



We are rolling out a new menu! For the new menu Allergens, please see Page 2. For our existing menu Allergens, please see Page 3-4.

If you're unsure which menu your local Subway offers, we encourage you to give them a call to confirm.

Alternatively, please contact our Guest Care Team on 0800 444 618.



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.

New Menu	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soy	Tree Nuts	Lupin	Wheat & Gluten	Sulphites	Autolyzed Yeast Hydrolyzed Prot.²	Nitrites/Nitrates
Subway 6-Inch® Sandwiches[▲] on White or Wheat bread with lettuce, spinach, tomatoes, capsicum, red onions, carrot and cucumbers.													
Buffalo Chicken with Blue Cheese Dressing													
Chicken & Bacon Ranch Melt (Includes mozzarella)	•		•				•			•		•	
Chicken Classic (Breaded Chicken)	•		•				•			•		•	•
Chicken Strips							•			•		•	
Chicken Teriyaki					•		•			•		•	
Chipotle Steak & Cheese	•		•				•			•		•	
Greek Lamb with Tzatziki							•			•	•	•	
Italian B.M.T.®			•				•			•		•	•
Leg Ham							•			•		•	•
Meatball Marinara			•				•			•		•	
Pizza Sub (includes cheese)			•				•			•		•	•
Pork Riblet (with Smoky BBQ sauce)							•			•		•	
Roast Beef							•			•		•	
Subway Seafood Sensation™	•	•	•			•	•			•		•	
Smashed Falafel with Tzatziki			•				•			•	•	•	
Three Pepper Chicken	•		•				•			•		•	
Tuna & Mayo	•	•	•				•			•		•	
Carved Turkey							•			•		•	
Veggie Delite® with Avo							•			•		•	
Veggie Patty							•			•		•	
Bread													
Flatbread			•							•		•	
Italian Herbs and Cheese			•				•			•		•	
Malted Rye Bread							•			•		•	
Roasted Garlic							•			•		•	
Wheat							•			•		•	
White							•			•		•	
Wrap							•			•	•	•	
Wrap, Gluten Free										•		•	
Meat, Poultry, Seafood													
Bacon													•
Buffalo Chicken			•				•					•	
Chicken Classic (Breaded Chicken)	•		•				•			•		•	
Chicken Strips - Plain							•			•		•	
Teriyaki Chicken					•		•			•		•	
Leg Ham							•			•		•	•
Falafel							•			•		•	
Italian B.M.T.® Meats			•				•			•		•	•
Meatballs & Marinara			•				•			•		•	
Omelette Egg	•						•			•		•	
Pepperoni/Salami			•				•			•		•	
Pork Riblet							•			•		•	
Roast Beef							•			•		•	
Subway Seafood Sensation™	•	•	•			•	•			•		•	
Steak, Diced							•			•		•	
Three Pepper Chicken	•		•				•			•		•	
Tuna & Mayo	•	•	•				•			•		•	
Turkey							•			•		•	
Veggie Patty							•			•		•	
Cheese													
Mozzarella Cheese, Shredded			•										
Old English Style Processed Cheese			•				•						
Processed Cheddar Cheese Slices			•				•						
Condiments & Dressings													
BBQ Sauce												•	
Blue Cheese Dressing	•		•										
Chipotle Southwest Sauce	•		•				•					•	
Cranberry Relish													
Garlic Aioli			•				•				•		
Honey Mustard Sauce													
Hot Chilli Sauce			•				•			•			
Mayonnaise	•		•				•			•			
Ranch Dressing	•		•				•			•			
Seeded Mustard							•			•			
Smoky Tomato Chutney													
Sweet Chilli Sauce													
Sweet Onion Sauce (Contains Poppy Seeds)													
Thousand Island	•						•			•			
Tzatziki			•								•		
Seasonings													
Cracked Pepper													
Herb Seasoning													
Rock Salt													
Zesty Spice													
Vegetables													
Avocado													
Beetroot													
Jalapenos													
Olives													
Pickles													
Vegetables, Fresh													
Desserts and Sides													
Chocolate Chip	•		•	•			•	•		•		•	
Chocolate Chip M&M	•		•	•	•		•	•		•		•	
Double Chocolate Chip	•		•	•	•		•	•		•		•	
Oatmeal Raisin	•		•	•	•		•	•		•		•	
White Chip Macadamia Nut	•		•	•	•		•	•		•		•	
Avocado Toastie													
Garlic & Herb Toastie			•				•			•	•		
Cheesy Garlic Toastie			•				•			•	•		
Watties Fruit Squirtz, Apple & Strawberry Puree							•			•			
Smoothies													
Caribbean	•		•	•	•		•	•		•		•	
Mango	•		•	•	•		•	•		•		•	
Mixed Berry	•		•	•	•		•	•		•		•	

• = Contains
 ▲ = Allergen info for additional condiments and breads are listed separately on this chart.
 * = May contain traces

¹ Wheat & Gluten categories are combined since all Subway® gluten-containing items contain wheat.
² Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.



New Zealand Ingredient Information for People with Food Allergies and Sensitivities

(Revised October 2018)

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.

Existing Menu	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soy	Tree Nuts	Lupin	Wheat & Gluten	Sulphites	Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates
Subway 6-Inch® Sandwiches[▲] on White or Wheat bread with lettuce, spinach, tomatoes, capsicum, red onions, carrot and cucumbers.													
Chicken & Bacon Ranch Melt (Includes mozzarella)	•		•				•			•		•	•
Chicken Classic (Breaded Chicken)	•		•				•			•		•	
Chicken Teriyaki					•		•			•		•	
Chicken Strips							•			•		•	
Ham							•			•			•
Italian B.M.T®			•				•			•			•
Meatball Marinara			•				•			•			
Pizza Sub (includes cheese)			•				•			•			•
Pork Riblet (with BBQ sauce)							•			•			
Roast Beef							•			•			
Subway Seafood Sensation™	•	•	•			•	•			•			
Steak & Cheese (with diced steak)			•				•			•	•	•	
Three Pepper Chicken	•		*				•			•			
Tuna	•	•	•				•			•			
Turkey							•			•	•		
Veggie Delite®							•			•			
Veggie Patty							•			•		•	
Salads[▲] with lettuce, spinach, tomatoes, capsicum, red onions, cucumbers, olives and carrots.													
Chicken & Bacon Ranch Melt (Includes mozzarella)	•		•				•					•	•
Chicken Classic (Breaded Chicken)	•		•				•			•		•	
Chicken Teriyaki					•		•			•		•	
Ham							•			•			•
Italian B.M.T®			•				•			•			•
Meatball Marinara			•				•			•			
Chicken Strips							•			•		•	
Pizza Sub (includes cheese)			•				•			•			•
Pork Riblet (with BBQ sauce)							•			•			
Roast Beef							•			•			
Subway Seafood Sensation™	•	•	•			•	•			•			
Steak & Cheese (with diced steak)			•				•			•	•	•	
Three Pepper Chicken	•						•			•			
Tuna	•	•	•				•			•			
Turkey							•			•	•	•	
Veggie Delite®							•			•			
Veggie Patty							•			•		•	
Bread													
Flatbread			•		*			*		•			
Honey Oat							•			•	*		
Italian Herbs and Cheese			•				•			•		•	
Roasted Garlic							•			•		•	
Wheat							•			•			
White							•			•			
Wrap			*		*		*			•	•		
Meat, Poultry, Seafood													
Bacon													•
Chicken Classic (Breaded Chicken)	•		•				•			•		•	
Chicken Strips - Plain							•			•		•	
Chicken Strips - Teriyaki Glazed					•		•			•		•	
Ham							•			•			•
Italian B.M.T® Meats			•				•			•			•
Meatballs & Marinara			•				•			•			
Omelette Egg	•												
Pepperoni/Salami													•
Pork Riblet							•			•			
Roast Beef							•			•			
Subway Seafood Sensation™	•	•	•			•	•			•			

Existing Menu	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soy	Tree Nuts	Lupin	Wheat & Gluten	Sulphites	Autolyzed Yeast Hydrolyzed Prot. ²	Nitrites/Nitrates
Steak, Diced							•			•	•	•	
Three Pepper Chicken	•						•			•			
Tuna	•	•	•				•						
Turkey											•	•	
Veggie Patty							•			•		•	
Cheese													
Mozzarella Cheese, Shredded			•										
Natural Swiss Cheese			•										
Old English Style Processed Cheese			•				•						
Processed Cheddar Cheese Slices			•				•						
Parmesan Cheese			•										
Condiments & Dressings													
BBQ Sauce												•	
Chipotle Southwest Sauce	•		•				•					•	
Garlic Aioli			•				•				•		
Honey Mustard Sauce													
Hot Chilli Sauce			•				•			•			
Italian Dressing			•				•					•	
Mayonnaise	•		•										
Ranch Dressing	•		•				•			•			
Sweet Chilli Sauce													
Sweet Onion Sauce (Contains Poppy Seeds)													
Thousand Island	•						•			•			
Vegetables													
Avocado													
Beetroot													
Jalapenos													
Olives													
Pickles													
Vegetables, Fresh													
Desserts and Sides													
Chocolate Chip	•		•	*			•	*		•			
Chocolate Chip M&M	•		•	*			•	*		•			
Double Chocolate Chip	•		•	*			•	*		•			
Oatmeal Raisin	•		•	*			•	*		•			
White Chip Macadamia Nut	•		•	*			•	•		•			
Avocado Toastie							•			•			
Garlic & Herb Toastie			•				•			•	•		
Cheesy Garlic Toastie			•				•			•	•		
Wattie's Fruit Squirtz, Apple & Strawberry Puree							•						
Smoothies													
Caribbean	*		*	*			*	*		*			
Mango	*		•	*			*	*		*			
Mixed Berry	*		*	*			*	*		*			
Promotional Subs													
Greek Lamb with Tzatziki			•				•			•	•	•	
Buffalo Chicken with Blue Cheese Dressing	•		•				•			•		•	

• Contains

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

* May contain traces

¹ Wheat & Gluten categories are combined since all Subway® gluten-containing items contain wheat.

² Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.