

Subway

Menu Item	FODMAP Ingredients to be Aware of
Breads	
9-Grain Wheat Bread	whole wheat flour enriched flour wheat gluten wheat gluten barley honey
Ciabatta Bread	enriched wheat flour wheat gluten dough conditioner malted barley flour
Deli Roll	enriched flour wheat gluten
Flatbread	enriched unbleached wheat flour skim milk powder wheat gluten cultured wheat flour
Gluten-Free Bread	
Hearty Italian Bread	<i>refer to italian bread</i>
Honey Oat Bread	<i>refer to 9-grain wheat bread</i> honey oat topping
Italian (white) Bread	enriched wheat flour wheat gluten
Italian Herbs and Cheese Bread	<i>refer to italian bread</i> toasted wheat crumbs dehydrated garlic
Monterey Cheddar Bread	<i>refer to italian bread</i>
Multigrain Flatbread	whole grain whole wheat flour whole wheat flakes

oats
wheat gluten
skim milk powder4
amaranth seeds
cultured wheat flour
wheat grain barley
whole rya
whole grain triticales

Parmesan Oregano Bread

refer to italian bread
garlic powder
dehydrated vegetables (garlic, onion, green pepper)

Wrap

unbleached wheat flour
culutre wheat flour

Meat, Poultry, Seafood & Eggs

Bacon Slices

BMT Meats: Salami

garlic

BMT Meats: Pepperoni

BMT Meats: Ham

Chicken Cutlet

onion powder
garlic powder
honey

Chicken Strips

onion powder

Chicken Strips (Teriyaki Glazed)

wheat
dehydrated green onion
dehydrated garlic
dehydrated onion

Cold Cut Combo Meats: Bologna

modified milk ingredients
garlic powder

Cold Cut Combo Meats: Cooked Salami

Cold Cut Combo Meats: Luncheon Loaf

onion powder

garlic powder

Egg Omelet Patty Regular skim milk powder

Egg White Omelet Patty

Egg Salad

Falafel toasted chickpeas
dehydrated onion
toasted wheat crumb
dehydrated garlic

Ham

Italian Hero Meats: Mortadella modified milk ingredients

Italian Hero Meats: Capicola garlic powder

Italian Hero Meats: Salami garlic

Meatballs bread crumbs
seasoning (dehydrated onion & garlic)

Marinara Sauce dehydrated onions
onion powder

Roast Beef

Rotisserie Style Chicken onion powder

Sausage Breakfast

Steak garlic
onion

Seafood Sensation wheat starch
sorbitol

Tuna

Turkey Breast

Veggie Patty (vegan)

onions
mushrooms
wheat gluten
oats
onion powder
garlic powder

Cheese

Cheddar Cheese Product, Processed

Feta

Monterey Cheese Blend

Monterey Jack

Natural Cheddar

Natural Swiss (sliced)

Vegetables

Avocado Puree

avocado

Banana Peppers

Cucumbers

Green Pepper

Green Onions and Peppers

red onion

Jalapeno Pepper Slices

Pickles

Lettuce

Olives

Onions

red onions

Tomatoes

Condiments

Chipotle Southwest

dehydrated onion
buttermilk
skim milk powder
dehydrated onion
dehydrated garlic
sucralose

Fat Free Honey Mustard

dehydrated onion
dehydrated garlic

Fat Free Sweet Onion

dehydrated onion
onion juice
dehydrated mince onion

House Sandwich Sauce (Zesty Italian)

dehydrated garlic
onion

Light Mayonnaise Type Dressing

Mayonnaise Regular

Mustard (deli brown)

Mustard (yellow)

garlic powder

Tzatziki

Cookies

Chocolate Chip

enriched flour
wheat starch

Chocolate Chip with Rainbow Gem

enriched wheat flour
milk chocolate gems

Chocolate Chunk

enriched wheat flour

Double Chocolate

enriched wheat flour (contains barley)
wheat starch

Oatmeal Raisin

enriched wheat flour

rolled oats

Peanut Butter
enriched wheat flour
lactose [milk]
skim milk powder
powder buttermilk
wheat starch

Raspberry Cheesecake
enriched wheat flour
cream cheese product
wheat starch

Sugar
enriched wheat flour

White Chip Macadamia Nut
enriched wheat flour

Soups

Beef Chili with Beans
dark red kidney beans
garlic powder
onion powder
dehydrated onion

Black Bean (vegan)
black bean
onions
celery
onion powder
garlic puree
onion juice concentrate

Chicken and Wild Rice
whipping cream
whole milk
wheat flour
skim milk powder
celery
onion

Cream of Broccoli
broccoli
whole milk
whipping cream
wheat flour
dehydrated onion
garlic powder

skim milk powder
onions
cream flavour

Cream of Mushroom

mushrooms
whipping cream
skim milk
skim milk powder
wheat flour

French Onion

onions
onion powder
garlic powdered
no salt sherry (california white wine)
onion juice concentrate
onion powder
garlic powder

Homestyle Chicken Noodle

noodles
celery
wheat flour

Loaded Baked Potato

whole milk
whipping cream
cream cheese
onion
wheat flour
honey
green onion

Mediterranean Sour (vegan)

dark red kidney beans
onions
garlic puree

Tomato Basil

whipping cream
onions
garlic powder