


# Singapore December 2024 Product Guide

## Signature Series

### NUTRITIONAL GUIDE

 <span style="float: right;">SINGAPORE NUTRITION INFORMATION December 2024</span>											
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)
<b>Subway 6-Inch® Subs</b>											
Beef & Mushroom Melt (green bell pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch on shallot bread)	240	513	29.8	22.0	9.1	0.3	5	49.1	3.4	8.9	1262
Chicken & Mushroom Melt (green pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch on shallot bread)	244	477	25.8	20.6	8.4	0.2	5	47.5	3.2	8.7	1365
Smoky BBQ Beef (caramelised onion, tomato, green bell pepper, old English style cheese, BBQ sauce, chipotle southwest sauce on shallot bread)	251	517	26.4	22.0	6.8	0.3	0	53.0	4.0	14.2	1107
Spicy Mexican Chicken (lettuce, tomato, corn, onion, jalapeno pepper, old English style cheese, spicy mayonnaise, chipotle southwest sauce on parmesan oregano bread)	282	460	22.7	19.6	6.1	0.4	0	48.5	4.2	10.1	1290
<b>Wraps</b> <span style="float: right;">On multigrain wrap</span>											
Beef & Mushroom Melt (green bell pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch )	231	497	27.7	25.2	10.9	0.3	5	38.3	5.9	8.0	1267
Chicken & Mushroom Melt (green pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch)	235	462	23.6	23.8	10.2	0.2	5	36.6	5.7	7.8	1370
Smoky BBQ Beef (caramelised onion, tomato, green bell pepper, old English style cheese, BBQ sauce, chipotle southwest sauce)	242	501	24.3	25.2	8.6	0.3	0	42.1	6.6	13.3	1112
Spicy Mexican Chicken (lettuce, tomato, corn, onion, jalapeno pepper, old English style cheese, spicy mayonnaise, chipotle southwest sauce )	275	456	20.9	23.0	7.9	0.4	0	39.6	6.6	10.2	1334
<b>Flatbread</b> <span style="float: right;">On flatbread</span>											
Beef & Mushroom Melt (green bell pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch)	253	542	30.4	24.4	9.2	0.3	5	50.9	2.9	7.2	1261
Chicken & Mushroom Melt (green pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch)	257	507	26.3	23.0	8.4	0.3	5	49.3	2.7	7.1	1363
Smoky BBQ Beef (caramelised onion, tomato, green bell pepper, old English style cheese, BBQ sauce, chipotle southwest sauce)	264	546	27.0	24.4	6.9	0.4	0	54.8	3.6	12.5	1105
Spicy Mexican Chicken (lettuce, tomato, corn, onion, jalapeno pepper, old English style cheese, spicy mayonnaise, chipotle southwest sauce)	297	501	23.6	22.2	6.1	0.5	0	52.3	3.7	9.5	1327
<b>Meat &amp; Poultry</b> <span style="float: right;">Amount on a Subway 6-Inch® Sub</span>											
Roasted Chicken Thigh	75	108	11.6	5.8	1.8	0.0	0	2.3	0.0	1.7	389
Smoky Beef Brisket	71	144	15.6	7.2	2.5	0.1	0	3.9	0.2	1.8	287

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  
December 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)
<b>Subway 6-Inch® Subs</b>											
Beef & Mushroom Melt (green bell pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch on shallot bread)	100	214	12.4	9.2	3.8	0.1	2	20.5	1.4	3.7	526
Chicken & Mushroom Melt (green pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch on shallot bread)	100	196	10.6	8.4	3.4	0.1	2	19.5	1.3	3.6	560
Smoky BBQ Beef (caramelised onion, tomato, green bell pepper, old English style cheese, BBQ sauce, chipotle southwest sauce on shallot bread)	100	206	10.5	8.8	2.7	0.1	0	21.1	1.6	5.6	440
Spicy Mexican Chicken (lettuce, tomato, corn, onion, jalapeno pepper, old English style cheese, spicy mayonnaise, chipotle southwest sauce on parmesan oregano bread)	100	163	8.1	7.0	2.1	0.1	0	17.2	1.5	3.6	458
<b>Wraps</b>											
Beef & Mushroom Melt (green bell pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch)	100	215	12.0	10.9	4.7	0.1	2	16.6	2.6	3.4	549
Chicken & Mushroom Melt (green pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch)	100	197	10.1	10.1	4.3	0.1	2	15.6	2.4	3.3	583
Smoky BBQ Beef (caramelised onion, tomato, green bell pepper, old English style cheese, BBQ sauce, chipotle southwest sauce)	100	207	10.0	10.4	3.6	0.1	0	17.4	2.7	5.5	459
Spicy Mexican Chicken (lettuce, tomato, corn, onion, jalapeno pepper, old English style cheese, spicy mayonnaise, chipotle southwest sauce)	100	166	7.6	8.4	2.9	0.1	0	14.4	2.4	3.7	484
<b>Flatbread</b>											
Beef & Mushroom Melt (green bell pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch)	100	214	12.0	9.6	3.6	0.1	2	20.1	1.2	2.9	499
Chicken & Mushroom Melt (green pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch)	100	197	10.2	8.9	3.3	0.1	2	19.2	1.1	2.8	531
Smoky BBQ Beef (caramelised onion, tomato, green bell pepper, old English style cheese, BBQ sauce, chipotle southwest sauce)	100	207	10.2	9.2	2.6	0.2	0	20.7	1.4	4.7	418
Spicy Mexican Chicken (lettuce, tomato, corn, onion, jalapeno pepper, old English style cheese, spicy mayonnaise, chipotle southwest sauce)	100	169	7.9	7.5	2.1	0.2	0	17.6	1.2	3.2	446
<b>Meat &amp; Poultry</b>											
Roasted Chicken Thigh	100	144	15.4	7.8	2.3	0.0	0	3.1	0.0	2.2	519
Smoky Beef Brisket	100	202	22.0	10.2	3.5	0.1	0	5.6	0.3	2.5	404

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 December 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. <sup>1</sup>	Nitrites/Nitrates
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### Subway 6-Inch® Subs

Beef & Mushroom Melt (green bell pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch on shallot bread)	*				•	*			•	•	•		
Chicken & Mushroom Melt (green pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch on shallot bread)	*				•				•	•			
Smoky BBQ Beef (caramelised onion, tomato, green bell pepper, old English style cheese, BBQ sauce, chipotle southwest sauce on shallot bread)	•				•	*	*	*	•	•	•		
Spicy Mexican Chicken (lettuce, tomato, corn, onion, jalapeno pepper, old English style cheese, spicy mayonnaise, chipotle southwest sauce on parmesan oregano bread)	•				•				•	•			

### Wraps

Beef & Mushroom Melt (green bell pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch )					•	*			•	•	•		
Chicken & Mushroom Melt (green pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch)					•				•	•			
Smoky BBQ Beef (caramelised onion, tomato, green bell pepper, old English style cheese, BBQ sauce, chipotle southwest sauce)	•				•	*	*	*	•	•	•		
Spicy Mexican Chicken (lettuce, tomato, corn, onion, jalapeno pepper, old English style cheese, spicy mayonnaise, chipotle southwest sauce )	•				•				•	•			

### Flatbread

Beef & Mushroom Melt (green bell pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch)					•	*			•	•	•		
Chicken & Mushroom Melt (green pepper, onion, mushrooms, old English style cheese, mozzarella cheese, ranch)					•				•	•			
Smoky BBQ Beef (caramelised onion, tomato, green bell pepper, old English style cheese, BBQ sauce, chipotle southwest sauce)	•				•	*	*	*	•	•	•		
Spicy Mexican Chicken (lettuce, tomato, corn, onion, jalapeno pepper, old English style cheese, spicy mayonnaise, chipotle southwest sauce)	•				•				•	•			

### Meat & Poultry

Roasted Chicken Thigh									•	•			
Smoky Beef Brisket									•	•	•		

• 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

### 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.**

### Smoky Beef Brisket

**Ingredient Statement:** Ingredients: Beef (87%), Ketchup (Sugar, Tomato Paste, Vinegar, Maltodextrin, Stabiliser (E1422), Salt, Preservative (E202), Flavouring, Spices), Lemon Juice, Spices, Brown Sugar, Modified Starch (E1412), Salt, Smoke Flavour Powder (Smoke Powder, Chicken Seasoning, Flavour Enhancer (E621), Spices), Molasses (Preservative (E220 (Sulphites))), Soya Sauce (Water, Soya Bean, Salt, Wheat Flour, Sugar, Caramel, Flavour Enhancer (E621, E631), Food Acid (E270), Preservative (E211)), Sugar, Yellow Mustard (Water, Sugar, Mustard, Salt, Acidity Regulators (E260, E330), Thickeners (E1422, E415), Turmeric, Preservative (E202)), Liquid Smoke (Water, Smoke Flavour, Colourant (E150c)).

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

**May contain: Peanut.**