



SUBWAY® U.S. NUTRITION INFORMATION Oct 2012

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
------------------	----------	---------------	---------------	--------------	----------------	------------	-------------	-----------------	-------------------	------------	------------	----------------	----------------	--------------	-----------

SANDWICHES

6" Low Fat Sandwiches with 6 Grams of Fat or Less Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate footlong nutrition values.

6" Black Forest Ham	219	290	40	4.5	1	0	25	830	46	5	8	18	8	20	30	15
6" Oven Roasted Chicken	233	320	45	5	1.5	0	45	640	47	5	8	23	8	30	30	15
6" Roast Beef	233	320	40	5	1.5	0	45	700	45	5	7	24	8	20	30	25
6" Subway Club®	240	310	40	4.5	1.5	0	40	880	46	5	7	23	8	20	30	20
6" Sweet Onion Chicken Teriyaki	276	380	40	4.5	1	0	50	900	59	5	18	26	8	30	35	20
6" Turkey Breast	219	280	30	3.5	1	0	20	810	46	5	7	18	8	20	30	15
6" Turkey Breast & Black Forest Ham	219	280	35	4	1	0	20	820	46	5	8	18	8	20	30	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	310	44	5	6	8	8	20	30	15

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

6" Big Philly Cheesesteak	297	500	150	17	9	1	85	1310	51	6	8	38	15	20	50	25
6" B.L.T.	153	320	80	9	4	0	20	680	43	5	6	15	8	8	30	15
6" Buffalo Chicken (with regular Ranch dressing)	269	420	140	16	3	0	55	1130	46	6	8	25	10	25	30	20
6" Chicken & Bacon Ranch Melt	292	570	250	28	10	0.5	95	1080	47	5	8	35	15	25	50	20
6" Cold Cut Combo	233	370	120	13	4	0	50	1140	46	5	7	18	10	20	35	20
6" Italian B.M.T.®	226	410	150	16	6	0	45	1300	46	5	8	20	8	20	30	15
6" Meatball Marinara	301	480	160	18	7	0.5	30	950	59	8	12	21	25	35	35	25
6" Spicy Italian	222	480	220	24	9	0.5	50	1520	46	5	8	20	8	20	30	20
6" Steak & Cheese	245	380	90	10	4.5	0	50	1060	48	5	8	26	10	20	40	20
6" Subway Melt®	240	370	100	11	5	0	45	1210	47	5	8	23	10	20	40	15
6" Tuna	233	470	210	24	4	0	35	620	44	5	6	20	8	20	30	20

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

Veggie Delite®	108	150	15	1.5	0	0	0	210	29	3	4	6	6	15	20	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	470	30	3	5	10	6	15	20	10
Roast Beef	146	200	25	3	1	0	25	410	30	4	5	14	6	15	20	10
Turkey Breast	136	180	20	2	0.5	0	10	460	30	3	5	10	6	15	20	10

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

6" Barbecue Rib Patty	163	430	160	18	6	0	50	620	47	5	8	19	8	20	30	20
6" Barbecue Chicken	233	310	45	5	1.5	0	35	900	52	6	15	15	15	180	35	20
6" Chicken Parmesan	281	510	150	17	6	0	40	1080	62	6	9	26	20	25	50	15
6" Chicken Pizziola Melt	291	450	140	15	6	0	75	1250	50	6	10	31	20	30	40	20
6" Pastram Melt, Big Hot	285	590	280	31	10	0	60	1360	48	5	7	27	15	20	40	30
6" Subway Seafood Sensation™	233	410	170	19	3	0	17	740	50	5	8	13	10	20	35	15
6" Turkey & Bacon Avocado	264	400	130	14	3.5	0	30	1000	49	7	7	22	9	20	30	20
6" Tuscan Chicken Melt	268	380	70	8	4	0	60	1080	52	5	11	27	15	35	40	20
6" Veggie Patty	247	390	70	7	1	0	10	830	56	8	8	23	15	20	35	15

SALADS

Chopped Salads with 6 g of fat or Less Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or croutons.

Black Forest Ham	342	110	25	3.0	1	0	25	600	12	4	6	12	50	50	6	10
Double Chicken	427	220	40	4.5	1.5	0	100	490	10	4	4	36	50	60	8	15
Oven Roasted Chicken Breast	356	130	25	2.5	0.5	0	50	280	10	4	4	19	50	60	8	10
Roast Beef	356	140	30	3.5	1	0	45	460	11	4	5	19	50	50	6	20
Subway Club®	364	140	30	3.5	1	0	40	650	12	4	5	18	50	50	6	15
Sweet Onion Chicken Teriyaki	399	200	30	3.0	1	0	50	670	25	4	16	20	50	60	8	10
Turkey Breast	342	110	20	2.0	0.5	0	20	580	12	4	5	12	50	50	6	10
Turkey Breast & Ham	342	110	25	2.5	0.5	0	20	590	12	4	5	12	50	50	6	10
Veggie Delite®	286	50	10	1.0	0	0	0	80	9	4	4	3	50	50	6	8

Chopped Salads Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or croutons.

Big Philly Cheesesteak	420	330	145	16	8	1	85	1080	17	5	6	32	60	50	25	20
B.L.T.	304	150	75	8	4	0	20	450	10	4	5	10	50	50	6	10
Buffalo Chicken (with regular Ranch dressing)	392	250	130	14	3	0	55	890	12	4	5	20	50	60	8	10
Chicken & Bacon Ranch Melt	415	400	240	26	10	1	95	850	13	4	6	30	60	60	30	12
Cold Cut Combo	356	200	105	12	4	0	50	910	12	4	5	13	50	50	10	16
Italian B.M.T.®	349	230	135	15	6	0	45	1060	12	4	6	14	50	50	6	12
Meatball Marinara	424	310	150	17	7	1	30	720	25	6	10	16	60	70	10	18
Spicy Italian	345	310	205	23	9	1	50	1280	11	4	6	15	50	50	8	12
Steak & Cheese	368	210	75	8	4	0	50	830	14	4	6	20	50	50	15	16
Subway Melt®	363	200	85	10	5	0	45	980	13	4	6	18	50	50	15	12
Tuna	356	290	200	22	4	0	35	380	10	4	4	14	50	50	6	14

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Salad Dressings																
Fat Free Italian	57	35	0	0	0	0	0	720	7	0	4	1	0	0	2	0
Chipotle Southwest	57	260	240	27	4.5	0	20	580	2	1	1	1	2	2	0	0
Honey Mustard	57	80	5	1	0	0	0	320	18	0	15	1	0	2	0	0
Oil & Vinegar	57	260	250	28	1.5	0	0	0	0	0	0	0	0	0	0	0
Ranch	57	290	270	30	4.5	1	15	540	3	0	3	1	0	0	0	0
Sweet Onion	57	100	5	0	0	0	0	230	24	0	21	0	0	2	0	0

BREAKFAST & PIZZA

Egg Muffin Melts (with Egg White) Values include light wheat English muffin, egg white and cheese.																
Egg White & Cheese	105	150	30	3.5	1.5	0	5	480	24	5	1	12	2	0	25	6
Egg White & Cheese (with ham)	119	170	35	4.0	1.5	0	10	610	24	5	1	14	2	0	25	6
Breakfast B.M.T.® Melt	142	220	70	8	3.0	0	20	860	25	5	2	16	4	2	25	6
Bacon, Egg (White) & Cheese	110	180	45	5	2.0	0	10	580	24	5	1	13	2	0	25	6
Mega Melt**	138	250	90	10	4.5	0	25	840	25	5	1	18	2	0	25	8
Sausage, Egg (White) & Cheese**	133	220	80	9	3.5	0	20	740	24	5	1	16	2	0	25	8
Steak, Egg (White) & Cheese	122	180	40	4	1.5	0	15	620	25	5	1	15	2	0	25	8
Sunrise Subway Melt®	149	210	50	6	2.5	0	20	830	26	5	2	18	4	2	25	8
Egg Muffin Melts (with Regular Egg) Values include light wheat English muffin, regular egg and cheese.																
Egg & Cheese	105	170	50	6	2.0	0	115	460	24	6	1	12	4	0	20	8
Egg & Cheese (with ham)	119	190	50	6	2.0	0	120	590	24	6	2	14	4	0	20	8
Breakfast B.M.T.® Melt	142	240	90	10	4.0	0	130	830	25	6	2	16	6	2	20	8
Bacon, Egg & Cheese	110	200	70	7	3.0	0	120	550	24	6	1	13	4	0	20	8
Mega Melt**	138	270	110	13	5.0	0	135	810	24	6	2	18	4	0	20	10
Sausage, Egg & Cheese**	133	240	100	11	4.0	0	130	720	24	6	2	16	4	0	20	10
Steak, Egg & Cheese	122	200	60	6	2.5	0	125	590	25	6	2	15	4	0	20	10
Sunrise Subway Melt®	149	230	70	8	3.0	0	130	810	26	6	2	18	6	2	20	8
Egg White on 3" Flatbreads Values include 3" Flatbread, egg white and cheese.																
Egg White & Cheese	91	170	45	5	1.5	0	5	540	21	1	1	9	2	0	20	8
Egg White & Cheese (with ham)	106	180	50	5	2.0	0	10	670	22	1	1	12	2	0	20	8
Breakfast B.M.T.® Melt	129	230	90	10	3.5	0	20	910	22	1	2	14	4	2	20	8
Bacon, Egg White & Cheese	96	190	60	7	2.5	0	10	630	21	1	1	11	2	0	20	8
Mega Melt**	124	260	110	12	4.5	0	25	890	22	1	1	16	2	0	20	10
Sausage, Egg White & Cheese**	120	240	90	10	4.0	0	20	800	22	1	1	14	2	0	20	10
Steak, Egg White & Cheese	108	190	50	6	2.0	0	15	670	22	1	1	13	2	0	20	10
Sunrise Subway Melt®	136	220	70	8	3.0	0	20	890	23	1	2	16	4	2	20	8
Regular Egg on 3" Flatbreads Values include 3" Flatbread, regular egg and cheese.																
Egg & Cheese	91	190	60	7	2.5	0	115	520	21	1	2	9	4	0	10	10
Egg & Cheese (with ham)	106	200	70	8	2.5	0	120	650	22	1	2	12	4	0	10	10
Breakfast B.M.T.® Melt	129	250	110	12	4.0	0	130	890	22	1	3	14	6	2	10	10
Bacon, Egg & Cheese	96	210	80	9	3.5	0	120	610	21	1	2	11	4	0	10	10
Mega Melt**	124	330	130	14	5.5	0	135	870	22	1	2	16	4	0	10	10
Sausage, Egg & Cheese**	120	310	110	13	4.5	0	130	770	22	1	2	14	4	0	10	10
Steak, Egg & Cheese	108	210	70	8	3.0	0	125	650	22	1	2	13	4	0	10	10
Sunrise Subway Melt®	136	240	90	10	3.5	0	130	870	23	1	3	16	6	2	10	10
6" Omelet Sandwich (with Egg White) Values include 9-grain wheat bread, egg white and cheese.																
6" Egg White & Cheese	174	320	69	8	3	0	10	940	44	4	5	19	4	0	60	15
6" Egg White & Cheese (with Ham)	203	350	80	9	3.5	0	25	1200	45	4	6	24	4	0	60	15
6" Breakfast B.M.T.® Melt	261	460	160	17	7	0	45	1680	48	5	7	29	10	8	60	15
6" Bacon, Egg White & Cheese	184	370	100	11	4.5	0	20	1120	45	4	5	23	4	0	60	15
6" Mega Melt**	241	510	310	22	9	0	55	1640	46	4	6	32	6	0	60	20
6" Sausage, Egg White & Cheese**	231	460	280	19	7	0	45	1460	45	4	5	29	6	0	60	20
6" Steak, Egg White & Cheese	217	390	90	10	4	0	35	1270	47	4	6	28	4	0	60	20
6" Sunrise Subway Melt	275	430	120	13	5	0	45	1640	48	4	7	32	10	8	60	20
6" Omelet Sandwiches (with Regular Egg) Values include 9-grain wheat bread, regular egg and cheese.																
6" Egg & Cheese	174	360	110	12	4.5	0	230	890	44	5	6	19	8	0	40	20
6" Egg & Cheese (with Ham)	203	390	120	13	5	0	240	1150	45	5	7	24	8	0	40	20
6" Breakfast B.M.T.® Melt	261	500	200	22	8	0	265	1640	47	5	9	29	15	8	45	20
6" Bacon, Egg & Cheese	184	410	140	16	6	0	240	1080	45	5	6	23	8	0	40	20
6" Mega Melt**	240	550	350	27	10	0	275	1590	46	5	7	32	10	0	45	25
6" Sausage, Egg & Cheese**	231	500	320	23	9	0	265	1410	45	5	7	29	10	0	45	20
6" Steak, Egg & Cheese	217	430	130	15	5	0	255	1220	47	5	7	28	8	0	40	20
6" Sunrise Subway Melt®	275	470	160	17	7	0	260	1590	48	5	8	32	15	8	45	20
Omelet on 6" Flatbread (with Egg White) Values include 6" flatbread, egg white and cheese.																
Egg White & Cheese on 6" Flatbread	183	330	90	10	3.5	0	10	1080	42	2	2	19	4	0	35	15
Egg White & Cheese (with ham) on 6" Flatbread	211	360	100	11	3.5	0	25	1340	43	2	3	23	4	0	35	15
Breakfast B.M.T.® Melt on 6" Flatbread	270	470	180	20	7	0	45	1830	45	2	4	28	10	8	35	15
Bacon, Egg White & Cheese on 6" Flatbread	192	380	120	13	5	0	20	1270	43	2	2	22	4	0	35	15
Mega Melt** on 6" Flatbread	249	620	330	24	9	0	60	1790	44	2	3	32	6	0	35	20
Sausage, Egg White & Cheese** on 6" Flatbread	240	570	300	21	8	0	45	1600	43	2	2	28	6	0	35	20
Steak, Egg (White) & Cheese on 6" Flatbread	225	400	110	12	4.5	0	35	1450	45	2	3	28	10	8	35	20
Sunrise Subway Melt® on 6" Flatbread	284	440	140	15	6	0	45	1780	46	2	4	31	4	0	35	20

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Omelet on 6" Flatbread (with Regular Egg) Values include 6" flatbread, regular egg and cheese.																
Egg & Cheese on 6" Flatbread	183	370	130	14	5	0	230	1030	42	3	3	19	8	0	20	20
Egg & Cheese (with ham) on 6" Flatbread	211	400	140	15	5	0	240	1290	43	3	4	23	8	0	20	20
Breakfast B.M.T.® Melt on 6" Flatbread	270	510	220	24	8	0	265	1780	45	3	6	28	15	8	20	20
Bacon, Egg & Cheese on 6" Flatbread	192	420	160	18	7	0	240	1220	42	3	4	22	8	0	20	20
Mega Melt** on 6" Flatbread	249	660	370	29	11	0	275	1740	43	3	4	32	10	0	20	25
Sausage, Egg & Cheese** on 6" Flatbread	240	610	340	25	9	0	265	1550	43	3	4	28	10	0	20	20
Steak, Egg & Cheese on 6" Flatbread	225	440	150	17	6	0	255	1363	44	3	4	28	8	0	20	25
Sunrise Subway Melt® on 6" Flatbread	284	480	180	20	7	0	260	1730	46	3	6	32	15	8	20	20
Breakfast Sides																
Hash Browns**	102	210	90	10	2.5	0	0	610	28	3	0	2	0	0	0	3
8" Pizza**																
Cheese	293	680	200	22	9	0	40	1070	96	4	7	32	25	4	45	30
Cheese & Veggies	381	740	230	25	11	0	50	1270	100	5	9	36	35	30	60	30
Pepperoni	323	790	290	32	13	0	60	1350	96	4	8	38	30	4	60	30
Sausage	336	820	310	34	14	0	70	1420	97	4	8	39	30	4	60	30
BREADS & CONDIMENTS																
Breads																
6" Italian (White) Bread	71	200	20	2	0.5	0	0	290	38	1	5	7	0	0	30	15
6" 9-Grain Wheat Bread	78	210	20	2	0.5	0	0	310	40	4	5	8	0	0	30	15
6" Parmesan Oregano Bread	75	220	25	2.5	1	0	0	440	40	2	5	8	0	0	35	15
6" Honey Oat	89	260	25	3	0.5	0	0	330	48	5	9	9	0	0	30	15
6" Hearty Italian Bread**	75	210	20	2.5	0.5	0	0	290	41	2	5	7	0	0	30	15
6" Monterey Cheddar**	82	240	50	6	2.5	0	10	360	38	2	5	10	2	0	40	15
6" Italian Herbs & Cheese	82	250	45	5	2.5	0	10	490	40	2	5	9	2	0	40	15
6" Roasted Garlic**	82	230	25	2.5	0.5	0	0	1260	45	2	7	8	4	45	35	15
6" Wheat Bread with Omega-3 ALA (CA only)**	82	230	19	3	0.5	0	0	310	44	4	3	9	0	0	30	20
6" Flatbread	87	220	40	4.5	1	0	0	450	38	2	2	7	0	0	8	15
Light Wheat English Muffin	57	100	5	0.5	0	0	0	170	22	5	1	6	0	0	12	6
Mini Italian Bread	47	130	10	1.5	0	0	0	190	25	1	3	5	0	0	20	8
Mini Wheat Bread	52	140	10	1.5	0	0	0	200	27	3	3	5	0	0	20	8
Wrap**	103	310	70	8	2.5	0	0	610	51	1	0	8	0	0	6	15
Sandwich Condiments (amount on 6-inch sandwich)																
Bacon (2 strips)	9	45	30	3.5	1.5	0	10	190	0	0	0	3	0	0	0	0
Buffalo Sauce	14	5	0	0	0	0	0	410	1	0	0	0	4	0	0	2
Chipotle Southwest Sauce	21	100	90	10	1.5	0	10	220	1	0	0	0	0	0	0	0
Honey Mustard Sauce, Fat Free	21	30	0	0	0	0	0	120	7	0	6	0	0	0	0	0
Light Mayonnaise (1 T)	15	50	45	5	1	0	5	100	<1	0	0	0	0	0	0	0
Mayonnaise (1 T)	15	110	110	12	2	0	10	80	0	0	0	0	0	0	0	0
Mustard yellow or deli brown (2 tsp)	10	5	0	0	0	0	0	115	<1	0	0	0	0	0	0	0
Olive Oil Blend (1 tsp)	5.0	45	45	5	0	0	0	0	0	0	0	0	0	0	0	0
Pepperoni, 3 slices	17.7	80	60	7	2.5	0	15	400	1	0	1	4	0	0	0	0
Ranch Dressing	21	110	100	11	1.5	0	5	200	1	0	1	0	0	0	0	0
Red Wine Vinaigrette, Fat Free**	21	30	3	0	0	0	0	340	6	0	3	0	0	0	0	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	85	9	0	8	0	0	0	0	0
Vinegar (1 tsp)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sandwich)																
Avocado**	35	70	60	7	1	0	0	0	3	2	0	1	0	4	0	0
Banana Peppers (3 rings)	4	Δ	0	0	0	0	0	60	0	0	0	0	0	6	0	0
Cucumbers (3 slices)	17	Δ	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0
Jalapeno Peppers (3 rings)	4	Δ	0	0	0	0	0	70	0	0	0	0	0	4	0	0
Lettuce	21	Δ	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	7	Δ	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	9	0	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Olives (3 rings)	3	Δ	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Spinach**	7	2	0	0	0	0	0	15	0	0	0	0	15	3	1	4
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0
Cheese (amount on 6-inch sandwich)																
American, Processed	11	40	30	3.5	2	0	10	200	1	0	0	2	2	0	8	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0	15	90	1	0	0	3	4	0	10	0
Mozzarella, Shredded**	14	40	25	3	2	0	10	100	0	0	0	3	2	0	8	0
Natural Cheddar**	15	60	45	5	3	0	15	100	0	0	0	4	4	0	8	0
Pepperjack**	14	50	35	4	2.5	0	15	140	0	0	0	3	4	4	10	0
Provolone**	14	50	35	4	2	0	10	125	0	0	0	4	2	0	10	0
Swiss**	14	50	35	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0
Individual Meats (amount on 6" sub or salad)																
Chicken Patty, Roasted	71	90	20	2.5	0.5	0	25	330	4	0	2	15	0	10	0	0
Chicken Strips	71	80	15	1.5	0.5	0	50	210	0	0	0	16	0	4	2	2
Cold Cut Combo Meats	71	140	100	11	3.5	0	50	830	2	0	1	10	2	2	4	6
Egg Patty (regular)	85	110	60	7	2	0	220	380	3	1	1	9	4	0	6	4

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Egg White Patty	85	70	20	2	0	0	0	430	3	0	0	9	0	0	20	2
Ham	57	60	15	2	0.5	0	25	520	2	0	2	9	0	0	0	0
Italian B.M.T.® Meats	64	180	130	14	5	0	45	990	2	0	2	11	0	0	0	2
Meatballs	139	260	141	16	6	0.5	32	640	16	3	6	13	15	15	6	8
Roast Beef	71	90	20	2.5	1	0	45	390	1	0	1	16	0	0	0	8
Sausage, Breakfast	57	140	100	11	4.5	0	35	520	1	0	1	10	2	0	0	4
Seafood Sensation**	71	190	150	16	2.5	0	15	430	7	0	1	5	2	0	6	2
Steak (no cheese)	71	110	40	4	1.5	0	40	550	4	0	1	15	0	2	0	8
Subway Club® Meats	78	90	20	2.5	1	0	39	570	2	0	1	15	0	0	0	6
Tuna	71	260	220	24	4	0	35	310	0	0	0	10	0	0	0	4
Turkey Breast	57	50	10	1	0	0	20	500	2	0	1	9	0	0	0	2
Veggie Patty**	85	160	45	5	0.5	0	10	520	12	3	2	15	6	0	2	0

DESSERTS, SIDES & BEVERAGES

Cookies & Desserts																
Chocolate Chip	45	220	90	10	5	0	15	130	30	1	18	2	6	0	0	6
Chocolate Chunk**	45	220	90	10	5	0	10	100	30	<1	17	2	0	0	0	6
Double Chocolate Chip**	45	210	80	9	5	0	15	130	30	1	20	2	6	0	2	4
M & M®**	45	210	90	10	5	0	15	100	32	<1	18	2	0	0	2	6
Oatmeal Raisin	45	200	70	8	4	0	15	130	30	1	16	3	0	0	2	6
Peanut Butter**	45	220	110	12	5	0	10	130	26	1	16	4	4	0	2	6
Raspberry Cheesecake	45	200	80	9	4.5	0	15	120	29	0	16	2	6	0	2	4
Sugar**	45	220	110	12	6	0	15	130	28	<1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0	15	130	29	<1	18	2	6	0	2	4
Birthday Berry Cookie**	45	200	70	8	4	0	10	130	32	<1	19	2	8	0	2	4
Apple Pie**	71	250	90	10	2	n/a	0	290	37	1	25	0	0	0	0	2
Apple Slices - 1 package	71	35	0	0	0	0	0	0	9	2	7	0	0	30	4	0
Yogurt Dannon Light & Fit®	170	80	0	0	0	0	<5	80	16	0	11	5	8	0	15	0
Yogurt Parfait (with granola)	164	160	20	2	1.004	0	10	75	30	2	24	6	2	20	15	2
Chips																
Baked Lay's®	32	130	15	2	0	0	0	200	23	2	2	2	0	2	4	2
Baked Lay's®** Sour Cream & Onion	32	140	30	3.5	0.5	0	0	240	24	2	3	3	0	4	4	2
Doritos Nacho	50	250	120	13	2.5	0	<5	310	30	2	2	4	0	0	8	2
Lays® Classic	43	230	140	15	1.5	0	0	270	23	2	0	3	0	15	0	2
Sunchips Harvest Cheddar	43	210	80	9	1.5	0	0	240	29	3	3	4	0	0	2	2
Beverages*** (oz)																
Coca Cola®, no ice	21	260	0	0	0	0	0	15	71	0	71	0	0	0	0	0
Diet Coke®, no ice	21	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0
FUZE Brewed Black Tea Lemon Sweet, no ice	21	170	0	0	0	0	0	0	43	0	43	0	0	15	0	0
FUZE Brewed Green Tea Sweet, no ice	21	140	0	0	0	0	0	0	37	0	36	0	0	15	0	0
FUZE Brewed Raspberry Tea Sweet, no ice	21	150	0	0	0	0	0	0	58	0	58	0	0	15	0	0
FUZE Brewed Sweet Tea, no ice	21	170	0	0	0	0	0	0	44	0	44	0	0	15	0	0
FUZE Brewed Tea Unsweetened, no ice	21	0	0	0	0	0	0	0	1	0	0	0	0	15	0	0
Minute Maid® Light Lemonade, no ice	21	15	0	0	0	0	0	15	3	0	3	0	0	0	0	0
Sprite®, no ice	21	260	0	0	0	0	0	60	68	0	68	0	0	0	0	0
Juice Box	6	100	0	0	0	0	0	15	24	0	21	0	0	100	10	2
Milk, Low Fat	12	160	35	3.5	2.5	0	20	180	19	0	17	12	15	6	45	0
Milk, Chocolate Flavored Reduced Fat	12	300	70	8	5	0	35	300	43	<1	43	15	15	6	45	4
Milk, Strawberry Flavored Reduced Fat	12	300	70	7	4.5	0	35	220	44	0	42	15	15	6	50	0
Soup** (10 oz bowl)																
Chipotle Chicken Corn Chowder	10	130	25	2.5	1	0	15	870	22	2	4	5	6	0	0	2
Southern Style Chicken & Dumpling	10	170	45	5	2	0	50	870	22	2	3	8	10	0	4	6
Chili Con Carne	10	280	70	8	3.5	0	25	860	35	9	13	17	15	6	8	20
Creamy Potato with Bacon	10	250	120	14	5	0	25	940	26	3	4	6	8	2	10	4
Creamy Garden Broccoli & Cheese	10	200	130	14	6	0	30	870	14	2	5	4	4	0	8	2
Minestrone	10	90	10	1	0.5	0	5	800	15	3	5	4	20	0	6	6
New England Style Clam Chowder	10	150	45	5	1	0	10	970	20	3	2	5	0	0	4	6
Roasted Chicken Noodle	10	110	20	2	0.5	0	20	860	15	1	2	7	15	0	2	2
Spanish Style Chicken & Rice with Pork	10	110	25	2.5	1	0	5	980	16	1	1	6	2	0	2	2
Tomato Garden Vegetable w/ Rotini	10	90	0	0	0	0	0	860	20	2	8	3	30	0	4	4
Vegetable Beef	10	100	20	2	0.5	0	10	950	15	3	5	6	20	0	4	4
Creamy Brown and Wild Rice with Chicken	10	220	110	12	4	0	25	810	22	2	4	5	2	10	20	4

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from Subway® approved food manufacturers, independent laboratories and the USDA Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to season of the year, use of an alternate supplier, region of the country and/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 is 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 nutrition information.