

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
SANDWICHES												
6" Low Fat Sandwiches with 6 Grams of Fat or Less.												
Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.												
6" Black Forest Ham		219	290	47	5	18	4.5	14	1	0	25	1200
6" Oven Roasted Chicken		233	320	49	5	23	4.5	13	1	0	25	750
6" Roast Beef		233	310	45	5	26	4.5	13	1.5	0	25	800
6" Subway Club		240	320	47	5	26	5	14	1.5	0	35	1140
6" Sweet Onion Chicken Teriyaki		276	380	60	5	26	4.5	11	1	0	50	1010
6" Turkey Breast		219	280	47	5	18	3.5	11	1	0	20	920
6" Turkey Breast & Black Forest Ham		228	300	47	5	19	4	12	1	0	25	1140
6" Veggie Delite		162	230	45	5	8	2.5	10	0.5	0	0	410
6" Flatbread Sandwiches with 7 Grams of Fat or Less.												
Values include 6" flatbread, lettuce, tomatoes, onions, green peppers and cucumbers.												
Double values for approximate footlong flatbread nutrition.												
Black Forest Ham on Flatbread		228	300	43	3	18	7	21	1.5	0	25	1240
Oven Roasted Chicken on Flatbread		242	330	45	3	23	7	19	1.5	0	25	780
Roast Beef on Flatbread		242	320	42	3	26	7	20	2	0	25	840
Subway Club on Flatbread		258	330	44	3	26	7	19	1.5	0	35	1180
Sweet Onion Chicken Teriyaki on Flatbread		284	390	56	3	26	7	16	1.5	0	50	1050
Turkey Breast on Flatbread		228	300	43	3	18	6	18	1	0	20	950
Turkey Breast & Black Forest Ham on Flatbread		237	310	44	3	19	7	20	1.5	0	25	1180
Veggie Delite on Flatbread		171	240	41	3	8	5	19	1	0	0	450
Low Fat Footlong Sandwiches.												
Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.												
Footlong Black Forest Ham		438	570	94	10	35	9	14	2.5	0	50	2400
Footlong Oven Roasted Chicken		466	640	97	11	46	9	13	2.5	0	45	1490
Footlong Roast Beef		466	630	91	11	52	9	13	3	0	55	1600
Footlong Subway Club		481	640	94	10	52	10	14	3	0	65	2270
Footlong Sweet Onion Chicken Teriyaki		551	760	120	10	51	9	11	2.5	0	100	2020
Footlong Turkey Breast		438	570	94	10	35	7	11	1.5	0	40	1830
Footlong Turkey Breast & Black Forest Ham		457	590	95	10	38	8	12	2	0	50	2280
Footlong Veggie Delite		325	460	90	10	17	5	10	1	0	0	830
6" Sandwiches. Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, cucumbers and cheese.												
6" Big Philly Cheesesteak		304	520	53	6	39	18	31	9	1	90	1570
6" BLT		164	360	45	5	17	13	32	6	0	30	990
6" Chicken & Bacon Ranch		292	570	48	5	35	28	44	10	0.5	95	1190
6" Cold Cut Combo		244	410	48	5	21	16	35	6	0.5	60	1450
6" Italian B.M.T.		237	450	48	5	22	20	40	8	0.5	55	1730
6" Meatball Marinara		372	580	70	9	24	23	36	9	1	45	1530

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6" Spicy Italian		233	520	47	5	22	28	48	11	0.5	65	1830
6" Steak & Cheese		245	380	50	5	26	10	24	4.5	0	50	1230
6" Subway Melt		249	380	48	5	25	11	26	5	0	45	1530
6" Tuna		245	530	45	5	21	30	51	6	0.5	45	930
Kids Meal Sandwiches. Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.												
Veggie Delite		108	150	30	3	6	1.5	9	0	0	0	280
Black Forest Ham		136	180	31	3	10	2.5	12	0.5	0	10	670
Roast Beef		146	200	30	4	15	3	13	1	0	15	480
Turkey Breast		146	190	31	3	12	2.5	12	0.5	0	15	610
6" Limited Time Offer/Regional Subs**												
Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.												
6" Barbecue Rib Patty		240	430	48	5	19	18	38	6	0	50	730
6" Barbecue Chicken		233	310	53	6	15	5	14	1.5	0	35	1010
6" Buffalo Chicken (with regular Ranch dressing)		268	420	47	5	25	15	32	3	0	55	1290
6" The Feast		324	540	50	5	39	22	37	9	0.5	85	2450
6" LOW FAT Buffalo Chicken (with light Ranch)		268	370	54	5	25	6	15	1.5	0	55	1300
6" Chicken Pizziola (includes cheese)		291	450	51	6	31	15	30	6	0	75	1360
6" Pastrami, Big (includes cheese)		297	580	50	5	31	28	50	9	0	65	1810
6" Subway Seafood Sensation (includes cheese)		245	460	52	5	15	22	43	5	0.5	25	1050
6" Turkey Bacon Avocado (includes cheese)		268	420	51	7	24	15	32	5	0	40	1310
6" Veggie Patty		247	390	57	8	23	7	16	1	0	10	930
SALADS												
Salads with 6 g of fat or Less. Values include lettuce, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or croutons.												
Black Forest Ham		328	110	11	4	12	3	24	1	0	25	850
Oven Roasted Chicken Breast		342	130	9	4	19	2.5	17	0.5	0	50	270
Roast Beef		342	140	10	4	20	3.5	22	1	0	25	450
Subway Club		359	140	11	4	20	3.5	22	1	0	35	790
Sweet Onion Chicken Teriyaki		385	200	24	4	20	3	13	1	0	50	660
Turkey Breast		328	110	11	4	12	2	16	0.5	0	20	570
Turkey Breast & Ham		338	120	12	4	13	3	22	0.5	0	25	790
Veggie Delite		271	50	9	4	3	1	18	0	0	0	65
Salad Dressing												
Fat Free Italian		57	35	35	0	1	0	0	0	0	0	720
Ranch		57	290	290	0	1	30	93	4.5	0.5	15	540
BREAKFAST & PIZZA												
Egg Muffin Melts (with Egg White) Values include English muffin, egg white and cheese.												
Egg (White) & Cheese		105	140	18	5	12	3.5	22	1	1	5	490
Black Forest Ham, Egg (White) & Cheese		119	160	18	5	15	4	22	1.5	1.5	10	680

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Breakfast BMT (with Egg White)		142	210	19	5	17	8	34	3	3	20	920
Double Bacon, Egg (White) & Cheese		115	190	18	5	16	7	33	3	3	15	670
Mega**		138	290	18	5	18	17	53	7	7	30	840
Sausage, Egg (White) & Cheese**		134	270	18	5	16	15	50	6	6	25	750
Steak, Egg (White) & Cheese		122	170	19	5	16	4.5	24	1.5	1.5	15	630
Sunrise Subway Melt (with Egg White)		154	200	20	5	19	6	27	2.5	2.5	23	940
Western Egg (White) with Cheese		124	160	19	5	15	4	22	1.5	1.5	10	680
Egg Muffin Melts (with Regular Egg) Values include English muffin, regular egg and cheese												
Egg & Cheese		105	170	18	5	13	6	32	2	0	85	450
Black Forest Ham, Egg & Cheese		119	180	18	5	15	7	35	2	0	95	650
Breakfast BMT		142	230	19	6	17	11	43	4	0	105	890
Double Bacon, Egg & Cheese		115	220	18	5	16	10	41	3.5	0	95	640
Mega**		138	310	18	5	18	20	58	7	0	110	810
Sausage, Egg & Cheese**		134	290	18	5	16	18	56	7	0	105	710
Steak, Egg & Cheese		122	190	19	6	16	7	33	2.5	0	95	600
Sunrise Subway Melt		154	230	20	6	20	9	35	3	0	105	910
Western, Egg & Cheese		124	180	19	6	15	7	35	2	0	95	650
6" Omelet Sandwich (with Egg White) Values include 9-grain wheat bread, egg white and cheese.												
Egg & Cheese		105	170	18	5	13	6	32	2	0	85	450
Black Forest Ham, Egg & Cheese		119	180	18	5	15	7	35	2	0	95	650
Breakfast BMT		142	230	19	6	17	11	43	4	0	105	890
Double Bacon, Egg & Cheese		115	220	18	5	16	10	41	3.5	0	95	640
Mega**		138	310	18	5	18	20	58	7	0	110	810
Sausage, Egg & Cheese**		134	290	18	5	16	18	56	7	0	105	710
Steak, Egg & Cheese		122	190	19	6	16	7	33	2.5	0	95	600
Sunrise Subway Melt		154	230	20	6	20	9	35	3	0	105	910
6" Omelet Sandwiches (with Regular Egg) Values include 9-grain wheat bread, regular egg and cheese.												
6" Egg & Cheese		189	420	45	4	18	8	17	3	0	10	1040
6" Black Forest Ham, Egg & Cheese		216.9	450	46	4	23	9	18	3.5	0	25	1430
6" Breakfast BMT		275.2	560	48	5	28	18	29	7	0	45	1920
6" Double Bacon, Egg & Cheese		207	520	46	4	25	15	26	6	0	30	1420
6" Mega**		255	710	46	4	29	35	44	14	0	55	1750
6" Sausage, Egg & Cheese**		245	670	45	4	25	31	42	12	0	45	1560
6" Steak, Egg & Cheese		231	490	47	4	27	10	18	4	0	35	1410
6" Sunrise Subway Melt		299	540	49	4	33	13	22	5	0	45	1960
6" Western, Egg & Cheese		226	450	47	4	23	9	18	3.5	0	25	1430
6" Omelet Sandwiches (with Regular Egg) Values include 9-grain wheat bread, regular egg and cheese.												
6" Egg & Cheese		189	420	46	5	22	18	39	7	0	190	1060
6" Black Forest Ham, Egg & Cheese		216.9	450	47	5	27	19	38	7	0	200	1450
6" Breakfast BMT		275.2	560	49	6	32	28	45	11	0.5	220	1940
6" Double Bacon, Egg & Cheese		207	520	47	5	29	25	43	11	0	210	1430
6" Mega**		255	710	47	5	33	45	57	18	0	235	1770
6" Sausage, Egg & Cheese**		245	670	46	5	30	41	55	16	0	225	1580
6" Steak, Egg & Cheese		231	490	48	5	31	20	37	8	0.5	210	1430

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6" Sunrise Subway Melt		299	540	50	5	37	23	38	9	0.5	225	1980
6" Western, Egg & Cheese		226	450	47	5	27	19	38	7	0	200	1450
Omelet on 6" Flatbread (with Egg White) Values include 6" flatbread, egg white and cheese.												
Egg (White) & Cheese on Flatbread		183	330	41	2	18	10	27	3	0	10	1080
Black Forest Ham, Egg (White) & Cheese on Flatbread		211	360	42	2	23	11	27	3.5	0	25	1470
Breakfast BMT (with Egg White) on Flatbread		270	470	45	2	28	20	38	7	0	45	1960
Double Bacon, Egg (White) & Cheese on Flatbread		202	430	42	2	25	17	35	7	0	30	1450
Mega** on Flatbread		249	620	42	2	29	37	54	14	0	60	1780
Sausage, Egg (White) & Cheese** on Flatbread		240	580	42	2	25	34	53	12	0	50	1600
Steak, Egg (White) & Cheese on Flatbread		225	400	44	2	27	13	29	4	0	35	1450
Sunrise Subway Melt (with Egg White)		293	450	46	2	33	16	32	5	0	45	1990
Western Egg (White) with Cheese on Flatbread		221	370	43	2	23	11	27	3.5	0	25	1470
Omelet on Flatbread (with Regular Egg) Values include 6" flatbread, regular egg and cheese.												
Egg & Cheese on Flatbread		197	440	42	3	22	20	41	7	0	190	1100
Black Forest Ham, Egg & Cheese on Flatbread		225	460	43	3	27	21	41	8	0	200	1490
Breakfast BMT on Flatbread		284	570	45	3	32	30	47	11	0.5	220	1970
Double Bacon, Egg & Cheese on Flatbread		216	530	43	3	29	27	46	11	0	210	1470
Mega** on Flatbread on Flatbread		263	730	43	3	33	47	58	18	0	235	1800
Sausage, Egg & Cheese** on Flatbread		254	680	43	3	30	44	58	17	0	230	1620
Steak, Egg & Cheese on Flatbread		240	500	44	3	31	23	41	8	0.5	210	1460
Sunrise Subway Melt on Flatbread		307	550	46	3	37	26	42	10	1	225	2010
Western, Egg & Cheese on Flatbread		235	470	44	3	27	21	40	8	0	200	1490
Breakfast Sides												
Hash Browns (4 pc)**		74	150	17	2	1	9	54	1	0	0	440
8" Pizza**												
Cheese		293	680	96	4	32	22	29	9	0	40	1070
Cheese & Veggies		381	740	100	5	36	25	30	11	0	50	1270
Pepperoni		323	790	96	4	38	32	36	13	0	60	1350
Sausage		336	820	97	4	39	34	37	14	0	70	1420
BREAD & CONDIMENTS												
Breads												
6" Italian (White) Bread		71	200	38	1	7	2	9	0.5	0	0	390
6" 9-Grain Wheat Bread		78	210	41	4	8	2	8	0.5	0	0	410
6" Parmesan Oregano Bread		75	220	41	2	8	2.5	10	1	0	0	620
6" Honey Oat		89	260	49	5	9	3	10	0.5	0	0	430

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6" Hearty Italian Bread**		75	220	41	2	8	2	8	1	0	0	390
6" Monterey Cheddar**		82	240	39	1	10	5	18	3	0	10	460
6" Italian Herbs & Cheese		82	250	41	2	10	5	18	2	0	10	590
6" Roasted Garlic**		82	230	45	2	8	2.5	10	0.5	0	0	1360
6" Flatbread		87	230	38	2	8	4.5	18	0.5	0	0	450
English Muffin		57	90	16	5	7	0.5	5	0	0	0	170
Mini Italian Bread		47	130	26	1	5	1.5	10	0	0	0	260
Mini Wheat Bread		52	140	28	3	5	1.5	10	0	0	0	270
Wrap**		103	310	51	1	8	8	23	2.5	0	0	610
Sandwich Condiments (amount on 6-inch sub or flatbread)												
Bacon (2 strips)		9	45	0	0	3	3.5	70	1.5	0	10	190
Chipotle Southwest Sauce		21	100	1	0	0	10	90	1.5	0	10	220
Honey Mustard Sauce, Fat Free		21	30	7	0	0	0	0	0	0	0	120
Light Mayonnaise (1 T)		15	50	<1	0	0	5	90	1	0	5	100
Mayonnaise (1 T)		15	110	0	0	0	12	98	2	0	10	80
Mustard yellow or deli brown (2 tsp)		10	5	<1	0	0	0	0	0	0	0	115
Olive Oil Blend (1 tsp)		5	45	0	0	0	5	1	0	0	0	0
Pepperoni, 3 slices		18	70	1	0	3	6	77	2	0	15	320
Ranch Dressing		21	110	1	0	0	11	90	1.5	0	5	200
Red Wine Vinaigrette, Fat Free**		21	30	6	0	0	0	0	0	0	0	340
Sweet Onion Sauce, Fat Free		21	40	9	0	0	0	0	0	0	0	85
Vinegar (1 tsp)		8	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sub or 6" flatbread)												
Banana Peppers (3 rings)		4	0	0	0	0	0	0	0	0	0	20
Cucumbers (3 slices)		17	<5	<1	0	0	0	0	0	0	0	0
Green Peppers (3 strips)		7	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers (3 rings)		4	<5	0	0	0	0	0	0	0	0	70
Lettuce		21	<5	0	0	0	0	0	0	0	0	0
Onions		7	<5	1	0	0	0	0	0	0	0	0
Pickles (3 chips)		9	0	0	0	0	0	0	0	0	0	115
Olives (3 rings)		3	<5	0	0	0	0	0	0	0	0	25
Tomatoes (3 wheels)		34	5	2	0	0	0	0	0	0	0	0
Cheese (amount on 6-inch sub, 6" flatbread or salad)												
American, Processed		11	40	1	0	2	3.5	78	2	0	10	200
Monterey Cheddar, Shredded		14	50	1	0	3	4.5	81	3	0	15	90
Mozzarella, Shredded		14	40	0	0	3	3	67	2	0	10	100
Natural Cheddar**		15	60	0	0	4	5	75	3	0	15	100
Pepperjack**		14	50	0	0	3	4	72	2.5	0	15	140
Provolone**		14	50	0	0	4	4	72	2	0	10	125
Swiss**		14	50	0	0	4	4.5	81	2.5	0	15	30
Individual Meats (amount on 6" sub or salad)												
Chicken Patty, Roasted		71	90	4	0	15	2.5	25	0.5	0	25	330
Chicken Strips		71	80	0	0	16	1.5	17	0.5	0	50	210
Cold Cut Combo Meats		71	140	2	0	10	11	71	3.5	0	50	830
Egg Patty (regular)		85	110	3	1	9	8	65	2	0	160	360

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Egg White Patty		85	70	3	0	8	2	26	0	0	0	430
Ham		57	60	2	0	9	2	30	0.5	0	25	790
Italian B.M.T. Meats		64	180	2	0	11	14	70	5	0	45	1120
Meatballs		198	310	25	4	13	17	49	6	0.5	30	910
Roast Beef		71	80	1	0	18	2.5	28	1	0	25	430
Sausage, Breakfast		57	240	1	0	7	24	90	9	0	35	520
Seafood Sensation**		71	190	7	0	5	16	76	2.5	0	15	430
Steak (no cheese)		71	110	4	0	15	4	33	2	0	35	560
Subway Club Meats		78	90	2	0	17	2.5	25	1	0	35	750
Tuna		71	260	0	0	10	24	83	4	0	35	310
Turkey Breast		57	50	2	0	9	1	18	0	0	20	500
Veggie Patty**		85	160	12	3	15	5	28	0.5	0	10	520
DESSERTS, SIDES & BEVERAGES												
Cookies & Desserts												
Chocolate Chip		45	210	30	1	2	10	43	6	0	15	150
Chocolate Chunk**		45	220	30	<1	2	10	41	5	0	10	100
Double Chocolate Chip**		45	210	30	1	2	10	43	6	0	15	170
M & M**		45	210	32	<1	2	10	43	5	0	10	100
Oatmeal Raisin		45	200	30	1	3	8	36	4	0	15	170
Peanut Butter**		45	220	26	1	4	12	49	5	0	15	190
Sugar**		45	220	28	<1	2	12	49	6	0	15	140
White Chip Macadamia Nut		45	220	29	<1	2	11	45	5	0	15	160
Apple Pie**		71	250	37	1	0	10	36	2	n/a	0	290
Apple Slices - 1 package		71	35	9	2	0	0	0	0	0	0	0
Yogurt Dannon Light & Fit		170	80	16	0	5	0	0	0	0	<5	80
Chips												
Baked Lay's		32	130	23	2	2	2	14	0	0	0	200
Baked Lay's** Sour Cream & Onion		32	140	24	2	3	3.5	22	0.5	0	0	240
Doritos Nacho		50	250	30	2	4	13	47	2.5	0	<5	310
Lays Classic		43	230	23	2	3	15	59	1.5	0	0	270
Sunchips Harvest Cheddar		43	210	29	3	4	9	39	1.5	0	0	240
Chips, 1 bag		25-57	75-340	13-36	0-3	0-7	0-22	58	0-4.5	0	0-35	150-940
Beverages												
Bottled Juice/Drink		15	0-300	54-68	0	0	0	0	0	0	0	40-160
Fountain Drink/Sweetened Tea, Regular - 16 oz, no ice		16	120-240	34-66	0	0	0	0	0	0	0	0-110
Fountain Drink, Diet/Unsweetered Tea - 16 oz, no ice		16	0-10	0	0	0	0	0	0	0	0	0-60
Fountain Drink/Sweetened Tea, Regular - 21 oz, no ice		21	160-320	45-87	0	0	0	0	0	0	0	0-140
Fountain Drink, Diet/Unsweetered Tea - 21 oz, no ice		21	0-15	0	0	0	0	0	0	0	0	0-80
Fountain Drink/Sweetened Tea, Regular - 32 oz, no ice		32	250-490	69-132	0	0	0	0	0	0	0	0-210



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Fountain Drink, Diet/Unsweetened Tea - 32 oz, no ice		32	0-25	0	0	0	0	0	0	0	0	0-60
Fountain Drink/Sweetened Tea, Regular - 44 oz, no ice		44	340-680	95-182	0	0	0	0	0	0	0	0-290
Fountain Drink, Diet/Unsweetened Tea - 44 oz, no ice		44	0-35	0	0	0	0	0	0	0	0	0-110
Juice Box		6	100	24	0	0	0	0	0	0	0	15
Milk, Low Fat***		12	160	19	0	12	3.5	20	2.5	0	20	180
Milk, Chocolate Flavored Reduced F Fat***		12	300	43	<1	15	8	24	5	0	35	300
Milk, Strawberry Flavored Reduced Fat**		12	300	44	0	15	7	21	4.5	0	35	220
Soup** (10 oz bowl)												
Chicken Tortilla		10	110	11	3	6	1.5	12	0.5	0	10	440
Chipotle Chicken Corn Chowder		10	140	22	2	6	3	19	1.5	0	15	900
Chicken & Dumpling		10	170	23	2	8	5	26	2	0	35	810
Chili Con Carne		10	340	35	10	20	11	29	5	0	60	950
Cream of Potato with Bacon		10	240	26	3	5	13	49	5	0	15	870
Fire-Roasted Tomato Orzo		10	130	24	2	6	1	7	0.5	0	5	410
Golden Broccoli & Cheese		10	180	16	4	5	11	55	5	0	25	990
Minestrone		10	90	17	3	4	1	10	0	0	<5	910
New England Style Clam Chowder		10	150	20	4	6	5	30	1	0	10	990
Roasted Chicken Noodle		10	80	12	1	6	2	22	0.5	0	15	950
Rosemary Chicken and Dumpling		10	90	14	1	6	1.5	15	0.5	0	25	810
Spanish Style Chicken & Rice with Pork		10	110	16	1	6	2.5	20	1	0	5	980
Tomato Garden Vegetable w/ Rotini		10	90	20	3	3	0.5	5	0	0	0	820
Vegetable Beef		10	100	17	3	5	2	18	0.5	0	10	960
Wild Rice with Chicken		10	230	26	1	6	11	43	3.5	0	50	900