



Australia Ingredient Information for People with Food Allergies and Sensitivities

(Revised April 2013)

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.

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soy	Tree Nuts	Wheat & Gluten ¹	Sulphites	Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates
Sandwiches[^] on White or Wheat bread with lettuce, tomatoes, capsicum, red onions, and cucumbers.												
Chicken & Bacon Ranch (Includes Cheese)			•		*		•		•		•	•
Chicken Classic (Breaded Chicken)	•		•		*		•		•		•	
Chicken Parmigiana	•		•		*		•		•		•	
Chicken Schnitzel	•		*		*		•		•		•	
Chicken Strips			*		*		•		•		•	
Chicken Teriyaki			*		•		•		•		•	
Ham			*		*		•		•	*	•	•
Italian B.M.T.®			•		*		•		•	*	•	•
Meatball Marinara			•		*		•		•		•	•
Pizza Sub (Includes Cheese)			•		*		•		•		•	•
Roast Beef			*		*		•		•		•	
Roasted Chicken			*		*		•		•		•	
Seafood Sensation	•	•	*		*	•	•		•		•	
Steak & Cheese			•		*		•		•		•	
Subway Club®			*		*		•		•		•	•
Subway Melt™ (Includes Cheese)			•		*		•		•		•	•
Tuna	•	•	*		*		•		•		•	
Turkey			*		*		•		•	•	•	
Turkey & Ham			*		*		•		•	•	•	•
Veggie Delite®			*		*		•		•		•	
Veggie Patty			*		*		•		•		•	
Salads[^] with lettuce, tomatoes, capsicum, red onions, olives and cucumbers.												
Chicken & Bacon Ranch (Includes Cheese)			•				•				•	•
Chicken Classic (Breaded Chicken)	•		•						•		•	
Chicken Schnitzel	•						•		•		•	
Chicken Teriyaki					•		•				•	
Ham										*	•	•
Italian B.M.T.®			•				•			*	•	•
Meatball Marinara			•				•		•		•	•
Roast Beef							•		•		•	
Roasted Chicken (made with chicken strips)							•				•	
Seafood Sensation	•	•				•	•		•		•	
Steak & Cheese			•				•		•	•	•	
Subway Club®									•	•	•	•
Subway Melt™ (Includes Cheese)			•								•	•
Tuna	•	•					•				•	
Turkey										•	•	
Turkey & Ham										•	•	•
Veggie Delite®											•	
Veggie Patty									•		•	
Bread												
Honey Oat			*		*		•		•	•		
Italian Herbs and Cheese			•		*		•		•		•	
Multigrain			*		*		•		•		•	
Wheat			*		*		•		•		•	
White			*		*		•		•		•	
Wrap									•	•	•	

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soy	Tree Nuts	Wheat & Gluten ¹	Sulphites	Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates
Meat, Poultry, Seafood, Eggs												
Bacon, shortcut												•
Chicken Breast Patty							•		•			•
Chicken Classic (Breaded Chicken)	•		•				•		•		•	
Chicken Schnitzel	•						•		•			
Chicken Strips - Plain							•				•	
Chicken Strips - Teriyaki Glazed					•		•				•	
Egg Omelette	•		•									
Italian B.M.T.® Meats			•				•			*	•	•
Meatballs & Marinara			•				•		•		•	
Pepperoni/Salami (Spicy Italian Meats)			•				•					•
Poached Egg	•											
Roast Beef									•			
Seafood Sensation	•	•				•	•		•			
Steak, Diced							•		•	•	•	
Tuna	•	•					•					
Turkey										•		
Veggie Patty									•			
Cheese												
Cheddar Cheese			•				•					
Mozzarella Cheese, Shredded			•									
Old English Cheese			•				•					
Swiss Cheese, Natural			•									
Condiments & Dressings												
BBQ Sauce												
Chipotle Southwest Sauce	•		•				•					
Honey Mustard Sauce												
Hot Chili Sauce			•				•		•	•		
Mayonnaise	•						•					
Ranch Dressing			•									
Sweet Chili Sauce												
Sweet Onion Sauce (Contains Poppy Seeds)												
Thousand Island	•		•				•					
Tomato Relish									•			
Tomato Sauce												
Vegetables												
Jalapenos												
Olives												
Pickles												
Vegetables, Fresh												
Cookies												
Chocolate Chip	•		•	*	*		•	*	•			
Double Chocolate Chip	•		•	*	*		•	*	•			
M & M Cookie (WA and SA only)	•		•	*	*		•	*	•			
Raspberry Cheesecake	•		•	*	*		•	*	•			
White Chip Macadamia Nut	•		•	*	*		•	•	•			
Smoothies												
Banana			•									
Caribbean			*									
Mango			•									
Strawberry			•									

▲=Allergen info for additional condiments and breads are listed separately on this chart.

¹ Wheat & Gluten categories are combined since all Subway® gluten-containing items contain wheat.

² Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

* May contain traces.