



## Canada Ingredient Information for People with Food Allergies and Sensitivities

(Revised May 2017)

*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.*

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, triticale, oats, barley)	Sulfites	MSG/Autolyzed Yeast Hydrolyzed Prot.1	Nitrites/Nitrates	Mustard
<b>Sandwiches</b> ^ on Italian bread with lettuce, tomatoes, green peppers, red onions, pickles, and olives.														
Chicken & Bacon Ranch (Includes Cheese)	•		•		•		•		•	•		•	•	
Cold Cut Combo			•				*		•	•				•
Ham							*		•	•			•	
Italian B.M.T.®							*		•	•			•	•
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™							*		•	•				
<b>Paninis</b> ^ on Ciabatta bread.														
Chicken Cordon Bleu (with Swiss)	•		•				•	x	•	•		•	•	•
Chipotle Steak & Cheese (with Cheddar)	•		•				*	x	•	•		•		
Italian B.M.T.® (with Cheddar)	x		•				x	x	•	•			•	•
Triple Cheese (with Cheddar, Swiss, Monterey Jack)	x		•				x	x	•	•				
<b>Salads</b> ^ with lettuce, tomatoes, green peppers, red onions, olives and carrots.														
Chicken & Bacon Ranch (Includes Cheese)	•		•		•		•					•	•	
Cold Cut Combo			•										•	•
Ham													•	
Italian B.M.T.®													•	•
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™ (Includes Cheese)			•				•						•	
Veggie Delite™														
<b>Bread</b>														
Deli Style Roll							•		•	•				
Ciabatta Bread	x		x				x	x	•	•				
Gluten-Free Roll	•													
Hearty Italian							*		•	•				
Honey Oat							•		•	•				
Italian							*		•	•				
Italian Herbs and Cheese			•				*		•	•				
Monterey Cheddar			•				*		•	•				
Parmesan Oregano			•				*		•	•		•		
Roasted Garlic							•		•	•				
Wheat, 9-Grain							*		•	•				
Flatbread, White/Multigrain			•				*		•	•				
Wrap							*		•	•				
<b>Meat, Poultry, Seafood &amp; Eggs</b>														
Bacon Strips														•
Chicken Cutlet							•					•		
Chicken Strips - Plain					•		•					•		
Chicken Strips - Teriyaki Glazed					•		•		•	•		•		
Cold Cut Combo Meats			•										•	•
Egg (Regular) Omelet	•		•				•							

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, triticale, oats, barley)	Sulfites	MSG/Autolyzed Yeast Hydrolyzed Prot.1	Nitrites/Nitrates	Mustard
Egg (White) Omelet	•						*							
Ham													•	
Italian BMT® Meats													•	•
Meatballs & Marinara			•				•		•	•				
Roast Beef							•					•		
Spicy Italian Meats													•	•
Steak							•					•		
Turkey														
Tuna	•	•					*							•
<b>Cheese</b>														
Cheddar Cheese, Processed			•				•							
Cheddar Cheese			•											
Monterey Cheddar Cheese, Shredded			•											
Monterey Jack Cheese			•											
Swiss Cheese, Sliced			•											
<b>Condiments &amp; Dressings</b>														
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)														•
<b>Vegetables</b>														
Banana Peppers											•			
Jalapenos														
Olives (Green/Black)														
Pickles														
Vegetables, Fresh														
<b>Cookies</b>														
Chocolate Chip	•		•	**			•	**	•	•				
Chocolate Chip with Rainbow Gems	•		•	•			•	**	•	•				
Chocolate Chunk	•		•	**			•	**	•	•				
Double Chocolate	•		•	**			•	**	•	•				
Oatmeal Raisin	•		•	**			•	**	•	•				
Peanut Butter	•		•	•			•	**	•	•				
Sugar	•		•	**				**	•	•				
White Chip Macadamia Nut	•		•	**			•	•	•	•				
Yogurt Parfait			•	X			*	X	•	•				
<b>Soup</b>														
Beef Chili							•		•	•		•		
Black Bean							•					•		
Cream of Broccoli			•						•	•				
Cream of Mushroom			•						•	•				
Creamy Chicken & Dumpling	•		•				•		•	•				
Creamy Chicken and Wild Rice			•		•				•	•				
French Onion (not including cheese/croutons)							•					•		
Homestyle Chicken Noodle	•		•						•	•				
Loaded Baked Potato			•						•	•			•	
Spicy Chicken Tortilla														
Tomato Basil			•											

X =May Contain

<sup>1</sup> 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 cookies