SUBWAY	•			Subway	Product Nu	tritiona	al & Allergen Inf	orm	nati	Updated in February 2024
		Value per 1	00g	Value per serving	Allergens present in the product			Allergen Declaration		
	Serving Qty. (q) Calories (kcal) Total Fat (q) Saturated Fat (q)	Trans Fat (g) Carbohydrates (Sugars (g)	Added Standard Protein Cholest	Calories (kcal) Total Fat (g) Stursted Fat (g) Trans Fat (g) Carbobydrates (g) Sugars (g)	Added Sugar (g) Protein (g) Cholesterol (mg) Sodium (mg)	Gluten Crustacean	Milk Egg Fish Nut Soy	Sulphite	Allergen Declaration	
Hotsellers- Nutritional calculated using 6-inch brea										
Chilli Cheese	100 224 10	5 0 24 5 0 25	3 2 9 13 626 2 2 8 3 608	250 561 26 13 1 61 6 240 539 24 11 0 60 5	4 21 33 1567 5 20 7 1461	•			Contains wheat, rye, barley, oats, milk, soy.	NA.
aneer Achari		5 0 25	2 2 8 3 608	240 539 24 11 0 60 5		•	• #		Contains wheat, rye, barley, oats, milk, cashew nut.	May contain soy.
he Mexican	100 223 10	3 0 27	2 2 6 1 502	255 567 25 8 0 68 5 189 359 11 5 0 46 5	4 15 2 1280 4 20 9 1439	•	. # #		Contains wheat, rye, barley, oats, milk. Contains wheat milk soy	May contain soy, nuts.
epper Chicken hicken Tikka Achari	100 190 6	2 0 24 3 0 26	2 2 9 4 617	189 359 11 5 0 46 5 240 521 20 7 0 61 5	5 23 10 1483	•			Contains wheat, rije, soy. Contains wheat, rye, barley, oats, milk, cashew nut, soy.	May contain barley, oats, nuts. NA.
reat American BBQ Chicken	100 217 8	2 0 25	3 2 12 6 588	216 409 12 5 0 54 6	5 25 14 1270				Contains wheat, rye, barley, oats, milk, soy. Contains wheat, rye, barley, oats, milk, soy.	NA.
nilli Cheese Cheese Pull		6 0 22	2 1 10 19 628	280 646 32 17 1 61 6	4 29 53 1759	•	<u> </u>		Contains wheat, rye, barley, cate, milk, soy.	NA.
aneer Achari Cheese Pull	100 231 11	5 0 22	2 2 10 10 612	270 624 30 15 0 60 5	5 27 27 1653	•	• #		Contains wheat, rye, barley, oats, milk, cashew nut.	May contain soy.
he Mexican Cheese Pull	100 229 11	5 0 22 4 0 24	2 1 8 8 517	285 653 31 12 0 68 5	5 27 27 1653 4 23 22 1472	•	• # #		Contains wheat, rye, barley, oats, milk.	May contain soy, nuts.
epper Chicken Cheese Pull	100 203 8	4 0 21	2 2 12 13 745	219 444 17 8 0 46 5	4 27 28 1631	•	• # •		Contains wheat, milk, soy.	May contain barley, oats, nuts.
hicken Tikka Achari Cheese Pull		4 0 23	2 2 11 11 620	270 606 26 11 0 62 5	5 30 29 1675	•	<u> • </u>		Contains wheat, rye, barley, oats, milk, cashew nut, soy.	NA.
reat American BBQ Chicken Cheese Pull	100 201 7 100 216 9	4 0 22 3 0 26	2 2 13 13 594 2 1 6 1 480	246 494 18 9 0 54 6 277 597 26 8 0 72 6	5 33 33 1462 4 16 2 1330	•	• # #		Contains wheat, rye, barley, oats, milk, soy.	NA.
ne Mexican- For Delivery ne Mexican Cheese Pull - For Devlivery			2 1 6 1 480			:	# #		Contains wheat, rye, barley, oats, milk. Contains wheat, rye, barley, oats, milk.	May contain soy, nuts. May contain soy, nuts.
ne Mexican Cheese Pull - For Devivery ub Grills Nutritional calculated using 6-inch bread	ad, vegetables, sauce and protein			JUL 1002 JZ 12 U 12 6	41 201 221 1522		# #		Contains wriedt, fye, Defrey, Oats, Hills.	jiviay contain soy, fluts.
ombay Grill	100 202 10	3 0 23	2 1 5 1 296	219 443 23 7 0 50 4	3 10 2 648	•	•		Contains wheat, milk	NA.
elhi Tikki	100 279 16	5 0 29	3 2 5 1 491	192 535 30 10 0 55 5	4 10 2 943	•	• #		Contains wheat, milk.	May contain barley, oats, soy.
Cheese Melt	100 293 17	9 0 23	2 1 11 22 797	216 633 38 19 1 50 5	3 24 47 1721	•	•		Contains wheat, milk, soy.	May contain barley, oats.
nicken Keema	100 281 15		3 2 9 13 513	179 503 27 7 0 47 5		•	• # •		Contains wheat, milk, soy.	May contain barley, oats, nuts.
gg 'N Cheese	100 264 16	6 0 20	2 1 10 111 632 3 2 11 14 757	259 683 42 15 1 51 5 193 511 26 11 0 47 6	4 26 287 1636	•	• • #		Contains wheat, milk, egg.	May contain barley, oats, soy.
oast Chicken Melt ubs (6 inch)- Nutritional calculated using 6-inch n		6 0 24	3 2 11 14 757	193 511 26 11 0 47 6	5 21 27 1461	•	• # •		Contains wheat, milk, soy.	May contain barley, oats, nuts.
loo Patty	100 167 7	2 0 22	2 1 4 2 518	275 459 19 7 0 62 5	4 12 4 1424				Contains wheat, rye, barley, oats, milk.	INA
hilli Bean Patty	100 198 8	3 0 24	2 1 5 1 545	280 555 24 8 0 67 5	4 15 2 1527	•	• # #		Contains wheat, rye, barley, eats, milk.	May contain soy, nuts.
orn & Peas	100 150 5	2 0 22	3 2 4 1 455	254 382 13 5 0 55 7	4 11 2 1155	•	•		Contains wheat, rye, barley, oats, milk.	NA.
aneer Tikka (Tangy)		4 0 22	2 2 7 3 552	280 540 23 11 0 61 6	5 20 9 1545	•	• #		Contains wheat, rye, barley, oats, milk, cashew nut.	May contain soy.
eg Shammi	100 169 6 100 167 7	2 0 23	3 1 6 2 606 2 2 5 1 529	280 473 17 5 0 65 9 220 368 14 5 0 50 5	4 17 4 1697 4 10 2 1163	•	• # •		Contains wheat, rye, barley, oats, milk, soy.	NA. NA.
eggie Delight MT	100 157 7	2 0 20	2 1 9 5 576	301 474 18 6 0 59 5	4 26 14 1733	•	.		Contains wheat, rye, barley, oats, milk. Contains wheat, rye, barley, oats, milk, soy.	May contain nuts.
hicken Meatball	100 186 9	3 0 21	2 2 7 5 560	280 522 24 7 0 58 6	5 19 13 1567	•	. # .		Contains wheat, rye, barley, oats, milk, soy.	May contain nuts.
hicken Slice	100 145 4	2 0 20	3 3 7 2 556	265 384 10 5 0 54 8	7 19 5 1474	•			Contains wheat, rye, barley, oats, milk, soy.	NA.
hicken Teriyaki	100 142 3	1 0 22	6 5 7 2 601	280 397 8 4 0 62 16	14 19 6 1683	•			Contains wheat, rye, barley, oats, milk, soy.	May contain nuts.
heese Omelette	100 251 11	3 0 26	3 2 11 152 657	176 442 20 5 0 47 5	4 19 267 1156	•	• • # •		Contains wheat, rye, barley, oats, milk, soy, egg.	NA.
eri Peri Chicken oasted Chicken Strips	100 180 8 100 159 6	3 0 26 2 0 18	2 1 8 9 563 2 2 8 3 574	280 504 22 7 0 73 5 280 444 17 5 0 52 6	4 22 26 1576 5 21 8 1607	•			Contains wheat, rye, barley, oats, milk, soy.	NA. May contain nuts.
	100 159 6	2 0 18	2 2 6 3 5/4	280 510 22 7 0 56 7	5 20 31 1707	•	# #		Contains wheat, rye, barley, oats, milk, soy. Contains wheat, rye, barley, oats, milk, soy.	May contain nuts. May contain nuts.
picy Chicken Keema andoori Chicken	100 182 8	2 0 20	2 2 8 4 559	280 521 19 6 0 62 6	5 23 12 1566	•	 		Contains wheat, rye, barley, oats, milk, soy, cashew nut.	NA.
una	100 176 8		2 2 7 12 495	275 485 23 7 0 52 7	6 19 33 1362	•			Contains wheat, rye, barley, oats, fish, milk.	NA.
				mozzarella cheese and 6-inch product portion of	protein as applicable					
oo Patty Cheese Pull			2 2 8 11 642			•	•		Contains wheat, rye, barley, oats, milk.	NA.
nilli Bean Patty Cheese Pull	100 283 13	5 0 29	2 2 10 10 674 2 2 12 13 682		4 22 22 1484 5 27 29 1501	•	. # #		Contains wheat, rye, barley, oats, milk.	May contain soy, nuts.
neer Tikka Cheese Pull g Shammi Cheese Pull	100 276 13 100 246 10		2 2 12 13 682 4 2 11 11 751	220 607 29 14 0 57 5 220 540 22 9 0 61 8	5 27 29 1501 4 23 24 1653	- :	• #		Contains wheat, rye, barley, oats, milk, cashew nut. Contains wheat, rye, barley, oats, milk, soy.	May contain soy. NA
AT Cheese Pull		4 0 23	2 2 14 14 701	241 542 24 10 0 56 5	4 33 33 1689	.	. #		Contains wheat, rye, barley, oats, milk, soy. Contains wheat, rye, barley, oats, milk, soy.	May contain nuts.
nicken Meatball Cheese Pull	100 268 13	5 0 25	2 2 12 15 692	220 589 30 11 0 55 5	5 25 33 1523	•	• # •		Contains wheat, rye, barley, eats, milk, soy.	May contain nuts.
nicken Slice Cheese Pull	100 220 8	5 0 25	3 3 13 12 698	205 451 16 9 0 50 7	7 26 24 1430	•			Contains wheat, rye, barley, oats, milk, soy.	NA.
nicken Teriyaki Cheese Pull	100 450 18	8 0 59	9 8 22 24 1392	220 990 39 17 0 129 20	18 48 53 3063	•	• # •		Contains wheat, rye, barley, oats, milk, soy.	May contain nuts.
ri Peri Chicken Cheese Pull	100 260 12 100 232 10	5 0 32 4 0 22	2 2 13 20 696 2 2 13 13 711	220 571 27 11 0 70 4 220 511 23 9 0 48 5	4 29 45 1532 5 28 28 1563	•	. # .		Contains wheat, rye, barley, oats, milk, soy.	NA.
pasted Chicken Strips Cheese Pull picy Chicken Keema Cheese Pull	100 232 10	4 0 22 5 0 24	2 2 13 13 711 3 2 12 23 756	220 511 23 9 0 48 5 220 577 28 11 0 53 6	5 28 28 1563 5 26 50 1663	:	. # .		Contains wheat, rye, barley, oats, milk, soy. Contains wheat, rye, barley, oats, milk, soy.	May contain nuts. May contain nuts.
ndoori Chicken Cheese Pull	100 267 11	5 0 27	2 2 13 14 692	220 588 25 10 0 59 5	5 30 31 1523	.	·		Contains wheat, rye, barley, oats, milk, soy, cashew nut.	NA.
ubs Grills- (6 inch)- Nutritional calculated using 6	6-inch multigrain bread, standa	rd vegetables, recon	nmended sauce and 6-inch pro	duct portion of protein as applicable.						
o Patty Grill		4 0 21	2 1 4 1 510	295 610 36 11 0 62 5	4 12 4 1504	•	•		Contains wheat, rye, barley, oats, milk.	NA.
illi Bean Patty Grill		4 0 22	2 1 5 1 536	300 706 41 12 0 67 5	4 15 2 1607	•	. # #		Contains wheat, rye, barley, oats, milk.	May contain soy, nuts.
rn & Peas Grill neer Tikka Grill	100 194 11 100 230 13	3 0 20 5 0 20	2 2 4 1 451 2 2 7 3 542	274 533 30 9 0 55 7 300 691 40 15 0 61 6	4 11 2 1235 5 20 9 1625	:			Contains wheat, rye, barley, oats, milk. Contains wheat, rye, barley, oats, milk, cashew nut.	NA. May contain soy.
	100 208 11	3 0 22	3 1 6 1 592	300 624 33 9 0 65 9	4 17 4 1777	.	. # .		Contains wheat, rye, barley, oats, milk, cashew nut. Contains wheat, rye, barley, oats, milk, soy.	NA.
	- 1331 3331 331 -	4 0 21	2 2 4 1 518	240 519 31 9 0 50 5	4 10 2 1243	•	•		Contains wheat, rye, barley, eats, milk.	NA.
g Shami Grill ggie Delight Grill	100 216 13			321 625 35 10 0 59 5	4 26 14 1813	•	• # •		Contains wheat, rye, barley, oats, milk, soy.	May contain nuts.
g Shami Grill ggie Delight Grill IT Grill	100 195 11	3 0 18	2 1 8 4 565							
g Shami Grill ggie Delight Grill MT Grill icken Meatball Grill	100 195 11 100 224 14	4 0 19	2 2 6 4 549	300 673 41 11 0 58 6	5 19 13 1647	•	• # •		Contains wheat, rye, barley, oats, milk, soy.	May contain nuts.
ng Shami Grill ggje Delight Grill AT Grill Jicken Meatball Grill Jicken Slice Grill	100 195 11 100 224 14 100 188 10	4 0 19 3 0 19	2 2 6 4 549 3 2 7 2 545	285 535 27 9 0 54 8	7 19 5 1554		. " .		Contains wheat, rye, barley, oats, milk, soy.	NA.
eg Shami Grill ggjel Delight Grill VT Grill nicken Meatball Grill nicken Stice Grill nicken Tetrjeki Grill	100 195 11 100 224 14 100 188 10 100 183 8	4 0 19 3 0 19 3 0 21	2 2 6 4 549 3 2 7 2 545 5 5 6 2 588	285 535 27 9 0 54 8 300 548 24 8 0 62 16	7 19 5 1554 14 19 6 1763		# • • • • • • • • • • • • • • • • • • •		Contains wheat, rye, barley, oats, milk, soy. Contains wheat, rye, barley, oats, milk, soy.	NA. May contain nuts.
ig Shami Grill aggle Delight Grill AT Grill icken Meabtall Grill icken Silce Grill icken Silce Grill icken Silce Grill icken Tenyaki Grill icken Tenyaki Grill	100 195 11 100 224 14 100 188 10 100 183 8 100 303 19	4 0 19 3 0 19 3 0 21 5 0 24	2 2 6 4 549 3 2 7 2 545 5 5 6 2 588 3 2 10 136 631	285 535 27 9 0 54 8 300 548 24 8 0 62 16 196 593 37 9 0 47 5	7 19 5 1554 14 19 6 1763 4 19 267 1236	•	. " .		Contains wheat, rye, barley, oats, milk, soy. Contains wheat, rye, barley, oats, milk, soy. Contains wheat, rye, barley, oats, milk, soy, egg.	NA.
og Shami Grill ggile Delight Grill VIF Grill Licken Meatball Grill Licken Stice Grill Licken Terlyaki Grill Licken Terlyaki Grill reese Omelette Grill Fiel Fleri (Kinken Grill	100 195 11 100 224 14 100 188 10 100 183 8 100 303 19 100 218 13	4 0 19 3 0 19 3 0 21 5 0 24 4 0 24	2 2 6 4 549 3 2 7 2 545 5 5 6 2 588 3 2 10 136 631 2 1 7 9 552	285 535 27 9 0 54 8 300 548 24 8 0 62 16 196 593 37 9 0 47 5 300 655 38 11 0 73 5	7 19 5 1554 14 19 6 1763 4 19 267 1236 4 22 26 1656	•	. " .		Contains wheat, rye, barley, cats, milk, soy. Contains wheat, rye, barley, cats, milk, soy. Contains wheat, rye, barley, cats, milk, soy, egg. Contains wheat, rye, barley, cats, milk, soy.	NA. May contain nuts. NA. NA.
ss Shami Grill ssgib Delight Crill VT Grill VT Grill Hicken Meetabli Grill hicken Silse Grill hicken Stels Grill hicken Terlyaki Grill heese Omelette Grill ar Pert Ghicken Grill sasted Chicken Strips Grill assted Chicken Strips Grill andood Chicken Grill	100 195 11 100 224 14 100 188 10 100 183 8 100 303 19 100 218 13	4 0 19 3 0 19 3 0 21 5 0 24 4 0 24	2 2 6 4 549 3 2 7 2 545 5 5 6 2 588 3 2 10 136 631	285 535 27 9 0 54 8 300 548 24 8 0 62 16 196 593 37 9 0 47 300 655 38 11 0 73 5	7 19 5 1554 14 19 6 1763 4 19 267 1236	•	• • • # • • • • • • • • • • • • • • • •		Contains wheat, rye, barley, oats, milk, soy. Contains wheat, rye, barley, oats, milk, soy. Contains wheat, rye, barley, oats, milk, soy, egg.	NA. May contain nuts. NA.

SUBWAY	.		Subway Product	Nutritio	nal & Allergen I	nform	nati	Updated in February 2024
	Value per 100g		Value per serving (g)	Aller	rgens present in the p	product	Allergen Declaration	
	Serving Qty. (g) Calories (kcal) Total Fat (g) Saturated Fat (g) Cambohydrates (g) Cathohydrates (g) Added Sugars (g)	t 4 9 9 9	Calories (kcal) Octal Fat (g) Essturated Fat (g) Trans Fat (g) Trans Fat (g) Sugars (g) Added Sugar (g) Protein (g)	Sodium (mg) Gluten	Crustacean Milk Milk Egg Fish	Soy Sulphite	Altergen Declaration	
Subs Grills (6 inch) Cheese Pull Delivery- Nutritional	calculated using 6-inch multigrain bread, standard vegetable	es, recommended sauce, mozz	zzarella cheese and 6-inch product portion of protein as a	licable.				
Aloo Patty Cheese Pull Delivery Grill	100 288 18 6 0 25 2 2		677 41 15 0 58 4 4 18 24				Contains wheat, rye, barley, oats, milk.	NA.
Chilli Bean Patty Cheese Pull Delivery Grill	100 322 19 7 0 26 2 2	9 9 652 240	773 46 16 0 63 4 4 22 22	1460 • 1564 •	• # #		Contains wheat, rye, barley, oats, milk.	May contain soy, nuts.
Paneer Tikka Cheese Pull Delivery Grill Veg Shami Cheese Pull Delivery Grill	100 316 19 8 0 24 2 2 100 288 16 5 0 26 3 2	11 12 659 240 10 10 722 240	758 46 18 1 57 5 5 27 29	1581 •	- #		Contains wheat, rye, barley, oats, milk, cashew nut. Contains wheat, rye, barley, oats, milk, sov.	May contain soy. NA.
BMT Cheese Pull Delivery Grill	100 288 16 5 0 26 3 2 100 265 15 5 0 21 2 2	10 10 722 240 12 13 678 261	692 39 13 0 61 8 4 23 24 693 40 14 0 56 5 4 33 33	1733 • 1769 •			Contains wheat, rye, barley, oats, milk, soy. Contains wheat, rye, barley, oats, milk, soy.	May contain nuts.
Chicken Meatball Cheese Pull Delivery Grill	100 309 19 6 0 23 2 2	11 14 668 240	740 46 15 1 55 5 5 25 33	1603 •	• # •		Contains wheat, rye, barley, oats, milk, soy.	May contain nuts.
Chicken Slice Cheese Pull Delivery Grill Chicken Teriyaki Cheese Pull Delivery Grill	100 268 15 6 0 22 3 3			1510 • 3143 •			Contains wheat, rye, barley, oats, milk, soy. Contains wheat, rye, barley, oats, milk, soy.	NA. May contain nuts.
Peri Peri Chicken Cheese Pull Delivery Grill	100 301 18 6 0 29 2 2	12 19 672 240	722 44 15 0 70 4 4 29 45	1612 •	• " •		Contains wheat, rye, barley, oats, milk, soy.	NA.
Roasted Chicken Strips Cheese Pull Delivery Grill	100 276 16 6 0 20 2 2 100 308 17 6 0 25 2 2	12 12 685 240 12 13 668 240	662 39 13 0 48 5 5 28 28 739 42 14 1 59 5 5 30 31	1643 •	• # •		Contains wheat, rye, barley, oats, milk, soy.	May contain nuts.
Tandoori Chicken Cheese Pull Delivery Grill	100 308 17 6 0 25 2 2 standard vegetables, recommended sauce and 12-inch produ			1603	• • •		Contains wheat, rye, barley, oats, milk, soy, cashew nut.	NA.
				بسيح		يحجك		
Aloo Patty Chilli Bean Patty	100 170 7 3 0 23 1 0 100 215 9 3 0 26 1 0		578 24 9 0 80 3 1 11 4 752 32 11 0 90 3 1 19 2	1681 • 1908 •	• # #		Contains wheat, barley, oats, milk. Polyols may have laxative effects. Contains wheat, barley, oats, milk. Polyols may have laxative effects.	NA. May contain soy, nuts.
Corn & Peas	100 213 9 3 0 20 1 0	3 1 411 319	496 21 6 0 68 8 2 11 2	1312 •			Contains wheat, barley, oats, milk. Polyols may have laxative effects. Contains wheat, barley, oats, milk. Polyols may have laxative effects.	NA.
Paneer Tikka	100 206 9 5 0 22 1 1	8 4 550 350	721 31 16 0 77 4 2 28 14	1923 •	• #		Contains wheat, barley, oats, milk, cashew nut. Polyols may have laxative effects.	May contain soy.
Veg Shammi	100 173 6 1 0 25 3 0 100 124 5 1 0 18 1 0	6 1 636 350 3 1 424 334	607 20 5 0 86 11 1 22 4 415 15 5 0 61 4 2 10 2	2226 • 1416 •	 		Contains wheat, barley, oats, milk, soy. Polyols may have laxative effects. Contains wheat, barley, oats, milk, soy. Polyols may have laxative effects.	NA.
Veggie Delight BMT		10 7 592 392	606 22 7 0 74 3 2 40 26	2320		.	Contains wheat, barley, oats, milk, soy. Polyols may have laxative effects. Contains wheat, barley, oats, milk, soy. Polyols may have laxative effects.	May contain nuts.
Chicken Meatball	100 151 7 2 0 16 1 0	6 5 433 350	686 33 10 0 72 4 2 25 22	1968 •	• # •		Contains wheat, barley, oats, milk, soy. Polyols may have laxative effects.	May contain nuts.
Chicken Slice Chicken Teriyaki	100 143 4 2 0 19 2 1 100 140 3 1 0 21 5 4	8 2 566 320 8 3 630 350	456 12 6 0 61 6 4 26 8 488 9 4 0 74 18 16 27 11	1810 •	. #		Contains wheat, barley, oats, milk, soy. Polyols may have laxative effects. Contains wheat, barley, oats, milk, soy. Polyols may have laxative effects.	NA. May contain nuts.
Peri Peri Chicken	100 140 3 1 0 21 5 4 100 186 8 3 0 29 1 0	9 14 573 350	650 28 9 0 103 3 1 32 49	2204 •			Contains wheat, barley, oats, fillik, soy. Polyols may have laxative effects. Contains wheat, barley, oats, milk, soy. Polyols may have laxative effects.	NA.
Roasted Chicken Strips	100 117 4 1 0 13 1 1	7 3 456 350	530 18 6 0 60 5 3 31 15	2068 •	• # •		Contains wheat, barley, oats, milk, soy. Polyols may have laxative effects.	May contain nuts.
Spicy Chicken Keema Tandoori Chicken	100 193 9 3 0 20 2 1 100 195 7 2 0 23 1 1	8 17 622 350 10 6 562 350	677 31 9 0 69 7 2 27 59 684 23 8 0 80 4 2 34 19	2177 • 1967 •			Contains wheat, barley, oats, milk, soy. Polyols may have laxative effects. Contains wheat, barley, oats, milk, soy, cashew nut. Polyols may have laxative effects.	May contain nuts. NA.
Tuna	100 195 7 2 0 23 1 1 100 184 9 3 0 18 2 1	10 6 562 350 7 19 464 340	684 23 8 0 80 4 2 34 19 627 32 9 0 61 6 4 25 64	1578 •			Contains wheat, barley, cats, milk, fish. Polyols may have laxative effects.	NA.
Salads- Nutritional calculated using salad portion veg	getables, recommended sauce and 6-inch portion of protein a	as applicable.						
Aloo Patty	100 81 6 2 0 7 1 0	1 2 350 420	341 24 6 0 28 2 1 5 6	1468			Contains milk.	NA.
Chilli Bean Patty	100 107 7 2 0 8 1 0	2 1 365 425	455 31 8 0 33 3 1 9 2	1551	• # #		Contains wheat, milk.	May contain soy, nuts.
Corn & Peas Paneer Tikka	100 50 3 1 0 5 1 0 100 103 7 2 0 7 1 1		191 11 3 0 20 4 1 5 2 439 30 10 0 28 5 3 14 11	1032	• #	_	Contains milk.	NA.
Spinach & Cheese Patty	100 103 7 2 0 7 1 1 100 96 6 2 0 8 1 1	3 3 374 425 2 1 370 425	439 30 10 0 28 5 3 14 11 409 26 8 0 34 4 2 9 2	1588 # 1571 •	• # #	_	Contains milk, cashew nut. Contains wheat, milk.	May contain wheat, soy. May contain soy, nuts.
Veg Shammi	100 83 5 1 0 7 1 0	2 1 410 425	355 22 5 0 31 6 1 11 6	1741			Contains milk, soy.	NA.
Veggie Delight BMT	100 69 5 1 0 5 1 1 100 81 5 1 0 6 1 1		252 20 5 0 17 4 2 4 2	1186 1756 #	. # .		Contains milk.	NA.
Chicken Meatball	100 81 5 1 0 6 1 1	3 4 379 425		1610 •	. #		Contains milk, soy. Contains wheat, milk, soy.	May contain wheat, nuts. May contain nuts.
Chicken Slice	100 58 3 1 0 6 2 2	3 1 363 410	236 10 5 0 24 9 7 13 5	1488 #			Contains milk, soy.	May contain wheat.
Chicken Teriyaki Peri Peri Chicken	100 57 1 1 0 9 5 4 100 144 10 3 0 14 1 0	3 2 405 425 6 9 571 425		1722 •		-	Contains wheat, milk, soy. Contains milk, soy.	May contain nuts. May contain wheat.
Roasted Chicken Strips	100 144 10 3 0 14 1 0 100 81 6 1 0 4 1 0	4 2 384 425	344 24 5 0 18 4 2 15 8	1600 # 1631 #		.	Contains milk, soy. Contains milk, soy.	May contain wheat. May contain wheat, nuts.
Spicy Chicken Keema	100 93 6 2 0 6 1 1	3 7 429 425	393 27 7 0 24 6 3 13 31	1822 •	• # •		Contains wheat, milk, soy.	May contain nuts.
Tandoori Chicken Tuna	100 99 6 1 0 7 1 1 100 88 7 2 0 5 1 1	4 3 379 425 3 8 330 420		1610 #		+	Contains milk, soy, cashew nut. Contains milk, fish.	May contain wheat. NA.
Sides	100 00 1 2 0 0 1	0, 0, 300 420	0.01 201 71 01 101 01 0 12 00	.000			Contains thing that.	1100
	400 400 00 40 0 50 00	0 0 450 15		000			10 dd	
Dark Chunk Cookie Double Dark Chunk Cookie	100 492 26 16 0 58 26 14 100 483 12 15 0 59 28 11	6 0 450 45 5 0 376 45	221 12 7 0 26 12 6 2 0 217 5 7 0 26 13 5 2 0	203 • 169 •		-	Contains wheat, egg, milk, soy. Contains wheat, egg, soy.	NA.
Oatmeal & Raisins Cookie	100 446 18 9 0 66 28 11	5 0 295 45	201 8 4 0 30 13 5 2 0	133 •			Contains wheat, egg, say. Contains wheat, egg, oats.	NA.
Dark Chunk Cookie (eggless)	100 451 20 13 0 62 35 33	5 0 347 45	203 9 6 0 28 16 15 2 0	156 •	<u> </u>		Contains wheat, milk, soy.	NA.
Double Dark Chunk Cookie (eggless) Oatmeal & Raisins Cookie (eggless)	100 457 21 11 1 61 30 23 100 420 20 8 1 68 36 23	6 0 308 45 6 0 370 45	206 10 5 0 27 13 10 3 0 189 9 4 0 31 16 10 3 0	139 •	 		Contains wheat, milk, soy. Contains wheat, milk.	NA. NA.
Veggie Toastie with Dip	100 194 7 3 0 26 2 2	8 7 512 162	314 11 5 0 42 3 3 12 12	829 •	•		Contains wheat, milk	NA.
Veg Kebab with Dip	100 210 9 1 0 22 6 0 100 252 17 4 0 12 0 0		254 11 1 0 27 7 0 11 2	1022		\rightarrow	Contains milk, soy.	NA.
Chicken Meatball with Dip Crispers	100 252 17 4 0 12 0 0 100 136 3 1 0 24 0 0	12 14 668 121 3 12 1223 93		808 • 1138 #	# ##		Contains wheat, milk, soy. NA	May contain wheat, milk, soy.
Carriers		50						,,-
	1 400 000 4 0 0 0 0	10 0 428 75	047 0 4 0 00 0 0 0 0	204			Contribution	- Inc
White Italian Bread Parmesan Oregano Bread	100 289 4 2 0 52 4 4 100 310 7 3 0 50 4 3			321 • 853 •		+	Contains wheat. Contains wheat milk.	NA.
				1645 •			Contains wheat.	NA.
Roasted Garlic Bread	100 288 4 2 0 53 6 6							
Roasted Garlic Bread Multigrain Bread	100 284 3 2 0 53 4 4	11 0 462 80	227 2 2 0 43 3 3 9 0	370 •		\rightarrow	Contains wheat, rye, barley, oats.	NA.
Roasted Garlic Bread	100 284 3 2 0 53 4 4	11 0 462 80 10 0 394 94	227 2 2 0 43 3 3 9 0	370 • 370 • 348 •			Contains wheat, rye, barley, oats. Contains wheat, rye, barley, oats. Contains wheat. Polyos may have laxative effects.	

SUBWAY	7.	Subway Product Nu	itritional & Allergen Inform	nati Updated in February 20
	Value per 100g	Value per serving (g)	Allergens present in the product	Allergen Declaration
	Serving Qty. (g) Calories (kcal) Total Fat (g) Saturated Fat (g) Trans Fat (g) Carbohydrates (g) Sugars (g) Added Sugar (g) Protesin (g) Cholesterol (mg)	Serving Oty. (g) Calories (kcal) Total Fat (g) Saturated Fat (g) Trans Fat (g) Carbohydrates (g) Sugars (g) Added Sugar (g) Protein (g) Cholesterol (mg)	Crustacean Milk Egg Fish Nut Soy	Allergen Declaration
5				
layonnaise	100 355 34 6 0 12 6 5 1 0 1380	21 75 7 1 0 3 1 1 0 0 290	# # #	Contains milk. May contain wheat, barley, oats, so
e Sauce lyonnaise	100 106 1 0 0 25 21 7 1 0 786 100 357 33 6 0 13 7 6 1 0 1134	21 22 0 0 0 5 4 2 0 0 165 21 75 7 1 0 3 1 1 0 0 238		No allergens present. NA. Contains milk. May contain wheat, barley, oats, soy
ryonnaise er Chutnev	100 52 2 0 0 7 1 1 2 0 400		# • #	No allergens present. NA.
fustard Sauce	100 207 11 7 0 25 18 17 3 0 658			Contains milk. NA.
ayonnaise	100 346 34 5 0 9 2 2 1 10 800	21 73 7 1 0 2 0 0 0 2 168	•	Contains milk. NA.
nilli Sauce	100 125 1 0 0 26 20 20 3 0 1197	21 26 0 0 0 5 4 4 1 0 251		No allergens present. NA.
est Chipotle Mayonnaise	100 433 43 7 0 10 4 3 1 0 702	21 91 9 2 0 2 1 1 0 0 147		Contains milk. NA.
Onion Sauce	100 180 0 0 0 43 37 34 1 0 775 100 433 41 6 1 14 8 8 2 10 795			No allergens present. NA. Contains milk. NA.
ori Mayonnaise ayonnaise Regular	100 433 41 6 1 14 8 8 2 10 795 100 361 35 6 0 11 6 5 1 0 698			Contains milk. NA. Contains milk. NA.
	1 1001 0011 001 01 01 11 01 01 11 01 090	2.1 .0 7 11 0 21 11 11 0 0 147		Contains raine.
9				
Slice	100 346 28 17 1 5 5 0 20 82 1676	14 49 4 2 0 1 1 0 3 12 238		Contains milk, soy. NA.
Sauce	100 210 17 12 0 7 3 0 7 23 593	7 15 1 1 0 0 0 0 0 2 42	•	Contains milk. NA.
arella Cheese	100 284 21 13 1 1 0 0 25 65 640	30 85 6 4 0 0 0 0 7 19 192	•	Contains milk. NA.
eins				
Patty	100 172 8 4 0 22 1 0 2 0 436	55 94 5 2 0 12 0 0 1 0 240		No allergens present. NA.
Bean Patty	100 287 13 5 0 28 0 0 8 0 606	60 172 8 3 0 17 0 0 5 0 364	• # #	Contains wheat, milk. May contain soy, nuts.
& Peas (mixed with eggless mayonnaise)	100 163 12 2 0 13 5 2 2 0 245	55 90 6 1 0 7 3 1 1 0 135	•	Contains milk. NA.
er Tikka	100 261 13 10 0 17 0 0 16 9 603		# • #	Contains milk, cashew nut. May contain wheat, soy.
hami	100 181 4 0 0 25 7 0 11 0 854 100 232 14 4 0 13 0 0 14 15 640			Contains say. NA.
en Meatball/ Chicken Kofta	100 202 9 3 0 39 0 0 20 39 687	60 139 8 3 0 8 0 0 8 9 384 14 28 1 0 0 5 0 0 3 5 96	# # # #	Contains wheat, milk, soy. May contain nuts. Contains any. May contain wheat nuts milk
en Pepperoni en Slice	100 202 9 3 0 39 0 0 20 39 687	45 48 1 0 0 1 0 0 9 3 320	# # # # •	Contains soy. May contain wheat, nuts, milk. Contains soy. May contain wheat.
en Teriyaki	100 112 1 0 0 10 7 7 15 7 840	60 67 1 0 0 6 4 4 9 4 504	. # # .	Contains soly: Way contain wheat, soy. May contain milk, nuts.
ii ronyan	100 149 10 0 0 1 0 0 12 425 126	60 89 6 0 0 1 0 0 7 255 76	# • #	Contains egg. NA.
Pepper Chicken	100 111 1 0 0 6 1 1 1 18 10 1109	60 66 1 0 0 4 1 1 11 6 666	# # # •	Contains soy. May contain wheat, barley, oats, mil
eri Chicken	100 202 9 3 0 39 0 0 20 39 687	60 121 6 2 0 23 0 0 12 23 412	# # -	Contains soy. May contain wheat, milk.
Roastie	100 180 9 5 0 21 1 0 3 0 480	60 108 5 3 0 13 1 0 2 0 288	•	Contains wheat. NA.
ed Chicken Strips	100 102 1 0 0 3 1 1 19 11 739 100 238 14 3 0 10 2 0 15 48 755	60 61 1 0 0 2 1 1 1 1 6 444 60 143 8 2 0 6 1 0 9 29 453	# # • # •	Contains soy. May contain wheat, milk, nuts.
Chicken Keema oori Chicken			#	Contains wheat, milk, soy. May contain nuts. Contains milk, say, contain nuts.
	100 230 6 2 0 20 0 0 21 13 639 100 213 15 4 0 4 2 2 15 57 362			Contains milk, soy, cashew nut. Contains milk, fish. NA.
		5 5 5 5 5 5 6 6 6 6 6 6 6 6 6 6 6 6 6 6		1000
(mixed with eggless mayonnaise)				
mixed with eggless mayonnaise)				
mixed with eggless mayonnaise)	100 14 0 0 0 3 0 0 1 0 10	21 3 0 0 0 1 0 0 0 2		No allergens present No allergens present
mixed with eggless mayonnaise) ibles	100 18 0 0 0 4 0 0 1 0 5	21 3 0 0 0 1 0 0 0 2 36 6 0 0 0 1 0 0 0 0 2		No allergens present No allergens present
niked with eggless mayonnaise) ibles ber	100 18 0 0 0 4 0 0 1 0 5 100 15 0 0 0 4 0 0 1 0 2	15 2 0 0 0 1 0 0 0 0		No allergens present No allergens present No allergens present
nixed with eggless mayonnaise) bles ber	100 18 0 0 0 4 0 0 1 0 5 100 15 0 0 0 4 0 0 1 0 2 100 18 0 0 0 3 2 0 1 0 108	15 2 0 0 0 1 0 0 0 0 0 9 2 0 0 0 0 0 0 0 0 96		No allergens present
nixed with eggless mayonnaise) bles ber	100 18 0 0 0 4 0 0 1 0 5 100 15 0 0 0 4 0 0 1 0 2 100 18 0 0 0 3 2 0 1 0 108	15 2 0 0 0 1 0 0 0 0 0 9 2 0 0 0 0 0 0 0 0 0 96		No allergens present No allergens present
mixed with eggless mayonnaise) nables a a a a a a a a a a a a a a a a a a a	100 18 0 0 0 4 0 0 1 0 5 100 15 0 0 0 4 0 0 1 0 2 100 18 0 0 0 3 2 0 1 0 108 100 20 0 0 0 4 0 0 1 0 3	15 2 0 0 0 1 0 0 0 0 9 2 0 0 0 0 0 0 0 0 0 96 7 1 0 0 0 0 0 0 0 0 0 0		No allergens present No allergens present
mixed with eggless mayonnaise) ables 0 0 5 6 6 6 6 6 7 7 8 8 8 8 8 8 1 1 1 1 1 1 1 1 1 1 1 1	100 18 0 0 0 4 0 0 1 0 5	15		No allergens present May contain wheat, barley, oats, mil
mixed with aggless mayonnaise) ablos e o observed Sassicum d Orlions nos	100 18 0 0 0 4 0 0 1 0 5 100 15 0 0 0 0 4 0 0 1 0 2 100 15 0 0 0 0 0 0 0 0 1 0 2 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 1	15		No allergens present No allergens present
mixed with eggless mayonnaise) ables 0 0 Capsicum 3 Capsicum 3 Onions	100	15		No allergens present
(mixed with eggless mayonnaise) ables te to	100 18 0 0 0 4 0 0 1 0 5	15	# # # # # # # # # # # # # # # # # # #	No allergens present May contain wheat, barley, oats, mil

Dated 27th February '24 Version 2.41 • Allergen present # Allergen maybe present

Dated 27th February '24 Version 2.41

Double values for approximate Subway Footlong® sub nutrition values. All products may not be available in all locations.