



U.S. Allergy and Sensitivity Information

December 2019

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 some 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 containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Breads & Wraps											
Italian (white)							*		•		
9-Grain Wheat							*		•		
Flatbread, Artisan							*		•		
Italian Herbs and Cheese			•				*		•		
Slider Roll			•						•		
Local/Regional Breads‡											
9-Grain Honey Oat							*		•		
Croissant	•		•				•	*	•		
English Muffin			•				•		•		
Gluten-Free (as packaged)	•						X				
Hearty Italian							*		•		
Jalapeno Cheese/Cheddar			•				*		•	•	
Monterey Cheddar			•				*		•		
Parmesan Oregano			•				*		•		
Roasted Garlic							*		•	•	
Sourdough							*		•		
Ultimate Cheesy Garlic Bread			•				•		•		
Wrap, Habanero							•		•		
Wrap, Spinach							•		•		
Wrap, Tomato Basil							•		•		
Wrap, Wheat									•		
Meat, Poultry, Seafood & Eggs											
Bacon Strips											•
Chicken Patty, Roasted											
Chicken Strips, Plain							•				
Chicken Strips, Teriyaki Glazed					•		•		•		
Cold Cut Combo Meats											•
Egg (Regular) Omelet	•		•				•				
Egg White Patty	•						*				
Ham (Black Forest)											•
Italian BMT® Meats (ham, pepperoni, salami)											•
Meatballs & Marinara			•				•		•		
Pepperoni											•
Roast Beef											
Rotisserie-Style Chicken							*				
Spicy Italian Meats (pepperoni, salami)											•
Steak											
Tuna	•	•					*				
Turkey Breast							*				

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Pickles											
Spinach											
Tomatoes											
Local/Regional Vegetables ‡											
Avocado											
Carrots											
Green Chiles											
House-Made Dill Pickles						*					
Mushrooms											
Sweet Peppers									•		
Soups ‡											
Beef Chili							•		•		
Black Bean							•				
Broccoli & Cheddar			•				*				
Creamy Chicken & Dumpling	•		•				•		•		
Creamy Chicken and Wild Rice			•		•				•		
French Onion (includes bread & cheese)			•				•		•		
Homestyle Chicken Noodle	•		•						•		
Loaded Baked Potato			•				*		•		
Spicy Chicken Tortilla							*				
Tomato Basil			•								
Cookies & Desserts											
Apple slices											
Cookie, Chocolate Chip	•		•	**			•	**	•		
Cookie, Oatmeal Raisin	•		•	**				**	•		
Cookie, Raspberry Cheesecake	•		•	**			•	**	•		
Cookie, White Chip Macadamia Nut	•		•	**			•	•	•		
Local/Regional Cookies and Desserts ‡											
Brownie	•		•				•	X	•		
Brownie, Gluten-Free ²	•										
Cinnamon Rolls	*		•				•		•		
Cookie, Chocolate Chip with M&M's®	•		•	•			•	**	•		
Cookie, Chocolate Chunk	•		•	**			•	**	•		
Cookie, Double Chocolate	•		•	**			•	**	•		
Cookie, Peanut Butter	•		•	•			•	**	•		
Cookie, Sugar	•		•	**				**	•		
Muffin, Apple Cinnamon Pecan	•		•				•	•	•		
Muffin, Banana Bread	•		•				*	•	•		
Muffin, Blueberry Crumb	•		•				•	•	•		
Muffin, Chocolate Chunk	•		•				•		•		
Muffin, Triple Berry	•		•				•		•		

•=contains x=may contain

¹ Wheat & Gluten categories are combined since all Subway® gluten-containing items contain wheat.

² The Gluten-Free bread is manufactured in a Gluten-Free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.

*Only contains highly refined oil from this ingredient. FDA exempts labeling refined oils as allergens since they can be safely consumed by food-allergic individuals.

**Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies. Peanut butter cookie may contain macadamia nuts due to manufacturing process.

‡ Local Options: Products are not available at all locations