



Hong Kong/Macau Harvest Gourmet Schnitzel Product Guide

NUTRITIONAL GUIDE

HONG KONG & MACAU NUTRITION INFORMATION November 2021											
	Serving Size (g)	Energy (kcal)	Protein (g)	Total Fat (g)	Saturated-fat (g)	Trans-fat (g)	Cholesterol (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
AVG QTY PER SERVING											
Subway 6-Inch® Subs	Values include lettuce, tomatoes, cucumbers, onions and green bell peppers and triangle sliced cheese										
Harvest Gourmet Schnitzel on Subway® Honey Oat Bread	260	486	26.0	16.6	3.2	0.2	2	54.3	9.8	8.7	832
Harvest Gourmet Schnitzel on Subway® Italian White Bread	253	468	25.2	16.3	3.1	0.2	2	51.4	8.9	6.7	779
Harvest Gourmet Schnitzel on Subway® Parmesan Oregano Bread	258	485	26.2	16.8	3.3	0.2	2	53.6	8.9	7.2	990
Harvest Gourmet Schnitzel on Subway® Wheat Bread	255	468	25.3	16.2	3.2	0.2	2	51.2	9.8	6.7	812
Meat, Poultry, Egg, Seafood & Vegetarian	Amount on a Subway 6-Inch® Sub										
Harvest Gourmet Schnitzel (plant based)	90	219	14.8	10.9	0.8	0.1	2	12.2	6.1	1.8	401
Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.											
Double values for approximate Subway Footlong® sub nutrition values.											

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AVG QTY PER 100g											
Subway 6-Inch® Subs	Values include lettuce, tomatoes, cucumbers, onions and green bell peppers and triangle sliced cheese										
Harvest Gourmet Schnitzel on Subway® Honey Oat Bread	100	187	10.0	6.4	1.2	0.0	1	20.9	3.8	3.4	320
Harvest Gourmet Schnitzel on Subway® Italian White Bread	100	185	10.0	6.4	1.2	0.0	1	20.4	3.5	2.7	308
Harvest Gourmet Schnitzel on Subway® Parmesan Oregano Bread	100	188	10.2	6.5	1.3	0.0	1	20.8	3.5	2.8	384
Harvest Gourmet Schnitzel on Subway® Wheat Bread	100	184	9.9	6.4	1.2	0.0	1	20.1	3.8	2.6	319
Meat, Poultry, Egg, Seafood & Vegetarian											
Harvest Gourmet Schnitzel	100	243	16.4	12.1	0.9	0.0	2	13.6	6.8	2.0	445
Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.											

ALLERGEN GUIDE

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.

	Cereals containing Gluten	Crustacean	Egg	Fish	Soybean	Peanut	Milk	Tree Nuts	Sulphites (≥10mg/kg)
Subway 6-Inch® Sub with lettuce, tomatoes, cucumbers, green peppers, onions and triangle sliced cheese									
Harvest Gourmet Schnitzel on Subway® Honey Oat Bread	•		•		•		•	#	
Harvest Gourmet Schnitzel on Subway® Italian White Bread	•		•		•		•	#	
Harvest Gourmet Schnitzel on Parmesan Oregano® Bread	•		•		•		•	#	
Harvest gourmet Schnitzel on Wheat® Bread	•		•		•		•	#	
Meat, Poultry, Egg, Seafood and Vegetarian									
Harvest Gourmet Schnitzel (plant based)	•		•		•			#	
• Contains									
* May contain traces									
# Coconut									

INGREDIENT GUIDE

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 list does not include regional or special promotional items as ingredients vary.

This ingredients list and allergen statement are based on the promotional item only. For information on the other menu items that make up the whole build please refer to the Product Ingredients Guide for the standard menu.

Harvest Gourmet Schnitzel

Ingredients: Water, Bread Crumbs [Wheat Flour (Gluten), Yeast, Vegetable Oil (Rapeseed), Salt, Paprika, Turmeric], Vegetable Oil (Rapeseed), Seasoned Batter [Water, Wheat Flour (Gluten), Tomato Puree, Paprika, Onion, Vinegar, Salt, Garlic, Yeast, Vegetable Oil Rapeseed)], Wheat Gluten (5.9%), Soya Protein (5.9%), Egg White (Chicken), Corn Starch, Citrus Fibre, Yeast, Vinegar, Onion, Salt, Garlic.

Contains: Gluten (Wheat), Soya and Egg. May Contain: Tree Nuts (Coconut).