



Singapore Ingredient Information for People with Food Allergies and Sensitivities

August 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.

	Egg	Fish	Crustaceans	Mollusc	Milk/Lactose	Peanut	Tree Nuts	Sesame	Soy	Cereals with Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Proteins ¹	Nitrites/Nitrates
Subway 6-Inch® Classic Subs With lettuce, tomato, cucumber, onion, green bell pepper on wheat bread													
Beef Brisket (with old English-style processed cheese, chipotle southwest sauce)	•				•	*			•	•	•	•	
Cheesy Chicken BLT (with chicken bacon, old English-style processed cheese)	*				•				•	•		•	•
Chicken Bacon Ranch (with roasted chicken breast patty, chicken bacon, pickle, old English-style processed cheese, ranch dressing)	*				•				•	•		•	•
Chicken Chorizo (with old English-style processed cheese, chipotle southwest sauce)	•				•	*			•	•		•	•
Chicken Delite™ (with chicken strips, old English-style processed cheese, chipotle southwest sauce)	•				•				•	•		•	
Chicken Ham (with old English-style processed cheese, honey mustard)	*				•	*			•	•		•	•
Chicken Teriyaki (with chicken strips, teriyaki glaze, old English-style processed cheese on honey oat bread)	*				•			•	•	•		•	
Cold Cut Trio (with turkey bologna, turkey ham, chicken ham, old English-style processed cheese, mayonnaise)	•				•	*			•	•		•	•
Egg Mayo (with boiled egg, mayonnaise, old English-style processed cheese)	•				•				•	•		•	
Falafel (with ranch dressing)	*				*	*	*	*	•	•	*	•	
Fiery Rotisserie-Style Chicken (with corn, jalapeno pepper, old English-style processed cheese, spicy mayonnaise, chipotle southwest sauce)	•				•				•	•	•	•	
Italian B.M.T.® (with beef salami, beef pepperoni, chicken ham, old English-style processed cheese, chipotle southwest sauce)	•				•	*			•	•		•	•
Mushroom Delite™ (with caesar dressing)	•				•				•	•			
Roasted Chicken Breast (with roasted chicken breast patty, old English-style processed cheese)	*				•				•	•		•	
Roasted Chicken Thigh (old English-style processed cheese, ranch dressing)	*				•				•	•		•	
Rotisserie-Style Chicken (with pickle, mozzarella cheese, chipotle southwest sauce on parmesan oregano bread)	•				•				•	•		•	
Spicy Beef Taco (with old English-style processed cheese)	*				•	*			•	•		•	
Subway Melt™ (with turkey bologna, chicken ham, chicken bacon, old English-style processed cheese, yellow mustard)	*				•	*			•	•		•	•
Tuna Mayo (with tuna, mayonnaise, old English-style processed cheese)	•	•			•				•	•		•	
Veggie Delite™ (mixed greens, corn, olive, jalapeno pepper, pickle, sweet onion sauce)	*								•	•			
• Contains * May contain													
¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.													



Singapore Ingredient Information for People with Food Allergies and Sensitivities

August 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.

	Egg	Fish	Crustaceans	Mollusc	Milk/Lactose	Peanut	Tree Nuts	Sesame	Soy	Cereals with Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Proteins ¹	Nitrites/Nitrates
Wraps With lettuce, tomato, cucumber, onion, green bell pepper on wheat wrap													
Beef Brisket (with old English-style processed cheese, chipotle southwest sauce)	•				•	*		•	•	•	•	•	
Cheesy Chicken BLT (with chicken bacon, old English-style processed cheese)					•			•	•	•		•	•
Chicken Bacon Ranch (with roasted chicken breast patty, chicken bacon, old English-style processed cheese, ranch dressing)					•			•	•	•		•	•
Chicken Chorizo (with old English-style processed cheese, chipotle southwest sauce)	•				•	*		•	•	•		•	•
Chicken Delite™ (with chicken strips, old English-style processed cheese, chipotle southwest sauce)	•				•			•	•	•		•	
Chicken Ham (with old English-style processed cheese, honey mustard)					•	*		•	•	•		•	•
Chicken Teriyaki (with chicken strips, teriyaki glaze, old English-style processed cheese)					•			•	•	•		•	
Cold Cut Trio (with turkey bologna, turkey ham, chicken ham, old English-style processed cheese, mayonnaise)	•				•	*		•	•	•		•	
Egg Mayo (with boiled egg, mayonnaise, old English-style processed cheese)	•				•			•	•	•		•	
Falafel (with ranch dressing)					*	*	*	•	•	•	*	•	
Fiery Rotisserie-Style Chicken (with corn, jalapeno pepper, old English-style processed cheese, spicy mayonnaise, chipotle southwest sauce)	•				•			•	•	•	•		
Italian B.M.T.® (with beef salami, beef pepperoni, chicken ham, old English-style processed cheese, chipotle southwest sauce)	•				•	*		•	•	•		•	•
Mushroom Delite™ (with caesar dressing)	•				•			•	•	•			
Roasted Chicken Breast (with roasted chicken breast patty, old English-style processed cheese, chipotle southwest sauce)	•				•			•	•	•		•	
Roasted Chicken Thigh (old English-style processed cheese, ranch dressing)					•			•	•	•		•	
Rotisserie-Style Chicken (with old English-style processed cheese, chipotle southwest sauce)	•				•			•	•	•		•	
Spicy Beef Taco (with old English-style processed cheese)					•	*		•	•	•		•	
Subway Melt™ (with turkey bologna, chicken ham, chicken bacon, old English-style processed cheese, yellow mustard)					•	*		•	•	•		•	•
Tuna Mayo (with tuna, mayonnaise, old English-style processed cheese)	•	•			•			•	•	•		•	
Veggie Delite™ (mixed greens, corn, olive, jalapeno pepper, pickle, sweet onion sauce)								•	•	•			
• Contains * May contain ¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.													



Singapore Ingredient Information for People with Food Allergies and Sensitivities

August 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.

	Egg	Fish	Crustaceans	Mollusc	Milk/Lactose	Peanut	Tree Nuts	Sesame	Soy	Cereals with Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Proteins ¹	Nitrites/Nitrates
Flatbreads	With lettuce, tomato, cucumber, onion, green bell pepper on flatbread												
Beef Brisket (with old English-style processed cheese, chipotle southwest sauce)	•				•				•	•	•	•	
Cheesy Chicken BLT (with chicken bacon, old English-style processed cheese)					•				•	•		•	•
Chicken Bacon Ranch (with roasted chicken breast patty, chicken bacon, old English-style processed cheese, ranch dressing)					•				•	•		•	•
Chicken Chorizo (with old English-style processed cheese, chipotle southwest sauce)	•				•	*			•	•		•	•
Chicken Delite™ (with chicken strips, old English-style processed cheese, chipotle southwest sauce)	•				•				•	•		•	
Chicken Ham (with old English-style processed cheese, honey mustard)					•	*			•	•		•	•
Chicken Teriyaki (with chicken strips, teriyaki glaze, old English-style processed cheese)					•			•	•	•		•	
Cold Cut Trio (with turkey bologna, turkey ham, chicken ham, old English-style processed cheese, mayonnaise)	•				•	*			•	•		•	•
Egg Mayo (with boiled egg, mayonnaise, old English-style processed cheese)	•				•				•	•		•	
Falafel (with ranch dressing)					•	*	*	*	•	•	*	•	
Fiery Rotisserie-Style Chicken (with corn, jalapeno pepper, old English-style processed cheese, spicy mayonnaise, chipotle southwest sauce)	•				•				•	•			
Italian B.M.T.® (with beef salami, beef pepperoni, chicken ham, old English-style processed cheese, chipotle southwest sauce)	•				•	*			•	•		•	•
Mushroom Delite™ (with caesar dressing)	•				•				•	•			
Roasted Chicken Breast (with roasted chicken breast patty, old English-style processed cheese, chipotle southwest sauce)	•				•				•	•		•	
Roasted Chicken Thigh (old English-style processed cheese, ranch dressing)					•				•	•		•	
Rotisserie-Style Chicken (with old English-style processed cheese, chipotle southwest sauce)	•				•				•	•		•	
Spicy Beef Taco (with old English-style processed cheese)					•	*			•	•		•	
Subway Melt™ (with turkey bologna, chicken ham, chicken bacon, old English-style processed cheese, yellow mustard)					•	*			•	•		•	
Tuna Mayo (with tuna, mayonnaise, old English-style processed cheese)	•	•			•				•	•		•	
Veggie Delite™ (mixed greens, corn, olive, jalapeno pepper, pickle, sweet onion sauce)					•				•	•			
• Contains * May contain													
¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.													



Singapore Ingredient Information for People with Food Allergies and Sensitivities

August 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.

	Egg	Fish	Crustaceans	Mollusc	Milk/Lactose	Peanut	Tree Nuts	Sesame	Soy	Cereals with Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Proteins ¹	Nitrites/Nitrates
Salads	With lettuce, tomato, cucumber, onion, green bell pepper, jalapeno pepper, olive, pickle, mixed greens, corn												
Beef Brisket (with old English-style processed cheese, chipotle southwest sauce)	●				●				●	●	●	●	
Cheesy Chicken BLT (with chicken bacon, old English-style processed cheese)					●				●			●	●
Chicken Bacon Ranch (with roasted chicken breast patty, chicken bacon, old English-style processed cheese, ranch dressing)					●				●			●	●
Chicken Chorizo (with old English-style processed cheese, chipotle southsest sauce)	●				●	*			●	●		●	●
Chicken Delite™ (with chicken strips, old English-style processed cheese, chipotle southwest sauce)	●				●				●	●		●	
Chicken Ham (with old English-style processed cheese, honey mustard)					●	*			●	*		●	●
Chicken Teriyaki (with chicken strips, teriyaki glaze, old English-style processed cheese)					●			●	●			●	
Cold Cut Trio (with turkey bologna, turkey ham, chicken ham, old English-style processed cheese, mayonnaise)	●				●	*			●	*		●	●
Egg Mayo (with boiled egg, mayonnaise, old English-style processed cheese)	●				●				●			●	
Falafel (with ranch dressing)					*	*	*	*	●	●	*	●	
Fiery Rotisserie-Style Chicken (with corn, jalapeno pepper, old English-style processed cheese, spicy mayonnaise, chipotle southwest sauce)	●				●				●	●	●	●	
Italian B.M.T.® (with beef salami, beef pepperoni, chicken ham, old English-style processed cheese, chipotle southwest sauce)	●				●	*			●	*		●	●
Mushroom Delite™ (with caesar dressing)	●				●								
Roasted Chicken Breast (with roasted chicken breast patty, old English-style processed cheese, chipotle southwest sauce)	●				●				●	●		●	●
Roasted Chicken Thigh (old English-style processed cheese, ranch dressing)					●				●	●		●	
Rotisserie Style Chicken (with old English-style processed cheese, chipotle southwest sauce)	●				●				●	●		●	
Spicy Beef Taco (with old English-style processed cheese)					●	*			●	●		●	
Subway Melt™ (with turkey bologna, chicken ham, chicken bacon, old English-style processed cheese, yellow mustard)					●	*			●	*		●	●
Tuna Mayo (with tuna, mayonnaise, old English-style processed cheese)	●	●			●				●			●	
Veggie Delite™ (mixed greens, corn, olive, jalapeno pepper, pickle, sweet onion sauce)													
¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.													
● Contains * May contain													



Singapore Ingredient Information for People with Food Allergies and Sensitivities

August 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.

	Egg	Fish	Crustaceans	Mollusc	Milk/Lactose	Peanut	Tree Nuts	Sesame	Soy	Cereals with Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Proteins ¹	Nitrites/Nitrates
Energy Bowls													
Avo Caesar Chicken (with roasted chicken thigh, cauliflower rice, lettuce, mixed greens, tomato, cucumber, corn, avocado, caramelised onion, Caesar dressing)	●				●				●	●		●	
Beef Brisket (with cauliflower rice, lettuce, mixed greens, tomato, cucumber, corn, avocado, mushroom, caramelised onions, olive, sweet onion sauce, honey mustard)									●	●	●	●	
Falafel (with cauliflower rice, lettuce, mixed greens, tomato, cucumber, green bell pepper, corn, mushroom, avocado, ranch dressing)					*	*	*	*	●	●	*	●	
Rotisserie-Style Chicken (with egg mayo, cauliflower rice, lettuce, mixed greens, tomato, cucumber, caramelised onion, pickle, chipotle southwest sauce)	●				●				●	●		●	
Breakfast Wraps With lettuce, tomato, old English-style cheese on wheat wrap													
Loaded Breakfast (rotisserie-style chicken chicken, egg omelette patty, mushroom)	●				●			●	●	●			
Chicken Avo (roasted chicken breast patty)					●			●	●	●		●	
Omelette & Cheese (egg omelette patty)	●				●			●	●	●			
Chicken Ham & Cheese					●	*		●	●	●			
Mushroom & Omelette	●				●			●	●	●			
Sides & Snacks													
Black Pepper Chicken Nuggets (5 pieces)									●	●		●	
Chicken Ham & Cheese Toastie (with wheat bread, mozzarella cheese)	*				●	*			●	●		●	●
Egg Mayo Toastie (with white bread, mozzarella cheese)	●				●				●	●		●	
Macaroni & Cheese	*	*	*		●	*	*	*	*	●		●	
Nacho Bowls With nacho cheese flavoured tortilla chip, tomato, olive, jalapeno pepper, onion, sweet corn, jalapeno cheese sauce, ranch dressing													
Cheesy Nacho					●				●	●		●	
Loaded Cheesy Nacho (with avocado)					●				●	●		●	
Overloaded Cheesy Nacho (with avocado and spicy taco beef)					●	*			●	●		●	
Soups													
Tomato Bisque					●				●				
Cookies													
Chocolate Chip	●				●	*	*		●	●			
Double Chocolate Chip	●				●	*	*		●	●			
Raspberry Cheesecake	●				●	*	*		●	●			
White Chip Macadamia Nut	●				●	*	●		●	●			
Breads													
Flatbread					●				●	●			
Subway 6-Inch® Honey Oat Bread	*				*				●	●			
Subway 6-Inch® Parmesan Oregano Bread	*				●				●	●		●	
Subway 6-Inch® Wheat Bread	*				*				●	●			
Subway 6-Inch® White Bread	*				*				●	●			
Subway 6-Inch® Shallot Bread	*				*				●	●		●	
Wrap, Wheat								●	●	●			
● Contains * May contain													
¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.													



Singapore Ingredient Information for People with Food Allergies and Sensitivities August 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.

	Egg	Fish	Crustaceans	Mollusc	Milk/Lactose	Peanut	Tree Nuts	Sesame	Soy	Cereals with Gluten	Sulphites ≥10mg/kg	Autolyzed Yeast Hydrolyzed Proteins ¹	Nitrites/Nitrates
Meat, Poultry, Eggs, Seafood & Vegetarian Items													
Beef Brisket									•	•	•	•	
Chicken Bacon (Chicken Breakfast Strip)					•				•			•	•
Chicken Chorizo						*			*	*			•
Chicken Ham						*			*	*			•
Chicken Strips												•	
Chicken Teriyaki (Chicken Strips, Teriyaki Glaze)								•				•	
Cold Cut Trio™ Meats (Turkey Bologna, Turkey Ham, Chicken Ham)							*		*	*			•
Egg Mayo (Boiled Egg, Mayonnaise)	•								•			•	
Egg Omelette Patty	•											•	
Falafel					*	*	*	*	•	•	*	•	
Fiery Rotisserie-Style Chicken									•	•	•		
Italian B.M.T.™ Meats (Beef Pepperoni, Beef Salami, Chicken Ham)						*			*	*		•	•
Mushroom													
Roasted Chicken Breast Patty												•	
Roasted Chicken Thigh									•	•		•	
Rotisserie-Style Chicken									•	•			
Spicy Beef Taco						*			*	•			
Subway Melt™ Meats (Turkey Bologna, Chicken Ham, Chicken Bacon)					•	*			•	*		•	•
Tuna Mayo (Tuna, Mayonnaise)	•	•							•			•	
Sauces & Dressings													
BBQ Sauce													
Caesar Dressing	•				•								
Chilli Sauce						*	*	*					
Chipotle Southwest Sauce	•				•				•	•		•	
Honey Mustard													
Jalapeno Cheese Sauce					•				•	•		•	
Ketchup									•				
Mayonnaise	•								•			•	
Mustard, Yellow													
Ranch Dressing												•	
Spicy Mayonnaise									•			•	
Sweet Onion Sauce													
Toppings													
Nacho Cheese Flavoured Tortilla Chips					•								
Cheeses													
Mozzarella Cheese (shredded)					•								
Old English Style Processed Cheese (slices)					•				•				
Vegetables													
Avocado													
Cauliflower Rice													
Corn													
Cucumber													
Green Bell Pepper													
Jalapeno Pepper													
Lettuce													
Mixed Greens (Green Crystal, Red Frisee)													
Mushroom													
Onion													
Onion, Caramelised													
Olive													
Pickle													
Tomato													

• Contains * May contain

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