



Subway Nutrition Information Jan 2025

ROI

Double values for footlong nutrition information (one footlong = two 6" servings) - excluding salads

	Per Serving size									Per 100g										
	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
BREADS																				
Gluten-Free Bread	110	1229	294	6.6	0.6	53	1.2	3.7	3.3	1.0	100	1117	267	6.0	0.5	48.4	1.1	3.4	3.0	0.9
Hearty Italian Bread	75	862	206	2.2	0.4	39	4.3	2	7.4	0.6	100	1149	275	2.9	0.5	52.0	5.7	2.7	9.9	0.8
Honey & Oat Bread	85	803	192	1.5	0.2	33	4.74	5	8.57	0.56	100	945	226	1.8	0.2	38.7	5.6	5.9	10.1	0.7
Italian Herbs & Cheese Bread	101	1184	283	6	4	44	5	3	12	0.7	100	1172	280	5.9	4.0	43.6	5.0	3.0	11.9	0.7
Italian White Bread	70	794	190	2.1	0	36	4.2	2.1	7	0.6	100	1134	271	3.0	0.0	51.0	6.0	3.0	10.0	0.8
Plain Tortilla Wrap	95	1153	276	5.7	0.8	48	2.6	3.9	6.7	1.2	100	1213	290	6.0	0.8	50.0	2.7	4.1	7.0	1.2
Wholegrain Bread	76	658	157	0.8	0.2	27	1.4	4.4	7.5	1	100	866	207	1.1	0.2	35.4	1.8	5.8	9.9	0.7
PROTEINS																				
Pork & Beef Meatballs (in BBQ sauce)	137	1058	253	10	3.1	27	21	3.3	12	2.5	100	772	185	7.3	2.3	19.7	15.3	2.4	8.8	1.8
Big Beef Patty	37	332	80	5.5	2.8	0.9	0.4	0.8	6	0.2	100	897	215	14.7	7.5	2.4	1.2	2.2	15.5	0.6
Lincolnshire Sausage Patty	50	505	121	9	3	3	0.3	0.5	7	0.7	100	1010	242	18.0	6.8	5.8	0.5	1.0	14.0	1.4
Chicken Tikka	71	374	89	1.4	0.4	2	0.9	0	18	0.6	100	527	126	2.0	0.5	2.5	1.2	0.0	24.9	0.9
Ham (2 slices)	28	143	34	1	0.3	1	0.4	0.3	5	0.5	100	510	122	3.6	1.1	2.5	1.4	1.0	19.3	1.6
Maple Cured Streaky Bacon (2 slices)	9	154	37	2.8	1	0	0.3	0	3	0.3	100	1711	410	31.4	11.0	2.4	3.0	0.0	33.3	3.6
Pork & Beef Meatballs (in marinara sauce)	137	809	193	10	3.1	10	6.4	2.9	13	1	100	591	141	7.6	2.3	7.5	4.7	2.1	9.5	0.7
Pepperoni (3 slices)	18	305	73	6.3	2.2	1	0	0	3.6	0.7	100	1694	405	35.0	12.2	3.5	0.0	0.0	20.0	4.0
Plant Patty	85	708	169	9	0.8	10	1.6	2.7	11	1	100	833	199	10.3	0.9	12.0	1.9	3.2	12.9	1.3
Poached Egg	50	259	62	3.6	1.2	0.9	0.2	0.4	6.5	0.2	100	519	124	7.1	2.4	1.8	0.3	0.8	13.0	0.3
Pork and Beef Meatballs	72	642	153	10	3	4	1.3	1.9	12	0.7	100	891	213	13.9	4.2	4.9	1.8	2.7	16.4	1.0
Roast Chicken Breast Strips	71	356	85	1	0.5	1	1.4	0.0	16	0.9	100	502	120	1.4	0.7	2.1	2.0	0.0	22.5	1.2
Rotisserie-Style Chicken	56	298	71	2.0	0.3	0	0.1	0.0	12	0.5	100	531	127	3.5	0.5	0.2	0.2	0.0	22.0	0.9
Salami (3 slices)	18	305	73	6.3	2.3	1	0	0	4	0.7	100	1694	405	35.0	12.7	3.5	0.0	0.0	20.0	3.7
Philly Steak	71	359	86	1.42	0.4	8	3.9	0.7	11	0.7	100	506	121	2.0	0.5	11.3	5.5	1.0	14.9	1.0
Taco Beef	56	466	111	6.72	2.9	7	0	1.0	6	0.7	100	832	198	12.0	5.1	12.0	0.0	1.8	10.0	1.2
Tuna (with Lite Mayonnaise)	74	606	145	10	0.9	2	1.0	0	12	0.9	100	819	196	13.5	1.1	3.3	1.4	0.0	15.5	1.2
Turkey Breast (2 slices)	38	157	38	0.6	0.1	0	0.4	0.2	8	0.6	100	414	99	1.6	0.3	0.9	1.0	0.5	20.0	1.6
HALAL Meatballs (in marinara sauce)	137	957	229	14	5.9	13	6.7	2.7	14	1	100	698	167	9.9	4.3	9.1	4.9	2.0	10.2	0.7
HALAL Meatballs (in BBQ sauce)	137	1181	282	13	4.0	31	20	2.7	12	2.5	100	862	206	9.5	2.9	22.6	14.6	2.0	8.8	1.8
HALAL Beef Meatballs	72	765	183	13	3.9	8	0	1.4	12	0.8	100	1063	254	18.0	5.4	10.5	0.0	1.9	16.0	1.1
HALAL Beef Patty	65	585	140	10	4.9	2	0.8	1.4	10	0.8	100	900	215	14.7	7.5	2.3	1.2	2.2	15.4	1.2
HALAL Roast Chicken Breast Strips	71	356	85	1	0.5	1	1.4	0	16	0.9	100	502	120	1.4	0.7	2.1	2.0	0.0	22.5	1.2
HALAL Rotisserie Style Chicken	71	380	91	2.48	0.4	0	14.0	0	15.6	0.6	100	535	128	3.5	0.5	0.2	19.7	0.0	22.0	0.9
HALAL Chicken Tikka	71	374	89	1.4	0.4	2	0.9	1	18	0.6	100	527	126	2.0	0.5	2.5	1.2	1.4	24.9	0.9
HALAL Pepperoni (Beef) (3 slices)	18	305	73	6.3	1.8	0	0	0.4	4.0	0.5	100	1694	405	35.0	10.0	2.3	0.0	2.0	22.0	2.8
HALAL Salami (Beef) (3 slices)	18	305	73	6.3	2.3	1	0	0	3.6	0.7	100	1694	405	35.0	12.7	3.5	0.0	0.0	20.0	4.0
HALAL Steak	71	359	86	1.4	0.6	8	3.9	0.7	11	0.7	100	506	121	2.0	0.8	11.3	5.5	1.0	14.9	1.0
HALAL Taco Beef	56	477	114	7.8	3.4	5	0	0.9	5	0.7	100	852	204	13.9	6.0	9.3	0.0	1.6	9.3	1.3
HALAL Turkey Breast (3 slices)	57	258	62	1.4	0.6	1	0.3	0.3	10	1.0	100	452	108	2.5	1.0	1.2	0.5	0.5	17.5	1.7
HALAL Turkey Ham (3 slices)	28	121	29	1.1	0.4	0	0.1	0.1	3.9	0.5	100	431	103	3.9	1.3	1.4	0.5	0.5	14.0	1.8
HALAL Turkey Rashers (2 slices)	19	122	29	1	0.3	0	0	0	4.8	0.4	100	644	154	5.3	1.5	1.1	0.0	0.0	25.0	2.2
HALAL Turkey Sausage Patty	50	295	71	2.5	0.8	3	0.6	0.5	8	0.7	100	590	141	5.0	1.5	6.0	1.2	1.0	16.0	1.3
CHEESE																				
American-style Cheese	12	177	42	3.5	2.2	0.4	0.4	0	2.3	0.3	100	1477	353	29.0	18.0	3.5	3.2	0.0	19.5	2.5
Mozzarella	30	315	75	5.7	3.6	0.3	0.3	6	0	0.3	100	1050	251	19.0	12.0	1.0	1.0	19.0	0.0	1.0
Peppered Cheese	14	189	45	3.7	2.4	0.3	0.3	0.2	2.5	0.5	100	1350	321	26.4	17.0	2.1	2.1	1.3	17.9	3.2
Shredded Mozzarella & Cheddar Cheese	14	187	45	3.4	2.2	0.6	0.1	0	3.2	0.2	100	1339	320	24.5	15.6	4.6	0.8	0.0	23.0	1.4
Vegan CheeZe	10	124	30	2.4	2.1	1.9	0	0	0	0.1	100	1238	296	24.4	20.8	19.0	0.1	0.1	0.1	1.3
VEGETABLES																				
Cucumbers	18	11	3	0	0	0.6	0.3	0.1	0.1	0	100	63	15	0.1	0.0	3.1	1.7	0.5	0.7	0.0
Guacamole	35	98	24	6	0	0.9	0.4	0.6	0.7	0	100	280	67	17.1	1.0	2.5	1.1	1.7	1.9	0.7
Jalapenos	7	3	1	0	0	0.1	0.1	0.1	0	0.3	100	46	11	0.5	0.1	1.6	0.8	1.4	0.4	4.3
Lettuce	14	6	2	0	0	0.2	0.2	0.2	0.2	0	100	46	11	0.1	0.1	1.4	1.4	1.5	1.2	0.0
Peppers	12	13	3	0	0	0.5	0.3	0.2	0.1	0	100	105	25	0.0	0.0	4.3	2.3	1.8	0.7	0.0
Olives	3	12	3	0	0	0	0	0.1	0	0.1	100	406	97	9.4	1.5	1.1	0.1	3.1	1.0	1.9
Pickles	7.5	3	1	0	0	0.1	0	0.1	0	0.2	100	38	9	0.5	0.1	1.4	0.1	1.1	0.4	2.9
Red onions	7	10	3	0	0	0.6	0.4	0.1	0.1	0	100	150	36	0.2	0.0	7.9	5.6	1.4	1.2	0.0
Sweetcorn	7	23	6	0.1	0	0.8	0.4	0.3	0.2	0	100	335	80	1.9	0.5	11.0	5.2	3.8	2.9	0.4
Tomatoes	30	23	5	0.1	0	0.8	0.8	0.4	0.3	0	100	75	18	0.2	0.0	2.7	2.6	1.2	0.9	0.0
SAUCES & CONDIMENTS																				
Caramelised Red Onion in Balsamic Vinegar	7.5	36	9	0	0	2	1.5	0	0	0	100	480	115	0.0	0.0	24.0	20.0	1.9	0.0	0.0
Chipotle Southwest sauce	14	241	58	5.8	0.4	1.2	0.6	0.1	0.1	0.2	100	1724	412	41.3	3.1	8.8	4.6	0.6	1.0	1.7
Extra Spicy Chipotle sauce	14	251	60	6.1	0.5	1.1	0.7	0.1	0.2	0.3	100	1795	429	43.7	3.4	8.0	5.0	0.7	1.2	1.8
Garlic & Herb Sauce	14	333	80	8.4	0.6	0.9	1.0	0.0	0.0	0.1	100	2379	570	60.0	4.3	6	7	0.0	0.0	1.0
Hickory Smoked BBQ sauce	14	100	24	0.1	0.0	5.8	5.2	0.1	0.1	0.2	100	711	170	0.5	0.1	41.6	37.3	0.5	1.0	1.1
Lite Mayonnaise	14	194	46	4.9	0.3	0.6	0.6	0	0.0	0.2	100	1384	329	34.8	2.4	4.0	4.0	0.0	0.0	1.7