

## Singapore June 2025 Product Guide

### Laksa Pesto Chicken Range & Pandan Flavoured Cookie

## NUTRITIONAL GUIDE

SINGAPORE NUTRITION INFORMATION											
June 2025											
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)
Subway 6-Inch® Subs											
Laksa Pesto Chicken	100	183	11.3	10.0	1.9	0.0	46	15.2	1.1	2.5	335
Wraps											
Laksa Pesto Chicken	100	183	10.9	11.4	2.5	0.0	48	12.0	1.9	2.2	347
Flatbread											
Laksa Pesto Chicken	100	185	11.0	10.4	1.8	0.0	45	15.1	0.9	1.8	321
Salads											
Laksa Pesto Chicken	100	87.4	4.8	6.6	1.0	0.0	0	4.1	1.2	2.2	217
Promotional Items											
Laksa Pesto Chicken	100	223	15.5	17.8	3.2	0.0	0	3.5	0.3	2.1	480
Cookie											
Pandan Flavoured Cookie	100	480	4.5	24.7	13.0	0.0	0	62.9	1.6	33.1	422

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

June 2025

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<b>Subway 6-Inch® Subs</b> Values include chicken thigh, laksa pesto sauce, lettuce, tomato, cucumber, egg on shallot bread											
Laksa Pesto Chicken	307	561	34.6	30.8	5.7	0.0	142	46.6	3.2	7.5	1028
<b>Wraps</b> Values include chicken thigh, laksa pesto sauce, lettuce, tomato, cucumber, egg on multigrain wrap											
Laksa Pesto Chicken	298	546	32.4	34.0	7.5	0.0	142	35.7	5.8	6.6	1033
<b>Flatbread</b> Values include chicken thigh, laksa pesto sauce, lettuce, tomato, cucumber, egg on flatbread											
Laksa Pesto Chicken	320	591	35.1	33.2	5.7	0.1	143	48.4	2.8	5.9	1026
<b>Salads</b> Values include chicken thigh, laksa pesto sauce, lettuce, mixed greens, tomato, cucumber, onion, bell pepper, corn, olive, jalapeno pepper, pickle,											
Laksa Pesto Chicken	417	364	20.0	27.4	4.3	0.0	0	17.1	5.1	9.1	903
<b>Promotional Items</b> Amount on a Subway 6-Inch® Sub, wrap, flatbread, salad											
Laksa Pesto Chicken	93	206	14.4	16.5	2.9	0.0	0	3.2	0.3	1.9	444
<b>Cookie</b>											
Pandan Flavoured Cookie	45	216	2.0	11.1	5.9	0.0	0	28.3	0.7	14.9	190

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Double values for approximate Subway Footlong® sub nutrition values.

# ALLERGEN GUIDE



# Singapore Ingredient Information for People with Food Allergies and Sensitivities

## June 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 ≥ 10 mg/kg	Autolyzed Yeast Hydrolyzed Prot. <sup>1</sup>	Nitrites/Nitrates
Subway 6-Inch@Subs													
With chicken thigh, laksa pesto sauce, lettuce, tomato, cucumber, egg on shallot bread													
Laksa Pesto Chicken	•		•		*		•		•	•	•	•	
Wraps													
With chicken thigh, laksa pesto sauce, lettuce, tomato, cucumber, egg on multigrain wrap													
Laksa Pesto Chicken	•		•				•	•	•	•	•	•	
Flatbread													
With chicken thigh, laksa pesto sauce, lettuce, tomato, cucumber, egg on flatbread													
Laksa Pesto Chicken	•		•		•		•		•	•	•	•	
Salads													
With chicken thigh, laksa pesto sauce, lettuce, mixed greens, tomato, cucumber, onion, bell pepper, corn, olive, jalapeno pepper, pickle													
Laksa Pesto Chicken			•				•		•	•	•	•	
Promotional Items (amount on a Subway 6-Inch@Sub, wrap, flatbread, salad)													
Laksa Pesto Chicken			•				•		•	•	•	•	
Cookies													
Pandan Flavoured Cookie	•				•				•	•	•		

- Contains

\* May contain

<sup>1</sup>Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

## 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

#### Laksa Pesto Chicken

**Ingredients: Chicken Thigh (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), Laksa Pesto Sauce (Canola Oil (Antioxidant E319), Laksa Leaves, Seasoning Paste (Chili, Canola Oil, Garlic, Sugar, Dried Prawn, Onions, Chili Oil, Salt, Vegetarian Oyster Sauce (Soy Sauce (Soy, Wheat, Salt), Sugar, Modified Starch E1422, Salt, Caramel E150a, Mushroom Powder, Stabiliser E415), Spices (Coriander, Chili, Cumin, Turmeric), Belacan (Shrimp, Salt, Vegetable Oil), Shrimp Paste (Shrimp, Salt, Contains Sulphites), Lemongrass, Candlenut, Flower Ginger), Sunflower Seed, Thai Basil Leaves, Coriander, Coconut Paste (Coconut, Salt), Coconut Cream (Stabiliser E415, E412), Salt (E508, Potassium Iodide), Rice Vinegar, Stabiliser E415).**

**Contains: Soy, Gluten (Wheat), Crustaceans, Tree Nuts, Suphites.**

#### Pandan Flavoured Cookie

**Wheat Flour (E928), Sugar, Margarine (Palm Oil, Water, Salt, Emulsifiers E471, E322 (Soy)), Natural Flavour, Antioxidant (E307), Natural Colour (E160a)), Whole Egg, Butter (Milk), Desiccated Coconut (E220), Coconut Flake (Desiccated Coconut (Sulphites), Sugar (Corn Starch), E1520, Salt), Dextrose Monohydrate, Colour and Flavouring Preparation (Pandan Flavour (Maltose Syrup, E1520, Artificial Flavour, E1518), Artificial Colour (E420(ii), E102, E133), E500(ii).**

**Contains: Gluten (Wheat), Egg, Milk, Soy, Suphites.**