |  | $\bullet$ | $\bullet$ |
| Subway Club® |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ | $\bullet$ |  |
| Steak \& Cheese |  |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  |  |
| Sweet Onion Chicken Teriyaki |  |  |  |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |
| Tuna | - | $\bullet$ |  |  |  |  | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ |
| Turkey Breast |  |  |  |  |  |  | * |  | $\bullet$ |  |  |  |  |
| Turkey Breast \& Ham |  |  |  |  |  |  | * |  | $\bullet$ |  |  | $\bullet$ |  |
| Subway Melt ${ }^{\text {TM }}$ |  |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  |  | $\bullet$ |  |
| Veggie Delite ${ }^{\text {TM }}$ |  |  |  |  |  |  | * |  | $\bullet$ |  |  |  |  |
| Salads ${ }^{\wedge}$ with lettuce, tomatoes, green peppers, red onions, olives and carrots. |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken \& Bacon Ranch (Includes Cheese) | $\bullet$ |  | $\bullet$ |  | - |  | $\bullet$ |  |  |  | $\bullet$ | $\bullet$ |  |
| Cold Cut Combo |  |  | $\bullet$ |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ |
| Ham |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |  |
| Italian BMT® |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ |
| Meatball Marinara |  |  | $\bullet$ |  |  |  | - |  | - |  |  |  |  |
| Roast Beef |  |  |  |  |  |  | $\bullet$ |  |  |  | $\bullet$ |  |  |
| Roasted Chicken Breast |  |  |  |  |  |  | $\bullet$ |  |  |  | $\bullet$ |  |  |
| Spicy Italian |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ |
| Subway Club® |  |  |  |  |  |  | $\bullet$ |  |  |  | $\bullet$ | $\bullet$ |  |
| Steak \& Cheese |  |  | $\bullet$ |  |  |  | $\bullet$ |  |  |  | $\bullet$ |  |  |
| Sweet Onion Chicken Teriyaki |  |  |  |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |
| Tuna | $\bullet$ | $\bullet$ |  |  |  |  | * |  |  |  |  |  | $\bullet$ |
| Turkey Breast |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Turkey Breast \& Ham |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |  |
| Subway Melt ${ }^{\text {TM }}$ (Includes Cheese) |  |  | $\bullet$ |  |  |  | $\bullet$ |  |  |  |  | - |  |
| Veggie Delite ${ }^{\text {TM }}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bread |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Deli Style Roll |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ |  |  |  |  |
| Hearty Italian |  |  |  |  |  |  | * |  | $\bullet$ |  |  |  |  |
| Honey Oat |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ |  |  |  |  |
| Italian |  |  |  |  |  |  | * |  | $\bullet$ |  |  |  |  |
| Italian Herbs and Cheese |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ |  |  |  |  |
| Monterey Cheddar |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ |  |  |  |  |
| Parmesan Oregano |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ |  | $\bullet$ |  |  |
| Roasted Garlic |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ |  |  |  |  |
| Wheat |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ |  |  |  |  |
| Flatbread |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ |  |  |  |  |
| Wrap |  |  |  |  |  |  | * |  | $\bullet$ |  |  |  |  |
| Meat, Poultry, Seafood \& Eggs |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bacon Strips |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |  |


|  | (\%) | 든 | Milk/Lactose | $\begin{aligned} & \infty \\ & \underset{y}{3} \\ & \text { 듲 } \\ & 0 \\ & 0 \end{aligned}$ |  |  |  |  |  |  |  |  | $\begin{aligned} & \text { 을 } \\ & 0 \\ & 0 \\ & \sum \\ & \Sigma \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Chicken Breast Patty |  |  |  |  |  |  | $\bullet$ |  |  |  | - |  |  |
| Chicken Strips - Plain |  |  |  |  | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ |  |  |
| Chicken Strips - Teriyaki Glazed |  |  |  |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  | $\bullet$ |  |  |
| Cold Cut Combo Meats |  |  | $\bullet$ |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ |
| Egg (Regular) Omelet | $\bullet$ |  | $\bullet$ |  |  |  | $\bullet$ |  |  |  |  |  |  |
| Egg (White) Omelet | $\bullet$ |  |  |  |  |  | * |  |  |  |  |  |  |
| Ham |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |  |
| Italian BMT® Meats |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ | - |
| Meatballs \& Marinara |  |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ |  |  |  |  |
| Roast Beef |  |  |  |  |  |  | $\bullet$ |  |  |  | $\bullet$ |  |  |
| Spicy Italian Meats |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ |
| Steak |  |  |  |  |  |  | $\bullet$ |  |  |  | $\bullet$ |  |  |
| Turkey |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuna | $\bullet$ | $\bullet$ |  |  |  |  | * |  |  |  |  |  | - |
| Cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheddar Cheese, Processed |  |  | $\bullet$ |  |  |  | $\bullet$ |  |  |  |  |  |  |
| Cheddar Cheese, Natural |  |  | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| Monterey Cheddar Cheese, Shredded |  |  | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| Monterey Jack Cheese |  |  | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| Swiss Cheese, Sliced |  |  | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| Condiments \& Dressings |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chipotle Southwest Sauce | $\bullet$ |  | $\bullet$ |  |  |  | * |  |  |  | $\bullet$ |  |  |
| Honey Mustard Sauce | $\bullet$ |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Italian Sub Sauce (House Sauce) |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ |  |  |  |  |
| Light Mayonnaise - Type Dressing | $\bullet$ |  |  |  |  |  | * |  |  |  |  |  | $\bullet$ |
| Mayonnaise, Regular | $\bullet$ |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Mustard (Yellow and Deli Brown) |  |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Ranch Dressing | $\bullet$ |  | $\bullet$ |  |  |  | * |  |  |  | $\bullet$ |  |  |
| Red Wine Vinaigrette |  |  | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| Sweet Onion Sauce (Contains Poppy Seeds) |  |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |
| Vegetables |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Banana Peppers |  |  |  |  |  |  |  |  |  | - |  |  |  |
| Jalapenos |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Olives |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pickles |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetables, Fresh |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cookies |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate Chip | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | ** | $\bullet$ |  |  |  |  |
| Chocolate Chunk | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | ** | $\bullet$ |  |  |  |  |
| Double Chocolate | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | ** | $\bullet$ |  |  |  |  |
| M\&M® | $\bullet$ |  | $\bullet$ | $\bullet$ |  |  | $\bullet$ | ** | $\bullet$ |  |  |  |  |
| Oatmeal Raisin | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | ** | $\bullet$ |  |  |  |  |
| Peanut Butter | $\bullet$ |  | $\bullet$ | $\bullet$ |  |  | $\bullet$ | ** | $\bullet$ |  |  |  |  |
| Sugar | $\bullet$ |  | $\bullet$ | ** |  |  |  | ** | $\bullet$ |  |  |  |  |
| White Chip Macadamia Nut | $\bullet$ |  | $\bullet$ | ** |  |  | $\bullet$ | $\bullet$ | $\bullet$ |  |  |  |  |
| Yogurt Parfait |  |  | $\bullet$ | X |  |  | * | X | $\bullet$ |  |  |  |  |

$\mathbf{\Delta}=$ Allergen info for additional condiments and breads are listed separately on this chart.

## $\bullet=$ Contains

## X =May Contain

${ }^{1}$ Wheat \& Gluten categories are combined since all Subway® gluten-containing items contain wheat
${ }^{2}$ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes
*The only soy-derived ingredient is refined soybean oil.
**Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing

