


Singapore Energy Bowl Range Product Guide

NUTRITIONAL GUIDE

 SINGAPORE NUTRITION INFORMATION May 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 Energy Bowls											
Values include cauliflower rice, lettuce, mixed greens, tomato, sweet corn											
Avo Chicken Caesar (with cucumber, caramelised onion)	409	380	20.0	23.8	4.8	0.1	0	24.8	7.2	14.1	1086
Falafel (with cucumber, green pepper, mixed mushroom, avocado, ranch sauce)	397	401	10.0	24.9	7.6	0.1	5	38.3	9.7	12.3	1005
Spicy Beef Taco (with mixed mushroom, caramelised onion, olive, chipotle southwest sauce)	352	285	9.6	17.2	4.2	0.2	5	24.9	7.1	14.5	822
Vegetables											
Amount in an energy bowl											
Caramelised Onion	24	46	0.2	2.4	0.2	0.0	0.0	5.5	1.0	4.6	2.4
Cauliflower Rice	61	18	1.4	0.4	0.1	0.0	0.0	3.2	1.5	1.3	241
Mixed Greens (green crystal & red frisee lettuce)	10	1.6	0.1	0.0	0.0	0.0	0.0	0.3	0.3	0.0	2.0
Sweetcorn	30	22	0.8	0.5	0.1	0.0	0.0	3.6	0.9	1.2	20
Sauces & Dressings											
Amount in an energy bowl											
Caesar	14	54	0.2	5.1	0.9	0.0	0	2.0	0.0	1.5	259
Chipotle Southwest	14	65	0.2	6.7	1.2	0.1	0	1.0	0.1	0.8	103
Ranch	14	48	0.0	4.3	0.6	0.0	0	2.4	0.0	1.6	125
Meat, Poultry & Vegetarian											
Amount in an energy bowl											
Falafel	63	183	5.0	10.1	4.4	0.1	-	18.3	2.5	3.8	454
Grilled Tender Chicken	100	144	15.4	7.8	2.3	0.0	-	3.1	0.0	2.2	519
Spicy Beef Taco	60	81.1	5.1	4.6	1.4	0.1	-	4.7	1.2	3.2	301

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.



SINGAPORE NUTRITION INFORMATION

May 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)
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Subway Energy Bowls

Values include cauliflower rice, lettuce, mixed greens, tomato, sweet corn

Avo Chicken Caesar (with cucumber, caramelised onion)	100	93.0	4.9	5.8	1.2	0.0	0.0	6.1	1.8	3.4	265
Falafel (with cucumber, green pepper, mixed mushroom, avocado, ranch sauce)	100	100.9	2.5	6.3	1.9	0.0	1	9.6	2.4	3.1	253
Spicy Beef Taco (with mixed mushroom, caramelised onion, olive, chipotle southwest sauce)	100	80.9	2.7	4.9	1.2	0.1	1	7.1	2.0	4.1	233

Vegetables

Caramelised Onion	100	190	1.0	10.0	1.0	0.1	0	23.0	4.0	19.0	10
Cauliflower Rice	100	29	2.3	0.6	0.1	0.0	0	5.2	2.5	2.2	395
Mixed Greens (green crystal & red frisee lettuce)	100	16	1.3	0.2	0.0	0.0	0	3.2	2.8	0.4	19.6
Sweetcorn	100	73	2.8	1.5	0.4	0.0	0	12.0	3.0	4.1	66

Sauces & Dressings

Caesar	100	387	1.6	36.7	6.2	0.0	0	14.4	0.1	11.0	1851
Chipotle Southwest	100	464	1.7	47.6	8.4	0.8	0	7.2	0.4	5.4	735
Ranch	100	345	0.3	30.5	4.4	0.0	0	17.2	0.2	11.4	890

Meat, Poultry & Vegetarian

Falafel	100	290	8.0	16.0	7.0	0.1	-	29.0	4.0	6.0	720
Grilled Tender Chicken	100	144	15.4	7.8	2.3	0.0	-	3.1	0.0	2.2	519
Spicy Beef Taco	100	135	8.6	7.7	2.3	0.1	-	7.8	1.9	5.3	502

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



Singapore Ingredient Information for People with Food Allergies and Sensitivities
May 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
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Subway Energy Bowls
With cauliflower rice, lettuce, mixed greens, tomato, sweet corn

Avo Chicken Caesar (with cucumber, caramelised onion, Caesar dressing)	•	*	*		•	*	*	*	•	•		•	
Falafel (with cucumber, green pepper, mixed mushroom, avocado, ranch sauce)	*	*	*		•	*	*	*	•	•	*	•	
Spicy Beef Taco (with mixed mushroom, caramelised onion, olive, chipotle southwest sauce)	•	*	*		•	*	*	*	•	•	*		

Vegetables

Caramelised Onion					*	*	*	*	*	*	*		
Cauliflower Rice	*	*	*		*	*	*	*	*	*	*		
Mixed Greens (green crystal & red frisee lettuce)													
Mixed Mushrooms					•								
Sweetcorn													

Sauces & Dressings

Caesar	•				•								
Chipotle Southwest	•				•				•	•		•	
Ranch												•	

Meat, Poultry & Vegetarian

Falafel					*	*	*	*	•	•	*	•	
Grilled Tender Chicken									•	•		•	
Spicy Beef Taco						*			*	•			

• Contains
¹Autolyzed 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.

VEGETABLES

Caramelised Onion

Ingredient Statement: Onion (87%), Refined Sunflower Oil, Sugar, Vinegar, Colour (E150a).

May Contain: Milk, Sesame, Tree Nuts, Peanuts, Sulphite, Wheat, Soy.

Cauliflower Rice

Ingredient Statement: Cauliflower (96%), Coriander, Salt.

May Contain: Milk, Gluten, Soy, Crustacean, Fish, Egg, Tree Nuts, Peanut, Sesame.

Mixed Greens

Ingredient Statement: Green Crystal Lettuce (50%), Red Friscee Lettuce (50%).

Mixed Mushrooms

Ingredient Statement: Button Mushroom (45%), Shitake Mushroom (18%), Onion, Butter (Cream (**Milk**), Lactic Acid Culture), Water, Creamer (**Milk**), Garlic, Modified Corn Starch, Salt, Sugar, Herbs (Rosemary, Thyme).

Contains: Milk.

Sweetcorn

Ingredient Statement: Sweetcorn (76%), Water, Salt.

SAUCES & DRESSINGS

Caesar

Ingredient Statement: Fully Refined Soybean Oil, Water, Sugar Solution, Salt, Pasteurised Salted **Egg** Yolk, Thickener (Modified Corn Starch (E1442)), Vinegar, Cheese Powder (**Milk**), Food Acid (E270), Diced Onion, Skimmed **Milk** Powder, Natural Flavouring, Spice (Black Pepper), Garlic Powder, Thickening Agent (E415), Preservatives (E202, E211), Herb Extract (Rosemary), Sequestrant (E385).

Contains: Egg, Milk.

Chipotle Southwest

Ingredient Statement: **Soy** Oil, Water, Vinegar, Sugar, **Milk** Solids (**Soy**), Onion, Pasteurised **Egg** Yolk, Salt, Acidity Regulators (E270, E260), Thickener (E1442), Spices, Flavour Enhancer (Yeast Extract (**Barley**)), Garlic, Stabiliser (E415), Emulsifier (E435), Herb, Preservative (E202), Flavourings, Malt Extract (**Barley**), Colour (E160c), Sequestrant (E385).

Contains: Milk, Soy, Egg, Gluten.

Ranch

Ingredient Statement: Water, Vegetable Oil, Sugar, Vinegar, Thickeners (Modified Food Starches (Tapioca (E1450), Corn (E1422))), Iodized Salt, Garlic, Natural Flavourings, Spices (Mustard, White Pepper), Onion, Yeast Extract, Thickener (E415), Preservatives (E202, E211), Herbs, Antioxidant (E385).

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.

Grilled Tender Chicken

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.

Spicy Beef Taco

Ingredient Statement: Ground Beef (30%), Tomatoes (Salt, Food Acid (E330)), Kidney Bean (Salt), Onion, Tomato Paste, Green Bell Pepper, Canola Oil (Antioxidant (E319)), Garlic, Beef Flavour (Flavouring (**Gluten**)), Maltodextrin (Maize), Sugar, Flavour Enhancers (E635, E621), Food Acid (E330)), Spices (Chilli, Cumin, Paprika).

Contains: Wheat (Gluten). May contain: Peanut, Soy.