



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 some regional or special promotional items as ingredients vary. **Individual food items may come in contact with one another during food preparation and is not reflected on this chart. Please notify the sandwich artist if you have a food allergy.**

[illegible]

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Local/ Regional Meats Proteinst											
Eggs, Cage-Free	•						•				
Pastrami										•	•
Pulled Pork											
Veggie Patty							•				
Cheese											
American, Processed			•				•				
Monterey & Cheddar Cheese Blend, Shredded			•								
Parmesan			•								
Pepperjack			•				•				
Provolone			•								
Local/ Regional Cheese ‡											
Swiss			•								
Condiments & Seasonings											
Baja Chipotle Sauce	•		•				*				
BBQ										•	
Enchilada Sauce											
Franks® Red Hot Buffalo Sauce											
Honey Mustard Sauce	•						*				
Hot Honey Sauce											
Mayonnaise, Regular	•						*				
Mustard (Yellow)											
Olive Oil Blend											
MVP Parmesan Vinaigrette®			•				*				
Peppercorn Ranch Sauce	•		•				*				
Red Wine Vinegar										•	
Roasted Garlic Aioli	•						*				
Sweet Onion Teriyaki Sauce (Contains Poppy Seeds)					•		•		•		
Local/Regional Condiments and Dressings ‡											
Giardiniera							*				
Vegetables											
Banana Peppers										•	
Black Olives											
Cucumbers											
Green Peppers											
Jalapeno Pepper Slices										•	
Lettuce											
Onions											
Pickles											
Sliced Avocado											
Smashed Avocado											
Spinach											
Suntan Peppers											
Tomatoes											
Soups and Pizza ‡											
Broccoli & Cheddar			•						•		
Chicken Noodle	•								•		
Loaded Baked Potato			•								
Pizza, Cheese			•				*		•		
Cookies & Sides											

