


Singapore March 2026 Product Guide

Steakhouse Range

NUTRITIONAL GUIDE

 SINGAPORE NUTRITION INFORMATION March 2026											
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, mushroom, mozzarella cheese, gravy											
Beef Steak	307	441	33.4	16.8	6.6	0.3	0.0	39.3	3.5	5.8	899
Chicken	307	388	29.1	12.5	3.9	0.1	0.0	40.2	3.5	6.0	1075
Wraps											
Values include multigrain wrap, lettuce, tomato, cucumber, onion, green bell pepper, mushroom, mozzarella cheese, gravy											
Beef Steak	302	437	28.9	19.9	8.4	0.3	0.0	33.7	5.5	5.9	1035
Chicken	302	385	24.7	15.5	5.6	0.1	0.0	34.6	5.5	6.2	1210
Flatbread											
Values include flatbread, lettuce, tomato, cucumber, onion, green bell pepper, mushroom, mozzarella cheese, gravy											
Beef Steak	324	482	31.6	19.1	6.6	0.4	0.3	46.4	2.5	5.1	1028
Chicken	324	430	27.3	14.7	3.8	0.1	0.3	47.2	2.5	5.4	1204
New LTO Items											
Amount on a Subway 6-Inch® Wrap or Flatbread											
Beef Steak (Shaved)	71	133	11.9	7.9	2.2	0.0	0.0	3.6	0.0	3.4	294
Gravy	14	58	0.1	5.8	0.9	0.0	0.0	1.8	0.0	1.4	136
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
March 2026

Per 100 g	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)
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Subway 6-Inch® Subs Values include wheat bread, lettuce, tomato, cucumber, onion, green bell pepper, mushroom, mozzarella cheese, gravy

Beef Steak	100	144	10.9	5.5	2.2	0.1	0.0	12.8	1.1	1.9	293
Chicken	100	126	9.5	4.1	1.3	0.0	0.0	13.1	1.1	2.0	350

Wraps Values include multigrain wrap, lettuce, tomato, cucumber, onion, green bell pepper, mushroom, mozzarella cheese, gravy

Beef Steak	100	145	9.6	6.6	2.8	0.1	0.0	11.2	1.8	1.9	343
Chicken	100	128	8.2	5.2	1.9	0.0	0.0	11.5	1.8	2.0	401

Flatbread Values include flatbread, lettuce, tomato, cucumber, onion, green bell pepper, mushroom, mozzarella cheese, gravy

Beef Steak	100	149	9.8	5.9	2.0	0.1	0.1	14.3	0.8	1.6	318
Chicken	100	133	8.5	4.6	1.2	0.0	0.1	14.6	0.8	1.7	372

New LTO Items

Beef Steak (Shaved)	100	187	16.8	11.1	3.1	0.0	0.0	5.0	0.0	4.8	414
Gravy	100	412	0.7	41.2	6.7	0.0	0.0	12.8	0.0	10.1	974

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 March 2026

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 ≥ 10 mg/kg	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/Nitrates
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Subway 6-Inch@Subs
Include wheat bread, lettuce, tomato, cucumber, onion, green bell pepper, mushroom, mozzarella cheese,

Beef Steak	*				●				●	●		●	
Chicken	*				●				●	●		●	

Wraps
Include multigrain wrap, lettuce, tomato, cucumber, onion, green bell pepper, mushroom, mozzarella cheese, gravy

Beef Steak					●			●	●	●		●	
Chicken					●			●	●	●		●	

Flatbread
Include flatbread, lettuce, tomato, cucumber, onion, green bell pepper, mushroom, mozzarella cheese, gravy

Beef Steak					●				●	●		●	
Chicken					●				●	●		●	

New LTO Items

Beef Steak (Shaved)													
Gravy					●				●	●		●	

● Contains

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

* May contain

INGREDIENT GUIDE

New LTO Items

Beef Steak (shaved): Beef (92.9%), Water, Modified Tapioca Starch, Black Pepper, Salt.

Gravy: Water, **Soybean Oil**, Modified Food Starches (Corn (E1422), Tapioca (E1450)), **Soy Sauce**, Sugar, Blackstrap Molasses, Salt, Malt Extract Powder (**Wheat, Barley**), Spices (Black Pepper, Mustard, Turmeric), Spice Extracts (Paprika, Black Pepper), Acidity Regulator (E575), Natural Flavouring (Butter (**Milk**)), Garlic, Onion, Yeast Extract, Natural Flavourings, Preservatives (E202, E211), Herb (Bay Leaves), Thickener (E415), Flavour Enhancers (E627, E631), Antioxidant (E385).

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