

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. We go to great lengths to identify allergens in the food we prepare. However, we are unable to guarantee that any items sold are free from the listed allergens. There is always a risk that allergens may be transferred to items from our menu during processing, storage or preparation in our restaurants. Individual food items may come into contact with one another and this is not reflected on the Allergen Guide.

	Egg	Fish	Milk	Peanut	Sesame	Crustaceans	Mollusc	Soy	Tree Nuts	Lupin	Wheat & Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/Nitrates
Sandwiches on White or Wheat Bread with lettuce, spinach, tomatoes, cucumbers, onions and capsicum														
Buffalo Chicken	*		●		*			●			●	*	●	
Catering Meats (Sliced Turkey, Leg Ham)	*		*		*			●			●	*		●
Catering Meats (Sliced Turkey, Leg Ham, Roast Beef)	*		*		*			●			●	*		●
Chicken & Bacon Ranch Melt (with Mozzarella Cheese)	●		●		*			●			●	*	●	●
Chicken Classic	●		●		*			●			●	*	●	
Chicken Strips	*		*		*			●			●	*	●	
Chicken Teriyaki	*		*		●			●			●	*	●	
Italian B.M.T® (with Salami, Pepperoni and Leg Ham)	*		●		*			●			●	*		●
Leg Ham	*		*		*			●			●	*		●
Meatball Melt (Includes Mozzarella and Marinara Sauce)	*		●		*			●			●	*		
Pizza Melt (with Salami, Pepperoni, Mozzarella Cheese and Marinara Sauce)	*		●		*			●			●	*		●
Pork Riblet (with Smoky BBQ sauce)	*		*		*			●			●	*		
Roast Beef	*		*		*			●			●	*		
Smashed Falafel	*		*		*			●			●	*	●	
Steak Melt (Includes Mozzarella Cheese)	*		●		*			●			●	●	●	
Three Pepper Chicken	●		*		*			●			●	*		
Tuna & Mayo (with Mayonnaise)	●	●	●		*			●			●	*		
Turkey, Carved	*		*		*			●			●	*		
Turkey, Sliced	*		*		*			●			●	*		
Veggie Delite® with Avo	*		*		*			●			●	*		
Veggie Patty	*		*		*			●			●	*	●	
Bread														
Italian Herbs and Cheese Bread	*		●		*			●			●	*	●	
Malted Rye Bread	*		*		*			●			●	*		
Roasted Garlic Bread	*		*		*			●			●	*	●	
Wheat Bread	*		*		*			●			●	*		
White Bread	*		*		*			●			●	*		
Wrap, Flour (Wheat)								*			●			
Wrap, Gluten Free **														
Meat, Poultry, Eggs, Seafood & Vegetarian														
Bacon, Streaky														●
Buffalo Chicken			●										●	●
Catering Meats (Sliced Turkey, Leg Ham)								●						●
Catering Meats (Sliced Turkey, Leg Ham, Roast Beef)								●						●
Chicken Classic	●		●					●			●		●	
Chicken Strips													●	
Chicken Teriyaki					●								●	
Egg Omelette	●												●	
Italian B.M.T® Meats (Salami, Pepperoni and Leg Ham)			●											●
Leg Ham														●
Meatballs & Marinara Sauce			●					●			●			
Pepperoni			●											
Pizza Melt Meats (Pepperoni and Salami)			●											●
Pork Riblet								●			●			
Roast Beef														
Salami			●											
Smashed Falafel								●			●		●	
Steak, Diced								●				●	●	
Three Pepper Chicken	●							●			●			
Tuna & Mayo (with Mayonnaise)	●	●	●											
Turkey, Carved														
Turkey, Sliced								●						
Veggie Patty								●			●		●	
Sauces & Dressings														
Blue Cheese Dressing	●		●											
Chipotle Southwest Sauce	●		●					●					●	
Garlic Aioli			●									●		
Habanero Hot Sauce														
Honey Mustard Sauce														
Marinara Sauce														
Mayonnaise	●		●											
Ranch Dressing	●		●					●			●			
Smoky BBQ Sauce														
Spicy Mayonnaise	●												●	
Sweet Chilli Sauce														
Sweet Onion Sauce (Contains Poppy Seeds)														

● Contains

* May contain

¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

** Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website - www.subway.com/en-NZ for more information.



New Zealand Ingredient Information for People with Food Allergies and Sensitivities June 2022

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	Egg	Fish	Milk	Peanut	Sesame	Crustaceans	Mollusc	Soy	Tree Nuts	Lupin	Wheat & Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/Nitrates
Cheeses														
Mozzarella Cheese (shredded)			●											
Old English Style Processed Cheese (slices)			●					●						
Processed Cheddar Cheese (slices)			●					●						
Vegetables														
Avocado														
Beetroot														
Jalapeno Peppers														
Olives														
Pickles														
Pineapple														
Vegetables (Lettuce, Spinach, Tomatoes, Cucumbers, Onions, Capsicum)														
Seasonings														
Pepper														
Salt														
Cookies														
Chocolate Chip Cookie	●		●	*				●	*		●			
Chocolate Chip Cookie with M&M'S	●		●	*				●	*		●			
Double Chocolate Chip Cookie	●		●	*				●	*		●			
Oatmeal Raisin Cookie	●		●	*				●	*		●			
White Chip Macadamia Nut Cookie	●		●	*				●	●		●			
Baked Goods (available at selected locations)														
Apple & Custard Danish	●		●	*				●	*		●			
Apricot & Custard Danish	●		●	*				●	*		●			
Boysenberry & Custard Danish	●		●	*				●	*		●			
Sides & Snacks														
Avocado Toastie (on White Bread)	*		*		*			●			●	*		
Cheesy Garlic Toastie (on White Bread)	*		●		*			●			●	●		
Chipotle Quesadilla (on Wheat Flour Wrap with Mozzarella Cheese)	●		●					●			●	●		
Garlic & Herb Toastie (on White Bread)	*		●		*			●			●	●		
Ham, Cheese & Tomato Jaffle (on White Bread with Mayonnaise)	●		●		*			●			●	*		
Meatball Mozza Pot (with Marinara Sauce)			●					●			●			
Wattie's Fruit Squirtz, Apple & Blackcurrant Puree								*						
Wattie's Fruit Squirtz, Apple & Peach Puree								*						
Wattie's Fruit Squirtz, Apple & Strawberry Puree								*						
Smoothies														
Blueberry & Mango														
Strawberry														
Tropical														
PROMOTIONAL ITEMS														
Subway® BBQ Piled Pork Subs														
Subway® BBQ Pulled Pork (with BBQ sauce on Italian herb & cheese bread)	*		●		*			●			●	*	●	
Subway® BBQ Pulled Pork with Bacon (with spicy mayo, cheddar-style cheese on white bread)	●		●		*			●			●	*		●
Meat, Poultry, Eggs, Seafood & Vegetarian														
Pulled Pork								*						

● Contains

* May contain

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