



# Canada Allergen Information

(Revised June 2022)

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. **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 (from wheat, rye, triticale, oats, barley) 1	Sulfites	Nitrites/Nitrates	Mustard
<b>Bread</b>													
English Muffin							*		•	•			
Flatbread			x				*		•	•			
Gluten-Free Bread <sup>1</sup>	•												
Harvest Grain Bread							•		•	•			
Italian (White) Bread							•		•	•			
Italian Herbs and Cheese Bread			•				•		•	•			
Multigrain Bread							•		•	•			
Potato Bun	•		x		x				•	•			
Wrap							•		•	•			
<b>Meat, Poultry, Seafood &amp; Eggs</b>													
Bacon Strips												•	
Chicken, Grilled							•						
Chicken, Crispy	•		•				x		•	•			
Chicken Strips - Plain							•						
Chicken Strips - Teriyaki Glazed					•		•		•	•			
Cold Cut Combo Meats			•									•	•
Egg Omelet Patty	•		•										
Ham, Black Forest												•	
Italian BMT® Meats												•	•
Meatballs with Marinara			•				•		•	•			
Pepperoni												•	•
Roast Beef							•						
Rotisserie-Style Chicken							x						
Salami												•	
Sausage, Breakfast													x
Steak													
Tuna (without dressing)		•											
Turkey Breast													
Veggie Patty							•						
<b>Cheese</b>													
Canadian Cheddar Cheese			•										
Cheddar Cheese, Processed			•				•						
Feta			•										
Monterey Jack & Cheddar Cheese Blend, Shredded			•										
Parmesan, Grated			•										
Swiss, Sliced			•										
<b>Condiments &amp; Dressings</b>													
BBQ, Sweet & Smoky													•
Caesar	•	•	•				*						•
Chipotle Southwest	•		•				*						
Creamy Sriracha	•						*						•
Garlic Aioli	•						*						•
Green Goddess Dressing	•		•				*						
House Sandwich Sauce							*						
Light Mayonnaise Type Dressing	•						*						•
Mayonnaise	•						*						•
Mustard, Yellow													•
Peppercorn Ranch	•		•				*						
Smoky Honey Mustard	•						*						•

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Sweet Onion Sauce (Contains Poppy Seeds)													•
Sweet Onion Teriyaki Sauce (Contains Poppy Seeds)					•		•		•	•			•
<b>Vegetables</b>													
Avocado, Smashed													
Banana Peppers											•		
Jalapeno Pepper Slices													
Olives (Green/Black)													
Pickles													
Vegetables, Fresh													
<b>Cookies ** &amp; Desserts</b>													
Chocolate Chip with M&M® Candies	•		•	X			•	X	•	•			
Chocolate Chunk	•		•	X			•	X	•	•			
Double Chocolate	•		•	X			•	X	•	•			
Oatmeal Raisin	•		•	X			•	X	•	•			
Raspberry Cheesecake	•		•	X			•	X	•	•			
S'mores	•		•	X			•	X	•	•			
White Chip Macadamia Nut	•		•	X			•	•	•	•			
<b>Soups &amp; Sides</b>													
Beef & Barley							•		•	•			
Beef Chili							•		•	•			
Chicken Noodle	•		•						•	•			
Cream of Broccoli			•				*		•	•			
Cream of Mushroom			•				*		•	•			
Loaded Baked Potato			•				*		•	•		•	
Mac & Cheese	•		•				*		•	•			
Potato Bites with Dip (Southwest Chipotle Sauce)	•		•				*						
<b>• = Contains Allergen X = May Contain Allergen</b> <sup>1</sup> The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurant contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten free. <sup>2</sup> Some restaurants offer a vegetarian (non-vegan) patty. It will be identified on menu board as "containing eggs & milk". *The only soy-derived ingredient is refined soybean oil. **Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies													