

ALLERGEN INFORMATION

JANUARY 2024

Symbol	Meaning
Y	Ingredient suitable for vegetarian/ plant based diet
X	Allergen contained in the ingredient
MC	May Contain - the allergen is present at the ingredient's manufacturing site and our suppliers believe there is a significant risk this allergen could cross-contaminate the ingredient

All food is freshly prepared in our kitchens and whilst we have controls in place to minimise cross-contamination, Subway handle many allergens and cannot guarantee that our food will be allergen free and therefore suitable for those with allergies.

Our vegan items are made to vegan recipes however are not suitable for those with dairy & egg allergies.

	Ingredient suitable for vegetarians	Ingredient suitable for a plant-based diet	Egg	Fish	Milk (lactose)	Peanuts	Sesame	Crustaceans	Soya	Tree Nuts	Cereals containing gluten					Sulphites	Celery	Mustard	Lupin	Molluscs
											Wheat	Barley	Oat	Rye	Spelt					
Bread																				
Italian White Bread	Y	Y							X			X								
9-Grain Wheat Bread	Y	Y							X			X	X	X	X					
Hearty Italian Bread	Y	Y							X			X								
Italian Herb & Cheese Bread	Y				X				X			X								
Honey & Oat Bread	Y								X			X	X	X	X					
Gluten Free Bread*	Y	Y																		
Plain Tortilla Wrap	Y	Y										X								
Meat, Poultry, Fish, Eggs & Plant-Based Proteins																				
Roast Chicken Breast Strips / Ham* / Turkey Breast*																				
Bacon/ Pepperoni / Salami																				
Chicken Tikka					X							X								
Nacho Chicken Bites					MC				MC			X								
Meatballs (in Marinara Sauce)					X				MC			X								
Breakfast Sausage Patty												X								
Philly Steak*													X							
Big Beef									X											
Pig in Blankets												X				X				
Tuna (with Lite Mayonnaise)				X	X							X						X		
Poached Egg	Y		X																	
Plant-Based Steak	Y	Y							X			X								
Plant Patty	Y	Y							X			X				X				
Cheese & Vegetables																				
American Sliced Cheese / Sliced Brie Cheese	Y				X															
Shredded Mozzarella & Cheddar Cheese / Mozzarella	Y				X															
Monterey Jack Cheddar Slices / Peppered Cheese (IOI)	Y				X															
Vegan CheeZe	Y	Y																		
Blue Cheese (in participating stores only)	Y				X															
Jalapeños	Y	Y													X					
Lettuce / Cucumber / Mixed Peppers / Tomato	Y	Y																		
Onion / Pickles / Sweetcorn / Olives	Y	Y																		
Sauces & Condiments																				
Hickory Smoked BBQ Sauce	Y												X						X	
HP Brown Sauce	Y												X		X					
Chipotle Southwest Sauce / Extra Spicy Chipotle	Y		X																X	
Lite Mayonnaise	Y		X																X	
Honey & Wholegrain Mustard Sauce	Y																		X	
Garlic & Herb Sauce	Y	Y																	X	
Teriyaki Sauce	Y	Y					X		X			X								
Sticky Sweet Chilli Sauce	Y	Y										X								
Sweet Onion Sauce	Y	Y																	X	
Tomato Ketchup	Y	Y															X			
Caesar Sauce	Y		X		X				X											
Marinara Sauce / Sriracha Sauce / Salsa / Garlic Infused Oil	Y	Y																		
Caramelised Red Onion In Balsamic Vinegar	Y	Y																		
Mango Habanero Sauce	Y	Y																		
Pesto	Y				X															
Crispy Onions	Y	Y										X								
Sea Salt / Mixed Peppercorns / Chilli Flakes	Y	Y																		
Southwest Seasoning / Multi-Seed Mix	Y	Y																		
Cookies, Donuts & Muffins																				
Chocolate Chunk Cookie	Y		X		X				X	MC		X								
Double Chocolate Cookie	Y		X		X				X	MC		X								
White Macadamia Cookie	Y		X		X				X	MC	Macademia	X								
Rainbow Chocolate Chip Cookie	Y		X		X				X	MC		X								
Vegan Double Chocolate Cookie	Y	Y	MC		MC				X	MC		X								
Sticky Toffee Pudding Cookie	Y		MC		X				X	MC		X								
Strawberries & Cream Cookie	Y		MC		X				X	MC		X								
Cherry Bakewell Cookie	Y		X		MC				X	MC	Almond	X								
Cadbury's® Caramel Muffin	Y		X		X				X	MC		X								
Oreo® Muffin	Y		X		X				X	MC		X								
Sugared Donut / Chocolate Donut	Y		MC		X				X	MC		X								
Soups - Selected Stores																				
Carrot and Coriander	Y		X		X															
Cream of Chicken			X		X								X							
Red Pepper and Tomato	Y				X								X							
Tomato	Y				X							X							X	
Wild Mushroom	Y				X							X	X							
Cream of Mushroom	Y		X		X														X	
Miscellaneous items																				
DORITOS® Nachos (DORITOS® Lightly Salted Tortilla Chips)	Y				X				MC			MC	MC							
DORITOS® Nachos (DORITOS® Tangy Cheese Tortilla Chips)	Y				X				MC			X	MC							
DORITOS® Nachos (DORITOS® Chilli Heatwave Chips)	Y				X				X			X	MC							
Cheesy Bites	Y				X							X								
Hash Browns, Crinkle Wedges	Y	Y																		
Flavoured Coffee Syrups: Vanilla, Caramel	Y	Y																		
Flavoured Coffee Syrups: Hazelnut	Y	Y								Hazelnut										
Flavoured Coffee Syrups: Honeycomb	Y																			
Black Coffee / Black Tea	Y	Y																		
Cappuccino / Latte / Coffee with Milk / Tea with Milk	Y				MC				X											
Hot Chocolate / Chocolate Sprinkles (for Cappuccino)	Y				X															
Fountain drinks: Robinsons® Apple & Blackcurrant	Y	Y																X		
Fountain drinks: Diet Pepsi®	Y																			
Fountain drinks: Other	Y	Y																		

*Formed meat.

IOI = Only available in the Island of Ireland.

Our plant-based products may come into contact with non plant-based products.

*Our Gluten Free bread is manufactured in a gluten free facility, however, as other ingredients in our stores contain gluten and products are prepared on shared equipments, our Gluten Free Bread may come into contact with gluten as we prepare your meal.

Correct at time of printing (December 2023). ©/© 2024 Subway IP LLC.

ALLERGEN INFORMATION

JANUARY 2024

Symbol	Meaning
Y	Ingredient suitable for vegetarian/ plant based diet
X	Allergen contained in the ingredient
MC	May Contain - the allergen is present at the ingredient's manufacturing site and our suppliers believe there is a significant risk this allergen could cross-contaminate the ingredient



All food is freshly prepared in our kitchens and whilst we have controls in place to minimise cross-contamination, Subway handle many allergens and cannot guarantee that our food will be allergen free and therefore suitable for those with allergies.
Our vegan items are made to vegan recipes however are not suitable for those with dairy & egg allergies.

	Ingredient suitable for vegetarians	Ingredient suitable for a plant-based diet	Egg	Fish	Milk (lactose)	Peanuts	Sesame	Crustaceans	Soya	Tree Nuts	Cereals containing gluten					Sulphites	Celery	Mustard	Lupin	Molluscs
											Wheat	Barley	Oat	Rye	Spelt					
Bread																				
Italian White Bread	Y	Y							X			X								
9-Grain Wheat Bread	Y	Y							X			X	X	X	X					
Hearty Italian Bread	Y	Y							X			X								
Italian Herb & Cheese Bread	Y				X				X			X								
Honey & Oat Bread	Y								X			X	X	X	X					
Gluten Free Bread*	Y	Y																		
Plain Tortilla Wrap	Y	Y										X								
Halal Meat, Eggs & Plant-Based Proteins																				
Halal Roast Chicken Breast Strips / Halal Turkey Ham* / Halal Turkey																				
Halal Turkey Rashers* / Halal Pepperoni (Beef) / Halal Salami (Beef)																				
Halal Chicken Tikka					X							X								
Halal Nacho Chicken Bites					MC				MC			X								
Halal Beef Meatballs (in Marinara Sauce)					X				MC			X								
Halal Breakfast Turkey* Sausage Patty												X								
Halal Philly Steak*													X							
Halal Big Beef									X											
Tuna (with Lite Mayonnaise)			X	X															X	
Poached Egg	Y		X																	
Plant-Based Steak	Y	Y							X			X								
Plant Patty	Y	Y							X			X						X		
Cheese & Vegetables																				
American Sliced Cheese / Sliced Brie Cheese	Y				X															
Shredded Mozzarella & Cheddar Cheese / Mozzarella	Y				X															
Monterey Jack Cheddar Slices / Peppered Cheese (IOI)	Y				X															
Vegan CheeZe	Y	Y																		
Jalapeños	Y	Y															X			
Lettuce / Cucumber / Mixed Peppers / Tomato	Y	Y																		
Onion / Pickles / Sweetcorn / Olives	Y	Y																		
Sauces & Condiments																				
Hickory Smoked BBQ Sauce	Y												X							X
HP Brown Sauce	Y												X		X					
Chipotle Southwest Sauce / Extra Spicy Chipotle	Y		X																	X
Lite Mayonnaise	Y		X																	X
Honey & Wholegrain Mustard Sauce	Y																			X
Garlic & Herb Sauce	Y	Y																		X
Teriyaki Sauce	Y	Y					X		X			X								
Sticky Sweet Chilli Sauce	Y	Y										X								
Sweet Onion Sauce	Y	Y																		X
Tomato Ketchup	Y	Y																		
Caesar Sauce	Y		X		X				X											
Marinara Sauce / Sriracha Sauce / Salsa / Garlic Infused Oil	Y	Y																		
Caramelised Red Onion In Balsamic Vinegar	Y	Y																		
Mango Habanero Sauce	Y	Y																		
Pesto	Y				X															
Crispy Onions	Y	Y										X								
Sea Salt / Mixed Peppercorns / Chilli Flakes	Y	Y																		
Southwest Seasoning / Multi-Seed Mix	Y	Y																		
Cookies, Donuts & Muffins																				
Chocolate Chunk Cookie	Y		X		X				X	MC		X								
Double Chocolate Cookie	Y		X		X				X	MC		X								
White Macadamia Cookie	Y		X		X				X	MC	Macademia	X								
Rainbow Chocolate Chip Cookie	Y		X		X				X	MC		X								
Vegan Double Chocolate Cookie	Y	Y	MC		MC				X	MC		X								
Sticky Toffee Pudding Cookie	Y		MC		X				X	MC		X								
Strawberries & Cream Cookie	Y		MC		X				X	MC		X								
Cherry Bakewell Cookie	Y		X		MC				X	MC	Almond	X								
Cadbury's® Caramel Muffin	Y		X		X				X	MC		X								
Oreo® Muffin	Y		X		X				X	MC		X								
Sugared Donut / Chocolate Donut	Y		MC		X				X	MC		X								
Soups - Selected Stores																				
Carrot and Coriander	Y		X		X															
Cream of Chicken			X		X								X							
Red Pepper and Tomato	Y				X								X							
Tomato	Y				X								X							X
Wild Mushroom	Y				X								X	X						
Cream of Mushroom	Y		X		X															X
Miscellaneous items																				
DORITOS® Nachos (DORITOS® Lightly Salted Tortilla Chips)	Y				X				MC			MC	MC							
DORITOS® Nachos (DORITOS® Tangy Cheese Tortilla Chips)	Y				X				MC			X	MC							
DORITOS® Nachos (DORITOS® Chilli Heatwave Chips)	Y				X				X			X	MC							
Cheesy Bites	Y				X							X								
Hash Browns, Crinkle Wedges	Y	Y																		
Flavoured Coffee Syrups: Vanilla, Caramel	Y	Y																		
Flavoured Coffee Syrups: Hazelnut	Y	Y								Hazelnut										
Flavoured Coffee Syrups: Honeycomb	Y																			
Black Coffee / Black Tea	Y	Y			MC															
Cappuccino / Latte / Coffee with Milk / Tea with Milk	Y				X															
Hot Chocolate / Chocolate Sprinkles (for Cappuccino)	Y				X															
Fountain drinks: Robinsons® Apple & Blackcurrant	Y	Y																		X
Fountain drinks: Diet Pepsi®	Y																			
Fountain drinks: Other	Y	Y																		

*Formed meat.
IOI = Only available in the Island of Ireland.
Our plant-based products may come into contact with non plant-based products.
*Our Gluten Free bread is manufactured in a gluten free facility, however, as other ingredients in our stores contain gluten and products are prepared on shared equipments, our Gluten Free Bread may come into contact with gluten as we prepare your meal.