

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 list does not include regional or special promotional items as ingredients vary.

BREADS

ITALIAN HERBS & CHEESE BREAD: Subway® **WHITE BREAD**, Mozzarella Cheese (Pasteurised **Milk**, Salt, Anti-Caking Agent (460), Starter Culture, Vegetarian Rennet), Rice Flour, Garlic Dehydrated, Herbs (Rosemary, Oregano (Minimum 3%)), Salt, Vegetable Oil ((Soy) (Antioxidant 307b)), **Wheat** Gluten, Cheese Powder (Cheese Solids, **Milk** Solids, Maltodextrin, Vegetable Fat, Salt, Mineral Salts (339, 509), Sugar, Yeast Extract, Anti-caking Agent (551), Food Acid (296), Vegetable Gum (415)), Parmesan Cheese (**Milk**) (Minimum 3%), Anti-caking Agent (551), Emulsifier (322 (**Soy**)), Acidity Regulator (330), Spice Extract (160c).

Contains: Wheat, Gluten, Milk, Soy. May Contain: Egg, Sesame, Sulphites.

MALTED RYE BREAD:

RYE BREAD: **Wheat** Flour, Water, **Rye** Flour (13%), **Soy** Flour, **Soy** Lecithin, Ascorbic Acid, Yeast, Gluten, Kibble **Rye** (2%), Canola Oil, Iodised Salt, Malted **Barley** Flour (1%), Fermented **Wheat** Flour, Enzyme, Sugar, Thiamine, Folic Acid.

RYE BREAD TOPPING: Seeds and Grains ((91%) (Linseed, Sunflower Seeds, Pepita, Quinoa, **Soy** Grits, Poppy Seed, **Oats**, Amaranth)), Dextrin (Tapioca), Vegetable Oil, Salt, Vegetable Powders (Garlic, Onion), Psyllium Fibre.

Contains: Wheat, Gluten, Soy. May Contain: Milk, Egg, Sesame, Sulphites.

ROASTED GARLIC BREAD: Subway® **WHITE BREAD**, Polenta, Sugar, Salt, Acidity Regulators (331, 334, 330), **Wheat** Starch, Dehydrated Garlic (minimum 3%), Dehydrated Onion, Spices, Yeast Extract, Herbs, Vegetable Oil, Antioxidant (300), Spice Extract (160c).

Contains: Wheat, Gluten, Soy. May Contain: Milk, Egg, Sesame, Sulphites.

WHEAT BREAD: **Wheat** Flour, Water, Yeast, Wholemeal Concentrate (**Wheat** Bran, **Wheat** Germ), Sugar, **Wheat** Gluten, Bread Improver ((**Soy** Flour, Emulsifiers (472e, 481, 471), Flour Improver (300), Enzymes, Thiamine, Folic Acid)), Iodised Salt (Potassium Iodate, Anti-Caking Agent (535)), Canola Oil, Caramel (150c).

Contains: Wheat, Gluten, Soy. May Contain: Milk, Egg, Sesame, Sulphites.

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WHITE BREAD: **Wheat** Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Food Acid (300), Enzymes.

Contains: Wheat, Gluten, Soy. May Contain: Milk, Egg, Sesame, Sulphites.

WRAP (FLOUR): **Wheat** Flour (White, Wholemeal), Water, Vegetable Oil, Raising Agents (341, 450, 501), **Wheat** Fibre, White Vinegar, **Wheat** Gluten, Cultured **Wheat** Flour, Vegetable Gum (412), Humectant (422), Maize Starch, Emulsifier (471), Sugar, Salt, Preservatives (200, 202, 282), Acidity Regulator (297), Vitamins (Folic Acid, Thiamine).

Contains: Wheat, Gluten. May Contain: Soy.

WRAP, GLUTEN FREE*: Water, Brown Rice Flour, Thickeners (1442, 1450, 464), Buckwheat Flour, Rice Flour, Canola Oil, Dried Potato, Sugar Fibre, Pea Protein, Sugar, Natural Flavour, Stabilisers (415, 412), Iodised Salt, Sodium Bicarbonate, Acidity Regulator (297), Inulin, Cultured Dextrose.

MEAT, POULTRY, EGG & SEAFOOD

BACON: Pork, Water, contains less than 2% of Salt, Sugar, Smoke Flavour, Sodium Phosphates, Sodium Erythorbate (made from sugar), Sodium Nitrite.

BUFFALO CHICKEN:

CHICKEN STRIPS: Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder (Onion).

BUFFALO SAUCE: Water, Vinegar, Salt, Dextrose, Cayenne Chilli Puree (Cayenne Chilli, Food Acid (Acetic)), **Milk** Solids, Sugar, Corn Starch, Natural Flavours (**Milk**), Spice, Thickener (Xanthan Gum), Natural Colours (Paprika & Turmeric Oleoresins), Spice Extract.

Contains: Milk.

CATERING MEATS:

TURKEY, SLICED: Turkey (Breast and Tenderloin (78%)), Water, Thickeners (1412, 407a, 415, 407), **Soy** Protein, Salt, Sugar, Mineral Salts (451, 450, 452), Yeast Extract, Autolysed Yeast, Natural Flavour.

Contains: Soy.

LEG HAM: Pork (90%), Water, Salt, Sugar, Stabilisers (451, 450, 341), Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Honey, Preservative (250 (Sodium Nitrite)), Smoked.

ROAST BEEF: Beef (min 80%), Water, Dextrose, Maltodextrin, Salt, Mineral Salt (451), Dehydrated Vegetables (Garlic, Onion), Colour (150d), Spice, Vegetable Oil.

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CHICKEN & BACON RANCH:

CHICKEN STRIPS: Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder (Onion).

BACON: Pork, Water, contains less than 2% of Salt, Sugar, Smoke Flavour, Sodium Phosphates, Sodium Erythorbate (made from sugar), Sodium Nitrite.

RANCH DRESSING: Vegetable Oil (**Soy** (Antioxidant (319))), Water, **Egg** Yolk, **Milk** Solids, Malt (**Barley**) Vinegar, Sugar, Salt, Spices, Acidity Regulator (260), Thickeners (415, 405), Modified Starch (1442), Dehydrated Vegetables, Preservatives (202, 211), Colour (150d), Antioxidant (385), Flavouring.

Contains: Gluten, Egg, Milk, Soy.

CHICKEN CLASSIC: Chicken (70%), Water, Flour (**Wheat**, Maize), Salt, Flavours (**Wheat**, Contains Flavour Enhancers (627, 635, 631)), Sunflower Oil, **Wheat** Semolina, **Wheat** Gluten, Polenta, **Egg** Powder, **Wheat** Starch, Dextrose, Mineral Salts (450, 451), Sugar, **Milk** Protein, Yeast Extract, Dehydrated Vegetables (Onion, Garlic), **Soy** Sauce (**Soy**, **Wheat**), Maltodextrin (Maize), Herbs & Spices, Spice Extracts, Colours (160c, 100), Acidity Regulator (330).

Contains: Wheat, Gluten, Egg, Milk, Soy.

CHICKEN STRIPS: Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder (Onion).

CHICKEN TERIYAKI:

CHICKEN STRIPS: Chicken Breast (96%), Water, Starches (Potato, Maize) Salt, Mineral Salt (450), Hydrolysed Maize Protein, Sugar, Vegetable Fibres, Natural Flavour, Yeast Extracts, Vegetable Powder (Onion).

TERIYAKI GLAZE: Water, Sugar, Thickener (1422), Fructose, Tomato Paste, Ginger, Salt, Hydrolysed Vegetable Protein, Acidity Regulators (260, 270), Garlic, **Sesame** Seeds, Minced Onion, Red Bell Peppers, **Sesame** Oil, Colour (150d), Spices, Preservatives (202, 211), Flavours.

Contains: Sesame.

EGG OMELETTE: Cage Free Whole **Egg** (Pasteurised), Raising Agent (450), Acidity Regulator (330, 339).

Contains: Egg.

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ITALIAN B.M.T.® MEATS:

SALAMI: Pork and Beef (95%), Salt, Spices, Lactose (**Milk**), Maltodextrin (Maize), Dextrose (Maize), Mineral Salts (450, 451), Antioxidant (316), Dried Vegetables (Garlic, Onion), Sugar, Preservative (250 (Sodium Nitrite)), Starter Culture, Natural Wood Smoke.

Contains: Milk.

PEPPERONI: Pork and Beef (94%), Salt, Spices, Maltodextrin (Maize), Lactose (**Milk**), Dextrose (Maize), Mineral Salts (450,451), Antioxidant (316), Dried Vegetables (Garlic, Onion), Sugar, Natural Colour (160c), Starter Culture, Preservative (250 (Sodium Nitrite)), Natural Wood Smoke.

Contains: Milk.

LEG HAM: Pork (90%), Water, Salt, Sugar, Stabilisers (451, 450, 341), Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Honey, Preservative (250 (Sodium Nitrite)), Smoked.

LEG HAM: Pork (90%), Water, Salt, Sugar, Stabilisers (451, 450, 341), Vegetable Gum (407), Antioxidant (316), Acidity Regulators (331, 325, 262), Honey, Preservative (250 (Sodium Nitrite)), Smoked.

MEATBALLS WITH MARINARA SAUCE:

MEATBALLS: Beef (min 65%, Ground) Water, **Soy** Protein, Breadcrumbs (Flour (Wheat, **Soy**), Yeast, **Wheat** Gluten, Vegetable Oil, Salt, Emulsifiers (471, 472e, 481), Acidity Regulators (263)), Seasoning (Salt, Dehydrated Vegetables, Herbs & Spices, Vegetable Oil), Parmesan Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme), Colour (Caramel 150c).

Contains: Wheat, Gluten, Milk and Soy.

MARINARA SAUCE: Tomato Concentrate (Tomato Paste, Water), Vegetable Oil, Sugar, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice, Food Acid (330).

PIZZA MEATS:

SALAMI: Pork and Beef (95%), Salt, Spices, Lactose (**Milk**), Maltodextrin (Maize), Dextrose (Maize), Mineral Salts (450, 451), Antioxidant (316), Dried Vegetables (Garlic, Onion), Sugar, Preservative (250), Starter Culture, Natural Wood Smoke.

Contains: Milk.

PEPPERONI: Pork and Beef (94%), Salt, Spices, Maltodextrin (Maize), Lactose (**Milk**), Dextrose (Maize), Mineral Salts (450,451), Antioxidant (316), Dried Vegetables (Garlic, Onion), Sugar, Natural Colour (160c), Starter Culture, Preservative (250), Natural Wood Smoke.

Contains: Milk.

PORK RIBLET: Pork (80%), Water, Seasoning (**Soy** Protein, Tapioca Starch, Emulsifier (451, 450), Garlic), Vegetable Oil, Breadcrumbs (**Wheat, Wheat** Gluten, **Soy**), **Soy** Protein, Salt.

Contains: Wheat, Gluten, Soy.

ROAST BEEF: Beef (min 80%), Water, Dextrose, Maltodextrin, Salt, Mineral Salt (451), Dehydrated Vegetables (Garlic, Onion), Colour (150d), Spice, Vegetable Oil.

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SMASHED FALAFEL: Chickpeas (62%), Onion, Seasonings (Dehydrated Vegetables (Red Bell Pepper, Onion, Garlic), Herbs & Spices, **Wheat** Flour, **Soy** Meal (**Wheat**), Salt, **Wheat** Bran, Sugar, Maltodextrin (Maize), Yeast Extract, Vegetable Oils, Flavour), Thickeners (1412, Corn Starch), Water, Vegetable Oil.

Contains: Wheat, Gluten, Soy.

STEAK, DICED: Beef (min 80%), Water, Dextrose, Hydrolysed Vegetable Protein (Maize & **Soy**), Maize Thickener (1442), Maltodextrin (Maize), Salt, Mineral Salts (508,450,451), Stabiliser (407a), Colour (150d) (**Sulphites**), Vegetable Powders (Onion, Garlic), Fermented **Soy** Sauce (**Soy**), Yeast Extract, Natural Flavour, Vegetable Oil, Spice Extract, Vegetable Extract.

Contains: Soy, Sulphites.

THREE PEPPER CHICKEN: Chicken Breast (70%), Flour (**Wheat**, Maize), **Wheat** Semolina, Spices (Black Pepper 5%, Green Pepper 2.5%, Pink Pepper 2%), Salt, **Egg** Powder, **Wheat** Gluten, Water, Vegetable Oil (Sunflower, Canola (319)), Thickener (1442, 1404), Acidity Regulator (450, 500, 541, 451), Dehydrated Vegetables, Sugar, **Soy** Flour, Maltodextrin, Yeast, Emulsifier (452,322 (**Soy**)).

Contains: Wheat, Gluten, Egg, Soy.

TUNA & MAYO: Skipjack Tuna (**Fish**) (min 60%), Subway® MAYONNAISE, Water, Salt.

Contains: Fish, Egg, Milk.

TURKEY, SLICED: Turkey (Breast and Tenderloin (78%)), Water, Thickeners (1412, 407a, 415, 407), **Soy** Protein, Salt, Sugar, Mineral Salts (451, 450, 452), Yeast Extract, Autolysed Yeast, Natural Flavour.

Contains: Soy.

VEGGIE PATTY: Vegetables (40%) (Carrots, Bell Peppers, Mushrooms, Water Chestnuts, Onions, Black Olives), **Soy** Protein, Cooked Brown Rice, Seasonings (Herbs and Spices, Hydrolysed Vegetable Protein (**Soy**), Yeast Extracts, Sugar, Salt, Vegetable Fibre), **Oats**, Vegetable Oil.

Contains: Gluten, Soy.

CHEESE

MOZZARELLA CHEESE (shredded): Pasteurised Cow's **Milk**, Salt, Anti-Caking Agent (460) Preservative (200), Cheese Culture, Vegetarian Rennet.

Contains: Milk.

OLD ENGLISH STYLE PROCESSED CHEESE: Cheese (min 60%) (Cow's **Milk**, Salt, Cultures, Enzyme (Microbial/Calf Rennet)), Water, **Milk** Solids, Emulsifiers (331, 322 (**Soy** Lecithin) 339), Salt, Acidity Regulators (260, 330), Preservative (200), Colours (160b, 160c), Enzymes.

Contains Milk, Soy.

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CHEDDAR-STYLE CHEESE SLICES: Cheese (min 65%), (Cow's **Milk**, Salt, Cultures, Enzyme (Vegetarian/Calf Rennet)), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332, 322 (**Soy** Lecithin)), Salt, Acidity regulators (330), Preservative (200).

Contains: Milk, Soy.

VEGETABLES

AVOCADO: Hass Avocado Puree (100%).

BEETROOT: Sliced Beetroot, Water, Sugar, Food Acid (260), Salt, Flavours.

CAPSICUM: Sliced Green Capsicum.

CARROTS: Shredded Carrots.

CUCUMBERS: Sliced Cucumbers.

JALAPEÑO PEPPER SLICES: Sliced Jalapeno Peppers, Water, Vinegar, Food Acid (260), Salt, Preservatives (211), Mineral Salt (509), Colour (102).

LETTUCE: Shredded Iceberg Variety.

OLIVES: Sliced Black Olives, Water, Salt, Ferrous Gluconate.

ONIONS: Sliced Red Onions.

PICKLES: Sliced Pickles, Water, Vinegar, Salt, Mineral Salt (509), Preservative (211), Natural Flavorings, Emulsifier (433).

PINEAPPLE (Selected locations only): Pineapple, Unsweetened Pineapple Juice, Citric Acid (330).

SPINACH: Baby Spinach

TOMATOES: Sliced Red Ripe Tomatoes.

SAUCES AND DRESSINGS

BLUE CHEESE DRESSING: Canola Oil, Water, Vinegar, Cheddar Blue Cheese Powder ((4%), (Milk, Microbial/Bovine Rennet)), Pasteurised **Egg** Yolk, Sugar, Corn Starch, Salt, Whey Powder (Milk), Natural Flavour, Food Acid (Lactic), Herb & Spice, Thickener (Xanthan), Vegetable Powder (Garlic), Preservative (Potassium Sorbate), Antioxidant (EDTA).

Contains: Milk, Egg.

CHIPOTLE SOUTHWEST SAUCE: Soy Bean Oil, Water, White Vinegar, **Milk** Solids, **Egg** Yolk (Pasteurised), Salt, Vegetable Powders (Onion, Garlic), Acidity Regulator (270), Stabiliser (415), Yeast Extract, Herb and Spice, Flavours (**Soy, Milk**), Preservatives (202, 211), Emulsifier (433), Antioxidant (385), Sweetener (950).

Contains: Soy, Milk, Egg.

GARLIC AIOLI SAUCE: Water, Vegetable Oil, Thickener (1414, 415, 412, 401), Garlic (3%), Sugar, Skim **Milk** Powder, Salt, Food Acids (270, 260, 330), Preservatives (211, 202, 223), Natural Flavour, Herb (**Sulphites**), Antioxidant (385), Colour (102, 110).

Contains: Milk, Sulphites.

HABANERO HOT SAUCE: Water, Sugar, Mango Puree (Food Acids (Citric & Ascorbic)), Vinegar, Chilli Purees (including Habanero (6%), Food Acid (Acetic)), Tamarind Concentrate (Tamarind, Water), Salt, Corn Starch, Tomato Paste, Garlic, Fructose, Spices, Food Acid (Citric), Thickener (Xanthan), Natural Colours (Turmeric & Paprika Oleoresins).

HONEY MUSTARD: Water, Sugar, Vinegar, Mustard (4%), Thickeners (1422, 415), Honey (3%), Salt, Acidity Regulators (260, 270, 330), Colour (171, 150d), Potato Fibre, Lemon Juice Concentrate, Preservatives (202, 211), Vegetable Powders (Onion, Garlic), Spices, Rice Flour, Natural Herb Extract, Anticaking Agent (551).

MARINARA SAUCE: Tomato Concentrate (Tomato Paste, Water), Vegetable Oil, Sugar, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice, Food Acid (330).

MAYONNAISE: Water, Sugar, Vegetable oil, Thickeners (1422, 415, 412, 401)), Skim **Milk** Powder, Salt, Food Acids (260, 270), Mustard Powder, Preservative (202, 211), **Egg** Yolk Powder, Emulsifier (433), Antioxidant (385), Natural Flavour.

Contains: Milk, Egg.

RANCH DRESSING: Vegetable Oil (**Soy** (Antioxidant (319))), Water, **Egg** Yolk, **Milk** Solids, Malt (**Barley**) Vinegar, Sugar, Salt, Spices, Acidity Regulator (260), Thickeners (415, 405), Modified Starch (1442), Dehydrated Vegetables (Onion, Garlic), Preservatives (202, 211), Colour (150d), Antioxidant (385), Flavouring.

Contains: Gluten, Egg, Milk, Soy.

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SMOKY BBQ SAUCE: Water, Sugar, White Vinegar, Tomato Paste, Glucose Syrup, Apple Paste, Molasses, Thickeners (1422, 415), Salt, Natural Flavour, Vegetable Powders (Garlic, Onion), Rochester Sauce Powder, Spices, Preservative (202).

SPICY MAYONNAISE: Vegetable Oil (Antioxidant (307)), Water, Maize Dextrose, White Vinegar, Pasteurised **Egg** Yolk, Salt, Thickeners (1442, 415), Yeast Extract, Chilli Flakes, Onion Powder, Dehydrated Garlic, Preservative (202), Natural Colour (160c), Spice Extract (Capsicum Oleoresin), Natural Chilli Flavour, Antioxidant (385).

Contains: Egg.

SWEET CHILLI SAUCE: Water, Sugar, Salt, Thickener (1422), Acidity Regulator (260), Chilli (1%), Red Bell Peppers, Stabilizer (415), Flavour, Preservative (211, 202).

SWEET ONION SAUCE: Water, Sugar, White Vinegar, Thickener (1422), Spice (Onion), Salt, Minced Onion, Poppy Seed, Preservative (202, 211), Red Bell Peppers, Flavour, Herb.

SEASONINGS

SALT: Sea Salt

PEPPER: Black Pepper

SNACKS

AVOCADO TOASTIE: Subway® WHITE BREAD, Subway® AVOCADO.

Contains: Wheat, Gluten, Soy. May Contain: Milk, Egg, Sesame, Sulphites.

CHEESY GARLIC TOASTIE: Subway® WHITE BREAD, Subway® GARLIC AIOLI, Subway® MOZZARELLA CHEESE, Rice Flour, Garlic Dehydrated, Herbs (Rosemary, Oregano (Minimum 3%)), Salt, Vegetable Oil ((Soy) (Antioxidant 307b)), **Wheat** Gluten, Cheese Powder (Cheese Solids, **Milk** Solids, Maltodextrin, Vegetable Fat, Salt, Mineral Salts (339, 509), Sugar, Yeast Extract, Anti-caking Agent (551), Food Acid (296), Vegetable Gum (415)), Parmesan Cheese (**Milk**) (Minimum 3%), Anti-caking Agent (551), Emulsifier (322 (**Soy**)), Acidity Regulator (330), Spice Extract (160c).

Contains: Wheat, Gluten, Milk, Soy, Sulphites. May Contain: Egg, Sesame.

CHIPOTLE QUESADILLA: Subway® WRAP, Subway® MOZZARELLA CHEESE, Subway® CHIPOTLE SOUTHWEST SAUCE, Green Capsicum, Onion.

Contains: Wheat, Gluten, Milk, Soy, Egg.

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GARLIC & HERB TOASTIE: Subway® WHITE BREAD, Subway® GARLIC AIOLI, Rice Flour, Garlic Dehydrated, Herbs (Rosemary, Oregano (Minimum 3%)), Salt, Vegetable Oil ((Soy) (Antioxidant 307b)), **Wheat** Gluten, Cheese Powder (Cheese Solids, **Milk** Solids, Maltodextrin, Vegetable Fat, Salt, Mineral Salts (339, 509), Sugar, Yeast Extract, Anti-caking Agent (551), Food Acid (296), Vegetable Gum (415)), Parmesan Cheese (**Milk**) (Minimum 3%), Anti-caking Agent (551), Emulsifier (322 (**Soy**)), Acidity Regulator (330), Spice Extract (160c).

Contains: Wheat, Gluten, Milk, Soy, Sulphites. May Contain: Egg, Sesame.

HAM, CHEESE & TOMATO JAFFLE: Subway® WHITE BREAD, Subway® MOZZARELLA CHEESE, Tomatoes, Subway® MAYONNAISE.

Contains: Wheat, Gluten, Soy, Milk, Eggs. May Contain: Sesame, Sulphites.

MEATBALL MOZZA POT: Subway® MEATBALLS WITH MARINARA SAUCE, Subway® MOZZARELLA CHEESE.

Contains: Wheat, Gluten, Soy, Milk.

COOKIES

CHOCOLATE CHIP COOKIE: **Wheat** Flour, Sugar, Dark Chocolate Chips (23%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (476, 322 (**Soy**)), Flavour), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Flavour, Antioxidants (307b (**Soy**), 330), Colour (160a)), Water, Butter (Cream (**Milk**), Salt (Anticaking Agent (535))), Whole **Egg** Powder, Molasses, Dextrose Monohydrate (Maize), Sodium Bicarbonate, Salt, Flavour.

Contains: Wheat, Gluten, Soy, Egg, Milk. May Contain: Peanut, Almond, Macadamia Nut, Walnut.

CHOCOLATE CHIP COOKIE WITH M&M'S: **Wheat** Flour, Sugar, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Flavour, Antioxidants (307b (**Soy**), 330), Colour (160a)), Dark Chocolate Chips (9%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (476, 322 (**Soy**)), Flavour), M&M'S® Chocolate Candies (9%) (Milk Chocolate (Sugar, Cocoa Mass, **Milk** Solids, Cocoa Butter, Vegetable Fat, Emulsifier (322 (**Soy**)), Salt, Flavour), Sugar, Starch (**Wheat**), Glucose Syrup (**Wheat**), Vegetable Gum (414), Colours (171, 129, 133, 110, 102), Dextrin, Glazing Agent (Carnauba Wax)), Water, Whole **Egg** Powder, Dextrose Monohydrate (Maize), Sodium Bicarbonate, Flavour, Salt.

Contains: Wheat, Gluten, Soy, Egg, Milk. May Contain: Peanut, Almond, Macadamia Nut, Walnut.

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DOUBLE CHOCOLATE CHIP COOKIE: Sugar, **Wheat** Flour, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Flavour, Antioxidants (307b (**Soy**), 330), Colour (160a)), White Confectionery Chips (12%) (Sugar, Vegetable Fat, **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), Dark Chocolate Chips (7%) (Sugar, Cocoa Mass, Cocoa Butter, Anhydrous **Milk** Fat, Emulsifier (476, 322 (**Soy**)), Flavour), Water, Alkalised Cocoa Powder (3%), Butter (Cream (**Milk**), Salt (Anticaking Agents (535))), Whole **Egg** Powder, Molasses, Flavour, Salt, Sodium Bicarbonate.
Contains: Wheat, Gluten, Soy, Milk, Egg. May Contain: Peanut, Almond, Macadamia Nut, Walnut.

OATMEAL RAISIN COOKIE: Sugar, **Wheat** Flour, Raisins (Raisins (16%), Vegetable Oil), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Flavour, Antioxidants (307b (**Soy**), 330), Colour (160a)), Wholegrain **Oats** (7%), Rolled **Oats** (6%), Water, Whole **Egg** Powder, Molasses, Salt, Sodium Bicarbonate, Cinnamon.
Contains: Wheat, Gluten, Soy, Egg, Milk. May Contain: Peanut, Almond, Macadamia Nut, Walnut.

WHITE CHIP MACADAMIA NUT COOKIE: **Wheat** Flour, Sugar, White Confectionery Chips (14%) (Sugar, Vegetable Fat, **Milk** Powder, Emulsifier (322 (**Soy**)), Flavour), Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Flavour, Antioxidants (307b (**Soy**), 330), Colour (160a)), **Macadamia** Nuts (6%), Water, Butter (Cream (**Milk**), Salt (Anticaking Agents (535))), Whole **Egg** Powder, Molasses, Dextrose Monohydrate (Maize), Flavour, Salt, Sodium Bicarbonate.
Contains: Wheat, Gluten, Milk, Soy, Egg, Macadamia Nut. May Contain: Almond, Walnut.

BAKED GOODS (available at selected locations) & SIDES

APPLE & CUSTARD DANISH: **Wheat** Flour, Apple Filling (22%) (Apple (65%), Sugar, Water, Stabilisers (1442, 461), Acidity Regulator (330, 331), Preservative (202), Antioxidant (300)), Water, Butter (Cream (**Milk**)), Yeast, Custard Filling (4%) (Sugar, Modified Starch (1414), Vegetable Fat, Stabilisers (401, 415, 410, 407, 412, 466), Glucose, **Milk** Protein, Mineral Salt (340), Food Acid (330, 327), Salt, Preservative (202), Flavour, Emulsifiers (471, 433, 322 (**Soy**)), Colour (160a)), Sugar, **Wheat** Gluten, Whole **Egg** Powder, Salt (Anti-caking Agent (535)), Dough Improver (**Soy** Flour, Emulsifiers (472e, 481, 471), **Wheat** Flour, Flour Improver (300), Enzymes, Thiamine, Folic Acid), Colours (102, 110).
Contains: Wheat, Gluten, Milk, Soy, Egg. May Contain: Peanut, Almond, Walnut.

APRICOT & CUSTARD DANISH: **Wheat** Flour, Apricot Filling (23%) (Apricot (78%), Sugar, Stabilisers (1442, 461), Acidity Regulator (330, 331), Preservative (202), Antioxidant (300), Flavour, Colour (160c)), Water, Butter (Cream (**Milk**)), Custard Filling (5%) (Sugar, Modified Starch (1414), Vegetable Fat, Stabilisers (401, 415, 410, 407, 412, 466), Glucose, **Milk** Protein, Mineral Salt (340), Food Acid (330, 327), Salt, Preservative (202), Flavour, Emulsifiers (471, 433, 322 (**Soy**)), Colour (160a)), Yeast, Sugar, **Wheat** Gluten, Whole **Egg** Powder, Salt (Anti-caking Agent (535)), Dough Improver (**Soy** Flour, Emulsifiers (472e, 481, 471), **Wheat** Flour, Flour Improver (300), Enzymes, Thiamine, Folic Acid), Colours (102, 110).
Contains: Wheat, Gluten, Milk, Soy, Egg. May Contain: Peanut, Almond, Walnut.

* 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.

BOYSENBERRY & CUSTARD DANISH: **Wheat** Flour, Apple-Boysenberry Filling (23%) (Apple (28%), Boysenberry (17%), Water, Sugar, Sultanas, Stabilisers (1412, 1442, 460, 466), Acidity Regulator, (330), Preservative (202)), Water, Butter (Cream (**Milk**)), Yeast, Custard Filling (3%) (Sugar, Modified Starch (1414), Vegetable Fat, Stabilisers (401, 415, 410, 407, 412, 466), Glucose, **Milk** Protein, Mineral Salt (340), Food Acid (330, 327), Salt, Preservative (202), Flavour, Emulsifiers (471, 433, 322 (**Soy**), Colour (160a)), Sugar, **Wheat** Gluten, Whole **Egg** Powder, Salt (Anti-caking agent (535)), Dough Improver (**Soy** Flour, Emulsifiers (472e, 481, 471), **Wheat** Flour, Flour Improver (300), Enzymes, Thiamine, Folic Acid), Colours (102, 110).

Contains: Wheat, Gluten, Milk, Soy, Egg. May Contain: Peanut, Almond, Walnut.

WATTIE'S FRUIT SQUIRTZ, APPLE & BLACKCURRENT PUREE: Apple Puree (85%), Apple Juice Concentrate, Blackcurrant Juice (6%), Blackcurrant Flavour, Antioxidant (Ascorbic Acid).
May Contain: Soy.

WATTIE'S FRUIT SQUIRTZ, APPLE & PEACH PUREE: Apple Puree (80%), Peach Puree (11%), Apple Juice Concentrate, Peach Flavour, Antioxidant (Ascorbic Acid).
May Contain: Soy.

WATTIE'S FRUIT SQUIRTZ, APPLE & STRAWBERRY PUREE: Apple Puree (80%), Strawberry Puree (11%), Apple Juice Concentrate, Strawberry Flavour, Antioxidant (Ascorbic Acid).
May Contain: Soy.

SMOOTHIES

TROPICAL: Water, Banana (15%), Mango (14%), Pineapple (14%), Sugar.

STRAWBERRY: Water, Strawberry (22%), Banana, Sugar, Goji Berries.

BLUEBERRY AND MANGO: Water, Blueberry (23%), Mango (19%), Sugar, Dates.

PROMOTIONAL ITEMS

BBQ PULLED PORK: Pork (83%), Spice Rub (Sugar, Thickeners (1422, 415), Natural Flavours, Smoke Flavour, Dried Vegetables (Tomato, Garlic, Onion), Fructose, Salt, Spices, Vinegar, Worcestershire Sauce Powder, Natural Colours (150a, 160c), Yeast Extract, Maltodextrin, Canola Oil, Acidity Regulator (330), Spice Extracts, Olive Oil), Seasoning (Maltodextrin, Sugar, Salt, Mineral Salts (451, 450), Worcestershire Sauce Powder (Sugar, Salt, Vinegar, Onion, Apple, Tamarind, Natural Colour (150a), Pepper, Yeast Extract), Natural Colour (150a), Flavours, Vegetable Gum (415)), Acidity Regulators (326, 262).

May Contain: Soy.

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