SINGAPORE NUTRITION INFORMATION
October 2026

AVG QTY Per Serve	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Subway 6-Inch® Subs	Double values for approximate Subway Footlong® sub nutrition values Values include lettuce, tomato, cucumber, onion, green bell pepper on wheat bread										
Beef Brisket (with old English-style processed cheese, chipotle southwest sauce)	260	457	28.7	19.6	6.7	0.2	0	42.0	3.8	7.7	948
Cheesy Chicken BLT (with chicken bacon, old English-style processed cheese)	218	317	19.8	9.3	5.2	0.3	20	39.2	4.2	5.5	905
Chicken Bacon Ranch (with roasted chicken breast patty, chicken bacon, pickle, old English-style processed cheese, ranch dressing)	282	395	30.1	11.7	4.1	0.1	0	42.0	3.1	8.5	1153
Chicken Chorizo (with old English-style processed cheese, chipotle southsest sauce)	245	429	21.2	21.0	6.6	0.2	0	38.8	4.3	6.3	1118
Chicken Delite™ (with chicken strips, old English-style processed cheese, chipotle southwest sauce)	260	392	29.4	13.7	4.4	0.3	22	38.1	3.7	5.9	1014
Chicken Ham (with old English-style processed cheese, honey mustard)	249	335	21.8	8.2	4.2	0.1	20	43.9	3.9	9.4	1096
Chicken Teriyaki (with chicken strips, teriyaki glaze, old English-style processed cheese on honey oat bread)	278	389	29.7	7.4	3.2	0.1	0	50.2	4.3	14.6	1162
Cold Cut Trio (with turkey bologna, turkey ham, chicken ham, old English-style processed cheese, mayonnaise)	259	421	23.3	19.1	5.4	0.5	16	39.3	3.7	5.5	1239
Egg Mayo (with boiled egg, mayonnaise, old English-style processed cheese)	249	424	25.7	20.9	5.8	0.5	194	39.4	3.7	5.2	709
Falafel (with ranch dressing)	241	441	15.7	17.1	6.0	0.1	0	57.1	6.1	10.2	922
Fiery Rotisserie-Style Chicken (with corn, jalapeno pepper, old English-style processed cheese, spicy mayonnaise, chipotle southwest sauce)	306	446	28.2	17.3	4.8	0.4	0	44.9	4.8	9.3	1343
Italian B.M.T.® (with beef salami, beef pepperoni, chicken ham, old English-style processed cheese, chipotle southwest sauce)	255	436	23.5	20.4	7.9	0.3	18	40.3	3.8	6.1	1272
Mushroom Delite™ (with caesar dressing)	215	271	11.7	8.1	1.8	0.0	0	38.6	3.5	6.4	721
Roasted Chicken Breast (with roasted chicken breast patty, old English-style processed cheese)	246	330	28.0	6.9	3.3	0.1	0	38.8	3.0	6.8	844
Roasted Chicken Thigh (with old English-style processed cheese, ranch dressing)	264	406	24.5	15.9	5.4	0.2	0	41.6	3.7	8.3	1061
Rotisserie-Style Chicken (with pickle, mozzarella cheese, chipotle southwest sauce on parmesan oregano bread)	264	426	31.5	15.4	4.7	0.2	65	40.1	3.0	6.0	942

AVG QTY Per Serve	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Spicy Beef Taco (with old English-style processed cheese)	235	330	18.1	10.4	4.4	0.2	0	41.6	4.8	8.3	848
Subway Melt™ (with turkey bologna, chicken ham, chicken bacon, old English-style processed cheese, yellow mustard)	255	384	23.1	8.3	3.9	0.0	20	41.2	4.2	6.6	1244
Tuna Mayo (with tuna, mayonnaise, old English-style processed cheese)	249	497	24.8	28.1	6.2	0.8	34	37.0	3.7	5.2	877
Veggie Delite™ (with mixed greens, corn, olive, jalapeno pepper, pickle, sweet onion sauce)	228	263	11.7	3.7	1.1	0.0	0	46.4	5.1	11.8	623
	Double values for approximate Subway Footlong® sub nutrition values Values include lettuce, tomato, cucumber, onion, green bell pepper										
Wonder Sub (with roasted chicken breast patty, old English-style processed cheese)	247	217	35.2	5.3	2.7	0.1	0	7.9	1.1	6.0	802
Wraps	Values include lettuce, tomato, cucumber, onion, green bell pepper on multigrain wrap										
Beef Brisket (with old English-style processed cheese, chipotle southwest sauce)	255	458	24.3	22.7	8.4	0.2	0	37.7	5.8	14.2	1083
Cheesy Chicken BLT (with chicken bacon, old Englisth-style processed cheese)	212	318	15.3	12.4	6.9	0.3	20	34.9	6.2	12.0	1041
Chicken Bacon Ranch (with roasted chicken breast patty, chicken bacon, old English-style processed cheese, ranch dressing)	270	395	26.3	14.3	5.8	0.1	62	38.9	6.2	15.1	1207
Chicken Chorizo (with old English-style processed cheese, chipotle southsest sauce)	240	430	16.8	24.1	8.3	0.3	0	34.5	6.3	12.8	1253
Chicken Delite™ (with chicken strips, old English-style processed cheese, chipotle southwest sauce)	255	393	24.9	16.8	6.2	0.3	22	33.8	5.7	12.4	1150
Chicken Ham (with old English-style processed cheese, honey mustard)	244	336	17.4	11.3	5.9	0.2	20	39.6	5.9	15.9	1231
Chicken Teriyaki (with chicken strips, teriyaki glaze, old English-style processed cheese)	262	357	24.8	10.3	5.0	0.1	22	39.7	5.7	17.2	1239
Cold Cut Trio (with turkey bologna, turkey ham, chicken ham, old English-style processed cheese, mayonnaise)	254	422	18.9	22.2	7.2	0.5	16	35.0	5.7	12.0	1374
Egg Mayo (with boiled egg, mayonnaise, old English-style processed cheese)	244	425	21.3	24.0	7.5	0.5	194	35.1	5.7	11.7	844
Falafel (with ranch dressing)	236	442	11.2	20.2	7.7	0.1	0	52.8	8.1	16.7	1057
Fiery Rotisserie-Style Chicken (with corn, jalapeno pepper, old English-style processed cheese, spicy mayonnaise, chipotle southwest sauce)	301	447	23.7	20.3	6.5	0.4	0	40.6	6.8	15.8	1478
Italian B.M.T.® (with beef salami, beef pepperoni, chicken ham, old English-style processed cheese, chipotle southwest sauce)	250	437	19.1	23.5	9.6	0.3	18	36.0	5.8	12.6	1407
Mushroom Delite™ (with caesar dressing)	210	272	7.2	11.1	3.6	0.0	0	34.3	5.5	12.9	857

AVG QTY Per Serve	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Roasted Chicken Breast (with roasted chicken breast patty, old English-style processed cheese, chipotle southwest sauce)	255	398	24.3	16.5	6.3	0.3	52	36.6	6.1	14.2	1108
Roasted Chicken Thigh (with old English-style processed cheese, ranch dressing)	259	407	20.1	19.0	7.1	0.2	0	37.3	5.7	14.9	1196
Rotisserie-Style Chicken (with old English-style processed cheese, chipotle southwest sauce)	255	403	22.8	18.6	6.3	0.3	0	34.5	5.7	12.7	1214
Spicy Beef Taco (with old English-style processed cheese)	230	331	13.6	13.5	6.1	0.2	0	37.3	6.8	14.8	983
Subway Melt™ (with turkey bologna, chicken ham, chicken bacon, old English-style processed cheese, yellow mustard)	249	385	18.6	11.4	5.6	0.0	20	36.9	6.2	13.1	1379
Tuna Mayo (with tuna, mayonnaise, old English-style processed cheese)	244	498	20.4	31.2	8.0	0.8	34	32.7	5.7	11.7	1013
Veggie Delite™ (with mixed greens, corn, olive, jalapeno pepper, pickle, sweet onion sauce)	223	264	7.2	6.8	2.9	0.0	0	42.1	7.1	18.3	758
Flatbreads	Values include lettuce, tomato, cucumber, onion, green bell pepper on flatbread										
Beef Brisket (with old English-style processed cheese, chipotle southwest sauce)	278	501	27.1	21.9	6.6	0.2	0	49.5	2.8	7.1	1082
Cheesy Chicken BLT (with chicken bacon, old Englisth-style processed cheese)	235	361	18.1	11.6	5.2	0.4	21	46.7	3.3	4.9	1040
Chicken Bacon Ranch (with roasted chicken breast patty, chicken bacon, old English-style processed cheese, ranch dressing)	293	439	29.1	13.5	4.0	0.2	62	50.7	3.3	8.0	1206
Chicken Chorizo (with old English-style processed cheese, chipotle southsest sauce)	263	473	19.5	23.4	6.5	0.3	0	46.3	3.4	5.7	1252
Chicken Delite™ (with chicken strips, old English-style processed cheese, chipotle southwest sauce)	278	436	27.7	16.1	4.4	0.3	22	45.6	2.8	5.3	1149
Chicken Ham (with old English-style processed cheese, honey mustard)	266	376	20.1	10.5	4.2	0.2	20	51.0	2.9	8.8	1225
Chicken Teriyaki (with chicken strips, teriyaki glaze, old English-style processed cheese)	285	400	27.6	9.5	3.3	0.2	22	51.5	2.7	10.1	1238
Cold Cut Trio (with turkey bologna, turkey ham, chicken ham, old English-style processed cheese, mayonnaise)	277	465	21.6	21.4	5.4	0.5	16	46.8	2.8	4.9	1374
Egg Mayo (with boiled egg, mayonnaise, old English-style processed cheese)	267	469	24.0	23.2	5.8	0.6	194	46.9	2.7	4.6	843
Falafel (with ranch dressing)	259	486	14.0	19.4	5.9	0.1	0	64.6	5.1	9.6	1056
Fiery Rotisserie-Style Chicken (with corn, jalapeno pepper, old English-style processed cheese, spicy mayonnaise, chipotle southwest sauce)	324	490	26.5	19.6	4.7	0.4	0	52.4	3.9	8.7	1477
Italian B.M.T.® (with beef salami, beef pepperoni, chicken ham, old English-style processed cheese, chipotle southwest sauce)	273	480	21.8	22.7	7.9	0.3	19	47.8	2.8	5.5	1406

AVG QTY Per Serve	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Mushroom Delite™ (with caesar dressing)	233	315	10.0	10.4	1.8	0.1	0	46.1	2.6	5.8	856
Roasted Chicken Breast (with roasted chicken breast patty, old English-style processed cheese, chipotle southwest sauce)	278	441	27.0	15.7	4.5	0.3	52	48.4	3.1	7.1	1107
Roasted Chicken Thigh (with old English-style processed cheese, ranch dressing)	282	450	22.8	18.3	5.3	0.2	0	49.2	2.7	7.7	1195
Rotisserie-Style Chicken (with old English-style processed cheese, chipotle southwest sauce)	278	446	25.5	17.9	4.5	0.3	0	46.3	2.8	5.6	1213
Spicy Beef Taco (with old English-style processed cheese)	253	375	16.4	12.8	4.3	0.3	0	49.1	3.9	7.7	983
Subway Melt™ (with turkey bologna, chicken ham, chicken bacon, old English-style processed cheese, yellow mustard)	272	429	21.4	10.7	3.8	0.1	20	48.7	3.3	6.0	1378
Tuna Mayo (with tuna, mayonnaise, old English-style processed cheese)	267	541	23.1	30.4	6.2	0.9	34	44.5	2.7	4.6	1012
Veggie Delite™ (with mixed greens, corn, olive, jalapeno pepper, pickle, sweet onion sauce)	246	308	10.0	6.0	1.1	0.1	0	53.9	4.1	11.2	757
Salads	Values include lettuce, tomato, cucumber, onion, green bell pepper, jalapeno pepper, olive, pickle, mixed greens, corn										
Beef Brisket (with old English-style processed cheese, chipotle southwest sauce)	419	385	21.5	25.3	7.2	0.3	0	19.7	4.9	10.5	1119
Cheesy Chicken BLT (with chicken bacon, old Englisth-style processed cheese)	363	181	12.4	8.3	4.6	0.3	20	15.9	5.3	7.6	973
Chicken Bacon Ranch (with roasted chicken breast patty, chicken bacon, old English-style processed cheese, ranch dressing)	435	306	23.4	14.5	4.0	0.1	62	22.3	5.4	12.3	1264
Chicken Chorizo (with old English-style processed cheese, chipotle southsest sauce)	404	357	14.0	26.7	7.1	0.4	0	16.5	5.5	9.2	1289
Chicken Delite™ (with chicken strips, old English-style processed cheese, chipotle southwest sauce)	419	320	22.2	19.4	5.0	0.4	22	15.8	4.9	8.7	1185
Chicken Ham (with old English-style processed cheese, honey mustard)	408	219	14.5	7.4	3.6	0.2	20	25.3	5.1	15.5	1243
Chicken Teriyaki (with chicken strips, teriyaki glaze, old English-style processed cheese)	369	137	13.7	3.2	1.0	0.0	21	15.2	4.7	7.4	865
Cold Cut Trio (with turkey bologna, turkey ham, chicken ham, old English-style processed cheese, mayonnaise)	418	384	16.0	29.1	6.4	0.8	22	16.0	4.8	7.7	1382
Egg Mayo (with boiled egg, mayonnaise, old English-style processed cheese)	394	288	18.3	19.9	5.2	0.5	194	16.1	4.7	7.3	777

AVG QTY Per Serve	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Falafel (with ranch dressing)	400	353	8.3	20.4	6.0	0.1	0	36.2	7.2	13.9	1115
Fiery Rotisserie-Style Chicken (with corn, jalapeno pepper, old English-style processed cheese, spicy mayonnaise, chipotle southwest sauce)	423	320	19.9	18.9	4.6	0.5	0	19.1	4.8	11.0	1357
Italian B.M.T.® (with beef salami, beef pepperoni, chicken ham, old English-style processed cheese, chipotle southwest sauce)	414	364	16.3	26.1	8.5	0.4	18	18.0	4.9	9.0	1443
Mushroom Delite™ (with caesar dressing)	374	189	4.5	12.2	2.1	0.0	0	17.3	4.6	10.1	1048
Roasted Chicken Breast (with roasted chicken breast patty, old English-style processed cheese, chipotle southwest sauce)	419	325	21.5	19.1	5.1	0.4	52	18.6	5.2	10.6	1143
Roasted Chicken Thigh (with old English-style processed cheese, ranch dressing)	423	318	17.1	19.2	5.4	0.2	0	20.7	4.8	12.1	1254
Rotisserie-Style Chicken (with old English-style processed cheese, chipotle southwest sauce)	419	330	20.0	21.2	5.1	0.4	0	16.5	4.9	9.1	1250
Spicy Beef Taco (with old English-style processed cheese)	369	155	8.3	6.4	1.7	0.1	0	17.8	5.7	10.1	713
Subway Melt™ (with turkey bologna, chicken ham, chicken bacon, old English-style processed cheese, yellow mustard)	414	318	16.2	8.1	3.3	0.0	20	19.4	5.7	9.9	1494
Tuna Mayo (with tuna, mayonnaise, old English-style processed cheese)	394	361	17.4	27.1	5.6	0.8	34	13.7	4.7	7.3	945
Veggie Delite™ (with sweet onion sauce)	337	122	3.3	1.8	0.3	0.0	0	24.9	4.7	17.7	511
Energy Bowls											
Avo Caesar Chicken (with roasted chicken thigh, cauliflower rice, lettuce, mixed greens, tomato, cucumber, corn, avocado, caramelised onion, Caesar dressing)	396	398	16.4	27.0	5.1	0.1	0	26.0	7.2	15.0	1215
Beef Brisket (with cauliflower rice, lettuce, mixed greens, tomato, cucumber, corn, mushroom, caramelised onions, olive, sweet onion sauce, honey mustard)	395	306	20.4	11.4	3.1	0.1	0	31.7	5.5	21.2	831
Falafel (with cauliflower rice, lettuce, mixed greens, tomato, cucumber, green bell pepper, corn, mushroom, avocado, ranch dressing)	403	423	10.2	27.2	7.1	0.1	0	37.6	8.9	12.9	1126
Rotisserie-Style Chicken (with egg mayo, cauliflower rice,lettuce, mixed greens, tomato, cucumber, caramelised onion, pickle, chipotle southwest sauce)	368	390	23.8	26.9	4.4	0.4	97	17.6	4.4	10.6	1043

AVG QTY Per Serve	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Breakfast Wraps	Values include wheat wrap, lettuce, tomato, old English-style cheese										
Loaded Breakfast (rotisserie-style chicken chicken, egg omelette patty, mushroom)	295	646	28.1	15.2	5.8	0.1	183	38.5	5.3	11.3	1380
Chicken Avo (roasted chicken breast patty, avocado)	245	401	24.5	17.2	6.3	0.1	52	36.6	7.7	13.0	1037
Omelette & Cheese	187	552	13.2	11.9	5.4	0.1	183	37.5	5.3	10.8	833
Chicken Ham & Cheese	197	308	17.0	11.1	5.9	0.2	20	33.2	5.5	11.2	1150
Mushroom & Omelette	224	558	14.1	12.1	5.4	0.1	183	37.6	5.3	10.9	951
Sides & Snacks											
Black Pepper Chicken Nuggets (5 pieces)	105	236	14.1	10.9	4.5	0.0	0	19.7	0.0	1.1	622
Chicken Ham & Cheese Toastie	128	307	21.2	9.3	5.4	0.1	10	34.5	2.5	3.0	685
Egg Mayo Toastie	172	449	29.6	23.2	7.6	0.5	194	35.8	2.5	2.9	612
Macaroni & Cheese	150	158	2.7	8.5	4.4	0.0	0	18.3	0.6	0.9	596
Nacho Bowls	Values include nacho cheese flavoured tortilla chip, tomato, olive, jalapeno pepper, onion, sweet corn, jalapeno cheese sauce, ranch sauce										
Cheesy Nacho	206	523	6.8	31.2	9.5	0.1	0	52.6	4.8	9.2	1081
Loaded Cheesy Nacho (with avocado)	243	598	7.5	38.6	10.7	0.1	0	55.2	6.8	9.5	1114
Overloaded Cheesy Nacho (with avocado and spicy taco beef)	303	679	12.6	43.3	12.0	0.1	0	59.9	8.0	12.7	1415
Soups											
Cream of Mushroom	240	116	1.7	5.4	3.4	0.0	0	17.5	0.6	4.0	903
Tomato Bisque	240	339	2.0	11.0	3.7	0.0	0	14.7	1.1	5.4	891
Cookies											
Chocolate Chip	45.0	228	2.1	10.8	5.6	0.1	14	31.4	1.2	19.3	165
Double Chocolate Chip	45.0	212	2.0	9.5	5.4	0.2	15	30.0	1.1	19.9	165
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	245	2.1	11.5	5.7	0.2	18	30.7	0.7	18.9	178
Breads											
Flatbread	87.5	237	8.1	4.9	0.9	0.1	0	40.1	1.5	2.0	473
Subway 6-Inch® Honey Oat Bread	80.6	231	11.9	3.0	1.0	0.0	0	39.0	3.2	6.6	381
Subway 6-Inch® Parmesan Oregano Bread	71.0	196	9.4	2.3	0.8	0.0	0	34.6	1.9	2.8	398
Subway 6-Inch® Wheat Bread	70.0	193	9.8	2.6	0.9	0.0	0	32.6	2.5	2.6	339
Subway 6-Inch® White Bread	67.5	184	9.2	2.0	0.7	0.0	0	32.5	1.6	2.4	247
Subway 6-Inch® Shallot Bread	73.5	208	9.7	2.5	0.8	0.0	0	36.6	1.8	3.8	436
Wheat Wrap	64.5	194	5.4	5.7	2.6	0.0	0	28.3	4.5	9.1	474
Meat, Poultry, Egg, Seafood & Vegetarian Items	Amount on Subway 6-Inch® Sub, wrap, flatbread, salad										
Beef Brisket	71.0	144	15.6	7.2	2.5	0.1	0	3.9	0.2	1.8	287
Chicken Bacon (Chicken Breakfast Strip)	15.5	14.4	2.3	0.2	0.1	0.0	10	0.9	0.2	0.0	77.3
Chicken Chorizo	56.0	114	8.0	8.5	2.4	0.0	0	0.9	0.6	0.4	468
Chicken Ham	60.0	64.5	8.8	2.3	1.2	0.0	20	2.3	0.2	0.3	468
Chicken Strips	71.0	77.4	16.2	1.2	0.3	0.0	22	0.2	0.0	0.0	364
Chicken Teriyaki (Chicken Strips, Teriyaki Glaze)	92.0	107	16.4	1.4	0.3	0.0	22	7.1	0.0	5.6	556
Cold Cut Trio™ Meats (Turkey Bologna, Turkey Ham, Chicken Ham)	70.0	71.4	10.2	2.2	0.9	0.0	10	2.4	0.1	0.4	617
Egg Mayo (Boiled Egg, Mayonnaise)	74.0	175	12.8	15.0	2.8	0.4	194	2.5	0.0	0.1	162
Egg Omelette Patty	50.0	309	5.0	3.1	0.7	0.0	183	6.5	0.0	0.0	151

AVG QTY Per Serve	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Falafel	63.0	183	5.0	10.1	4.4	0.1	0	18.3	2.5	3.8	454
Fiery Rotisserie-Style Chicken	75.0	90	14.2	3.1	0.4	0.0	0	1.1	0.0	0.4	533
Italian B.M.T.™ Meats (Beef Pepperoni, Beef Salami, Chicken Ham)	66.0	122	10.4	7.9	3.7	0.0	18	2.4	0.1	0.3	622
Mushroom	37.0	6.7	0.9	0.2	0.0	0.0	0	0.1	0.0	0.1	118
Roasted Chicken Breast Patty	71.0	82.4	15.5	0.9	0.4	0.0	52	3.0	0.4	1.8	322
Roasted Chicken Thigh	75.0	108	11.6	5.8	1.8	0.0	0	2.3	0.0	1.7	389
Rotisserie-Style Chicken	71.0	87.9	14.1	3.1	0.4	0.0	0	0.9	0.0	0.4	429
Spicy Beef Taco	60.0	81.1	5.1	4.6	1.4	0.1	0	4.7	1.2	3.2	301
Subway Melt™ Meats (Turkey Bologna, Chicken Ham, Chicken Bacon)	65.5	66.2	9.6	1.9	0.8	0.0	20	2.7	0.3	0.3	503
Tuna Mayo (Tuna, Mayonnaise)	74.0	248	11.9	22.2	3.2	0.7	34	0.1	0.0	0.1	330
Sauces & Dressings	**Amount on Subway 6-Inch® Sub, regular wrap, regular salad**										
BBQ Sauce	14.0	24.6	0.1	0.1	0.0	0.0	0	5.8	0.1	5.1	112
Caesar Dressing	14.0	54.2	0.1	5.1	0.9	0.0	0	2.0	0.0	1.5	259
Chilli Sauce	14.0	22.1	0.1	0.0	0.0	0.0	0	5.1	0.2	4.6	117
Chipotle Southwest Sauce	14.0	64.9	0.2	6.7	1.2	0.1	0	1.0	0.1	0.8	103
Honey Mustard	14.0	20.8	0.1	0.1	0.0	0.0	0	4.7	0.1	4.0	80
Jalapeno Cheese Sauce	14.0	36.7	0.4	3.1	0.7	0.0	0	1.8	0.1	1.1	144
Ketchup	14.0	16.3	0.0	0.0	0.0	0.0	0	3.7	0.1	3.2	112
Mayonnaise	14.0	100.1	0.2	11.0	1.5	0.3	6	0.0	0.0	0.1	75
Mild American Yellow Mustard	14.0	69.7	0.6	0.8	0.1	0.0	0	1.5	0.4	1.1	182
Ranch Dressing	14.0	48.3	0.0	4.3	0.6	0.0	0	2.4	0.0	1.6	125
Spicy Mayonnaise	14.0	52.2	0.0	4.3	0.6	0.2	0	3.4	0.1	2.6	106
Sweet Onion Sauce	14.0	24.0	0.1	0.0	0.0	0.0	0	5.9	0.0	5.4	50
Toppings	**Amount on a Subway® Cheesy Nacho Bowl**										
Nacho Cheese Flavoured Tortilla Chips	63.6	316.1	4.6	15.5	6.7	0.1	0	38.3	2.8	1.0	406
Cheeses	**Amount on Subway 6-Inch® Sub, regular wrap, regular salad**										
Mozzarella Cheese (shredded)	14.0	40.6	3.5	2.8	2.0	0.1	0	0.4	0.0	0.1	56
Old English Style Processed Cheese (slices)	11.3	38.9	2.3	3.1	2.1	0.1	0	0.5	0.1	0.3	203
Vegetables	**Amount on Subway 6-Inch® Sub, regular wrap, regular salad**										
Avocado	37.0	74.9	0.7	7.4	1.2	0.0	0	2.6	2.1	0.3	33
Cauliflower Rice	61.0	17.5	1.4	0.4	0.1	0.0	0	3.2	1.5	1.3	241
Corn	30.0	21.9	0.8	0.5	0.1	0.0	0	3.6	0.9	1.2	20
Cucumber	19.5	2.9	0.1	0.0	0.0	0.0	0	0.7	0.1	0.3	0
Green Bell Pepper	6.0	1.2	0.1	0.0	0.0	0.0	0	0.3	0.1	0.1	0
Jalapeno Pepper	6.0	1.2	0.0	0.0	0.0	0.0	0	0.2	0.2	0.2	94
Lettuce	21.0	2.9	0.2	0.0	0.0	0.0	0	0.6	0.3	0.4	2
Mixed Greens (Green Crystal, Red Frisee)	5.0	0.8	0.1	0.0	0.0	0.0	0	0.2	0.1	0.0	1
Mushroom	37.0	6.7	0.9	0.2	0.0	0.0	0	0.1	0.0	0.1	118
Olive	3.0	3.9	0.0	0.4	0.1	0.0	0	0.0	0.1	0.0	22
Onion	7.0	2.8	0.1	0.0	0.0	0.0	0	0.7	0.1	0.3	0
Onion, Caramelised	24.0	45.6	0.2	2.4	0.2	0.0	0	5.5	1.0	4.6	2
Pickle	6.0	0.2	0.0	0.0	0.0	0.0	0	0.1	0.1	0.0	72
Tomato	40.5	7.3	0.4	0.1	0.0	0.0	0	1.6	0.5	1.1	2

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 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.

SINGAPORE NUTRITION INFORMATION
October 2026

AVG QTY Per 100g	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Subway® Subs	Values include lettuce, tomato, cucumber, onion, green bell pepper on wheat bread										
Beef Brisket (with old English-style processed cheese, chipotle southwest sauce)	100	176	11.0	7.5	2.6	0.1	0	16.1	1.5	2.9	364
Cheesy Chicken BLT (with chicken bacon, old English-style processed cheese)	100	146	9.1	4.3	2.4	0.1	9	18.0	1.9	2.5	416
Chicken Bacon Ranch (with roasted chicken breast patty, chicken bacon, pickle old English-style processed cheese, ranch dressing)	100	140	10.7	4.2	1.5	0.1	0	14.9	1.1	3.0	409
Chicken Chorizo (with old English-style processed cheese, chipotle southsest sauce)	100	175	8.6	8.6	2.7	0.1	0	15.8	1.8	2.6	456
Chicken Delite™ (with chicken strips, old English-style processed cheese, chipotle southwest sauce)	100	150	11.3	5.3	1.7	0.1	8	14.6	1.4	2.2	390
Chicken Ham (with old English-style processed cheese, honey mustard)	100	134	8.8	3.3	1.7	0.1	8	17.6	1.6	3.8	439
Chicken Teriyaki (with chicken strips, teriyaki glaze, old English-style processed cheese on honey oat bread)	100	140	10.7	2.7	1.1	0.1	0	18.1	1.5	5.3	418
Cold Cut Trio (with turkey bologna, turkey ham, chicken ham, old English-style processed cheese, mayonnaise)	100	162	9.0	7.4	2.1	0.2	6	15.2	1.4	2.1	478
Egg Mayo (with old English-style processed cheese)	100	170	10.3	8.4	2.3	0.2	78	15.8	1.5	2.1	284
Falafel (with ranch dressing)	100	183	6.5	7.1	2.5	0.0	0	23.7	2.5	4.2	383
Fiery Rotisserie-Style Chicken (with corn, jalapeno pepper, old English-style processed cheese, spicy mayonnaise, chipotle southwest sauce)	100	146	9.2	5.6	1.6	0.1	0	14.7	1.6	3.0	438
Italian B.M.T.® (with beef salami, beef pepperoni, chicken ham, old English-style processed cheese, chipotle southwest sauce)	100	171	9.2	8.0	3.1	0.1	7	15.8	1.5	2.4	498
Mushroom Delite™ (with caesar dressing)	100	126	5.4	3.8	0.9	0.0	0	18.0	1.6	3.0	336
Roasted Chicken Breast (with roasted chicken breast patty, old English-style processed cheese)	100	134	11.4	2.8	1.4	0.1	0	15.7	1.2	2.8	343
Roasted Chicken Thigh (with old English-style processed cheese, ranch dressing)	100	154	9.3	6.0	2.0	0.1	0	15.8	1.4	3.2	401
Rotisserie-Style Chicken (with pickle, mozzarella cheese, chipotle southwest sauce on parmesan oregano bread)	100	162	11.9	5.8	1.8	0.1	25	15.2	1.1	2.3	357

AVG QTY Per 100g	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Spicy Beef Taco (with old English-style processed cheese)	100	140	7.7	4.4	1.9	0.1	0	17.7	2.0	3.5	360
Subway Melt™ (with turkey bologna, chicken ham, chicken bacon, old English-style processed cheese, yellow mustard)	100	151	9.0	3.3	1.5	0.0	8	16.2	1.7	2.6	488
Tuna Mayo (with tuna, mayonnaise, old English-style processed cheese)	100	199	9.9	11.3	2.5	0.3	14	14.8	1.5	2.1	352
Veggie Delite™ (with mixed greens, corn, olive, jalapeno pepper, pickle, sweet onion sauce)	100	116	5.1	1.6	0.5	0.0	0	20.4	2.2	5.2	273
	Values include lettuce, tomato, cucumber, onion, green bell pepper										
Wonder Sub (with roasted chicken breast patty, old English-style processed cheese)	100	88	14.2	2.1	1.1	0.1	0	3.2	0.4	2.4	324
Wraps	Values include lettuce, tomato, cucumber, onion, green bell pepper on multigrain wrap										
Beef Brisket (with old English-style processed cheese, chipotle southwest sauce)	100	180	9.5	8.9	3.3	0.1	0	14.8	2.3	5.6	425
Cheesy Chicken BLT (with chicken bacon, old Englisth-style processed cheese)	100	150	7.2	5.8	3.3	0.1	10	16.4	2.9	5.6	491
Chicken Bacon Ranch (with roasted chicken breast patty, chicken bacon, old English-style processed cheese, ranch dressing)	100	146	9.7	5.3	2.1	0.1	23	14.4	2.3	5.6	446
Chicken Chorizo (with old English-style processed cheese, chipotle southsest sauce)	100	179	7.0	10.1	3.5	0.1	0	14.4	2.6	5.3	523
Chicken Delite™ (with chicken strips, old English-style processed cheese, chipotle southwest sauce)	100	154	9.8	6.6	2.4	0.1	9	13.3	2.2	4.9	451
Chicken Ham (with old English-style processed cheese, honey mustard)	100	138	7.1	4.6	2.4	0.1	8	16.3	2.4	6.5	505
Chicken Teriyaki (with chicken strips, teriyaki glaze, old English-style processed cheese)	100	136	9.5	3.9	1.9	0.1	8	15.2	2.2	6.6	473
Cold Cut Trio (with turkey bologna, turkey ham, chicken ham, old English-style processed cheese, mayonnaise)	100	166	7.4	8.7	2.8	0.2	6	13.8	2.3	4.7	542
Egg Mayo (with boiled egg, mayonnaise, old English-style processed cheese)	100	174	8.7	9.8	3.1	0.2	79	14.4	2.3	4.8	346
Falafel (with ranch dressing)	100	188	4.8	8.6	3.3	0.0	0	22.4	3.4	7.1	449
Fiery Rotisserie-Style Chicken (with corn, jalapeno pepper, old English-style processed cheese, spicy mayonnaise, chipotle southwest sauce)	100	148	7.9	6.8	2.2	0.1	0	13.5	2.3	5.3	491
Italian B.M.T.® (with beef salami, beef pepperoni, chicken ham, old English-style processed cheese, chipotle southwest sauce)	100	175	7.6	9.4	3.9	0.1	7	14.4	2.3	5.1	563

AVG QTY Per 100g	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Mushroom Delite™ (with caesar dressing)	100	130	3.4	5.3	1.7	0.0	0	16.4	2.6	6.2	409
Roasted Chicken Breast (with roasted chicken breast patty, old English-style processed cheese, chipotle southwest sauce)	100	156	9.5	6.5	2.5	0.1	20	14.4	2.4	5.6	435
Roasted Chicken Thigh (with old English-style processed cheese, ranch dressing)	100	157	7.8	7.4	2.7	0.1	0	14.4	2.2	5.7	462
Rotisserie-Style Chicken (with old English-style processed cheese, chipotle southwest sauce)	100	158	8.9	7.3	2.5	0.1	0	13.6	2.2	5.0	477
Spicy Beef Taco (with old English-style processed cheese)	100	144	5.9	5.9	2.7	0.1	0	16.2	3.0	6.4	428
Subway Melt™ (with turkey bologna, chicken ham, chicken bacon, old English-style processed cheese, yellow mustard)	100	155	7.5	4.6	2.2	0.0	8	14.8	2.5	5.2	553
Tuna Mayo (with tuna, mayonnaise, old English-style processed cheese)	100	204	8.3	12.8	3.3	0.3	14	13.4	2.3	4.8	415
Veggie Delite™ (with mixed greens, corn, olive, jalapeno pepper, pickle, sweet onion dressing)	100	119	3.2	3.1	1.3	0.0	0	18.9	3.2	8.2	341
Flatbreads	Values include lettuce, tomato, cucumber, onion, green bell pepper on flatbread										
Beef Brisket (with old English-style processed cheese, chipotle southwest sauce)	100	180	9.7	7.9	2.4	0.1	0	17.8	1.0	2.5	390
Cheesy Chicken BLT (with chicken bacon, old Englisth-style processed cheese)	100	154	7.7	4.9	2.2	0.2	9	19.9	1.4	2.1	442
Chicken Bacon Ranch (with roasted chicken breast patty, chicken bacon, old English-style processed cheese, ranch dressing)	100	150	9.9	4.6	1.4	0.1	21	17.3	1.1	2.7	411
Chicken Chorizo (with old English-style processed cheese, chipotle southsest sauce)	100	180	7.4	8.9	2.5	0.1	0	17.6	1.3	2.2	477
Chicken Delite™ (with chicken strips, old English-style processed cheese, chipotle southwest sauce)	100	157	10.0	5.8	1.6	0.1	8	16.4	1.0	1.9	414
Chicken Ham (with old English-style processed cheese, honey mustard)	100	141	7.6	4.0	1.6	0.1	8	19.2	1.1	3.3	461
Chicken Teriyaki (with chicken strips, teriyaki glaze, old English-style processed cheese)	100	140	9.7	3.3	1.1	0.1	8	18.1	0.9	3.5	435
Cold Cut Trio (with turkey bologna, turkey ham, chicken ham, old English-style processed cheese, mayonnaise)	100	168	7.8	7.7	1.9	0.2	6	16.9	1.0	1.8	496
Egg Mayo (with boiled egg, mayonnaise, old English-style processed cheese)	100	176	9.0	8.7	2.2	0.2	73	17.6	1.0	1.7	316
Falafel (with ranch dressing)	100	188	5.4	7.5	2.3	0.0	0	25.0	2.0	3.7	409

AVG QTY Per 100g	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Fiery Rotisserie-Style Chicken (with corn, jalapeno pepper, old English-style processed cheese, spicy mayonnaise, chipotle southwest sauce)	100	151	8.2	6.0	1.5	0.1	0	16.2	1.2	2.7	456
Italian B.M.T.® (with beef salami, beef pepperoni, chicken ham, old English-style processed cheese, chipotle southwest sauce)	100	176	8.0	8.3	2.9	0.1	7	17.5	1.0	2.0	516
Mushroom Delite™ (with caesar dressing)	100	136	4.3	4.5	0.8	0.0	0	19.8	1.1	2.5	368
Roasted Chicken Breast (with roasted chicken breast patty, old English-style processed cheese, chipotle southwest sauce)	100	159	9.7	5.7	1.6	0.1	19	17.4	1.1	2.6	398
Roasted Chicken Thigh (with old English-style processed cheese, ranch dressing)	100	160	8.1	6.5	1.9	0.1	0	17.4	1.0	2.7	424
Rotisserie-Style Chicken (with old English-style processed cheese, chipotle southwest sauce)	100	161	9.2	6.4	1.6	0.1	0	16.7	1.0	2.0	437
Spicy Beef Taco (with old English-style processed cheese)	100	148	6.5	5.1	1.7	0.1	0	19.4	1.5	3.0	389
Subway Melt™ (with turkey bologna, chicken ham, chicken bacon, old English-style processed cheese, yellow mustard)	100	157	7.9	3.9	1.4	0.0	7	17.9	1.2	2.2	506
Tuna Mayo (with tuna, mayonnaise, old English-style processed cheese)	100	203	8.7	11.4	2.3	0.3	13	16.7	1.0	1.7	379
Veggie Delite™ (with mixed greens, corn, olive, jalapeno pepper, pickle, sweet onion dressing)	100	125	4.1	2.5	0.4	0.0	0	22.0	1.7	4.6	309
Salads	Values include lettuce, tomato, cucumber, onion, green bell pepper, jalapeno pepper, olive, pickle, mixed greens, corn										
Beef Brisket (with old English-style processed cheese, chipotle southwest sauce)	100	91.9	5.1	6.0	1.7	0.1	0	4.7	1.2	2.5	267
Cheesy Chicken BLT (with chicken bacon, old Englisth-style processed cheese)	100	49.8	3.4	2.3	1.3	0.1	6	4.4	1.5	2.1	268
Chicken Bacon Ranch (with roasted chicken breast patty, chicken bacon, old English-style processed cheese, ranch dressing)	100	70.4	5.4	3.3	0.9	0.0	14	5.1	1.2	2.8	291
Chicken Chorizo (with old English-style processed cheese, chipotle southsest sauce)	100	88.3	3.5	6.6	1.8	0.1	0	4.1	1.3	2.3	319
Chicken Delite™ (with chicken strips, old English-style processed cheese, chipotle southwest sauce)	100	76.3	5.3	4.6	1.2	0.1	5	3.8	1.2	2.1	283
Chicken Ham (with old English-style processed cheese, honey mustard)	100	54	3.6	1.8	0.9	0.0	5	6.2	1.2	3.8	305
Chicken Teriyaki (with chicken strips, teriyaki glaze, old English-style processed cheese)	100	37.2	3.7	0.9	0.3	0.0	6	4.1	1.3	2.0	234
Cold Cut Trio (with turkey bologna, turkey ham, chicken ham, old English-style processed cheese, mayonnaise)	100	92	3.8	7.0	1.5	0.2	5	3.8	1.1	1.8	330

AVG QTY Per 100g	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Egg Mayo (with boiled egg, mayonnaise, old English-style processed cheese)	100	73.0	4.6	5.0	1.3	0.1	49	4.1	1.2	1.8	197
Falafel (with ranch dressing)	100	88	2.1	5.1	1.5	0.0	0	9.1	1.8	3.5	279
Fiery Rotisserie-Style Chicken (with corn, jalapeno pepper, old English-style processed cheese, spicy mayonnaise, chipotle southwest sauce)	100	75	4.7	4.5	1.1	0.1	0	4.5	1.1	2.6	321
Italian B.M.T.® (with beef salami, beef pepperoni, chicken ham, old English-style processed cheese, chipotle southwest sauce)	100	88	3.9	6.3	2.0	0.1	4	4.3	1.2	2.2	348
Mushroom Delite™ (with caesar dressing)	100	50.5	1.2	3.3	0.6	0.0	0	4.6	1.2	2.7	280
Roasted Chicken Breast (with roasted chicken breast patty, old English-style processed cheese, chipotle southwest sauce)	100	77	5.1	4.6	1.2	0.1	12	4.4	1.2	2.5	273
Roasted Chicken Thigh (with old English-style processed cheese, ranch dressing)	100	75	4.0	4.5	1.3	0.0	0	4.9	1.1	2.8	296
Rotisserie-Style Chicken (with old English-style processed cheese, chipotle southwest sauce)	100	79	4.8	5.1	1.2	0.1	0	3.9	1.2	2.2	298
Spicy Beef Taco (with old English-style processed cheese)	100	42.0	2.3	1.7	0.5	0.0	0	4.8	1.6	2.7	193
Subway Melt™ (with turkey bologna, chicken ham, chicken bacon, old English-style processed cheese, yellow mustard)	100	76.7	3.9	2.0	0.8	0.0	5	4.7	1.4	2.4	361
Tuna Mayo (with tuna, mayonnaise, old English-style processed cheese)	100	91.5	4.4	6.9	1.4	0.2	9	3.5	1.2	1.9	240
Veggie Delite™ (with sweet onion dressing)	100	36.2	1.0	0.5	0.1	0.0	0	7.4	1.4	5.2	152
Energy Bowls											
Avo Caesar Chicken (with roasted chicken thigh, cauliflower rice, lettuce, mixed greens, tomato, cucumber, corn, avocado, caramelised onion, Caesar dressing)	100	101	4.1	6.8	1.3	0.0	0	6.6	1.8	3.8	307
Beef Brisket (with cauliflower rice, lettuce, mixed greens, tomato, cucumber, corn, mushroom, caramelised onions, olive, sweet onion sauce, honey mustard)	100	77.5	5.2	2.9	0.8	0.0	0	8.0	1.4	5.4	210
Falafel (with cauliflower rice, lettuce, mixed greens, tomato, cucumber, green bell pepper, corn, mushroom, avocado, ranch dressing)	100	105	2.5	6.8	1.8	0.0	0	9.3	2.2	3.2	280
Rotisserie-Style Chicken (with egg mayo, cauliflower rice,lettuce, mixed greens, tomato, cucumber, caramelised onion, pickle, chipotle southwest sauce)	100	106	6.5	7.3	1.2	0.1	26	4.8	1.2	2.9	283

AVG QTY Per 100g	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Breakfast Wraps	Values include wheat wrap, lettuce, tomato, old English-style cheese										
Loaded Breakfast (rotisserie-style chicken chicken, egg omelette patty, mushroom)	100	219	9.5	5.1	2.0	0.0	62	13.0	1.8	3.8	467
Chicken Avo (roasted chicken breast patty, avocado)	100	163	10.0	7.0	2.6	0.1	21	14.9	3.2	5.3	423
Omelette & Cheese	100	295	7.1	6.4	2.9	0.1	98	20.0	2.8	5.8	445
Chicken Ham & Cheese	100	156	8.6	5.6	3.0	0.1	10	16.9	2.8	5.7	583
Mushroom & Omelette	100	249	6.3	5.4	2.4	0.1	82	16.8	2.4	4.9	424
Sides & Snacks											
Black Pepper Chicken Nuggets	100	225.0	13.4	10.4	4.3	0.0	0	18.8	0.0	1.0	592
Chicken Ham & Cheese Toastie	100	239.6	16.6	7.3	4.2	0.1	8	26.9	2.0	2.3	535
Egg Mayo Toastie	100	261.3	17.2	13.5	4.4	0.3	113	20.8	1.4	1.7	356
Macaroni & Cheese	100	105.6	1.8	5.7	2.9	0.0	0	12.2	0.4	0.6	397
Nacho Bowls	Values include nacho cheese flavoured tortilla chip, tomato, olive, jalapeno pepper, onion, sweet corn, jalapeno cheese sauce, ranch sauce										
Cheesy Nacho	100	254	3.3	15.2	4.6	0.0	0	25.5	2.3	4.5	525
Loaded Cheesy Nacho (with avocado)	100	246	3.1	15.9	4.4	0.0	0	22.7	2.8	3.9	458
Overloaded Cheesy Nacho (with avocado and spicy taco beef)	100	224	4.2	14.3	4.0	0.0	0	19.8	2.6	4.2	467
Soups											
Cream of Mushroom	100	48.3	0.7	2.2	1.4	0.0	0	7.3	0.2	1.7	376
Tomato Bisque	100	141.3	0.8	4.6	1.5	0.0	0	6.1	0.5	2.2	371
Cookies											
Chocolate Chip	100	507	4.7	23.9	12.4	0.3	30	69.8	2.7	42.9	367
Double Chocolate Chip	100	471	4.4	21.0	12.0	0.4	34	66.8	2.5	44.3	367
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	545	4.6	25.5	12.6	0.4	39	68.3	1.6	42.1	395
Breads											
Flatbread	100	271	9.3	5.6	1.0	0.1	0	45.9	1.7	2.3	541
Honey Oat Bread	100	287	14.7	3.7	1.2	0.0	0	48.3	4.0	8.1	473
Parmesan Oregano Bread	100	276	13.2	3.2	1.1	0.0	0	48.7	2.6	3.9	560
Wheat Bread	100	276	14.0	3.7	1.3	0.0	0	46.6	3.5	3.7	484
White Bread	100	273	13.6	2.9	1.0	0.0	0	48.2	2.4	3.6	366
Shallot Bread	100	283	13.3	3.3	1.0	0.0	0	49.8	2.4	5.2	593
Wheat Wrap	100	301	8.3	8.8	4.1	0.0	0	43.9	6.9	14.1	735
Meat, Poultry, Egg, Seafood & Vegetarian Items											
Beef Brisket	100	202	22.0	10.2	3.5	0.1	0	5.6	0.3	2.5	404
Chicken Bacon (Chicken Breakfast Strip)	100	93	14.7	1.2	0.4	0.0	65	5.9	1.3	0.3	499
Chicken Pepperoni Meats	100	204	14.4	15.2	4.3	0.0	0	1.7	1.1	0.8	836
Chicken Ham	100	107	14.7	3.8	2.0	0.0	33	3.8	0.3	0.6	781
Chicken Strips	100	109	22.8	1.8	0.4	0.0	31	0.3	0.0	0.0	513
Chicken Teriyaki (Chicken Strips, Teriyaki Glaze)	100	116	17.8	1.5	0.3	0.0	24	7.7	0.0	6.1	605
Cold Cut Trio™ Meats (Turkey Bologna, Turkey Ham, Chicken Ham)	100	102	14.6	3.2	1.2	0.0	14	3.4	0.1	0.5	882
Egg Mayo (Boiled Egg, Mayonnaise)	100	237	17.3	20.3	3.8	0.5	262	3.3	0.0	0.1	218

AVG QTY Per 100g	Serving Size (g)	Energy (kCal)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Egg Omelette Patty	100	617	10.0	6.1	1.3	0.0	366	13.0	0.0	0.0	302
Falafel	100	290	8.0	16.0	7.0	0.1	0	29.0	4.0	6.0	720
Fiery Rotisserie-Style Chicken	100	120	18.9	4.2	0.5	0.0	0	1.4	0.0	0.5	710
Italian B.M.T.™ Meats (Beef Pepperoni, Beef Salami, Chicken Ham)	100	184	15.7	12.0	5.6	0.0	28	3.6	0.1	0.4	942
Mushroom	100	18.0	2.3	0.5	0.1	0.0	0	0.4	0.0	0.2	320
Roasted Chicken Breast Patty	100	116	21.9	1.3	0.5	0.0	73	4.2	0.5	2.6	454
Roasted Chicken Thigh	100	144	15.4	7.8	2.3	0.0	0	3.1	0.0	2.2	519
Rotisserie-Style Chicken	100	124	19.8	4.3	0.5	0.0	0	1.3	0.0	0.5	604
Spicy Beef Taco	100	135	8.6	7.7	2.3	0.1	0	7.8	1.9	5.3	502
Subway Melt™ Meats (Turkey Bologna, Chicken Ham, Chicken Bacon)	100	101	14.7	2.8	1.2	0.0	30	4.1	0.4	0.5	768
Tuna Mayo (Tuna, Mayonnaise)	100	335	16.1	30.1	4.4	0.9	46	0.1	0.0	0.2	446
Sauces & Dressings											
BBQ Sauce	100	176	0.9	0.4	0.0	0.0	0	41.2	0.8	36.4	798
Caesar Dressing	100	387	0.9	36.7	6.2	0.0	0	14.4	0.1	11.0	1851
Chilli Sauce	100	158	0.9	0.3	0.1	0.0	0	36.4	1.2	33.1	836
Chipotle Southwest Sauce	100	464	1.7	47.6	8.4	0.8	0	7.2	0.4	5.4	735
Honey Mustard	100	148.7	0.9	1.1	0.1	0.0	0	33.8	0.6	28.3	572
Jalapeno Cheese Sauce	100	262	2.6	22.5	4.7	0.0	0	12.6	0.5	8.1	1030
Ketchup	100	116	0.0	0.1	0.1	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
Mild American Yellow Mustard	100	498	4.1	5.4	0.5	0.0	0	10.5	3.0	8.2	1301
Ranch Dressing	100	345	0.3	30.5	4.4	0.0	0	17.2	0.2	11.4	890
Spicy Mayonnaise	100	373	0.3	30.4	4.4	1.6	0	24.6	0.4	18.9	757
Sweet Onion Sauce	100	172	0.4	0.3	0.0	0.0	0	41.9	0.3	38.3	354
Toppings											
Nacho Cheese Flavoured Tortilla Chips	100	497	7.3	24.3	10.6	0.1	0	60.2	4.4	1.6	639
Cheeses											
Mozzarella Cheese (shredded)	100	290	25.0	20.0	14.0	0.5	0	2.6	0.0	0.8	400
Old English Style Processed Cheese (slices)	100	345	20.5	27.4	18.3	1.2	0	4.0	1.3	2.4	1800
Vegetables											
Avocado	100	202	1.9	20.0	3.2	0.0	0	7.0	5.5	0.9	88
Cauliflower Rice	100	28.7	2.3	0.6	0.1	0.0	0	5.2	2.5	2.2	395
Capsicum	100	73.0	2.8	1.5	0.4	0.0	0	12.0	3.0	4.1	66
Cucumber	100	15.0	0.7	0.1	0.0	0.0	0	3.6	0.5	1.7	2
Cucumber	100	20.0	0.9	0.2	0.1	0.0	0	4.6	1.7	2.4	3
Jalapeno Pepper	100	20.0	0.8	0.7	0.0	0.0	0	2.9	3.2	2.9	1560
Lettuce	100	14.0	0.9	0.1	0.0	0.0	0	3.0	1.2	2.0	10
Mixed Greens (Green Crystal, Red Frisee)	100	16.4	1.3	0.2	0.0	0.0	0	3.2	2.8	0.4	20
Mushroom	100	18.0	2.3	0.5	0.1	0.0	0	0.4	0.0	0.2	320
Olive	100	130.0	0.5	13.0	2.3	0.1	0	0.0	3.0	0.0	720
Onion	100	40.0	1.1	0.1	0.0	0.0	0	9.3	1.7	4.2	4
Onion, Caramelised	100	190.0	1.0	10.0	1.0	0.1	0	23.0	4.0	19.0	10
Pickle	100	3.6	0.3	0.5	0.1	0.0	0	1.0	1.2	0.1	1200
Tomato	100	18.0	0.9	0.2	0.0	0.0	0	3.9	1.2	2.6	5

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 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.