Double Cheese Range Product Guide October 2026

NUTRITIONAL GUIDE

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 formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

SINGAPORE NUTRITION INFORMATION
October 2026

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 wheat bread, lettuce, tomato, cucumber, onion, green bell pepper, old English style cheese, jalapeno cheese sauce										
Double Cheese Beef Steak (beef steak & jalapeno cheese mix)	280	437	32.6	15.6	5.3	0.2	38.9	42.2	4.2	8.1	1320
Double Cheese Chicken (chicken strips & jalapeno cheese mix)	280	420	29.5	15.2	5.0	0.1	20.9	41.7	3.8	8.1	1275
Flatbread	Values include flatbread, lettuce, tomato, cucumber, onion, green bell pepper, old English style cheese, jalapeno cheese sauce										
Double Cheese Beef Steak (beef steak & jalapeno cheese mix)	298	481	31.0	17.9	5.3	0.2	39.3	49.7	3.2	7.5	1454
Double Cheese Chicken (chicken strips & jalapeno cheese mix)	298	464	27.8	17.6	5.0	0.2	21.3	49.3	2.9	7.5	1409
Wraps	Values include multigrain wrap, lettuce, tomato, cucumber, onion, green bell pepper, old English style cheese, jalapeno cheese sauce										
Double Cheese Beef Steak (beef steak & jalapeno cheese mix)	275	438	28.2	18.7	7.0	0.2	38.9	37.9	6.2	14.6	1455
Double Cheese Chicken (chicken strips & jalapeno cheese mix)	275	421	25.0	18.3	6.7	0.1	20.9	37.4	5.8	14.6	1410
New LTO Items	Amount on a Subway 6-Inch®, flatbread or wrap										
Beef Steak & Jalapeno Cheese Sauce Mix	91	151	19.3	6.6	1.6	0.0	38.9	3.5	0.4	1.9	629
Chicken Strips & Jalapeno Cheese Sauce Mix	91	134	16.2	6.3	1.3	0.0	20.9	3.1	0.1	1.8	583
Cookies											
Lower Sugar Lemon Cranberry Cookie *	45	210	2.0	9.7	5.4	0.0	0.0	28.7	0.8	7.6	148

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Double values for approximate Subway Footlong® sub nutrition values.

* ≥25% less sugar than Lemon Cranberry Cookie

SINGAPORE NUTRITION INFORMATION
October 2026

Per 100g	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 wheat bread, lettuce, tomato, cucumber, onion, green bell pepper, old English style cheese, jalapeno cheese sauce										
Double Cheese Beef Steak (beef steak & jalapeno cheese mix)	100	156	11.6	5.6	1.9	0.1	13.9	15.1	1.5	2.9	471
Double Cheese Chicken (chicken strips & jalapeno cheese mix)	100	150	10.5	5.4	1.8	0.1	7.5	14.9	1.4	2.9	455
Flatbread	Values include flatbread, lettuce, tomato, cucumber, onion, green bell pepper, old English style cheese, jalapeno cheese sauce										
Double Cheese Beef Steak (beef steak & jalapeno cheese mix)	100	162	10.4	6.0	1.8	0.1	13.2	16.7	1.1	2.5	488
Double Cheese Chicken (chicken strips & jalapeno cheese mix)	100	156	9.3	5.9	1.7	0.1	7.1	16.5	1.0	2.5	473
Wraps	Values include multigrain wrap, lettuce, tomato, cucumber, onion, green bell pepper, old English style cheese, jalapeno cheese sauce										
Double Cheese Beef Steak (beef steak & jalapeno cheese mix)	100	159	10.3	6.8	2.6	0.1	14.2	13.8	2.2	5.3	530
Double Cheese Chicken (chicken strips & jalapeno cheese mix)	100	153	9.1	6.7	2.4	0.1	7.6	13.6	2.1	5.3	513
New LTO Items											
Beef Steak & Jalapeno Cheese Sauce Mix	100	166	21.3	7.3	1.8	0.0	42.8	3.9	0.5	2.1	691
Chicken Strips & Jalapeno Cheese Sauce Mix	100	147	17.8	6.9	1.5	0.0	23.0	3.4	0.1	2.0	641
Cookies											
Lower Sugar Lemon Cranberry Cookie *	100	467	4.4	21.6	12.0	0.0	0.0	63.8	1.8	16.8	329

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

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. Please visit our website to view the Product Ingredient Guide for the full declaration of our current menu items.

Singapore Ingredient Information for People with Food Allergies and Sensitivities
October 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 6-Inch® Subs **Includes wheat bread, lettuce, tomato, cucumber, onion, green bell pepper, old English style cheese, jalapeno cheese sauce**													
Double Cheese Beef Steak (beef steak & jalapeno cheese mix)	*												
Double Cheese Chicken (chicken strips & jalapeno cheese mix)	*												
Flatbread **Includes flatbread, lettuce, tomato, cucumber, onion, green bell pepper, old English style cheese, jalapeno cheese sauce**													
Double Cheese Beef Steak (beef steak & jalapeno cheese mix)													
Double Cheese Chicken (chicken strips & jalapeno cheese mix)													
Wraps **Includes multigrain wrap, lettuce, tomato, cucumber, onion, green bell pepper, old English style cheese, jalapeno cheese sauce**													
Double Cheese Beef Steak (beef steak & jalapeno cheese mix)													
Double Cheese Chicken (chicken strips & jalapeno cheese mix)													
New LTO Items													
Beef Steak & Jalapeno Cheese Sauce Mix													
Chicken Strips & Jalapeno Cheese Sauce Mix													
Lower Sugar Lemon Cranberry Cookie		*				*	*				*		

Contains

* May contain

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

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.

For information on the other menu items that make up the whole build please refer to the Product Ingredients Guide for the standard menu.

BEEF STEAK WITH JALAPENO CHEESE SAUCE

(with Beef Steak (75%) and Jalapeno Cheese Sauce (25%)):
BEEF STEAK **(Beef (91.73%), Water, Sugar, Acidity Regulators (E500, E331, E262), Salt, Stabiliser (E451), Flavour Enhancer (E621), Antioxidant (E316), Modified Tapioca Starch, Black Pepper),** JALAPENO CHEESE SAUCE **(Water, Soybean Oil (Antioxidant (E307b)), Cheese Powder (Milk Solids, Cheese Solids (Milk), Food Acids (E331, E270, E330), Stabiliser (E339), Salt, Preservative (E234)), Milk Solids, Pickled Jalapeno (Preservative (E202)), Onion, Sugar, Tomato Pulp, Maltodextrin, Thickeners (E1422, E401, E415, E412), Salt, Flavours, Yeast Extract, Garlic, Food Acid (E270), Spices, Colour (E160a), Preservative (E202), Spice Extract).**
Contains: Gluten, Soy, Milk.

CHICKEN STRIPS WITH JALAPENO CHEESE SAUCE

(with Chicken Strips (75%) and Jalapeno Cheese Sauce (25%)):
CHICKEN STRIPS **(Chicken Breast (85%), Seasoning (Water, Modified Starch (E1420), Salt, Yeast Extract, Natural Flavour, Maltodextrin, Sugar, Acidity Regulator (E500(ii), E331(iii)))),** JALAPENO CHEESE SAUCE **(Water, Soybean Oil (Antioxidant (E307b)), Cheese Powder (Milk Solids, Cheese Solids (Milk), Food Acids (E331, E270, E330), Stabiliser (E339), Salt, Preservative (E234)), Milk Solids, Pickled Jalapeno (Preservative (E202)), Onion, Sugar, Tomato Pulp, Maltodextrin, Thickeners (E1422, E401, E415, E412), Salt, Flavours, Yeast Extract, Garlic, Food Acid (E270), Spices, Colour (E160a), Preservative (E202), Spice Extract).**
Contains: Gluten, Soy, Milk.

LOWER SUGAR LEMON CRANBERRY COOKIE*: **Wheat Flour (E928), Maltitol, Margarine (Palm Oil, Water, Salt, Emulsifiers (E471, E322 (Soy)), Natural Flavour, Antioxidant (E306), Natural Colour (E160a)), Sugar, White Compound Chips (Sugar, Vegetable fat, Milk Solids, E322 (Soy) Natural Vanilla Flavour), Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Whole Egg, Butter (Milk), Water, Lemon Emulco (Flavour, Water, Antioxidant (E320), Food Acid (E330), Colour (E102), Emulsifier (E433), Stabiliser (E415)), Dextrose Monohydrate, E500(ii), Salt.**
Contains: Wheat (Gluten), Soy, Milk and Egg.
May Contain: Peanuts, Fish, Tree Nuts and Sulphites.
*** ≥25% less sugar than Lemon Cranberry Cookie**