



AUSTRALIA NUTRITION INFORMATION

October 2011

PER 100g

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein(g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Subway® Sandwiches with 6 g of Fat or Less.*										
Values include wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	100	525	126	10.6	2	0.7	15.9	2.4	2	254.6
Chicken Teriyaki	100	537	128	9.7	1.9	0.6	17.6	4	1.8	314.1
Ham	100	523	125	7.8	1.8	0.7	18	3.5	2.1	364.5
Roast Beef	100	541	129	8.4	2.1	0.8	18.2	3.6	2.1	294
Roasted Chicken	100	543	130	10.8	1.8	0.6	16.6	2.8	2	201.7
Turkey	100	534	128	7.6	2.4	0.8	18.1	2.8	2.1	310.8
Turkey & Ham	100	526	126	7.9	2.2	0.8	17.5	3.1	2	352.4
Subway Club®	100	533	127	8.2	2.3	0.8	17.3	3.1	2	341
Veggie Delite®	100	560	134	5.6	1.8	0.6	22.5	3.4	2.8	185.7
Subway® Sandwiches										
Values include wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken & Bacon Ranch Melt (includes mozzarella)	100	653	156	11.1	6.5	2.2	13.3	2.3	1.6	373.9
Chicken Parma (includes mozzarella)	100	636	152	11.5	4.8	1.8	15.2	2.7	1.5	309
Chicken Schnitzel	100	635	152	11.4	4	1.1	16.7	2.4	1.6	267.1
Chicken Fillet (breaded chicken)	100	670	161	8.5	5.3	1.7	18.6	2.7	2	396.2
Italian B.M.T.®	100	726	173	9.5	7	2.7	17.1	3	2	493.1
Meatball Marinara	100	614	146	6.9	5.6	2.3	16.6	3.7	1.5	264.7
Pizza Sub (includes cheese)	100	761	182	8.8	8.2	3.6	17.3	3.1	2.1	495.6
Seafood Sensation	100	611	146	5.1	4.6	1.1	19.6	3.6	1.9	268.1
Steak & Cheese (with Diced Steak)	100	630	150	12.1	3.9	2	15.4	2.3	1.9	413.5
Subway Melt™ (includes cheese)	100	611	145	9.2	4.6	2.2	15.7	3	1.8	466.1
Tuna	100	615	147	9	5	1.1	15.9	2.3	1.9	250.1
Veggy Patty	100	727	174	6.5	3.6	0.6	27.8	4	1.7	232.8
Mini Subs										
Values include mini wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	100	517	124	12.1	2.1	0.7	13.9	2	1.7	276.8
Ham	100	533	127	7.3	1.8	0.7	18.9	3.4	2.2	330.4
Roast Beef	100	541	129	8.4	2.1	0.8	18.2	3.6	2.1	295.4
Turkey	100	537	128	7.6	2.4	0.8	18.1	2.7	2.1	312.3
Veggie Delite®	100	562	134	5.6	1.8	0.6	22.5	3.3	2.8	186.9
Salads with 6 g of Fat or Less*										
Values do not include salad dressing.										
Chicken (with chicken strips)	100	139	33	4.6	0.7	0.2	2	1.3	1.2	91.2
Ham	100	125	30	2.8	0.6	0.2	2.7	1.9	1.2	147.2
Roast Beef	100	130	31	3.1	0.7	0.2	2.6	2	1.2	106.1
Chicken Teriyaki	100	166	40	4.4	0.7	0.2	3.7	2.4	1.1	135.5
Turkey	100	124	30	2.6	0.9	0.2	2.4	1.5	1.2	113.8
Turkey & Ham	100	131	31	2.9	0.8	0.2	2.6	1.7	1.2	143
Subway Club®	100	136	33	3.2	0.8	0.3	2.6	1.7	1.2	138.3
Veggie Delite®	100	77	18	0.9	0.3	0.1	2.3	1.6	1.4	24.4
Wraps										
Values include wrap, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	100	583	139	9.5	3.2	1.3	17.4	1.9	1.4	313.2
Chicken Teriyaki	100	573	137	8.5	3.2	1.3	18.4	3.1	1.3	413.2
Ham	100	565	136	6.4	3.3	1.4	18.9	2.5	1.5	478.1
Roast Beef	100	584	139	7	3.6	1.5	19.1	2.6	1.5	411.4
Turkey	100	577	138	6.2	3.9	1.5	19	1.8	1.5	429.4
Turkey & Ham	100	568	136	6.6	3.6	1.5	18.4	2.1	1.5	474.5

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein(g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
PER 100g										
Subway Club®	100	573	136	6.9	3.7	1.5	18.2	2.2	1.4	451.3
Veggie Delite®	100	614	147	3.9	3.7	1.6	23.5	2.1	2.0	342.5
Subway® Breakfast Sandwiches Values on wheat bread and include cheese.										
Bacon, Egg & Cheese	100	947	226	13.2	9.1	3.4	21.5	3.2	2.5	568.6
Egg & Cheese	100	955	227	12.7	8.1	2.9	24.1	3.1	2.9	519.5
Ham, Egg & Cheese	100	874	207	12.9	7.2	2.6	21.1	3.3	2.4	578.2
Desserts & Sides										
Chocolate Chip	100	2000	478	4.4	23.3	12.4	66	40.4	2.2	333.3
Double Chocolate Chip	100	1953	467	5.1	21.6	12.4	67.1	44.9	2.2	366.7
Raspberry Cheesecake	100	1904	456	5.1	19.3	10	65.8	35.1	1.1	397.8
White Chip Macadamia Nut	100	2027	484	4.7	24	12	63.6	39.3	1.3	362.2
Yoghurt, Vaalia French Vanilla	100	425	101	5	1.4	0.9	16.5	16.3	0	80
Yoghurt, Vaalia Luscious Berries	100	403	96	4.9	1.3	0.8	15.4	14.9	0	80
Breads										
Subway 6-inch® Wheat Bread	100	1154	276	11.4	3.7	1.3	46.2	4.9	4.7	406.5
Subway 6-inch® White Bread	100	1200	287	10.4	3.6	1.2	50.7	4.9	3.2	441.8
Subway 6-inch® Honey Oat	100	1184	283	12.1	3.8	1.2	46.9	8.3	4.7	406.4
Subway 6-inch® Italian Herbs & Cheese	100	1227	293	11.9	6.1	3.1	46.1	4.4	3.0	614.5
Subway 6-inch® Multigrain Bread	100	913	218	10	2.7	0.7	35.6	3.3	4.6	380
Mini Wheat Bread	100	1129	270	11.1	3.6	1.3	45.2	4.8	4.6	397.9
Mini White Bread	100	1200	287	10.4	3.6	1.2	50.7	4.9	3.2	441.8
Wrap	100	1222	292	7.3	7.7	3.3	46.4	2	2.8	722
Toppings										
Bacon (2 strips)	100	931	223	16.8	15.7	6.8	3.8	3.6	0.0	910
BBQ Sauce	100	625	149	0.8	0.1	0	34.3	31.3	0.0	715
Caesar Dressing	100	1398	334	1.9	26.5	4.9	22.8	15.7	0.0	800
Honey Mustard Sauce	100	590	141	1.3	1.3	0.1	30.8	20.9	0.0	450
Sweet Onion Sauce	100	738	176	0.7	0.6	0	41	37.1	0.4	399
Chipotle Southwest Sauce	100	1921	459	2.9	48	8.1	5.6	3.1	0.0	636
Hot Chili Sauce	100	438	105	1.8	2.3	0.5	17.7	12.2	0.0	1150
Marinara Sauce	100	305	73	1.6	2.5	0.3	11.3	6.9	2.0	335
Mayonnaise (15 ml)	100	1225	293	0.9	30.5	4.9	4.3	0	0.0	438.5
Pineapple	100	238	58	0.6	0.6	0	6.3	12.5	1.3	10
Ranch Dressing	100	1190	284	1.3	31	2.4	2	1	1.0	980
Sweet Chili Sauce	100	805	192	0.2	0.4	0.1	46.2	43.1	1.3	1140
Thousand Island	100	1450	347	0.8	28.1	4.2	22.4	18.5	0.0	400
Tomato Sauce	100	470	112	1.1	0.1	0	24.3	23.3	0.0	1030
Cheese										
Cheddar Cheese	100	1480	354	20.3	29	19.8	3.6	0.1	0	1770
Mozarella	100	1370	327	26	26	18	4	0.5	0	500
Old English	100	1448	346	19.5	28.2	19.6	3.3	3.3	0	1690
Swiss, Processed	100	1490	356	20.3	29.8	16.6	2.5	1.1	0	1612
Vegetables										
Avocado	100	693	166	3.3	15.4	1.7	10	0	5.6	2.0
Beerroot	100	252	60	1.4	0	0	12.4	11.9	2.9	329
Capsicum	100	84	20	0.9	0.2	0.1	2.9	2.4	1.7	3.0
Carrots	100	172	41	0.9	0.2	0	6.8	4.5	2.8	69.0
Cucumbers	100	63	15	0.7	0.1	0	3.1	1.7	0.5	2.0
Jalapenos	100	167	40	1.4	0.6	0.1	3.1	5.9	2.8	1690
Lettuce	100	50	12	1	0.2	0	0.7	0.7	1.4	9.0
Onions	100	159	38	1.2	0.2	0	6.8	4.3	1.8	3.0
Pickles	100	63	15	0	0	0	2	0	0	1200
Olives	100	536	128	1	9.5	1.7	5.1	0.9	2.9	880
Tomatoes	100	75	18	0.9	0.2	0	3.9	2.6	1.2	5.0

PER 100g

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein(g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Smoothies										
Banana (small)	100	271	65	2.7	0.5	0.4	12.1	10	0.0	43.1
Banana (regular)	100	270	65	2.7	0.5	0.4	12.1	10	0.0	43.2
Caribbean (small)	100	237	57	0.2	0.0	0	13.7	11.8	0.0	9.8
Caribbean (regular)	100	242	58	0.2	0.0	0	13.9	12	0.0	10
Mango (small)	100	271	65	1.4	0.5	0.3	13.5	11.3	0.0	29.5
Mango (regular)	100	275	66	1.4	0.5	0.3	13.8	11.5	0.0	30
Strawberry (small)	100	288	69	1.4	0.5	0.3	14.5	12.2	0.0	27.4
Strawberry (regular)	100	293	70	1.4	0.5	0.3	14.8	12.4	0.0	27.8

*Regular SUBWAY SIX INCH® sub with 6 grams of fat or less prepared according to standard recipes on white or wheat bread without cheese or additional low-fat condiments such as mayonnaise.

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.