

| | Egg | Fish | Milk/Lactose | Peanuts | Sesame | Shellfish | Soybeans | Tree Nuts | Wheat & Gluten containing ingredients ^{1,2} | Sulfites | Added Nitrites/Nitrates |
|--|-----|------|--------------|---------|--------|-----------|----------|-----------|--|----------|-------------------------|
| Oil Blend | | | | | | | | | | | |
| Peppercorn Ranch Sauce | • | | • | | | | * | | | | |
| Pink Sauce | | | • | | | | * | | | | |
| Red Wine Vinegar | | | | | | | | | | • | |
| Sweet Onion Sauce (Contains Poppy Seeds) | | | | | | | | | | | |
| Vegetables | | | | | | | | | | | |
| Banana Peppers | | | | | | | | | | • | |
| Black Olives | | | | | | | | | | | |
| Cucumbers | | | | | | | | | | | |
| Green Peppers | | | | | | | | | | | |
| Jalapeno Pepper Slices | | | | | | | | | | • | |
| Lettuce | | | | | | | | | | | |
| Onions | | | | | | | | | | | |
| Pickles, Crinkle | | | | | | | | | | | |
| Smashed Avocado | | | | | | | | | | | |
| Spinach | | | | | | | | | | | |
| Tomatoes | | | | | | | | | | | |
| Soups, Pasta and Pizza † | | | | | | | | | | | |
| Broccoli & Cheddar | | | • | | | | * | | | | |
| Chicken Noodle | • | | • | | | | | | • | | |
| Loaded Baked Potato | | | • | | | | * | | • | | • |
| Plantain | | | | | | | | | X | | |
| Sopa de Gandules | | | | | | | | | • | | |
| Vianda | | | X | | | | | | X | | |
| Pasta, Fettuccini | | | | | | | | | • | | |
| Pasta, Penne | | | | | | | | | • | | |
| Pasta, Tri-Color Rotini | | | | | | | | | • | | |
| Pasta, Whole Wheat Penne | | | | | | | | | • | | |
| Pizza, Cheese | | | • | | | | • | | • | | |
| Cookies & Sides | | | | | | | | | | | |
| Cookie, Chocolate Chip | • | | • | ** | | | • | ** | • | | |
| Cookie, Oatmeal Raisin | • | | • | ** | | | | ** | • | | |
| Cookie, Raspberry Cheesecake | • | | • | ** | | | • | ** | • | | |
| Cookie, White Chip Macadamia Nut | • | | • | ** | | | • | • | • | | |
| Cream Cheese Puff Pastry | | | • | | | | • | | • | | |
| Hashbrowns | | | | | | | | | | | |
| Waffle Cut Potatoes | | | | | | | | | | | |
| •=contains x=may contain ¹ Wheat & Gluten categories are combined since all Subway® gluten-containing items contain wheat. ² The Gluten-Free bread is manufactured in a Gluten-Free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free. *Only contains highly refined oil from this ingredient. FDA exempts labeling refined oils as allergens since they can be safely consumed by food-allergic individuals. **Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies. † Local Options: Products are not available at all locations | | | | | | | | | | | |