



*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

**DELI STYLE ROLL** Enriched wheat flour (flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains less than 2% of the following: soybean oil, salt, yeast, vital wheat gluten, sodium stearoyl-2-lactylate, dough conditioner (acetylated tartaric acid esters of mono- and diglycerides, ammonium sulfate, calcium sulfate, ascorbic acid, azodicarbonamide, potassium iodate, amylase [enzymes]), corn flour, dried honey preparation (honey powder, invert sugar, wheat starch, soy bran flour, silicon dioxide, [anti-caking]), artificial color, mono- and diglycerides, soy lecithin, natural and artificial flavor, mineral oil.

**FLATBREAD** Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour, ascorbic acid), water, soybean oil, yeast; contains 2% or less of: nonfat dry milk, wheat gluten, salt, dough conditioners (guar gum, Arabic gum, sodium stearoyl lactylate, enzymes), sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate. **Contains milk and wheat.**

**HEARTY ITALIAN BREAD** SUBWAY® Italian bread, yellow cornmeal.

**HONEY OAT BREAD** Subway® Wheat Bread, honey oat topping (rolled oats, organic cane juice solids, diced soynuts, honey solids, wheat starch, salt, sunflower oil, soy lecithin, calcium stearate, caramel colour, natural flavour).

**ITALIAN (WHITE) BREAD** Enriched flour, water, yeast, sugar, wheat gluten, soybean oil, malted barley flour, salt, sodium stearoyl-2-lactylate, diacetylated tartaric acid esters of mono and diglycerides, calcium sulphate, ammonium sulphate, yeast extract, maltodextrin, ascorbic acid, xylanase, potassium iodate, azodicarbonamide.

**ITALIAN HERBS & CHEESE BREAD** Subway® Italian Bread, Monterey Jack cheese (cultured pasteurized milk, salt, enzymes, artificial color), cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color) potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor], garlic powder, corn maltodextrin, long grain rice powder, salt, toasted bread crumbs (wheat flour, dextrose, modified wheat starch, sugar, salt, yeast, caramel coloring, paprika), spice, parmesan cheese solids (milk, cheese, cultures, salt, enzymes, calcium chloride), cellulose), modified palm oil, oregano, natural and artificial flavor (including butter extract), sunflower oil, whey, gum arabic, citric acid, yeast extract, lactic acid, calcium lactate, disodium phosphate and not more than 2% silicon dioxide added (as anticaking agent).

**LIGHT WHEAT ENGLISH MUFFIN** Water, enriched flour, whole wheat flour, modified wheat starch, wheat gluten, yeast, degermed yellow corn meal, wheat fibre, salt, sugar, calcium propionate, potassium sorbate, calcium sulphate, lactic acid, ascorbic acid, sulphites.

**MONTEREY CHEDDAR BREAD** Subway® Italian Bread, Monterey Jack cheese (milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, colour, cellulose [to prevent caking]). May contain calcium chloride.

**PARMESAN/OREGANO BREAD** SUBWAY® Italian Bread, garlic powder, corn maltodextrin, long grain rice powder, salt, toasted bread crumbs (wheat flour, dextrose, modified wheat starch, sugar, salt, yeast, caramel coloring, paprika), spice, parmesan cheese solids (milk, cheese, cultures, salt, enzymes, calcium chloride), cellulose), modified palm oil, oregano, natural and artificial flavor (including butter extract), sunflower oil, whey, gum arabic, citric acid, yeast extract, lactic acid, calcium lactate, disodium phosphate and not more than 2% silicon dioxide added (as anticaking agent).

**ROASTED GARLIC BREAD** Subway® Italian Bread, roasted garlic topping (cornmeal, salt, sugar, dehydrated vegetables [green bell pepper, garlic, onion], spice [including red pepper], sodium acetate, acetic acid, hydrogenated soybean and cottonseed oil, disodium inosinate and guanylate, calcium silicate, ascorbic acid, modified cornstarch, gum arabic, extractives of celery and garlic).

**WHEAT BREAD (9-Grain)** Enriched flour, water, glucose-fructose, whole wheat flour, yeast, grain blend (wheat, rye, yellow corn, oats, triticale, brown rice, barley, flaxseed, millet, sorghum), wheat gluten, oat fibre, canola and/or soy oil, wheat bran, salt, caramel, diacetylated tartaric acid esters of mono and diglycerides, sodium stearoyl-2-lactylate, sugar, calcium sulphate, yeast extract, ammonium sulphate, ascorbic acid, maltodextrin, honey, xylanase, potassium iodate, azodiocarbonamide.

**WRAP** Bleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil) with mono- and diglycerides added, potato starch with monoglyceride, sugar, contains 2% or less of the following: salt, vital wheat gluten, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), monoglycerides and citric acid to preserve freshness, fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulfate, sorbic acid), sodium propionate and potassium sorbate (preservatives).

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

**BACON SLICES** Pork, Water, contains less than 2% of salt, sugar, smoke flavor, sodium phosphates, sodium erythorbate (made from sugar), sodium nitrite.

**BMT® Meats: Salami:** Pork, beef, salt, water, corn syrup, dextrose, sugar, wine, sodium erythorbate, flavorings, spices, sodium nitrate, garlic, bacterial culture, sodium nitrite. **Pepperoni:** Pork, beef, salt, dextrose, water, spices, corn syrup, paprika, oleoresin of paprika, flavorings, sodium erythorbate, bacterial culture, sodium nitrite **Ham:** Ham, water, salt, rice starch, sugar, potassium lactate, sodium phosphate, dextrose, carrageenan, sodium diacetate, sodium erythorbate, sodium nitrite, caramel (from casing).

**CHICKEN PATTY:** Chicken breast meat with rib meat, water, seasoning [corn syrup solids, brown sugar, modified tapioca starch, salt, dextrose, maltodextrin, modified corn starch, garlic powder, hydrolyzed corn protein, onion powder, tetrasodium pyrophosphate, vinegar solids, yeast extract, vegetable oil shortening (soybean), thiamine hydrochloride, lactic acid, disodium inosinate and disodium guanylate], soy protein, sodium phosphates.

**CHICKEN STRIPS** Boneless, skinless, chicken breasts, water, seasoning (salt, modified corn starch, potassium chloride, flavour, yeast extract, spices, chicken fat, onion powder, sesame oil), soy protein, sodium phosphate, flavour.

**CHICKEN STRIPS (teriyaki glazed)** Chicken breast strips (see above), teriyaki glaze (water, soy sauce [water, wheat, soybeans, salt, sodium benzoate], glucose syrup, glucose-fructose, rice vinegar, modified corn starch, tomato paste, garlic puree, ginger puree, oriental spice concentrate {sautéed ginger, maltodextrin, water, sesame oil, salt, sugar, canola oil, spice, soybeans, corn starch, wheat, natural flavour, brown sugar, garlic powder, vinegar, caramel colour, garlic, red peppers, autolyzed yeast extract}, sesame oil, sesame seeds, white vinegar, dehydrated green onion, salt, dehydrated red bell pepper, sodium benzoate, natural flavour, spices, dehydrated onion).

**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. **Cooked Salami:** Pork, chicken, water, salt, potassium lactate, spice, sugar, sodium phosphate, sodium erythorbate, garlic powder, sodium diacetate, sodium nitrite, smoke. **Luncheon Loaf:** Pork, water, modified corn starch, salt, potassium lactate, sugar, spice, sodium phosphate, onion powder, sodium erythorbate, garlic powder, sodium diacetate, sodium nitrite, smoke.

**EGG OMELET PATTY (Regular):** Whole Eggs, Egg Whites, Water, Nonfat Dry Milk, Premium Egg Blend (isolated pea product, salt, citric acid, dextrose, guar gum, xanthan gum, extractive of spice, propylene glycol and not more than 2% calcium silicate and glycerin to prevent caking), Soybean Oil, Butter Alternative (liquid and hydrogenated soybean oil, salt, soy lecithin, natural and artificial flavors, beta carotene (color), TBHQ and citric acid added to protect flavor, dimethylpolysiloxane (antifoaming agent added), Salt, Beta-Carotene (color).

**EGG WHITE OMELET PATTY** Egg whites, artificial butter oil (soybean oil, artificial flavor), modified corn starch. Contains less than 2% of the following: dicalcium phosphate, salt, xanthan gum, white pepper.

**HAM** Pork, water, rice starch, potassium lactate, sugar, salt, sodium phosphate, dextrose, potassium chloride, carrageenan, sodium diacetate, sodium erythorbate, autolyzed yeast extract, flavours, sodium nitrite, caramel colour.

**MEATBALLS** Beef, water, seasoning (soy protein concentrate, breadcrumbs [bleached wheat flour, sugar, salt, soybean oil, dried yeast], dehydrated onion and garlic, salt, spice, dehydrated parsley, caramel color), Romano cheese (made from pasteurized cow's milk, cheese cultures, salt, enzymes), caramel color. **Marinara Sauce:** Tomato puree (water, tomato paste), crushed tomatoes, corn syrup, soybean oil, onions, salt, natural flavors, modified food starch, spices, parsley.

**ROAST BEEF** Beef, water, rice starch, dextrose, salt, corn syrup, maltodextrin, potassium chloride, spice and spice extractive, sodium phosphate, potassium lactate, caramel colour, autolyzed yeast extract, flavours. Contains soy.

**SAUSAGE, BREAKFAST** Pork, water, salt, pepper, sage, spices, corn syrup solids, dextrose, spice extractives.

**STEAK** Beef, beef broth (water, beef stock), seasoning (hydrolyzed soy protein, salt, dextrose, modified corn starch, sodium phosphates, beef extract, soy sauce powder [soy sauce (soybeans, salt, alcohol) maltodextrin, salt], yeast extract, natural and artificial flavor, grill flavor [maltodextrin, grill flavor (from vegetable oil), modified corn starch, corn syrup solids]), beef flavor (water, natural flavors, beef

fat, gelatin/gum arabic coacervate, xanthan gum, citric acid, potassium sorbate, sodium benzoate and soybean oil). Rubbed with: salt, maltodextrin, modified corn starch, dextrose, caramel color, beef extract, garlic powder, onion powder, natural flavor.

**SEAFOOD SENSATION** Alaskan Pollock, water, Pacific Whiting, cornstarch, potato starch, wheat starch, sugar, sorbitol, contains 2% or less of the following: Snow crabmeat, natural and artificial flavors, refined fish oil, egg whites, carrageenan, spices (allspice, bay, black pepper, cardamom, cassia, celery, clove, ginger, mace, nutmeg, red pepper), salt, modified potato starch, calcium carbonate, sodium tripolyphosphate, tetrasodium phosphate, citric acid, color (titanium dioxide, carmine, paprika oleoresin and caramel Color). Subway regular mayonnaise dressing.

**TUNA** Tuna, regular mayonnaise, water, salt.

**TURKEY BREAST.** Turkey breast, water, modified potato starch, potassium lactate, salt, dextrose, carrageenan, sodium phosphate, turkey flavor, sodium diacetate, spice, caramel.

## **CHEESE**

**CHEDDAR CHEESE PRODUCT, PROCESSED** Cheese (milk, modified milk ingredients, 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, acetic acid, soy lecithin, carboxymethylcellulose, citric acid.

**MONTEREY CHEESE BLEND (shredded)** Monterey Jack cheese (cultured pasteurized milk, salt, enzymes, artificial color), cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color) potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor).

**MONTEREY JACK** Milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzymes. May contain calcium chloride.

**NATURAL CHEDDAR** Milk, modified milk ingredients, bacterial culture, salt, colour, rennet and/or microbial enzyme. May contain calcium chloride.

**NATURAL SWISS (sliced)** Milk, salt, bacterial culture, rennet and or microbial rennet.

## **VEGETABLES**

**BANANA PEPPERS** Banana peppers, water, white vinegar, salt, sodium benzoate, calcium chloride, seasonings, sulphites, tartrazine.

**CUCUMBERS** Fresh ripe cucumbers

**GREEN PEPPERS** Fresh green bell

**GRILLED ONIONS AND PEPPERS** Red bell peppers, green bell peppers, red onions and extra virgin olive oil

**JALAPEÑO PEPPER SLICES** Jalapeno peppers, water, distilled vinegar, salt, natural flavorings, calcium chloride, sodium benzoate (preservative).

**PICKLES** Cucumbers, water, distilled vinegar, salt, calcium chloride, sodium benzoate as a preservative, natural flavors, Polysorbate 80 and Yellow #5.

**LETTUCE** Fresh iceberg variety

**OLIVES** Ripe olives, water, salt, ferrous gluconate

**ONIONS** Jumbo red onions

**TOMATOES** Fresh red ripe

## **CONDIMENTS**

**CHIPOTLE SOUTHWEST** Soybean oil, water, chipotle pepper sauce (red jalapeno peppers, vinegar, sugar, salt, onions), buttermilk (milk ingredients, salt, bacterial culture), glucose-fructose, frozen yolk, glucose, vinegar, salt, milk ingredients, onion powder, phosphoric acid, autolyzed yeast extract, xanthan gum, dehydrated onion, garlic powder, torula yeast, lactic acid, disodium inosinate and guanylate, potassium sorbate, sodium benzoate, dehydrated parsley, natural colour (paprika extract), polysorbate 60, propylene glycol alginate, calcium disodium EDTA.

**FAT-FREE HONEY MUSTARD** High Fructose corn syrup, water, prepared mustard (distilled vinegar, water, mustard seed, salt), Dijon mustard (distilled vinegar, water, mustard seed, salt, white wine, citric acid, turmeric, spices, tartaric acid), country Dijon mustard (distilled vinegar, water, mustard seed, salt, white wine, spice), distilled vinegar, honey, food starch-modified, cider vinegar, contains less than 2% of lemon juice concentrate, salt, phosphoric acid, artificial color (titanium dioxide), sodium benzoate and potassium sorbate (as preservatives), xanthan gum, dehydrated onion, egg yolks, dehydrated garlic, caramel color. **Contains Egg.**

**FAT-FREE SWEET ONION** Sugar, water, corn vinegar, cornstarch, modified cornstarch, spices, salt, toasted onion powder, dehydrated onion, poppy seeds, onion juice, sodium benzoate, potassium sorbate, dehydrated red bell pepper, caramel colour, cucumber juice, calcium disodium EDTA.

**HOUSE SANDWICH SAUCE (ZESTY ITALIAN)** Canola and or soya oil, water, vinegar, sugar, salt, spices, lactic acid, hydrolyzed wheat protein, autolyzed yeast extract, dehydrated parsley, xanthan gum, propylene glycol alginate, sodium benzoate, dehydrated garlic, potassium sorbate, garlic powder, citric acid, onion powder.

**LIGHT MAYONNAISE TYPE DRESSING** Water, canola and/or soya oil, yolk, modified corn starch, glucose/fructose, white vinegar, salt, concentrated lemon juice, spice, potassium sorbate, sodium benzoate, xanthan gum, calcium disodium EDTA.

**MAYONNAISE, REGULAR** Soybean oil, water, whole eggs, egg yolks, vinegar, salt, mustard, lemon juice concentrate, spices, dried garlic, dried onions, calcium disodium EDTA.

**MUSTARD (Deli Brown)** Distilled vinegar, mustard seed, water, salt, spices, turmeric, natural flavor.

**MUSTARD (Yellow)** Distilled vinegar, water, No. 1 grade yellow mustard seed, salt, turmeric, paprika, spices, garlic powder, natural flavor.

**RED WINE VINAIGRETTE** Water, glucose syrup, red wine vinegar (contains sulphites), sugar, parmesan cheese (modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme,

lipase, cellulose, potassium sorbate), salt, white vinegar, modified corn starch, natural flavour, xanthan gum, spices, dehydrated red bell pepper, dehydrated onion, dehydrated garlic, sodium benzoate, colour (red #40 and blue #1).

## **SALAD DRESSINGS & TOPPINGS**

**ITALIAN DRESSING** Water, Food Acids (260, 330), Sugar, Salt, Herbs & Spices, Vegetable Gums (415, 410, 440(a)), Lemon Juice Concentrate, Preservative (202), Colours (100, 160c).

**RANCH DRESSING** Water, Canola oil 30%, Vinegar (260), Flavours, Sour Cream (Pasteurised Cream, Culture, Xanthum Gum, Guar Gum), Salt, Buttermilk Powder, Milk Protein, Sucralose, Starch (1412), Lactic Acid (270), Guar, Gum (412), Citric Acid (330), Xanthum Gum (415), Carboxy Methyl Cellulose (466), Mustard, Lemon Concentrate, Potassium Sorbate (202), Black Pepper, Garlic, Parsley

## **COOKIES**

**CHOCOLATE CHIP COOKIES** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), margarine (palm oil, butter, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), eggs, water, molasses, baking soda, salt, natural and artificial flavor. *(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 CONTAINS:** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, natural and artificial flavors), palm oil, eggs, high fructose corn syrup, water, molasses, baking soda, salt, whey, natural and artificial flavor.

**Wheat, milk, eggs and soy.** *(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 CHIP** Sugar, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), margarine (palm oil, butter, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), white chips (sugar, palm kernel and palm oil, nonfat dry milk, soy lecithin, vanilla), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), eggs, cocoa processed with alkali, molasses, water, natural and artificial flavor, baking soda, salt. *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**M&M®** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, palm oil, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), candy pieces (milk chocolate [sugar, chocolate, milk, cocoa butter, lactose, soy lecithin, salt, artificial flavors] sugar, cornstarch, corn syrup, gum acacia, coloring [includes red 40 lake, yellow 5, yellow 6, blue 2 lake, red 40, blue 1 lake, blue 1, blue 2, yellow 5 lake, yellow 6 lake], dextrin), eggs, water, molasses, baking soda, salt, whey, natural and artificial flavor. **May Contain: Peanuts** *Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)*

**OATMEAL RAISIN** Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, raisins, palm oil, oats, eggs, water, molasses, salt, whey, baking soda, cinnamon. *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**PEANUT BUTTER** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, peanut butter (peanuts, sugar, palm oil, salt), peanut butter chips (sugar, palm kernel oil, peanuts, partially defatted peanut flour, lactose, whey, anhydrous milkfat, nonfat milk, sodium caseinate, buttermilk, soy lecithin, salt, artificial flavor), margarine (palm oil, butter, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), eggs, molasses, high fructose corn syrup, water, baking soda, salt. *Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.*)

**SUGAR** Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, palm oil, eggs, natural butter flavor, water, whey, baking soda, salt. *(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 bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, margarine (palm oil, butter, water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene), white chips (sugar, palm kernel and palm oil, nonfat dry milk, soy lecithin, vanilla), macadamia nuts, eggs, molasses, water, natural and artificial flavor, baking soda, salt. **Contains: Macadamia Nuts, Wheat, Milk, Eggs and Soybean.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut-containing cookies.)*

**YOGURT PARFAIT** Vanilla yogurt (skim milk, sugar, cream, modified corn starch, whey protein concentrate, milk protein concentrate, gelatin, active bacterial cultures, natural and artificial flavours, concentrated lemon juice, colour (caramel)), strawberries, blueberries, granola (whole rolled oats, sugar, wheat flakes, corn syrup, soy oil, whey, molasses, natural flavor, mixed tocopherols (used to preserve freshness)). **Granola may contain tree nuts.**