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Does subway have gluten free cookies

The following soups at Subway are NOT gluten free: Beef Chili, Creamy Chicken and Dumpling Soup, Creamy Chicken and Wild Rice Soup, French Onion Soup, Homestyle Chicken Noodle Soup, Loaded Baked Potato Soup. The good news is, 10 minutes later, I walked out of Subway with my gluten free sub feeling super impressed! That's one happy lady with her gluten free Sub! I began by asking the member of staff behind the counter if they had gluten free bread in stock and he confirmed they did - step 1 complete. Subway's allergy statement is "All food is freshly prepared in our kitchens and whilst we have controls in place to minimise cross-contamination, Subway handle many allergens and cannot guarantee that our food will be allergen free and therefore suitable for those with allergies". Watch out for the soups and cross contamination. Subway Gluten Free Menu These are all gluten free options we could find at Subway. Before unwrapping my gluten free bread from its packaging, my server changed his gloves and ensured a new sheet of paper was placed down on the counter and the oven tray. The moral of the story, don't be afraid to ask! I was always so wary about eating at Subway and don't get me wrong, it's still a risk and you might not always get a server as accommodating as I did, but by asking questions and seeing if they can go the extra mile, you might just get yourself a delicious gluten free meal. Most are gluten free, these include: Bacon Strips, Chicken Patty (Roasted), Chicken Strips (Plain), Cold Cut Combo Meats, Ham (Black Forest), Italian BMT (Ham, Pepperoni, Salami), Pepperoni, Roast Beef, Rotisserie Style Chicken, Spicy Italian (Pepperoni, Salami), Steak, Tuna, Turkey Breast. What is gluten free at Subway? Double values for footlong nutrition information (one footlong = two 6" servings) - excluding salads Per Serving size Per 100g Subway Nutrition Information March 2025 Now the UK is getting in on the gluten-free option, too, with additional gluten-free options to roll out in Subway by 2025. Leave a comment below. It is not that common, yet, but it may be available in your area. The gluten-free bread not only tastes better but has a better texture too. I will have to try it again sometime if they ever get gf bread or other gluten free options. Fresh salad from the back fridgeNo safe gluten free crisps for meThings that made me feel confident eating at Subway: The staff member who served me was more than happy to agree to use fresh ingredients from the back He changed his gloves before and mid way through preparing my sandwich He changed the paper underneath my sandwich every time it was moved whilst it was being prepped He prepared only my sandwich during my order and only served the person behind me once mine was wrapped (usually whilst one sandwich is in the oven they'll start on the next one) He was friendly and understanding and didn't make me feel embarrassed to ask about extra care being taken My gluten free roast chicken sub! In conclusion, I thoroughly enjoyed my gluten free subway and I felt comfortable eating it after considering the cross-contamination risks. My Personal Experience It seemed only fair that in order for me to write an honest and factually accurate blog on gluten free at Subway, I should pay a visit myself. Gluten-free bread is made in a gluten-free environment, but the bread may still come into contact with gluten, as other products in our restaurant contain gluten and the products are prepared with the same equipment. In this article and guide, we'll highlight all the gluten free options available at Subway. Remember, you're not being an inconvenience, you're just a gluten free person, standing in front of a popular sandwich chain, asking them to put a little extra care into prepping your sub... Below, I've broken down the current Subway menu into sections to outline what is gluten free and what is not gluten free. Some people positively noted the GF protein bowls, but most reviews were negative otherwise. It's also no surprise that none of the cookies or muffins were gluten free. Reasons why fresh ingredients from the back are safer than those displayed: ☹ Proximity to bread crumbs: Ingredients in the deli counter are positioned right next to the sandwich prep area with a risk of bread crumbs spilling onto fillings and salad Overcrowded tubs: Ingredients are displayed very close to one another and if the tubs are full, gluten ingredients may easily overflow and come into contact with gluten free options☹ Glove Hygiene: Fillings and salads are replenished throughout the day by staff not changing gloves between each top up. Does Subway® offer gluten-free options? Only the pre-packaged gluten free bread. Now, Subway has over 41,000 locations worldwide in over 100 countries. Extras and Other Condiments Subway also offers Egg and Egg White Omelets, Egg Salad, and Egg Patties that are all gluten free. I have had a few Subway's since being diagnosed coeliac because they are a handy on-the-go meal, especially because you'll usually find them at train stations or service stations. To clarify, this is for UK & Ireland Subway only and this should be used as a guide and not an official allergen matrix because menus and ingredients change all the time. However, other meat items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free. " No other bread, wraps, or rolls are gluten free at Subway. Mainly you can get salads, toppings, sauces, and drinks. Items to Avoid at Subway Unfortunately pretty much all desserts have wheat/gluten or touches wheat/gluten. This blog was last updated in March 2025 Table of ContentsBefore we start, it's crucial to highlight... Subway restaurants handle a substantial amount of gluten, considering the fact that 90% of their menu is sandwiches, the restaurants are a hot spot for gluten particles... The best part of it was the convenience of grabbing something on the go! It's something all of us coeliacs and gluten free struggle with so it's great to know this is a potential option. In all honesty, I wouldn't have felt quite so comfortable if I had to have the fillings from the deli counter so if you visit and they are happy to get fresh ingredients from the back then it's much safer. Notice anything missing or incorrect? Sauces Most of the Subway sauces and condiments are gluten free including: Chipotle Southwest, Light or Regular Mayonnaise, Ranch, Oil, Subway Vinaigrette, Mustard, Vinegar, Sweet Onion Some Subway restaurants also have these sauces which are gluten free too: Barbecue, Buffalo, Creamy Italian, Gorgonzola, Golden Italian, Fire Roasted Tomato Sauce, Hot Pepper Relish, Horseradish, Honey Mustard, Savory Caesar, Smoky Hickory, Sweet Chili, Sriracha, Tzatziki Cucumber The following sauces at Subway are NOT gluten free: Sweet Onion Teriyaki Sauce Related: Is Sriracha Hot Sauce Gluten Free? What we've written below gives you a breakdown of everything that is, or can be made, gluten free at Subway so that you can make an informed decision. These two meat items are NOT gluten free at Subway: Chicken Strips (Teriyaki Glazed) and Meatballs & Marinara Some Subway locations also offer these meats that are gluten free: BBQ Pulled Pork, BBQ Rib Patty, Chicken Salad, Chicken Strips (Buffalo Chicken), Corned Beef, Orchard Chicken Salad, Pastrami, Sausage (Breakfast). Yes, we have gluten-free bread on our menu. When you order at the restaurant or online/in the app for delivery/pickup, tell them you have an allergy or Celiac Disease so they take precautions with your food. Subway has a 3 star ranking on Find Me Gluten Free with around 50 total ratings. Catering. Here are some resources we've found: Find a Subway location near you on this page for the United States, and this page for worldwide. Subway is a popular fast food sub chain that started in America in 1965. Summary of Gluten Free Menu Options at Subway Pro tips and a quick summary of everything gluten free at Subway. Subway is a popular fast food sub chain that started in America in 1965. Then again, you could say that this is similar to most restaurants that offer gluten free options. Want to see all the Nutritional Information about Subway foods? Subway shares this information about their gluten free bread: "Not baked in-restaurant. I have not been back to Subway since before I found out about my gluten intolerance. They are: Apple Slices, Gluten Free Brownie (select locations) All cookies, brownies (except for the GF pre-packaged brownie at select locations), muffins, and cinnamon rolls at Subway are NOT gluten free. 2. Let's find out! Recently Subway launched sauces that are coming to stores. Photo: Random Retail More Information about Subway Looking for additional information about Subway, their foods, and nutritional/ingredients facts? So as always, you're the only person that can decide whether you're happy and comfortable eating a Subway knowing these risks. This article was last updated: April 24, 2024 Gluten Free Bread Some Subway locations are now offering gluten free bread. Being so world famous, many people all over are wondering... Personal experiences here are unknown. The Gluten-Free bread is manufactured in a gluten-free facility. Please remember, that any sandwiches that have been ticked for gluten free, will only be gluten free when using the gluten free bread. I made sure to pick a sauce that was gluten free (I've been glutened before by presuming that the sweet chilli sauce would be gluten free when it's not) and then my sub was wrapped ready for me to take home. I then explained that I have coeliac disease, that I had read the Subway allergen statement and would it be possible to use fresh ingredients from the back rather than fillings on display, which might have been cross-contaminated by previous orders. The company is known for \$5 footlong subs and other sandwiches. Subway's allergen matrix clearly displayed at the counter This is a pretty standard allergen statement to make and it's obvious what they mean; there's bread everywhere, the same ovens are used for gluten and gluten free and the shared prep area poses a considerable risk of cross-contamination, especially the deli counter area. They are: Black Bean Soup, Broccoli and Cheddar Soup, Mediterranean Vegetable Soup, Spicy Chicken Tortilla Soup, and Tomato Basil Soup. These five meat items available at some Subway locations are NOT gluten free: Chicken Enchilada, Falafel, Seafood Sensation, Veggie Patty (Vegetarian), Vegan Patty (Malibu) Vegetables Subway has a wide range of vegetables including: Cucumbers, Green Peppers, Lettuce, Red Onions, Spinach, Tomatoes, Banana Peppers, Jalapeños, Black Olives, Pickles Some Subway locations also have: Avocado, Carrots, Guacamole, Sweet Peppers All of these vegetables are naturally gluten free, but they may come into contact with gluten from the sandwich making process or where the bread is sliced. I would have upgraded to make it a meal deal but unfortunately all of the crisps on offer either contained gluten or had a may contain warning so none were suitable. They offer two options for people with Celiac Disease or a gluten allergy. Never assume ordering a sub with gluten free bread automatically addresses cross-contamination risks; asking questions and making staff aware of your needs is the best practice. However, it's one of those; the more you read about people's horror stories and the cross-contamination risks, the less you would want to put yourself in that situation. Check out this page on their website. It's important to remember that once the gluten free bread is unwrapped, there's a risk of cross-contamination which is why you need to make staff aware of your dietary requirements before this moment, so they can put extra steps in place. Walking into Subway, I made the decision that: if they couldn't answer my gluten free questions or weren't willing to put some extra control measures in place for my order, then I wouldn't take the risk. Use this link for the official UK Subway allergen guide. Much to my delight, he was more than happy to do this for me - a big thumbs up for Subway. Cheese Subway has a variety of cheeses including: American and Monterey Cheddar Some locations also offer: Feta, Mozzarella, Cheddar, Pepperjack, Prolone, Swiss All Subway cheeses are gluten free, but again, they may come into contact with gluten from the sandwich making process or where the bread is sliced. Cookies and Desserts Unfortunately, Subway does not have many gluten free cookies or desserts. Signature SeriesThe following Signature Series sandwiches are gluten free when ordered with gluten free bread: Notorious B.M.T NEW All Star ChickenThe following Signature Series sandwiches are not gluten free (even when ordered with GF bread) because the fillings contain gluten: The Baller - meatballs and crispy onions are not GF Tex Mexan - Doritos are not GF Big Bombay - chicken tikka is not GF Big Breakwich - sausage patty is not GF Tuna Tato - crispy onions are not GF Plant Picante - spiced plant patty and crispy onions are not GF Garlic Cheese Steak - Philly steak is not GF Legendary Teriyaki - crispy onions and teriyaki sauce are not GF NEW All Star Chimichurri Steak - Philly steak and crispy onions are not GF SubMeltsThe following SubMelts are gluten free when ordered with gluten free bread: Stacked Bacon & Cheese SubMelt Cheesy B.M.T SubMelt Tuna SubMeltThe following SubMelts are not gluten free (even when ordered with GF bread) because the fillings contain gluten: Big Cheese Steak SubMelt - Philly steak is not GF NEW BBQ Chicken & Bacon SubMelt - BBQ sauce is not GF Click here to find great gluten free brands & much more! Create your own Sub/SaladThe following classic subs and salad fillings are gluten free when ordered with gluten free bread/in a salad box: Classic B.M.T Tuna Ham Roast Chicken Breast Turkey Breast Veggie Delite Rotisserie-Style ChickenThe following classic subs and salad fillings are not gluten free (even when ordered with GF bread) because the fillings contain gluten: Meatball Marinara Philly Steak Chicken Tikka Plant-Based Steak Plant Patty CheeseVeg/SaucesThe following cheese is gluten free: American Sliced Cheese Shredded Mozzarella & Cheddar Cheese Mozzarella Monterey Jack Cheddar Slices Peppered Cheese Vegan CheeZe The following vegetables are gluten free: Jalapeños Lettuce Cucumber Mixed Peppers Tomato Onion Pickles Sweetcorn Olives Poached EggThe following vegetables are not gluten free: Crispy OnionsThe following sauces are gluten free: Chipotle Southwest Sauce BBQ Sauce Extra Spicy Chipotle Lite Mayonnaise Garlic & Herb Sauce Sweet Onion Sauce Tomato Ketchup Caesar Sauce Marinara Sauce Salsa Garlic Infused Oil Caramelised Red Onion In Balsamic Vinegar Mango Habanero Sauce Chimichurri Sauce Pesto Sea Salt / Mixed Peppercorns Southwest SeasoningThe following sauces are not gluten free: HP Brown Sauce Crispy Onions Sides & SoupsThe following sides and soups are gluten free: Hash Browns Crinkle Wedges Side SaladThe following sides and soups are not gluten free: Doritos Lightly Salted Nachos Doritos Chili Heatwave Nachos Doritos Tangy Cheese Nachos Nacho Chicken Bites Meatballs Pigs in Blankets Chipotle Cheesy Bites Waffle Fries Margherita Slice Pepperoni Slice Cheesy Garlic Slice NEW BBQ Meatballs The following snacks and drinks are gluten free: Hot Drinks Cold DrinksThe following snacks and drinks are not gluten free: Muffins & Donuts - all contain gluten Cookies - all contain gluten Footlong Churro - contains gluten BreakfastThe following Breakfast sandwiches are gluten free when ordered with gluten free bread: Veggie Breakwich Stacked Bacon & Cheese SubMelt Bacon Sub Egg & Cheese SubThe following Breakfast sandwiches are not gluten free (even when ordered with GF bread) because the fillings contain gluten: Bacon & Sausage - sausage patty is not GF Big Breakwich - sausage patty is not GF Sausage Sub - sausage patty is not GF Kids PacksThe following Kids Packs are gluten free when ordered with gluten free bread: Roast Chicken Breast Ham Turkey Breast Veggie Delite This was updated in March 2025 - please note that the Subway menu and allergen information can change at any time so use this as a guide but always double check the official UK Subway allergen guide. Yes, some restaurants do have separate prep areas and ovens but unless they are a dedicated gluten free restaurant, there is still the risk of cross-contamination and human error; even those which are Coeliac UK approved. The same goes for when staff are making sandwiches, the same pair of gloves may be used for various fillings Cross-Container Contamination: Ingredients may drop into other containers when staff reach for items furthest away ☹ Reused Fillings: If there's too much filling taken for a sandwich then it might be put back into the tub for the next order The worst - I've seen a customer change their mind after selecting toppings resulting in the everything being returned to it's container after already touching the bread and other filling Anyway, back to my sandwich, Fresh chicken and cheese from the backNew oven paper used each time I ordered the roast chicken sub with cheese, and like I had asked for, all of the ingredients, including the salad, came fresh from the fridge in the back and some were even taken from unopened packaging. Subway has essentially no gluten free bread options at this time. Meats, Poultry, Seafood Subway has a lot of different meats, poultry, and seafood that you can put on your sandwich. Soups Subway offers a wide variety of soups, with quite a few that are gluten free. NEW - Subway Signature Sauces in Stores Are Subway Signature Sauces Gluten Free? If they use the same ingredients as the sauces in store, then these are the confirmed gluten free options for Subway's signature sauces: Roasted Garlic Aioli Baja Chipotle Creamy Italian MVP The Sweet Onion Teriyaki Signature Sauce is NOT GLUTEN FREE and contains wheat.

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