

NUTRITIONAL GUIDE



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

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

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	Nitrites/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													
Cilantro lime flavoured sauce	●												
Cookies													
Orange Chocolate	●				●	*	*	*	●	●			
<p>● Contains</p> <p>* May contain</p> <p>¹Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.</p>													

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.