

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten ¹	Sulfites	MSG/Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates	Mustard
Chicken Breast Patty							•				•		
Chicken Strips - Plain					•		•				•		
Chicken Strips - Teriyaki Glazed					•		•		•		•		
Cold Cut Combo Meats			•									•	•
Egg (Regular) Omelet	•		•				•						
Egg (White) Omelet	•						*						
Ham												•	
Italian BMT® Meats												•	•
Meatballs & Marinara			•				•		•				
Roast Beef							•				•		
Spicy Italian Meats												•	•
Steak							•				•		
Turkey													
Tuna	•	•					*						•
Cheese													
Cheddar Cheese, Processed			•				•						
Cheddar Cheese, Natural			•										
Monterey Cheddar Cheese, Shredded			•										
Monterey Jack Cheese			•										
Swiss Cheese, Sliced			•										
Condiments & Dressings													
Chipotle Southwest Sauce	•		•				*				•		
Honey Mustard Sauce	•												•
Italian Sub Sauce (House Sauce)							•		•				
Light Mayonnaise - Type Dressing	•						*						•
Mayonnaise, Regular	•												•
Mustard (Yellow and Deli Brown)													•
Ranch Dressing	•		•				*				•		
Red Wine Vinaigrette			•										
Sweet Onion Sauce (Contains Poppy Seeds)													•
Vegetables													
Banana Peppers										•			
Jalapenos													
Olives													
Pickles													
Vegetables, Fresh													
Cookies													
Chocolate Chip	•		•	**			•	**	•				
Chocolate Chunk	•		•	**			•	**	•				
Double Chocolate	•		•	**			•	**	•				
M&M®	•		•	•			•	**	•				
Oatmeal Raisin	•		•	**			•	**	•				
Peanut Butter	•		•	•			•	**	•				
Sugar	•		•	**				**	•				
White Chip Macadamia Nut	•		•	**			•	•	•				
Yogurt Parfait			•	X			*	X	•				

▲ =Allergen info for additional condiments and breads are listed separately on this chart.

● =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