

Singapore September 2025 Product Guide

Meatball Supreme Marinara, Chicken Marinara, Cookie & Cream Cookie

NUTRITIONAL GUIDE

 SINGAPORE NUTRITION INFORMATION September 2025											
Per Serving	Serving Size (g)	Energy (kcal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Subway 6-Inch® Subs Values include wheat bread, lettuce, tomato, cucumber, onion, green bell pepper											
Meatball Supreme Marinara (with beef pepperoni, mozzarella cheese, marinara sauce)	424	541	34.1	20.3	8.6	0.4	4	54.9	8.1	14.7	1489
Chicken Marinara (with roasted chicken breast patty, old english cheese)	291	362	29.2	7.9	3.5	0.2	52	43.7	5.0	10.1	1020
Wraps Values include multigrain wrap, lettuce, tomato, cucumber, onion, green bell pepper											
Meatball Supreme Marinara (with beef pepperoni, mozzarella cheese, marinara sauce)	419	538	29.7	23.4	10.4	0.4	4	49.3	10.1	14.9	1624
Chicken Marinara (with roasted chicken breast patty, old english cheese)	286	359	24.7	11.0	5.2	0.2	52	38.1	7.0	10.2	1156
Flatbread Values include flatbread, lettuce, tomato, cucumber, onion, green bell pepper											
Meatball Supreme Marinara (with beef pepperoni, mozzarella cheese, marinara sauce)	441	583	32.4	22.5	8.6	0.5	4	62.0	7.1	14.1	1618
Chicken Marinara (with roasted chicken breast patty, old english cheese)	308	404	27.4	10.2	3.5	0.2	52	50.7	4.1	9.4	1149
Meat & Poultry											
Meatball	68	93	11.6	3.9	1.1	0.0	0	2.8	0.0	0.1	399
Sauces											
Marinara (amount on Meatball Supreme Marinara)	138	94	2.2	3.5	0.4	0.1	0	11.6	3.2	9.5	462
Marinara (amount on Chicken Marinara)	45	31	0.7	1.1	0.1	0.0	0	3.8	1.0	3.1	151
Cookies											
Cookie & Cream	45	165	1.6	8.7	5.3	0.0	0	20.2	0.3	11.1	140

Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product

Double values for approximate Subway Footlong® sub nutrition values.



SINGAPORE NUTRITION INFORMATION

September 2025

Per 100g	Serving Size (g)	Energy (kcal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Subway 6-Inch® Subs Values include wheat bread, lettuce, tomato, cucumber, onion, green bell pepper											
NYC Meatball Supreme (with beef pepperoni, mozzarella cheese, marinara sauce)	100	128	8.0	4.8	2.0	0.1	1	13.0	1.9	3.5	351
Chicken Marinara (with roasted chicken breast patty, old english cheese)	100	124	10.0	2.7	1.2	0.1	18	15.0	1.7	3.5	350
Wraps Values include multigrain wrap, lettuce, tomato, cucumber, onion, green bell pepper											
NYC Meatball Supreme (with beef pepperoni, mozzarella cheese, marinara sauce)	100	128	7.1	5.6	2.5	0.1	1	11.8	2.4	3.5	388
Chicken Marinara (with roasted chicken breast patty, old english cheese)	100	126	8.7	3.8	1.8	0.1	18	13.3	2.5	3.6	404
Flatbread Values include flatbread, lettuce, tomato, cucumber, onion, green bell pepper											
NYC Meatball Supreme (with beef pepperoni, mozzarella cheese, marinara sauce)	100	132	7.3	5.1	1.9	0.1	1	14.1	1.6	3.2	367
Chicken Marinara (with roasted chicken breast patty, old english cheese)	100	131	8.9	3.3	1.1	0.1	17	16.5	1.3	3.1	373
Meat & Poultry											
Meatball	100	136.9	17.0	5.8	1.7	0.0	0	4.2	0.0	0.1	587
Sauces											
Marinara (amount on NYC Meatball Supreme)	100	68.1	1.6	2.5	0.3	0.1	0	8.4	2.3	6.9	335
Marinara (amount on Chicken Marinara)	100	68.1	1.6	2.5	0.3	0.1	0	8.4	2.3	6.9	335
Cookies											
Cookie & Cream	100	367	3.6	19.3	11.7	0.0	0	44.8	0.7	24.6	312

Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product

ALLERGEN GUIDE



Singapore Ingredient Information for People with Food Allergies and Sensitivities September 2025

This list is compiled based on product information provided by Subway® approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include regional or special promotional items as ingredients vary. We go to great lengths to identify allergens in the food we prepare. However, we are unable to guarantee that any items sold are free from the listed allergens. There is always a risk that allergens may be transferred to items from our menu during processing, storage or preparation in our restaurants. Individual food items may come into contact with one another and this is not reflected on the Allergen Guide.

	Eggs	Fish	Crustaceans	Molluscs	Milk/Lactose	Peanut	Tree Nuts	Sesame	Soy	Cereals with Gluten	Sulphites ≥ 10mg/kg	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/Nitrates
Subway 6-Inch® Subs													
Values include white bread, lettuce, tomato, cucumber, onion, green bell pepper													
Meatball Supreme Marinara (with beef pepperoni, mozzarella cheese, marinara sauce)	*	*	*		●	*	*	*	●	●	*	●	
Chicken Marinara (with roasted chicken breast patty, old english cheese)	*				●				●	●		●	
Wraps													
Values include multigrain wrap, lettuce, tomato, cucumber, onion, green bell pepper													
Meatball Supreme Marinara (with beef pepperoni, mozzarella cheese, marinara sauce)	*	*	*		●	*	*	●	●	●	*	●	
Chicken Marinara (with roasted chicken breast patty, old english cheese)					●			●	●	●		●	
Flatbread													
Values include flatbread, lettuce, tomato, cucumber, onion, green bell pepper													
Meatball Supreme Marinara (with beef pepperoni, mozzarella cheese, marinara sauce)	*	*	*		●	*	*	*	●	●	*	●	
Chicken Marinara (with roasted chicken breast patty, old english cheese)					●				●	●		●	
Meat & Poultry													
Meatball									●	●			
Sauces													
Marinara													
Cookies													
Cookie & Cream	●				●	*	*	*	●	●			

● Contains

* May contain

¹ Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

INGREDIENT GUIDE

This list is compiled based on product information provided by Subway® approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This list does not include regional or special promotional items as ingredients vary.

This ingredients list and allergen statement is based on promotional items only. For information on the other menu items that make up the whole build please refer to the Product Ingredients Guide for the standard menu.

Promotional Items

Meatball: Beef (66%), Breadcrumbs (**Wheat** Flour, Yeast, Salt, Sugar, Leavening Agent (INS 341i), Mineral Salt (INS 170), Emulsifiers (INS 471, 472), Antioxidant (INS 307)), Potato Starch, **Soy** Protein, Salt, Vegetable Powders (Garlic, Onion), Mineral Salt (INS 451), Spice, Herb, Textured **Soy** Protein.

Contains: Wheat (Gluten), Soy.

Marinara Sauce: Tomato Puree (Water, Tomato Paste (33%), Food Acid (INS 330)), Sugar, Vegetable Oil, Dehydrated Onion, Salt, Thickener (INS 1442), Herbs and Spice.

Cookie & Cream Cookie: **Wheat** Flour (INS 928), Sugar, Margarine (Palm Oil, Water, Salt, Emulsifiers (INS 471, INS 322 (**Soy**)), Natural Flavour, Antioxidant (INS 307), Natural Colour (INS 160a)), Chocolate Cookies (**Wheat** Flour, Vegetable Oil and Fat (Palm), Sugar, Corn Starch, Cocoa Powder, Glucose Syrup, Whole **Milk** Powder, Leavening Agents (INS 500(ii), INS 503ii), Salt, Colour (INS 150d), INS 322 (**Soy**), Artificial Flavours (Chocolate **Milk** Flavour, Maple Vanilla Flavour)), Whole **Egg**, White Compound Chips (Sugar, Fully Hydrogenated Vegetable Fats (Palm), Skimmed **Milk** Powder, Whey (**Milk**), INS 322 (**Soy**), Stabiliser (INS 492), Vanillin), Butter (**Milk**), Dextrose Monohydrate, INS 500ii, Vanilla Flavour (INS 1520, Water, Caramel (INS 150c), Humectant (INS 420ii), Food Acid (INS 330), Stabiliser (INS 1442, INS 415), Nature Identical Flavour).

Contains: Wheat (Gluten), Egg, Milk, Soy.

May Contain: Peanuts, Tree Nuts, Sesame.