

SUBURY Puerto Rico Allergy and Sensitivity Information

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 some 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.											
Breads & Wraps	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Artisan Italian (white)							•		•		
Hearty Multigrain							*		•		
Flatbread, Artisan			Х						•		
Italian Herbs and Cheese			•				•		•		
Wrap, Spinach Wrap, Tomato Basil							•		•		
Meat, Poultry, Seafood & Eggs							•		<u> </u>		
Bacon											•
Chicken Patty, Oven Roasted											
Chicken, Grilled							•				
Egg	•						•				
Genoa Salami											•
Ham (Black Forest)											•
Italian BMT® Meats (ham, pepperoni, salami)											•
Meatballs & Marinara			•				•		•		
Pepperoni											•
Rotisserie-Style Chicken							*				
Spicy Italian Meats (pepperoni, salami)											•
Steak							*				
Tuna Salad	•	•					*		_		
Turkey Breast, Oven Roasted											
Veggie Patty Cheese							•				
American, Processed			•				•				
Monterey & Cheddar Cheese Blend, Shredded			•								
Mozzarella, Shredded			•								
Parmesan			•								
Swiss			•								
Condiments & Dressings											
Alfredo			•				*				
Baja Chipotle Southwest Sauce	•		•				*				
Barbeque Sauce											
Butter							*				
Honey Mustard Sauce	•						*				
Ketchup											
Mayonnaise, Regular	•						*				
MayoKetchup	•						*			•	
Mongolian Sauce					•		•			•	
Mustard (Yellow)											

Oil Blend	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
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 †				1	ı		*	1			
Broccoli & Cheddar			•				<u> </u>				
Chicken Noodle Loaded Baked Potato	•		•				*		•		_
Plantain			•						X		•
Sopa de Gandules									•		\vdash
Vianda			Х						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	•		•				•		•		
Cream Cheese Puff Pastry Hashbrowns	•										

† Local Options: Products are not available at all locations

^{•=}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 foodallergic individuals.

^{**}Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies.