




Singapore Subway SubSeries® Melt Product Guide

NUTRITIONAL GUIDE

 SINGAPORE NUTRITION INFORMATION August 2023											
Per Serving	Serving Size (g)	Energy (kCal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Subway SubSeries® Melt Subs											
Values include parmesan oregano bread, beef pepperoni, beef salami, chicken bacon, old English style processed cheese, marinara sauce, onion, green bell pepper, olives											
Pizza Melt											
Pizza Melt Subway 6-Inch®	207	448	24.1	19.8	9.3	0.1	17	43.1	3.0	5.2	1595
Pizza Melt Subway Footlong®	415	897	48.2	39.7	18.5	0.3	34	86.2	5.9	10.4	3190
NYC Beef Meatball Supreme											
Values include parmesan oregano bread, beef meatball, beef pepperoni, mozzarella cheese, lettuce, tomato, cucumber, onion, green bell pepper											
NYC Beef Meatball Supreme 6-Inch®	306	501	28.9	21.8	11.8	0.3	41	47.8	3.7	7.0	1152
NYC Beef Meatball Supreme Footlong®	613	1002	57.8	43.5	23.6	0.7	82	95.6	7.3	14.0	2305
Californian Avocado Club											
Values include honey oat bread, sliced turkey, chicken bacon, old English style processed cheese, mayonnaise, avocado, lettuce, tomato, onion											
Californian Avocado Club 6-Inch®	301	570	26.1	30.8	6.6	0.6	28	42.2	7.4	9.4	1306
Californian Avocado Club Footlong®	602	1139	52.1	61.5	13.2	1.3	56	84.4	14.7	18.8	2611
Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product Double values for approximate Subway Footlong® sub nutrition values.											

 SINGAPORE NUTRITION INFORMATION August 2023											
Per 100g	Serving Size (g)	Energy (kCal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Subway SubSeries® Melt Subs											
Values include parmesan oregano bread, beef pepperoni, beef salami, chicken bacon, old English style processed cheese, marinara sauce, onion, green bell pepper, olives											
Pizza Melt											
Pizza Melt	100	216	11.6	9.6	4.5	0.1	8	20.8	1.4	2.5	769
NYC Beef Meatball Supreme											
Values include parmesan oregano bread, beef meatball, beef pepperoni, mozzarella cheese, lettuce, tomato, cucumber, onion, green bell pepper											
NYC Beef Meatball Supreme	100	164	9.4	7.1	3.9	0.1	13	15.6	1.2	2.3	376
Californian Avocado Club											
Values include honey oat bread, sliced turkey, chicken bacon, mayonnaise, old English style processed cheese, avocado, lettuce, tomato, onion											
Californian Avocado Club	100	189	8.6	10.2	2.2	0.2	9	14.0	2.4	3.1	433
Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product											

ALLERGEN GUIDE

 Singapore Ingredient Information for People with Food Allergies and Sensitivities August 2023													
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. ¹	Nitrites/Nitrates
Subway SubSeries® Melt Subs	With parmesan oregano bread, beef pepperoni, beef salami, chicken bacon, old English style processed cheese, marinara sauce, onion, green bell pepper, olives												
Pizza Melt	*				•	*			•	•		•	•
	With parmesan oregano bread, beef meatball, beef pepperoni, mozzarella cheese, lettuce, tomato, cucumber, onion, green bell pepper												
NYC Beef Meatball Supreme	*				•	*			•	•		•	•
	With honey oat bread, sliced turkey, chicken bacon, old English style processed cheese, mayonnaise, avocado, lettuce, tomato, onion												
Californian Avocado Club	•				•	*			•	•		•	

INGREDIENT GUIDE

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.

PIZZA MELT

Pizza Melt Meats (Beef Pepperoni) (Beef, Tapioca Starch, Spices and Spice Extract (160c), Maltodextrin (Corn), Vegetable Fibres, Mineral Salt (451), Vegetable Gum (407a), Yeast Extracts, Salt, Hydrolysed Vegetable Protein (Maize), Vegetable Powder (Garlic), Antioxidant (316), Herb Extract, Natural Smoke Flavour, Anticaking Agent (551), Vegetable Oil, Preservative (250 (Nitrite Salt), 535). Smoked), **Beef Salami** (Tapioca Starch, Sugar, Mineral Salt (451), Vegetable Fibres, Maltodextrin (Corn), Vegetable Gum (407a), Vegetable Powders (Garlic, Onion), Yeast Extracts, Hydrolysed Vegetable Protein (Maize), Salt, Spices and Spice Extract, Antioxidant (316), Fermented Red Rice, Natural Smoke Flavour, Anticaking Agent (551), Preservative (250 (Nitrite Salt), 535). Smoked), **Chicken Bacon** (Chicken, Seasoning (**Soy** Protein, Salt, Potato Starch, Sugar, Mineral Salt (451, 508), Natural Flavour, Thickener (407a), Yeast Extract, Antioxidant (316), Natural Smoke Flavour, Fermented Red Rice), Thickener (1412), Vegetable Powders (Onion, Garlic), Salt, Humectant (451i, 452i), Natural Colouring (Fermented Red Rice, Lactose (**Milk**)), Smoke Flavouring (Emulsifier (433)), Water)), **Parmesan Oregano Bread (White Bread (Wheat** Flour, Water, Yeast, Sugar, **Wheat** Gluten, Vegetable Shortening (Palm Oil, Tocopherol), Salt, Dextrose Monohydrate, Canola Oil, Bread Improvers (**Soy** Flour, Enzymes (Amylase, Glucose Oxidase, Lipase), Ascorbic Acid, Folic Acid Premix (Iron, Zinc, Riboflavin, Thiamine, Folic Acid)), Malt (**Barley**) Flour), **Parmesan Oregano Topping** (Maltodextrin (Maize), Rice Flour, Salt, Bread Crumb (**Wheat** Flour, Rice Flour, **Soy** Flour, Salt, Dextrose, Mineral Salts (450, 500), Emulsifier (481), Colours (160c, 160b), Spice Extract (100)), Herb (Oregano), Vegetable Oil, Vegetable Powder (Garlic, Onion), Parmesan Cheese (**Milk**, Cultures, Salt, Lipase, Rennet (Halal))), **Milk** Solids, Food Acids (330, 270), Vegetable Gum (412), Yeast Extract, Parmesan Cheese Flavour (**Milk**)), **Marinara Sauce** (Tomato Puree (Water, Tomato Paste), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid (330), Calcium Chloride (509)), Sugar, Seasoning

Blend (Modified Corn Starch (1442), Vegetable Powder (Onion), Spice, Salt), Vegetable Oil, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice, Citric Acid (330)), **Vegetables** (Green Bell Pepper, Onion, Black Olives (Water, Salt, Ferrous Gluconate)), **Old English Style Processed Cheese** (Cheese (Cow's **Milk**, Salt, Cultures (**Milk**), Enzyme (Microbial/Calf Rennet)), Water, **Milk** Solids, Emulsifiers (331, 322 (**Soy** Lecithin), 339), Salt, Acidity Regulators (260, 330), Preservative (200), Colours (160b, 160c), Enzymes).

Contains: Gluten (Wheat, Barley), Soy, Milk.

May contain: Egg, Peanut,

NYC BEEF MEATBALL SUPREME

Beef Meatball Marinara (Beef Meatball (Beef, Potato Starch, Breadcrumbs (**Wheat** Flour, Yeast, Salt, Sugar, Mineral Salts (341, 170), Emulsifiers (471, 472), Antioxidants (307, 304, 330, 300, 306)), Starch (Potato), **Soy** Protein, Salt, Vegetable Powders (Garlic Onion), Mineral Salt (451), Spice, Herb, Textured **Soy** Protein), **Marinara Sauce** (Tomato Puree (Water, Tomato Paste), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid (330), Calcium Chloride (509)), Sugar, Seasoning Blend (Modified Corn Starch (1442), Vegetable Powder (Onion), Spice, Salt), Vegetable Oil, Dehydrated Onion, Salt, Thickener (1442), Herbs and Spice, Citric Acid (330))), **Vegetables** (Lettuce, Tomato, Cucumber, Green Bell Pepper, Onion), **Parmesan Oregano Bread (White Bread (Wheat** Flour, Water, Yeast, Sugar, **Wheat** Gluten, Vegetable Shortening (Palm Oil, Tocopherol), Salt, Dextrose Monohydrate, Canola Oil, Bread Improvers (**Soy** Flour, Enzymes (Amylase, Glucose Oxidase, Lipase), Ascorbic Acid, Folic Acid Premix (Iron, Zinc, Riboflavin, Thiamine, Folic Acid)), Malt (**Barley**) Flour), **Parmesan Oregano Topping** (Maltodextrin (Maize), Rice Flour, Salt, Bread Crumb (**Wheat** Flour, Rice Flour, **Soy** Flour, Salt, Dextrose, Mineral Salts (450, 500), Emulsifier (481), Colours (160c, 160b), Spice Extract (100)), Herb (Oregano), Vegetable Oil, Vegetable Powder (Garlic, Onion), Parmesan Cheese (**Milk**, Cultures, Salt, Lipase, Rennet (Halal)), **Milk** Solids, Food Acids (330, 270), Vegetable Gum (412), Yeast Extract, Parmesan Cheese Flavour (**Milk**))), **Mozzarella Cheese** (Pasteurised Cow's **Milk**, **Milk** Solids (Cow's **Milk**), Salt, Stabiliser (407a), Acidity Regulators (260,270), Coagulating Enzyme (Microbial)), **Beef Pepperoni** (Beef, Tapioca Starch, Spices and Spice Extract (160c), Maltodextrin (Corn), Vegetable Fibres, Mineral Salt (451), Vegetable Gum (407a), Yeast Extracts, Salt, Hydrolysed Vegetable Protein (Maize), Vegetable Powder (Garlic), Antioxidant (316), Herb Extract, Natural Smoke Flavour, Anticaking Agent (551), Vegetable Oil, Preservative (250 (Nitrite Salt), 535). Smoked).

Contains: Gluten (Wheat, Barley), Soy, Milk.

May contain: Egg, Peanut,

CALIFORNIAN AVOCADO CLUB

Honey Oat Bread (Multigrain Bread (Water, Whole **Wheat** Flour, **Wheat** Flour, **Wheat** Gluten, Grains (**Rye**, Yellow Corn, **Oats**, Triticale (**Wheat**, **Rye**), Brown Rice, **Barley**, Flax Seed, Millet, Sorghum), Yeast, Sugar, Vegetable Shortening (Palm Oil, Tocopherol), Salt, Bread Improvers (**Soy** Flour, Enzymes (Amylase, Glucose Oxidase, Lipase), Ascorbic Acid, Folic Acid Premix (Iron, Zinc, Riboflavin, Thiamine, Folic Acid)), Dextrose Monohydrate, Canola Oil, Malt (**Barley**) Flour, **Honey Oat Topping** (**Soy** Flour, Sugar, Rolled **Oats**, Wheat Starch,, Honey, Maize Maltodextrin, Salt, Flavour)), **Vegetables** (Lettuce, Tomato, Onion), **Sliced Turkey** (Turkey Breast, Water, Seasoning (Modified Maize Starch (1442), Dextrose, Salt, Vegetable Gum (407a), Mineral Salts (451, 508), Yeast Extract, Acidity Regulator (262), Vegetable Oil, Herb Extract)), **Avocado Puree** (Avocado, Lime Juice Concentrate, Salt, Water, Ascorbic Acid), **Chicken Bacon** (Chicken, Seasoning (**Soy** Protein, Salt, Potato Starch, Sugar, Mineral Salt (451, 508), Natural Flavour, Thickener (407a), Yeast Extract, Antioxidant (316), Natural Smoke Flavour, Fermented Red Rice), Thickener (1412), Vegetable Powders (Onion, Garlic), Salt, Humectant (451i, 452i), Natural Colouring (Fermented Red Rice, Lactose (**Milk**)), Smoke Flavouring (Emulsifier (433)), Water)), **Mayonnaise** (**Soy**bean Oil, Water, **Egg**, Vinegar, **Egg** Yolk, Salt, Sugar, Acidity Regulators (262, 330), Mustard Powder, Onion Powder, Yeast Extract (Yeast Extract, Maltodextrin), Garlic Powder, Thickener (415), White Pepper, Stabiliser (385), Mustard Seed Extract),

Old English Style Processed Cheese (Cheese (Cow's **Milk**, Salt, Cultures (**Milk**), Enzyme (Microbial/Calf Rennet)), Water, **Milk** Solids, Emulsifiers (331, 322 (**Soy** Lecithin), 339), Salt, Acidity Regulators (260, 330), Preservative (200), Colours (160b, 160c), Enzymes).

Contains: Gluten (Wheat, Rye, Oat, Barley), Soy, Egg, Milk

May Contain: Peanut.