

Subway® Nutrition Facts-US

January 2010



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
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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	226	290	40	4.5	1	0	25	1200	47	5	7	18	8	20	6	15
6" Oven Roasted Chicken	240	320	40	4.5	1	0	25	750	49	5	7	23	8	30	6	15
6" Roast Beef	240	310	40	4.5	1.5	0	25	840	46	5	6	26	8	20	6	25
6" Subway Club®	247	320	45	5	1.5	0	35	1160	47	5	6	26	8	20	6	20
6" Sweet Onion Chicken Teriyaki	283	380	40	4.5	1	0	50	1010	60	5	17	26	8	30	6	20
6" Turkey Breast	226	280	30	3.5	1	0	20	920	47	5	6	18	8	20	6	15
6" Turkey Breast & Black Forest Ham	236	300	35	4	1	0	25	1140	47	5	6	19	8	20	6	15
6" Veggie Delite®	169	230	20	2.5	0.5	0	0	410	45	5	5	8	8	20	4	15
Flatbread Sandwiches with 8 grams of Fat or Less Values include flatbread, lettuce, tomatoes, onions, green peppers and cucumbers.																
Black Forest Ham on Flatbread	242	320	60	7	1.5	0	25	1270	47	3	4	18	8	20	2	15
Oven Roasted Chicken on Flatbread	256	350	70	7	1.5	0	25	820	48	3	4	24	8	30	2	15
Roast Beef on Flatbread	256	340	70	8	2	0	25	920	45	3	3	27	8	20	2	25
Subway Club® on Flatbread	272	350	70	8	1.5	0	35	1230	47	3	4	26	8	20	2	20
Sweet Onion Chicken Teriyaki on Flatbread	298	410	70	7	1.5	0	50	1080	59	3	14	26	8	30	4	20
Turkey Breast on Flatbread	242	310	60	6	1	0	20	990	47	3	3	18	8	20	2	20
Turkey Breast & Black Forest Ham on Flatbread	251	330	60	7	1.5	0	25	1220	47	3	4	20	8	20	2	15
Veggie Delite® on Flatbread	185	260	45	5	1	0	0	490	44	3	2	9	8	20	2	15
Low Fat Footlong Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.																
Footlong Black Forest Ham	452	570	80	9	2.5	0	50	2400	94	10	14	35	15	40	10	30
Footlong Oven Roasted Chicken	481	640	80	9	2.5	0	45	1490	97	11	14	46	15	60	10	30
Footlong Roast Beef	481	630	80	9	3	0	55	1690	91	11	12	52	15	40	10	45
Footlong Subway Club®	495	640	90	10	3	0	65	2320	95	11	12	52	15	40	10	40
Footlong Sweet Onion Chicken Teriyaki	566	760	80	9	2	0	100	2020	120	10	34	51	15	60	15	35
Footlong Turkey Breast	452	570	60	7	1.5	0	40	1830	94	10	11	35	15	40	10	35
Footlong Turkey Breast & Black Forest Ham	471	590	70	8	2	0	50	2280	95	10	13	38	15	40	10	35
Footlong Veggie Delite®	339	460	40	4.5	1	0	0	830	90	10	10	17	15	40	10	30
6" Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, cucumbers and cheese.																
6" Big Philly Cheesesteak	311.2	520	160	18	9	0.5	90	1570	53	6	7	39	15	20	25	25
6" BLT	164	360	120	13	6	0	30	990	45	5	5	17	10	10	10	15
6" Chicken & Bacon Ranch	299	570	250	28	10	0.5	95	1190	49	6	6	35	15	25	25	20
6" Cold Cut Combo	252	410	150	16	6	0.5	60	1450	48	5	6	21	10	20	15	20
6" Italian B.M.T.®	245	450	180	20	8	0.5	55	1730	48	5	7	22	10	20	10	15
6" Meatball Marinara	379	580	200	23	9	1	45	1530	70	9	16	24	40	45	20	25
6" Spicy Italian	240	520	250	28	11	0.5	65	1830	47	5	7	22	10	20	10	15
6" Subway Melt®	256	380	100	11	5	0	45	1530	49	5	7	25	10	20	10	20
6" The Feast	331	540	200	22	9	0.5	85	2470	50	5	8	39	10	20	10	25
6" Tuna	252	530	270	30	6	0.5	45	930	46	5	5	21	10	20	10	20
Kids Pak® Sandwiches Values include 9-grain mini wheat bread, lettuce, tomatoes, onions and green peppers.																
Veggie Delite®	101	150	15	1.5	0	0	0	280	30	3	3	6	6	15	4	10
Black Forest Ham	129	180	25	2.5	0.5	0	10	670	31	3	4	10	6	15	4	10
Roast Beef	138	200	25	3	1	0	15	500	30	4	4	15	6	15	4	10
Turkey Breast	138	190	20	2.5	0.5	0	15	610	31	3	4	12	6	15	8	10
6" Limited Time Offer/Regional Subs** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.																
6" Barbecue Rib Patty	247	430	160	18	6	0	50	730	48	5	7	19	8	20	6	20
6" Barbecue Chicken	240	310	45	5	1.5	0	35	1010	53	6	14	15	15	180	8	20
6" Buffalo Chicken (with regular Ranch dressing)	276	420	140	15	3	0	55	1290	47	5	7	25	8	25	6	15
6" LOW FAT Buffalo Chicken (with light Ranch)	276	370	60	7	1.5	0	55	1300	54	5	8	25	8	25	6	15
6" Chicken Pizziola (includes cheese)	298	460	140	15	6	0	75	1360	51	6	8	31	20	30	15	20
6" Pastrami, Big (includes cheese)	270	590	260	29	9	0	15	1920	49	5	4	32	10	8	15	15
6" Subway Seafood Sensation® (includes cheese)	252	460	200	22	5	0	25	1050	52	6	7	15	15	20	15	15
6" Turkey Bacon Avocado (includes cheese)	275	420	130	15	5	0	40	1310	51	7	6	24	10	25	10	20
6" Tuscan Chicken (includes cheese)	275	390	80	9	3.5	0	60	1190	52	6	7	27	15	20	15	20
6" Veggie Patty	254	390	70	7	1	0	10	930	57	8	7	23	15	20	6	15

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	356	110	25	3	1	0	25	850	12	4	6	12	25	50	6	8
Oven Roasted Chicken (Strips)	371	130	25	2.5	0.5	0	50	280	10	4	4	20	25	50	6	10
Roast Beef	371	140	30	3.5	1	0	25	500	10	4	5	21	25	50	6	15
Subway Club®	387	140	30	3.5	1	0	35	810	12	4	6	20	25	50	6	15
Sweet Onion Chicken Teriyaki	413	200	30	3	1	0	50	660	25	4	16	20	25	60	8	10
Turkey Breast	356	110	20	2	0.5	0	20	570	12	4	5	12	25	50	6	10
Turkey Breast & Ham	366	120	25	3	0.5	0	25	790	12	4	6	14	25	50	6	10
Veggie Delite®	300	50	10	1	0	0	0	65	10	4	4	3	25	50	6	8
Salad Dressing																
Fat Free Italian	57	35	0	0	0	0	0	720	7	0	4	1	0	0	2	0
Ranch	57	290	270	30	4.5	0.5	15	540	3	0	3	1	0	0	0	0

Breakfast & Pizza

English Muffin with Regular Egg (when made on Egg White deduct 20 calories, 2 g fat and 80 mg chol from below values)																
Black Forest Ham & Cheese	119	180	60	7	2	0	95	650	18	5	1	15	4	0	20	8
Cheese	105	170	60	6	2	0	85	450	18	5	0	13	4	0	20	8
Double Bacon & Cheese	120	240	100	11	4.5	0	105	740	18	5	1	17	6	0	25	8
Mega	138	310	180	20	7	0	110	800	18	5	0	18	4	0	20	10
Sausage	134	290	160	18	7	0	110	710	18	5	0	16	4	0	20	10
Steak & Cheese	122	190	60	7	2.5	0	95	600	19	6	1	16	4	0	20	10
Western with Cheese	125	180	60	7	2	0	95	650	19	6	1	15	4	0	20	8
6" 9-Grain Bread with Regular Egg (when made with Egg White deduct 90 calories, 10 g fat and 175 mg cholesterol from below values)																
Black Forest Ham & Cheese	216.9	450	170	19	7	0	200	1450	47	5	5	27	10	0	25	20
Egg & Cheese	189	420	160	18	7	0	190	1060	46	5	4	22	10	0	25	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
Double Bacon & Cheese	207	520	220	25	11	0	210	1440	47	5	4	29	10	0	25	20
Mega**	255	720	400	45	18	0	235	1770	47	5	4	33	10	0	25	25
Sausage & Cheese**	245	670	370	41	16	0	225	1580	46	5	4	30	10	0	25	20
Steak & Cheese	231	490	190	20	8	0.5	210	1400	48	5	5	31	10	0	25	20
Western & Cheese	229	450	170	19	7	0	200	1460	48	5	5	27	10	8	25	15
Flatbread Sandwiches with Regular Egg (when made with Egg White deduct 90 calories, 10 g fat and 175 mg chol from below values)																
Black Forest Ham & Cheese on Flatbread	233	480	190	22	8	0	200	1530	46	3	2	27	10	0	25	20
Egg & Cheese on Flatbread	204	460	190	21	7	0	190	1170	45	3	1	23	10	0	22	20
Double Bacon & Cheese on Flatbread	223	560	249	28	11	0	210	1540	46	3	2	30	10	0	23	20
Mega** on Flatbread	270	750	430	48	18	0	235	1840	46	3	2	34	15	0	23	25
Sausage & Cheese** on Flatbread	261	700	400	44	17	0	225	1650	46	3	1	30	10	0	25	25
Steak & Cheese on Flatbread	247	521	220	23	8	1	210	1470	48	3	2	32	10	0	23	25
Western & Cheese on Flatbread	244	490	190	22	8	0	200	1560	47	3	2	28	10	8	23	20
Breakfast Sides																
Hash Browns (4 pc)**	74	150	80	9	1	0	0	440	17	2	0	1	0	8	0	2
8" Pizza**																
Cheese	293	680	200	22	9	0	40	1070	96	4	7	32	25	4	45	30
Cheese & Veggies	381	740	230	25	11	0	50	1270	100	5	9	36	35	30	60	30
Pepperoni	323	790	290	32	13	0	60	1350	96	4	8	38	30	4	60	30
Sausage	336	820	310	34	14	0	70	1420	97	4	8	39	30	4	60	30
BREADS & CONDIMENTS																
Breads																
6" Italian (White) Bread	71	200	20	2	0.5	0	0	390	38	1	5	7	0	0	2	15
6" 9-Grain Wheat Bread	78	210	20	2	0.5	0	0	410	41	4	3	8	0	0	4	15
6" Parmesan Oregano Bread	75	220	25	2.5	1	0	0	620	41	2	5	8	0	0	4	15
6" Honey Oat	89	260	25	3	0.5	0	0	430	49	5	8	9	0	0	4	15
6" Hearty Italian Bread**	75	220	20	2	1	0	0	390	41	2	5	8	0	0	2	15
6" Monterey Cheddar**	82	240	50	5	3	0	10	460	39	1	5	10	2	0	10	15
6" Italian Herbs & Cheese	82	250	45	5	2	0	10	590	41	2	5	10	2	0	10	15
6" Roasted Garlic**	82	230	25	2.5	0.5	0	0	1360	45	2	7	8	4	45	4	15
Flatbread	94	240	45	5	1	0	0	480	41	2	<1	8	0	0	8	15
Mini Italian Bread	47	130	15	1.5	0	0	0	260	26	1	3	5	0	0	2	10
Mini Wheat Bread	52	140	15	1.5	0	0	0	270	28	3	2	5	0	0	2	8
Wrap**	103	310	70	8	2.5	0	0	610	51	1	0	8	0	0	6	15
Sandwich Condiments (amount on 6-inch sub or flatbread)																
Bacon (2 strips)	9	45	30	3.5	1.5	0	10	190	0	0	0	3	0	0	0	0
Chipotle Southwest Sauce	21	100	90	10	1.5	0	10	220	1	0	0	0	0	0	0	0
Honey Mustard Sauce, Fat Free	21	30	0	0	0	0	0	115	7	0	6	0	0	0	0	0
Light Mayonnaise (1 T)	15	50	45	5	1	0	5	100	<1	0	0	0	0	0	0	0
Mayonnaise (1 T)	15	110	110	12	2	0	10	80	0	0	0	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
Olive Oil Blend (1 tsp)	5	45	45	5	0	0	0	0	0	0	0	0	0	0	0	0
Ranch Dressing	21	110	100	11	1.5	0	5	200	1	0	1	0	0	0	0	0
Red Wine Vinaigrette, Fat Free**	21	30	3	0	0	0	0	340	6	0	3	0	0	0	0	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	85	9	0	8	0	0	0	0	0
Vinegar (1 tsp)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sub or flatbread)																
Banana Peppers (3 rings)	4	0	0	0	0	0	0	20	0	0	0	0	0	6	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, flatbread or salad)																
American, Processed	11	40	30	3.5	2	0	10	200	1	0	0	2	2	0	8	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0	15	90	1	0	0	3	4	0	10	0
Natural Cheddar**	15	60	45	5	3	0	15	100	0	0	0	4	4	0	8	0
Pepperjack**	14	50	35	4	2.5	0	15	140	0	0	0	3	4	4	10	0
Provolone**	14	50	35	4	2	0	10	125	0	0	0	4	2	0	10	0
Swiss**	14	50	35	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0
Individual Meats (amount on 6-inch sub or salad)																
Chicken Patty, Roasted	71	90	20	2.5	0.5	0	25	330	4	0	2	15	0	10	0	0
Chicken Strips	71	80	15	1.5	0.5	0	50	210	0	0	0	16	0	4	2	2
Cold Cut Combo Meats	71	140	100	11	3.5	0	50	830	2	0	1	10	2	2	4	6
Egg Patty**	85	110	70	8	2	0	160	360	3	1	0	9	4	0	6	4
Ham	57	60	15	2	0.5	0	25	790	2	0	2	9	0	0	0	0
Italian BMT® Meats	64	180	130	14	5	0	45	1120	2	0	2	11	0	0	0	2
Meatballs	198	310	150	17	6	1	30	910	25	4	11	13	30	25	8	10
Roast Beef	71	80	20	2.5	1	0	25	430	1	0	1	18	0	0	0	8
Seafood Sensation**	71	190	150	16	2.5	0	15	430	7	0	1	5	2	0	6	2
Steak (no cheese)	71	112	50	4.0	2	0	35	560	4	0	1	15	0	1	2	8
Subway Club® Meats	78	90	20	2.5	1	0	35	750	2	0	1	17	0	0	0	6
Tuna	71	260	220	24	4	0	35	310	0	0	0	10	0	0	0	4
Turkey Breast	57	50	10	1	0	0	20	500	2	0	1	9	0	0	0	2
Veggie Patty**	85	160	45	5	0.5	0	10	520	12	3	2	15	6	0	2	0



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Desserts, Sides & Beverages

Cookies & Desserts

Chocolate Chip	45	210	90	10	6	0	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	209.6	90	10	6	0	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	15	190	26	1	16	4	6	0	2	6
Sugar**	45	220	110	12	6	0	15	140	28	<1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0	15	160	29	<1	18	2	6	0	2	4
Apple Pie**	71	250	90	10	2	n/a	0	290	37	1	25	0	0	0	0	3
Apple Slices - 1 package	71	35	0	0	0	0	0	0	9	2	7	0	0	30	4	0
Yogurt Dannon Light & Fit®	170	80	0	0	0	0	<5	80	16	0	11	5	8	0	15	0

Chips

Baked Lay's®	32	130	15	2	0	0	0	200	23	2	2	2	0	2	4	2
Baked Lay's®** Sour Cream & Onion	32	140	30	3.5	0.5	0	0	240	24	2	3	3	0	4	4	2
Doritos Nacho	50	250	120	13	2.5	0	<5	310	30	2	2	4	0	0	8	2
Lays® Classic	43	230	140	15	1.5	0	0	270	23	2	0	3	0	15	0	2
Sunchips Harvest Cheddar	43	210	80	9	1.5	0	0	240	29	3	3	4	0	0	2	2
Chips, 1 bag	25-57	75-340	0-220	0-22	0-4.5	0	0-35	150-940	13-36	0-3	0-9	0-7	0-20	0-20	0-15	0-10

Beverages²

(oz)

Bottled Juice/Drink	15	0-300	0	0	0	0	0	40-160	54-68	0	48-64	0	0	0-200	0	0
Fountain Drink/Sweetened Tea, Regular - 16 oz, no ice	16	120-240	0	0	0	0	0	0-110	34-66	0	34-66	0	0	0-210	0	0
Fountain Drink, Diet/Unsweetened Tea - 16 oz, no ice	16	0-10	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 21 oz, no ice	21	160-320	0	0	0	0	0	0-140	45-87	0	45-87	0	0	0-270	0	0
Fountain Drink, Diet/Unsweetened Tea - 21 oz, no ice	21	0-15	0	0	0	0	0	0-80	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 32 oz, no ice	32	250-490	0	0	0	0	0	0-210	69-132	0	69-132	0	0	0-410	0	0
Fountain Drink, Diet/Unsweetened Tea - 32 oz, no ice	32	0-25	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 44 oz, no ice	44	340-680	0	0	0	0	0	0-290	95-182	0	95-182	0	0	0-560	0	0
Fountain Drink, Diet/Unsweetened Tea - 44 oz, no ice	44	0-35	0	0	0	0	0	0-110	0	0	0	0	0	0	0	0
Juice Box	6	100	0	0	0	0	0	15	24	0	21	0	0	100	10	2
Milk, Low Fat***	12	160	35	3.5	2.5	0	20	180	19	0	17	12	15	6	45	0
Milk, Chocolate Flavored Reduced Fat***	12	300	70	8	5	0	35	300	43	<1	43	15	15	6	45	4
Milk, Strawberry Flavored Reduced Fat**	12	300	70	7	4.5	0	35	220	44	0	42	15	15	6	50	0

Soup** (10 oz bowl)

(oz)

Chicken Tortilla	10	110	20	1.5	0.5	0	10	440	11	3	4	6	20	25	4	8
Chipotle Chicken Corn Chowder	10	140	30	3	1.5	0	15	900	22	2	4	6	6	0	0	2
Chicken & Dumpling	10	170	45	5	2	0	35	810	23	2	2	8	10	0	4	6
Chili Con Carne	10	340	100	11	5	0	60	950	35	10	7	20	20	0	6	15
Cream of Potato with Bacon	10	240	120	13	5	0	15	870	26	3	3	5	4	0	10	2
Fire-Roasted Tomato Orzo	10	130	25	1	0.5	0	5	410	24	2	4	6	20	4	10	6
Golden Broccoli & Cheese	10	180	100	11	5	0	25	990	16	4	3	5	4	0	8	2
Minestrone	10	90	10	1	0	0	<5	910	17	3	4	4	25	0	4	4
New England Style Clam Chowder	10	150	45	5	1	0	10	990	20	4	2	6	0	0	4	6
Roasted Chicken Noodle	10	80	20	2	0.5	0	15	950	12	1	2	6	15	0	2	2
Rosemary Chicken and Dumpling	10	90	15	1.5	0.5	0	25	810	14	1	3	6	10	2	2	2
Spanish Style Chicken & Rice with Pork	10	110	25	2.5	1	0	5	980	16	1	1	6	2	0	2	2
Tomato Garden Vegetable w/ Rotini	10	90	5	0.5	0	0	0	820	20	3	8	3	35	4	6	6
Vegetable Beef	10	100	20	2	0.5	0	10	960	17	3	5	5	20	0	4	4
Wild Rice with Chicken	10	230	100	11	3.5	0	50	900	26	1	3	6	10	10	15	2

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from Subway® approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference, release #20. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

**Products contain no artificial trans fat (partially-hydrogenated oil). Some products contain naturally occurring trans fat.

**At participating locations. Nutrition information for these items are based on the most common formulas and ingredients.

***Nutrition information for fountain beverages do not include ice and based on full cup size. Due to large variety of possible fountain beverage offerings nutrition ranges are provided in this brochure. Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed. Nutrition Information for milk in California is different, check milk container for exact nutrition information.