

Singapore November 2025 Product Guide

Zesty Lime Range

NUTRITIONAL GUIDE

		SINGAPORE NUTRITION INFORMATION November 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)
Subway 6-Inch® Subs	Values include shallot bread, lettuce, cucumber, onion, cilantro lime flavoured sauce											
Zesty Lime Roasted Duck	206	193	9.8	2.6	0.9	0.0	0.0	32.6	2.5	2.6	339	
Zesty Lime Rotisserie Style Chicken	206	362	24.3	11.3	2.1	0.0	0.0	41.3	2.3	6.6	1004	
Wraps	Values include multigrain wrap, lettuce, cucumber, onion, cilantro lime flavoured sauce											
Zesty Lime Roasted Duck	197	389	17.8	19.4	5.8	0.0	0.0	34.4	4.9	8.6	907	
Zesty Lime Rotisserie Style Chicken	197	344	19.9	14.6	3.9	0.0	0.0	31.7	4.9	5.5	1042	
Flatbread	Values include flatbread, lettuce, cucumber, onion, cilantro lime flavoured sauce											
Zesty Lime Roasted Duck	219	434	20.5	18.6	4.0	0.1	0.3	47.0	2.0	7.8	901	
Zesty Lime Rotisserie Style Chicken	219	389	22.6	13.7	2.2	0.1	0.3	44.4	2.0	4.8	1036	
New LTO Items	Amount on a Subway 6-Inch® Wrap or Flatbread											
Roasted Duck	71	133	11.9	7.9	2.2	0.0	0.0	3.6	0.0	3.4	294	
Cilantro Lime Flavoured Sauce	14	58	0.1	5.8	0.9	0.0	0.0	1.8	0.0	1.4	136	
Cookies												
Orange Chocolate	45	220	2.0	11.1	7.3	0.0	0.0	28.1	1.4	17.3	142	

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

November 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											Values include shallot bread, lettuce, cucumber, onion, cilantro lime flavoured sauce
Zesty Lime Roasted Duck	100	94	4.8	1.3	0.4	0.0	0.0	15.8	1.2	1.3	164
Zesty Lime Rotisserie Style Chicken	100	176	11.8	5.5	1.0	0.0	0.0	20.0	1.1	3.2	487
Wraps											Values include multigrain wrap, lettuce, cucumber, onion, cilantro lime flavoured sauce
Zesty Lime Roasted Duck	100	197	9.0	9.8	2.9	0.0	0.0	17.4	2.5	4.3	460
Zesty Lime Rotisserie Style Chicken	100	175	10.1	7.4	2.0	0.0	0.0	16.1	2.5	2.8	529
Flatbread											Values include flatbread, lettuce, cucumber, onion, cilantro lime flavoured sauce
Zesty Lime Roasted Duck	100	198	9.4	8.5	1.8	0.0	0.2	21.5	0.9	3.6	411
Zesty Lime Rotisserie Style Chicken	100	178	10.3	6.3	1.0	0.0	0.2	20.3	0.9	2.2	473
New LTO Items											
Roasted Duck	100	187	16.8	11.1	3.1	0.0	0.0	5.0	0.0	4.8	414
Cilantro Lime Flavoured Sauce	100	412	0.7	41.2	6.7	0.0	0.0	12.8	0.0	10.1	974
Cookies											
Orange Chocolate	100	489	4.5	24.7	16.1	0.0	0	62.4	3.2	38.5	316

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ALLERGEN GUIDE



Singapore Ingredient Information for People with Food

Allergies and Sensitivities

November 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. ¹	Nitrates/Nitrates
Subway 6-Inch®Subs Include shallot bread, lettuce, cucumber, onion, cilantro lime flavoured sauce														
Zesty Lime Roasted Duck	●				*					●	●			●
Zesty Lime Rotisserie Style Chicken	●				*					●	●			●
Wraps Include multigrain wrap, lettuce, cucumber, onion, cilantro lime flavoured sauce										●	●	●		
Zesty Lime Roasted Duck	●									●	●	●		
Zesty Lime Rotisserie Style Chicken	●									●	●	●		
Flatbread Include flatbread, lettuce, cucumber, onion, cilantro lime flavoured sauce														
Zesty Lime Roasted Duck	●				●									
Zesty Lime Rotisserie Style Chicken	●				●					●	●			
New LTO Items														
Roasted Duck														
Cilantrol lime flavoured sauce	●													
Cookies														
Orange Chocolate	●				●	*	*	*	*	●	●			
● Contains														
* May contain														

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

INGREDIENT GUIDE

New LTO Items

Roasted Duck: Duck Meat (92%), Glucose Powder, Salt, Sugar, Garlic, Shallot, Coriander, Spice Powders, Distilled Vinegar, Modified Starch, Anti-Oxidant (E220).

Cilantro Lime Flavoured Sauce: Fully Refined Soybean Oil, Water, Sugar Solution, Salted Egg Yolk, Vinegar, Modified Starch (E1442 (Corn), E1450 (Tapioca)), Salt, Garlic Powder, Coriander Leaf Extract (0.2%), Spice & Herb, Natural Flavour, Thickening Agent (E415), Preservatives (E202, E211), Sequestrant (E385).

Contains: Egg.

Orange Chocolate Cookie: **Wheat** Flour (E928), Sugar, Margarine (Palm Oil, Water, Salt, Emulsifiers (E471, E322 (Soy))), Natural Flavour, Antioxidant (E307), Natural Colour (E160a)), Chocolate Chips (Sugar, Fully Hydrogenated Vegetable Fats, Fat Reduced Cocoa Powder, E322 (Sunflower), Vanillin), Candied Peel (7%) (Orange Peel, Glucose-Fructose Syrup, Sugar, Food Acid (E330)), Pasteurised Whole **Egg**, Cocoa Powder (E501), Butter (**Milk**), Orange Flavour, Dextrose Monohydrate, Raising Agent (E500(ii)), Vanilla Flavour.

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

May Contain: Peanut, Tree Nuts, Sesame.