

Subway® Nutrition Information



Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)
------------------	----------	---------------	--------------	----------------	------------	-------------	-----------	-------------------	------------	------------

Recommended limits for a 2,000 calorie a day diet are 20 g of saturated fat and 2,300 mg of sodium

SANDWICHES

6-inch Low Fat Sandwiches with 6 grams of Fat or Less Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

6" Black Forest Ham	226	290	4.5	1	0	25	1200	47	5	7	18
6" Oven Roasted Chicken Breast	240	320	4.5	1	0	25	750	49	5	7	23
6" Roast Beef	240	310	4.5	1.5	0	25	840	46	5	6	26
6" Subway Club®	257	320	5	1.5	0	35	1160	47	5	6	26
6" Sweet Onion Chicken Teriyaki	283	380	4.5	1	0	50	1010	60	5	17	26
6" Turkey Breast	226	280	3.5	1	0	20	920	47	5	6	18
6" Turkey Breast & Black Forest Ham	236	300	4	1	0	25	1140	47	5	6	19
6" Veggie Delite®	169	230	2.5	0.5	0	0	410	45	5	5	8

Flatbread Sandwiches with 8 grams of Fat or Less Values include flatbread, lettuce, tomatoes, onions, green peppers and cucumbers.

Black Forest Ham on Flatbread	242	320	7	1.5	0	25	1270	47	3	4	18
Oven Roasted Chicken Breast on Flatbread	256	350	7	1.5	0	25	820	48	3	4	24
Roast Beef on Flatbread	256	340	8	2	0	25	920	45	3	3	27
Subway Club® on Flatbread	272	350	8	1.5	0	35	1230	47	3	4	26
Sweet Onion Chicken Teriyaki on Flatbread	298	410	7	1.5	0	50	1080	59	3	14	26
Turkey Breast on Flatbread	242	310	6	1	0	20	990	47	3	3	18
Turkey Breast & Black Forest Ham on Flatbread	251	330	7	1.5	0	25	1220	47	3	4	20
Veggie Delite® on Flatbread	185	260	5	1	0	0	490	44	3	2	9

Low Fat Footlong Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Footlong Black Forest Ham	452	570	9	2.5	0	50	2400	94	10	14	35
Footlong Oven Roasted Chicken Breast	481	640	9	2.5	0	45	1490	97	11	14	46
Footlong Roast Beef	481	630	9	3	0	55	1690	91	11	12	52
Footlong Subway Club®	514	640	10	3	0	65	2320	95	11	12	52
Footlong Sweet Onion Chicken Teriyaki	566	760	9	2	0	100	2020	120	10	34	51
Footlong Turkey Breast	452	570	7	1.5	0	40	1830	94	10	11	35
Footlong Turkey Breast & Black Forest	471	590	8	2	0	50	2280	95	10	13	38
Footlong Veggie Delite®	339	460	4.5	1	0	0	830	90	10	10	17

6-inch Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, cucumbers and cheese.

6" Big Philly Cheesesteak	311	520	18	9	0.5	90	1570	53	6	7	39
6" BLT	164	360	13	6	0	30	990	45	5	5	17
6" Chicken & Bacon Ranch	299	570	28	10	0.5	95	1190	49	6	6	35
6" Cold Cut Combo	252	410	16	6	0.5	60	1450	48	5	6	21
6" Italian B.M.T.®	245	450	20	8	0.5	55	1730	48	5	7	22
6" Meatball Marinara	379	580	23	9	1	45	1530	70	9	16	24
6" Spicy Italian	240	520	28	11	0.5	65	1830	47	5	7	22
6" Subway Melt®	256	380	11	5	0	45	1530	49	5	7	25
6" The Feast	331	540	22	9	0.5	85	2470	50	5	8	39
6" Tuna	252	530	30	6	0.5	45	930	46	5	5	21

Flatbread Sandwiches Values include flatbread, lettuce, tomatoes, onions, green peppers, cucumbers and cheese.

Big Philly Cheesesteak on Flatbread	327	550	20	9	0.5	90	1640	53	4	4	40
BLT on Flatbread	180	390	16	6	0	30	1070	44	3	2	18
Chicken & Bacon Ranch on Flatbread	315	600	31	10	0.5	95	1260	48	3	4	36
Cold Cut Combo on Flatbread	267	440	19	6	0.5	60	1520	47	3	3	21
Italian B.M.T.® on Flatbread	260	480	23	8	0.5	55	1810	47	3	4	23
Meatball Marinara on Flatbread	395	610	25	9	1	45	1600	70	7	14	25
Spicy Italian on Flatbread	256	550	31	11	0.5	65	1900	47	3	4	23
Subway Melt® on Flatbread	272	410	14	5	0	45	1610	48	3	4	25
The Feast on Flatbread	347	570	25	9	0.5	85	2550	50	3	5	40
Tuna on Flatbread	267	560	33	7	0.5	45	1000	45	3	3	22

Footlong Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, cucumbers and cheese.

Footlong Big Philly Cheesesteak	622	1030	35	17	1	180	3140	106	12	14	79
Footlong BLT	328	720	26	12	0	60	1980	90	10	10	35
Footlong Chicken & Bacon Ranch	599	1150	56	20	1.5	190	2370	97	11	13	70
Footlong Cold Cut Combo	503	820	33	12	1	125	2900	96	10	12	41
Footlong Italian B.M.T.®	489	900	40	16	1	110	3470	96	11	14	44
Footlong Meatball Marinara	758	1150	45	18	2	90	3050	141	17	33	48
Footlong Spicy Italian	480	1040	56	22	1.5	125	3650	95	11	13	44
Footlong Subway Melt®	513	770	22	10	0.5	90	3060	97	10	13	50
Footlong The Feast	662	1080	45	18	1	175	4950	100	11	16	78
Footlong Tuna	503	1060	60	13	1.5	90	1860	91	10	11	42

Subway® Kids Pak Sandwiches Values include 9-grain mini wheat bread, lettuce, tomatoes, onions and green peppers.

Veggie Delite®	101	150	1.5	0	0	0	280	30	3	3	6
Black Forest Ham	129	180	2.5	0.5	0	10	670	31	3	4	10
Roast Beef	138	200	3	1	0	15	500	30	4	4	15
Turkey Breast	138	190	2.5	0.5	0	15	610	31	3	4	12

6" Limited Time Offer/Regional Subs** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

6" Barbecue Rib Patty	247	430	18	6	0	50	730	48	5	7	19
6" Barbecue Chicken	240	310	5	1.5	0	35	1010	53	6	14	15



	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)
6" Buffalo Chicken (with regular Ranch dressing)	276	420	15	3	0	55	1290	47	5	7	25
6" Chicken Pizziola (includes cheese)	298	450	15	6	0	75	1360	51	6	8	31
6" Pastrami, Big (includes cheese)	270	590	29	9	0	15	1920	49	5	4	32
6" Pizza Sub	262	490	23	10	0	50	1550	51	6	9	23
6" Subway® Seafood Sensation (includes cheese)	252	460	22	5	0	25	1050	52	6	7	15
6" Turkey Bacon Avocado (includes cheese)	275	420	15	5	0	40	1310	51	7	6	24
6" Veggie Patty	254	390	7	1	0	10	930	57	8	7	23
Flatbread Limited Time Offer/Regional Subs** Values include flatbread, lettuce, tomatoes, onions, green peppers and cucumbers.											
Barbecue Rib Patty on Flatbread	263	460	21	6	0	50	800	47	3	4	20
Barbecue Chicken on Flatbread	256	340	8	1.5	0	40	1080	53	4	11	16
Buffalo Chicken on Flatbread (with regular Ranch dressing)	291	450	18	3	0	60	1370	47	3	4	26
Chicken Pizziola on Flatbread	313	480	18	6	0	75	1430	50	4	6	32
Pastrami (Big) on Flatbread	285	620	32	10	0	15	1990	49	3	1	33
Pizza Sub on Flatbread	277	520	26	10	0	50	1620	51	4	6	23
Subway® Seafood Sensation (includes cheese) on Flatbread	267	490	25	5	0	25	1120	52	3	4	16
Turkey Bacon Avocado	291	450	18	6	0	40	1380	50	5	4	25
Veggie Patty on Flatbread	270	420	10	1.5	0	10	1010	56	6	4	24
Footlong Limited Time Offer/Regional Subs** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.											
Footlong Barbecue Rib Patty	495	850	36	12	0	95	1450	96	10	14	38
Footlong Barbecue Chicken	481	620	10	2.5	0	70	2020	106	12	27	31
Footlong Buffalo Chicken (with regular Ranch dressing)	551	850	31	6	0	115	2590	95	10	14	50
Footlong Chicken Pizziola	595	910	30	12	0.5	155	2710	102	11	17	62
Footlong Pastrami (double meat)	539	1180	59	19	0	30	3830	98	10	8	64
Footlong Pizza Sub	523	980	46	19	1	100	3100	102	12	17	46
Footlong Subway® Seafood Sensation (includes cheese)	503	910	44	10	1	55	2100	104	11	13	30
Footlong Turkey Bacon Avocado	550	830	29	11	0.5	80	2620	101	14	12	48
Footlong Veggie Patty	509	780	15	2	0	20	1870	114	16	14	47
SALADS											
Salads with 6 g of fat or Less Values include lettuce, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or											
Ham	356	110	3	1	0	25	850	12	4	6	12
Oven Roasted Chicken Breast	371	130	2.5	0.5	0	50	280	10	4	4	20
Roast Beef	371	140	3.5	1	0	25	500	10	4	5	21
Subway Club®	387	140	3.5	1	0	35	810	12	4	6	20
Sweet Onion Chicken Teriyaki	413	200	3	1	0	50	660	25	4	16	20
Turkey Breast	356	110	2	0.5	0	20	570	12	4	5	12
Turkey Breast & Ham	366	120	3	0.5	0	25	790	12	4	6	14
Veggie Delite®	300	50	1	0	0	0	65	10	4	4	3
Salad Dressing											
Fat Free Italian	57	35	0	0	0	0	720	7	0	4	1
Ranch	57	290	30	4.5	0.5	15	540	3	0	3	1
BREAKFAST & PIZZA											
Breakfast Sandwiches on 6-inch Bread**											
Black Forest Ham & Cheese	216.92	450	19	7	0	200	1450	47	5	5	27
Cheese	189	420	18	7	0	190	1060	46	5	4	22
Double Bacon & Cheese	207	520	25	11	0	210	1440	47	5	4	29
Mega**	255	720	45	18	0	235	1580	47	5	4	33
Sausage & Cheese**	245	670	41	16	0	225	1390	46	5	4	30
Steak & Cheese	231	490	20	8	0.5	210	1400	48	5	5	31
Western with Cheese	229	450	19	7	0	200	1460	48	5	5	27
Breakfast Sandwiches on Footlong Bread**											
Black Forest Ham & Cheese	434	910	37	15	1	400	2900	93	10	9	54
Cheese	377	850	36	14	1	380	2120	91	10	8	45
Double Bacon & Cheese	415	1040	50	21	1	420	2870	93	10	8	59
Mega**	509	1430	90	36	1	470	3150	93	10	8	66
Sausage & Cheese**	491	1340	83	33	1	450	2780	92	10	8	59
Steak & Cheese	462	980	40	16	1	420	2850	96	11	9	63
Western with Cheese	457	910	37	15	1	400	2900	95	10	10	54
Breakfast Flatbread Sandwiches											
Black Forest Ham & Cheese	233	480	22	8	0	200	1530	46	3	2	27
Cheese	204	460	21	7	0	190	1170	45	3	1	23
Double Bacon & Cheese	223	560	28	11	0	210	1540	46	3	2	30
Mega**	270	750	48	18	0	235	1650	46	3	2	34
Sausage & Cheese**	261	700	44	17	0	225	1460	46	3	1	30
Steak & Cheese	247	521	23	8	1	210	1470	48	3	2	32
Western with Cheese	244	490	22	8	0	200	1560	47	3	2	28
Breakfast Sides											
Hash Browns (4 pc)**	74	150	9	1	0	0	440	17	2	0	1
Strudel Bites, Apple (3 pc)**	68	220	13	9	0	0	130	25	0	10	2
Strudel Bites, Cherry (3 pc)**	68	240	13	9	0	0	160	30	0	16	2
8" Pizza**											
Cheese	293	680	22	9	0	40	1070	96	4	7	32



	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)
Cheese & Veggies	381	740	25	11	0	50	1210	100	5	9	36
Pepperoni	323	790	32	13	0	60	1350	96	4	8	38
Sausage	336	820	34	14	0	70	1420	97	4	8	39
BREADS & CONDIMENTS											
Breads											
6" Italian (White) Bread	71	200	2	0.5	0	0	390	38	1	5	7
6" 9-Grain Wheat Bread	78	210	2	0.5	0	0	410	41	4	3	8
6" Parmesan Oregano Bread	75	220	2.5	1	0	0	620	41	2	5	8
6" Honey Oat	89	260	3	0.5	0	0	430	49	5	8	9
6" Hearty Italian Bread**	75	220	2	1	0	0	390	41	2	5	8
6" Monterey Cheddar**	82	240	5	3	0	10	460	39	1	5	10
6" Italian Herbs & Cheese	82	250	5	2	0	10	590	41	2	5	10
6" Roasted Garlic**	82	230	2.5	0.5	0	0	1360	45	2	7	8
Flatbread	94	240	5	1	0	0	480	41	2	<1	8
Mini Italian Bread	47	130	1.5	0	0	0	260	26	1	3	5
Mini Wheat Bread	52	140	1.5	0	0	0	270	28	3	2	5
Wrap**	103	310	8	2.5	0	0	610	51	1	0	8
Sandwich Condiments (amount on 6-inch sub or flatbread)											
Bacon (2 strips)	9	45	3.5	1.5	0	10	190	0	0	0	3
Chipotle Southwest Sauce	21	100	10	1.5	0	10	220	1	0	0	0
Honey Mustard Sauce, Fat Free	21	30	0	0	0	0	115	7	0	6	0
Light Mayonnaise (1 T)	15	50	5	1	0	5	100	<1	0	0	0
Mayonnaise (1 T)	15	110	12	2	0	10	80	0	0	0	0
Mustard yellow or deli brown (2 tsp)	10	5	0	0	0	0	115	<1	0	0	0
Olive Oil Blend (1 tsp)	5	45	5	0	0	0	0	0	0	0	0
Ranch Dressing	21	110	11	1.5	0	5	200	1	0	1	0
Red Wine Vinaigrette, Fat Free**	21	30	0	0	0	0	340	6	0	3	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	85	9	0	8	0
Vinegar (1 tsp)	8	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sub or flatbread)											
Banana Peppers (3 rings)	4	0	0	0	0	0	20	0	0	0	0
Cucumbers (3 slices)	17	<5	0	0	0	0	0	<1	0	0	0
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers (3 rings)	4	<5	0	0	0	0	70	0	0	0	0
Lettuce	21	<5	0	0	0	0	0	0	0	0	0
Onions	14	5	0	0	0	0	0	1	0	0	0
Pickles (3 chips)	9	0	0	0	0	0	115	0	0	0	0
Olives (3 rings)	3	<5	0	0	0	0	25	0	0	0	0
Tomatoes (3 wheels)	34	5	0	0	0	0	0	2	0	0	0
Cheese (amount on 6-inch sub, flatbread or salad)											
American, Processed	11	40	3.5	2	0	10	200	1	0	0	2
Feta	14	30	2	1.5	0	5	120	0	0	0	2
Monterey Cheddar, Shredded	14	50	4.5	3	0	15	90	1	0	0	3
Natural Cheddar**	15	60	5	3	0	15	100	0	0	0	4
Pepperjack**	14	50	4	2.5	0	15	140	0	0	0	3
Provolone**	14	50	4	2	0	10	125	0	0	0	4
Swiss**	14	50	4.5	2.5	0	15	30	0	0	0	4
Individual Meats (amount on 6-inch sub or salad)											
Chicken Patty, Roasted	71	90	2.5	0.5	0	25	330	4	0	2	15
Chicken Strips	71	80	1.5	0.5	0	50	210	0	0	0	16
Cold Cut Combo Meats	71	140	11	3.5	0	50	830	2	0	1	10
Egg Patty**	85	110	8	2	0	160	360	3	1	0	9
Ham	57	60	2	0.5	0	25	790	2	0	2	9
Italian BMT® Meats	64	180	14	5	0	45	1120	2	0	2	11
Meatballs	198	310	17	6	1	30	910	25	4	11	13
Roast Beef	71	80	2.5	1	0	25	430	1	0	1	18
Seafood Sensation**	71	190	16	2.5	0	15	430	7	0	1	5
Steak (no cheese)	71	112	4.0	2	0	35	560	4	0	1	15
Subway Club® Meats	87	90	2.5	1	0	35	750	2	0	1	17
Tuna	71	260	24	4	0	35	310	0	0	0	10
Turkey Breast	57	50	1	0	0	20	500	2	0	1	9
Veggie Patty**	85	160	5	0.5	0	10	520	12	3	2	15
DESSERTS, SIDES & BEVERAGES											
Cookies & Desserts											
Chocolate Chip	45	210	10	6	0	15	150	30	1	18	2
Chocolate Chunk**	45	220	10	5	0	10	100	30	<1	17	2
Double Chocolate Chip**	45	210	10	6	0	15	170	30	1	20	2
M & M®**	45	210	10	5	0	10	100	32	<1	18	2
Oatmeal Raisin	45	200	8	4	0	15	170	30	1	17	3
Peanut Butter**	45	220	12	5	0	15	190	26	1	16	4
Sugar**	45	220	12	6	0	15	140	28	<1	14	2
White Chip Macadamia Nut	45	220	11	5	0	15	160	29	<1	18	2
Apple Pie**	71	250	10	2	n/a	0	290	37	1	25	0



	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)
Apple Slices - 1 package	71	35	0	0	0	0	0	9	2	7	0
Yogurt Dannon Light & Fit®	170	80	0	0	0	<5	80	16	0	11	5
Chips											
Baked Lay's®	32	130	2	0	0	0	200	23	2	2	2
Baked Lay's®** Sour Cream & Onion	32	140	3.5	0.5	0	0	240	24	2	3	3
Doritos® Nacho	50	250	13	2.5	0	<5	310	30	2	2	4
Lays® Classic	43	230	15	1.5	0	0	270	23	2	0	3
Sunchips® Harvest Cheddar®	43	210	9	1.5	0	0	240	29	3	3	4
Chips, 1 bag	25-57	75-340	0-22	0-4.5	0	0-35	150-940	13-36	0-3	0-9	0-7
Beverages⁴											
(oz)											
Bottled Juice/Drink	15	0-300	0	0	0	0	40-160	54-68	0	48-64	0
Fountain Drink/Sweetened Tea, Regular - 16 oz, no ice	16	120-240	0	0	0	0	0-110	34-66	0	34-66	0
Fountain Drink, Diet/Unsweetened Tea - 16 oz, no ice	16	0-10	0	0	0	0	0-60	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 21 oz, no ice	21	160-320	0	0	0	0	0-140	45-87	0	45-87	0
Fountain Drink, Diet/Unsweetened Tea - 21 oz, no ice	21	0-15	0	0	0	0	0-80	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 32 oz, no ice	32	250-490	0	0	0	0	0-210	69-132	0	69-132	0
Fountain Drink, Diet/Unsweetened Tea - 32 oz, no ice	32	0-25	0	0	0	0	0-60	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 44 oz, no ice	44	340-680	0	0	0	0	0-290	95-182	0	95-182	0
Fountain Drink, Diet/Unsweetened Tea - 44 oz, no ice	44	0-35	0	0	0	0	0-110	0	0	0	0
Juice Box	6	100	0	0	0	0	15	24	0	21	0
Milk, Low Fat***	12	160	3.5	2.5	0	20	180	19	0	17	12
Milk, Chocolate Flavored Reduced Fat***	12	300	8	5	0	35	300	43	<1	43	15
Milk, Strawberry Flavored Reduced Fat**	12	300	7	4.5	0	35	220	44	0	42	15
Soup** (10 oz bowl)											
(oz)											
Chicken Tortilla	10	110	1.5	0.5	0	10	440	11	3	4	6
Chipotle Chicken Corn Chowder	10	140	3	1.5	0	15	900	22	2	4	6
Chicken & Dumpling	10	170	5	2	0	35	810	23	2	2	8
Chili Con Carne	10	340	11	5	0	60	950	35	10	7	20
Cream of Potato with Bacon	10	240	13	5	0	15	870	26	3	3	5
Fire-Roasted Tomato Orzo	10	130	1	0.5	0	5	410	24	2	4	6
Golden Broccoli & Cheese	10	180	11	5	0	25	990	16	4	3	5
Minestrone	10	90	1	0	0	<5	910	17	3	4	4
New England Style Clam Chowder	10	150	5	1	0	10	990	20	4	2	6
Roasted Chicken Noodle	10	80	2	0.5	0	15	950	12	1	2	6
Rosemary Chicken and Dumpling	10	90	1.5	0.5	0	25	810	14	1	3	6
Spanish Style Chicken & Rice with Pork	10	110	2.5	1	0	5	980	16	1	1	6
Tomato Garden Vegetable w/ Rotini	10	90	0.5	0	0	0	820	20	3	8	3
Vegetable Beef	10	100	2	0.5	0	10	960	17	3	5	5
Wild Rice with Chicken	10	230	11	3.5	0	50	900	26	1	3	6

The nutrition information listed here is based on standard recipes and product formulations. If a customer chooses to modify the formula of a sandwich nutrition information will vary. Nutrition variations may also occur due use of alternate supplier, region of the country or small differences in product assembly.

*Products contain no artificial trans fat (partially-hydrogenated oil). Some products contain naturally occurring trans fat.

**At participating locations. Nutrition information for these items are based on the most common formulas and ingredients.

***Nutrition information for fountain beverages do not include ice and based on full cup size. Due to large variety of possible fountain beverage offerings nutrition ranges are provided in this brochure. Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed. Nutrition Information for milk in California is different, check milk container for exact information.