

Canada Allergen Information (Revised July 2024)

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.													
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										Gluten (from wheat, rye, tritacle, oats, barley)1			
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			45							≽ գ		ate	ĺ
			SSC							om ats		표	ĺ
			č	· (0		ے	ns	ıts		j j		Z	-
			Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	at	e e	Sulfites	Nitrites/Nitrates	Mustard
	D	چ	\geq	an	sal	e e	yb	æ	Wheat	ute	IĮ.	Ξ	ıst
	Egg	Fish	琞	Pe	Se	S	So	Ĕ	՛≶	글	Su	Ż	Ĭ
Bread													
English Muffin							*		•	•			
Flatbread			•				*		•	•			
Gluten-Free Bread	•												
Italian (White) Bread							•		•	•			
Italian Herbs and Cheese Bread			•				•		•	•			
Multigrain Bread							•		•	•			
Potato Bun	•		х		х				•	•			
Wrap			Ê		Ê		•		•	•			
Meat, Poultry, Seafood & Eggs													
Bacon Slices												•	
Brisket							•					•	
							•						
Capicola							_					•	
Chicken, Grilled **							•						
Chicken Strips - Plain							•						
Chicken Strips - Sweet Onion Teriyaki							•		•	•			
Glazed													
Cold Cut Combo Meats			•									•	•
Egg Patty, Scrambled	•		•										
Ham, Black Forest												•	
Italian BMT® Meats												•	•
Meatballs with Marinara			•				•		•	•			
Pepperoni												•	•
Porchetta, Diced													
Rotisserie-Style Chicken									х	X			
Rotisserie-Style Chicken, Jerk-Spiced													
							•		•	•			
Rotisserie-Style Chicken, Shawarma									х	х			
Salami												•	
Steak							*						
Steak, Jerk-Spiced							•		•	•			
Tandoori-Spiced Pork Cutlet										Ü			
Tuna (without dressing)		•											
Turkey Breast		•										•	
							•					•	
Veggie Patty Cheese													
Canadian Cheddar Cheese			•										
Cheddar Cheese, Processed			•				•						
Habanero Jack Cheese			•										
Monterey Jack & Cheddar Cheese			Ť										
Blend, Shredded			•										
Mozzarella, Fresh			•										
Parmesan, Grated			•										
Swiss			•										
Condiments & Dressings													
BBQ, Sweet & Smoky													•
Chimichurri Sauce													

			Milk/Lactose	ts	Э	sh	Soybeans	Tree Nuts		Gluten (from wheat, rye, tritacle, oats, barley)1	Ş	Nitrites/Nitrates	rd
		_ ا	ΚĽ	Peanuts	Sesame	Shellfish	/be	Z o	Wheat	ten	Sulfites	rite	Mustard
	Egg	Fish	I≣	Sea	ses	She	Soy	<u>ē</u>	۸	l ili	l lik	Ę	γin
Chipotle Southwest	•		•		0,	0,	*	'		<u> </u>	0,		
Cuban-Style Sauce	•						*						•
Garlic Aioli	•						*						•
House Sandwich Sauce							*						
Jerk Aioli	•						•		•	•			•
Mayonnaise	•						*						•
Mustard, Yellow													•
Nashville-Style Hot Sauce							*						
Peppercorn Ranch	•		•				*						
Smoky Honey Mustard	•						*						•
Sweet Onion Teriyaki Sauce (Contains					•		•		•	•			
Poppy Seeds)							*						•
Tahini Garlic Sauce	•					•	*						
Tandoori-Spiced Sauce	•						,						•
Vegetables Avocado, Smashed	1		ı					1					
Banana Peppers													
											•		
Jalaneno Penner Slices											•		
Jalapeno Pepper Slices Olives (Green/Black)											•		
Olives (Green/Black)													
Olives (Green/Black) Pickles													
Olives (Green/Black) Pickles Vegetables, Fresh									•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions									•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts			•	x			•	x	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions	•		•	x x			•	x				•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies									•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookies ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk	•		٠	х			•	х	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate	•		•	X X			•	X X	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream	•		•	x x x			•	x x x	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream Sandwich	•		•	X X X			•	x x x	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream	•		•	x x x			•	x x x	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream Sandwich Sidekicks Footlong Cookie, Chocolate Chip	•		•	x x x	x		•	x x x	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream Sandwich Sidekicks Footlong Cookie, Chocolate Chip Footlong Churro	•		•	x x x	x		•	x x x •	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream Sandwich Sidekicks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel	•		•	x x x	x		•	x x x •	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream Sandwich Sideklcks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel Soups & Sides	•		•	x x x	x		•	x x x •	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream Sandwich Sideklcks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel Soups & Sides Beef & Barley	•		•	x x x	x		•	x x x •	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream Sandwich Sideklcks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel Soups & Sides Beef & Barley Beef Chili	•		•	x x x	x		•	x x x •	•	•			
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream Sandwich Sideklcks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel Soups & Sides Beef & Barley Beef Chili Chicken Noodle	•		•	x x x	x		•	x x x •	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream Sandwich Sideklcks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel Soups & Sides Beef & Barley Beef Chili Chicken Noodle Cream of Broccoli	•		•	x x x	x		•	x x x •	•	•			
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream Sandwich Sideklcks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel Soups & Sides Beef & Barley Beef Chili Chicken Noodle Cream of Broccoli Cream of Mushroom	•		•	x x x	x		•	x x x •	•	•		•	
Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Chocolate Chunk Cookie Ice Cream Sandwich Sideklcks Footlong Cookie, Chocolate Chip Footlong Churro Footlong Pretzel Soups & Sides Beef & Barley Beef Chili Chicken Noodle Cream of Broccoli	•		•	x x x	x		•	x x x •	•	•			

• = Contains Allergen X = May Contain Allergen

¹ The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurant contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten free. *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