

Subway Allergens to be provided separately	Gluten	Wheat	Rye	Barley	Oats	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Almonds	Brazil Nuts	Cashews	Hazelnuts	Macadamia	Pecan	Pistachio	Walnuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur dioxide	
<b>Refreshments</b>																											
The Tea Box	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	X	X
Hot drink and orange juice	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Hot drink and deluxe biscuits	✓	✓	X	X	✓	X	X	X	X	X	—	X	X	X	X	X	X	X	X	X	✓	✓	✓	X	X	—	X
Hot drink and classic biscuits	✓	✓	X	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	—	—	✓	X	X	—	X
Hot Drink and Gluten Free Biscuits	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	✓	X	X	X	X
Hot Drink and Vegan Biscuits	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	X	X	X	X
Hot drink and cake (GF & Vegan)	X	X	X	X	X	X	X	X	X	X	—	—	X	X	—	X	—	—	—	X	X	X	X	X	X	X	X
Hot Drink and Lemon Cake	✓	✓	X	X	X	X	X	X	X	X	—	—	X	—	—	X	—	—	—	X	✓	✓	X	X	X	X	X
Hot Drink and Carrot Cake	✓	✓	X	X	X	X	X	X	X	X	✓	—	X	X	—	X	—	✓	✓	X	—	—	X	X	X	X	X
<b>Individual Hot Drinks</b>																											
Tea	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	X	X
Filter coffee	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	X	X
Herbal tea	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	X	X
<b>Biscuit Packs</b>																											
Classic biscuit packet	✓	✓	X	X	✓	X	X	X	X	X	—	—	—	—	—	—	—	—	—	—	✓	✓	✓	X	X	—	X
Deluxe biscuit packet	✓	✓	X	X	✓	X	X	X	X	X	—	—	—	—	—	—	—	—	—	—	✓	✓	✓	X	X	—	X
Fairtrade biscuit packet	✓	✓	X	X	✓	X	X	X	X	X	—	—	—	—	—	—	—	—	—	—	✓	✓	✓	X	X	—	X
Gluten Free biscuit packet	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	✓	X	X	X	X
Vegan biscuit packet	✓	✓	X	X	X	X	X	X	X	X	—	—	—	—	—	—	—	—	—	—	✓	X	X	X	X	X	X
<b>Breakfast</b>																											
Continental Breakfast	✓	✓	X	X	—	X	X	X	X	X	✓	✓	—	—	—	—	✓	—	—	—	✓	✓	✓	X	X	—	X
Breakfast Boost	✓	✓	X	✓	✓	X	X	X	X	—	X	—	X	✓	—	—	—	—	—	—	X	—	✓	X	X	X	X
Hot Breakfast, Tomato and Cheese Croissant	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	✓	X	X	X	X
Hot Breakfast, Vegan Tomato and Cheese Croissant	✓	✓	X	—	—	X	X	X	X	X	—	—	X	—	—	X	X	—	X	—	—	—	X	X	X	X	X
Hot Breakfast, Bacon Bap	✓	✓	X	—	X	X	X	X	X	X	—	—	X	X	—	X	—	—	—	—	X	—	X	X	X	—	X
Hot Breakfast, Gluten Free Bap	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓
Hot Breakfast, Vegan Bap	✓	✓	X	X	X	X	X	X	X	X	—	X	X	X	X	X	X	X	X	—	—	X	—	✓	X	—	X
Hot Breakfast, Sausage Bap	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓
Hot Breakfast, Vegan Sausage Bap	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Hot Breakfast, Gluten Free Vegan Sausage Bap	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
<b>Danishes</b>																											
Cocktail danish	✓	✓	X	X	X	X	X	X	X	X	✓	✓	X	X	—	X	✓	—	—	X	✓	✓	✓	X	X	—	X
Cocktail pain au chocolate	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	✓	✓	✓	X	X	X	X
Cocktail all butter croissant	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	—	✓	✓	✓	X	X	X	X
<b>Lunch Bags</b>																											
Roast Chicken Salad Sandwich (MEAT)	✓	✓	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	—	X	X
Lemon Chicken Salad Sandwich (GF) (MEAT)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
BLT Sandwch (MEAT)	✓	✓	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	—	X	X
Cheddar Ploughmans Sandwich (VEGETARIAN)	✓	✓	X	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	✓	X	X	X	X
Cheese, Onion & Coleslaw Sandwich (VEGETARIAN)	✓	✓	X	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	✓	X	✓	X	X
Egg & Cress Roll (GF) (VEGETARIAN)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	✓	X	X	X
Cheese & Onion Sandwich (GF) (VEGETARIAN)	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	—	X	X	X
Quorn Ham Salad Sandwich (VEGAN)	✓	✓	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	X
Quorn Club Sandwich (VEGAN)	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	X
Quorn Chicken & Stuffing Sandwich (VEGAN)	✓	✓	X	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	X
Coronation Chickpea (VEGAN)	✓	✓	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	✓	X	X	X
Ploughmans Sandwich (VEGAN)	✓	✓	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	✓	X
Chickpea & Mango Wrap (Vegan) (WRAP)	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	X
Chipotle & Houmous Wrap (Vegan) (WRAP)	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	✓	X
Chicken Caesar Wrap (Vegetarian) (WRAP)	✓	✓	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	✓	X	✓	X	✓	X
Falafel & Yogurt Wrap (Vegetarian) (WRAP)	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	✓	X	X	✓	X	X
Southern Fried Chicken Wrap (WRAP)	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	X	X
Tuna & Sweetcorn Wrap (WRAP)	✓	✓	X	X	X	X	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	X	X	X	X
Tuna & Sweetcorn Wrap (WRAP)	✓	✓	X	X	X	X	X	✓	X	X	X	X	X	X	X	X	X	X	X	X	✓	X	X	X	X	X	X

Subway Allergens to be provided separately	Gluten	Wheat	Rye	Barley	Oats	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Almonds	Brazil Nuts	Cashews	Hazelnuts	Macadamia	Pecan	Pistachio	Walnuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur dioxide	
<b>Lunch Boxes</b>																											
Lunch Box (meat)	✓	✓	✗	✓	✗	✗	✗	✗	—	✗	—	—	—	—	—	—	—	—	—	✓	✓	✓	✓	—	✗	✗	
Lunch Box (Veg)	✓	✓	✗	✓	✗	✗	✗	✗	—	✗	—	—	—	—	—	—	—	—	—	✓	✓	✓	✗	—	✗	✗	
Lunch Box (Vegan & Dairy Free)	✓	✓	✗	✓	✗	✗	✗	✗	—	✗	—	—	—	—	—	—	—	—	—	✓	✗	—	✗	✓	✗	✗	
<b>Buddah Box</b>																											
Bento buddah box - Chicken	✓	✓	✗	—	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✗	✓	—	—	✓	✓	
Bento buddah box - Vegan	✓	✓	✗	—	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✗	✓	—	—	✓	✓	
<b>Hot Boxes</b>																											
Mac and Chicken	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	
Pulled Pork	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	—	✓	✗	✓	
Falafel pitta box	✓	✓	✗	✗	✗	✗	✗	✗	—	✗	✓	✓	—	—	—	—	—	—	—	✗	✗	✓	✗	✗	✓	✓	
Vegan curry	✓	✓	✗	—	✗	✗	✗	✗	✗	✗	—	—	—	—	—	✗	—	—	—	✗	✗	✓	✓	✓	✗	✗	
<b>Picnic Sharing Boxes</b>																											
Falafel and humous salad box	—	—	✗	—	✗	✗	✗	✗	—	✗	✓	✓	—	—	—	—	—	—	—	✗	✗	✗	✓	✗	✓	✓	
Chargrilled chicken caesar	✓	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗	
Roast veg pesto pasta salad box	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	
Sandwich box (mixed)	✓	✓	✗	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✗	✗	
Sandwich box (vegan)	✓	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✗	✓	
Sandwich box (Halal)	✓	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✗	✓	—	✗	✗	
Cheese and biscuits	✓	✓	✓	✓	—	✗	✗	✗	✗	✗	—	—	—	—	—	—	—	—	—	—	✓	✓	✓	✗	—	✓	
Wings and things	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	—	✓	✓	—	—	✗	✓	
Vegan wings and things	✓	✓	✗	✓	✗	✗	✗	✗	✗	✗	—	—	—	—	—	—	—	—	—	✓	✗	—	✗	✓	✗	✓	
Bowl of kettle crisps	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Smoked mixed nuts	—	—	✗	✗	✗	✗	✗	✗	—	✗	✓	✓	—	✓	✓	—	✓	—	—	—	✗	—	—	—	—	✗	
Marinated olives	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Wing selection	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Fresh fruit salad box	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Whole fruit bowl	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
<b>Afternoon Tea</b>																											
Afternoon Tea box	✓	✓	✗	✓	✓	✗	✗	✓	✗	✗	✓	✓	—	—	—	—	—	—	—	—	✗	✓	✓	✗	—	✗	✗
Treat Box	✓	✓	✗	✓	✗	✗	✗	✗	—	✗	—	—	—	—	—	—	—	—	—	✓	✓	✓	✗	✗	✗	✓	
Doughnut selection	✓	✓	✗	✓	✗	✗	✗	✗	—	✗	—	—	—	—	—	—	—	—	—	✓	✓	✓	✗	✗	✗	✗	
Waffle au chocolate	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	—	✗	✗	✗	✗	
Lemon Sponge	✓	✓	✗	✗	✗	✗	✗	✗	—	✗	—	—	✗	✗	—	✗	—	—	—	✗	✓	✓	✗	✗	✗	✗	
Chocolate Brownie	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	—	—	✗	✗	—	✗	—	—	—	✓	✓	✓	✗	✗	✗	✗	
Vegan Carrot & Pistachio cake	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✓	—	✗	✗	—	✗	—	✓	✓	✗	—	—	✗	✗	✗	✗	
<b>Sushi Platters</b>																											
Sumo Tray	✓	✓	✗	✗	—	✓	✓	✓	✗	✗	—	—	—	—	—	—	—	—	—	✓	✓	✗	✗	✗	✓	✓	
Vegetarian Osaka Tray	✓	✓	✗	✗	—	✗	✗	✗	✗	✗	—	—	—	—	—	—	—	—	—	✓	✓	✓	✗	✗	✗	✗	
Fish Sharing Platter	✓	✓	✗	✗	—	✓	✗	✓	✗	✗	—	—	—	—	—	—	—	—	—	✓	✓	✗	✗	✗	✓	✗	
<b>Pizza</b>																											
Texas BBQ Pizza	✓	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	—	✓	✗	✗	✗	✗	
Vegan Pizza	✓	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	—	—	✗	✗	✗	✗	
Margherita Pizza	✓	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	—	✓	✗	✗	✗	✗	
Pepperoni Passion Pizza	✓	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	—	✓	✗	✗	✗	✗	
Chicken Tikka Pizza	✓	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	—	✓	✗	✗	✗	✗	
GF Texas BBQ Pizza	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	—	✓	✗	✗	✗	✗	
GF Vegan Pizza	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	—	—	✗	✗	✗	✗	
GF Margherita Pizza	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	—	✓	✗	✗	✗	✗	
GF Pepperoni Passion Pizza	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	—	✓	✗	✗	✗	✗	
GF Chicken Tikka Pizza	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	—	✓	✗	✗	✗	✗	

Jan 2024 Allergens are correct at the time of publishing, but on occasion ingredients may be substituted. If you have any doubt regarding the ingredients, please ask a member of the team.

✗ does not contain ✓ contains — may contain