


# Singapore April 2026 Product Guide

## Cheesy Chicken B.L.T.

### NUTRITIONAL GUIDE

 SINGAPORE NUTRITION INFORMATION April 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)	
<b>Subway 6-Inch® Subs</b> Values include white bread, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper												
Cheesy Chicken B.L.T. (with Chicken Bacon )	215	308	19.2	8.7	5.0	0.3	20	39.1	3.4	5.3	814	
<b>Wraps</b> Values include multigrain wrap, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper												
Cheesy Chicken B.L.T. (with Chicken Bacon )	212	314	15.3	12.4	6.9	0.3	20	33.6	6.2	5.6	1041	
<b>Flatbread</b> Values include flatbread, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper												
Cheesy Chicken B.L.T. (with Chicken Bacon )	234	359	18.0	11.6	5.1	0.3	21	46.2	3.2	4.8	1034	
<b>Salads</b> Values include lettuce, mixed greens, tomato cucumber, onion, green bell pepper, olive, pickle, jalapeno pepper, corn												
Cheesy Chicken B.L.T. (with Chicken Bacon )	363	181	12.4	8.3	4.6	0.3	20	15.9	5.3	7.6	973	

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 SubwayFootlong® sub nutrition values.

 SINGAPORE NUTRITION INFORMATION April 2026												
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)	
<b>Subway 6-Inch® Subs</b> Values include white bread, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper												
Cheesy Chicken B.L.T. (with Chicken Bacon )	100	143	8.9	4.0	2.3	0.1	9	18.2	1.6	2.5	378	
<b>Wraps</b> Values include multigrain wrap, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper												
Cheesy Chicken B.L.T. (with Chicken Bacon )	100	148	7.2	5.8	3.3	0.1	10	15.8	2.9	2.6	491	
<b>Flatbread</b> Values include flatbread, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper												
Cheesy Chicken B.L.T. (with Chicken Bacon )	100	153	7.7	4.9	2.2	0.1	9	19.8	1.4	2.1	442	
<b>Salads</b> Values include lettuce, mixed greens, tomato cucumber, onion, green bell pepper, olive, pickle, jalapeno pepper, corn												
Cheesy Chicken B.L.T. (with Chicken Bacon )	100	50	3.4	2.3	1.3	0.1	6	4.4	1.5	2.1	268	

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 April 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. <sup>1</sup>	Nitrites/Nitrates
<b>Subway 6-Inch@Subs</b> Values include white bread, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper													
Cheesy Chicken B.L.T. (with Chicken Bacon)	*				•				•	•		•	
<b>Wraps</b> Values include multigrain wrap, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper													
Cheesy Chicken B.L.T. (with Chicken Bacon)					•			•	•	•		•	
<b>Flatbread</b> Values include flatbread, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper													
Cheesy Chicken B.L.T. (with Chicken Bacon)					•				•	•		•	
<b>Salads</b> Values include lettuce, mixed greens, tomato cucumber, onion, green bell pepper, olive, pickle, jalapeno pepper, corn													
Cheesy Chicken B.L.T. (with Chicken Bacon)					•				•			•	

• Contains <sup>1</sup>Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

\* May contain