


Singapore August 2024 Product Guide

Avo Caesar Chicken Range

Falafel Range

Roasted Chicken Thigh

NUTRITIONAL GUIDE

 SINGAPORE NUTRITION INFORMATION August 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)
Subway 6-Inch® Subs											
Values include lettuce, tomato, cucumber											
Avo Chicken Caesar (with honey oat bread, sweet corn, avocado, Caesar dressing)	320	501	25.6	21.5	4.7	0.0	0	47.4	8.1	12.7	1021
Falafel (with multigrain bread, green bell pepper, onion)	229	391	15.4	12.3	5.1	0.1	0	49.7	7.1	8.2	732
Roasted Chicken Thigh (with multigrain bread, green bell pepper, onion)	241	316	21.9	8.1	2.4	0.0	0	33.8	4.6	6.0	667
Wraps											
Values include lettuce, tomato, cucumber on multigrain wrap											
Avo Chicken Caesar (with sweet corn, avocado, Caesar dressing)	304	459	19.0	24.2	6.8	0.0	0	41.0	8.0	13.2	1279
Falafel (with green bell pepper, onion)	224	387	10.9	15.5	7.3	0.1	0	49.7	7.8	12.6	1032
Roasted Chicken Thigh (with green bell pepper, onion)	236	312	17.4	11.2	4.6	0.0	0	33.7	5.3	10.5	968
Flatbread											
Values include lettuce, tomato, cucumber on flatbread											
Avo Chicken Caesar (with sweet corn, avocado, Caesar dressing)	326	507	22.0	23.8	4.8	0.1	0	53.2	5.3	8.6	1173
Falafel (with green bell pepper, onion)	246	435	13.9	15.1	5.3	0.1	0	61.8	5.1	8.0	926
Roasted Chicken Thigh (with green bell pepper, onion)	258	360	20.4	10.9	2.7	0.1	0	45.9	2.6	5.9	862
Salads											
Values include lettuce, tomato, cucumber, green bell pepper, onion											
Avo Chicken Caesar (with sweet corn, avocado, olive, pickle, jalapeno, Caesar dressing)	478	319	16.0	20.2	4.2	0.0	0	21.8	7.0	11.6	1095
Falafel (olive, pickle, jalapeno)	385	242	7.7	11.4	4.6	0.1	0	29.5	6.6	10.7	848
Roasted Chicken Thigh	367	157	14.1	6.3	1.8	0.0	0	13.1	3.4	8.2	409
Meat & Poultry											
Amount on a Subway 6-Inch® Sub											
Falafel	63	183	5.0	10.1	4.4	0.1	0	18.3	2.5	3.8	454
Roasted Chicken Thigh	75	108	11.6	5.8	1.8	0.0	0	2.3	0.0	1.7	389
<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>											
<small>Double values for approximate Subway Footlong® sub nutrition values.</small>											



SINGAPORE NUTRITION INFORMATION
August 2024

Per 100g	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)
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Subway 6-Inch® Subs

Values include lettuce, tomato, cucumber

Avo Chicken Caesar (with honey oat bread, sweet corn, avocado, Caesar dressing)	100	157	8.0	6.7	1.5	0.0	0	14.8	2.5	4.0	319
Falafel (with multigrain bread, green bell pepper, onion)	100	170	6.7	5.4	2.2	0.0	0	21.7	3.1	3.6	319
Roasted Chicken Thigh (with multigrain bread, green bell pepper, onion)	100	131	9.1	3.4	1.0	0.0	0	14.0	1.9	2.5	277

Wraps

Values include lettuce, tomato, cucumber on multigrain wrap

Avo Chicken Caesar (with sweet corn, avocado, Caesar dressing)	100	151	6.3	8.0	2.2	0.0	0	13.5	2.6	4.3	421
Falafel (with green bell pepper, onion)	100	173	4.9	6.9	3.3	0.0	0	22.2	3.5	5.7	462
Roasted Chicken Thigh (with green bell pepper, onion)	100	132	7.4	4.8	2.0	0.0	0	14.3	2.2	4.5	411

Flatbread

Values include lettuce, tomato, cucumber on flatbread

Avo Chicken Caesar (with sweet corn, avocado, Caesar dressing)	100	156	6.8	7.3	1.5	0.0	0	16.3	1.6	2.6	360
Falafel (with green bell pepper, onion)	100	177	5.7	6.1	2.2	0.0	0	25.2	2.1	3.3	377
Roasted Chicken Thigh (with green bell pepper, onion)	100	140	7.9	4.2	1.0	0.0	0	17.8	1.0	2.3	335

Salads

Values include lettuce, tomato, cucumber, green bell pepper, onion

Avo Chicken Caesar (with sweet corn, avocado, olive, pickle, jalapeno, Caesar dressing)	100	67	3.3	4.2	0.9	0.0	0	4.6	1.5	2.4	229
Falafel (olive, pickle, jalapeno)	100	63	2.0	3.0	1.2	0.0	0	7.7	1.7	2.8	220
Roasted Chicken Thigh	100	43	3.8	1.7	0.5	0.0	0	3.6	0.9	2.2	111

Meat & Poultry

Falafel	100	290	8.0	16.0	7.0	0.1	0	29.0	4.0	6.0	720
Roasted Chicken Thigh	100	144	15.4	7.8	2.3	0.0	0	3.1	0.0	2.2	519

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 2024

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 6-Inch® Subs													
With lettuce, tomato, cucumber													
Avo Chicken Caesar (with honey oat bread, sweet corn, avocado, Caesar dressing)	•				•				•	•		•	
Falafel (with multigrain bread, green bell pepper, onion)	*				*	*	*	*	•	•	*	•	
Roasted Chicken Thigh (with multigrain bread, green bell pepper, onion)	*				*				•	•		•	
Wraps													
With lettuce, tomato, cucumber on multigrain wrap													
Avo Chicken Caesar (with sweet corn, avocado, Caesar dressing)	•				•			•	•	•		•	
Falafel (with green bell pepper, onion)					*	*	*	•	•	•	*	•	
Roasted Chicken Thigh (with green bell pepper, onion)								•	•	•		•	
Flatbread													
With lettuce, tomato, cucumber on flatbread													
Avo Chicken Caesar (with sweet corn, avocado, Caesar dressing)	•				•				•	•		•	
Falafel (with green bell pepper, onion)					•	*	*	*	•	•	*	•	
Roasted Chicken Thigh (with green bell pepper, onion)					•				•	•		•	
Salads													
With lettuce, tomato, cucumber, green bell pepper, onion													
Avo Chicken Caesar (with sweet corn, avocado, olive, pickle, jalapeno, Caesar dressing)	•				•				•	•		•	
Falafel (olive, pickle, jalapeno)					*	*	*	*	•	•	*	•	
Roasted Chicken Thigh									•	•		•	
Meat & Poultry													
Falafel					*	*	*	*	•	•	*	•	
Roasted Chicken Thigh									•	•		•	

• Contains

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

* May contain

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.

MEAT, POULTRY & VEGETARIAN

Falafel

Ingredient Statement: Water, Chickpea (29%), Onion, Refined Palm Oil, Falafel Seasoning (Spices (Bell Pepper, Cumin, Coriander, Chilli, Turmeric), Dehydrated Vegetables (Onion, Garlic), Iodized Salt, Herb (Parsley), Sugar, **Soy** Flour, Maltodextrin, Refined **Wheat** Flour, Yeast Extract), Corn Starch, Potato Flakes, Spices & Condiments.

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

May Contain: Milk, Sesame, Tree Nuts, Peanut, Sulphite.

Roasted Chicken Thigh

Ingredient Statement: Chicken (67%), Dextrose, Native Food Starch, Non-Hydrogenated Fully Refined **Soybean** Oil, Flavour Enhancer (E621), Sugar, Salt, Stabiliser (E451i), Isolated **Soy** Protein, **Soy** Sauce (Water, **Soybean**, Salt, **Wheat** Flour, Sugar, Flavour Enhancer (E621, E631), Acidity Regulator (INS 270), Natural Colouring (INS 150a)), Spice (Black Pepper), Water.

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