



AUSTRALIA NUTRITION INFORMATION

October 2011

	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 SERVING										
Subway 6-Inch® Sandwiches with 6 g of Fat or Less.*										
Values include wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	217	1140	273	22.9	4.4	1.5	34.6	5.1	4.3	553
Chicken Teriyaki	238	1280	306	23.1	4.5	1.5	42.0	9.5	4.3	749
Ham	205	1070	257	15.9	3.8	1.4	36.9	7.1	4.3	746
Roast Beef	201	1090	260	16.8	4.2	1.6	36.7	7.3	4.3	592
Roasted Chicken	217	1180	282	23.5	4.0	1.3	36.0	6.2	4.3	438
Turkey	198	1060	254	15.0	4.7	1.6	35.9	5.5	4.3	617
Turkey & Ham	209	1100	263	16.5	4.6	1.6	36.7	6.4	4.3	736
Subway Club®	212	1130	269	17.4	4.8	1.7	36.8	6.6	4.3	724
Veggie Delite®	153	859	205	8.6	2.7	0.9	34.5	5.1	4.3	285
Subway 6-Inch® Sandwiches										
Values include wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken & Bacon Ranch Melt (includes mozzarella)	273	1780	425	30.3	17.8	5.9	36.3	6.2	4.5	1020
Chicken Parma (includes mozzarella)	307	1950	467	35.2	14.9	5.7	46.7	8.2	4.7	947
Chicken Schnitzel	258	1640	393	29.4	10.4	2.9	43.1	6.2	4.3	690
Chicken Fillet (breaded chicken)	213	1430	343	18.2	11.4	3.6	39.7	5.7	4.3	845
Italian B.M.T.®	215	1560	373	20.5	15.0	5.9	36.8	6.5	4.3	1060
Meatball Marinara	279	1710	408	19.3	15.5	6.3	46.2	10.2	4.3	737
Pizza Sub (includes cheese)	222	1690	403	19.5	18.3	7.9	38.5	7.0	4.7	1100
Seafood Sensation	224	1370	326	11.5	10.4	2.6	44.0	8.0	4.3	601
Steak & Cheese (with Diced Steak)	228	1440	343	27.7	9.0	4.5	35.2	5.2	4.3	945
Subway Melt™ (includes cheese)	240	1470	349	22.2	11.0	5.2	37.8	7.1	4.3	1121
Tuna	224	1380	330	20.2	11.1	2.4	35.6	5.2	4.3	561
Veggy Patty	243	1770	423	15.7	8.7	1.4	67.7	9.6	4.3	567
Mini Subs										
Values include mini wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	165	855	204	20.1	3.5	1.2	23.0	3.4	2.8	458
Ham	127	678	162	9.3	2.3	0.9	24.1	4.4	2.8	420
Roast Beef	134	723	173	11.2	2.8	1.1	24.3	4.8	2.8	395
Turkey	132	707	169	10.0	3.1	1.0	23.9	3.6	2.8	411
Veggie Delite®	102	570	136	5.7	1.8	0.6	22.9	3.4	2.8	190
Salads with 6 g of Fat or Less*										
Values do not include salad dressing.										
Chicken (with chicken strips)	378	526	126	17.3	2.7	0.7	7.4	5.1	4.4	345
Ham	365	456	109	10.2	2.2	0.7	9.7	7.1	4.4	538
Roast Beef	362	471	113	11.2	2.6	0.9	9.5	7.2	4.4	384
Chicken Teriyaki	399	663	158	17.5	2.9	0.7	14.8	9.4	4.4	541
Turkey	359	446	107	9.4	3.1	0.8	8.8	5.4	4.4	408
Turkey & Ham	370	485	116	10.9	2.9	0.9	9.5	6.3	4.4	528
Subway Club®	373	508	121	11.8	3.2	1.0	9.6	6.5	4.4	515
Veggie Delite®	314	242	58	3.0	1.1	0.2	7.3	5.1	4.4	77
Wraps										
Values include wrap, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	223	1300	311	21.2	7.2	2.9	38.9	4.3	3.1	699
Chicken Teriyaki	244	1400	335	20.7	7.8	3.1	45.0	7.6	3.1	1010
Ham	211	1190	285	13.5	7.0	3.0	39.9	5.3	3.1	1007
Roast Beef	207	1210	289	14.5	7.4	3.2	39.6	5.4	3.1	853
Turkey	204	1180	283	12.6	7.9	3.1	38.9	3.6	3.1	878
Turkey & Ham	215	1220	292	14.1	7.8	3.2	39.6	4.5	3.1	1020

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PER SERVING										
Subway Club®	218	1250	298	15.1	8.0	3.3	39.7	4.7	3.1	985
Veggie Delite®	159	979	234	6.2	5.9	2.5	37.4	3.3	3.1	546
Subway 6-Inch® Breakfast Sandwiches Values on wheat bread and include cheese.										
Bacon, Egg & Cheese	161	1521	363	21.2	14.6	5.4	34.5	5.1	4.1	913
Egg & Cheese	140	1340	319	17.8	11.4	4.1	33.8	4.4	4.1	729
Ham, Egg & Cheese	166	1450	344	21.5	12.0	4.3	35.0	5.4	4.1	959
Desserts & Sides										
Chocolate Chip	45	900	215	2.0	10.5	5.6	29.7	18.2	1.0	150
Double Chocolate Chip	45	879	210	2.3	9.7	5.6	30.2	20.2	1.0	165
Raspberry Cheesecake	45	857	205	2.3	8.7	4.5	29.6	15.8	0.5	179
White Chip Macadamia Nut	45	912	218	2.1	10.8	5.4	28.6	17.7	0.6	163
Yoghurt, Vaalia French Vanilla	150	638	152	7.5	2.1	1.4	24.8	24.5	0	120
Yoghurt, Vaalia Luscious Berries	150	605	144	7.4	2.0	1.2	23.1	22.4	0	120
Breads										
Subway 6-inch® Wheat Bread	69	796	190	7.8	2.6	0.9	31.8	3.4	3.2	281
Subway 6-inch® White Bread	67	804	192	7.0	2.4	0.8	34.0	3.3	2.2	296
Subway 6-inch® Honey Oat	80	943	225	9.6	3.0	1.0	37.3	6.6	3.7	324
Subway 6-inch® Italian Herbs & Cheese	78	962	230	9.4	4.8	2.4	36.2	3.4	2.3	482
Subway 6-inch® Multigrain Bread	92	840	201	9.2	2.5	0.6	32.8	3.0	4.2	350
Mini Wheat Bread	47	531	127	5.2	1.7	0.6	21.2	2.3	2.1	187
Mini White Bread	45	536	128	4.7	1.6	0.5	22.7	2.2	1.4	197
Wrap	75	916	219	5.5	5.8	2.5	34.8	1.5	2.1	542
Toppings (amount on Subway 6-Inch® sub)										
Bacon (2 strips)	20	188	44.9	3.4	3.2	1.4	0.8	0.7	0.0	184
BBQ Sauce	21	133	31.8	0.2	0.0	0.0	7.3	6.7	0.0	152
Caesar Dressing	21	297	71.0	0.4	5.6	1.0	4.8	3.3	0.0	170
Honey Mustard Sauce (21 ml)	21	125	30.0	0.3	0.3	0.0	6.5	4.4	0.0	96
Sweet Onion Sauce (21 ml)	21	157	37.5	0.1	0.1	0.0	8.7	7.9	0.1	85
Chipotle Southwest Sauce (21 ml)	21	408	97.6	0.6	10.2	1.7	1.2	0.7	0.0	135
Hot Chili Sauce	21	93	22.3	0.4	0.5	0.1	3.8	2.6	0.0	245
Marinara Sauce	21	65	15.5	0.3	0.5	0.1	2.4	1.5	0.4	71
Mayonnaise (15 ml)	15	184	43.9	0.1	4.6	0.7	0.6	0.0	0.0	66
Pineapple	16	38	9.2	0.1	0.1	0.0	1.0	2	0	1.6
Ranch Dressing	21	253	60.5	0.3	6.6	0.5	0.4	0.2	0.2	208
Sweet Chili Sauce	21	171	40.9	0.0	0.1	0.0	9.8	9.2	0.3	242
Thousand Island (21 ml)	21	308	73.7	0.2	6.0	0.9	4.8	3.9	0.0	85
Tomato Sauce	21	100	23.9	0.2	0.0	0.0	5.2	5.0	0.0	219
Cheese (amount on Subway 6-Inch® sub)										
Cheddar Cheese	11	168	40.1	2.3	3.3	2.2	0.4	0.0	0.0	201
Mozarella	14	194	46.4	3.7	3.7	2.6	0.6	0.1	0.0	71
Old English	13	181	43.3	2.4	3.5	2.5	0.4	0.4	0.0	211
Swiss, Processed	12	184	44.1	2.5	3.7	2.1	0.3	0.1	0.0	200
Vegetables (amount on Subway 6-Inch® sub)										
Avocado	28	197	47.1	0.9	4.4	0.5	2.8	0	1.6	0.6
Beetroot	21	53	12.5	0.3	<.1	0	2.6	2.5	0.6	69
Capsicum (3 strips)	7	5.9	1.4	0.1	0.01	0.00	0.2	0.2	0.1	0.2
Carrots	7	12	3	0.1	0.02	0.00	0.5	0.3	0.2	4.9
Cucumbers (3 slices)	14	8.9	2.1	0.1	0.02	0.00	0.4	0.2	0.1	0.3
Jalapeno (3 rings)	4	7	2	0.1	0.02	0.00	0.1	0.2	0.1	67.6
Lettuce	21	10.7	2.6	0.2	0.04	0.01	0.1	0.1	0.3	1.9
Onions	7	11.3	2.7	0.1	0.01	0.00	0.5	0.3	0.1	0.2
Pickles (3 chips)	10	6.0	1.4	0	0.00	0.00	0.2	0	0	114
Olives (3 rings)	3	14.2	3.4	0.0	0.3	0.05	0.1	0	0.1	23
Tomatoes (3 wheels)	35	26.2	6.3	0.3	0.1	0.01	1.4	0.9	0.4	1.7

PER SERVING

	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)	420	1140	271	11.4	2.1	1.6	50.7	42.1	0	181
Banana (regular)	600	1620	387	16.3	3.1	2.2	72.4	60.1	0	259
Caribbean (small)	420	996	238	0.7	<0.1	<.01	57.4	49.4	0	41
Caribbean (regular)	600	1450	345	1.1	0.1	<.01	83.5	71.9	0	60
Mango (small)	420	1140	271	5.7	1.9	1.3	56.9	47.4	0	124
Mango (regular)	600	1650	394	8.3	2.8	1.9	82.8	68.9	0	180
Strawberry (small)	420	1210	289	5.8	2.0	1.4	61.1	51.2	0	115
Strawberry (regular)	600	1760	420	8.4	2.9	2.0	88.8	74.4	0	167

*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.