

NUTRITIONAL GUIDE

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 100 g										
Subway® Breakfast Wraps Values include wheat wrap, lettuce, tomato, old English-style cheese											
Big Breakfast Chicken (rotisserie-style chicken chicken, egg omelette patty, mushroom)	100	219	9.5	5.1	2.0	0.0	62	13	1.8	3.8	467
Chicken Avocado (roasted chicken breast patty)	100	163	10.0	7.0	2.6	0.1	21	15	3.2	5.3	423
Egg & Tomato (egg omelette patty)	100	295	7.1	6.4	2.9	0.1	98	20	2.8	5.8	445
Ham & Cheese Melt (chicken ham, mushroom)	100	134	7.6	4.8	2.5	0.1	8	14	2.3	4.8	541
Mushroom & Egg (egg omelette patty)	100	249	6.3	5.4	2.4	0.1	82	17	2.4	4.9	424
New Items											
Wrap, Wheat	100	301	8.3	8.8	4.1	0.0	0	43.9	6.9	14.1	735
Egg Omelette Patty (amount on a Subway® Wrap)	100	617	10.0	6.1	1.3	0.0	366	13.0	0.0	0.0	302

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 specifications.

ALLERGEN GUIDE

 Singapore Ingredient Information for People with Food Allergies and Sensitivities July 2026													
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. ¹	Nitrites/Nitrates
Subway® Breakfast Wraps With wheat wrap, lettuce, tomato, old English-style cheese													
Big Breakfast Chicken (rotisserie-style chicken, egg omelette patty, mushroom)	•				•			•	•	•			
Chicken Avocado (roasted chicken breast patty)					•			•	•	•		•	
Egg & Tomato (egg omelette patty)	•				•			•	•	•			
Ham & Cheese Melt (chicken ham, mushroom)					•			•	•	•		•	
Mushroom & Egg (egg omelette patty)	•				•			•	•	•			
New Items													
Wrap, Wheat								•	•	•			
Egg Omelette Patty	•												
• Contains ¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes. * May contain													

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.

NEW ITEMS

Wrap, Wheat

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, **Soy**bean 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.

Egg Omelette Patty

Ingredient Statement: **Egg**, Water, Vegetable Oil, Emulsifier (E1442), Trehalose, Salt, Food Acid (E330), Thickener (E415).

Contains: Egg.