



Singapore Black Pepper Range Product Guide

NUTRITIONAL GUIDE

 SINGAPORE NUTRITION INFORMATION January 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)
Values include lettuce, tomato, cucumber, green bell pepper, onion, pickle, olive, jalapeno pepper, old english style processed cheese, mayonnaise on multigrain bread											
Subway 6-Inch® Subs											
Black Pepper Chicken	281	501	29.3	23.5	5.4	0.6	31	37.6	5.1	8.7	1372
Black Pepper Steak	281	503	29.9	23.0	5.4	0.7	46	38.8	5.7	8.7	1232
Snacks											
Black Pepper Nuggets (with Chilli Sauce)	135	284	14.3	11.0	4.5	0.0	-	30.7	0.4	11.0	872
Black Pepper Nuggets (no sauce)	105	236	14.1	10.9	4.5	0.0	-	19.7	0.0	1.1	622
Meat & Poultry											
Amount on a Subway 6-Inch® Sub											
Black Pepper Chicken	78	101	16.4	1.3	0.3	0.0	22	5.8	0.2	4.0	577
Black Pepper Steak	78	103	17.0	0.8	0.3	0.0	37	6.9	0.7	4.1	437
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											
Double values for approximate Subway Footlong® sub nutrition values.											

 SINGAPORE NUTRITION INFORMATION January 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)
Values include lettuce, tomato, cucumber, green bell pepper, onion, pickle, olive, jalapeno pepper, old english style processed cheese, mayonnaise on multigrain bread											
Subway 6-Inch® Subs											
Black Pepper Chicken	100	178	10.4	8.4	1.9	0.2	11	13.4	1.8	3.1	488
Black Pepper Steak	100	179	10.6	8.2	1.9	0.2	16	13.8	2.0	3.1	438
Snacks											
Black Pepper Nuggets (with Chilli Sauce)	100	210	10.6	8.2	3.4	0.0	-	22.7	0.3	8.1	646
Black Pepper Nuggets (no sauce)	100	225	13.4	10.4	4.3	0.0	-	18.8	0.0	1.0	592
Meat & Poultry											
Rendang Chicken	100	130	21.0	1.7	0.4	0.0	28	7.5	0.2	5.2	739
Rendang Beef	100	132	21.8	1.0	0.4	0.0	47	8.9	0.9	5.3	560
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 January 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 ≥ 10 mg/kg	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/Nitrates
Subway 6-Inch® Subs													
With lettuce, tomato, cucumber, green bell pepper, onion, pickle, olive, jalapeno pepper, old english style processed cheese, mayonnaise on multigrain bread													
Black Pepper Chicken	•				*				•	•		•	
Black Pepper Steak	•				*				•	•		•	
Snacks													
Black Pepper Nuggets (with Chilli Sauce)						*	*	*	•	•		•	
Black Pepper Nuggets (no sauce)									•	•		•	
Meat & Poultry													
Black Pepper Chicken												•	
Black Pepper Steak									•			•	
<ul style="list-style-type: none"> • 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.

Black Pepper Chicken

Ingredients: Subway® Chicken Strips (Chicken Breast 85%, Water, Modified Starch (E1420) Modified Tapioca Starch, Salt, Stabilisers (Sodium Chloride, Trisodium Citrate, Sodium Bicarbonate), Yeast Extract (Salt, Natural Flavour, Sunflower Oil), Natural Flavours (Dextrin, Chicken Extract, Salt), Maltodextrin, Sugar), **Black Pepper Seasoning** (Sugar, Sugar (Tapioca Starch), Modified Food Starch (Tapioca (E1442)), Salt, Dextrose (Tapioca), Spices (Black Pepper (2.8%), White Pepper, Chilli), Tomato Powder, Molasses Powder, Tamarind Powder, Vinegar Powder, Acidity Regulator (E330), Onion, Yeast Extract, Anti-caking Agent (E552), Cocoa Powder, Spice Extracts (Black Pepper, Capsicum), Natural Flavouring (Black Pepper, Chilli), Flavour Enhancers (E627, E631), Colour (E160c).

Black Pepper Steak

Ingredients: Subway® Diced Beef Steak (Beef (78%), Water, Salt, Starches (Chickpea, Maize), **Soy** Protein, Mineral Salt (E451, E450, Triphosphate), Dextrose (Maize), Maltodextrin (Maize), Yeast & Yeast Extracts, Natural Flavours, Vegetable Fibres, Hydrolysed Vegetable Protein (Maize), Sugar, **Black Pepper Seasoning** (Sugar, Sugar (Tapioca Starch), Modified Food Starch (Tapioca (E1442)), Salt, Dextrose (Tapioca), Spices (Black Pepper (2.8%), White Pepper, Chilli), Tomato Powder, Molasses Powder, Tamarind Powder, Vinegar Powder, Acidity Regulator (E330), Onion, Yeast Extract, Anti-caking Agent (E552), Cocoa Powder, Spice Extracts (Black Pepper, Capsicum), Natural Flavouring (Black Pepper, Chilli), Flavour Enhancers (E627, E631), Colour (E160c).

Contains: Soy

Black Pepper Nuggets

Chicken (69%), **Soy** Protein Concentrate, Marinade (Native Tapioca Starch, Salt, Sugar, Vegetable Powders, Flavour Enhancer (Yeast Extract), Spice, Spice Extract), Humectant (INS 451i, INS 452ii), Coating (Flour (**Wheat**, Rice), Thickeners (INS 1420, INS 1412), Spice, Salt, Vegetable Powders, Flavour Enhancer (Yeast Extract), Raising Agents (INS 450i, INS 500ii), Sugar, Yeast, Natural Flavouring, Spice Extract), Non-Hydrogenated Palm Olein, Water.

Contains: Soy, Gluten (Wheat).

Chilli Sauce

Water, Sugar, Chilli, Thickener (1442), Salt, Acidity Regulator (260), Spice, Lime,

May Contain: Peanuts, Tree Nuts, Sesame.