



U.S. Allergy and Sensitivity Information

November 2021

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.**

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing Ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Breads & Wraps											
Artisan Italian (white)							*		•		
Hearty Multigrain							*		•		
Flatbread, Artisan			X				*		•		
Italian Herbs and Cheese			•				*		•		
Wrap, Spinach							•		•		
Wrap, Tomato Basil							•		•		
Local/Regional Breads†											
Gluten-Free (as packaged)	•						X				
Jalapeno Cheddar			•				*		•	•	
Monterey Cheddar			•				*		•		
Parmesan Oregano			•				*		•		
Sourdough							*		•		
Meat, Poultry, Seafood & Eggs											
Bacon Strips											•
Chicken Patty, Oven Roasted											
Chicken, Grilled							•				
Chicken, Grilled (Teriyaki Glazed)					•		•		•		
Cold Cut Combo Meats											•
Egg Omelet Patty (Regular)	•						•				
Egg White Omelet Patty	•						*				
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							*				

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Local/ Regional Meats Proteins†											
Chicken, Grilled (with Buffalo sauce)											
Eggs, Cage-Free	•						•				
Egg Whites, Cage-Free	•										
Pastrami											•
Veggie Patty							•				
Cheese											
American, Processed			•				•				
BelGioioso® Fresh Mozzarella			•								
Monterey Cheese Blend, Shredded			•								
Parmesan			•								
Pepperjack			•				•				
Provolone			•								
Local/Regional Cheeses‡											
Mozzarella, Shredded			•								
Swiss			•								
Condiments & Dressings											
Buffalo Sauce											
Caesar Sauce	•	•	•				•				
Chipotle Southwest Sauce	•		•				*				
Honey Mustard Sauce											
Mayonnaise Light	•						*				
Mayonnaise, Regular	•						*				
Mustard (Yellow)											
MVP Parmesan Vinaigrette™			•								
Oil											
Peppercorn Ranch Sauce	•		•				*				
Ranch Sauce	•		•				*				
Red Wine Vinegar										•	
Sweet Onion Sauce (Contains Poppy Seeds)											
Sweet Onion Teriyaki Sauce (Contains Poppy Seeds)					•		•		•		
Local/Regional Condiments and Dressings ‡											
Creamy Srircha	•						*				
Vegetables											
Banana Peppers										•	
Black Olives											
Cucumbers											
Green Peppers											
Jalapeno Pepper Slices										•	
Lettuce											
Onions											
Pickles											
Smashed Avocado											
Spinach											
Tomatoes											
Soups ‡											
Beef Chili with Beans							•		•		
Broccoli & Cheddar			•				*				
Chicken Noodle	•		•						•		
Loaded Baked Potato			•				*		•		•
Cookies & Desserts											

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Applesauce											
Cookie, Chocolate Chip	•		•	**			•	**	•		
Cookie, Oatmeal Raisin	•		•	**				**	•		
Cookie, Raspberry Cheesecake	•		•	**			•	**	•		
Cookie, White Chip Macadamia Nut	•		•	**			•	•	•		
Local/Regional Cookies and Desserts†											
Brownie	•		•				•	X	•		
Brownie, Gluten-Free ²	•										
Cinnamon Rolls	*		•				•		•		
Muffin, Apple Cinnamon Pecan	•		•				•	•	•		
Muffin, Banana Bread	•		•				*	•	•		
Muffin, Blueberry Crumb	•		•				•	•	•		
Muffin, Chocolate Chunk	•		•				•		•		
Muffin, Triple Berry	•		•				•		•		
•=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. Peanut butter cookie may contain macadamia nuts due to manufacturing process.											
† Local Options: Products are not available at all locations											