

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.†	Nitrites/Nitrates
Sandwiches on White or Wheat Bread with lettuce, spinach, tomatoes, cucumbers, onions and capsicum														
Buffalo Chicken	*		•		*			•			•	*	•	
Chicken & Bacon Ranch Melt (with Mozzarella Cheese)	*		•		*			•			•	*	•	•
Chicken Classic	•		•		*			•			•	*	•	
Chicken Schnitzel	•		*		*			•			•	*	•	
Chicken Strips	*		*		*			•			•	*	•	
Chicken Teriyaki	*		*		•			•			•	*	•	
Italian B.M.T.® (with Salami, Pepperoni and Leg Ham)	*		•		*			•			•	*	•	•
Leg Ham	*		*		*			•			•	*	•	•
Meatball Melt (with Mozzarella and Marinara Sauce)	*		•		*			•			•	*	•	
Pizza Melt (with Salami, Pepperoni, Mozzarella and Marinara Sauce)	*		•		*			•			•	*	•	•
Roast Beef	*		•		*			•			•	*	•	
Seafood Sensation™ (with Mayonnaise)	•	•	*		*			•			•	*	•	
Smashed Falafel	*		*		*			•			•	*	•	
Steak Melt (with Mozzarella Cheese)	*		•		*			•			•	*	•	
Tuna & Mayo (with Mayonnaise)	•	•	*		*			•			•	*	•	
Turkey	*		*		*			•			•	*	•	
Veggie Delite® with Avo	*		*		*			•			•	*	•	
Veggie Patty	*		*		*			•			•	*	•	
Sandwiches on White or Wheat Bread with lettuce and tomatoes														
BLT (with Bacon)	*		*		*			•			•	*	•	•
Bread														
Italian Herbs and Cheese Bread	*		•		*			•			•	*	•	
Malted Rye Bread	*		*		*			•			•	*	•	
Wheat Bread	*		*		*			•			•	*	•	
White Bread	*		*		*			•			•	*	•	
Wrap, Flour (regular & large)											•			
Wrap, Gluten Free **											•			
Wrap, Multigrain								•			•			
Meat, Poultry, Eggs, Seafood & Vegetarian														
Bacon, Smoky														•
Buffalo Chicken			•										•	
Chicken Classic	•		•					•			•		•	
Chicken Schnitzel	•		*					•			•		•	
Chicken Strips								•			•		•	
Chicken Teriyaki					•			•					•	
Italian B.M.T.® Meats (Salami, Pepperoni, Leg Ham)			•					•					•	•
Leg Ham								•					•	•
Meatballs & Marinara Sauce			•					•			•		•	
Pepperoni			•					•					•	
Pizza Melt Meats (Salami & Pepperoni)			•					•					•	
Poached Egg	•										*			
Roast Beef														
Salami			•					•						
Seafood Sensation™ (with Mayonnaise)	•	•						•						
Smashed Falafel								•			•		•	
Steak, Diced								•				•	•	
Tuna & Mayo (with Mayonnaise)	•	•						•					•	
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 Chili Sauce														
Sweet Onion Sauce (Contains Poppy Seeds)														
Thousand Island Dressing	•		•											
Tomato Sauce														
Cheeses														
Mozzarella Cheese (shredded)			•											
Natural Cheddar Cheese (slices)			•											
Old English Style Processed Cheese (slices)			•					•						
Vegetables														
Avocado														
Jalapeno Peppers														
Olives														
Pickles														
Vegetables (Lettuce, Spinach, Tomatoes, Cucumbers, Onions and Capsicum)														
Seasonings														
Pepper														
Salt														
Cookies														
Chocolate Chip Cookie	•		•	*				•	*		•			
Chocolate Chip Rainbow Cookie	•		•	*				•	*		•			
Double Chocolate Chip Cookie	•		•	*				•	*		•			
Raspberry Cheesecake Cookie	•		•	*				•	*		•			
White Chip Macadamia Nut Cookie	•		•	*				•	*		•			
Sides & Snacks														
Avocado Toastie (on White Bread)	*		*		*			•			•	*		
Cheesy Garlic Toastie (on White Bread)	*		•		*			•			•	•	•	
Chipotle Quesadilla (on Flour Wrap with Mozzarella Cheese)	•		•					•			•	*		
Garlic and Herb Toastie (on White Bread)	*		•		*			•			•	•	•	
Ham, Cheese & Tomato Jaffle (on White Bread with Mayonnaise)	•		•		*			•			•	•	•	
Meatball Mozza Pot (with Marinara Sauce)			•					•			•		•	
SPC Fruit Powerz, Apple & Strawberry Puree														
SPC Purée & Simple, Apple & Strawberry														
Selected Locations Only														
Beetroot														
Pineapple														
FitChips®											*	*		
PROMOTIONAL ITEMS														
Subway® BBQ Piled Pork Sub														
Subway® BBQ Pulled Pork (with BBQ sauce on Italian herb & cheese bread)	*		•		*			•			•	*	•	
Subway® BBQ Pulled Pork with Bacon	•		•		*			•			•	*	•	•
(with spicy mayo, cheddar cheese on white bread)														
Meat, Poultry, Eggs, Seafood & Vegetarian														
Pulled Pork								*						

† Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.
 * Contains
 ** May contain
 *** 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.au for more information.