



# U.S. NUTRITION INFORMATION

July 2022

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

## SANDWICHES

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
6" Subway Series Sandwiches Double values for footlong nutrition information (one footlong=two 6" servings)																
#1 The Philly	192	480	25	9	1	85	1120	37	1	3	3	31	10	15	20	15
#2 The Outlaw	192	440	21	9	0	90	1210	37	1	3	5	30	8	25	20	15
#3 The Monster	207	540	29	11	1	105	1250	39	1	4	4	35	10	15	4	20
#4 Supreme Meats	245	500	28	10	0	75	1730	41	2	5	4	26	15	30	10	15
#5 Bella Mozza	245	420	18	7	0	60	1410	41	1	6	4	27	25	20	10	15
#6 The Boss	257	580	31	14	1	80	1480	49	4	7	4	29	10	30	15	20
#7 The MexiCali (with Smashed Avocado)	276	500	27	9	0	90	1290	40	4	4	4	29	20	25	20	15
#7 The MexiCali (with Sliced Avocado)	269	480	25	9	0	90	1160	40	4	4	4	29	20	25	20	15
#8 The Great Garlic	242	470	24	8	0	85	1200	38	2	4	3	31	15	15	10	15
#9 The Champ	192	440	22	8	0	85	1020	37	1	3	2	28	10	15	4	15
#10 All-American Club®	225	450	24	7	0	60	1290	39	1	5	3	25	15	15	6	20
#11 Subway Club®	254	460	20	5	0	65	1200	41	4	7	3	29	15	6	10	20
#12 Turkey Cali Club (with Smashed Avocado)	275	590	34	10	0	70	1260	43	6	7	3	31	25	8	10	20
#12 Turkey Cali Club (with Sliced Avocado)	268	570	32	10	0	70	1140	42	6	6	3	31	25	10	10	20
6" Build Your Own Sandwiches Double values for footlong nutrition information (one footlong=two 6" servings)																
6" Black Forest Ham	219	270	4	1	0	30	810	41	4	6	3	18	30	15	2	15
6" Buffalo Chicken (with Grilled Chicken)	248	340	12	3	0	55	1360	39	2	4	2	24	25	20	2	15
6" Chicken & Bacon Ranch (with Rotisserie-Style Chicken)	256	530	29	11	0	105	1200	39	2	5	3	34	25	15	20	15
6" Cold Cut Combo	213	280	10	3	0	45	980	38	2	4	2	17	15	20	6	15
6" Italian BMT®	213	360	16	6	0	50	1160	39	2	4	2	19	15	30	4	15
6" Meatball Marinara	205	410	18	7	1	40	1080	48	4	7	4	20	10	25	6	20
6" Oven Roasted Turkey	219	260	3	1	0	25	790	39	4	6	2	20	30	15	2	20
6" Roast beef	233	300	5	2	0	40	740	41	4	7	3	22	30	15	2	20
6" Rotisserie-Style Chicken	233	300	6	2	0	50	710	39	4	5	2	23	30	15	2	15
6" Spicy Italian	208	430	24	9	0	60	1280	39	2	4	2	19	15	35	4	15
6" Steak & Cheese (with American cheese)	161	320	10	5	0	65	1020	37	1	3	3	25	6	15	6	15
6" Sweet Onion Chicken Teriyaki	262	340	4	1	0	50	790	54	4	22	14	24	30	20	4	15
6" Tuna	223	430	25	5	0	40	670	37	1	4	2	19	15	20	2	15
6" Veggie Delite®	162	200	2	0	0	0	320	39	4	5	2	8	30	15	2	10
6" Limited Time Offer/Regional Subs** Double values for footlong nutrition information (one footlong=two 6" servings)																
6" Big Hot Pastrami**	213	470	26	9	0	80	1780	38	1	4	2	27	8	8	8	25
6" B.L.T.**	151	330	14	5	0	35	700	37	1	4	3	17	10	15	2	15
6" Grilled Chicken**	233	280	4	1	0	50	530	40	4	6	2	24	30	20	2	15
6" Oven Roasted Chicken**	233	280	5	1	0	45	620	41	4	6	2	21	30	15	2	15
6" Oven Roasted Turkey and Ham**	219	270	4	1	0	25	800	40	4	6	2	19	30	15	2	15
6" Pizza Sub**	165	420	23	10	1	60	1480	41	2	5	3	18	15	30	10	15
6" Veggie Patty**	247	380	11	1	0	0	640	56	12	7	2	14	30	15	2	10
Footlong Pro Subway Series Sandwiches Values include footlong portions of vegetables and cheese and double footlong portion of protein																
#1 The Philly	525	1190	60	21	2	285	3140	78	3	7	7	95	20	30	35	45
#2 The Outlaw	525	1120	52	21	1	295	3330	78	3	8	12	93	20	45	45	45
#3 The Monster	585	1470	80	30	2	355	3750	83	3	11	10	114	25	30	10	50
#4 Supreme Meats	662	1440	88	32	2	280	5550	89	4	13	10	82	35	70	25	45
#5 Bella Mozza	647	1030	44	17	0	205	4290	89	3	15	12	80	50	45	25	35
#6 The Boss	828	1810	108	46	5	270	4950	128	14	25	12	91	50	100	45	70
#7 The MexiCali (with Smashed Avocado)	693	1190	62	20	0	280	3360	81	8	9	9	87	40	45	45	30
#7 The MexiCali (with Sliced Avocado)	679	1140	57	19	0	280	3110	80	8	9	9	87	45	50	45	35
#8 The Great Garlic	655	1290	69	22	1	310	3530	79	4	11	8	101	35	30	25	35
#9 The Champ	525	1070	52	18	1	275	2830	75	3	7	5	86	25	30	8	30
#10 All-American Club®	592	1190	64	20	1	210	3890	82	3	13	9	81	35	30	15	50
#11 Subway Club®	693	1140	46	13	1	220	3790	87	8	16	10	94	35	15	20	60
#12 Turkey Cali Club (with Smashed Avocado)	694	1460	83	25	1	225	3820	88	11	15	7	94	50	15	25	60
#12 Turkey Cali Club (with Sliced Avocado)	680	1410	78	24	1	225	3570	87	11	15	7	94	50	25	25	70
Footlong Pro Build Your Own Sandwiches Values include footlong portions of vegetables and cheese and double footlong portion of protein																
Black Forest Ham	552	670	12	4	0	110	2610	88	8	15	8	55	60	30	6	30
Buffalo Chicken (with Grilled Chicken)	665	840	27	6	0	215	3830	80	4	10	5	81	70	40	6	35
Chicken & Bacon Ranch (with Rotisserie-Style Chicken)	684	1410	78	29	1	345	3540	80	4	11	8	107	45	30	40	40
Cold Cut Combo	553	790	35	8	0	185	3200	78	3	9	5	51	25	40	20	40
Italian BMT®	553	1080	61	22	1	205	3920	84	4	10	6	61	25	80	8	40
Meatball Marinara	687	1310	66	27	4	155	3560	123	13	25	12	66	50	80	20	60
Oven Roasted Turkey	552	640	9	2	0	100	2540	80	8	12	5	62	60	30	6	60
Roast beef	608	780	16	5	0	155	2330	87	8	17	10	73	60	30	6	60
Rotisserie-Style Chicken	609	790	19	5	0	210	2220	80	9	11	4	75	60	30	6	30
Spicy Italian	535	1360	93	35	2	250	4420	83	4	8	4	59	25	100	10	45
Steak & Cheese (with American cheese)	464	860	28	13	1	245	2940	78	3	8	7	84	10	30	10	45
Sweet Onion Chicken Teriyaki	693	900	11	3	0	195	2290	125	9	63	43	80	60	45	8	35
Tuna	595	1360	95	17	2	155	1970	75	3	8	4	63	30	40	4	30
Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Values include footlong portions of vegetables and cheese and double footlong portion of protein																
Big Hot Pastrami**	652	1450	94	29	0	295	5410	80	4	10	3	89	25	15	15	80
B.L.T.**	361	970	54	20	0	135	2090	76	2	10	9	54	25	30	6	35
Grilled Chicken**	608	730	11	3	0	200	1470	80	9	13	4	82	60	45	6	30
Oven Roasted Chicken**	608	720	14	4	0	175	1830	85	9	15	5	67	60	30	8	30
Oven Roasted Turkey and Ham**	552	650	10	3	0	105	2570	84	8	14	6	58	60	30	6	45
Pizza Sub**	401	1170	76	32	2	200	4140	85	4	11	6	49	30	80	25	35
Veggie Patty**	665	1090	40	4	1	0	1910	145	41	19	3	40	60	30	4	20
Kids' Mini Sub Values include mini multi-grain bread and all the fresh vegetables																
Veggie Delite®	108	140	2	0	0	0	210	26	3	3	1	5	20	10	2	8
Black Forest Ham	137	170	3	1	0	15	460	27	3	4	2	10	20	10	2	8
Oven Roasted Turkey	137	160	2	0	0	10	450	26	3	4	1	11	20	10	2	10
Make any Build Your Own Sandwich into a Wrap Values include suggested wrap, select fresh vegetables and footlong meat portion																
Black Forest Ham on Plain Wrap	307	440	11	2	0	55	1570	58	3	6	0	28	30	15	8	25
Buffalo Chicken Wrap (with Grilled Chicken) on Plain Wrap	356	560	19	4	0	110	1800	56	3	5	2	42	30	15	8	25
Chicken & Bacon Ranch (with Rotisserie-Style Chicken) on Plain Wrap	378	840	45	15	0	170	1990	56	4	6	3	55	25	8	25	25
Cold Cut Combo on Plain Wrap	314	530	23	5	0	95	1820	55	3	5	2	27	15	15	15	25
Italian BMT® on Plain Wrap	314	680	36	11	0	100	2180	58	3	5	3	32	15	30	10	25
Meatball Marinara on Plain Wrap	381	800	39	14	2	75	2010	78	8	12	5	34	25	35	15	35
Oven Roasted Turkey on Plain Wrap	307	430	10	2	0	50	1540	54	3	4	0	32	30	15	8	3

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	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber(g)	Sugars (g)	Added Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Spicy Italian on Plain Wrap	304	820	52	17	1	125	2430	58	3	4	1	31	15	40	10	30
Steak & Cheese on Plain Wrap	269	570	20	7	0	120	1700	55	3	4	3	43	6	6	10	30
Sweet Onion Chicken Teriyaki on Plain Wrap	365	540	11	2	0	95	1300	71	3	23	16	41	30	20	10	25
Tuna on Plain Wrap	335	820	54	8	1	75	1210	53	3	4	1	33	15	15	8	20
Veggie Delite® on Plain Wrap	285	330	8	1	0	0	600	57	4	6	1	10	60	30	10	20

Make any Sandwich into a Wrap Limited Time Offer/Regional Wrap		Values include suggested wrap, select fresh vegetables and footlong meat portion															
Big Hot Pastrami on Plain Wrap**	363	860	53	15	0	150	2930	56	3	5	1	46	15	0	15	45	
B.L.T. on Plain Wrap**	218	620	33	10	0	65	1270	54	3	5	4	29	10	8	8	25	
Grilled Chicken on Plain Wrap**	335	470	11	2	0	100	1010	54	3	5	1	42	30	20	8	25	
Oven Roasted Chicken on Plain Wrap**	335	470	13	3	0	90	1180	57	3	6	1	34	30	15	10	20	
Oven Roasted Turkey & Ham on Plain Wrap**	307	440	11	2	0	50	1560	56	3	5	1	30	30	15	8	30	
Pizza Sub on Plain Wrap**	238	720	44	16	1	100	2290	59	3	5	2	26	15	35	20	25	
Veggie Patty on Plain Wrap**	363	660	26	3	0	0	1230	87	19	8	1	21	30	15	8	20	

Make any Sandwich into a 6" Fresh Melt		Values include bread, cheese and all the select vegetables. Double values for footlong nutrition information (one footlong=two 6" servings)															
6" Black Forest Ham on Artisan Italian	204	450	25	10	1	70	1550	40	<1	5	3	23	25	15	15	15	
6" Buffalo Chicken (with Grilled Chicken)	246	450	22	9	1	90	1990	40	1	5	2	30	35	15	15	15	
6" Chicken & Bacon Ranch (with Rotisserie-Style Chicken)	277	570	32	12	1	110	1400	39	2	5	3	38	40	15	30	15	
6" Cold Cut Combo	218	400	20	9	0	80	1610	39	1	5	2	22	40	20	20	15	
6" Italian B.M.T.®	218	470	26	12	1	85	1790	41	1	5	2	25	40	30	15	15	
6" Meatball Marinara	237	520	27	13	2	70	1690	50	3	8	4	25	25	25	20	20	
6" Oven Roasted Turkey	218	380	14	7	0	55	1420	41	4	6	2	25	40	15	15	20	
6" Roast Beef	290	480	21	12	1	80	1680	46	5	10	3	28	70	30	25	20	
6" Rotisserie-Style Chicken	232	410	16	8	0	85	1340	41	4	6	2	28	40	15	15	15	
6" Spicy Italian	207	540	34	15	1	95	1910	40	1	4	2	24	25	35	15	15	
6" Steak & Cheese (with American cheese and Mayo)	198	500	28	11	1	95	1500	39	1	4	3	29	15	15	15	15	
6" Sweet Onion Chicken Teriyaki	264	460	14	7	0	80	1460	57	4	25	16	30	40	15	15	15	
6" Tuna	190	570	37	11	1	75	1060	35	<1	2	2	30	15	8	25	15	
6" Veggie Delite® (on Artisan Italian with Mayo)	169	390	23	9	1	40	1060	38	1	4	2	13	40	20	15	10	

Make any Sandwich into a 6" Fresh Melt Limited Time Offer/Regional		Values include bread, cheese and all the select vegetables. Double values for footlong nutrition information (one footlong=two 6" servings)															
6" Big Hot Pastrami**	235	550	33	13	0	100	2200	39	1	4	2	31	15	8	15	25	
6" Oven Roasted Chicken**	232	400	15	8	0	75	1250	42	4	7	2	26	40	15	15	10	

## SALADS

Make any Sandwich into a Salad		Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.															
Black Forest Ham	344	120	3	1	0	30	570	12	4	6	1	13	70	35	4	10	
Buffalo Chicken (with Grilled Chicken)	414	300	19	4	0	65	1180	13	5	7	1	20	80	40	6	15	
Chicken & Bacon Ranch (with Rotisserie-Style Chicken and Peppercorn Ranch Sauce)	430	490	36	12	1	110	1020	13	5	7	2	30	80	35	20	15	
Cold Cut Combo	351	160	9	2	0	45	700	10	4	5	0	12	70	35	8	15	
Italian B.M.T.®	351	240	15	5	0	50	880	12	4	5	1	14	70	45	6	15	
Meatball Marinara	426	300	17	6	1	40	780	23	7	10	2	16	80	50	10	20	
Oven Roasted Turkey	344	110	2	0	0	25	550	10	4	5	0	14	70	35	4	20	
Roast Beef	358	150	4	1	0	40	500	12	4	6	2	17	70	35	6	20	
Rotisserie-Style Chicken	358	150	5	2	0	50	470	10	4	5	0	18	70	35	6	10	
Spicy Italian	347	310	23	9	0	60	1000	12	4	5	0	14	70	50	6	15	
Steak & Cheese	370	210	9	4	0	65	740	12	4	6	1	22	70	35	10	15	
Sweet Onion Chicken Teriyaki	426	260	4	1	0	50	900	43	4	42	29	19	70	40	6	15	
Tuna	362	310	24	4	0	40	390	10	4	5	0	15	70	35	4	10	
Veggie Delite®	287	50	1	0	0	0	75	9	4	5	0	3	70	35	4	8	

Make any Sandwich into a Salad Limited Time Offer/Regional		Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.															
Big Hot Pastrami**	450	370	26	8	0	80	1670	14	5	7	0	24	80	35	10	25	
B.L.T.**	317	210	14	5	0	35	420	11	4	6	1	13	70	35	6	10	
Grilled Chicken**	358	130	3	1	0	50	280	10	4	5	0	19	70	40	6	10	
Oven Roasted Chicken**	358	130	4	1	0	45	370	11	4	6	1	16	70	35	6	10	
Oven Roasted Turkey & Ham**	344	110	3	1	0	25	560	11	4	5	1	14	70	35	4	15	
Pizza Sub**	374	310	23	10	1	60	1200	16	5	8	1	14	80	50	15	15	
Veggie Patty**	372	220	10	1	0	0	390	26	12	7	0	9	70	35	4	8	

## Protein Bowls

Make any Footlong a Protein Bowl		Values include footlong meat portion, lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or cheese unless noted.															
Black Forest Ham	302	170	5	2	0	55	1050	12	3	6	2	21	60	30	4	10	
Buffalo Chicken	414	380	21	4	0	115	2080	13	4	7	1	36	90	40	6	15	
Chicken & Bacon Ranch (with Rotisserie-Style Chicken)	444	760	55	21	1	205	1750	13	4	7	2	55	80	30	35	15	
Cold Cut Combo	316	260	16	4	0	95	1310	9	3	5	1	20	60	30	10	15	
Italian B.M.T.®	316	410	29	11	0	100	1670	13	3	5	1	25	60	45	6	15	
Meatball Marinara	469	540	33	13	2	80	1520	36	9	15	4	29	80	60	15	25	
Oven Roasted Turkey	302	150	3	1	0	50	1020	8	3	5	1	25	60	30	4	25	
Roast Beef	330	230	7	2	0	75	920	12	3	7	4	30	60	30	4	25	
Rotisserie-Style Chicken	325	220	8	3	0	105	810	8	3	4	0	31	60	30	4	10	
Spicy Italian	306	550	45	17	1	125	1910	12	3	4	0	24	60	60	8	15	
Steak & Cheese	358	380	19	9	1	140	1150	12	4	5	2	42	70	30	20	20	
Sweet Onion Chicken Teriyaki	395	330	5	2	0	95	1090	41	3	42	29	34	60	35	6	15	
Tuna	337	550	47	8	1	75	690	8	3	4	0	26	60	30	4	10	

Make any Footlong a Protein Bowl Limited Time Offer/Regional		Values include footlong meat portion, lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or cheese unless noted.															
Big Hot Pastrami**	490	680	52	18	0	165	2670	15	5	7	0	45	80	30	25	40	
B.L.T.**	248	360	26	9	0	65	760	10	3	6	3	22	60	30	6	10	
Grilled Chicken**	330	200	4	2	0	100	480	9	3	5	0	35	60	35	4	10	
Oven Roasted Chicken**	330	200	6	2	0	90	660	11	3	6	1	27	60	30	4	10	
Oven Roasted Turkey & Ham**	302	160	4	1	0	50	1040	10	3	6	2	23	60	30	4	20	
Pizza Sub**	372	610	48	22	1	135	1830	18	5	8	2	30	90	60	40	15	
Veggie Patty**	358	380	19	2	0	0	700	41	19	8	0	14	60	30	4	6	

## BREAKFAST & PIZZA & SLIDERS

Omelet on 6" Artisan Flatbread (with Egg White)**		Values include 6" flatbread, egg white and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings)															
6" Black Forest Ham, Egg White & Cheese Flatbread	203	390	12	4	0	25	1110	45	2	4	3	23	4	0	6	15	
6" Egg White & Cheese Flatbread	174	350	11	4	0	10	870	44	2	3	2	18	4	0	6	15	
6" Bacon, Egg White & Cheese Flatbread	189	430	17	6	0	30	1040	44	2	4	3	23	4	0	6	15	
6" Steak, Egg White & Cheese Flatbread	217	420	14	5	0	45	1140	45	2	3	3	28	4	0	6	20	

Omelet on 6" Artisan Flatbread (with Regular Egg)**		Values include 6" flatbread, regular egg and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings)															
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	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
6" Black Forest Ham, Egg & Cheese Flatbread	203	480	23	6	0	265	1040	44	2	3	3	23	15	0	8	20
6" Egg & Cheese Flatbread	174	450	22	6	0	250	790	43	1	3	2	19	15	0	8	20
6" Bacon, Egg & Cheese Flatbread	189	530	28	8	0	270	970	44	1	3	3	24	15	0	8	20
6" Steak, Egg & Cheese Flatbread	217	520	25	7	0	285	1070	44	2	3	3	29	15	0	8	25
Omelet on 6" Artisan Italian (with Egg White)**	Values include 6" Artisan Italian, egg white and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings)															
6" Black Forest Ham, Egg White & Cheese	189	320	10	4	0	25	1100	38	<1	3	2	23	4	8	6	10
6" Egg White & Cheese	161	290	9	4	0	10	850	37	<1	3	2	18	4	8	6	10
6" Bacon, Egg White & Cheese	176	370	15	6	0	30	1030	38	<1	3	2	23	4	8	6	10
6" Steak, Egg White & Cheese	203	350	12	5	0	45	1130	38	<1	3	2	28	4	8	6	15
Omelet on 6" Artisan Italian (with Regular Egg)**	Values include 6" Artisan Italian, regular egg and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings)															
6" Black Forest Ham, Egg & Cheese	189	410	21	6	0	265	1030	38	0	3	2	23	15	8	8	15
6" Egg & Cheese	161	380	20	6	0	250	780	36	0	2	2	19	15	8	8	15
6" Bacon, Egg & Cheese	176	460	26	8	0	270	960	37	0	3	2	24	15	8	8	15
6" Steak, Egg & Cheese	203	450	22	7	0	285	1060	38	<1	3	2	29	15	8	8	20
Omelet on Plain Wrap (with Egg White)**																
Black Forest Ham, Egg White & Cheese	340	580	21	5	0	40	1860	59	2	5	2	39	4	0	10	20
Egg White & Cheese	283	510	19	4	0	10	1370	56	2	3	1	29	4	0	10	15
Bacon, Egg White & Cheese	313	670	32	9	0	45	1720	57	2	5	2	39	4	0	15	20
Steak, Egg White & Cheese	354	630	24	6	0	65	1830	58	2	4	2	46	4	0	10	25
Omelet on Plain Wrap (with Regular Egg)**																
Black Forest Ham, Egg & Cheese	340	770	42	10	0	520	1720	57	2	4	2	40	25	0	15	30
Egg & Cheese	283	700	40	10	0	490	1230	55	2	3	1	30	25	0	15	30
Bacon, Egg & Cheese	313	860	53	14	0	525	1570	56	2	4	2	40	25	0	15	30
Steak, Egg & Cheese	354	820	45	12	1	550	1680	56	2	4	2	47	25	0	15	35
Flatizza®**																
Cheese	150	410	17	9	0	40	760	45	2	4	3	18	2	4	25	15
Pepperoni	162	470	22	11	1	55	960	45	2	4	3	21	2	6	25	15
Sausage	180	520	27	13	1	70	1080	46	2	4	3	22	6	4	25	20
Spicy Italian	174	510	26	12	1	65	1130	46	2	4	3	23	2	8	25	15
Veggie	225	430	17	9	0	40	770	49	3	6	3	19	15	25	25	15
8" Pizza**																
Cheese	292	720	24	9	0	50	1360	94	4	8	0	28	0	0	0	0
Bacon**	321	840	34	13	0	75	1620	95	4	9	1	36	0	0	6	2
Meatball**	343	860	35	14	1	80	1660	98	5	8	0	37	0	0	8	4
Pepperoni	324	850	35	14	0	80	1740	95	4	8	0	34	0	4	6	2
Sausage**	335	870	37	14	0	85	1740	96	4	8	0	34	4	0	8	2
Sliders																
Ham & Jack (includes Pepper Jack Cheese)**	68	140	4	2	0	20	530	18	0	2	1	9	0	4	4	6
Italian Spice (includes American Cheese and MVP Parmesan Vinaigrette®)**	69	230	15	5	0	30	720	19	0	1	1	9	2	10	4	6
Little Cheesesteak (includes American Cheese and Baja Chipotle Sauce)**	68	160	7	3	0	20	430	19	<1	2	1	8	2	8	2	6
Turkey (includes Pepper Jack Cheese and Mayonnaise)**	78	180	9	3	0	25	520	17	0	1	0	11	8	6	6	10

## BREADS & CONDIMENTS

Breads																
Double values for footlong nutrition information (one footlong=two 6" servings)																
6" Artisan Flatbread	78	220	4	1	0	0	360	40	1	2	2	7	0	0	0	15
6" Artisan Italian Bread	65	160	2	1	0	0	350	34	0	2	2	7	0	8	0	10
6" Hearty Multigrain Bread	71	190	2	0	0	0	310	36	3	3	2	7	0	0	0	8
6" Italian Herbs & Cheese Bread	76	200	4	2	0	10	550	36	<1	2	2	9	4	8	2	10
6" Jalapeño Cheddar Bread**	76	190	4	2	0	10	470	34	<1	2	2	9	4	10	6	10
Biscuit**	90	290	14	8	0	0	960	35	<1	3	0	4	0	0	0	0
Gluten-Free Bread (as packaged)**	113	340	12	7	0	0	790	51	3	7	0	6	0	8	2	2
Spinach Wrap	102	290	8	4	0	0	780	48	2	1	0	8	0	0	10	15
Tomato Basil Wrap	102	290	8	4	0	0	730	49	2	2	1	8	0	10	8	15
Wrap	102	300	8	1	0	0	580	50	2	2	1	8	0	0	6	15
Mini Artisan Italian Bread	43	100	1	0	0	0	240	22	0	1	1	4	0	6	0	6
Mini Hearty Multigrain Bread	47	120	2	0	0	0	210	24	2	2	1	5	0	0	0	6
6" Hero™ Bread	75	100	5	0	0	0	430	27	26	0	0	12	0	4	2	6
Sandwich Condiments and Toppings																
Amount on 6" sandwich or Wrap. Double values for footlong nutrition information (one footlong=two 6" servings). Double sauce values for salad dressing portion																
Baja Chipotle Southwest Sauce	14	70	7	1	0	5	125	1	0	1	0	0	0	0	0	0
Barbecue Sauce**	14	30	0	0	0	0	135	7	0	6	6	0	0	0	0	0
Franks® Red Hot Buffalo Sauce	14	5	0	0	0	0	350	1	0	0	0	6	0	0	0	0
Creamy Sriracha**	14	40	4	1	0	5	240	2	0	1	0	0	4	2	0	0
Giardiniera**	28	80	9	2	0	0	340	1	0	1	0	0	0	0	0	0
Honey Mustard	14	20	0	0	0	0	80	4	0	4	0	0	0	0	0	0
Hot Pepper Relish**	14	0	0	0	0	0	170	1	0	0	0	0	0	15	0	0
Lite Mayonnaise	14	50	5	1	0	5	90	1	0	0	0	0	0	0	0	0
Mayonnaise	14	100	11	2	0	10	65	0	0	0	0	0	0	0	0	0
Mustard, Yellow	14	10	1	0	0	0	170	1	0	0	0	1	0	0	0	0
MVP Parmesan Vinaigrette®	14	60	6	1	0	0	150	1	0	1	1	0	0	0	0	0
Oil	5	45	5	0	0	0	0	0	0	0	0	0	0	0	0	0
Oil & Vinegar	9	45	5	0	0	0	0	0	0	0	0	0	0	0	0	0
Peppercorn Ranch Sauce	14	80	8	2	0	5	100	1	0	1	0	0	0	0	0	0
Red Wine Vinegar	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Roasted Garlic Aioli	14	80	9	2	0	5	150	1	0	1	0	0	0	0	0	0
Sweet Onion Teriyaki Sauce	14	30	0	0	0	0	130	7	0	8	6	0	0	0	0	0
Seasonings and Spices																
Amount on 6" sandwich or wrap																
Pepper, Black	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oregano**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salt	0	0	0	0	0	0	160	0	0	0	0	0	0	0	0	0
Vegetables																
Amount on 6" sandwich or wrap																
Avocado, Sliced**	28	45	4	1	0	0	0	2	2	0	0	1	2	4	0	0
Avocado, Smashed**	35	70	6	1	0	0	130	3	2	0	0	1	0	0	0	0
Banana Peppers (3 rings)	4	0	0	0	0	0	65	0	0	0	0	0	0	6	0	0
Cucumbers (3 slices)	14	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Green Chiles**	14	5	0	0	0	0	95	1	<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	6	0	0
Jalapeno Peppers (3 rings)	4	0	0	0	0	0	70	0	0	0	0	0	0	2	0	0
Lettuce	21	0	0	0	0	0	0	0	0	0	0	0	2	0	0	0
Olives, Black (3 rings)	3	0	0	0	0	0	25	0	0	0	0	0	0	0	0	0
Onions	7	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Pickles (3 chips)	10	0	0	0	0	0	115	0	0	0	0	0	0	0	0	0
Pickles, Crinkle (3 chips)	12	0	0	0	0	0	160	0	0	0	0	0	0	0	0	0
Spinach, Baby	7	0	0	0	0	0	5	0	0	0	0	15	2	0	2	
Sweet Peppers**	14	15	0	0	0	0	170	3	0	3	0	0	6	0	0	
Tomatoes (3 wheels)	35	5	0	0	0	0	0	1	0	1	0	0	10	4	0	0

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>Cheese</b>																
Amount on 6" sandwich or wrap																
American	11	40	4	2	0	10	210	1	0	0	0	2	4	0	4	0
BelGioioso® Fresh Mozzarella	17	40	3	2	0	10	55	0	0	0	0	3	0	0	5	0
Monterey Cheddar, Shredded	14	50	5	3	0	15	85	1	0	0	0	3	6	0	0	0
Mozzarella, Shredded**	14	45	4	2	0	10	85	1	0	0	0	3	0	0	6	0
Parmesan Grated	1	5	0	0	0	0	25	0	0	0	0	1	0	0	2	0
Pepperjack	14	50	4	3	0	15	140	0	0	0	1	3	4	4	10	0
Provolone	14	50	4	2	0	10	125	0	0	0	0	4	4	0	8	0
Swiss**	14	60	5	3	0	15	30	0	0	0	0	4	6	0	10	0
<b>Individual Proteins</b>																
Amount on 6" sub or salad, double values for footlong or wrap																
Bacon (2 strips)	15	80	6	3	0	15	170	1	0	1	1	5	0	0	0	2
Black Forest Ham	57	70	2	1	0	30	490	2	0	1	1	10	0	0	0	2
Capicola (6 slices)	44	70	4	2	0	25	480	2	0	1	1	7	0	0	0	2
Chicken Patty, Oven Roasted**	71	80	3	1	0	45	300	2	0	1	1	13	0	0	0	2
Cold Cut Combo Meats	64	110	8	1	0	45	620	1	0	1	0	9	0	0	4	4
Egg Patty (regular)	85	180	15	4	0	240	220	2	0	0	0	10	10	0	2	6
Egg Patty (white)	85	90	4	1	0	0	290	3	0	1	0	9	0	0	0	0
Grilled Chicken	71	80	2	2	0	50	210	1	0	1	0	16	2	4	0	2
Grilled Chicken, Buffalo	99	90	2	1	0	50	900	2	0	1	0	17	15	4	0	4
Grilled Chicken, Sweet Onion Teriyaki Glazed	85	110	2	1	0	50	350	9	0	10	7	16	0	4	0	2
Italian B.M.T.® Meats	64	180	14	5	0	50	800	3	0	1	1	11	0	8	2	4
Meatballs	139	250	16	6	1	40	700	14	3	5	2	13	10	15	4	10
Oven Roasted Turkey	57	60	1	1	0	25	480	0	0	0	0	11	0	0	0	10
Pastrami**	57	130	10	3	0	35	470	1	0	1	0	9	2	0	0	8
Pepperoni, (3 slices)	18	80	7	3	0	20	290	1	0	0	0	3	0	4	0	2
Roast Beef	71	90	3	1	0	40	420	2	0	2	2	14	0	0	0	8
Rotisserie-Style Chicken	71	90	4	1	0	50	400	0	0	0	0	15	0	0	0	2
Spicy Italian Meats	59	250	22	8	0	60	930	2	0	0	0	11	0	15	2	6
Steak (no cheese)	71	110	5	2	0	55	450	2	0	1	1	17	0	0	0	6
Subway Club® Meats	92	110	3	1	0	45	700	3	0	2	2	18	0	0	0	10
Tuna	74	250	23	2	0	40	310	0	0	0	0	12	0	0	0	2
Veggie Patty**	85	170	9	1	0	0	320	17	8	2	0	6	0	0	0	0

## DESSERTS & SIDES

<b>Cookies &amp; Desserts</b>																
Chocolate Chip	45	210	10	5.0	0	10	120	30	<1	18	18	2	0	0	0	10
Oatmeal Raisin	45	200	8	4.0	0	15	110	30	1	16	10	3	0	0	2	6
Raspberry Cheesecake**	45	210	9	5.0	0	15	115	29	0	16	15	2	0	0	2	6
White Chip Macadamia Nut	45	210	10	5	0	15	125	28	<1	17	17	2	0	0	2	6
Applesauce**	90	70	0	0	0	0	0	16	3	13	0	0	0	0	0	2
Biscuit & Gravy**	133	340	18	10	0	5	1140	39	<1	3	0	6	0	0	0	0
Cinnamon Roll**	163	570	20	10	0	5	630	89	3	38	0	8	8	0	4	15
Hash Browns**	108	190	9	3	0	0	600	24	3	1	0	3	0	0	2	60
Muffin, Apple Cinnamon**	113	450	24	4	0	60	370	53	2	31	0	6	0	8	6	10
Muffin, Blueberry Crumb**	113	410	17	4	0	40	440	59	2	33	0	5	0	0	4	10
Muffin, Double Chocolate**	113	550	31	8	0	65	420	61	3	41	0	6	0	0	6	20
<b>Soup** (8 oz. bowl)</b>																
Beef Chili with Beans**	251	360	22	8	1	70	800	21	4	6	3	21	130	15	8	25
Broccoli Cheddar**	227	200	16	8	0	45	960	16	<1	7	0	9	20	15	20	2
Chicken Noodle**	227	70	3	1	0	15	1160	6	<1	1	0	7	15	2	2	0
Loaded Baked Potato with Bacon**	227	200	14	7	0	45	910	17	1	4	0	9	10	15	10	2

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from approved food manufacturers, independent laboratories and the USDA Nutrient Database for Standard Reference. 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. Nutrition information for these items are based on the most common formulas and ingredients.

\*\*At participating locations.

<sup>1</sup>The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.