

# Nutritional Information

## 6" Low Fat Subs

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Beef	219	1220	292	22	42	6.2	3.4	1.2	3.8	0.5	1.3
Chicken Breast	233	1327	317	26	43	6.3	4.1	1.0	3.8	0.6	1.4
Chicken Tikka	233	1302	311	26	42	7.3	3.4	0.9	3.8	0.5	1.4
Ham <sup>†</sup>	219	11.6	278	18	43	6.7	3.8	1.2	3.8	0.7	1.7
Sweet Onion Chicken Teriyaki	276	1534	367	27	54	16.6	4.3	1.0	4.2	0.9	2.2
Turkey Breast <sup>*</sup>	219	1163	278	20	42	6.2	2.5	0.7	3.8	0.6	1.5
Turkey Breast <sup>*</sup> & Ham <sup>†</sup>	228	1202	287	21	42	6.5	3.3	1.0	3.8	0.7	1.7
Veggie Delite <sup>®</sup>	162	931	223	8.0	42	6.5	1.9	1.0	3.8	0.7	1.7
Subway Club <sup>®</sup>	252	1336	319	28	42	6.5	3.8	1.3	3.8	0.7	1.9

\* Reformed meat. † Formed meat.



# Nutritional Information

## 6" Regular Subs

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Chicken Temptation®	262	1739	416	26	56	6.4	9.0	3.3	3.8	0.7	1.8
Chicken & Bacon Rasher* Ranch Melt	292	2159	516	37	44	6.5	20.3	7.9	3.8	1.1	2.7
Italian B.M.T.®	226	1694	405	21	42	6.5	16.9	6.8	3.8	0.9	2.2
Meatball Marinara	300	1857	444	23	53	13.3	16.1	6.4	6.1	0.9	2.3
Spicy Italian	222	2012	481	22	42	6.2	25.4	10.4	3.8	1.0	2.4
Subway Melt™	249	1540	368	27	43	7.0	9.6	4.2	3.8	0.9	2.4
Steak†^ & Cheese (contains peppers and onions)	245	1475	353	24	44	7.5	8.8	4.3	4.2	0.7	1.8
Tuna	233	1579	377	19	44	5.9	14.3	1.5	3.8	0.7	1.7
Veggie Patty	247	1628	389	20	50	9.0	9.0	2.6	3.8	0.7	1.8

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**SUBWAY**  
eat fresh.®

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## 6" Regular Subs

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Chicken Temptation®	262	1739	416	26	56	6.4	9.0	3.3	3.8	0.7	1.8
Chicken & Bacon Ranch Melt	292	2159	516	37	44	6.5	20.3	7.9	3.8	1.1	2.7
Italian B.M.T.®	226	1694	405	21	42	6.5	16.9	6.8	3.8	0.9	2.2
Meatball Marinara	300	1857	444	23	53	13.3	16.1	6.4	6.1	0.9	2.3
Spicy Italian	222	2012	481	22	42	6.2	25.4	10.4	3.8	1.0	2.4
Subway Melt™	249	1540	368	27	43	7.0	9.6	4.2	3.8	0.9	2.4
Steak^ & Cheese (contains peppers and onions)	245	1475	353	24	44	7.5	8.8	4.3	4.2	0.7	1.8
Tuna	233	1579	377	19	44	5.9	14.3	1.5	3.8	0.7	1.7
Veggie Patty	247	1628	389	20	50	9.0	9.0	2.6	3.8	0.7	1.8

^ Made from shaved steak strips.



# Nutritional Information

## Kids' Pak Subs

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Beef	156	908	217	15	32	4.7	2.4	0.9	2.8	0.4	0.9
Ham†	147	832	199	11	32	4.9	2.4	0.7	2.8	0.4	1.0
Veggie Delite®	118	715	171	6	32	4.5	1.5	0.4	2.8	0.2	0.6
Turkey Breast*	156	870	208	14	32	4.7	1.9	0.5	2.8	0.4	1.1

## Breakfast Subs

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Bacon	96	1206	288	14	39	4.5	7.7	2.7	2.7	0.6	1.4
Bacon, Egg & Cheese	133	1437	343	16	41	4.9	12.3	4.4	2.9	0.6	1.6
Mega Melt	209	2175	520	28	48	6.2	23.4	8.5	3.7	1.1	2.7
Sausage, Egg & Cheese	200	2006	479	24	48	6.0	20.4	7.4	3.7	1.0	2.4
Sausage	154	1606	384	19	47	5.4	12.9	4.6	3.6	0.7	1.8

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# Nutritional Information

## Salads

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Beef	328	492	118	16	6	4.5	2.4	0.9	3.6	0.3	0.7
Chicken Breast	342	599	143	20	7	4.6	3.2	0.6	3.6	0.3	0.9
Ham†	328	436	104	12	7	5.0	2.9	0.8	3.6	0.5	1.2
Subway Club®	361	608	145	22	7	4.8	2.8	0.9	3.6	0.5	1.3
Sweet Onion Chicken Teriyaki	385	806	193	21	19	14.9	3.4	0.7	4.0	0.6	1.6
Turkey Breast*	328	435	104	15	6	4.5	1.6	0.4	3.6	0.4	0.9
Turkey Breast* & Ham†	338	474	113	16	6	4.8	2.3	0.6	3.6	0.5	1.2
Veggie Delite®	271	203	49	3	5	4.2	1.0	0.2	3.6	0.1	0.2

\* Reformed meat. † Formed meat

# Nutritional Information

## Wraps

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Beef	242	1739	412	22	62	5.5	8.1	3.7	3.1	0.7	1.8
Chicken Breast	256	1846	438	26	63	5.6	8.9	3.4	3.1	0.8	2.0
Chicken Tikka	256	1821	432	26	63	6.6	8.1	3.3	3.1	0.8	1.9
Ham†	242	1684	399	19	63	6.0	8.6	3.6	3.1	0.9	2.2
Subway Club®	275	1856	440	28	63	5.8	8.5	3.7	3.1	1.0	2.4
Sweet Onion Chicken Teriyaki	299	2054	488	27	75	15.9	9.1	3.5	3.5	1.1	2.7
Turkey Breast*	242	1683	399	21	62	5.5	7.3	3.2	3.1	0.8	2.0
Turkey Breast* & Ham†	251	1722	408	22	63	5.8	8.1	3.4	3.1	0.9	2.3
Veggie Delite®	185	1451	343	9	62	5.2	6.7	3.0	3.1	0.5	1.2
Chicken & Bacon Ranch Melt	315	2679	637	37	65	5.8	25.1	10.3	3.1	1.3	3.3
Chicken Temptation®	285	2258	536	26	77	5.7	13.8	5.8	3.1	0.9	2.3
Italian B.M.T.®	249	2214	526	22	63	5.8	21.7	9.2	3.1	1.1	2.8
Meatball Marinara	323	2377	565	23	73	12.6	20.9	8.8	5.4	1.1	2.9
Spicy Italian	245	2531	602	22	62	5.5	30.1	12.8	3.1	1.2	2.9
Steak^ & Cheese (contains peppers and onions)	268	1995	473	25	65	6.8	13.6	6.7	3.5	0.9	2.3
Subway Melt™ (with cheese)	272	2059	489	27	63	6.3	14.3	6.7	3.1	1.2	2.9
Tuna	256	2099	498	19	64	5.2	19.0	4.0	3.1	0.9	2.2
Veggie Patty	270	2148	510	21	71	8.3	13.8	5.0	3.1	0.9	2.3

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# Nutritional Information

## Soups

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Beef Goulash	250	833	199	8.3	15.0	4.5	11.8	1.5	2.3	0.9	2.3
Country Chicken & Vegetable	250	701	168	6.8	10.5	1.0	11.0	1.8	0.5	0.6	1.6
Carrot and Coriander	250	344	81	2.3	14.0	6.3	1.8	1.0	2.8	0.6	1.6
Cream of Chicken	250	666	160	6.8	7.8	0.3	11.3	1.8	0.0	0.7	1.6
Cream of Mushroom	250	626	150	2.5	11.0	2.3	10.8	1.8	0.8	0.6	1.6
Highland Vegetable	250	310	73	3.8	13.8	0.8	0.3	0.0	2.3	0.6	1.6
Leek and Potato	250	524	124	4.3	20.0	6.3	3.0	0.5	2.8	0.6	1.6
Lentil & Bacon	250	768	182	11.0	23.3	2.0	5.0	1.3	2.8	0.9	2.3
Minestrone	250	340	81	1.8	11.0	0.5	3.3	1.8	1.8	0.6	1.5
Red Pepper & Tomato	250	402	96	3.5	12.5	8.5	3.5	0.5	2.3	0.6	1.4
Thai Style Vegetable	250	370	87	2.8	16.8	12.8	1.0	0.3	2.0	0.9	2.2
Tomato	250	435	103	2.0	15.3	6.3	3.8	1.0	0.8	0.6	1.5
Wild Mushroom	250	421	101	2.5	10.3	1.3	5.5	1.8	0.8	0.9	2.3

# Nutritional Information

## Sides & Snacks

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Bowl of Meatballs	206	1327	317	19	18	12.9	19.7	8.6	2.9	0.9	2.4
Cheese Toastie	64	878	210	10	19	2.1	9.6	5.7	1.1	0.3	0.8
Pepperoni Pizza Toastie	93	1041	249	11	22	4.8	12.8	5.9	1.4	0.5	1.4
Garden Side Salad	135	88	21	1.0	3.0	2.1	0.2	0.0	1.7	0.0	0.0
Melted Cheese Nachos	126	1740	416	11	36	3.2	24.3	6.8	2.5	0.6	1.5

# Nutritional Information

## Treats

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Chocolate Chip Cookie	45	912	218	2.0	29	15.0	10.3	5.3	1.1	0.2	0.4
Rainbow Cookie	45	901	215	2.0	28	14.4	10.4	5.9	0.9	0.1	0.3
Chocolate Chunk Cookie	45	938	224	2.0	28	13.2	11.7	6.0	0.9	0.1	0.3
Double Choc Chip Cookie	45	924	221	2.0	27	16.6	11.7	5.9	1.2	0.2	0.5
Oatmeal Raisin Cookie	45	793	190	2.0	25	15.4	8.8	4.1	1.9	0.2	0.5
Sugar Cookie	45	968	231	2.0	29	13.6	11.8	5.5	0.6	0.1	0.3
White Chip Mac Nut Cookie	45	932	222	2.0	27	13.8	11.7	5.8	0.7	0.2	0.4
Chocolate Donut	55	1017	243	4.0	21	7.8	15.5	4.6	1.2	0.3	0.7
Sugared Donut	49	865	207	3.0	21	7.5	11.6	3.1	0.5	0.2	0.5
Blueberry Muffin	111	1472	352	5.0	40	31.9	20.6	2.9	3.0	0.3	0.8
Chocolate Chunk Muffin	111	1649	394	6.0	44	37.2	22.9	4.7	2.9	0.3	0.8
Double Chocolate Chunk Muffin	111	1625	389	6.0	45	32.9	22.0	4.2	3.1	0.3	0.8

# Nutritional Information

## Drinks

	serving size (oz)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Coke	16	203	48.5	0	50.6	50.6	0.0	0.0	4.0	0.0	0.0
Diet Coke	16	2.4	0.5	0	0	0.0	0.0	0.0	4.0	Trace	Trace
Sprite	16	203	48.5	0	49.7	49.7	0.0	0.0	4.0	0.0	0.0
Fanta	16	203	48.5	0	49.7	49.7	0.0	0.0	4.0	0.0	0.0

# Nutritional Information

## Bread Types (based on a 6" Sub)

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
6" Hearty Italian	75	843	202	6.0	39	4.2	1.7	0.5	2.8	0.3	0.7
6" Honey Oat	89	1032	247	9.0	47	8.8	2.2	0.6	3.3	0.3	0.7
6" Italian Herbs & Cheese	82	981	234	9.0	38	4.3	4.6	2.3	2.6	0.4	0.9
6" Italian (White)	71	796	190	6.0	37	4.2	1.6	0.5	2.3	0.3	0.7
6" Wheat	78	868	207	8.0	39	4.1	1.8	0.5	2.7	0.3	0.7
Wrap	101	1388	328	7.9	59	3.4	6.6	2.9	2.0	0.5	1.2

# Nutritional Information

## Bacon & Cheese

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
American	11	168	40	2.0	1.0	0.4	3.4	2.2	0.0	0.1	0.3
Monterey Cheddar	14	240	57	3.5	0.0	0.0	4.4	2.7	0.0	0.1	0.2
Bacon (2 strips)	9.0	169	40	3.0	0.0	0.2	2.9	1.1	0.0	0.1	0.3

# Nutritional Information

## Sauces

	serving size (g)	energy (kJ)	energy (kcal)	Protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
<b>LOW FAT</b>											
Sweet Onion Sauce	21	141	34	0.0	8.0	7.4	0.1	0.0	0.1	0.1	0.2
Honey Mustard Sauce	21	133	32	0.0	7.0	5.9	0.2	0.0	0.1	0.1	0.3
BBQ	21	156	37	0.0	9.0	6.1	0.1	0.0	0.2	0.1	0.3
<b>FULL FLAVOUR</b>											
Light Mayonnaise	15	232	56	0.0	1.0	0.0	6.0	0.4	0.0	0.1	0.3
Chipotle Southwest Sauce	21	378	90	0.0	2.0	1.2	9.2	0.7	0.1	0.2	0.4
Ranch Dressing	21	183	44	0.0	1.0	0.0	4.5	0.3	0.0	0.2	0.5