

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein(g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>Subway 6-Inch® Sandwiches with 6 g of Fat or Less.</b>										
Values include wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	217	1140	273	21	4.4	1.5	35.8	5.1	4.3	599
Ham	205	1050	252	16	3.6	1.2	36.4	6.7	4.3	789
Roast Beef	201	1090	260	17	4.2	1.6	36.7	7.3	4.3	592
Roasted Chicken	217	1180	282	24	4.0	1.3	36.0	6.2	4.3	438
Turkey	198	1060	254	15	4.7	1.6	35.9	5.5	4.3	617
Turkey & Ham	209	1090	261	17	4.5	1.5	36.4	6.1	4.3	758
Subway Club®	212	1120	268	17	4.8	1.7	36.7	6.5	4.3	734
Sweet Onion Chicken Teriyaki	260	1430	341	22	4.7	1.5	51.6	18.6	4.3	887
Veggie Delite®	153	859	205	9	2.7	0.9	34.5	5.1	4.3	285
<b>Subway 6-Inch® Sandwiches</b>										
Values include wheat bread, lettuce, tomatoes, onions, capsicum, cucumbers and cheese.										
Chicken & Bacon Ranch	270	1760	421	27.2	17.8	5.9	37.0	6.1	4.5	1150
Chicken Parmigiana	249	1690	403	22.2	15.5	6.2	41.5	7.1	4.3	1040
Chicken Fillet (breaded chicken)	225	1610	385	20.5	15.1	6.2	39.7	5.8	4.3	1050
Italian B.M.T.®	227	1730	413	22.8	18.6	8.3	36.6	6.3	4.3	1280
Meatball	325	1950	465	21.9	19.9	9.0	46.5	11.3	4.3	1200
Pizza Sub	222	1690	403	19.4	18.6	8.2	37.3	6.7	4.3	1130
Seafood Sensation™	236	1540	369	13.8	14.0	5.1	44.0	8.0	4.3	801
Shaved Steak	228	1410	336	20.3	10.5	5.7	37.0	5.8	4.3	849
Steak & Cheese (with Diced Steak)	228	1440	345	27.7	9.4	4.8	34.8	5.2	4.3	944
Subway Melt™	241	1460	348	22.2	11.3	5.4	37.2	6.9	4.3	1140
Tuna	236	1600	383	21.6	16.0	5.1	35.8	5.2	4.3	740
Veggy Patty	255	1920	460	17.7	13.6	3.9	61.2	10.0	4.3	620
<b>Mini Subs</b>										
Values include mini wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	165	855	204	18.4	3.5	1.2	24.2	3.4	2.8	504
Ham	128	668	160	9.4	2.3	0.8	23.9	4.1	2.8	442
Roast Beef	134	723	173	11.2	2.8	1.1	24.3	4.8	2.8	395
Tuna (includes cheese)	148	1030	246	13.4	10.3	4.0	23.6	3.4	2.8	517
Turkey	132	707	169	10.0	3.1	1.0	23.9	3.6	2.8	411
<b>Salads with 6 g of Fat or Less</b>										
Values do not include salad dressing.										
Ham	366	437	104	10.4	2.0	0.5	9.3	6.6	4.4	581
Roast Beef	362	471	113	11.2	2.6	0.9	9.5	7.2	4.4	384
Roasted Chicken	378	526	126	15.7	2.7	0.7	8.6	5.1	4.4	391
Turkey	359	446	107	9.4	3.1	0.8	8.8	5.4	4.4	408
Turkey & Ham	370	475	114	10.9	2.9	0.8	9.3	6.1	4.4	550
Subway Club®	373	503	120	11.8	3.1	0.9	9.5	6.4	4.4	526
Sweet Onion Chicken Teriyaki	420	810	194	16.0	3.1	0.8	24.4	18.5	4.5	679
Veggie Delite™	314	242	58	3.0	1.1	0.2	7.3	5.1	4.4	77
<b>WRAPS</b>										
Values include wrap, lettuce, tomatoes, onions, capsicum and cucumbers.										
Ham	211	1170	281	13.6	6.9	2.8	39.4	4.8	3.1	1050
Roast Beef	207	1210	289	14.5	7.4	3.2	39.6	5.4	3.1	853
Roasted Chicken	223	1300	311	21.2	7.2	2.9	38.9	4.3	3.1	699
Turkey	204	1180	283	12.6	7.9	3.1	38.9	3.6	3.1	878
Turkey & Ham	215	1210	290	14.2	7.7	3.1	39.4	4.3	3.1	1020
Subway Club®	218	1240	297	15.1	8.0	3.2	39.6	4.6	3.1	995
Sweet Onion Chicken Teriyaki	266	1550	370	19.2	7.9	3.1	54.5	16.7	3.2	1148
Veggie Delite®	159	979	234	6.2	5.9	2.5	37.4	3.3	3.1	546
<b>Desserts &amp; Sides</b>										
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
M & M	45	887	212	2.2	9.7	5.1	32.1	17.6	0.8	105
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	1.2	23.1	22.4	0	120
<b>Subway Six-Inch® Breakfast Sandwiches</b>										
Values on wheat bread and include cheese.										
Bacon and Egg	166	1580	377	21.5	14.6	5.7	37.7	5.6	3.2	853
Cheese and Egg	145	1390	332	18.1	11.4	4.3	36.9	4.8	3.2	669
Ham & Egg	174	1490	357	22.2	11.9	4.5	38.0	5.7	3.2	946
Mega	231	2230	533	30.0	24.9	10.0	45.6	5.6	3.2	1440
Sausage & Egg	210	2040	488	26.6	21.7	8.7	44.8	4.8	3.2	1260
Steak & Cheese	209	1800	429	35.0	14.4	5.7	37.3	4.8	3.2	1130

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein(g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Western & Egg (includes cheese)	191	1468	351	20.4	11.7	4.4	38.7	6.1	3.6	809
<b>Breads</b>										
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® Parmesan Oregano Bread	71	855	204	7.3	2.7	1.0	35.9	3.4	2.3	444
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	964	231	9.4	4.7	2.4	35.9	3.5	2.3	494
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
<b>Condiments &amp; Sauces (amount on Subway 6-Inch® sub)</b>										
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
Honey Mustard Sauce (21 ml)	21	141	33.7	0.3	0.3	0.0	7.4	6.0	0.0	129
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	410	98.1	0.7	10.3	1.5	1.1	0.9	0.1	213
Marinara Sauce	21	55	13.2	0.3	0.5	0.1	1.6	1.2	0.0	102
Mayonnaise (15 ml)	15	184	43.9	0.1	4.6	0.7	0.6	0.0	0.0	66
Ranch Dressing	21	253	60.5	0.3	6.6	0.5	0.4	0.2	0.2	208
Sweet Chili Sauce	21	170	40.7	0.0	0.1	0.0	9.8	9.2	0.3	242
Thousand Island (21 ml)	21	343	82.0	0.3	6.7	0.6	5.0	4.6	0.0	218
Tomato Sauce	21	105	25.2	0.3	0.1	0.0	5.4	5.2	0.0	207
<b>Cheese (amount on a Subway 6-Inch® sub)</b>										
Cheddar Cheese	11	177	42.2	2.3	3.7	2.6	0.0	0.0	0.0	200
Mozarella	14	198	47.4	3.7	3.6	2.6	0.1	0.1	0.0	92
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	3.6	3.7	2.1	0.3	0.1	0.0	200
<b>Vegetables (amount on a Subway 6-Inch® sub)</b>										
Avocado	28	197	47.1	0.9	4.4	0.5	2.8	0	2	0.6
Capsicum (3 strips)	7	5.9	1.4	0.1	0	0	0.2	0.2	0.1	0.2
Cucumbers (3 slices)	14	8.9	2.1	0.1	0	0	0.4	0.2	0.1	0.3
Lettuce	21	10.7	2.6	0.2	0	0	0.1	0.1	0.3	1.9
Onions	7	11.3	2.7	0.1	0	0	0.5	0.3	0.1	0.2
Pickles (3 chips)	10	6.0	1.4	0	0	0	0.2	0	0	114
Olives (3 rings)	3	14.2	3.4	0.0	0.3	0	0.1	0	0.1	23
Tomatoes (3 wheels)	35	26.2	6.3	0.3	0.1	0	1.4	0.9	0.4	1.7

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.

\*\*Regional and promotional subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between restaurants. Nutritional information for these sandwiches is based on the most common formulas and ingredients.