



Singapore Ingredient Information for People with Food Allergies and Sensitivities  
February 2022

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 regional or special promotional items as ingredients vary. We go to great lengths to identify allergens in the food we prepare. However, we are unable to guarantee that any items sold are free from the listed allergens. There is always a risk that allergens may be transferred to items from our menu during processing, storage or preparation in our restaurants. Individual food items may come into contact with one another and this is not reflected on the Allergen Guide.

	Eggs	Fish	Crustaceans	Molluscs	Milk/Lactose	Peanut	Tree Nuts	Sesame	Soy	Cereals with Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Prot. <sup>1</sup>	Nitrites/Nitrates
<b>Cold Subs</b>													
With lettuce, tomatoes, cucumbers, mixed bell peppers and onions on multigrain bread													
Chicken Ham	*				*	*			•	•		•	•
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	*				*	*			•	•		•	•
Egg & Mayo (with Hard Boiled Egg)	•				*				•	•		•	•
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	*				*	*			•	•		•	•
Roast Beef	*				*				•	•		•	•
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)	*				*	*			•	•		•	•
Tuna & Mayo	•	•			*				•	•		•	•
Turkey Breast	*				*	*			•	•		•	•
Spicy Italian (with Beef Salami and Beef Pepperoni)	*				*	*			•	•		•	•
Subway Veggie Delite™	*				*				•	•		•	•
<b>Hot Subs</b>													
With lettuce, tomatoes, cucumbers, mixed bell peppers and onions on multigrain bread													
Chicken Bulgogi	*				*				•	•		•	•
Chicken Cutlet	*				•				•	•		•	•
Chicken Teriyaki	*				*				•	•		•	•
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	*				•				•	•		•	•
Meatball Marinara	*				*				•	•		•	•
Roasted Chicken Breast Patty	*				*				•	•		•	•
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)	*				•	*			•	•		•	•
Veggie Patty	*				*				•	•		•	•
<b>Cold Wraps</b>													
With lettuce, tomatoes, cucumbers, mixed bell peppers and onions on multigrain wrap													
Chicken Ham						*			•	•		•	•
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)						*			•	•		•	•
Egg & Mayo (with Hard Boiled Egg)	•								•	•		•	•
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)						*			•	•		•	•
Roast Beef									•	•		•	•
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)						*			•	•		•	•
Tuna & Mayo	•	•							•	•		•	•
Turkey Breast						*			•	•		•	•
Spicy Italian (with Beef Salami and Beef Pepperoni)						*			•	•		•	•
Subway Veggie Delite™									•	•		•	•
<b>Hot Wraps</b>													
With lettuce, tomatoes, cucumbers, mixed bell peppers and onions on multigrain wrap													
Chicken Bulgogi									•	•		•	•
Chicken Cutlet					•				•	•		•	•
Chicken Teriyaki					•				•	•		•	•
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)					•				•	•		•	•
Meatball Marinara									•	•		•	•
Roasted Chicken Breast Patty									•	•		•	•
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)					•	*			•	•		•	•
Veggie Patty									•	•		•	•
<b>Cold Flat Breads</b>													
With lettuce, tomatoes, cucumbers, mixed bell peppers and onions on flat bread													
Chicken Ham					•	*			*	•		•	•
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)					•	*			*	•		•	•
Egg & Mayo (with Hard Boiled Egg)	•				•				•	•		•	•
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)					•	*			*	•		•	•
Roast Beef					•				•	•		•	•
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)					•	*			*	•		•	•
Tuna & Mayo	•	•			•				•	•		•	•
Turkey Breast					•	*			*	•		•	•
Spicy Italian (with Beef Salami and Beef Pepperoni)					•	*			*	•		•	•
Subway Veggie Delite™					•				*	•		•	•
<b>Hot Flat Breads</b>													
With lettuce, tomatoes, cucumbers, mixed bell peppers and onions on flat bread													
Chicken Bulgogi					•				•	•		•	•
Chicken Cutlet					•				•	•		•	•
Chicken Teriyaki					•				•	•		•	•
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)					•				•	•		•	•
Meatball Marinara					•				•	•		•	•
Roasted Chicken Breast Patty					•				•	•		•	•
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)					•	*			•	•		•	•
Veggie Patty					•				•	•		•	•

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<b>Cold Salads</b>													
With lettuce, tomatoes, cucumbers, mixed bell peppers, onions, beetroot, carrots, pickles, olives and jalapenos													
Chicken Ham						*			*	*		•	•
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)						*			*	*		•	•
Egg & Mayo (with Hard Boiled Egg)	•								•			•	
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)						*			*	*		•	•
Roast Beef													
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)						*			*	*		•	•
Tuna & Mayo	•	•							•			•	
Turkey Breast						*			*	*		•	
Spicy Italian (with Beef Salami and Beef Pepperoni)						*			*	*		•	•
Subway Veggie Delite™									*	*		•	
<b>Hot Salads</b>													
With lettuce, tomatoes, cucumbers, mixed bell peppers, onions, beetroot, carrots, pickles, olives and jalapenos													
Chicken Bulgogi								•	•	•		•	
Chicken Cutlet					•			•		•			
Chicken Teriyaki								•				•	
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)					•				•			•	
Meatball Marinara									•	•			
Roasted Chicken Breast Patty									•			•	
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)					•	*			•	*		•	•
Veggie Patty									•	•			
<b>Breakfast Subs</b>													
With egg omelette and sliced old english style processed cheese on multigrain bread													
Chicken Bacon, Egg & Cheese	•				•				•	•		•	•
Chicken Ham, Egg & Cheese	•				•	*			•	•		•	•
Chicken Sausage, Egg & Cheese	•				•				•	•		•	
Egg & Cheese	•				•				•	•			
<b>Breakfast Flat Breads</b>													
With egg omelette and sliced old english style processed cheese on flat bread													
Chicken Bacon, Egg & Cheese	•				•				•	•		•	•
Chicken Ham, Egg & Cheese	•				•	*			*	•		•	•
Chicken Sausage, Egg & Cheese	•				•				•	•		•	
Egg & Cheese	•				•				•	•			
<b>Toasties</b>													
With shredded mozzarella on italian white bread													
Chicken & Cheese	*				•				•	•		•	
Egg & Mayo with Cheese	•				•				•	•		•	
Mushroom & Cheese	*				•				•	•		•	
<b>Soups</b>													
Broccoli & Cheese					•				•				
Rustic Tomato					•				•				
Wild Mushroom					•				•				
<b>Sides</b>													
Hashbrown													
Macaroni & Cheese	•				•				•	•			
<b>Cookies</b>													
Chocolate Chip	•				•	*	*		•	•			
Double Chocolate Chip	•				•	*	*		•	•			
Oatmeal Raisin	•				•	*	*		•	•			
Peanut Butter	•				•	•	*		•	•			
Raspberry Cheesecake	•				•	*	*		•	•			
White Chip Macadamia Nut	•				•	*	•		•	•			
<b>Breads</b>													
Flatbread					•					•			
Subway® Garlic Bread	*				*				•	•			
Subway® Honey Oat Bread	*				*				•	•			
Subway® Italian White Bread	*				*				•	•			
Subway® Multigrain Bread	*				*				•	•			
Subway® Parmesan Oregano Bread	*				•				•	•			
Wrap, Multigrain								•	•	•			
<b>Meat, Poultry, Egg, Seafood &amp; Vegetarian</b>													
Beef Pepperoni						*			*	*		•	•
Beef Salami						*			*	*		•	•
Chicken Bacon						*			•	*		•	•
Chicken Bulgogi								•	•	•		•	
Chicken Cutlet					•			•	•	•		•	
Chicken Ham (sliced)						*			*	*		•	•
Chicken Sausage									•			•	
Chicken Teriyaki								•				•	
Chunky Steak									•			•	
Egg & Mayo (with Hard Boiled Egg)	•								•			•	
Egg (Omelette)	•								•			•	
Meatball Marinara									•	•			
Roast Beef													
Roasted Chicken Breast Patty									•			•	
Tuna & Mayo	•	•							•			•	

	Eggs	Fish	Crustaceans	Molluscs	Milk/Lactose	Peanut	Tree Nuts	Sesame	Soy	Cereals with Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Prot. <sup>1</sup>	Nitrites/Nitrates
Turkey Bologna						*			*	*		•	•
Turkey Breast						*			*	*		•	
Turkey Ham						*			*	*		•	•
Turkey Salami						*			*	*		•	•
Veggie Patty									•	•			
<b>Sauces &amp; Dressings</b>													
BBQ Sauce													
Bulgogi Sauce								•	•	•		•	
Chilli Sauce						*	*	*					
Chipotle Southwest Sauce	•				•				•	•		•	
Honey Mustard													
Ketchup									•				
Mayonnaise	•								•			•	
Mustard													
Sweet Onion Sauce													
Jalapeno Cheese Sauce					•				•	•		•	
Remoulade									•			•	
Sweet Chilli Sauce													
<b>Cheeses</b>													
Shredded Mozzarella					•								
Sliced Old English Style Processed Cheese					•								
<b>Vegetables</b>													
Avocado													
Beetroot													
Carrots													
Corn													
Cucumbers													
Jalapenos													
Lettuce													
Mixed Greens													
Mixed Bell Peppers													
Mushrooms (spread)					•							•	
Olives													
Onions													
Pickles													
Tomatoes													

• Contains

<sup>1</sup> Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

\* May contain