



An objective outlook on Kashrut issues.

The following items are Ok at a Subway Restaurant.

### **BREADS**

**9-GRAIN WHEAT** Whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), yeast, sugar, grain and seed blend (wheat, rye, yellow corn, oats, triticale, brown rice, barley, flax seed, millet, sorghum), wheat gluten, contains 2% or less of: salt, soybean oil, malted barley flour, cultured wheat flour, sunflower lecithin, dough conditioners (ascorbic acid, enzymes). **Contains wheat.**

**FLATBREAD, ARTISAN** Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), grain and seed blend (sourdough (water, fermented wheat flour, fermented rye flour), wheat grains, rye grains, oat grains, flax seed, millet seed, teff seed, salt), soybean oil, sugar, wheat gluten, yeast, salt, natural flavors, oat bran, oat fiber, cultured wheat flour, enzymes, milk. **Contains wheat and milk.**

**GLUTEN-FREE BREAD (as packaged)** Egg whites, cornstarch, modified cornstarch, tapioca starch, palm oil, sugar, distilled monoglycerides, contains less than 2% of the following: yeast, rice bran and germ, salt, natural flavor, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), pectin, xanthan gum, carbohydrate gum, guar gum, enzyme. **Contains eggs.**

**HEARTY ITALIAN BREAD** Subway® Italian bread and yellow cornmeal. **Contains wheat.**

**HONEY OAT BREAD** Subway® 9-Grain Wheat Bread, honey oat topping (rolled oats, brown sugar, honey, wheat starch, and natural flavor). **Contains wheat.**

**ITALIAN (WHITE) BREAD** Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, sugar, soybean oil, salt, wheat gluten, cultured wheat flour, malted barley flour, sunflower lecithin, dough conditioner (enzymes, ascorbic acid). **Contains wheat.**

**ROASTED GARLIC BREAD** Subway® Italian Bread, Roasted Garlic Topping [yellow corn meal, salt, dehydrated vegetables (green bell pepper, garlic, onion),

corn maltodextrin, sugar, paprika, spice, sunflower oil, calcium silicate (to make free flowing), ascorbic acid, and natural flavor]. **Contains wheat.**

**SLIDER ROLL** Unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sour culture, canola oil, sugar, salt, yeast, wheat flour, cultured wheat flour, white degerminated corn meal, ascorbic acid (added as a dough conditioner), enzymes, soybean oil. **Contains wheat.**

**SOURDOUGH** Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, wheat gluten, sugar, contains 2% or less of: fermented wheat flour, salt, soybean oil, dextrose, fumaric acid, sunflower lecithin, lactic acid, enzymes, ascorbic acid. **Contains wheat.**

**WRAP, SPINACH** Enriched unbleached flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, malted wheat flour, cultured wheat flour, salt, wheat gluten, spinach powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), soy lecithin, enzymes, yeast, sugar, garlic, onion powder, dextrose, citric acid, parsley. **Contains wheat and soy.**

**WRAP, TOMATO BASIL** Enriched unbleached flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, cultured wheat flour, salt, malted wheat flour, wheat gluten, paprika, tomato powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), dehydrated bell pepper, soy lecithin, granulated sugar, enzymes, yeast, garlic granules, onion powder, dextrose, citric acid. **Contains wheat and soy.**

**EGG OMELET PATTY (Regular):** Whole eggs, egg whites, nonfat dry milk, water. Contains 2% or less of the following: soybean oil, liquid butter alternative (liquid and hydrogenated soybean oil, salt, soy lecithin, natural flavor, tocopherols (vitamin E), corn starch, salt, xanthan gum, citric acid, white pepper, beta-carotene (color). **Contains egg, milk, and soy.**

**EGG WHITE OMELET PATTY** Egg whites, corn starch. Contains 2% or less of the following: butter flavored soybean oil (soybean oil, natural flavor), salt, xanthan gum, white pepper. **Contains egg.**

**TUNA** Tuna (tuna, water, salt), mayonnaise (soybean oil, eggs, water, distilled vinegar, contains less than 2% of salt, sugar, spice, lemon juice concentrate, calcium disodium EDTA added to protect flavor). **Contains eggs and fish.**

**VEGGIE PATTY (Vegetarian)** Water, water chestnuts (water chestnuts, water, citric acid), onions, carrots, cooked brown rice (water, brown rice), whole grain oats, mushrooms, egg whites, wheat gluten, soy flour, corn oil, calcium caseinate (from milk), green peppers, soy sauce (water, soybeans, salt, wheat), red bell peppers, contains two percent or less of soy protein concentrate, cornstarch, onion powder, salt, black olives, hydrolyzed vegetable protein (corn, wheat, and soy

protein), sugar, soy protein isolate, spices, yeast extract, garlic powder, dried jalapeno peppers, natural flavors, sunflower oil, cottonseed oil, dextrose. Due to alternate product availability may also contain: zucchini, leek, celery, herbs, spices, potato starch and palm fat. **Contains soy, wheat, egg, milk.**

#### **CONDIMENTS & SEASONINGS**

**BUFFALO SAUCE** Distilled vinegar, aged cayenne red peppers, salt, water, modified food

starch, canola oil, paprika, vegetable fiber, xanthan gum, sodium benzoate (as a preservative), natural butter type flavor and garlic powder.

**CHIPOTLE SOUTHWEST** Soybean oil, water, distilled vinegar, cultured lowfat buttermilk, chipotle pepper puree (water, chipotle pepper), egg yolks, sugar, nonfat dry milk, contains less than 2% of salt, dehydrated onion, food starch-modified, paprika, spice, xanthan gum, sodium benzoate and potassium sorbate (as preservatives), lactic acid, dehydrated garlic, dehydrated parsley, calcium disodium EDTA added to protect flavor. **Contains eggs and milk.**

**FAT FREE HONEY MUSTARD** Water, sugar, prepared mustard (vinegar, water, mustard seed, salt), Dijon mustard (vinegar, water, mustard seed, salt, white wine, citric acid, turmeric, spices, tartaric acid), country Dijon mustard (vinegar, water, mustard seed, salt, white wine, spice), vinegar, modified corn starch, honey, cider vinegar, lemon juice concentrate, salt, phosphoric acid, color, xanthan gum, dehydrated onion, sodium benzoate (a preservative), potassium sorbate (a preservative), liquid egg yolks\*, dehydrated garlic. **Contains eggs.**

**FAT FREE SWEET ONION** Sugar, water, corn vinegar, dehydrated onion, corn starch, modified corn starch, salt, mustard seed, spices, onion juice, poppy seed, dehydrated mince onion, potassium sorbate (a preservative), sodium benzoate (a preservative), dehydrated red bell pepper, dimethylpolysiloxane (an anti-foaming agent), cucumber juice, vinegar, celery seed.

**GUACAMOLE** Hass avocados, jalapeno puree (white vinegar, jalapeno peppers, salt), onion, garlic, sea salt.

**MAYONNAISE, LIGHT** Water, soybean oil, food starch-modified, distilled vinegar, egg yolks, contains less than 2% of salt, whole egg, spice, potassium sorbate (a preservative), phosphoric acid, calcium disodium EDTA added to protect flavor, DL-alpha tocopherol acetate (vitamin E), natural flavor, vitamin K. **Contains eggs.**

**MAYONNAISE, REGULAR** Soybean oil, eggs, water, distilled vinegar, contains less than 2% of salt, sugar, spice, lemon juice concentrate, calcium disodium EDTA added to protect flavor. **Contains eggs.**

**MUSTARD (yellow)** Vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder.

**MUSTARD (deli brown)** Distilled vinegar, mustard seed, water, salt, spices, turmeric, natural flavor.

**OIL** Canola oil, imported extra virgin olive oil.

**RANCH** Soybean oil, water, sugar, liquid egg yolks, vinegar, salt, buttermilk (cultured skim milk and milk, sodium citrate, salt), modified corn starch, dehydrated garlic, dehydrated onion, phosphoric acid, xanthan gum, polysorbate 60, buttermilk solids, autolyzed yeast extract, sodium benzoate (a preservative),

potassium sorbate (a preservative), spice, dehydrated parsley, whey protein concentrate, calcium disodium EDTA (to protect flavor). **Contains eggs and milk.**  
**SUB SPICE** Salt, garlic powder, spice, onion powder, paprika extractives, natural flavor.

**SUBWAY® VINAIGRETTE** Water, soybean oil, vinegar, sugar, salt, modified corn starch, spices, lactic acid, hydrolyzed corn and soy protein, dehydrated parsley, xanthan gum, dehydrated garlic, potassium sorbate, sodium benzoate, autolyzed yeast extract, citric acid, dehydrated onion, calcium disodium EDTA.  
**Contains soy.**

## **COOKIES & DESSERTS**

**CHOCOLATE CHIP** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), butter blend (palm oil, butter (cream, salt), water, salt, natural flavors, beta carotene (color), vitamin a palmitate), eggs, contains 2% or less of: wheat starch, molasses, water, baking soda, natural flavor, soy lecithin. **Contains egg, milk, soy, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**CHOCOLATE CHUNK** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla extract, milk), palm oil, eggs, invert sugar, water, contains 2% or less of: molasses, baking soda, salt, whey (milk), natural flavors. **Contains egg, milk, soy, wheat.**

**DARK CHERRY CHOCOLATE** Sugar, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin and folic acid), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin (an emulsifier), natural vanilla extract, margarine (palm oil, butter (cream, salt) water, salt, contains less than 2 % of natural flavors [includes milk], beta carotene [color], vitamin a, palmitate added), infused red tart cherries, (red tart cherries, cane sugar, citric acid, natural flavor, sunflower oil, organic beet juice powder), whole liquid egg, cocoa powder (processed with alkali), water, molasses, natural flavors, sodium bicarbonate, wheat starch. Sugar topping: Sugar, vegetable juice (color), 2% or less of: carnauba wax, corn maltodextrin, modified corn starch, natural flavor, calcium silicate (anti-caking agent). **Contains eggs, milk, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**DOUBLE CHOCOLATE** Sugar, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), butter blend (palm oil, butter [cream{milk}], salt),

water, salt, natural flavors [milk], beta carotene [color], vitamin a palmitate), white confectionery chips (sugar, palm kernel and palm oil, nonfat milk, soy lecithin, vanilla extract), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract, milk), eggs, cocoa (processed with alkali), water, contains 2% or less of: wheat starch, molasses, natural flavor, baking soda, soy lecithin, salt. **Contains egg, soy, milk, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**OATMEAL RAISIN** Sugar, enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), palm oil, raisins, rolled oats, eggs, water, contains 2% or less of: molasses, natural flavor, whey (milk), baking soda, corn starch, salt, spice. **Contains egg, milk, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**PEANUT BUTTER** Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, peanut butter (peanuts, sugar, palm oil, salt), peanut butter drops (sugar, palm kernel oil, peanuts, partially defatted peanut flour, lactose [milk], whey [milk], anhydrous milk fat, nonfat dry milk solids, sodium caseinate [milk], buttermilk, soy lecithin, salt, natural flavor), palm oil, eggs, butter (sweet cream [milk], natural flavor), molasses, water, contains 2% or less of: invert sugar, baking soda, salt, soy lecithin, natural flavor (contains milk), wheat starch. **Contains egg, peanuts, milk, soy, and wheat.** *Due to the nature of how these cookies are displayed and manufactured they may come in contact with macadamia nuts and other tree nuts.)*

**CHOCOLATE CHIP WITH M&M's®** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, palm oil, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), m&ms (milk chocolate [sugar, chocolate, skim milk, cocoa butter, lactose, milk fat, soy lecithin, salt, artificial and natural flavors], sugar, cornstarch, less than 1% - corn syrup, dextrin, coloring [includes blue 1 lake, yellow 6, red 40, yellow 5, blue 1, yellow 6 lake, red 40 lake, yellow 5 lake, blue 2 lake, blue 2], carnauba wax, gum acacia.) eggs, water, contains 2% or less of: molasses, salt, baking soda, whey (milk), natural flavors. **Contains egg, milk, soy, wheat.** *Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**RASPBERRY CHEESECAKE** Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, white confectionery chips (sugar, palm kernel and palm oil, nonfat milk, soy lecithin, vanilla extract), palm oil, eggs, raspberry flavored bits (dextrose, palm oil, sugar, corn flour, raspberry powder, vegetable extracts [red cabbage, beet juice], citric acid, natural flavor),

water, invert sugar, contains 2% or less of: cream cheese (nonfat milk, cultures, salt, carob bean gum, enzymes), baking soda, salt, wheat starch, soy lecithin, natural flavors (contains milk), raspberry juice concentrate, colors added (pumpkin concentrate, turmeric, annatto). **Contains egg, milk, soy, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)*

**SUGAR** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, palm oil, eggs, contains 2% or less of: water, baking soda, whey (milk), salt, soybean oil, natural flavor (contains milk). **Contains egg, milk, and wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**WHITE CHIP MACADAMIA NUT** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, butter blend (palm oil, butter (cream, salt), water, salt, natural flavors (contains milk), beta carotene (color), vitamin A palmitate),

white confectionery chips (sugar, palm kernel and palm oil, nonfat dry milk, soy lecithin, vanilla extract), macadamia nuts, eggs, water, contains 2% or less of: wheat starch, molasses, natural flavor, baking soda, soy lecithin, salt. **Contains eggs, macadamia nuts, milk, soy, and wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with peanut-containing cookie).*

## **SOUPS**

*(Not available in all locations)*

**BLACK BEAN SOUP** Black beans (water, black beans, and salt), water, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), onions, celery, tomato paste (tomatoes), contains 2% or less of the following: brown sugar, vegetarian flavor (water, salt, hydrolyzed soy and corn protein, soy protein concentrate, corn oil, onion powder, yeast extract, flavoring, soy protein isolate, sugar, garlic powder and turmeric), garlic puree, corn starch, orange juice concentrate, lime juice, onion juice concentrate, sea salt, seasoning blend (spices, yeast extract, and paprika), oregano and yeast extract. **Contains soy.**

**MEDITERRANEAN VEGETABLE** Water, dark red kidney beans (kidney beans [water, kidney beans], salt), tomatoes (diced tomatoes, tomato puree, citric acid [added as needed]), potatoes (potatoes, sodium acid pyrophosphate), onions, zucchini, spinach, carrots, red bell peppers, vegetable stock plus (yeast extract, salt, water, natural flavor, olive oil, potato maltodextrin, turmeric, spice, carrot powder), modified corn starch, extra virgin olive oil, garlic puree (garlic, water), sugar, sea salt, spice.