

# Singapore Energy Bowl Range Product Guide May 2025

## NUTRITIONAL GUIDE

 <span style="float: right;">SINGAPORE NUTRITION INFORMATION May 2025</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 Energy Bowls</b> <span style="float: right;">Values include cauliflower rice, lettuce, mixed greens, tomato, cucumber, caramelised onion</span>											
Rotisserie Chicken (with egg mayo, pickles, chipotle southwest)	395	306	20.4	11.4	3.1	0.1	0	31.7	5.5	21.2	831
Beef Brisket (with sweet corn, mushrooms, olive, sweet onion sauce, honey mustard)	368	390	23.8	26.9	4.4	0.4	97	17.6	4.4	10.6	1043
<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>											

 <span style="float: right;">SINGAPORE NUTRITION INFORMATION May 2025</span>											
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 Energy Bowls</b> <span style="float: right;">Values include cauliflower rice, lettuce, mixed greens, tomato, cucumber, caramelised onion</span>											
Rotisserie Chicken (with egg mayo, pickles, chipotle southwest)	100	77.5	5.2	2.9	0.8	0.0	0	8.0	1.4	5.4	210
Beef Brisket (with sweet corn, mushrooms, olive, sweet onion sauce, honey mustard)	100	106	6.5	7.3	1.2	0.1	26	4.8	1.2	2.9	283
<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  
May 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
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**Subway Energy Bowls**  
With cauliflower rice, lettuce, mixed greens, tomato, cucumber, caramelised onion

Rotisserie Chicken (includes egg mayo, pickles, chipotle southwest)	●	*	*		●	*	*	*	●	●	*		
Beef Brisket (includes sweet corn, mushrooms, olive, sweet onion sauce, honey mustard)	*	*	*		●	*	*	*	●	●	●		

● 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 PROTEIN

### Rotisserie Style Chicken

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

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

### 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.**