



	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
--	------------------	----------	---------------	---------------	--------------	----------------	------------	-------------	-----------	-------------------	------------	------------	----------------	----------------	--------------	-----------

SANDWICHES

6-inch Sandwiches with 6 grams of Fat or Less Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Ham	219	280	35	4	1	0	15	730	47	5	6	15	8	20	6	15
Oven Roasted Chicken	226	310	40	4.5	1.5	0	40	600	47	5	8	21	8	20	4	15
Roast Beef	219	290	40	4.5	1.5	0	20	720	46	5	7	17	8	20	6	20
Subway Club®	233	300	35	4	1	0	25	870	47	5	7	18	8	20	6	20
Sweet Onion Chicken Teriyaki	269	370	40	4.5	1	0	40	1000	59	5	18	22	8	25	6	15
Turkey Breast	219	280	25	3	1	0	20	790	46	5	7	16	8	20	6	20
Turkey Breast & Ham	228	290	30	3.5	1	0	20	840	47	5	7	17	8	20	6	20
Veggie Delite®	162	230	20	2.5	0.5	0	0	310	44	5	6	8	8	20	4	15

Flatbread Sandwiches with 7 grams of Fat or Less Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Ham	228	290	60	6	1.5	0	15	870	45	3	4	15	8	20	8	15
Oven Roasted Chicken	235	320	60	7	1.5	0.2	40	740	45	3	5	21	8	20	8	15
Roast Beef	228	300	60	7	2	0	20	860	44	3	4	16	8	20	10	20
Subway Club®	242	310	60	6	1.5	0	25	1010	45	3	4	18	8	20	10	20
Sweet Onion Chicken Teriyaki	277	380	60	7	1.5	0	40	1140	56	3	16	21	8	25	10	15
Turkey Breast	228	290	50	5	1	0	20	930	44	3	4	16	8	20	10	20
Turkey Breast & Ham	237	300	50	6	1.5	0	20	980	45	3	4	17	8	20	10	20
Veggie Delite®	171	240	40	4.5	1	0	0	450	42	3	4	8	8	20	8	15

6-inch Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, cucumbers and cheese.

Chicken & Bacon Ranch	270	500	210	23	7	0.5	65	1060	46	5	8	28	8	20	15	15
Chicken Pizziola	284	440	140	15	6	0.3	65	1340	49	6	10	28	15	30	15	15
Cold Cut Combo	244	470	230	24	9	0.2	50	1120	47	6	7	19	8	20	15	20
Italian B.M.T.®	237	450	180	19	8	0.5	50	1440	47	5	7	21	8	20	10	15
Meatball Marinara	372	570	200	22	9	1	40	1420	69	9	18	24	40	45	15	25
Pizza Sub	249	490	210	24	10	1	51	1640	50	6	10	21	15	25	20	20
Spicy Italian	233	520	250	28	11	0.5	65	1720	46	5	8	22	10	20	35	20
Steak & Cheese	245	380	90	10	4	0.4	50	1060	48	5	8	26	8	20	10	25
Subway Melt®	248	370	90	10	4	0.2	40	1190	48	5	8	23	8	20	10	20
Tuna	245	530	270	30	6	0.5	45	820	44	5	7	21	8	20	10	20

Mini Subs Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Ham	136	180	20	2.5	0.5	0	5	420	31	3	4	9	6	15	4	10
Roast Beef	146	190	25	3	1	0	15	480	31	3	5	11	6	15	4	15
Tuna (includes cheese)	155	320	150	17	4.5	0	25	560	30	3	4	13	6	15	8	15
Turkey Breast	146	190	20	2	0.5	0	15	530	31	3	5	11	6	15	4	10

6" Limited Time Offer/Regional Subs** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Barbecue Rib Patty	240	490	220	24	8	0	50	760	47	6	9	19	8	20	30	15
Diablo Chicken (includes cheese)	277	450	90	17	5	0	50	1020	49	6	9	25	15	30	45	20

Salads Values do not include salad dressing or croutons.

Ham	328	110	25	2.5	0.5	0	15	490	13	4	4	10	25	45	6	8
Oven Roasted Chicken	335	120	25	3	0.5	0	40	370	9	4	4	15	25	50	6	8
Roast Beef	328	110	30	3	1.0	0	20	470	11	4	5	11	25	45	6	10
Subway Club®	342	120	25	2.5	0.5	0	25	630	13	4	5	12	25	45	6	10
Sweet Onion Chicken Teriyaki	378	190	30	3.5	1	0	40	760	24	4	16	16	25	50	6	8
Turkey Breast	328	100	15	1.5	0	0	20	550	12	4	5	10	25	45	6	10
Turkey Breast & Ham	338	110	20	2	0.5	0	20	600	13	4	5	11	25	45	6	10
Veggie Delite™	271	50	10	1	0	0	0	65	9	4	4	3	25	45	4	6

Salad Dressing

Fat Free Italian	57	35	0	0	0	0	0	720	7	0	4	1	0	0	2	0
Ranch	57	320	310	30	6	0.5	30	560	3	0	3	1	0	0	0	0
House Sandwich Sauce	57	290	280	31	3.5	0	0	440	4	0	3	0	0	0	0	0

BREAKFAST

English Muffin Sandwiches (with Egg White) Values include light wheat English muffin, egg white and cheese.

Bacon & Cheese	109.1	170	45	4.5	2	0.1	10	560	24	5	1	13	2	0	25	6
Cheese	104.9	150	30	3	1	0.1	5	480	24	5	1	12	0	0	25	6
Ham & Cheese	119	170	35	3.5	1.5	0.1	10	590	25	5	1	13	0	0	25	6
Mega	137.5	290	150	16	6	0.1	30	820	24	5	1	17	2	0	25	8
Sausage & Cheese	133.2	270	140	15	6	0.1	25	740	24	5	1	15	2	0	25	8

English Muffin Sandwiches (with Regular Egg) Values include light wheat English muffin, regular egg and cheese.

Bacon & Cheese	109.1	190	60	7	2.5	0.1	120	540	24	6	2	13	4	0	15	8
Cheese	104.9	170	50	5	2	0.1	110	460	24	6	1	12	2	0	15	8
Ham & Cheese	119	190	50	6	2	0.1	120	560	25	6	1	13	2	0	15	8
Mega	137.5	310	170	19	7	0.1	140	800	24	6	2	17	4	0	15	10

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Sausage & Cheese	133.2	290	160	17	7	0.1	130	720	24	6	1	15	4	0	15	10
6" Omelet Sandwich (with Egg White)	Values include 9-grain wheat bread, egg white and cheese.															
Bacon & Cheese	182.9	360	90	10	4	0.2	20	1080	45	4	5	23	0	0	30	15
Cheese	174	320	70	7	3	0.2	10	930	44	4	5	19	0	0	30	15
Ham & Cheese	203	350	70	8	3	0.2	15	1140	46	4	5	23	0	0	30	15
Mega	240	610	300	34	13	0.2	55	1600	45	4	5	30	2	2	30	20
Sausage & Cheese	231	560	280	31	12	0.2	45	1430	45	4	5	27	2	2	25	20
6" Omelet Sandwich (with Regular Egg)	Values include 9-grain wheat bread, regular egg and cheese.															
Bacon & Cheese	185.7	420	140	16	6	0.3	240	930	45	5	6	24	8	0	15	20
Cheese	177	380	120	13	5	0.3	230	770	44	5	6	20	8	0	15	20
Ham & Cheese	206	400	130	14	5	0.3	240	990	46	5	6	24	8	0	15	20
Mega	242	660	360	39	15	0.3	280	1450	45	5	7	31	8	2	20	25
Sausage & Cheese	234	620	330	37	14	0.3	270	1290	45	5	6	28	8	2	20	25
Omelet on 6" Flatbread (with Egg White)	Values include 6" flatbread, egg white and cheese.															
Bacon & Cheese	191	370	110	12	4.5	0.2	20	1220	43	2	2	22	0	0	30	15
Cheese	183	330	90	10	3	0.2	10	1070	42	2	2	19	0	0	30	15
Ham & Cheese	211	360	100	10	3.5	0.2	15	1280	44	2	2	22	0	0	30	15
Mega	248	620	330	36	14	0.2	60	1740	43	2	3	29	2	2	35	20
Sausage & Cheese	240	570	300	33	12	0.2	45	1590	43	2	2	26	2	2	35	20
Omelet on 6" Flatbread (with Regular Egg)	Values include 6" flatbread, regular egg and cheese.															
Bacon & Cheese	194.2	430	160	18	7	0.3	240	1070	43	3	4	23	8	0	20	20
Cheese	186	380	140	15	5	0.3	230	920	42	3	3	20	8	0	20	20
Ham & Cheese	214	410	150	16	6	0.3	240	1130	44	3	3	23	8	0	20	20
Mega	251	670	380	42	16	0.3	280	1590	43	3	4	30	8	2	20	25
Sausage & Cheese	242	630	350	39	15	0.3	270	1440	42	3	3	27	8	2	20	25

SIDE ITEMS

Cookies, Desserts & Sides																
Chocolate Chip**	45	210	90	10	6	0.1	15	150	30	1	18	2	6	0	0	6
Chocolate Chunk	45	220	90	10	5	0	10	100	30	1	17	2	0	0	0	6
Double Chocolate Chip**	45	210	90	10	5	0.1	15	170	30	1	20	2	8	0	2	4
M & M®**	45	210	90	10	5	0	10	100	32	1	18	2	0	0	2	6
Oatmeal Raisin	45	200	70	8	4	0	15	170	30	1	17	3	0	0	2	6
Peanut Butter**	45	220	110	12	5	0.1	15	200	26	1	16	4	6	0	2	4
Raspberry Cheesecake**	45	190	70	8	4	0.1	10	170	28	0	15	2	6	0	2	4
Sugar**	45	220	110	12	6	0.1	15	140	28	1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0.1	15	160	29	1	18	2	6	0	2	4
Apple Pie**	82	250	90	10	4	0.1	0	195	37	2	14	0	0	0	0	6
Hash Browns, 4 pieces**	74	150	80	9	1	0	0	440	17	2	0	1	0	8	0	2
Yogurt Parfait**	164	150	20	2.5	1	0	10	50	28	2	19	5	0	20	2	8
Soup** (10 fl oz/295 ml bowl)																
Chicken with White and Wild Rice	304	90	10	1	0	0	10	1000	15	1	1	6	7	25	2	2
Chili	313	290	70	8	3.5	0	25	990	35	12	13	19	15	6	8	20
Cream of Broccoli	300	140	45	5	2	0	10	920	17	5	5	6	2	15	15	2
Cream of Mushroom	300	160	50	6	2	0	10	990	23	3	3	5	0	0	10	2
Cream of Potato with Bacon	315	250	120	14	5	0	25	940	26	3	4	6	8	2	10	4
Creamy Garden Cauliflower	300	140	60	7	3	0	10	780	15	2	6	5	2	15	8	2
Fire Roasted Tomato Orzo	318	130	10	1	0.5	0	5	410	24	2	4	6	20	4	10	6
Home Style Vegetable Beef	312	100	20	2	0.5	0	10	950	15	3	5	6	20	0	4	4
Italian Style Minestrone w/Penne	298	80	10	1	0.5	0	<5	990	15	4	4	3	20	0	6	6
Italian Style Wedding	304	160	50	6	3	0	15	970	17	1	1	9	0	2	2	10
New England Clam Chowder	311	150	45	5	1	0	10	970	20	3	2	5	0	0	4	6
Roasted Chicken Noodle	304	90	20	2	1	0	25	950	10	1	1	7	15	2	2	4
Tomato Garden Vegetable with Rotini	314	90	0	0	0	0	0	990	20	2	8	3	30	0	4	4
Vegetarian Vegetable	304	80	0	0	0	0	0	930	18	3	9	2	10	8	4	4

BREADS & CONDIMENTS

Breads																
6" Italian (White) Bread	71	200	20	2	0.5	0	0	290	38	1	5	7	0	0	2	12
6" 9-Grain Wheat Bread	78	210	20	2	0.5	0	0	310	40	4	5	8	0	0	4	15
6" Parmesan Oregano Bread	75	220	25	2.5	1	0	0	440	40	2	5	8	0	0	4	15
6" Honey Oat	89	260	25	3.0	0.5	0	0	330	48	5	9	9	0	0	4	15
6" Hearty Italian Bread**	75	210	20	2.5	0.5	0	0	290	41	2	5	7	0	0	2	15
6" Monterey Cheddar**	82	240	50	6	2.5	0.2	10	360	38	2	5	10	2	0	10	15
6" Italian Herbs & Cheese	82	250	45	5	2.5	0.1	10	490	40	2	5	9	2	0	10	15
6" Roasted Garlic**	82	230	25	2.5	0.5	0	0	1260	45	2	7	8	4	45	4	15
6" Flatbread	87	220	40	4.5	1	0	0	450	38	2	2	7	0	0	8	15
Light Wheat English Muffin	57	100	5	1	0	0	0	170	22	5	1	6	0	0	2	6
Mini Italian Bread	47	130	10	1.5	0	0	0	190	25	1	3	5	0	0	2	8
Mini Wheat Bread	52	140	10	1.5	0	0	0	200	27	3	3	5	0	0	8	8
Wrap**	103	310	70	8	2.5	0.4	0	610	51	1	0	8	0	0	6	15

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Sandwich Condiments (amount on 6-inch sub or flatbread)																
Bacon (2 strips)	9	40	25	3	1	0	10	150	0	0	0	3	0	0	0	0
Chipotle Southwest Sauce	21	90	80	9	1.5	0	10	220	2	0	1	0	0	0	0	0
Honey Mustard Sauce, Fat Free	21	30	2	0	0	0	0	140	7	0	5	0	0	0	0	0
House Sandwich Sauce	21	110	110	12	1.5	0	0	170	1	0	1	0	0	0	0	0
Mustard yellow or deli brown (2 tsp)	10	5	0	0	0	0	0	115	1	0	0	0	0	0	0	0
Light Mayonnaise-Type Dressing (15 ml)	15	60	50	6	1	0	15	100	1	0	0	0	0	0	0	0
Mayonnaise (15 ml)	15	110	110	12	2	0.2	10	80	0	0	0	0	0	0	0	0
Ranch Dressing	21	110	100	11	2	0	5	200	1	0	1	0	0	0	0	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	90	9	0	8	0	0	0	0	0
Vegetables																
Banana Peppers (3 rings)	4	<5	0	0	0	0	0	65	0	0	0	0	4	4	0	0
Cucumbers (3 slices)	17	<5	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0
Jalapeno Peppers (3 rings)	4	<5	0	0	0	0	0	70	0	0	0	0	0	4	0	0
Lettuce	21	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	14	5	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	9	0	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Olives (3 rings)	3	<5	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0
Cheese (amount on 6-inch sub, wrap or salad)																
Cheddar Cheese Product, Processed	11	40	30	3	2	0.2	10	200	0	0	0	2	0	0	6	0
Feta**	14	30	15	2	1.5	0	6	125	0	0	0	2	2	0	2	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0.2	15	90	0	0	0	3	4	0	10	0
Monterey Jack**	11	40	30	3.5	2.5	0.2	10	80	0	0	0	3	0	0	6	0
Mozzarella, Shredded**	14	40	25	3	2	0.1	9	100	0	0	0	3	2	0	8	0
Natural Cheddar**	11	45	35	3.5	2.5	0.2	10	75	0	0	0	3	0	0	6	0
Swiss**	14	50	35	4	3	0.2	10	45	0	0	0	4	0	0	15	0
Individual Meats (amount on 6-inch sub or salad)																
Chicken Patty, Roasted	64	80	20	2	1	0	40	290	3	0	2	13	0	0	0	0
Italian B.M.T.® Meats	64	180	130	14	5	0.3	40	930	3	0	1	10	0	0	2	2
Meatball	198	310	150	17	6	0.5	35	910	25	4	11	13	30	25	8	10
Roast Beef	57	60	20	2	1	0	20	410	2	0	1	8	0	0	0	4
Sausage Patty**	57	240	210	24	9	0	35	520	1	0	0	7	0	2	0	4
Seafood Sensation**	71	190	150	16	2.5	0	15	430	7	0	1	5	2	0	6	2
Steak (no cheese)	71	110	35	4	1.5	0	40	550	4	0	1	15	0	2	0	8
Subway Club® Meats	71	70	15	1.5	0.5	0	25	560	4	0	1	10	0	0	2	4
Tuna	71	260	220	24	4	0	35	310	0	0	0	10	0	0	0	4
Turkey Breast	57	50	5	0.5	0	0	20	480	3	0	1	8	0	0	0	4

Nutrition information compiled from the following data: Nutrition analysis from Subway approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference, Release #19. 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.

**Regional and Limited Time Offer subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between restaurants. Nutritional information for these sandwiches is based on the most common formulas and ingredients.