




# Singapore March 2025 Product Guide: Spicy Buffalo Chicken Range

## NUTRITIONAL GUIDE

 <b>SINGAPORE NUTRITION INFORMATION</b> March 2025											
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> Values include white bread, old English style cheese, ranch sauce, lettuce, tomato, cucumber, onion, green bell pepper											
Spicy Buffalo Chicken	279	381	26.4	10.8	3.7	0.1	22	44.8	3.1	9.7	1130
<b>Wraps</b> Values include multigrain wrap, old English style cheese, ranch sauce, lettuce, tomato, cucumber, onion, green bell pepper											
Spicy Buffalo Chicken	276	389	24.8	14.5	5.6	0.1	22	38.0	5.8	10.2	1324
<b>Flatbread</b> Values include flatbread, old English style cheese, ranch sauce, lettuce, tomato, cucumber, onion, green bell pepper											
Spicy Buffalo Chicken	298	434	27.5	13.7	3.9	0.2	22	50.6	2.8	9.4	1317
<b>Salads</b> Values include old English cheese, ranch sauce, lettuce, tomato, cucumber, onion, green bell pepper, mixed greens, pickle, olive, jalapeno pepper, corn											
Spicy Buffalo Chicken	440	304	21.9	14.7	3.9	0.1	22	22.6	4.9	13.8	1381
<b>Meat &amp; Poultry</b> Amount on a Subway 6-Inch® Sub											
Spicy Buffalo Chicken	92	95	16.3	1.4	0.3	0.0	22	4.2	0.1	3.4	517
<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>											

 <b>SINGAPORE NUTRITION INFORMATION</b> March 2025											
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® Subs</b> Values include white bread, old English style cheese, ranch sauce, lettuce, tomato, cucumber, onion, green bell pepper											
Spicy Buffalo Chicken	100	137	9.5	3.9	1.3	0.0	8	16.1	1.1	3.5	405
<b>Wraps</b> Values include multigrain wrap, old English style cheese, ranch sauce, lettuce, tomato, cucumber, onion, green bell pepper											
Spicy Buffalo Chicken	100	141	9.0	5.3	2.0	0.0	8	13.8	2.1	3.7	480
<b>Flatbread</b> Values include flatbread, old English style cheese, ranch sauce, lettuce, tomato, cucumber, onion, green bell pepper											
Spicy Buffalo Chicken	100	146	9.2	4.6	1.3	0.1	7	17.0	0.9	3.2	442
<b>Salads</b> Values include old English cheese, ranch sauce, lettuce, tomato, cucumber, onion, green bell pepper, mixed greens, pickle, olive, jalapeno pepper, corn											
Spicy Buffalo Chicken	100	69	5.0	3.3	0.9	0.0	5	5.1	1.1	3.1	314
<b>Meat &amp; Poultry</b>											
Spicy Buffalo Chicken	100	103	17.7	1.5	0.3	0.0	24	4.6	0.1	3.7	562
<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 March 2025													
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
<b>Subway 6-Inch® Subs</b>													
With white bread, old English style cheese, ranch sauce, lettuce, tomato, cucumber, onion, green bell pepper													
Spicy Buffalo Chicken	*				●				●	●		●	
<b>Wraps</b>													
With multigrain wrap, old English style cheese, ranch sauce, lettuce, tomato, cucumber, onion, green bell pepper													
Spicy Buffalo Chicken					●			●	●	●		●	
<b>Flatbread</b>													
With flatbread, old English style cheese, ranch sauce, lettuce, tomato, cucumber, onion, green bell pepper													
Spicy Buffalo Chicken					●				●	●		●	
With old English cheese, ranch sauce, lettuce, tomato, cucumber, onion, green bell pepper, mixed greens, pickle, olive, jalapeno pepper, corn													
Spicy Buffalo Chicken					●				●	●		●	
<b>Meat &amp; Poultry</b>													
Spicy Buffalo Chicken									●	●		●	
● Contains <span style="float: right;"><sup>1</sup>Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.</span>													
* 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.

### Promotional Item

#### Spicy Buffalo 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), **Spicy Buffalo Sauce** (Water, Sugar, Glucose Syrup, Vinegar, Pickled Chilli (Chilli, Salt, Vinegar), Salt, Thickener (1422, 415), **Soy Sauce (Wheat)**, Garlic Puree, Spices (Paprika, Garlic, Black Pepper), Spice Extracts (Paprika and Capsicum), Flavours, Yeast Extract, Preservatives (202, 211)).

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