



U.S. Allergy and Sensitivity Information

October 2025

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.**

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Breads & Wraps											
Artisan Italian (white)									•		
Hearty Multigrain							*		•		
Flatbread			•				*		•		
Italian Herbs and Cheese			•						•		
12" Wrap							•		•		
9" Wrap (Pocket)							*		•	•	
Local/Regional Breadst											
Jalapeno Cheddar			•						•	•	
Monterey Cheddar			•						•		
Parmesan Oregano			•						•		
Meat, Poultry, Seafood & Eggs											
Bacon											•
Chicken, Grilled							•				
Chicken, Grilled (with Buffalo sauce)							•				
Chicken, Grilled (with Sweet Onion Teriyaki Sauce)					•		•		•		
Cold Cut Combo® Meats											•
Egg Omelet Patty (Regular)	•						•				
Genoa Salami											•
Ham (Black Forest)											•
Meatballs & Marinara			•				•		•		
Pepperoni											•
Roast Beef											
Rotisserie-Style Chicken							*				
Spicy Italian Meats (pepperoni, salami)											•
Steak, Shaved							*				
Tuna Salad	•	•					*				
Turkey Breast, Oven Roasted							*				

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Local/ Regional Meats Proteins†											
Eggs, Cage-Free	•						•				
Pastrami											•
Veggie Patty							•				
Cheese											
American, Processed			•				•				
Monterey & Cheddar Cheese Blend, Shredded			•								
Parmesan			•								
Pepperjack			•				•				
Provolone			•								
Condiments & Seasonings											
Baja Chipotle Sauce	•		•				*				
BBQ										•	
Cheddar Cheese Sauce			•				*				
Cranberry 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	•						*				
Sriracha Sauce	•						*				
Stuffing									•	•	
Subkrunch™											
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											

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat & Gluten containing ingredients ^{1,2}	Sulfites	Added Nitrites/Nitrates
Applesauce											
Cookie, Chocolate Chip	●		●	**			●	**	●		
Cookie, Double Chocolate	●		●	**			●	**	●		
Cookie, Oatmeal Raisin	●		●	**				**	●		
Cookie, Naturally Flavored Raspberry Cheesecake	●		●	**			●	**	●		
Cookie, White Chip Macadamia Nut	●		●	**			●	●	●		
Footlong Cookie, Chocolate Chip	●		●				●		●		
Hashbrowns							*				

●=contains x=may contain
¹ Wheat & Gluten categories are combined since all Subway® gluten-containing items contain wheat.
² The Gluten-Free bread is manufactured in a Gluten-Free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.
 *Only contains highly refined oil from this ingredient. FDA exempts labeling refined oils as allergens since they can be safely consumed by food-allergic individuals.
 **Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies.
 † Local Options: Products are not available at all locations