

NUTRITIONAL GUIDE

Double values for approximate Subway Footlong® sub nutrition values.



SINGAPORE NUTRITION INFORMATION

July 2026

	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											
Subway 6-Inch® Subs Values include lettuce, cucumber, onion, crab mixture on shallot bread											
Chilli Crab (with Chilli Crab Sauce)	100	146	9.1	3.5	0.6	0.0	28	19.3	1.2	3.4	441
Black Pepper Crab (with Black Pepper Sauce)	100	142	8.5	3.5	1.5	0.0	28	19.2	1.0	4.6	413
Flatbreads Values include lettuce, cucumber, onion, crab mixture on flatbread											
Chilli Crab (with Chilli Crab Sauce)	100	150	7.9	4.3	0.6	0.0	27	19.6	1.0	2.4	430
Black Pepper Crab (with Black Pepper Sauce)	100	146	7.3	4.3	1.5	0.0	27	19.6	0.8	3.6	405
Wrap Values include lettuce, cucumber, onion, crab mixture on wrap											
Chilli Crab (with Chilli Crab Sauce)	100	146	7.5	5.1	1.5	0.0	30	16.3	2.4	5.9	476
Black Pepper Crab (with Black Pepper Sauce)	100	142	6.8	5.1	2.4	0.0	30	16.3	2.2	7.2	447
Meat, Poultry, Seafood											
Chilli Crab Mixture	100	89.5	13.0	2.7	0.2	0.0	91	2.6	0.2	1.3	396
Black Pepper Crab Mixture	100	85.4	12.4	2.7	1.2	0.0	91	2.6	0.0	2.6	368
Sauces & Dressings											
Chilli Crab Sauce with Egg	100	150	3.9	9.6	1.0	0.1	0	10.6	0.9	5.3	783
Black Pepper Crab Sauce	100	133	1.3	9.6	5.0	0.0	0	10.4	0.0	10.4	668
Cookies											
Kopi Macadamia Nut	100	498	5.2	26.3	11.3	0.0	0	60.4	2.2	32.1	412

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

Due to the nature of processing and hand shelling of the crabs, there is a possibility that some shell may remain and be present in the finished product.

Menus with Crab Contains Crustacea. Refer to the guide below for full declaration of listed allergens of the menu items.

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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.

Chilli Crab Mixture (Crab (75.5%), Chilli Crab Sauce (24.5%))

Ingredient Statement: Crab Meat (**Crustacean**), Chilli Crab Sauce with Egg (Seafood Stock (**Crab (Crustacean)**), Prawns (**Crustacean**)), Chilli Sauce (Sugar, Vinegar, Chili, Tomato Puree, Stabiliser (E1422), Salt, Garlic, Spice), Tomato Sauce (Sugar, Tomato Puree, Vinegar, Salt, Stabiliser (E1422), Flavouring), Pasteurized Eggs, Canola Oil (Antioxidant E319), Shiitake Mushroom Sauce (Water, Sugar, Salt, Mushroom Powder, Modified Starch (E1422, E1442), Wheat Flour, Yeast Extract, Caramel (E150c), Stabiliser (E415), Acidity Regulator (E270), Flavour Enhancer (E631), Preservative (E210, E211)), Flower Ginger, Chilies (3%), Garlic, Modified Starch (E1422), Onion, Sugar, Belachan (**Shrimp (Crustacean)**), Salt, Soybean), Shrimp Paste (**Shrimp (Crustacean)**, Salt), Lemongrass, Salt).

Contains: Crustacean, Gluten (Wheat), Egg, Soy.

May Contain: Milk, Fish, Tree Nuts, Sesame.

Due to the nature of processing and hand shelling of the crabs, there is a possibility that some shell may remain and be present in the finished product.

Menus with Crab Contain Crustacea. Refer to the allergen and ingredient guides for full declaration of listed allergens of the menu items.

Black Pepper Crab Mixture (Crab (75.5%), Black Pepper Sauce (24.5%))

Ingredient Statement: Crab Meat (**Crustacean**), Black Pepper Sauce (Water, Onion, Butter (**Milk**), Soy Sauce (Sugar, Water, Modified Starch (E1422), Soybean Extract (Contains Gluten (**Wheat**)), Caramel (E150d), Acetic Acid (E260), Sodium Benzoate (E211)), Sugar, Black Pepper, Canola Oil, Garlic, Seasoning (Tapioca Dextrin, Salt, Flavouring, Maltodextrin, Yeast Extract, Spices, E551), Stabiliser (Potato Starch, Modified Starch (E1412)), White Pepper).

Contains: Crustacean, Gluten (Wheat), Milk, Soy.

May Contain: Peanut.

Due to the nature of processing and hand shelling of the crabs, there is a possibility that some shell may remain and be present in the finished product.

Menus with Crab Contain Crustacea. Refer to the allergen and ingredient guides for full declaration of listed allergens of the menu items.

Chilli Crab Sauce with Egg

Ingredient Statement: Seafood Stock (**Crab (Crustacean)**), **Prawns (Crustacean)**), Chili Sauce (Sugar, Vinegar, Chilli, Tomato Puree, Stabiliser (E1422), Salt, Garlic, Spice), Tomato Sauce (Sugar, Tomato Puree, Vinegar, Salt, Stabiliser (E1422), Flavouring), Pasteurized **Eggs**, Canola Oil (Antioxidant E319), Shiitake Mushroom Sauce (Water, Sugar, Salt, Mushroom Powder, Modified Starch (E1422, E1442), **Wheat** Flour, Yeast Extract, Caramel (E150c), Stabiliser (E415), Acidity Regulator (E270), Flavour Enhancer (E631), Preservative (E210, E211)), Flower Ginger, Chilies (3%), Garlic, Modified Starch (E1422), Onion, Sugar, Belachan (**Shrimp (Crustacean)**), Salt, **Soybean**), **Shrimp Paste (Shrimp (Crustacean)**), Salt), Lemongrass, Salt.

Contains: Gluten (Wheat), Crustacean, Egg, Soy.

May Contain: Milk, Fish, Tree Nuts, Sesame.

Due to the nature of processing and hand shelling of the crabs, there is a possibility that some shell may remain and be present in the finished product.

Menus with Crab Contain Crustacea. Refer to the allergen and ingredient guides for full declaration of listed allergens of the menu items.

Black Pepper Sauce

Ingredient Statement: Water, Onion, Butter (**Milk**), **Soy** Sauce (Sugar, Water, Modified Starch (E1422), **Soybean** Extract (Contains Gluten (**Wheat**), Caramel (E150d), Acetic Acid (E260), Sodium Benzoate (E211)), Sugar, Black Pepper, Canola Oil, Garlic, Seasoning (Tapioca Dextrin, Salt, Flavouring, Maltodextrin, Yeast Extract, Spices, E551), Stabiliser (Potato Starch, Modified Starch (E1412)), White Pepper.

Contains: Gluten (Wheat), Soy, Milk.

May Contain: Peanut

Shallot Bread (with 8.2% Shallot Crumb Topping)

Ingredient Statement: **Wheat** Flour, Water, Yeast, Sugar, **Wheat** Gluten, Vegetable Shortening (Vegetable Oil, E477, E471, Tocopherol (**Soy**)), Salt, Dextrose Monohydrate, Vegetable Oil, Bread Improver (**Soy** Flour, Enzymes, Food Acid (E300), Vitamin Premix (Iron, Zinc, Riboflavin, Thiamine, Folic Acid)), Malt (**Barley**) Flour), Shallot Crumb Topping (Breadcrumb (**Wheat** Flour, **Wheat** Starch, Salt, Baker's Yeast), Sugar, Salt, Fully Refined Soybean Oil, Yeast Extract, Natural Flavouring (Onion), Shallot Powder (2%)).

Contains: Gluten (Wheat, Barley), Soy.

May contain: Egg, Milk.

Flatbread

Ingredient Statement: Enriched **Wheat** Flour (**Wheat** Flour, Malted **Barley** Flour, Dough Conditioner (E300), Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wholemeal **Wheat** Flour, Water, Vegetable Oil, Yeast, Refined Soybean Oil, Nonfat Dry **Milk**, Iodised Salt, **Wheat** Gluten, Sugar, Raising Agents (E450(i), E500(ii), E341(i), Corn Starch), **Wheat** Fibre, **Milk** Powder, Preservative (E282), Emulsifier (E481), Bread Improver (**Soy** Flour, **Wheat** Flour, Emulsifier (E481)), Dough Conditioner (**Oat** Fiber, Enzymes, E516, E300), Cultured **Wheat**, Processing Aid (**Wheat**).

Contains: Gluten (Wheat, Oat), Soy, Milk.

Wrap

Ingredient Statement: **Wheat** Flour, Water, Whole **Wheat** Flour, Wholemeal **Wheat** Flour (Folic Acid), Vegetable Shortening (Vegetable Oil), Corn Flour, Rice Meal, Iodised Salt, Sugar, Raising Agents (E450, E500(ii), Tapioca Starch, E341), **Oat** Flake, **Soybean** Powder, Guar Gum, **Wheat** Gluten, White **Sesame**, Black **Sesame**, Preservative (E282), Cellulose Gum, Food Acid (E297), Emulsifier (E471), Yeast, Cultured **Wheat**.

Contains: Gluten (Wheat, Oat), Sesame, Soy.

Kopi Macadamia Nut Cookie

Ingredient Statement: **Wheat** Flour (E928), Sugar, Margarine (Palm Oil, Water, Salt, Emulsifiers E471, E322 (**Soy**)), Natural Flavour, Antioxidant (E307), Natural Colour (E160a)), **Macadamia Nut**, Whole **Egg**, Butter (**Milk**), White Compound Chip (Sugar, Vegetable Fat, Full Cream **Milk** Powder, E322 (**Soy**), Natural Vanilla Flavour), Water, Soluble Coffee, Dextrose Monohydrate, E500(ii), Cocoa Powder (E501(i)).

Contains: Gluten (Wheat), Milk, Soy, Egg, Tree Nut (Macadamia Nut).

May Contain: Peanut, Fish, Sulphites.