



**TUKI (Standard)**  
**Ingredient Information for People with Food Allergies and Sensitivities**  
 (Revised 22 April 2014)

*This list is compiled based on product information supplied by Subway approved food manufacturers. Every effort is made to keep this list updated however it is possible that ingredient changes and substitutions may occur before this list can be updated. This chart does not include regional or special promotional items as ingredients may vary. Individual food items may come in contact with one another during food preparation and is not reflected on this chart.*

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soya	Tree Nuts	Wheat	Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs	
<i>Meats are made in a plant which handles nuts</i>																
<b>Sandwiches</b> ^ 9-Grain wheat bread with lettuce, tomatoes, green peppers, cucumbers and red onions.																
Beef			o				o		o	o						
Big Beef Melt			o				o		o	o						
Chicken & Bacon Ranch Melt (includes Monterey Jack cheese)	o		o				o		o	o						
Chicken Breast							o		o	o						
Chicken Tikka			o				o		o	o						
Chicken Tandoori			o				o		o	o						
Ham			o				o		o	o						
Italian B.M.T.®			o				o		o	o			o			
Meatball Marinara	o		o				o		o	o						
Spicy Italian							o		o	o			o			
Steak & Cheese			o				o		o	o		o				
Subway Club®			o				o		o	o						
Subway Melt™ (includes American cheese)			o				o		o	o						
Chicken Teriyaki					o		o		o	o		o				
Tuna	o	o					o		o	o				o		
Turkey Breast							o		o	o						
Turkey Breast & Ham			o				o		o	o						
Veggie Delite®							o		o	o						
Veggie Patty	o		o				o		o	o		o				
<b>Salads</b> ^ with lettuce, tomatoes, green peppers, cucumbers and red onions																
Beef			o													
Chicken & Bacon Ranch Melt (includes Monterey Jack cheese)	o		o													
Chicken Tikka			o						o	o						
Chicken Breast																
Chicken Tandoori			o													
Ham			o						*							
Italian B.M.T.®			o						*				o			
Meatball Marinara	o		o				o		o	o						
Spicy Italian									*				o			
Steak & Cheese (with American Cheese)			o				o		o	o		o				
Subway Club®			o						*							
Subway Melt™ (includes American cheese)			o				o		*							
Chicken Teriyaki					o		o		o	o		o				
Tuna	o	o					o		*					o		
Turkey Breast									*							
Turkey Breast & Ham			o						*							
Veggie Delite®																
Veggie Patty	o		o				o		o	o		o				
<b>Bread</b>																
9-Grain Honey Oat							o		o	o	o					
9-Grain Wheat							o		o	o						
Hearty Italian							o		o	o						
Italian							o		o	o						
Italian Herbs and Cheese			o				o		o	o						
Wrap							o		o	o						
Flatbread			o						o	o						
<b>Meat, Poultry, Seafood, Eggs and Veggie Patty</b>																
Bacon Strips																
Beef			o													
Beef Patty							o		o							
Chicken strips																
Chicken, teriyaki glazed					o		o		o	o		o				
Chicken Tikka			o						o	o						
Chicken Tandoori			o													
Egg Omelette	o		o													
Ham			o						*							
Italian B.M.T.® meats (ham, pepperoni, salami)			o						*				o			
Meatballs & Marinara Sauce	o		o				o		o	o						
Sausage									o	o						
Spicy Italian meats (pepperoni & salami)									*				o			
Steak							o		o	o		o				
Tuna (with Mayo)	o	o							*					o		



**TUKI (Standard)**  
**Ingredient Information for People with Food Allergies and Sensitivities**  
 (Revised 22 April 2014)

*This list is compiled based on product information supplied by Subway approved food manufacturers. Every effort is made to keep this list updated however it is possible that ingredient changes and substitutions may occur before this list can be updated. This chart does not include regional or special promotional items as ingredients may vary. Individual food items may come in contact with one another during food preparation and is not reflected on this chart.*

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soya	Tree Nuts	Wheat	Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
<i>Meats are made in a plant which handles nuts</i>															
Turkey Breast															
Veggie Patty	o		o				o		*	o		o			
<b>Cheese</b>															
American Style Processed Cheese			o												
Monterey Jack/Cheddar Shredded Cheese			o												
Peppered Sliced Cheese			o				o								
<b>Condiments &amp; Toppings</b>															
Barbecue Sauce												o	o		
Caesar	o		o						o	o					
Chipotle Southwest Sauce	o		o						o	o			o		
Honey Mustard Sauce									*		o		o		
Hot Chili Sauce															
Light Mayonnaise	o								*				o		
Ranch Dressing	o		o												
Sweet Chili Sauce									*						
Sweet Onion Sauce (contains poppy seeds)													o		
Teriyaki Glaze					o		o		o	o		o			
Thousand Island	o								o	o					
Marinara Sauce							o								
Raita Mint Sauce			o												
Jalapenos											o				
Olives															
Pickles															
Fresh Vegetables - lettuce, tomatoes, cucumbers, green peppers and red onions															
<b>Cookies**, Donuts &amp; Muffins</b>															
Chocolate Chip Cookie Dough	o		o				o	**	o	o					
Rainbow	o		o				o	**	o	o					
Chocolate Chunk	o		o				o	**	o	o					
Double Choc Chip	o		o				o	**	o	o					
Oatmeal Raisin	o		o					**	o	o					
Raspberry Cheese Cake Cookie Dough	o		o				o	**	o	o					
White Chocolate Macadamia Nut	o		o				o	o	o	o					
Blueberry Muffin	o		o				o		o	o					
Triple Chocolate Muffin	o		o				o		o	o					
Chocolate Donut			o				o		o	o					
Sugar Donut			o				o		o	o					

▲=Allergen info for additional condiments and breads are listed separately on this chart.

o=CONTAINS

\*= Only wheat derived ingredient is dextrose or glucose syrup derived from wheat.

\*\*=Due to the nature of how the cookies are stored cookies may come in contact with other nut containing cookies.

Meats are made in a plant which handles nuts