



Singapore August 2024 Product Guide

Cranberry Turkey Range

NUTRITIONAL GUIDE

 SINGAPORE NUTRITION INFORMATION September 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® Cranberry Turkey Range												
Values include lettuce, onion, old English style processed cheese, cranberry sauce												
Cranberry Turkey Subway 6-Inch®Sub (with honey oat bread)	212	386	30.7	6.4	3.1	0.0	0	46.2	5.1	13.6	1422	
Cranberry Turkey Wrap (with multigrain wrap)	196	345	24.1	9.1	5.2	0.0	0	39.9	5.0	14.2	1680	
Cranberry Turkey Flatbread	218	393	27.1	8.7	3.3	0.1	0	52.0	2.3	9.5	1574	
Salads												
Values include lettuce, mixed greens, tomato, cucumber, onion, green bell pepper, carrot, olive, jalapeno pepper, pickle, sweet corn, old English style processed cheese, cranberry sauce												
Cranberry Turkey	463	258	23.1	6.1	2.9	0.0	0	30.0	6.5	16.1	1546	
Energy Bowl												
Values include cauliflower rice, lettuce, mixed greens, tomato, cucumber, sweet corn, mixed mushrooms, caesar sauce, cranberry sauce												
Cranberry Turkey	389	315	21.1	14.3	3.4	0.0	5	28.9	5.4	16.0	1802	
Meat & Poultry												
Amount on a Subway 6-Inch®Sub												
Smoked Turkey Breast	71	84	16.5	0.9	0.3	0.0	0	2.7	0.1	1.5	879	
Sauces												
Amount on a Subway 6-Inch®Sub												
Cranberry Sauce	21	30	0.0	0.0	0.0	0.0	0	7.8	0.3	5.1	11	
<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 September 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)	
Subway® Cranberry Turkey Range												
Values include lettuce, onion, old English style processed cheese, cranberry sauce												
Cranberry Turkey Subway 6-Inch®Sub (with honey oat bread)	100	182	14.5	3.0	1.5	0.0	0	21.8	2.4	6.4	671	
Cranberry Turkey Wrap (with multigrain wrap)	100	176	12.3	4.6	2.7	0.0	0	20.4	2.5	7.2	858	
Cranberry Turkey Flatbread	100	180	12.5	4.0	1.5	0.0	0	23.9	1.0	4.4	723	
Salads												
Values include lettuce, mixed greens, tomato, cucumber, onion, green bell pepper, carrot, olive, jalapeno pepper, pickle, sweet corn, old English style processed cheese, cranberry sauce												
Cranberry Turkey	100	56	5.0	1.3	0.6	0.0	0	6.5	1.4	3.5	334	
Energy Bowl												
Values include cauliflower rice, lettuce, mixed greens, tomato, cucumber, sweet corn, mixed mushrooms, caesar sauce, cranberry sauce												
Cranberry Turkey	100	81	5.4	3.7	0.9	0.0	1	7.4	1.4	4.1	463	
Meat & Poultry												
Smoked Turkey Breast	100	119	23.2	1.2	0.5	0.0	0	3.8	0.2	2.1	1238	
Sauces												
Cranberry Sauce	100	143	0.2	0.0	0.0	0.0	0	37.1	1.4	24.3	50	
<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



Singapore Ingredient Information for People with Food Allergies and Sensitivities September 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@Cranberry Turkey Range													
Includes lettuce, onion, old English style processed cheese, cranberry sauce													
Cranberry Turkey Sub (with honey oat bread)	*				•	*			•	•			
Cranberry Turkey Wrap (with multigrain wrap)					•	*		•	•	•			
Cranberry Turkey Flatbread					•	*			•	•			
Salads													
Includes lettuce, mixed greens, tomato, cucumber, onion, green bell pepper, carrot, olive, jalapeno pepper, pickle, sweet corn, old English style processed cheese, cranberry sauce													
Cranberry Turkey					•	*			•	•			
Energy Bowl													
Includes cauliflower rice, lettuce, mixed greens, tomato, cucumber, sweet corn, mixed mushrooms, caesar sauce, cranberry sauce													
Cranberry Turkey	•	*	*		•	*	*	*	•	•			
Meat & Poultry													
Smoked Turkey Breast					•	*			•	•			
Sauces													
Cranberry Sauce						*			*	*			
• 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

Smoked Turkey Breast

Ingredient Statement: Turkey Breast (71%), Water, Brine Mix (Lactose (**Milk**), Dextrose, Stabilisers (E450, E451, E452, E508), Antioxidants (E301, E316), Thickeners (E407, E410), Starch (Maize), **Soy** Protein, Modified Tapioca Starch (E1404), Maltodextrin (Maize)), Preservatives (E326, E262, E250), Seasonings and Flavourings (Salt, Smoke Flavour, Colourants (E150c, E155), Onion Powder, Flavouring (**Wheat**), Sugar, Flavour Enhancer (E635, E621), Anti-Caking Agent (E551), Pepper, Coriander, Food Acid (E330).

Contains: Milk, Soy, Wheat (Gluten).

May contain: Peanut.

SAUCES

Ingredient Statement: Cranberries (50%), High Fructose Corn Syrup, Water, Corn Syrup.

May Contain: Wheat (Gluten), Peanut, Soy.