



# Singapore Chilli Crab Range Product Guide

## NUTRITIONAL GUIDE


 SINGAPORE NUTRITION INFORMATION July 2024											
Per Serving	Serving Size (g)	Energy (kcal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
<b>Subway 6-Inch® Subs</b> Values include lettuce, cucumber, onion, chilli crab mix, chilli crab sauce with egg on shallot bread											
Chilli Crab	196	310	12.9	8.0	1.4	0.0	21	45.9	2.9	7.6	961
<b>Toasties</b> Values include chilli crab sauce with egg on white bread											
Chilli Crab	142	292	9.8	9.1	1.5	0.1	0	41.7	2.4	6.1	859
<b>Breads</b> Amount on a Subway 6-Inch®Sub											
Subway 6-Inch®Shallot Bread	73.5	205	7.5	2.5	0.8	0.0	0	37.9	1.9	3.6	469
<b>Meat, Poultry, Seafood</b> Amount on a Subway 6-Inch®Sub											
Chilli Crab Mix (with Chilli Crab Sauce with Egg)	37	41	3.6	1.9	0.2	0.0	21	2.1	0.2	1.0	199
<b>Sauces &amp; Dressings</b> Amount on a Subway 6-Inch®Sub											
Chilli Crab Sauce with Egg (amount on a Subway 6-Inch®Sub)	37	55	1.4	3.6	0.4	0.0	0	3.9	0.3	2.0	290
Chilli Crab Sauce with Egg (amount on a toastie)	74	111	2.9	7.1	0.7	0.1	0	7.8	0.7	3.9	579
<small>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</small>											

 SINGAPORE NUTRITION INFORMATION July 2024											
Per 100 g	Serving Size (g)	Energy (kcal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
<b>Subway 6-Inch® Subs</b> Values include lettuce, cucumber, onion, chilli crab mix, chilli crab sauce with egg on shallot bread											
Chilli Crab	100	159	6.6	4.1	0.7	0.0	11	23.4	1.5	3.9	491
<b>Toasties</b> Values include chilli crab sauce with egg on white bread											
Chilli Crab	100	207	7.0	6.4	1.0	0.0	0	29.4	1.7	4.3	607
<b>Breads</b> Amount on a Subway 6-Inch®Sub											
Subway 6-Inch®Shallot Bread	100	279	10.2	3.3	1.1	0.0	0	51.5	2.6	4.9	638
<b>Meat, Poultry, Seafood</b> Amount on a Subway 6-Inch®Sub											
Chilli Crab Mix (with Chilli Crab Sauce with Egg)	100	112	9.7	5.3	0.5	0.0	57	5.6	0.5	2.8	539
<b>Sauces &amp; Dressings</b> Amount on a Subway 6-Inch®Sub											
Chilli Crab Sauce with Egg	100	150	3.9	9.6	1.0	0.1	0	10.6	0.9	5.3	783
<small>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</small>											

## ALLERGEN GUIDE

Due to the nature of processing and hand shelling of the crabs, there is a possibility that some shell may remain and be present in the finished product.

Menus with Crab contain Crustacea, Wheat (Gluten), Egg and Soy allergens and may contain traces of tree nuts, sesame, milk and fish.

		Singapore Ingredient Information for People with Food Allergies and Sensitivities July 2024												
<p>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.</p> <p><b>Due to the nature of processing and hand shelling of the crabs there is a possibility that some shell may remain and be present in the finished product.</b></p> <p><b>Menus with Crab contains Crustacea, Wheat (Gluten), Egg and Soy allergen and may contain traces of tree nuts, sesame, milk and fish.</b></p>														
	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>Subway 6-Inch@Subs</b>														
With lettuce, cucumber, onion, chilli crab mix, chilli crab sauce with egg on shallot bread														
Chilli Crab	●	*	●		*		*	*	●	●		●		
<b>Toastie</b>														
With chilli crab sauce with egg on white bread														
Chilli Crab	●	*	●		*		*	*	●	●		●		
<b>Breads</b>														
Subway 6-Inch@Shallot Bread									●	●		●		
<b>Meat, Poultry, Seafood</b>														
Chilli Crab Mix (with Chilli Crab Sauce with Egg)	●	*	●		*		*	*	●	●		●		
<b>Sauces &amp; Dressings</b>														
Chilli Crab Sauce with Egg	●	*	●		*		*	*	●	●		●		
<ul style="list-style-type: none"> <li>● Contains</li> <li>* May contain</li> </ul>														
<p><sup>1</sup>Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.</p>														

## 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. This list does not include regional or special promotional items as ingredients vary.

This ingredients list and allergen statement is based on promotional items only. For information on the other menu items that make up the whole build please refer to the Product Ingredients Guide for the standard menu.

### **Chilli Crab Mix (Chilli Crab Sauce with Egg (52.4%), Crab (47.6%))**

**Ingredient Statement:** CHILLI CRAB SAUCE WITH EGG (Seafood Stock (Crab (20%) (**Crustacean**)), Prawns (**Crustacean**)), Chili Sauce (Sugar, Vinegar, Chili, Tomato Puree, Stabiliser (E1422), Salt, Garlic, Spice), Tomato Sauce (Sugar, Tomato Puree, Vinegar, Salt, Stabiliser (E1422), Flavouring), Pasteurized **Eggs** (10%), Canola Oil (Antioxidant E319), Shiitake Mushroom Sauce (Water, Sugar, Salt, Mushroom Powder, Modified Starch (E1422, E1442), **Wheat** Flour, Yeast Extract, Caramel (E150c), Stabiliser (E415), Acidity Regulator (E270), Flavour Enhancer (E631), Preservative (E210, E211)), Flower Ginger, Chilies (3%), Garlic, Modified Starch (E1422), Onion, Sugar, Belachan (Shrimp (**Crustacean**), Salt, **Soy** Bean), Shrimp Paste (Shrimps (**Crustacean**), Salt), Lemongrass, Salt), **CRAB MEAT** (100%) (**Crustacean**).

**Contains: Wheat, Gluten, Crustacean, Egg, Soy.**

**May Contain: Milk, Fish, Tree Nuts, Sesame.**

**Due to the nature of processing and hand shelling of the crabs, there is a possibility that some shell may remain and be present in the finished product.**

**Menus with Crab contain Crustacea, Wheat (Gluten), Egg and Soy allergens and may contain traces of tree nuts, sesame, milk and fish.**

### **Chilli Crab Sauce with Egg**

**Ingredient Statement:** Seafood Stock (Crab (20%) (**Crustacean**)), Prawns (**Crustacean**)), Chili Sauce (Sugar, Vinegar, Chili, Tomato Puree, Stabiliser (E1422), Salt, Garlic, Spice), Tomato Sauce (Sugar, Tomato Puree, Vinegar, Salt, Stabiliser (E1422), Flavouring), Pasteurized **Eggs** (10%), Canola Oil (Antioxidant E319), Shiitake Mushroom Sauce (Water, Sugar, Salt, Mushroom Powder, Modified Starch (E1422, E1442), **Wheat** Flour, Yeast Extract, Caramel (E150c), Stabiliser (E415), Acidity Regulator (E270), Flavour Enhancer (E631), Preservative (E210, E211)), Flower Ginger, Chilies (3%), Garlic, Modified Starch (E1422), Onion, Sugar, Belachan (Shrimp (**Crustacean**), Salt, **Soy** Bean), Shrimp Paste (Shrimps (**Crustacean**), Salt), Lemongrass, Salt.

**Contains: Wheat, Gluten, Crustacean, Egg, Soy.**

**May Contain: Milk, Fish, Tree Nuts, Sesame.**

**Due to the nature of processing and hand shelling of the crabs, there is a possibility that some shell may remain and be present in the finished product.**

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### **Shallot Bread (with 8.2% shallot)**

**Ingredient Statement:** **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 Flour), **SHALLOT** (Breadcrumb (**Wheat** Flour, **Wheat** Starch, Salt, Baker's Yeast), Sugar, Salt, Fully Refined Soybean Oil, Yeast Extract, Natural Flavouring (Onion), Shallot Powder (2%)).

**Contains: Wheat, Gluten, Soy.**

**May contain: Egg, Milk.**

