

NUTRITIONAL GUIDE

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® nutrition values.




SINGAPORE NUTRITION INFORMATION

May 2025

	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)
Per 100g											
Values include lettuce, tomato, cucumber, onion, pickle, old English style cheese, mozzarella cheese, grilled cheese on parmesan oregano bread											
Subway 6-Inch® Subs											
Triple Cheese Rotisserie Style Chicken	100	150	10.2	5.3	2.1	0.1	0	15.7	1.2	2.2	480
Values include lettuce, tomato, cucumber, onion, pickle, old English style cheese, mozzarella cheese, grilled cheese on multigrain wrap											
Wraps											
Triple Cheese Rotisserie Style Chicken	100	153	9.7	6.7	2.9	0.1	0	12.8	2.1	2.3	508
Values include lettuce, tomato, cucumber, onion, pickle, old English style cheese, mozzarella cheese, grilled cheese on flatbread											
Flatbread											
Triple Cheese Rotisserie Style Chicken	100	156	9.9	5.9	2.0	0.1	0	16.2	0.9	1.9	467
Values include lettuce, tomato, cucumber, onion, pickle, old English style cheese, mozzarella cheese, grilled cheese											
Salads											
Triple Cheese Rotisserie Style Chicken	100	66.3	5.5	3.3	1.3	0.0	0	4.0	1.1	2.0	292
Promotional Items											
Grilled Cheese	100	263	1.4	22.5	4.8	0.0	0	14.0	0.0	4.5	896
Rotisserie Style Chicken	100	124	19.8	4.3	0.5	0.0	0	1.3	0.0	0.5	604

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ALLERGEN GUIDE

 <div> Singapore Ingredient Information for People with Food Allergies and Sensitivities May 20 25 </div>													
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 6-Inch® Subs With parmesan oregano bread, lettuce, tomato, cucumber, onion, pickle, old English style cheese, mozzarella cheese, grilled cheese													
Triple Cheese Rotisserie Style Chicken	*				•				•	•			
Wraps With multigrain wrap, lettuce, tomato, cucumber, onion, pickle, old English style cheese, mozzarella cheese, grilled cheese													
Triple Cheese Rotisserie Style Chicken					•			•	•	•			
Flatbread With flatbread, lettuce, tomato, cucumber, onion, pickle, old English style cheese, mozzarella cheese, grilled cheese													
Triple Cheese Rotisserie Style Chicken					•				•	•			
Salads With lettuce, tomato, cucumber, onion, pickle, old English style cheese, mozzarella cheese, grilled cheese													
Triple Cheese Rotisserie Style Chicken					•				•	•			
Promotional Items													
Grilled Cheese					•				•				
Rotisserie Style Chicken									•	•			
• Contains													
¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.													
* May contain													

INGREDIENT GUIDE

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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 Items

Rotisserie Style Chicken

Ingredients: Chicken Breast (94%), Refined **Soy**bean Oil, Salt, Natural Flavouring, Dextrose Monohydrate, Humectant (E451i), Black Pepper, Maltodextrin, **Soy**bean, Acidity Regulator (E330), Palm Oil, Sugar, **Wheat**.

Contains: Soy, Wheat (Gluten).

Grilled Cheese

Ingredients: Water, **Soy**bean Oil, Maltodextrin, Cheese Powder (**Milk** Solids, Cheese Solids (Preservative (INS 234)), Acidity Regulators (INS 331(iii), INS 270, INS 330), Emulsifying Salt (INS 339(ii)), Salt, Anti-caking Agent (INS 341(iii))), Onion, Thickeners (INS 1442, INS 1450, INS 401, INS 415), Sugar, Salt, Flavourings, Garlic, Spices, Acidity Regulators (INS 260, INS 270), Preservative (INS 202), Colour (INS 160a(ii)), Paprika Extract, Sequestrant (INS 385).

Contains: Milk, Soy.