Allergen Information

Symbol	Meaning
Y	Allergen contained in the product
MC	May contain - the allergen is present at the ingredients manufacturing site and our suppliers believe there is significant risk this allergen could cross-contaminate the ingredient
N	The allergen is not part of the product as delivered to store
Y	Ingredients suitable for plant-based/vegetarian
N	Ingredients NOT suitable for plant-based/vegetarian

JANUARY 2021

We handle allergens in store and due to cross contact we can never 100% guarantee that our products will be allergen free.

	Ingredient suitable for vegetarians ^	Ingredient suitable for a plant-based PB diet	Eggs	Fish	Milk (lactose)	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
Bread																
Italian (White) Bread	Y	Y	N	N	N	N	N	N	Y	N	Wheat	N	N	N	N	N
Tiger Bread	Y	Y	MC	N	MC	N	N	N	Y	N	Wheat, Barley	N	N	N	N	N
9-Grain Wheat Bread	Y	Y	N	N	N	N	N	N	Y	N	Wheat, Rye, Barley, Oat, Spelt	N	N	N	N	N
9-Grain Multi-Seed Bread	Y	Y	N	N	N	N	N	N	Y	N	Wheat, Rye, Barley, Oat, Spelt	N	N	N	N	N
Hearty Italian Bread	Y	Y	N	N	N	N	N	N	Y	N	Wheat	N	N	N	N	N
Italian Herb & Cheese Bread	Y	N	N	N	Y	N	N	N	Y	N	Wheat	N	N	N	N	N
Gluten Free Bread	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chilli & Paprika Bread	Y	Y	N	N	N	N	N	N	N	N	Wheat	N	N	N	N	N
Ciabatta Toasted Bite	Y	Y	N	N	N	N	N	N	N	N	Wheat	N	N	N	N	N
Tomato Basil Wrap	Y	Y	N	N	N	N	N	N	N	N	Wheat	N	N	N	N	N
Plain Tortilla Wrap	Y	Y	N	N	N	N	N	N	N	N	Wheat	N	N	N	N	N
Meat, Poultry, Fish, Eggs & Plant PB Patty																
Roast Chicken Breast Strips	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Teriyaki Glazed Chicken Breast	N	N	N	N	N	N	Y	N	Y	N	Wheat	N	N	N	N	N
Chicken Tikka	N	N	N	N	Y	N	N	N	N	N	Wheat	N	N	N	N	N
Rotisserie-Style Chicken*	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ham‡	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Turkey Breast‡	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Maple Cured Streaky Bacon	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Breakfast Back Bacon≠	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pepperoni	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Salami	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Meatballs (in Marinara Sauce)	N	N	N	N	Y	N	N	N	Y	N	Wheat	N	N	N	N	N
Breakfast Sausage	N	N	N	N	N	N	N	N	N	N	Wheat	N	N	N	N	N
Pig in Blanket	N	N	N	N	N	N	N	N	N	N	Wheat	Y	N	N	N	N
Steak ‡Ø (made with shaved steak strips, green pepper and onion)	N	N	N	N	N	N	N	N	Y	N	Barley	N	N	N	N	N
Tuna (with Lite Mayonnaise)	N	N	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N
Egg Omelette	Y	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
Poached Egg	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
Meatless PB Meatballs (in Marinara Sauce)	Y	Y	MC	N	N	N	MC	N	Y	N	Wheat, Barley	N	MC	MC	N	N
Roasted Soya Strips	Y	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Plant PB Patty	Y	Y	N	N	N	N	N	N	Y	N	Wheat	N	Y	N	N	N
Cheese & Vegetables																
American Sliced Cheese	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Shredded Mozzarella & Cheddar Cheese	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Peppered Cheese (IOI)	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Mozzarella-Style Cheese Free PB slice	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Olives	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pickles	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Jalapeños	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
Sweetcorn	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Guacamole	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Lettuce, Cucumber, Mixed Peppers, Tomato, Onion, Carrot, Spinach	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sauces & Condiments																
Hickory Smoked BBQ Sauce	Y	N	N	N	N	N	N	N	N	N	Barley	N	N	N	N	N
Chipotle Southwest Sauce	Y	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N
Honey & Wholegrain Mustard Sauce	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Lite Mayonnaise	Y	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N
Sticky Sweet Chilli Sauce	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sweet Onion Sauce (contains poppy seeds)	Y	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Tomato Ketchup	Y	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N
Sriracha Sauce	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Caesar Sauce	Y	N	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
Salsa	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Marinara Sauce	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
HP Brown Sauce	Y	Y	N	N	N	N	N	N	N	N	Rye , Barley	N	N	N	N	N
Plant-based PB Garlic Aioli	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Crispy Onions	Y	Y	N	N	N	N	N	N	N	N	Wheat	N	N	N	N	N
Diced Beetroot	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chopped SunBlush™ Tomatoes	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sea Salt / Mixed Peppercorns / Chilli Flakes	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Multi-Seed Mix	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cookies, Donuts & Muffins																
Chocolate Chunk Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Double Chocolate Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
White Chip Macadamia Nut Cookie	Y	N	Y	N	Y	N	N	N	Y	Macadamia nut	Wheat	N	N	N	N	N
Oatmeal Raisin Cookie	Y	N	Y	N	Y	N	N	N	MC	MC - Nuts	Wheat, Oat	N	N	N	N	N
Rainbow Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Mince Pie Cookie	Y	N	Y	N	MC	N	N	N	MC	Hazelnut	Wheat	N	N	N	N	N
Chocolate Orange Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Vegan Double Chocolate Cookie	Y	Y	MC	N	MC	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Cadbury's® Caramel Muffin	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Nutella® Muffin	Y	N	Y	N	Y	N	N	N	Y	Hazelnut	Wheat	N	N	N	N	N
Oreo® Muffin	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Sugar Donut	Y	N	MC	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Choco Donut	Y	N	MC	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Soups - Selected Stores																
Carrot and Coriander	Y	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
Country Chicken and Vegetable	N	N	Y	N	Y	N	N	N	N	N	Wheat, Barley	N	Y	MC	N	N
Cream of Chicken	N	N	Y	N	Y	N	N	N	N	N	Wheat, Barley	N	N	N	N	N
Leek and Potato	Y	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N
Minestrone	N	N	Y	N	MC	N	N	N	N	N	Wheat	N	Y	N	N	N
Red Pepper and Tomato	Y	N	N	N	Y	N	N	N	N	N	Barley	N	N	N	N	N
Tomato	Y	N	N	N	Y	N	N	N	N	N	Wheat	N	Y	N	N	N
Wild Mushroom	Y	N	N	N	Y	N	N	N	N	N	Wheat, Barley	N	N	N	N	N
Beef Goulash	N	N	N	N	N	N	N	N	N	N	Wheat, Barley	N	N	Y	N	N
Thai Style Vegetable	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Cream of Mushroom	Y	N	Y	N	Y	N	N	N	N	N	N	N	Y	N	N	N
Miscellaneous Items																
DORITOS® Nachos (DORITOS® Lightly Salted Tortilla Chips)	Y	N	N	N	Y	N	N	N	MC	N	MC - Gluten - Wheat, Barley	N	N	N	N	N
DORITOS® FLAMIN' HOT® Nachos (DORITOS® FLAMIN' HOT® Flavoured Tortilla Chips)	Y	N	N	N	Y	N	N	N	MC	N	MC - Gluten - Wheat, Barley	N	N	N	N	N
Hash Browns	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Flavoured Coffee Syrups: Vanilla, Gingerbread, Caramel, Chocolate,	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Flavoured Coffee Syrups: Hazelnut	Y	Y	N	N	N	N	N	N	N	Hazelnut	N	N	N	N	N	N
Flavoured Coffee Syrups: Honeycomb	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Coffee / Tea	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cappuccino / Latte / Hot Chocolate / Chocolate Sprinkles (for Cappuccino)	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Fountain drinks: Robinsons™ Apple & Blackcurrant	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
Fountain drinks: Diet Pepsi®	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Fountain drinks: Other	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
SubShake - Vanilla - Selected Stores	Y	N	N	N	Y	N	N	N	MC	MC - Nuts	MC - Gluten - Wheat	N	N	N	N	N
SubShake - Strawberry - Selected Stores	Y	N	N	N	Y	N	N	N	MC	MC - Nuts	MC - Gluten - Wheat	N	N	N	N	N
SubShake - Chocolate - Selected Stores	Y	N	N	N	Y	N	N	N	Y	MC - Nuts	MC - Gluten - Wheat	N	N	N	N	N
Roasted Garlic & Parsley Spread	Y	N	N	N	MC	N	N	N	N	N	N	N	N	N	N	N

Most of our food is freshly prepared in store, where allergens are handled by Subway team members and where equipment and utensils may be used for multiple items, including those containing allergens. Although your meal is prepared with care, we cannot guarantee it will be 100% allergen free.

PB Our plant-based/vegetarian products are made using plant-based/vegetarian ingredients. However, in store, our plant-based/vegetarian ingredients may come into contact with non plant-based/vegetarian ingredients. Although your meal is prepared with care, we cannot guarante it will be 100% plant-based/vegetarian.

‡ = Formed meat. Ø Made with shaved steak strips, contains peppers & onions. ^May come in contact with non vegetarian items. *Hand torn in-store 100% chicken breast marinated, seared and cooked in its own juices. ≠Beechwood Naturally Smoked Back Bacon with added smoke flavour. IOI = Only available in the Island of Ireland.

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