


# Singapore August 2024 Product Guide

## Falafel Range

### NUTRITIONAL GUIDE

 <span style="float: right;">SINGAPORE NUTRITION INFORMATION August 2024</span>											
	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>Per Serving</b>											
<b>Subway 6-Inch® Subs</b> <span style="float: right;">Values include lettuce, tomato, cucumber</span>											
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
<b>Wraps</b> <span style="float: right;">Values include lettuce, tomato, cucumber on multigrain wrap</span>											
Falafel (with green bell pepper, onion)	224	387	10.9	15.5	7.3	0.1	0	49.7	7.8	12.6	1032
<b>Flatbread</b> <span style="float: right;">Values include lettuce, tomato, cucumber on flatbread</span>											
Falafel (with green bell pepper, onion)	246	435	13.9	15.1	5.3	0.1	0	61.8	5.1	8.0	926
<b>Salads</b> <span style="float: right;">Values include lettuce, tomato, cucumber, green bell pepper, onion</span>											
Falafel (olive, pickle, jalapeno)	385	242	7.7	11.4	4.6	0.1	0	29.5	6.6	10.7	848
<b>Meat &amp; Poultry</b> <span style="float: right;">Amount on a Subway 6-Inch® Sub</span>											
Falafel	63	183	5.0	10.1	4.4	0.1	0	18.3	2.5	3.8	454
<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

	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>Per 100g</b>											
<b>Subway 6-Inch® Subs</b>											
Values include lettuce, tomato, cucumber											
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
<b>Wraps</b>											
Values include lettuce, tomato, cucumber on multigrain wrap											
Falafel (with green bell pepper, onion)	100	173	4.9	6.9	3.3	0.0	0	22.2	3.5	5.7	462
<b>Flatbread</b>											
Values include lettuce, tomato, cucumber on flatbread											
Falafel (with green bell pepper, onion)	100	177	5.7	6.1	2.2	0.0	0	25.2	2.1	3.3	377
<b>Salads</b>											
Values include lettuce, tomato, cucumber, green bell pepper, onion											
Falafel (olive, pickle, jalapeno)	100	63	2.0	3.0	1.2	0.0	0	7.7	1.7	2.8	220
<b>Meat &amp; Poultry</b>											
Falafel	100	290	8.0	16.0	7.0	0.1	0	29.0	4.0	6.0	720

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 $\geq 10\text{mg/kg}$	Autolyzed Yeast Hydrolyzed Prot. <sup>1</sup>	Nitrites/Nitrates
<b>Subway 6-Inch® Subs</b>													
<b>With lettuce, tomato, cucumber</b>													
Falafel (with multigrain bread, green bell pepper, onion)	*				*	*	*	*	•	•	*	•	
<b>Wraps</b>													
<b>With lettuce, tomato, cucumber on multigrain wrap</b>													
Falafel (with green bell pepper, onion)					*	*	*	•	•	•	*	•	
<b>Flatbread</b>													
<b>With lettuce, tomato, cucumber on flatbread</b>													
Falafel (with green bell pepper, onion)					•	*	*	*	•	•	*	•	
<b>Salads</b>													
<b>With lettuce, tomato, cucumber, green bell pepper, onion</b>													
Falafel (olive, pickle, jalapeno)					*	*	*	*	•	•	*	•	
<b>Meat &amp; Poultry</b>													
Falafel					*	*	*	*	•	•	*	•	
• Contains													
<sup>1</sup> 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.**