

Canada Ingredient Information for People with Food Allergies and Sensitivities (Revised March 2015)

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 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.

preparation and is not reflected on this chart. Please n	preparation and is not reflected on this chart. Please notify the sandwich artist if you have a food allergy.												
Sandwiches [♣] on Italian bread with lettuce, tomatoes,	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten1	Sulfites	MSG/Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates	Mustard
		pepper		onions,		, and o							
Chicken & Bacon Ranch (Includes Cheese)	•		•		•		*		•		•	•	
Cold Cut Combo			•				*		•			•	•
Ham							*		•			•	
Italian BMT®									•			•	•
Meatball Marinara			•				•		•				
Roast Beef							•		•		•		
Roasted Chicken Breast							•		•		•		
Spicy Italian							*		•			•	•
Subway Club®							•		•		•	•	
Steak & Cheese			•				•		•		•		
Sweet Onion Chicken Teriyaki					•		•		•		•		•
Tuna	•	•					•		•				•
Turkey Breast							*		•				
Turkey Breast & Ham							*		•			•	
Subway Melt™			•				•		•			•	
Veggie Delite™							*		•				
Salads with lettuce, tomatoes, green peppers, red or	nions, o	lives a	nd carr	ots.									
Chicken & Bacon Ranch (Includes Cheese)	•		•		•		•				•	•	
Cold Cut Combo			•									•	•
Ham												•	
Italian BMT®												•	•
Meatball Marinara			•				•		•				_
Roast Beef			_				•				•		
Roasted Chicken Breast							•				•		
Spicy Italian							_					•	•
Subway Club®							•				•	•	
Steak & Cheese			•									•	
Sweet Onion Chicken Teriyaki													
Sweet Offich Chicken Terryaki							•				•		
					•		•		•				•
Tuna	•	•			•				•		•		•
Tuna Turkey Breast	•	•			•		•		•		•		
Tuna Turkey Breast Turkey Breast & Ham	•	•			•		•		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese)	•	•	•		•		•		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™	•	•	•		•		•		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread	•	•	•		•		*				•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread Deli Style Roll	•	•	•		•		*		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread Deli Style Roll Hearty Italian	•	•	•		•		•		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread Deli Style Roll Hearty Italian Honey Oat	•	•	•		•		• *		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread Deli Style Roll Hearty Italian Honey Oat Italian	•	•	•		•		•		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread Deli Style Roll Hearty Italian Honey Oat Italian Italian Herbs and Cheese	•	•	•		•		• * * * * * * * * * * * * * * * * * * *		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread Deli Style Roll Hearty Italian Honey Oat Italian Italian Herbs and Cheese Monterey Cheddar	•		•				*		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread Deli Style Roll Hearty Italian Honey Oat Italian Italian Herbs and Cheese Monterey Cheddar Parmesan Oregano		•					*		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread Deli Style Roll Hearty Italian Honey Oat Italian Italian Herbs and Cheese Monterey Cheddar Parmesan Oregano Roasted Garlic		•	•				*		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread Deli Style Roll Hearty Italian Honey Oat Italian Italian Herbs and Cheese Monterey Cheddar Parmesan Oregano Roasted Garlic Wheat		•	•				*		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread Deli Style Roll Hearty Italian Honey Oat Italian Italian Herbs and Cheese Monterey Cheddar Parmesan Oregano Roasted Garlic Wheat Flatbread		•	•				*		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread Deli Style Roll Hearty Italian Honey Oat Italian Italian Herbs and Cheese Monterey Cheddar Parmesan Oregano Roasted Garlic Wheat Flatbread Wrap			•				*		•		•	•	
Tuna Turkey Breast Turkey Breast & Ham Subway Melt™ (Includes Cheese) Veggie Delite™ Bread Deli Style Roll Hearty Italian Honey Oat Italian Italian Herbs and Cheese Monterey Cheddar Parmesan Oregano Roasted Garlic Wheat Flatbread			•				*		•		•	•	

	Едд	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten¹	Sulfites	MSG/Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates	Mustard
	В	ш	2	4	S	S	S	⊥	>	S	≥ <u>₹</u>	Z	Ĭ
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			•	х			*	х	•				
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▲=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