



SINGAPORE NUTRITION INFORMATION

February 2022

AVG QTY Per Serving	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Subway 6-Inch® Cold Subs											
Values include lettuce, tomatoes, cucumbers, mixed bell peppers and onions on multigrain bread											
Chicken Ham	214	272	18.9	4.6	1.7	0.0	15	33.4	4.5	4.8	749
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	214	272	19.8	4.0	1.4	0.0	32	33.7	5.0	4.6	812
Egg & Mayo (with Hard Boiled Egg)	228	354	14.0	16.9	3.4	0.3	110	31.2	4.6	4.3	469
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	220	330	20.4	10.5	4.4	0.0	14	33.4	4.5	4.6	892
Roast Beef	214	281	24.6	3.7	1.4	0.0	27	32.1	4.4	4.9	613
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)	214	270	20.7	3.7	1.3	0.0	19	33.1	4.5	4.8	732
Tuna & Mayo	228	455	22.1	24.5	3.9	0.7	34	31.2	4.4	4.4	593
Turkey Breast	214	264	19.6	3.3	1.0	0.0	18	33.5	4.5	4.8	783
Spicy Italian (with Beef Salami and Beef Pepperoni)	226	389	22.0	16.4	7.0	0.0	13	33.4	4.4	4.5	1034
Subway Veggie Delite™	154	207	10.2	2.2	0.7	0.0	0.0	31.1	4.4	4.3	278
Subway 6-Inch® Hot Subs											
Values include lettuce, tomatoes, cucumbers, mixed bell peppers and onions on multigrain bread											
Chicken Bulgogi	247	328	27.1	4.4	1.0	0.0	0.0	38.8	4.6	11.2	854
Chicken Cutlet	271	463	30.1	15.8	6.2	0.0	30	44.9	12.5	5.6	708
Chicken Teriyaki	247	320	27.2	4.1	0.9	0.0	0.0	38.2	4.4	10.2	789
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	237	343	30.6	7.9	4.8	0.0	45	32.4	4.4	4.5	726
Meatball Marinara	259	381	22.8	12.4	6.1	0.0	22	40.0	5.1	6.6	680
Roasted Chicken Breast Patty	225	286	24.8	3.7	0.9	0.0	0.0	33.2	4.4	5.5	615
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)	241	326	24.0	7.4	3.6	0.0	25	34.8	5.1	5.2	1087
Veggie Patty	234	407	14.9	12.9	5.9	0.1	0.1	53.7	7.7	6.4	680
Cold Wraps											
Values include lettuce, tomatoes, cucumbers, mixed bell peppers and onions on multigrain wrap											
Chicken Ham	209	268	14.4	7.7	3.9	0.0	15	33.4	5.2	9.3	1050
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	209	268	15.3	7.1	3.6	0.0	32	33.7	5.7	9.1	1112
Egg & Mayo (with Hard Boiled Egg)	223	350	9.5	20.0	5.6	0.3	110	31.1	5.3	8.8	770
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	215	326	16.0	13.6	6.6	0.0	14	33.4	5.2	9.1	1192
Roast Beef	209	277	20.1	6.8	3.6	0.0	27	32.0	5.1	9.3	914
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)	209	266	16.2	6.8	3.5	0.0	19	33.1	5.2	9.3	1032
Tuna & Mayo	223	451	17.6	27.6	6.1	0.7	34	31.2	5.1	8.9	893
Turkey Breast	209	260	15.1	6.4	3.2	0.0	18	33.5	5.2	9.3	1083
Spicy Italian (with Beef Salami and Beef Pepperoni)	221	385	17.5	19.5	9.2	0.0	13	33.3	5.1	8.9	1334
Subway Veggie Delite™	149	203	5.8	5.4	2.9	0.0	0.0	31.1	5.1	8.7	578
Hot Wraps											
Values include lettuce, tomatoes, cucumbers, mixed bell peppers and onions on multigrain wrap											
Chicken Bulgogi	241	324	22.7	7.5	3.2	0.0	0.0	38.8	5.3	15.7	1154
Chicken Cutlet	266	459	25.6	18.9	8.4	0.0	30	44.9	13.2	10.0	1009
Chicken Teriyaki	241	316	22.7	7.2	3.1	0.0	0.0	38.2	5.1	14.7	1089
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	231	339	26.1	11.0	7.0	0.0	45	32.3	5.1	9.0	1026
Meatball Marinara	254	377	18.3	15.5	8.3	0.0	22	40.0	5.8	11.0	980
Roasted Chicken Breast Patty	220	282	20.3	6.8	3.1	0.0	0.0	33.1	5.1	10.0	915
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)	235	322	19.5	10.5	5.8	0.0	25	34.8	5.8	9.7	1387
Veggie Patty	229	403	10.4	16.0	8.1	0.1	0.1	53.7	8.4	10.9	981
Cold Flat Breads											
Values include lettuce, tomatoes, cucumbers, mixed bell peppers and onions on flat bread											
Chicken Ham	231	316	17.4	7.4	2.0	0.1	15	45.5	2.5	4.6	944
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	231	316	18.4	6.7	1.6	0.1	32	45.9	3.0	4.5	1006
Egg & Mayo (with Hard Boiled Egg)	245	398	12.5	19.6	3.6	0.4	110	43.3	2.6	4.2	663
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	237	374	19.0	13.2	4.6	0.1	14	45.5	2.5	4.5	1086
Roast Beef	231	325	23.1	6.4	1.6	0.1	28	44.2	2.4	4.7	807
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)	231	314	19.2	6.5	1.5	0.1	20	45.3	2.5	4.7	926
Tuna & Mayo	245	499	20.6	27.2	4.1	0.7	34	43.3	2.4	4.2	787
Turkey Breast	231	308	18.2	6.0	1.3	0.1	18	45.7	2.5	4.6	977
Spicy Italian (with Beef Salami and Beef Pepperoni)	243	433	20.5	19.1	7.3	0.1	13	45.5	2.4	4.3	1228
Subway Veggie Delite™	171	251	8.8	5.0	0.9	0.1	0.3	43.2	2.4	4.1	472

	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
AVG QTY Per Serving											
Hot Flat Breads Values include lettuce, tomatoes, cucumbers, mixed bell peppers and onions on flat bread											
Chicken Bulgogi	263	372	25.7	7.1	1.2	0.1	0.3	50.9	2.6	11.1	1048
Chicken Cutlet	288	507	28.7	18.6	6.4	0.1	31	57.0	10.5	5.4	903
Chicken Teriyaki	263	364	25.7	6.9	1.2	0.1	0.3	50.3	2.4	10.1	983
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	253	387	29.1	10.6	5.0	0.1	45	44.5	2.4	4.4	920
Meatball Marinara	276	425	21.3	15.1	6.4	0.1	22	52.1	3.1	6.4	874
Roasted Chicken Breast Patty	242	330	23.3	6.4	1.1	0.1	0.3	45.3	2.4	5.4	809
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)	257	370	22.5	10.1	3.8	0.1	25	46.9	3.1	5.1	1281
Veggie Patty	251	451	13.4	15.6	6.1	0.1	0.4	65.9	5.7	6.3	874
Cold Salads Values include lettuce, tomatoes, cucumbers, mixed bell peppers, onions, beetroot, carrots, pickles, olives and jalapenos											
Chicken Ham	295	109	10.7	3.0	1.2	0.0	15	11.2	3.2	6.0	682
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	295	110	11.7	2.4	0.8	0.0	32	11.6	3.7	5.8	744
Egg & Mayo (with Hard Boiled Egg)	309	192	5.8	15.3	2.8	0.3	110	9.0	3.3	5.6	401
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	301	168	12.3	8.9	3.8	0.0	14	11.2	3.2	5.8	824
Roast Beef	295	119	16.4	2.1	0.8	0.0	27	9.9	3.1	6.1	545
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)	295	108	12.5	2.2	0.7	0.0	19	11.0	3.2	6.0	664
Tuna & Mayo	309	293	14.0	22.9	3.3	0.7	34	9.0	3.1	5.6	525
Turkey Breast	295	102	11.5	1.7	0.5	0.0	18	11.4	3.2	6.0	715
Spicy Italian (with Beef Salami and Beef Pepperoni)	307	227	13.9	14.8	6.5	0.0	13	11.2	3.1	5.7	966
Subway Veggie Delite™	235	45	2.1	0.7	0.1	0.0	0.0	8.9	3.1	5.5	210
Hot Salads Values include lettuce, tomatoes, cucumbers, mixed bell peppers, onions, beetroot, carrots, pickles, olives and jalapenos											
Chicken Bulgogi	328	166	19.0	2.8	0.4	0.0	0.0	16.6	3.3	12.5	786
Chicken Cutlet	352	301	22.0	14.3	5.6	0.0	30	22.7	11.2	6.8	640
Chicken Teriyaki	328	158	19.0	2.5	0.4	0.0	0.0	16.0	3.1	11.4	721
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	318	181	22.4	6.3	4.2	0.0	45	10.2	3.1	5.8	658
Meatball Marinara	340	219	14.6	10.8	5.6	0.0	22	17.8	3.8	7.8	612
Roasted Chicken Breast Patty	306	124	16.6	2.1	0.3	0.0	0.0	11.0	3.1	6.7	547
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)	322	163	15.9	5.8	3.0	0.0	25	12.6	3.8	6.4	1019
Veggie Patty	315	245	6.8	11.3	5.3	0.1	0.1	31.6	6.4	7.7	612
Breakfast Subway 6-Inch® Subs Values include egg omelette and sliced old english style processed cheese on multigrain bread											
Chicken Bacon, Egg & Cheese	232	326	21.1	9.3	3.6	0.0	8	32.3	5.0	4.7	625
Chicken Ham, Egg & Cheese	252	357	24.0	11.5	5.0	0.0	7	33.1	4.5	5.0	860
Chicken Sausage, Egg & Cheese	312	493	36.5	19.6	4.5	0.0	0.0	39.0	4.4	4.7	1523
Egg & Cheese	222	325	19.7	10.3	4.5	0.0	0.0	31.9	4.4	4.7	624
Breakfast Flat Breads Values include egg omelette and sliced old english style processed cheese on flat bread											
Chicken Bacon, Egg & Cheese	248	370	19.6	12.1	3.8	0.1	9	44.4	3.0	4.6	819
Chicken Ham, Egg & Cheese	269	401	22.5	14.2	5.2	0.1	8	45.2	2.5	4.8	1054
Chicken Sausage, Egg & Cheese	329	537	35.0	22.4	4.7	0.1	0.3	51.1	2.4	4.6	1717
Egg & Cheese	239	369	18.2	13.0	4.7	0.1	0.3	44.0	2.4	4.6	818
Breakfast 3-Inch Flat Breads Values include egg omelette and sliced old english style processed cheese on flat bread											
Chicken Bacon, Egg & Cheese	205	249	15.3	9.5	3.3	0.0	9	24.4	2.2	3.6	522
Chicken Ham, Egg & Cheese	205	245	14.9	9.7	3.5	0.0	4	24.3	1.7	3.5	532
Chicken Sausage, Egg & Cheese	235	317	21.4	13.8	3.2	0.0	0.2	27.4	1.7	3.5	928
Egg & Cheese	190	229	12.8	9.1	3.2	0.0	0.2	23.7	1.6	3.4	414
Toasties Values include shredded mozzarella on italian white bread											
Chicken & Cheese	94.3	200	13.9	8.7	4.8	0.3	24	19.5	1.0	1.6	502
Egg & Mayo with Cheese	101	238	11.9	14.7	5.5	0.5	71	17.7	1.0	1.4	350
Mushroom & Cheese	99.3	196	10.2	9.5	5.3	0.3	21	21.1	1.6	2.2	381
Soups											
Broccoli & Cheese	240	190	3.8	13.4	8.2	0.0	46	15.1	1.7	3.8	942
Rustic Tomato	240	339	2.0	11.0	3.7	0.0	0.0	14.7	1.1	5.4	891
Wild Mushroom	240	116	1.7	5.4	3.4	0.0	0.0	17.5	0.6	4.0	903

AVG QTY Per Serving	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Sides											
Hashbrown	82.4	148	2.0	7.2	1.8	0.2	0.0	18.6	2.1	0.2	463
Macaroni & Cheese	150	363	11.5	22.7	12.8	0.0	8	28.4	1.2	3.9	654
Cookies											
Chocolate Chip	45.0	217	2.4	10.4	6.5	0.0	14	28.5	0.9	17.5	161
Double Chocolate Chip	45.0	213	2.5	9.9	6.8	0.0	15	28.4	1.2	18.5	160
Oatmeal Raisin	45.0	190	2.5	6.9	3.4	0.0	12	29.3	1.4	17.5	176
Peanut Butter	45.0	214	3.6	11.3	4.6	0.1	12	25.4	1.0	15.7	152
Raspberry Cheesecake	45.0	204	2.0	8.8	5.0	0.1	12	29.5	0.5	15.8	176
White Chip Macadamia Nut	45.0	218	2.6	11.0	6.3	0.0	18	27.2	0.8	17.3	196
Breads											
Flatbread	86.4	234	8.0	4.9	0.9	0.1	0.3	39.6	1.5	2.0	467
Subway 6-Inch® Garlic Bread	71.0	194	7.2	2.2	0.8	0.0	0.0	36.2	1.8	2.9	436
Subway 6-Inch® Honey Oat Bread	80.6	228	11.6	2.5	0.7	0.0	0.0	33.8	4.3	6.1	316
Subway 6-Inch® Italian White Bread	67.5	182	7.0	2.0	0.7	0.0	0.0	33.8	1.8	2.2	280
Subway 6-Inch® Multigrain Bread	70.0	190	9.5	2.1	0.6	0.0	0.0	27.5	3.5	2.1	273
Subway 6-Inch® Parmesan Oregano Bread	71.0	193	7.1	2.3	0.8	0.0	0.0	35.8	1.8	2.6	426
Wrap, Multigrain	64.5	186	5.0	5.2	2.8	0.0	0.0	27.5	4.2	6.6	573
Meat, Poultry, Egg, Seafood & Vegetarian											
Amount on a Subway 6-Inch® Sub											
Beef Pepperoni (4 slices)	36.0	91	5.9	7.1	3.2	0.0	6	1.1	0.0	0.0	398
Beef Salami (4 slices)	36.0	91	5.9	7.0	3.2	0.0	7	1.2	0.0	0.2	358
Chicken Bacon (2 Slices)	30.0	40	5.0	1.0	0.3	0.0	17	1.4	1.2	0.3	216
Chicken Bulgogi	92.3	122	16.9	2.1	0.3	0.0	0.0	7.7	0.2	7.0	576
Chicken Cutlet	117.0	256	19.9	13.6	5.5	0.0	30	13.8	8.1	1.3	431
Chicken Ham (sliced) (2 slices)	30.0	32	4.3	1.2	0.5	0.0	7	1.2	0.1	0.3	236
Chicken Sausage (2 pieces)	90.0	168	16.7	9.4	0.0	0.0	0.0	7.1	0.0	0.0	899
Chicken Teriyaki	92.3	113	16.9	1.9	0.3	0.0	0.0	7.1	0.0	5.9	511
Chunky Steak	71.0	99	18.1	2.7	2.1	0.0	45	0.6	0.0	0.0	235
Egg & Mayo (with Hard Boiled Egg)	74.0	147	3.7	14.6	2.7	0.3	110	0.0	0.2	0.1	192
Egg (Omelette)	56.7	80	7.2	5.1	1.8	0.0	0.0	0.2	0.0	0.2	133
Meatball Marinara	105.0	174	12.5	10.1	5.5	0.0	22	8.9	0.7	2.3	402
Roast Beef (4 slices)	60.0	74	14.3	1.4	0.7	0.0	27	1.0	0.0	0.6	335
Roasted Chicken Breast Patty	71.0	80	14.5	1.4	0.2	0.0	0.0	2.1	0.0	1.2	337
Tuna & Mayo	74.0	248	11.9	22.2	3.2	0.7	34	0.1	0.0	0.1	315
Turkey Bologna (2 slices)	20.0	21	3.1	0.6	0.3	0.0	6	0.9	0.3	0.1	170
Turkey Breast (4 slices)	60.0	57	9.4	1.1	0.4	0.0	18	2.4	0.1	0.5	505
Turkey Ham (2 slices)	20.0	22	3.4	0.6	0.2	0.0	11	0.9	0.3	0.2	181
Turkey Salami (2 slices)	20.0	21	3.1	0.6	0.3	0.0	16	0.8	0.0	0.1	183
Veggie Patty (2 patties)	80.0	200	4.7	10.6	5.2	0.1	0.1	22.6	3.3	2.2	402
Sauces & Dressings											
Amount on a Subway 6-Inch® Sub											
BBQ Sauce	21.3	37	0.2	0.1	0.0	0.0	0.0	8.8	0.2	7.8	170
Bulgogi Sauce	21.3	38	0.2	0.3	0.1	0.0	0.0	7.7	0.2	7.0	216
Chilli Sauce	21.3	34	0.1	0.1	0.0	0.0	0.0	7.8	0.3	7.1	178
Chipotle Southwest Sauce	21.3	101	0.3	10.2	1.8	0.2	0.0	1.9	0.1	1.1	157
Honey Mustard	21.3	32	0.2	0.2	0.0	0.0	0.0	7.2	0.3	6.1	106
Ketchup	21.3	25	0.0	0.0	0.0	0.0	0.0	5.6	0.1	4.8	170
Mayonnaise	15.0	107	0.2	11.8	1.7	0.4	7	0.0	0.0	0.1	80
Mustard	10.0	50	0.4	0.5	0.1	0.0	0.0	1.1	0.3	0.8	130
Sweet Onion Sauce	21.3	38	0.1	0.1	0.0	0.0	0.0	8.9	0.1	8.2	75
Jalapeno Cheese Sauce	21.3	56	0.6	4.8	1.0	0.0	0.0	2.7	0.1	1.7	219
Remoulade	21.3	79	0.1	6.5	0.9	0.3	0.0	5.2	0.1	4.0	161
Sweet Chilli Sauce	21.3	27	0.2	0.1	0.0	0.2	0.0	6.3	0.1	5.6	268
Cheeses											
Amount on a Subway 6-Inch® Sub											
Shredded Mozzarella	14.0	44	2.8	3.3	2.1	0.1	10	0.8	0.1	0.2	82
Sliced Old English Style Processed Cheese (2 slices)	11.2	38	2.3	2.9	2.0	0.0	0.0	0.6	0.0	0.3	213
Vegetables											
Amount on a Subway 6-Inch® Sub											
Avocado	37.0	71	0.7	7.0	1.1	0.0	0.0	2.5	1.9	0.3	31
Beetroot	7.0	3	0.1	0.0	0.0	0.0	0.0	0.7	0.2	0.5	5
Carrots	7.0	3	0.1	0.0	0.0	0.0	0.0	0.7	0.2	0.3	5
Corn	30.0	22	0.8	0.5	0.1	0.0	0.0	3.6	0.9	1.2	20

	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
AVG QTY Per Serving											
Cucumbers (3 slices)	14.0	2	0.1	0.0	0.0	0.0	0.0	0.5	0.1	0.2	0.3
Jalapenos (3 slices)	4.0	1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	62
Lettuce	21.0	3	0.2	0.0	0.0	0.0	0.0	0.6	0.3	0.4	2
Mixed Greens	10.0	2	0.1	0.0	0.0	0.0	0.0	0.3	0.3	0.0	2
Mixed Bell Peppers (3 slices)	7.0	2	0.1	0.0	0.0	0.0	0.0	0.4	0.1	0.3	0.3
Mushrooms (spread)	37.0	29	0.6	2.0	1.1	0.0	5	2.7	0.7	0.8	115
Olives (3 slices)	3.0	4	0.0	0.3	0.1	0.0	0.0	0.2	0.1	0.0	26
Onions (3 slices)	7.0	3	0.1	0.0	0.0	0.0	0.0	0.7	0.1	0.3	0.3
Pickles (3 slices)	9.4	1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	94
Tomatoes (3 slices)	35.0	6	0.3	0.1	0.0	0.0	0.0	1.4	0.4	0.9	2

Nutrition information compiled using nutrition analysis from approved food manufacturers, an independent laboratories and the USDA National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Double values for approximate Subway Footlong® sub nutrition values.



SINGAPORE NUTRITION INFORMATION

February 2022

	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
AVG QTY Per 100g											
Values include lettuce, tomatoes, cucumbers, mixed bell peppers and onions on multigrain bread											
Subway 6-Inch® Cold Subs											
Chicken Ham	100	127	8.8	2.2	0.8	0.0	7	15.6	2.1	2.2	350
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	100	127	9.3	1.9	0.6	0.0	15	15.7	2.3	2.1	379
Egg & Mayo (with Hard Boiled Egg)	100	155	6.1	7.4	1.5	0.2	48	13.6	2.0	1.9	206
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	100	150	9.3	4.8	2.0	0.0	6	15.2	2.0	2.1	405
Roast Beef	100	131	11.5	1.7	0.6	0.0	13	15.0	2.1	2.3	286
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)	100	126	9.7	1.7	0.6	0.0	9	15.5	2.1	2.2	342
Tuna & Mayo	100	199	9.7	10.7	1.7	0.3	15	13.7	1.9	1.9	260
Turkey Breast	100	123	9.2	1.5	0.5	0.0	8	15.7	2.1	2.2	365
Spicy Italian (with Beef Salami and Beef Pepperoni)	100	172	9.7	7.2	3.1	0.0	6	14.7	2.0	2.0	457
Subway Veggie Delite™	100	134	6.6	1.5	0.4	0.0	0.0	20.2	2.9	2.8	180
Values include lettuce, tomatoes, cucumbers, mixed bell peppers and onions on multigrain bread											
Subway 6-Inch® Hot Subs											
Chicken Bulgogi	100	133	11.0	1.8	0.4	0.0	0.0	15.7	1.9	4.6	346
Chicken Cutlet	100	171	11.1	5.8	2.3	0.0	11	16.6	4.6	2.0	261
Chicken Teriyaki	100	130	11.0	1.7	0.4	0.0	0.0	15.5	1.8	4.1	320
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	100	145	12.9	3.3	2.0	0.0	19	13.7	1.9	1.9	307
Meatball Marinara	100	147	8.8	4.8	2.4	0.0	8	15.4	2.0	2.5	262
Roasted Chicken Breast Patty	100	127	11.0	1.6	0.4	0.0	0.0	14.7	2.0	2.4	273
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)	100	135	10.0	3.1	1.5	0.0	10	14.5	2.1	2.2	452
Veggie Patty	100	174	6.4	5.5	2.5	0.0	0.0	22.9	3.3	2.7	290
Values include lettuce, tomatoes, cucumbers, mixed bell peppers and onions on multigrain wrap											
Cold Wraps											
Chicken Ham	100	128	6.9	3.7	1.9	0.0	7.1	16.0	2.5	4.4	503
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	100	128	7.4	3.4	1.7	0.0	15.2	16.1	2.7	4.3	533
Egg & Mayo (with Hard Boiled Egg)	100	157	4.3	9.0	2.5	0.2	49.4	14.0	2.4	4.0	345
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	100	152	7.4	6.3	3.1	0.0	6.4	15.5	2.4	4.2	555
Roast Beef	100	133	9.6	3.3	1.7	0.0	13.0	15.3	2.5	4.5	438
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)	100	127	7.8	3.3	1.7	0.0	9.3	15.9	2.5	4.4	494
Tuna & Mayo	100	202	7.9	12.4	2.7	0.3	15.2	14.0	2.3	4.0	401
Turkey Breast	100	124	7.3	3.1	1.6	0.0	8.6	16.0	2.5	4.4	519
Spicy Italian (with Beef Salami and Beef Pepperoni)	100	174	7.9	8.8	4.2	0.0	5.8	15.1	2.3	4.0	604
Subway Veggie Delite™	100	136	3.9	3.6	1.9	0.0	0.0	20.9	3.4	5.9	389
Values include lettuce, tomatoes, cucumbers, mixed bell peppers and onions on multigrain wrap											
Hot Wraps											
Chicken Bulgogi	100	135	9.4	3.1	1.3	0.0	0.0	16.1	2.2	6.5	479
Chicken Cutlet	100	173	9.6	7.1	3.1	0.0	11	16.9	5.0	3.8	379
Chicken Teriyaki	100	131	9.4	3.0	1.3	0.0	0.0	15.8	2.1	6.1	452
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	100	147	11.3	4.8	3.0	0.0	19	14.0	2.2	3.9	444
Meatball Marinara	100	149	7.2	6.1	3.3	0.0	9	15.7	2.3	4.4	386
Roasted Chicken Breast Patty	100	128	9.2	3.1	1.4	0.0	0.0	15.1	2.3	4.5	416
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)	100	137	8.3	4.5	2.5	0.0	11	14.8	2.5	4.1	590
Veggie Patty	100	176	4.6	7.0	3.5	0.0	0.0	23.5	3.7	4.8	429
Values include lettuce, tomatoes, cucumbers, mixed bell peppers and onions on flat bread											
Cold Flat Breads											
Chicken Ham	100	137	7.5	3.2	0.9	0.0	7	19.7	1.1	2.0	409
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	100	137	8.0	2.9	0.7	0.0	14	19.9	1.3	1.9	436
Egg & Mayo (with Hard Boiled Egg)	100	163	5.1	8.0	1.5	0.2	45	17.7	1.1	1.7	271
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	100	158	8.0	5.6	2.0	0.0	6	19.2	1.0	1.9	459
Roast Beef	100	141	10.0	2.8	0.7	0.0	12	19.2	1.0	2.0	350
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)	100	136	8.3	2.8	0.7	0.0	9	19.6	1.1	2.0	402
Tuna & Mayo	100	204	8.4	11.1	1.7	0.3	14	17.7	1.0	1.7	322
Turkey Breast	100	133	7.9	2.6	0.6	0.0	8	19.8	1.1	2.0	423
Spicy Italian (with Beef Salami and Beef Pepperoni)	100	178	8.5	7.9	3.0	0.0	5	18.7	1.0	1.8	506
Subway Veggie Delite™	100	147	5.1	2.9	0.5	0.0	0.2	25.3	1.4	2.4	276

AVG QTY Per 100g	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Hot Flat Breads											
Values include lettuce, tomatoes, cucumbers, mixed bell peppers and onions on flat bread											
Chicken Bulgogi	100	142	9.8	2.7	0.5	0.0	0.1	19.4	1.0	4.2	398
Chicken Cutlet	100	176	10.0	6.5	2.2	0.0	11	19.8	3.6	1.9	314
Chicken Teriyaki	100	138	9.8	2.6	0.4	0.0	0.1	19.1	0.9	3.8	374
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	100	153	11.5	4.2	2.0	0.0	18	17.6	1.0	1.7	364
Meatball Marinara	100	154	7.7	5.5	2.3	0.0	8	18.9	1.1	2.3	317
Roasted Chicken Breast Patty	100	137	9.6	2.7	0.5	0.0	0.1	18.7	1.0	2.2	335
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)	100	144	8.8	3.9	1.5	0.0	10	18.3	1.2	2.0	499
Veggie Patty	100	180	5.4	6.2	2.4	0.1	0.2	26.3	2.3	2.5	349
Cold Salads											
Values include lettuce, tomatoes, cucumbers, mixed bell peppers, onions, beetroot, carrots, pickles, olives and jalapenos											
Chicken Ham	100	37	3.6	1.0	0.4	0.0	5	3.8	1.1	2.0	231
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	100	37	4.0	0.8	0.3	0.0	11	3.9	1.3	2.0	252
Egg & Mayo (with Hard Boiled Egg)	100	62	1.9	4.9	0.9	0.1	36	2.9	1.1	1.8	130
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	100	56	4.1	3.0	1.3	0.0	5	3.7	1.1	1.9	273
Roast Beef	100	40	5.6	0.7	0.3	0.0	9	3.3	1.1	2.1	185
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)	100	37	4.2	0.7	0.3	0.0	7	3.7	1.1	2.0	225
Tuna & Mayo	100	95	4.5	7.4	1.1	0.2	11	2.9	1.0	1.8	170
Turkey Breast	100	34	3.9	0.6	0.2	0.0	6	3.8	1.1	2.0	242
Spicy Italian (with Beef Salami and Beef Pepperoni)	100	74	4.5	4.8	2.1	0.0	4	3.6	1.0	1.9	314
Subway Veggie Delite™	100	19	0.9	0.3	0.0	0.0	0.0	3.8	1.3	2.3	89
Hot Salads											
Values include lettuce, tomatoes, cucumbers, mixed bell peppers, onions, beetroot, carrots, pickles, olives and jalapenos											
Chicken Bulgogi	100	51	5.8	0.9	0.1	0.0	0.0	5.1	1.0	3.8	240
Chicken Cutlet	100	85	6.2	4.0	1.6	0.0	9	6.5	3.2	1.9	182
Chicken Teriyaki	100	48	5.8	0.8	0.1	0.0	0.0	4.9	1.0	3.5	220
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	100	57	7.1	2.0	1.3	0.0	14	3.2	1.0	1.8	207
Meatball Marinara	100	64	4.3	3.2	1.6	0.0	6	5.2	1.1	2.3	180
Roasted Chicken Breast Patty	100	40	5.4	0.7	0.1	0.0	0.0	3.6	1.0	2.2	179
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)	100	51	4.9	1.8	0.9	0.0	8	3.9	1.2	2.0	317
Veggie Patty	100	78	2.1	3.6	1.7	0.0	0.0	10.0	2.0	2.4	194
Breakfast Subway 6-Inch® Subs											
Values include egg omelette and sliced old english style processed cheese on multigrain bread											
Chicken Bacon, Egg & Cheese	100	141	9.1	4.0	1.6	0.0	4	13.9	2.2	2.0	270
Chicken Ham, Egg & Cheese	100	142	9.5	4.5	2.0	0.0	3	13.1	1.8	2.0	341
Chicken Sausage, Egg & Cheese	100	158	11.7	6.3	1.4	0.0	0.0	12.5	1.4	1.5	488
Egg & Cheese	100	146	8.9	4.6	2.0	0.0	0.0	14.4	2.0	2.1	281
Breakfast Flat Breads											
Values include egg omelette and sliced old english style processed cheese on flat bread											
Chicken Bacon, Egg & Cheese	100	149	7.9	4.9	1.5	0.0	4	17.9	1.2	1.8	330
Chicken Ham, Egg & Cheese	100	149	8.4	5.3	2.0	0.0	3	16.8	0.9	1.8	392
Chicken Sausage, Egg & Cheese	100	164	10.6	6.8	1.4	0.0	0.1	15.6	0.7	1.4	523
Egg & Cheese	100	155	7.6	5.5	2.0	0.0	0.1	18.4	1.0	1.9	343
Breakfast 3-Inch Flat Breads											
Values include egg omelette and sliced old english style processed cheese on flat bread											
Chicken Bacon, Egg & Cheese	100	121	7.5	4.7	1.6	0.0	4	11.9	1.1	1.7	255
Chicken Ham, Egg & Cheese	100	120	7.3	4.7	1.7	0.0	2	11.8	0.8	1.7	260
Chicken Sausage, Egg & Cheese	100	135	9.1	5.9	1.4	0.0	0.1	11.7	0.7	1.5	395
Egg & Cheese	100	121	6.7	4.8	1.7	0.0	0.1	12.5	0.9	1.8	218
Toasties											
Values include shredded mozzarella on italian white bread											
Chicken & Cheese	100	212	14.7	9.2	5.1	0.3	25	20.7	1.1	1.7	532
Egg & Mayo with Cheese	100	235	11.7	14.5	5.4	0.5	70	17.5	1.0	1.4	345
Mushroom & Cheese	100	198	10.3	9.5	5.4	0.3	21	21.2	1.7	2.2	384
Soups											
Broccoli & Cheese	100	79	1.6	5.6	3.4	0.0	19	6.3	0.7	1.6	392
Rustic Tomato	100	141	0.8	4.6	1.5	0.0	0.0	6.1	0.5	2.2	371
Wild Mushroom	100	48	0.7	2.2	1.4	0.0	0.0	7.3	0.2	1.7	376

	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
AVG QTY Per 100g											
Sides											
Hashbrown	100	179	2.5	8.8	2.2	0.2	0.0	22.6	2.5	0.2	562
Macaroni & Cheese	100	242	7.7	15.2	8.5	0.0	5	18.9	0.8	2.6	436
Cookies											
Chocolate Chip	100	483	5.4	23.0	14.4	0.1	30	63.3	2.0	38.8	357
Double Chocolate Chip	100	473	5.6	21.9	15.0	0.1	34	63.1	2.7	41.0	355
Oatmeal Raisin	100	423	5.6	15.4	7.6	0.1	28	65.0	3.0	38.8	390
Peanut Butter	100	476	8.0	25.2	10.2	0.2	27	56.5	2.2	34.8	338
Raspberry Cheesecake	100	453	4.4	19.6	11.1	0.2	27	65.5	1.1	35.2	390
White Chip Macadamia Nut	100	485	5.8	24.4	13.9	0.1	39	60.4	1.7	38.5	436
Breads											
Flatbread	100	271	9.3	5.6	1.0	0.1	0.4	45.9	1.7	2.3	541
Subway 6-Inch® Garlic Bread	100	273	10.1	3.0	1.1	0.0	0.0	51.0	2.6	4.1	614
Subway 6-Inch® Honey Oat Bread	100	283	14.4	3.1	0.9	0.0	0.0	42.0	5.3	7.5	392
Subway 6-Inch® Italian White Bread	100	269	10.3	2.9	1.1	0.0	0.0	50.1	2.6	3.3	415
Subway 6-Inch® Multigrain Bread	100	272	13.6	3.0	0.9	0.0	0.0	39.3	5.0	3.0	390
Subway 6-Inch® Parmesan Oregano Bread	100	271	10.0	3.2	1.2	0.0	0.0	50.4	2.5	3.6	600
Wrap, Multigrain	100	289	7.8	8.1	4.4	0.0	0.0	42.6	6.5	10.2	889
Meat, Poultry, Egg, Seafood & Vegetarian											
Beef Pepperoni	100	253	16.4	19.7	8.9	0.0	17	3.0	0.0	0.1	1106
Beef Salami	100	253	16.4	19.6	8.9	0.0	18	3.4	0.0	0.5	994
Chicken Bacon	100	134	16.8	3.2	1.0	0.1	56	4.7	3.9	1.0	719
Chicken Bulgogi	100	132	18.3	2.3	0.4	0.0	0.0	8.3	0.2	7.6	624
Chicken Cutlet	100	219	17.0	11.6	4.7	0.0	26	11.8	6.9	1.1	368
Chicken Ham (sliced)	100	108	14.4	4.0	1.8	0.0	25	3.9	0.2	0.9	786
Chicken Sausage	100	187	18.6	10.4	0.0	0.0	0.0	7.9	0.0	0.0	999
Chicken Teriyaki	100	123	18.4	2.0	0.3	0.0	0.0	7.7	0.0	6.4	554
Chunky Steak	100	139	25.5	3.8	2.9	0.0	63	0.9	0.0	0.0	331
Egg & Mayo (with Hard Boiled Egg)	100	199	5.0	19.8	3.7	0.5	149	0.1	0.2	0.1	259
Egg (Omelette)	100	142	12.7	9.0	3.1	0.0	0.0	0.3	0.0	0.3	235
Meatball Marinara	100	166	11.9	9.7	5.2	0.0	21	8.5	0.6	2.2	383
Roast Beef	100	124	23.9	2.4	1.2	0.0	45	1.6	0.0	1.0	559
Roasted Chicken Breast Patty	100	112	20.5	2.0	0.3	0.0	0.0	2.9	0.0	1.7	475
Tuna & Mayo	100	335	16.1	30.1	4.4	0.9	46	0.1	0.0	0.2	425
Turkey Bologna	100	107	15.6	2.8	1.3	0.0	28	4.6	1.5	0.3	852
Turkey Breast	100	95	15.7	1.8	0.7	0.0	30	4.1	0.2	0.9	842
Turkey Ham	100	112	17.0	2.8	0.9	0.0	53	4.6	1.5	1.2	905
Turkey Salami	100	106	15.4	3.1	1.5	0.0	79	4.1	0.0	0.3	913
Veggie Patty	100	250	5.9	13.3	6.5	0.1	0.1	28.3	4.1	2.7	503
Sauces & Dressings											
BBQ Sauce	100	176	0.9	0.4	0.0	0.0	0.0	41.2	0.8	36.4	798
Bulgogi Sauce	100	181	0.9	1.6	0.3	0.0	0.0	36.1	1.0	32.8	1013
Chilli Sauce	100	158	0.7	0.3	0.1	0.0	0.0	36.4	1.2	33.1	836
Chipotle Southwest Sauce	100	472	1.5	47.7	8.4	0.9	0.0	8.8	0.4	5.3	735
Honey Mustard	100	152	0.9	1.0	0.0	0.0	0.0	33.7	1.2	28.8	499
Ketchup	100	116	0.0	0.1	0.1	0.0	0.0	26.3	0.6	22.6	800
Mayonnaise	100	715	1.1	78.8	11.1	2.3	44	0.3	0.0	0.4	534
Mustard	100	498	4.1	5.4	0.5	0.0	0.0	10.5	3.0	8.2	1301
Sweet Onion Sauce	100	178	0.4	0.3	0.0	0.0	0.0	41.8	0.3	38.4	354
Jalapeno Cheese Sauce	100	262	2.6	22.5	4.7	0.0	0.0	12.6	0.5	8.1	1030
Remoulade	100	373	0.3	30.4	4.4	1.6	0.0	24.6	0.4	18.9	757
Sweet Chilli Sauce	100	124	0.9	0.3	0.0	1.0	0.0	29.5	0.3	26.4	1257
Cheeses											
Shredded Mozzarella	100	313	20.3	23.6	14.9	0.8	75	5.4	0.7	1.3	588
Sliced Old English Style Processed Cheese (2 slices)	100	337	20.2	26.3	18.3	0.0	0.0	5.5	0.0	2.5	1900
Vegetables											
Avocado	100	192	1.8	18.9	3.0	0.0	0.0	6.7	5.2	0.8	83
Beetroot	100	43	1.6	0.2	0.0	0.0	0.0	9.6	2.8	6.8	78
Carrots	100	41	0.9	0.2	0.0	0.0	0.0	9.6	2.8	4.8	69
Corn	100	73	2.8	1.5	0.4	0.0	0.0	12.0	3.0	4.1	66

	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
AVG QTY Per 100g											
Cucumbers (3 slices)	100	15	0.7	0.1	0.0	0.0	0.0	3.6	0.5	1.7	2
Jalapenos (3 slices)	100	20	0.8	0.7	0.0	0.0	0.0	2.9	3.2	2.9	1560
Lettuce	100	14	0.9	0.1	0.0	0.0	0.0	3.0	1.2	2.0	10
Mixed Greens	100	16	1.3	0.2	0.0	0.0	0.0	3.2	2.8	0.4	20
Mixed Bell Peppers (3 slices)	100	31	0.9	0.3	0.0	0.0	0.0	6.3	0.9	4.2	4
Mushrooms (spread)	100	79	1.7	5.3	2.9	0.0	12	7.3	1.9	2.3	311
Olives (3 slices)	100	128	1.0	9.5	1.7	0.0	0.0	8.0	2.9	0.9	880
Onions (3 slices)	100	40	1.1	0.1	0.0	0.0	0.0	9.3	1.7	4.2	4
Pickles (3 slices)	100	9	0.3	0.3	0.0	0.0	0.0	0.5	1.4	0.0	1000
Tomatoes (3 slices)	100	18	0.9	0.2	0.0	0.0	0.0	3.9	1.2	2.6	5

Nutrition information compiled using nutrition analysis from approved food manufacturers, an independent laboratories and the USDA National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.