



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

FLATBREAD: Wheat flour, water, vegetable oil (antioxidant 330), milk solids, yeast, wheat gluten, iodised salt, sugar, calcium carbonate, dough conditioner (oat fibre), raising agents (450,501), maize starch, preservative (282). Contains: Wheat, Gluten and Milk. *Made in a plant that processes sesame and tree nuts.*

HONEY OAT BREAD: Subway® Wheat Bread, Honey Oat Topping (Soy grits, sugar, rolled oats, thickener (1412), honey powder, molasses powder, salt, flavour (nature identical), colour (150 caramel)). Contains: Gluten, Wheat, Soy and Sulphites.

ITALIAN HERBS & CHEESE BREAD: Subway® White Bread, Mozzarella Cheese [Milk, Salt, Cultures, Vegetarian Rennet, Anti-caking agent (Tapioca Starch), Preservative (200)], Garlic Powder, Maltodextrin, Rice Flour, Salt, Breadcrumbs (wheat flour, yeast, maize flour, salt, rye, Triticale, gluten, Soy flour, vegetable oil, emulsifiers (471,481,472e), Preservative (282), vegetable gum (412), Vitamin (thiamin)), Rosemary, Parmesan Cheese (Milk Starter culture, rennet, salt, lipase), Vegetable Fat, Oregano, Flavours, Soy bean Oil, Whey Powder, Food Acids (330, 270), Vegetable Gum (412), Anti-caking Agent (551), Yeast. Contains: Gluten, Wheat, Soy and Milk.

MULTIGRAIN BREAD: Wheat flour, water, grains (12%) [kibbled wheat, kibbled rye], yeast, wheat gluten, wheat fibre, sugar, iodised salt (anticaking agent (551, 535)), canola oil, soya flour, emulsifiers (472e, 481, 471), food acid (300), enzyme, thiamine, folate. Contains: Wheat, Gluten and Soy.

WHEAT BREAD: Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Wheat Bran, Sugar, Wheat Gluten, Canola Oil, Iodised Salt [Anti Caking Agent (551, 535)], Soya Flour, Vegetable Emulsifiers (472e, 481, 471), Caramel (150c), Dextrose, Food Acid (300), Enzymes. Contains: Gluten, Wheat and Soy.

WHITE BREAD: Wheat Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, Wheat Gluten, Canola Oil, Iodised Salt [Anti Caking Agent (551, 535)], Soya Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Food Acid (300), Enzymes. Contains: Gluten, Wheat and Soy.

WRAP: Wheat flour, Water, Vegetable Fat, Glycerine, Iodised Salt, Canola Oil, Wheat Gluten, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Guar Gum, Sodium Stearoyl Lactylate (SSL), Mono-Diglyceride, Preservative (282, 200), L-cysteine Hydrochloride, Fumaric Acid, Vitamins (Thiamin, Folate). Contains: Wheat, Gluten and Sulphites.

MULTIGRAIN WRAP: Flour (wheat flour, vitamins (thiamin, folic acid)), water, wholemeal flour (17%) (wholemeal wheat flour, vitamins (thiamin, folic acid)), vegetable shortening (vegetable fat, emulsifier (471), antioxidant (320)), grain mix (3.6%) (kibbled wheat, kibbled corn, kibbled rye, malted wheat, linseed), baking powder (emulsifiers (339, 341, 450), raising agent (500), cornflour (wheat), iodised salt, sugar, conditioner (emulsifiers (481, 471), soy flour, wheat flour), acidity regulator (297), preservative (200)). Contains: Wheat, Gluten and Soy.

9 GRAIN WHEAT BREAD: Water, Whole Wheat Flour [(29%) (Thiamine, Folic Acid)], Wheat Flour (Thiamine, Folic Acid), Yeast, Mixed Grains 3 % (Wheat, Rye, Corn Grit, Oats, Brown Rice, Triticale, Barley, Flaxseed, Millet, Sorghum Flour), Gluten, Sugar, Canola Oil, Iodised Salt{Anti Caking Agent (551, 535)} Soya Flour, Vegetable Emulsifiers (472e, 481, 471), Dextrose, Food Acid (300), Enzymes. Contains: Gluten, Wheat and Soy.

MEAT, POULTRY, SEAFOOD & EGGS

ANGUS BEEF PATTY AND CARAMELISED ONION RELISH (Selected locations only): **Angus Beef Patty:** Beef (71%), Water, Breadcrumbs (Wheat Flour, Salt, Yeast), Eggs, Textured Vegetable Proteins, Whey Protein Concentrate, Soya Sauce, Yeast Extract, Maltodextrin, Salt, Sugar, Vegetable Fat (High Oleic Sunflower Oil, Glucose Syrup, Modified Starch), Thickener (1412), Salt, Black Pepper, White Pepper, Nutmeg, Onion Powder, Garlic Powder. Contains: Wheat, Gluten, Egg, Milk and Soy. **Caramelised Onion Relish:** Water, sugar, onion (9%), balsamic vinegar, thickener (1442, 1422, 415), salt, ginger, acidity regulator (260, 325, 330), natural colour (caramelised sugar), garlic, vinegar, herbs, mustard seeds, mustard powder, spices, preservative (202, 211), yeast extract, natural flavor, natural herb extract.

BBQ MEATBALLS (Selected locations only): **Meatballs:** Beef (65%), Textured Vegetable Protein, Soy Protein, Breadcrumb [Cereal & cereal flours, yeast, salt, vegetable oil, Soy Flour, Emulsifiers (471, 481, 472-e), Preservative (282), vegetable gum (412), Acidity Regulator (262) vitamin (thiamin)], Salt, Hydrolysed Vegetable Protein, Unbleached Flour, Herbs & Spices, Dehydrated Vegetables, Cheese (Milk, Culture Enzyme), Unbleached Wholemeal Flour, Gluten, Soya Flour, Caramel (150 c). Contains: Wheat, Gluten, Dairy and Soy. **Smokey BBQ Marinade:** Water, sugar, tomato paste (21%), molasses, vinegar, salt, thickener (1414, 415), flavour, acidity regulator (260, 330), mustard, colour (150d), preservative (202, 211).

BACON, SHORTCUT: Pork (minimum 80%), Water, Salt, Dextrose, Acidity Regulators (325, 262), Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Wood smoked.

CHICKEN BREAST STRIPS: Chicken (94%), Soy Protein, Salt, Modified Starch (1412), Flavour [Hydrolysed Vegetable Protein (Soy)], Mineral Salt (450), Vegetable Oil [Canola (Antioxidant (319))]. Contains: Soy.

CHICKEN CLASSIC: Chicken (82%), Wheat Flour, Water, Mineral Salt (451, 450, 452), Salt, Flavours, Wheat Starch, Herbs & Spices, Sugar, Egg Albumen, Dehydrated Vegetable, Soy Sauce, Yeast Extract, Milk Powder, Vegetable Oil. Contains: Wheat, Milk, Egg and Soy.

CHICKEN, OVEN ROASTED: Chicken Breast (88%), Water, Thickener (1442), Maltodextrin, Sugar, Soy Protein, Hydrolysed Vegetable Protein (Soy), Salt, Mineral Salts (450,451), Yeast Extract, Vegetable Powder, Flavours (Milk), Food Acid (262), Spice & Herb Extracts. Contains: Soy and Milk

CHICKEN BREAST STRIPS (Teriyaki glazed): Subway® Chicken Breast Strips (see above), Teriyaki Glaze: Water, Sugar, Thickener (1422), Fructose, Tomato Paste, Ginger, Salt, Hydrolysed Vegetable Protein, Acidity Regulators (260, 270), Garlic Powder, Sesame Seeds, Minced Onion, Red Bell Peppers, Sesame Oil, Colour (150d), Spices, Preservatives (202, 211), Flavours. Contains: Sesame.

CHICKEN PIZZIOLA (Selected locations only): **Subway® Chicken Breast Strips:** (see above), **Pepperoni:** Meat Including Pork (96%), Salt, Soy Protein, Spices, Dextrose (from Tapioca), Milk Solids (Non Fat), Lactose, Food Acids (575,330), Mineral Salts (451), Antioxidant (316), Sodium Nitrite (250),

Starter Culture. Contains: Milk and Soy. **Marinara Sauce:** Tomato Concentrate, Vegetable Oil, Sugar, Thickener (1414, 1442), Salt, Onion, Food Acid (Citric Acid), Herb, Herb Extract and Spice.

CHICKEN SCHNITZEL: Chicken Breast (70%), Breadcrumb [Wheat Flour, Salt, Yeast, Wheat Gluten, Sugar, Canola Oil], Batter{Wheat flour, Thickener (1404), Mineral Salts (500,541,450), Salt, Soy flour, Emulsifier (322)}, Marinade (Water, Salt, Modified starch (1442), Mineral salts (451,452), Maltodextrin), Predust (Wheat, Egg), Vegetable oil. Contains: Wheat, Gluten, Soy and Egg.

HAM: Pork (min 68%), Water, Thickener (1442), Salt, Acid Regulator (326,262), Dextrose, Mineral Salts (451,450), Antioxidant (316), Natural Smoke Flavour, Preservative (250), Colours (Sorghum Husk Extract, Annatto Extract).

ITALIAN B.M.T.® MEATS: Genoa Salami: Meat Including Pork (96%), Salt, Soy Protein, Spices, Dextrose (from Tapioca), Milk Solids (Non Fat), Lactose, Food Acids (575,330), Mineral Salts (451), Antioxidant (316), Sodium Nitrite (250), Starter Culture. Smoked. Contains: Milk and Soy. **Pepperoni:** Meat Including Pork (96%), Salt, Soy Protein, Spices, Dextrose (from Tapioca), Milk Solids (Non Fat), Lactose, Food Acids (575,330), Mineral Salts (451), Antioxidant (316), Sodium Nitrite (250), Starter Culture. Contains: Milk and Soy. Smoked. **Ham:** Pork (min 68%), Water, Thickener (1442), Salt, Acid Regulator (326,262), Dextrose, Mineral Salts (451,450), Antioxidant (316), Natural Smoke Flavour, Preservative (250), Colours (Sorghum Husk Extract, Annatto Extract).

MEATBALLS WITH MARINARA SAUCE: Meatballs: Beef (65%), Textured Vegetable Protein, Soy Protein, Breadcrumb [Cereal & cereal flours, yeast, salt, vegetable oil, Soy Flour, Emulsifiers (471, 481, 472-e), Preservative (282), vegetable gum (412), Acidity Regulator (262) vitamin (thiamin)], Salt, Hydrolysed Vegetable Protein, Unbleached Flour, Herbs & Spices, Dehydrated Vegetables, Cheese (Milk, Culture Enzyme), Unbleached Wholemeal Flour, Gluten, Soya Flour, Caramel (150 c). Contains: Wheat, Gluten, Dairy and Soy. **Marinara Sauce:** Tomato Concentrate, Vegetable Oil, Sugar, Thickener (1414, 1442), Salt, Onion, Food Acid (Citric Acid), Herb, Herb Extract and Spice.

MELT™ MEATS: Turkey: Turkey Breast (min 66%), Water, Thickener (1442), Dextrose, Salt, Acidity Regulator (325, 262), Vegetable Gum (407a), Mineral Salts (451, 450, 508), Yeast Extract, Preservative (223) (Sulphite), Vegetable Oil, Natural Antioxidant (Rosemary), Colour (Sorghum Husk Extract, Annatto Extract). Contains: Sulphites. **Ham:** Pork (min 68%), Water, Thickener (1442), Salt, Acid Regulator (326,262), Dextrose, Mineral Salts (451,450), Antioxidant (316), Natural Smoke Flavour, Preservative (250), Colours (Sorghum Husk Extract, Annatto Extract). **Bacon, Shortcut:** Pork (minimum 80%), Water, Salt, Dextrose, Acidity Regulators (325, 262), Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Wood smoked.

POACHED EGG: Whole egg.

ROAST BEEF: Beef (minimum 80%), Water, Dextrose, Maltodextrin, Salt, Mineral Salt (451), Dehydrated Vegetables, Colour (150d), Spice, Vegetable Oil

SUBWAY SEAFOOD SENSATION™: Fish (45%), Water, Wheat Starch, Tapioca Starch, Sugar, Crab Extract (1.8%) [contains flavour enhancers (635)], Wheat Flour, Iodised Salt, Mineral Salts (450, 451), Natural Colours (120, 160c). Contains: Fish, Wheat, Gluten and Crustacea. **Subway® Mayonnaise.**

STEAK, DICED: Beef (min.80%), Water, Dextrose, Hydrolysed Vegetable Protein (Maize & Soy), Thickener (1442), Maltodextrin, Salt, Mineral Salts (508,450,451), Stabiliser (407a), Colour (150d) (sulphites), Vegetable Powders, Fermented Soya Sauce (Soy), Yeast Extract, Natural Flavour , Vegetable Oil, Spice Extracts, Vegetable Extracts. Contains: Soy and Sulphites.

TUNA: Chunk Style Tuna, **Subway® Mayonnaise**, Water, Salt.

TURKEY: Turkey Breast (min 66%), Water, Thickener (1442), Dextrose, Salt, Acidity Regulator (325, 262), Vegetable Gum (407a), Mineral Salts (451, 450, 508), Yeast Extract, Preservative (223) (Sulphite), Vegetable Oil, Natural Antioxidant (Rosemary), Colour (Sorghum Husk Extract, Annatto Extract). Contains: Sulphites.

VEGGIE PATTY (Qld, NSW, WA, ACT) Vegetables (40%) (Carrots, Bell Peppers, Mushrooms, Water Chestnuts, Onions, Black Olives), Soy Protein, Cooked Brown Rice, Seasonings [Herbs and Spices, Hydrolysed Vegetable Protein (Soy), Yeast Extracts, Sugar, Salt, Vegetable Fibre], Oats (contain gluten), Vegetable Oil. Contains: Wheat, Gluten and Soy.

VEGGIE PATTY (Vic, SA, NT, Tas): Carrots, Bread Crumbs (Wheat Flour, Water, Wholemeal Wheat Flour, Maize Flour, Rye Flour, Yeast, Iodised Salt, Vinegar, Wheat Fibre, Thiamine and Folate), Chick Peas, Onions, Broccoli, Fresh Garlic, Canola Oil, Herbs and Spices. Contains: Wheat and Gluten.

WAGYU BEEF PATTY (Selected locations only): Wagyu Beef (68%), Soy Protein [contains Colour (150d)], Onion, Canola Oil [contains Antioxidant (320)], Soy Fibre, Salt, Natural Flavour (Milk), Hydrolysed Vegetable Protein, Spice Extract. Contains: Soy and Milk.

CHEESE

MOZZARELLA CHEESE (shredded): Milk, Salt, Cultures, Vegetarian Rennet, Anti-caking agent (Tapioca Starch), Preservative (200). Contains: Milk.

OLD ENGLISH CHEESE: Cheese (min 60%), (Cow's Milk, Salt Cultures, Enzyme [Vegetarian/Calf Rennet], Water, Milk Solids, Emulsifiers (331), Non Fat Milk Solids, Salt, Acidity Regulator (260), Emulsifier (322), Preservative (200), Colours (160b, 160c). Contains: Milk Products and Soy

PALE TRIANGLE CHEESE: Cheese (min 65%), (Cow's Milk, Salt, Cultures, Enzyme [Vegetarian/Calf Rennet]), Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332, 322), Salt, Acidity regulators (260, 330), Preservative (200). Contains: Milk Products and Soy

SWISS CHEESE, NATURAL: Milk, Salt, Cultures, Enzyme (Non-Animal Rennet), Natural Preservative (235). Contains: Milk Products.

VEGETABLES

AVOCADO: Avocado puree.

BEETROOT (Selected locations only): Beetroot (58%), Water, Sugar, Food Acid (260), Salt, Flavours.

CARROT: Shredded Carrots.

CUCUMBERS: Fresh Ripe Cucumbers.

CAPSICUM: Fresh Green Capsicum.

JALAPEÑO PEPPER SLICES: Sliced jalapeno peppers (60%), water, vinegar, food acid (260) salt, preservative (211), mineral salt (509), colour (102).

LETTUCE: Fresh Iceberg Variety.

OLIVES: Ripe Olives, Water, Salt, Ferrous Gluconate.

ONIONS: Jumbo Red Onions.

PICKLES: Pickles, Water, Distilled Vinegar, Salt, Calcium Chloride (509), Sodium Benzoate (211), Natural Flavor, Polysorbate 80 (433), Tartrazine (102).

PINEAPPLE (Selected locations only): Pineapple, Unsweetened Pineapple Juice, Citric Acid (330).

SPINACH: Baby Spinach

TOMATOES: Fresh Red Ripe Tomatoes.

CONDIMENTS

BBQ SAUCE: Tomato Pulp [Antioxidant (330)], Sucrose Syrup, Water, Apple Pulp, Thickener (1442), Maltodextrin, Salt, Food Acids (330, 260), Colour (150c), Spices, Flavouring, Vegetable Powder.

CHIPOTLE SOUTHWEST: Soya bean oil, water, white vinegar, milk solids, egg, salt, vegetable powders, acidity regulator (270), stabiliser (415), yeast extract, herb and spice, flavours, preservatives (202, 211), emulsifier (433), antioxidant (385), sweetener (950). Contains: Soy, Milk and Egg

GARLIC AIOLI SAUCE: Water, vegetable oil, thickener (1414, 415, 412, 401), garlic (3%), sugar, skim milk powder, salt, acidity regulator (270, 260, 330), preservative (211, 202, 223), natural flavour, herb, antioxidant (385), colour (102, 110). Contains: Milk, Soy and Sulphites.

HONEY MUSTARD (LOW FAT): Water, sugar, vinegar (white, cider), thickener (modified maize starch 1422, 1414), honey (3%), spice (mustard powder, onion powder, turmeric, garlic powder, cloves, white pepper, nutmeg, cinnamon), crushed mustard seed (1.7%), salt, acidity regulator (260, 338, 330), colour (171, 150d), lemon juice concentrate, stabilizer (415), preservative (202, 211), natural herbal extract

HOT CHILLI SAUCE: Water, Sucrose Syrup, Thickener (1422), Food Acid (260), Salt, Spices [Including Chilli (1.3%)], Milk Solids [(Emulsifier (322))], Wheat Flour, Mustard Flour, Spice Extract (160c), Vegetable Gum (415). Contains: Gluten, Wheat, Milk and Soy.

MAYONNAISE: Water, Soya Bean Oil (Antioxidant (320)), Egg Yolk, Food Acids (260, 270), Thickener (1442), Salt, Mustard Flour, Preservative (202), Flavour, Colours (100, 160 (c)). Contains: Soy and Egg.

SWEET CHILLI SAUCE (LOW FAT): Water, Sugar, Salt, Thickener (1422), Acidity regulator (260), Chilli (1%), Red Bell peppers, Stabilizer (415), Flavour, Preservative (202, 211), colour (150d).

SWEET ONION (LOW FAT): Water, Sugar, Vinegar, Thickener (1422), Dehydrated Onion (1.7%), Mustard Flour, Salt, Poppy Seeds, Preservative (202), Natural Flavour, Dehydrated Red Bell Pepper, Celery Powder.

TOMATO SAUCE (LOW FAT): Concentrated Tomatoes (Contains 141g of Tomatoes per 100mL), Sugar, Salt, Food Acids (Acetic Acid, Citric Acid), Natural Flavours. Contains 79% Concentrated Tomatoes.

SALAD DRESSINGS & TOPPINGS

RANCH DRESSING: Water, Vegetable Oil, Vinegar, Lemon Juice [Preservative (223)], Sour Cream, Salt, Milk Solids, Whey Protein, Vegetable Gums (415, 412, 466), Food Acids (270, 330), Thickener (1412), Preservative (202), Flavourings, French Mustard, Herb, Vegetable Powder, Sweetener (955). Contains: Milk.

THOUSAND ISLAND DRESSING: Water, soya bean oil, sugar, tomato paste, gherkin, thickener (1414), acidity regulator (260, 270), milk solids, egg, salt, spices, stabilizer (415), vegetable powder, preservative (202, 211), emulsifier (433), flavour, antioxidant (385). Contains: Soy, Milk and Egg.

COOKIES and BAKERY ITEMS

APPLE LATTICE SQUARE (Selected locations only): Apple Filling (45%) [Apple (75%), Sugar, Thickener (1422-Maize), Spices, Preservatives (223,202)], Wheat Flour, Butter (unsalted), Water, Iodized Salt, Thiamine, Folic Acid. Contains: Wheat, Milk and Sulphites.

CHOCOLATE CHIP COOKIE: Wheat Flour, Sugar, Chocolate Chips (23%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322), Vanilla], Margarine [Palm Oil, Butter, Water, Salt, Emulsifiers (471, 322), Natural Flavour, Vitamin A, Colour (160e)], Palm Oil, Eggs, Molasses, Water, Raising Agent (500), Salt, Flavouring. Contains: Wheat, Gluten, Soybeans, Milk and Eggs. *May contain traces of tree nuts.*

CHOCOLATE CHIP RAINBOW COOKIE (Selected locations only): Wheat Flour, Sugar, Palm Oil, Chocolate Chips (9%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322), Vanilla], Chocolate Confectionary Pieces (9%) [Dried Cane Syrup, Cocoa Butter, Chocolate Liquor, Whole Milk Powder, Emulsifier (322), Vanilla] Sugar, Rice Starch, Gum Arabic (414), Colours [Turmeric Oleoresin, Colour (160e), Spirulina Extract, Vegetable Juice], Dried Cane Syrup, Confectioners Glaze (Shellac, Carnauba Wax, Beeswax)], Eggs, Water, Molasses, Raising Agent (500), Salt, Milk Protein [Whey Powder], Flavouring. Contains: Wheat, Gluten, Soybeans, Eggs and Milk. *May contain traces of tree nuts.*

CHOCOLATE WALNUT BROWNIE (Selected locations only): Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Chocolate Chips 17% (Sugar, Chocolate Mass, Dextrose (Corn), Cocoa Butter, Emulsifier (322)(Soy), Flavouring), Invert Sugar, Sugar, Margarine [Vegetable Oil (Palm), Water, Salt, Emulsifier (471), Flavouring, Food Acid (330), Vitamin A (Antioxidant 304). Colour 160E], Whole Eggs, Walnuts (6%), Bulking Agent (1200), Cocoa, Vegetable Oil (Palm), Butter (Cream, Salt), Defatted Soy flour, Raising Agents (500,450,341), Salt, Emulsifier (471), Flavouring, Stabilizer (415), Firming Agent (516). Contains: Wheat, Gluten, Soy, Eggs, Walnuts and Milk.

CUSTARD LATTICE SQUARE (Selected locations only): Custard filling (45%) [water, sugar, full cream milk powder, thickener (1414), whey powder, vegetable gums (401,407,412,466), salt, acidity regulator (331), flavour, colours (102, 110), wheat flour, butter (unsalted), water, iodised salt, thiamine, folic acid. Contains: Wheat, Milk. *May contain Sulphites.*

DOUBLE CHOCOLATE CHIP COOKIE: Sugar, Wheat Flour, Margarine [Palm Oil, Butter, Water, Salt, Emulsifiers (471, 322), Natural Flavour, Vitamin A, Colour (160e)], White Chips (12%) [Sugar, Palm Kernel and Palm Oil, Milk Protein (Milk Powder), Emulsifier (322), Flavouring], Chocolate Chips (7%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Emulsifier (322), Vanilla], Eggs, Cocoa processed with alkali, Molasses, Water, Flavouring, Raising Agent (500), Salt. Contains: Gluten, Milk, Soybeans and Eggs. *May contain traces of tree nuts.*

RASPBERRY CHEESECAKE COOKIE: Wheat Flour, Sugar, Margarine [Palm Oil, Water, Soybean Oil, Salt, Emulsifier (471), Natural Flavours, Food Acid (330), Vitamin A (Antioxidant 304), Colour (160a)], White Confectionary Chips (15%) [Sugar, Palm Kernel and Palm Oil, Nonfat Dry Milk, Emulsifier (322), Natural Vanilla Flavour], Eggs, Raspberry Confectionary Bits (4%) [Dextrose, Palm Oil, Corn Flour, Raspberry Powder, Vegetable Extract (Red Cabbage, Beet Juice), Food Acid (330), Natural Flavour], Invert Sugar, Maltodextrin, Neufchatel Cheese (2%) [Pasteurised Milk and Cream, Cheese Culture, Salt, Stabilisers (410, 412, 415)], Raising Agent (500), Salt, Soybean Oil, Raspberry Juice Concentrate, Natural Flavour, Colour (102, 100, 160b). Contains: Wheat, Gluten, Milk, Soybeans and Eggs. *May contain traces of tree nuts.*

WHITE CHIP MACADAMIA NUT COOKIE: Wheat Flour, Sugar, Margarine [Palm Oil, Butter, Water, Salt, Emulsifiers (471, 322), Natural Flavour, Vitamin A, Colour (160e)], White Chips (14%) [Sugar, Palm Kernel and Palm Oil, Milk Protein (Milk Powder), Emulsifier (322), Flavouring], Macadamia Nuts (6%), Eggs, Molasses, Water, Flavouring, Raising Agent (500), Salt. Contains: Wheat, Gluten, Milk, Soybeans, Eggs and Macadamia Nuts.

SMOOTHIES

MANGO: Water, Mango Puree (17 %), Apple Puree, Sugar, Yoghurt Powder (Milk), Sweetener (968, 960), Thickener (412, 415, 407), Flavour, Colour (Carotene 160a). Contains Milk. May Contain Wheat, Oats, Egg, Peanuts, Soybean, Tree Nuts.

MIXED BERRY: Apple Juice, Water, Berries (11%), (Strawberry, Raspberries, Blueberries), Apple Puree, Banana Puree, Sugar, Blackcurrant Juice, Sweetener (968, 960), Thickener (412, 415). May Contain Wheat, Oats, Egg, Milk, Peanuts, Soybean, Tree Nuts

TOASTIES

AVOCADO TOASTIE: Subway® White Bread, Subway® Avocado. Contains: Wheat, Gluten and Soy

GARLIC & HERB TOASTIE: Subway® White Bread, Subway® Garlic Aioli, Garlic Powder, Maltodextrin, Rice Flour, Salt, Breadcrumbs (wheat flour, yeast, maize flour, salt, rye, Triticale, gluten, Soy flour, vegetable oil, emulsifiers (471,481,472e), Preservative (282), vegetable gum (412), Vitamin (thiamin)), Rosemary, Parmesan Cheese(Milk Starter culture, rennet, salt, lipase), Vegetable Fat, Oregano, Flavours, Soy bean Oil, Whey Powder, Food Acids (330, 270), Vegetable Gum (412), Anti-caking Agent (551), Yeast. Contains: Wheat, Gluten, Soy, Milk and Sulphites

CHEESY GARLIC TOASTIE: Subway® White Bread, Subway® Garlic Aioli. Subway® Mozzarella Cheese. Contains: Wheat, Gluten, Soy, Milk and Sulphites.

SIDES

FITCHIPS™: (Selected locations only): Potato (95%), Canola Oil, Dextrose.

SPC FRUIT CRUSH UPS™ STRAWBERRY FLAVOUR: Apple Puree (90%), Pear Juice Concentrate (9%), Natural Strawberry Flavour, Blackcurrant Juice Concentrate, Antioxidant (Ascorbic Acid).