



## Hong Kong & Macau Subway SubSeries® Signature Product Guide NUTRITIONAL GUIDE

| <b>HONG KONG &amp; MACAU NUTRITION INFORMATION</b><br>August 2023  |                  |               |             |               |                   |               |                  |                  |                   |            |             |
|--|------------------|---------------|-------------|---------------|-------------------|---------------|------------------|------------------|-------------------|------------|-------------|
|  | 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) |
| <b>AVG QTY PER SERVING</b>   |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| <b>Subway SubSeries® Signature Subs</b>  |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| Values include white bread, chicken sausage patty, bacon, egg mayo, cheddar style cheese, mayonnaise, lettuce, tomato, onion, green bell   |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| All Day Brekkie Subway 6-Inch® Sub   | 293              | 704           | 27.0        | 45.8          | 9.8               | 0.9           | 39               | 203.0            | 2.9               | 7.3        | 765         |
| All Day Brekkie Subway Footlong® Sub   | 586              | 1408          | 53.9        | 91.5          | 19.6              | 1.8           | 79               | 406.0            | 5.7               | 14.5       | 1530        |
| <b>Double BLT</b>  |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| Values include parmesan oregano bread, bacon, pepperoni, cheddar style cheese, mayonnaise, lettuce, tomato, onion, green bell pepper   |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| Double BLT Subway 6-Inch® Sub  | 216              | 580           | 21.3        | 35.9          | 9.6               | 0.6           | 9                | 41.9             | 2.8               | 5.3        | 1053        |
| Double BLT Subway Footlong® Sub  | 433              | 1161          | 42.7        | 71.8          | 19.2              | 1.1           | 18               | 83.9             | 5.6               | 10.7       | 2106        |
| <b>Chicken Cordon Bleu</b>   |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| Values include white bread, chicken cutlet, ham, cheddar style cheese, mayonnaise, lettuce, tomato, onion, green bell pepper   |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| Chicken Cordon Bleu Subway 6-Inch® Sub   | 315              | 678           | 34.4        | 35.7          | 11.4              | 0.7           | 52               | 53.2             | 3.0               | 5.2        | 1194        |
| Chicken Cordon Bleu Subway Footlong® Sub   | 630              | 1356          | 68.8        | 71.5          | 22.8              | 1.4           | 105              | 106.4            | 6.0               | 10.4       | 2388        |
| 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.   |                  |               |             |               |                   |               |                  |                  |                   |            |             |

| <b>HONG KONG &amp; MACAU NUTRITION INFORMATION</b><br>August 2023  |                  |               |             |               |                   |               |                  |                  |                   |            |             |
|--|------------------|---------------|-------------|---------------|-------------------|---------------|------------------|------------------|-------------------|------------|-------------|
|  | 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) |
| <b>AVG QTY PER 100g</b>  |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| <b>Subway SubSeries® Signature Subs</b>  |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| Values include white bread, chicken sausage patty, bacon, egg mayo, cheddar style cheese, mayonnaise, lettuce, tomato, onion, green bell   |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| All Day Brekkie  | 100              | 240           | 9.2         | 15.6          | 3.4               | 0.3           | 13.4             | 69.3             | 1.0               | 2.5        | 261         |
| <b>Double BLT</b>  |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| Values include parmesan oregano bread, bacon, pepperoni, cheddar style cheese, mayonnaise, lettuce, tomato, onion, green bell pepper   |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| Double BLT   | 100              | 268           | 9.9         | 16.6          | 4.4               | 0.3           | 4.3              | 19.4             | 1.3               | 2.5        | 487         |
| <b>Chicken Cordon Bleu</b>   |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| Values include white bread, chicken cutlet, ham, cheddar style cheese, mayonnaise, lettuce, tomato, onion, green bell pepper   |                  |               |             |               |                   |               |                  |                  |                   |            |             |
| Chicken Cordon Bleu  | 100              | 215           | 10.9        | 11.3          | 3.6               | 0.2           | 16.7             | 16.9             | 1.0               | 1.7        | 379         |
| 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

| <b>Hong Kong &amp; Macau Ingredient Information for People with Food Allergies and Sensitivities</b><br><b>August 2023</b>   |   |      |             |          |              |        |           |        |     |                     |                    |                                   |                   |
|--|---|------|-------------|----------|--------------|--------|-----------|--------|-----|---------------------|--------------------|-----------------------------------|-------------------|
| <small>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.</small> |   |      |             |          |              |        |           |        |     |                     |                    |                                   |                   |
|  | Egg   | Fish | Crustaceans | Molluscs | Milk/Lactose | Peanut | Tree Nuts | Sesame | Soy | Cereals with Gluten | Sulphites ≥10mg/kg | Autolyzed Yeast Hydrolyzed Prot.1 | Nitrites/Nitrates |
| Subway SubSeries® Signature Subs   |   |      |             |          |              |        |           |        |     |                     |                    |                                   |                   |
|  | With white bread, chicken sausage patty, bacon, egg mayo, cheddar style cheese, mayonnaise, lettuce, tomato, onion, green bell pepper |      |             |          |              |        |           |        |     |                     |                    |                                   |                   |
| All Day Breakkie   | •   |      |             |          | •            |        |           |        | •   | •                   |                    | •                                 | •                 |
| With parmesan oregano bread, bacon, pepperoni, cheddar style cheese, mayonnaise, lettuce, tomato, onion, green bell pepper   |   |      |             |          |              |        |           |        |     |                     |                    |                                   |                   |
| Double BLT   | •   |      |             |          | •            |        |           |        | •   | •                   |                    | •                                 | •                 |
| With white bread, chicken cutlet, ham, cheddar style cheese, mayonnaise, lettuce, tomato, onion, green bell pepper   |   |      |             |          |              |        |           |        |     |                     |                    |                                   |                   |
| Chicken Cordon bleu  | •   |      |             |          | •            |        |           |        | •   | •                   |                    | •                                 | •                 |
| • Contains<br>* May contain traces   | <sup>1</sup> Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.           |      |             |          |              |        |           |        |     |                     |                    |                                   |                   |

## 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.

### ALL DAY BREAKKIE

**Egg Mayo (Egg Mix)** (Egg, Trehalose, Thickener (1442), Vegetable Oil, **Egg** Albumen Powder, Salt, Thickener (415), Food Acid (330)), **Mayonnaise (Soybean Oil, Water, **Egg**, Vinegar, **Egg** Yolk, Salt, Sugar, Acidity Regulators (262, 330), Mustard Powder, Onion Powder, Yeast Extract (Yeast Extract, Maltodextrin), Garlic Powder, Thickener (415), White Pepper, Stabiliser (385), Mustard Seed Extract)), **Vegetables** (Lettuce, Tomato, Onion, Green Bell Pepper), **White Bread (Wheat** Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Food Acid (300), Enzymes), **Chicken Sausage Patty** (Chicken, Water, **Soy** Protein, Seasoning (Maltodextrin, Salt, Spices, Herbs, Yeast Extract (**Barley**), Bell Pepper Powder, Non- Hydrogenated Vegetable Oil, Herb Extracts, Acid Regulator (330), Spice Extract), Humectant (451i, 452i), Onion Powder, White Pepper, Caramel Sugar Syrup), **Mayonnaise (Soybean Oil, Water, **Egg**, Vinegar, **Egg** Yolk, Salt, Sugar, Acidity Regulators (262, 330), Mustard Powder, Onion Powder, Yeast Extract (Yeast Extract, Maltodextrin), Garlic Powder, Thickener (415),****

White Pepper, Stabiliser (385), Mustard Seed Extract), **Cheddar Style Cheese** (Cheese (Cow's **Milk**, Salt, Cultures (**Milk**), Enzyme (Microbial/Calf Rennet)), Water, **Milk** Solids, Emulsifiers (331, 332, 322 (**Soy** Lecithin)), Salt, Acidity Regulators (330), Preservative (200)), **Bacon** (Pork Belly, Salt, Sugar, Smoke Flavouring, Stabiliser (E451), Antioxidant (E316), Preservative (250, (Sodium Nitrite))).

**Contains: Egg, Soy, Gluten (Wheat, Barley), Milk.**

## DOUBLE BLT

**Parmesan Oregano Bread (White Bread (Wheat** Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Food Acid (300), Enzymes), **Parmesan Oregano Topping** (Rice flour, Roasted **Soybean**, Cheese Powder (**Milk**), Skimmed **Milk** Powder, Salt, Rapeseed Oil, Spices, Flavour)), **Vegetables** (Lettuce, Tomato, Onion, Green Bell Pepper), **Pepperoni** (Meat (Pork, Beef), Pork Fat, Salt, Seasoning (Spices, Dextrose, Glucose Syrup, Salt, Antioxidant (301, 300), Flavour, Extracts (Paprika, Pepper, Jasmine Tea), Smoke Flavouring), Rosemary Extract, Colour (160c), Culture, Preservative (250)), **Mayonnaise** (**Soybean** Oil, Water, **Egg**, Vinegar, **Egg** Yolk, Salt, Sugar, Acidity Regulators (262, 330), Mustard Powder, Onion Powder, Yeast Extract (Yeast Extract, Maltodextrin), Garlic Powder, Thickener (415), White Pepper, Stabiliser (385), Mustard Seed Extract), **Bacon** (Pork Belly, Salt, Sugar, Smoke Flavouring, Stabiliser (E451), Antioxidant (E316), Preservative (250 (Sodium Nitrite))), **Cheddar Style Cheese** (Cheese (Cow's **Milk**, Salt, Cultures (**Milk**), Enzyme (Microbial/Calf Rennet)), Water, **Milk** Solids, Emulsifiers (331, 332, 322 (**Soy** Lecithin)), Salt, Acidity Regulators (330), Preservative (200)).

**Contains: Gluten (Wheat), Milk, Soy, Egg.**

## CHICKEN CORDON BLEU

**Chicken Cutlet** (Chicken Patty (Chicken, **Milk** Solids, Native Food Starch, Salt, Dextrose, Stabilizers (451i, 450iii), Sugar, Maltodextrin), Coating (Flour (**Wheat**, Rice), Thickener (1420), Spice (Black Pepper), Salt, Yeast Extract, Sugar, Yeast, Raising Agents (450i, 500ii), Vegetable Powders (Garlic, Onion), Natural Flavouring Substances, Spice Extract (Black Pepper)), Non-Hydrogenated Palm Olein, Water), **Vegetables** (Lettuce, Tomato, Onion, Green Bell Pepper), **White Bread (Wheat** Flour (Thiamine, Folic Acid), Water, Yeast, Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt (Anti Caking Agent (535)), **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Food Acid (300), Enzymes), **Ham** (Pork, Water, Salt, Dextrose, Modified Maize Starch, Stabilisers (407, 450, 451), Smoke Flavouring, Antioxidant (301), Preservative (250 (Sodium Nitrite))), **Mayonnaise** (**Soybean** Oil, Water, **Egg**, Vinegar, **Egg** Yolk, Salt, Sugar, Acidity Regulators (262, 330), Mustard Powder, Onion Powder, Yeast Extract (Yeast Extract, Maltodextrin), Garlic Powder, Thickener (415), White Pepper, Stabiliser (385), Mustard Seed Extract), **Cheddar Style Cheese** (Cheese (Cow's **Milk**, Salt, Cultures (**Milk**), Enzyme (Microbial/Calf Rennet)), Water, **Milk** Solids, Emulsifiers (331, 332, 322 (**Soy** Lecithin)), Salt, Acidity Regulators (330), Preservative (200)).

**Contains: Milk, Gluten (Wheat), Soy, Egg.**