

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 with 6 grams of Fat or Less													
6" Bourbon Chicken	1 each	258	350	54	4		25	5.0	13	1.5	0	50	1020
6" Ham	1 each	223	290	47	4		18	5.0	16	1.5	0	20	1280
6" Oven Roasted Chicken Breast	1 each	237	330	47	4		24	5.0	14	1.5	0	45	1020
6" Roast Beef	1 each	223	290	45	4		19	5.0	16	2.0	0	15	920
6" Subway Club®	1 each	256	320	47	4		24	6.0	17	2.0	0	35	1310
6" Sweet Onion Chicken Teriyaki	1 each	279	370	59	4		26	5.0	12	1.5	0	50	1220
6" Turkey Breast	1 each	223	280	46	4		18	4.5	14	1.5	0	20	1020
6" Turkey Breast & Ham	1 each	233	290	47	4		20	5.0	16	1.5	0	25	1230
6" Turkey Breast with Honey Mustard & Cucumbers	1 each	261	310	54	5		19	4.5	13	1.5	0	20	1130
6" Veggie Delite®	1 each	167	230	44	4		9	3.0	12	1.0	0	0	520
Breakfast Sandwiches													
Cheese & Egg on Deli Roll	1 each	135	270	35	3		16	9.0	30	4.0	0	15	670
Chipotle Steak & Cheese on Deli Roll	1 each	212	490	37	3		30	26.0	49	10.0	0.5	65	1210
Double Bacon & Cheese on Deli Roll	1 each	178	460	37	3		29	24.0	46	12.0	0.5	60	1340
Honey Mustard Ham & Egg on Deli Roll	1 each	170	270	43	3		18	5.0	19	1.5	0	10	1080
Western with Cheese on Deli Roll	1 each	189	360	38	3		25	14.0	36	7.0	0.5	40	1140
Cold Sandwiches													
6" Cold Cut Combo	1 each	250	410	47	4		21	17.0	37	7.0	0.5	60	1550
6" Tuna	1 each	250	530	45	4		22	31.0	53	7.0	0.5	45	1030
Deli Sandwiches													
Ham Deli	1 each	142	210	36	3		11	4.0	17	1.5	0	10	770
Roast Beef Deli	1 each	151	220	35	3		13	4.5	18	2.0	0	15	660
Tuna Deli	1 each	160	350	35	3		14	18.0	49	5.0	0	30	750
Turkey Breast Deli	1 each	151	210	36	3		13	3.5	17	1.5	0	15	730
Toasted Sandwiches													
6" Chicken & Bacon Ranch	1 each	296	540	47	5		36	25.0	43	10.0	0.5	90	1400
6" Chicken Parmesan	1 each	285	500	61	5		26	18.0	32	6.0	0	40	1280
6" Chipotle Southwest Steak & Cheese	1 each	299	500	49	5		29	22.0	40	7.0	0.5	65	1340
6" Italian BMT®	1 each	242	450	47	4		23	21.0	42	8.0	0	55	1790
6" Meatball Marinara	1 each	377	560	63	7		24	24.0	39	11.0	1.0	45	1610
6" Spicy Italian	1 each	226	480	46	4		21	25.0	48	9.0	0	55	1670
6" Steak & Cheese	1 each	278	400	48	5		29	12.0	28	6.0	0.5	60	1130
6" Subway Melt®	1 each	254	380	48	4		25	12.0	29	5.0	0	45	1620
Salads													
BMT®	1 each	396	290	15	4		17	19.0	59	8.0	0	55	1360

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Salads												
Cold Cut Combo	1 each	405	250	14	4	15	15.0	56	6.0	0.5	55	1140
Salads with 6 Grams of Fat or Less												
Grilled Chicken Breast & Baby Spinach	1 each	300	140	11	4	20	3.0	18	1.0	0	50	450
Grilled Chicken Breast Strips	1 each	392	140	12	4	19	3.0	18	0.5	0	45	400
Ham	1 each	378	120	15	4	12	3.0	25	1.0	0	20	850
Roast Beef	1 each	378	130	13	4	13	3.5	23	1.5	0	15	490
Subway Club®	1 each	411	160	15	4	18	4.0	22	1.5	0	35	880
Turkey Breast	1 each	378	120	14	4	12	2.5	17	0.5	0	20	590
Turkey Breast & Ham	1 each	388	130	15	4	14	3.0	19	1.0	0	25	800
Veggie Delite®	1 each	322	60	12	4	3	1.0	17	0	0	0	85
Salad Dressings												
Atkins Sweet as Honey Mustard - 2 oz.	1 pack	57	200	1	0	1	22.0	100	3.0	0	0	550
Fat Free Italian - 2 oz.	1 pack	57	35	7	0	1	0	0	0	0	0	720
Ranch - 2 oz.	1 pack	57	200	1	1	1	22.0	100	3.5	0	10	550
Cookies												
Chocolate Chip	1 each	45	210	30	1	2	10.0	43	6.0	0	15	150
Chocolate Chunk	1 each	45	200	30	1	2	10.0	45	5.0	0	10	100
Double Chocolate	1 each	45	210	30	1	2	10.0	43	5.0	0	15	170
M & M's®	1 each	45	210	32	1	2	10.0	43	5.0	0	10	100
Oatmeal Raisin	1 each	45	200	30	1	3	8.0	35	4.0	0	15	170
Peanut Butter	1 each	45	220	26	1	4	12.0	50	5.0	0	15	200
Sugar	1 each	45	220	28	0	2	12.0	50	6.0	0	15	140
Cookies												
White Macadamia Nut	1 each	45	220	29	1	2	11.0	45	5.0	0	15	160
Fruizle Express (small)												
Berry Lishus	1 each	369	110	28	1	1	0	0	0	0	0	30
Berry Lishus (with Banana)	1 each	396	140	35	2	1	0	0	0	0	0	30
Peach Pizazz	1 each	341	100	26	0	0	0	0	0	0	0	25
Pineapple Delight	1 each	369	130	33	1	1	0	0	0	0	0	25
Pineapple Delight (with Banana)	1 each	396	160	40	2	1	0	0	0	0	0	25
Sunrise Refresher	1 each	341	120	29	1	1	0	0	0	0	0	20
Soup (1 bowl)												
Brown and Wild Rice with Chicken	1 each	310	230	26	1	6	11.0	48	3.5	0	50	1170
Chicken and Dumpling	1 each	310	140	20	2	7	3.5	25	1.5	0	5	1230
Chili Con Carne	1 each	310	340	35	10	20	11.0	32	5.0	0	60	1100
Cream of Broccoli	1 each	310	140	18	4	6	5.0	36	2.0	0	10	960
Cream of Potato with Bacon	1 each	310	220	28	5	5	10.0	45	4.0	0	15	980
Golden Broccoli & Cheese	1 each	310	180	28	2	5	11.0	56	5.0	0	25	990
Minestrone	1 each	310	90	17	1	4	1.0	11	1.0	0	0	910



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Soup (1 bowl)													
New England Style Clam Chowder	1 each	310	150	20	2		5	5.0	33	1.5	0	10	1400
Roasted Chicken Noodle	1 each	310	90	12	1		6	2.0	28	0.5	0	20	1130
Spanish Style Chicken with Rice	1 each	310	110	16	1		6	2.5	23	1.0	0	5	980
Tomato Garden Vegetable with Rotini	1 each	310	90	20	3		3	0.5	6	0	0	40	1040
Vegetable Beef	1 each	310	100	17	3		5	1.5	20	0.5	0	10	1060
Carb Conscious Wraps													
Chicken & Bacon Ranch (9 net carbs)*	1 each	256	440	18	9		41	27.0	55	10.0	0.5	90	1680
Tuna Wrap (7 net carbs)	1 each	209	440	16	9		27	32.0	66	6.0	0.5	45	1310
Turkey & Bacon Melt (11 net carbs)*	1 each	227	380	20	9		31	24.0	58	7.0	0	50	1780
Turkey Breast Wrap	1 each	183	190	18	9		24	6.0	26	1.0	0	20	1290