



## Canada Product Ingredients

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

### BREADS

**ENGLISH MUFFIN:** Enriched wheat flour, Water, Yeast, Salt, Sugar/Glucose-Fructose, Wheat gluten, Soybean and/or Canola oil, Vegetable Monoglycerides, Calcium Propionate, Sorbic Acid, Fumaric Acid Topping: Cornmeal. **Contains Wheat.**

**FLATBREAD:** Enriched wheat flour, Water, Soybean oil, Sugar, Wheat sourdough (water, cultured wheat flour), Skim milk powder, Yeast, Salt, Wheat gluten, Cultured wheat flour, Oat bran, Oat fiber, Xanthan gum, Xylanase, Amylase. **Contains: Oats, Wheat, Milk.**

**GLUTEN-FREE BREAD (as packaged):** Corn starch, Water, Sugars (cane sugar, honey, sugar), Tapioca starch, Palm oil, Dried egg whites, Distilled monoglycerides, Apple cider vinegar, Yeast, Salt, Rice bran and germ, Xanthan gum, Baking powder, Modified cellulose, Pectin, Guar gum, Enzyme (amylase). **Contains Eggs.**

**ITALIAN (WHITE) BREAD:** Enriched wheat flour (contains barley), Water, Yeast, Sugar, Wheat gluten, Wheat sourdough (cultured wheat flour, natural flavour), Salt, Palm oil, Cultured wheat flour, Soy lecithin, Protease, Xylanase, Lipase, Amylase, Ascorbic acid, Soybean oil. **Contains Barley, Wheat, Soy.**

**ITALIAN HERBS & CHEESE BREAD:** Subway® Italian Bread [Enriched wheat flour (contains barley), Water, Yeast, Sugar, Wheat gluten, Wheat sourdough (cultured wheat flour, natural flavour), Salt, Palm oil, Cultured wheat flour, Soy lecithin, Protease, Xylanase, Lipase, Amylase, Ascorbic acid, Soybean oil]. **Monterey Jack & Cheddar Cheese Blend** [Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium chloride, Microbial enzyme, Annatto, Cellulose (to prevent caking), Natamycin]. **Parmesan-Oregano Topping** [Sugars (corn maltodextrin), Wheat flour, Toasted wheat crumbs, Salt, Spices, Dehydrated garlic, Parmesan cheese solids, Natural flavour, High oleic sunflower oil, Citric acid, Yeast extract, Lactic acid, Silicon dioxide]. **Contains Milk, Barley, Wheat, Soy.**

**MULTIGRAIN:** Enriched wheat flour (contains barley), Water, Whole wheat flour, Yeast, Sugars (sugar, brown sugar, dried blackstrap molasses with wheat starch), Wheat gluten, Rye flour, Rye sourdough (water, fermented rye flour), Salt, Soybean oil, Whole oat groats, Sunflower seeds, Millet seed, Flax seed, Soy lecithin, Cracked wheat, Ascorbic acid, Amylase, Glucose oxidase, Phospholipase, Xylanase, Protease. **Contains: Barley, Oats, Rye, Wheat, Soy.**

**POTATO BUN:** Unbleached wheat flour, Water, Dehydrated Potatoes, Cane Sugar, Liquid Whole Eggs, Sunflower oil, Liquid Egg Yolks, Liquid Egg White, Salt, Yeast, Malted Barley flour. **May contain Sesame seeds, Milk. Contains Wheat, Barley, Eggs.**

**WRAP:** Unbleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, Non GMO Canola oil, cultured wheat flour, malted wheat flour, wheat gluten, salt, sugar, sodium acid pyrophosphate, Sodium bicarbonate, Corn starch, Monocalcium phosphate, Guar gum, inactive dry yeast, Soy lecithin, Citric acid, enzymes. **Contains Wheat, Soy and Barley**

## **MEAT, POULTRY, SEAFOOD & EGGS**

**BACON SLICES:** Pork, Water, Salt, Sugar, Natural smoke flavour, Sodium phosphates, Sodium erythorbate, Sodium nitrite, Smoke.

**BRISKET:** Beef, Water, Potassium lactate and sodium diacetate, Seasoning (sugars [corn syrup solids], hydrolyzed soy and corn protein, potassium chloride, salt, sodium phosphate, flavour, spice extract), Seasoning (salt, spices, sugar, sodium erythorbate, dehydrated onion and garlic, sodium nitrite, herbs), Smoke. **Contains: Soy**

**CAPICOLA:** Pork, Water, Sugars (dextrose), Salt, Spices, Vinegar, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke

**CHICKEN, GRILLED:** Chicken breast, Water, Seasoning (sea salt, sugar, salt, onion powder, chicken broth, garlic powder, flavours, canola oil, spice, spice extracts), Soy protein concentrate, Pea fibre, Sodium phosphate, Spices. **Contains: Soy**

**CHICKEN STRIPS:** Chicken breast, Water, Seasoning [sugars (maltodextrin, dextrose), potassium chloride, yeast extract, spice, onion powder, flavour, salt, turmeric, garlic powder, chicken broth, paprika, vinegar solids, paprika extracts], Soy protein concentrate/product, Modified potato starch, Pea fiber, Sodium phosphate, Salt, Natural flavour. **Contains: Soy**

**CHICKEN STRIPS (Sweet Onion Teriyaki glazed):** Subway® Chicken Strips [see above], Sweet Onion Teriyaki Sauce [Sugars (sugar, glucose syrup), Corn sugar vinegar, Water, Soy sauce (water, wheat, soybeans, salt, sodium benzoate), Modified corn starch, Rice vinegar, Salt, Dehydrated onion, Tomato paste, Garlic puree (water, dehydrated garlic, canola oil, citric acid), Mustard seed, Ginger puree, Sesame oil, Dehydrated green onion, Poppy seed, Sesame seed, Spices, Dehydrated red bell pepper, Potassium sorbate, Sodium benzoate, Autolyzed yeast extract, Natural flavours, Dehydrated garlic, Citric acid]. **Contains: Wheat, Soy, Sesame and Mustard.**

**COLD CUT COMBO MEATS:** Bologna [Pork, Chicken, Water, Modified corn starch, Salt, Potassium lactate, Modified milk ingredients, Sodium phosphate, Spice, Sodium erythorbate, Sodium diacetate, Sodium nitrite, Garlic powder, Smoke]. Salami [Pork, Chicken, Water, Salt, Potassium lactate, Spice, Sugar, Sodium phosphate, Sodium erythorbate, Garlic powder, Sodium diacetate, Sodium nitrite, Smoke]. Smoked Luncheon Meat [Pork, Water, Modified corn starch, Salt, Potassium lactate, Sugar, Spice, Sodium phosphate, Onion powder, Sodium erythorbate, Garlic powder, Sodium diacetate, Sodium nitrite, Smoke]. **Contains: Milk, Mustard.**

**EGG PATTY, SCRAMBLED:** Liquid whole eggs, Water, Canola oil, Skim milk powder, Pea hull fibre, Salt, Sugars (corn maltodextrin, dextrose), Citric acid, Guar gum, Xanthan gum, Calcium silicate, Black pepper flavour, Beta carotene. **Contains: Egg and milk.**

**HAM, BLACK FOREST:** Pork, Water, Rice starch, Sugars (sugar, dextrose), Salt, Modified corn starch, Modified vinegar, Sodium phosphate, Dehydrated pork broth, Carrageenan, Sodium erythorbate, Sodium nitrite, Smoke

**ITALIAN BMT MEATS:** Ham [Pork, Water, Rice starch, Sugars (sugar, dextrose), Salt, Modified corn starch, Modified vinegar, Sodium phosphate, Dehydrated pork broth, Carrageenan, Sodium erythorbate, Sodium nitrite, Smoke]. **Pepperoni** [Pork, Beef, Salt, Water, Sugars (Dextrose, Corn syrup), Mustard, Spices, Flavorings, Paprika, Oleoresin of paprika, Sodium erythorbate, Bacterial culture, Sodium nitrite]. **Salami** [Pork, Beef, Salt, Water, Sugars (Corn syrup, Dextrose, sugar), Flavours, Wine, Sodium erythorbate, Spices, Sodium nitrate, Garlic, Lactic acid starter culture, Sodium nitrite]. **Contains Mustard**

**MEATBALLS WITH MARINARA:** Meatballs [Beef, Water, Breadcrumbs [toasted wheat crumbs (enriched flour, sugar, salt, soybean oil, yeast)], Textured soy protein concentrate, Seasoning (dehydrated onion and garlic, salt, spices, dehydrated parsley, soybean oil), Soy protein concentrate, Romano cheese (made from milk, bacterial culture, salt, calcium chloride, rennet and / or microbial enzyme, lipase, powdered cellulose)], **Marinara Sauce** [Tomato Puree (Water, Tomato Paste), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Sugar, Seasoning Blend (Modified Corn Starch, Onion Powder, Herbs and Spices, Salt), Soybean Oil, Salt, Citric Acid]. **Contains: Milk, Soy, Wheat**

**PEPPERONI:** Pork, Beef, Salt, Water, Sugars (Dextrose, Corn syrup), Spices, Flavours, Oleoresin of paprika, Sodium erythorbate, Lactic acid starter culture, Sodium nitrite. **Contains Mustard**

**PORCHETTA, DICED:** Pork, Dehydrated garlic, Water, Salt, Modified Vinegar, Dehydrated red bell pepper, Dehydrated green bell pepper, Spice, Flavour.

**ROTISSERIE STYLE CHICKEN:** Chicken Breast, Water, Canola oil, Salt, Chicken broth powder, Sugars (dextrose, maltodextrin), Sodium phosphate, Spice extracts, Chicken powder, Chicken flavour (chicken broth, chicken skins, salt, natural flavour, xanthan gum), Onion powder, Acacia gum, Natural flavour. **May contain wheat.**

**ROTISSERIE-STYLE CHICKEN, JERK-SPICED:** Subway® Rotisserie-Style Chicken [Chicken Breast, Water, Canola oil, Salt, Chicken broth powder, Sugars (dextrose, maltodextrin), Sodium phosphate, Spice extracts, Chicken powder, Chicken flavour (chicken broth, chicken skins, salt, natural flavour, xanthan gum), Onion powder, Acacia gum, Natural flavour], **Jerk seasoning** [Sugars (sugar, maltodextrin, molasses), spices, modified corn starch, salt, garlic powder, soy sauce (wheat, soybeans, salt, bacteria and yeast cultures), onion powder, vinegar, spice extracts, smoke flavour, silicon dioxide (mfg. aid)] **Contains Soy, Wheat, Gluten**

**ROTISSERIE STYLE CHICKEN, SHAWARMA SPICED:** Subway® Rotisserie-Style Chicken [Chicken Breast, Water, Canola oil, Salt, Chicken broth powder, Sugars (dextrose, maltodextrin), Sodium phosphate, Spice extracts, Chicken powder, Chicken flavour (chicken

broth, chicken skins, salt, natural flavour, xanthan gum), Onion powder, Acacia gum, Natural flavour], **Shawarma Seasoning** [Sugars (maltodextrin), salt, spices, onion powder, garlic powder]. **May contain wheat.**

**SALAMI:** Pork, Beef, Salt, Water, Sugars (Corn syrup, Dextrose, sugar), Flavours, Wine, Sodium erythorbate, Spices, Sodium nitrate, Garlic, Lactic acid starter culture, Sodium nitrite

**STEAK:** Beef, Water, Salt, Modified corn starch, Sugars (sugar, dextrose, caramelized sugar, maltodextrin (corn, potato)), Sodium phosphate, Autolyzed yeast, Dried tomato, Flavouring, Lemon juice solids, Onion powder, Garlic powder, Citric acid, Hydrolyzed corn protein, Sodium hydroxide, Soybean oil

**STEAK, JERK-SPICED: Subway® Steak** [Beef, Water, Salt, Modified corn starch, Sugars (sugar, dextrose, caramelized sugar, maltodextrin (corn, potato)), Sodium phosphate, Autolyzed yeast, Dried tomato, Flavouring, Lemon juice solids, Onion powder, Garlic powder, Citric acid, Hydrolyzed corn protein, Sodium hydroxide, Soybean oil] **Jerk seasoning** [Sugars (sugar, maltodextrin, molasses), spices, modified corn starch, salt, garlic powder, soy sauce (wheat, soybeans, salt, bacteria and yeast cultures), onion powder, vinegar, spice extracts, smoke flavour, silicon dioxide (mfg. aid)] **Contains Soy, Wheat, Gluten**

**TANDOORI SPICED BONELESS RIB: Boneless Rib Patty** [Pork, Water, Brown sugar, Salt, Sodium phosphate, Canola oil], **Tandoori Seasoning** [Spices, salt, dried garlic, yeast extract, sugars (sugar, fructose), dried onion, spice extracts, beet colour (beet red, maltodextrin, citric acid), silicon dioxide (mfg. aid)]

**TUNA (without dressing):** Tuna, water, salt. **Contains Fish.**

**TURKEY BREAST:** Turkey breast, Water, Sugars (dextrose, corn maltodextrin), Salt, Rice starch, Modified corn starch, Flavour, Modified vinegar, Sodium phosphate, Spices, Carrageenan, Potassium chloride, Ascorbic acid, Sodium nitrite, Smoked flavour, Smoke

**VEGGIE PATTY:** Carrots, Onions, Green Beans, Oat Bran, Expeller Pressed Canola Oil, Zucchini, Soybeans, Peas, Broccoli, Corn, Soy Flour, Spinach, Red Bell Peppers, Arrowroot Powder, Garlic, Corn Starch, Corn Meal, Salt, Methyl Cellulose, Parsley, Black Pepper.  
**Contains: Soy**

## **CHEESE**

**CANADIAN CHEDDAR CHEESE:** Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium chloride, Annatto, Microbial enzyme. **Contains Milk.**

**CHEDDAR CHEESE, PROCESSED:** Cheese (milk, modified milk ingredients, cream, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, lipase, sorbic acid), Modified milk ingredients, Water, Glucose, Sodium citrate and/or Sodium phosphate, Salt, Sorbic acid, Soy lecithin, Soybean oil (for slice separation), Citric acid, Acetic acid, Carboxymethylcellulose.  
**Contains Milk and Soy**

**HABANERO JACK CHEESE:** Milk, Salt, Habanero/Jalapeno seasoning, Bacterial culture, Calcium chloride, Microbial enzyme. **Contains Milk**

**MONTEREY JACK & CHEDDAR CHEESE BLEND (SHREDDED):** Milk, Modified milk ingredients, Cream, Salt, Bacterial culture, Calcium chloride, Microbial enzyme, Annatto, Cellulose (to prevent caking), Natamycin **Contains: Milk**

**MOZZARELLA, FRESH:** Milk, Salt, Vinegar, Citric acid, Microbial enzyme, Bacterial culture. **Contains Milk.**

**PARMESAN, GRATED:** Milk, Bacterial Culture, Salt, Lipase, Microbial Enzyme, Cellulose, Sorbic Acid, May Contain Calcium Chloride. **Contains Milk**

**SWISS:** Milk, Modified milk ingredients, Salt, Bacterial culture, Microbial enzyme. **Contains Milk**

## **VEGETABLES**

**AVOCADO, SMASHED:** Hass avocados, sea salt

**BANANA PEPPERS:** Banana Peppers, Water, White Vinegar, Salt, Calcium Chloride, Sodium benzoate (as a preservative), Polysorbate 80, Sodium Metabisulfite, Seasonings, and Turmeric.

**CUCUMBERS:** Long English cucumbers

**GREEN PEPPERS:** Green bell peppers

**JALAPEÑO PEPPER SLICES:** Jalapeno peppers, water, distilled vinegar, salt, natural flavor, sodium benzoate (preservative), calcium chloride, sodium metabisulfite (preservative)

**LETTUCE:** Fresh iceberg variety

**OLIVES, BLACK:** Sliced black olives, water, salt, ferrous gluconate

**OLIVES, GREEN:** Green Olives, Water, Salt and Citric Acid

**ONIONS:** Red onions

**PICKLES:** Cucumbers, water, distilled vinegar, salt, calcium chloride, alum, sodium benzoate (preservative), natural flavors, polysorbate 80, turmeric.

**SPINACH:** Baby Spinach

**TOMATOES, RED:** Fresh red ripe

**TOMATOES, PINK:** Pink Tomatoes

**CRISPY ONIONS:** Onions, Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Vegetable oil (sunflower, safflower and/or canola), Sea salt. **Contains Wheat**

## **CONDIMENTS & SEASONINGS**

**BBQ, SWEET & SMOKY:** Sugars (sugar, glucose syrup, blackstrap molasses, pineapple juice concentrate), Tomato paste, Water, Vinegar, Salt, Natural flavour, Spices, Sodium benzoate, Dehydrated garlic, Paprika extract **Contains Mustard**

**CHIMICHURRI SAUCE** Canola Oil, Extra Virgin Olive Oil, Parsley, Cilantro, Red Wine Vinegar, Garlic (Garlic, Water), Lime Juice, Shallots, Water, Thyme, Spices, Sea Salt, Basil, Sugar, Sodium Benzoate (Preservative), Potassium Sorbate (Preservative).

**CHIPOTLE SOUTHWEST:** Soybean oil, Water, Chipotle pepper sauce concentrate (chipotle pepper puree, water, vinegar, salt, sugar, onion powder), Buttermilk (partially skimmed milk, salt, sodium citrate, bacterial culture), Vinegar, Liquid egg yolk, Skim milk powder, Salt, Modified corn starch, Sugar, Dehydrated onion, Phosphoric acid, Autolyzed yeast extract (salt), Xanthan gum, Dehydrated garlic, Dried yeast, Sodium benzoate, Potassium sorbate, Lactic acid, Dehydrated parsley, Polysorbate 60, Paprika extract, Natural flavour, Sucralose (0.36 mg per 15 mL serving), Calcium disodium EDTA Sweetened with Sucralose and Sugar. **Contains Egg and Milk.**

**CUBAN-STYLE SAUCE:** Soybean oil, Water, Frozen yolk, Garlic, Concentrated lime juice, Vinegar, Spices, Salt, Maltodextrin, Dehydrated parsley, Mustard flour, Yeast extract, Xanthan gum, Dehydrated cilantro, Herb, Phosphoric acid, Potassium sorbate, Sodium benzoate, Natural flavour, Calcium disodium EDTA. **Contains: Egg, Mustard.**

**GARLIC AIOLI:** Soybean oil, Water, Sugar, Prepared mustard (vinegar, water, mustard seed, salt), Garlic puree (water, dehydrated garlic, canola oil, citric acid), Liquid egg yolk, Extra virgin olive oil, Salt, Vinegar, Concentrated lemon juice, Modified corn starch, Dehydrated garlic, Dehydrated onion, Xanthan gum, Natural flavour, Spices, Potassium sorbate, Sodium benzoate, Citric acid, Calcium disodium EDTA. **Contains: Mustard, Egg.**

**HOUSE SANDWICH SAUCE:** Soybean oil, Water, Vinegar, Sugar, Seasoning (spices, natural flavour, hydrolyzed corn protein, yeast extract, salt, parsley, dehydrated garlic, dehydrated onion), Salt, Xanthan gum, Propylene glycol alginate, Sodium benzoate, Potassium sorbate.

**JERK AIOLI: Subway® Mayonnaise** (Soybean oil, Water, Liquid egg yolks, Vinegar, Salt, Sugar, Liquid whole eggs, Spices, Concentrated lemon juice, Calcium disodium EDTA), **Jerk seasoning** (Sugars (sugar, maltodextrin, molasses), spices, modified corn starch, salt, garlic powder, soy sauce (wheat, soybeans, salt, bacteria and yeast cultures), onion powder, vinegar, spice extracts, smoke flavour, silicon dioxide (mfg. aid)) **Contains Soy, Wheat, Gluten, Egg, Mustard**

**MAYONNAISE:** Soybean oil, Water, Liquid egg yolks, Vinegar, Salt, Sugar, Liquid whole eggs, Spices, Concentrated lemon juice, Calcium disodium EDTA. **Contains Egg and Mustard**

**MUSTARD (Yellow):** Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors and Garlic Powder. **Contains Mustard.**

**NASHVILLE-STYLE HOT SAUCE** Water, Soybean oil, Sugars (sugar), Hot sauce (aged cayenne pepper, distilled vinegar, salt, garlic), Vinegar, Spices, Salt, Paprika, Dehydrated garlic, Modified corn starch, Xanthan gum, Turmeric, Potassium sorbate, Sodium benzoate, Propylene glycol alginate, Calcium disodium EDTA.

**PEPPERCORN RANCH:** Soybean oil, Water, Buttermilk (partly skimmed milk, salt, sodium citrate, bacterial culture), Vinegar, Liquid egg yolk, Sugar, Salt, Buttermilk powder, Natural flavours, Spices, Lactic acid, Dehydrated garlic, Xanthan gum, Dehydrated onion, Herbs, Sodium benzoate, Potassium sorbate, Calcium disodium EDTA. **Contains Egg and Milk**

**PEPPER, BLACK:** Black Pepper

**SALT:** Salt

**SMOKY HONEY MUSTARD:** Soybean oil, Sugars (sugar, honey), Creole mustard (water, vinegar, mustard seed, salt, xanthan gum), Dijon mustard (distilled vinegar, water, mustard seed, salt, white wine, citric acid, turmeric, spices, tartaric acid), Vinegar, Liquid egg yolk, Water, Salt, Spices, Natural flavour, Xanthan gum, Turmeric, Sodium benzoate, Dehydrated onion, Dehydrated garlic, Seasoning, Paprika, Oleoresin turmeric, Calcium disodium EDTA. **Contains Mustard and Egg**

**SWEET ONION TERIYAKI SAUCE:** Sugars (sugar, glucose syrup), Corn sugar vinegar, Water, Soy sauce (water, wheat, soybeans, salt, sodium benzoate), Modified corn starch, Rice vinegar, Salt, Dehydrated onion, Tomato paste, Garlic puree (water, dehydrated garlic, canola oil, citric acid), Mustard seed, Ginger puree, Sesame oil, Dehydrated green onion, Poppy seed, Sesame seed, Spices, Dehydrated red bell pepper, Potassium sorbate, Sodium benzoate, Autolyzed yeast extract, Natural flavours, Dehydrated garlic, Citric acid. **Contains: Wheat, Soy, Sesame and Mustard.**

**TAHINI GARLIC SAUCE:** Soybean oil, Water, Sesame paste, Vinegar, Egg yolk, Olive oil, Sugars (sugar), Salt, Spices, Concentrated lemon juice, Dehydrated garlic, Xanthan gum, Natural Flavour, Sodium benzoate, Potassium sorbate, Propylene glycol alginate, Herbs, Calcium disodium EDTA. **Contains: Egg, Sesame Seeds.**

**TANDOORI-SPICED SAUCE:** Subway® Mayonnaise [Soybean oil, Water, Liquid egg yolks, Vinegar, Salt, Sugar, Liquid whole eggs, Spices, Concentrated lemon juice, Calcium disodium EDTA], Tandoori Seasoning [Spices, salt, dried garlic, yeast extract, sugars (sugar, fructose), dried onion, spice extracts, beet colour (beet red, maltodextrin, citric acid), silicon dioxide (mfg. aid)]. **Contains Egg and Mustard**

## **COOKIES**

**CHOCOLATE CHIP WITH M&M® CANDIES:** Enriched wheat flour, Sugars (sugar, blackstrap molasses), Palm oil, Semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavour, milk ingredients), M&Ms milk chocolate candies (milk chocolate [sugar, cocoa mass, milk ingredients, cocoa butter, lactose (milk), soy lecithin, salt, artificial flavour, flavour], sugars (sugar, corn syrup), cornstarch, tapioca dextrin, carnauba wax, modified

coconut oil and/or modified palm oil (medium chain triglycerides), gum arabic, titanium dioxide, brilliant blue FCF, sunset yellow, allurared ,tartrazine, indigotine), Liquid whole eggs, Water, Salt, Sodium bicarbonate, Whey powder (milk), Natural flavour. **Contains Egg, Milk, Soy, Wheat. May contain Peanuts, Almonds, cashew, hazelnuts, macadamia nuts, pecans, pine nuts, pistachio, walnuts.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**CHOCOLATE CHUNK:** Enriched wheat flour, Sugars (sugar, invert sugar, blackstrap molasses), Semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, natural flavour), Palm oil, Liquid whole eggs, Water, Whey powder (milk), Sodium bicarbonate, Salt, Natural flavours. **Contains Eggs, Milk, Soy, Wheat. May contain: Peanuts, almonds, Macadamia nuts, Pecans, Walnuts** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**DOUBLE CHOCOLATE:** Sugars (sugar, blackstrap molasses), Enriched wheat flour, Palm and modified palm oil spread (palm and modified palm oil, butter [milk], water, salt, flavours [contains milk], beta carotene [colour], vitamin A palmitate), White confectionery chips (sugar, modified palm kernel oil and/or modified palm oil and/or palm oil, skim milk powder, soy lecithin, natural flavour), Semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavour, milk ingredients), Liquid whole eggs, Cocoa powder, Water, Wheat starch, Flavours, Sodium bicarbonate, Soy lecithin, Salt. **Contains: Eggs, Milk, Soy, Wheat. May contain: Peanut, Almond, Cashew, Hazelnut, Macadamia nut, Pecan, Pine nut, Pistachio, Walnut.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**OATMEAL RAISIN:** Sugars (sugar, blackstrap molasses), Enriched wheat flour, Raisins, Palm oil, Rolled oats, Liquid whole eggs, Water, Natural flavour, Whey powder (milk), Sodium bicarbonate, Salt, Spice. **Contains Eggs, Milk, Oats, Wheat. May Contain: Peanuts, Almonds, Cashew, Hazelnuts, Macadamia nuts, Pecans, Pine Nuts, Pistachio, Walnut.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**WHITE CHIP MACADAMIA NUT:** Enriched wheat flour, Sugars (sugar, blackstrap molasses), Palm and modified palm oil spread (palm and modified palm oil, butter [milk], water, salt, natural flavour [contains milk], beta carotene [colour], vitamin A palmitate), White confectionery chips (sugar, modified palm kernel oil and/or modified palm oil and/or palm oil, skim milk powder, soy lecithin, natural flavour), Macadamia nuts, Liquid whole eggs, Water, Pre-gelatinized wheat starch, Sodium bicarbonate, Soy lecithin, Salt, Natural flavour. **Contains: Eggs, Macadamia nuts (tree nuts), Milk, Soy, Wheat. May contain: Peanuts, Almonds, Coconut, Pecans, Walnuts.** *(Due to the nature of how these cookies are displayed they may come in contact with peanut cookies.)*

**CHOCOLATE CHUNK COOKIE ICE CREAM SANDWICH:** Subway® Chocolate Chunk Cookie [Enriched wheat flour, Sugars (sugar, invert sugar, blackstrap molasses), Semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, natural flavour), Palm oil, Liquid whole eggs, Water, Whey powder (milk), Sodium bicarbonate, Salt, Natural flavours] **Vanilla Ice Cream puck** [Cream, Sugars (sugar, glucose), Modified milk ingredients, Ice cream stabilizer (Mono- And Diglycerides, Guar Gum, Cellulose Gum, Dextrose, Carrageenan,



Locust Bean Gum), Artificial flavour, Tartrazine, Sunset yellow FCF. **Contains Eggs, Milk, Soy, Wheat. May contain: Peanuts, tree nuts, almonds, Macadamia nuts, Pecans, Walnuts** (*Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.*)

## **SIDEKICKS**

**FOOTLONG COOKIE, CHOCOLATE CHIP:** Enriched wheat flour, Sugars (sugar, liquid invert sugar, fancy molasses), Semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavour, milk ingredients), Margarine, Liquid whole eggs, Butter (milk), Wheat starch, Sodium bicarbonate, Salt, Soy lecithin, Natural flavour. **Contains: Eggs, Milk, Soy, Wheat. May contain: Tree nuts (pecans, walnuts), Sesame.** (*Due to the nature of how these cookies are displayed they may come in contact with sesame allergen.*)

**FOOTLONG CHURRO:** Wheat Starch, Vegetable Oil (Contains One or More of the Following: Canola Oil, Cottonseed Oil, Palm Oil, Soybean Oil), Water, Natural and Artificial Flavors, Yellow Corn Flour, Contains 2% or Less of the Following: Sodium Caseinate, Eggs, Cinnamon, Egg Whites, Egg Yolks, Guar Gum, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Mono- and Diglycerides, Propylene Glycol Mono-And Diesters of Fatty Acids, Salt, Soy Lecithin, Sugar. Cinnamon Sugar Packet: Sugar, Cinnamon. **Contains: Egg, Milk, Soy, Wheat.**

**FOOTLONG PRETZEL:** Enriched Flour (Wheat, Barley), Water, Palm Oil Shortening, Sea Salt, Yeast, Mono-And-Diglycerides, Sugars (Malted Barley Extract, Corn Syrup Solids), Guar Gum, Sodium Hydroxide, Vegetable Oil, Enzymes. Sea Salt  
Contains: Wheat

## **SOUPS & SIDES**

(Not available in all locations)

**BEEF AND BARLEY:** Water, Fully Cooked Diced Beef (Beef, Water, Contains 2% or less of Dextrose, Rice Starch, Salt, Caramelized Sugar, Sodium Phosphates, Rosemary Extract), Carrots, Green Peas, Corn, Pearled Barley, Onions, Tomato Paste, Modified Corn Starch, Roasted Beef Flavored Base (Dextrose, Salt, Beef Type Flavor [Hydrolyzed Soy Protein, Maltodextrin, Corn Syrup Solids, Soybean Oil], Beef Fat, Onion Powder, Chicken Fat, Corn Starch, Natural Flavors, Sugar, Paprika, Garlic Powder), Beef Base (Roasted Beef and Concentrated Beef Stock, Salt, Yeast Extract, Corn Oil, Maltodextrin from Corn, Sugar, Natural Flavorings), Roasted Tomato Base (Roasted Tomatoes and Tomato Paste, Salt, Sugar, Natural Flavor, Cilantro), Umami Flavor [Umami, Natural Flavors, Safflower Oil (processing aid)], Xanthan Gum, Malt Extract (Malted Barley, Water), Dehydrated Parsley, Spice. **Contains Soy and Wheat**

**BEEF CHILI:** Ground Beef, Water, Tomatoes (Diced Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Dark Red Kidney Beans [Kidney Beans (Water, Kidney Beans), Salt], Seasoning (Spices [Including Chili Pepper], Brown Sugar, Salt, Hydrolyzed Soy, Corn and Wheat Protein, Wheat Flour, Dextrose, Sugar, Yeast Extract, Garlic Powder, Maltodextrin, Soy Lecithin, Onion Powder; with Soybean Oil and Silicon Dioxide [as processing aids]), Celery,

Tomato Paste, Green Bell Peppers, Modified Corn Starch, Dehydrated Onion, Salt, Beef Fat Type Flavor (Beef Fat and Natural Flavor). **Contains: Soy, Wheat**

**CHICKEN NOODLE:** Water, White Chicken Meat, Carrots, Noodles (Semolina [Wheat], Eggs, Niacin, Iron [Ferrous Sulfate], Thiamin Mononitrate, Riboflavin, Folic Acid), Celery, Chicken and Stock Base (Chicken Stock, Yeast Extract, Chicken, Natural Flavors, Salt, Chicken Fat, Dried Potato, Xanthan Gum), Seasoning (Sea Salt, Yeast Extract, Natural Flavor, Disodium Inosinate and Disodium Guanylate), Seasoning (Corn Starch, Sugar, Spice, Xanthan Gum, Guar Gum, Turmeric Extractives [for color], Natural Flavor), Chicken Fat (Chicken Fat, Natural Flavoring), Parsley, Tomato Concentrate. **Contains: Egg, Wheat**

**CREAM OF BROCCOLI:** Water, Broccoli, Whole Milk (Milk, Vitamin D3), Whipping Cream (Cream, Milk), Seasoning (Corn Syrup Solids, Wheat Flour, Modified Corn Starch, Yeast Extract, Natural Flavor [contains milk], Dehydrated Onion, Garlic Powder, Spice), Skim Milk Powder, Modified Corn Starch, Onions, Dry Cream (Whole Milk, Cream), Sea Salt, Soybean Oil, Lemon Juice, Natural Flavor. **Contains: Milk and Wheat**

**CREAM OF MUSHROOM:** Water, Mushrooms, Whipping Cream (Cream, Milk), Skim Milk (Vitamin A Palmitate and Vitamin D added), Skim Milk Powder, Wheat Flour, Whey Protein Concentrate, Modified Corn Starch, Seasoning (Salt, Yeast Extract, Xanthan Gum), Salted Butter (Pasteurized Cream, Salt), Soybean Oil. **Contains: Milk and Wheat**

**LOADED BAKED POTATO:** Water, Potatoes (Potatoes, Sodium Acid Pyrophosphate [to maintain natural color]), Dairy Blend (Milk, Cream), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), Uncured Bacon Topping (Pork, Water, Sea Salt, Cane Sugar, Cultured Celery Juice, Natural Flavors), Onions, Parmesan Cheese ([Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [added to prevent caking], Salt), Seasoning (Modified Corn Starch, Salt, Enriched Wheat Flour, Sugar, Yeast Extract, Whey Powder, Spice, Natural Flavor), Red Potatoes, Green Onions, Unsalted Butter (Cream, Natural Flavors), Chicken Stock Plus (Chicken Stock, Natural Flavor [including Yeast Extract]), Cheese (Parmesan Type) (Granular and Parmesan Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Water, Salt, Lactic Acid, Citric Acid), Pepper Sauce (Distilled Vinegar, Red Pepper, Salt). **Contains Milk, Wheat**

**RICE BLEND** Water, Rice Blend (Brown Rice, Red Rice, Wild Rice), Olive Oil, Salt, Garlic Powder, Black Pepper