


NUTRITIONAL GUIDE

SINGAPORE NUTRITION INFORMATION											
October 2023											
	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)
	Per 100g										
Subway SubSeries® Signature Subs											
				Values include white bread, chicken sausage patty, chicken bacon, maple cinnamon egg mayo, old English style processed cheese, mayonnaise, lettuce, tomato, onion, green bell pepper							
All Day Brekkie	100	215	10.6	12.9	2.9	0.3	73	15.7	1.0	2.8	318
				Values include garlic bread, chicken bacon, beef pepperoni, old English style processed cheese, mayonnaise, lettuce, tomato, onion, green bell pepper							
Italian Supreme	100	200	9.4	10.8	3.1	0.2	6	16.1	1.1	1.9	545
				Values include white bread, chicken cutlet, chicken ham, old English style processed cheese, mayonnaise, lettuce, tomato, onion, green bell pepper							
Chicken Cordon Bleu	100	209	10.4	11.2	3.8	0.2	20	16.5	0.9	1.5	427

ALLERGEN GUIDE

 Singapore Ingredient Information for People with Food Allergies and Sensitivities October 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® Signature Subs With white bread, chicken sausage patty, chicken bacon, maple cinnamon egg mayo, old English style processed cheese, mayonnaise, lettuce, tomato, onion, green bell pepper													
All Day Brekkie	•				•				•	•		•	•
With garlic bread, chicken bacon, beef pepperoni, old English style processed cheese, mayonnaise, lettuce, tomato, onion, green bell pepper													
Italian Supreme	•				•				•	•		•	•
With white bread, chicken cutlet, chicken ham, old English style processed cheese, mayonnaise, lettuce, tomato, onion, green bell pepper													
Chicken Cordon Bleu	•				•				•	•		•	•
¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate)													
• Contains * May contain traces													

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.

ALL DAY BREAKKIE

Maple Cinnamon Egg Mayo (Egg, Mayonnaise (Soybean 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), **Maple Cinnamon Seasoning** (Sugar (Tapioca Starch), Maltodextrin, Modified Food Starch (Tapioca (1414)), Salt, Natural Flavourings (Maple Syrup Flavouring), Molasses Powder, Flavour Enhancers (627, 631), Spices (Turmeric, Cinnamon (0.3%)), Anti-caking Agent (E551), Spice Extract (Cinnamon))), **Vegetables** (Lettuce, Tomato, Onion, Green Bell Pepper), **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), **Chicken Sausage Patty** (Chicken, Water, **Soy** Protein, Seasoning (Maltodextrin, Salt, Spices, Herbs, Yeast Extract (**Barley**), Bell Pepper Powder, Non-Hydrogenated Vegetable Oil, Herb Extracts, Acid Regulator (330), Spice Extract), Humectant (451i, 452i), Onion Powder, White Pepper, Caramel Sugar Syrup), **Mayonnaise** (Soybean 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), **Chicken Bacon** (Chicken, Seasoning (Salt, Native Potato Starch, **Soy** Protein, Sugar, Stabilizer (451i, 508), Thickener (407a), Hydrolysed Maize Protein, Antioxidant (I316), Smoke Flavouring, Preservative (250 (Sodium Nitrite)), Fermented

Red Rice), Thickener (1412 (Tapioca)), Vegetable Powders (Onion, Garlic), Salt, Humectant (451i, 452i), Natural Colouring (Fermented Red Rice, Lactose (**Milk**)), Smoke Flavouring (Emulsifier (433)), Water), **Old English Style 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: Egg, Soy, Gluten (Wheat, Barley), Milk.

ITALIAN SUPREME

Garlic 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), **Garlic Topping** (Breadcrumb (**Wheat** Flour, Salt, Baker's Yeast, Dextrose, Colouring (150a, 160c)), Sugar, Salt, Fully Refined **Soybean** Oil, Garlic Powder, Dried Green Onion, Spice Extract (Turmeric), Colouring (160c), Flavouring (Natural))), **Vegetables** (Lettuce, Tomato, Onion, Green Bell Pepper), **Chicken Bacon** (Chicken, Seasoning (Salt, Native Potato Starch, **Soy** Protein, Sugar, Stabilizer (451i, 508), Thickener (407a), Hydrolysed Maize Protein, Antioxidant (I316), Smoke Flavouring, Preservative (250 (Sodium Nitrite)), Fermented Red Rice), Thickener (1412 (Tapioca)), Vegetable Powders (Onion, Garlic), Salt, Humectant (451i, 452i), Natural Colouring (Fermented Red Rice, Lactose (**Milk**)), Smoke Flavouring (Emulsifier (433)), Water), **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), **Mayonnaise** (**Soybean** 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 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, Egg.

CHICKEN CORDON BLEU

Chicken Cutlet (Chicken Patty (Chicken, **Milk** Solids, Native Food Starch, Salt, Dextrose, Stabilizers (451i, 450iii), Sugar, Maltodextrin), Coating (Flour (**Wheat**, Rice), Thickener (1420), Spice (Black Pepper), Salt, Yeast Extract, Sugar, Yeast, Raising Agents (450i, 500ii), Vegetable Powders (Garlic, Onion), Natural Flavouring Substances, Spice Extract (Black Pepper)), Non-Hydrogenated Palm Olein, Water), **Vegetables** (Lettuce, Tomato, Onion, Green Bell Pepper), **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), **Chicken Ham** (Chicken, Thickener (1442), Dextrose (Maize), Salt, Mineral Salt (451), Vegetable Gum (407a), Yeast Extract, Antioxidant (316), Natural Smoke Flavour, Preservative (250 (Sodium Nitrite)), Water. Smoked), **Mayonnaise** (**Soybean** 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 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: Milk, Gluten (Wheat, Barley), Soy, Egg.

May Contain: Peanut.