

9to5strength - Subway (USA) Nutrition Tables

NOTE: All Nutrition Information is based on 9 grain whole wheat bread

Subway - Six Inch Subs

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| 6" Chicken & Bacon Ranch Melt | 610 | 38 | 47 | 8 | 30 | 10 | 5 | 3.2 |
| 6" Meatball Marinara | 480 | 21 | 60 | 12 | 18 | 7 | 8 | 2.5 |
| 6" Spicy Italian | 480 | 20 | 46 | 8 | 24 | 9 | 5 | 3.7 |
| 6" Tuna | 480 | 20 | 44 | 7 | 25 | 5 | 5 | 1.5 |
| 6" Italian B.M.T.® | 410 | 20 | 46 | 8 | 16 | 6 | 5 | 3.2 |
| 6" Steak & Cheese | 380 | 26 | 49 | 9 | 10 | 5 | 5 | 2.6 |
| 6" Sweet Onion Chicken Teriyaki | 370 | 25 | 58 | 16 | 4 | 1 | 5 | 1.9 |
| 6" Cold Cut Combo | 360 | 17 | 46 | 7 | 12 | 4 | 5 | 2.6 |
| 6" Rotisserie-Style Chicken | 350 | 29 | 45 | 7 | 6 | 2 | 5 | 1.7 |
| 6" Oven Roasted Chicken | 320 | 23 | 46 | 8 | 5 | 2 | 5 | 1.5 |
| 6" Roast Beef | 320 | 25 | 45 | 7 | 5 | 2 | 5 | 1.7 |
| 6" Subway Club® | 310 | 23 | 46 | 8 | 5 | 2 | 5 | 2.1 |
| 6" Black Forest Ham | 290 | 18 | 46 | 8 | 5 | 1 | 5 | 2.0 |
| 6" Turkey Breast | 280 | 18 | 46 | 7 | 4 | 1 | 5 | 1.9 |
| 6" Veggie Delite® | 230 | 8 | 44 | 7 | 3 | 1 | 5 | 0.7 |

Subway - Footlong Subs

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|----------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| 12" Chicken & Bacon Ranch Melt | 1220 | 76 | 94 | 16 | 60 | 20 | 10 | 6.5 |
| 12" Meatball Marinara | 960 | 42 | 120 | 24 | 36 | 14 | 16 | 5.0 |
| 12" Spicy Italian | 960 | 40 | 92 | 16 | 48 | 18 | 10 | 7.5 |
| 12" Tuna | 960 | 40 | 88 | 14 | 50 | 9 | 10 | 2.9 |
| 12" Italian B.M.T.® | 820 | 40 | 92 | 16 | 32 | 12 | 10 | 6.3 |
| 12" Steak & Cheese | 760 | 52 | 98 | 18 | 20 | 9 | 10 | 5.2 |
| 12" Sweet Onion Chicken Teriyaki | 740 | 50 | 116 | 32 | 8 | 2 | 10 | 3.9 |
| 12" Cold Cut Combo | 720 | 34 | 92 | 14 | 24 | 7 | 10 | 5.2 |
| 12" Rotisserie-Style Chicken | 700 | 58 | 90 | 14 | 12 | 3 | 10 | 3.3 |
| 12" Oven Roasted Chicken | 640 | 46 | 92 | 16 | 10 | 3 | 10 | 3.1 |
| 12" Roast Beef | 640 | 50 | 90 | 14 | 10 | 3 | 10 | 3.3 |
| 12" Subway Club® | 620 | 46 | 92 | 16 | 9 | 3 | 10 | 4.2 |
| 12" Black Forest Ham | 580 | 36 | 92 | 16 | 9 | 2 | 10 | 4.0 |
| 12" Turkey Breast | 560 | 36 | 92 | 14 | 7 | 2 | 10 | 3.8 |
| 12" Veggie Delite® | 460 | 16 | 88 | 14 | 5 | 1 | 10 | 1.4 |

Subway - Wraps (Tomato Basil = TOM, Spinach = SP)

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|-----------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Chicken & Bacon Ranch Melt on TOM | 850 | 60 | 56 | 5 | 42 | 16 | 4 | 6.0 |
| Meatball Marinara on TOM | 820 | 34 | 81 | 12 | 40 | 16 | 8 | 5.5 |
| Spicy Italian on Tomato | 820 | 32 | 56 | 6 | 52 | 20 | 4 | 7.9 |
| Tuna on TOM | 820 | 33 | 53 | 3 | 54 | 11 | 3 | 3.3 |
| Turkey, Bacon & Guacamole on TOM | 810 | 43 | 62 | 6 | 42 | 13 | 5 | 7.4 |

| | | | | | | | | |
|---------------------------------------|-----|----|----|----|----|----|---|-----|
| Chipotle Southwest Steak on TOM | 760 | 43 | 65 | 8 | 37 | 12 | 6 | 5.6 |
| Rotisserie-Style Chicken Caesar on SP | 730 | 55 | 54 | 4 | 34 | 10 | 3 | 4.8 |
| Italian B.M.T.® on TOM | 670 | 32 | 57 | 6 | 36 | 14 | 4 | 6.8 |
| Cold Cut Combo on TOM | 570 | 27 | 57 | 4 | 27 | 10 | 3 | 5.6 |
| Steak & Cheese on TOM | 570 | 41 | 59 | 5 | 19 | 9 | 3 | 5.1 |
| Rotisserie-Style Chicken on SP | 550 | 51 | 54 | 4 | 15 | 5 | 3 | 3.9 |
| Sweet Onion Chicken Teriyaki on TOM | 550 | 42 | 71 | 14 | 12 | 4 | 4 | 4.1 |
| Oven Roasted Chicken Breast on SP | 500 | 38 | 56 | 5 | 13 | 5 | 4 | 3.7 |
| Roast Beef on SP | 500 | 42 | 54 | 5 | 13 | 5 | 4 | 3.9 |
| Subway Club® on SP | 490 | 39 | 56 | 5 | 13 | 5 | 4 | 4.8 |
| Black Forest Ham on TOM | 430 | 27 | 57 | 6 | 12 | 5 | 4 | 4.5 |
| Turkey Breast on SP | 430 | 28 | 57 | 4 | 10 | 4 | 3 | 4.4 |
| Veggie Delite® on SP | 330 | 10 | 56 | 5 | 8 | 3 | 4 | 2.0 |

Subway - Salads

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Chicken & Bacon Ranch Melt | 540 | 32 | 15 | 9 | 40 | 12 | 4 | 3.2 |
| Meatball Marinara | 310 | 15 | 27 | 12 | 17 | 7 | 6 | 2.0 |
| Spicy Italian | 310 | 14 | 13 | 8 | 23 | 9 | 4 | 3.2 |
| Tuna | 310 | 15 | 11 | 6 | 24 | 4 | 4 | 1.0 |
| Sweet Onion Chicken Teriyaki | 230 | 19 | 34 | 23 | 3 | 1 | 4 | 1.6 |
| Italian B.M.T.® | 230 | 14 | 13 | 8 | 15 | 6 | 4 | 2.7 |
| Steak & Cheese | 210 | 20 | 16 | 8 | 8 | 4 | 4 | 2.1 |
| Cold Cut Combo | 180 | 12 | 13 | 7 | 10 | 4 | 4 | 2.1 |
| Rotisserie-Style Chicken | 170 | 23 | 12 | 6 | 5 | 1 | 4 | 1.2 |
| Oven Roasted Chicken | 150 | 17 | 13 | 7 | 4 | 1 | 4 | 1.0 |
| Roast Beef | 140 | 19 | 12 | 7 | 4 | 1 | 4 | 1.2 |
| Subway Club® | 140 | 18 | 13 | 7 | 3 | 1 | 4 | 1.6 |
| Black Forest Ham | 110 | 12 | 13 | 8 | 3 | 1 | 4 | 1.5 |
| Turkey Breast | 110 | 12 | 13 | 7 | 2 | 1 | 4 | 1.4 |
| Veggie Delite® | 60 | 3 | 11 | 6 | 1 | 0 | 4 | 0.2 |

Subway - Salad Dressings

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Ranch Dressing | 220 | 0 | 2 | 2 | 23 | 4 | 0 | 1.0 |
| Chipotle Southwest | 190 | 1 | 2 | 1 | 20 | 4 | 0 | 0.8 |
| Oil & Vinegar | 190 | 0 | 0 | 0 | 21 | 2 | 0 | 0.0 |
| Subway® Vinaigrette | 110 | 0 | 3 | 2 | 11 | 2 | 0 | 0.8 |
| Sweet Onion Sauce | 80 | 0 | 18 | 16 | 0 | 0 | 0 | 0.4 |

Subway - Soups

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Beef Chili with Beans | 360 | 21 | 20 | 6 | 22 | 8 | 5 | 2.0 |
| Black Bean | 210 | 12 | 39 | 6 | 1 | 0 | 15 | 2.2 |
| Loaded Baked Potato with Bacon | 210 | 5 | 15 | 4 | 13 | 7 | 1 | 2.0 |
| Creamy Chicken & Wild Rice | 190 | 7 | 16 | 3 | 11 | 6 | 1 | 2.1 |
| Broccoli Cheddar | 170 | 5 | 18 | 4 | 9 | 5 | 1 | 1.6 |

| | | | | | | | | |
|--|-----|---|----|---|---|---|---|-----|
| Clam Chowder | 170 | 2 | 15 | 2 | 9 | 6 | 1 | 2.0 |
| Creamy Chicken & Dumplings | 150 | 8 | 20 | 3 | 5 | 2 | 3 | 1.9 |
| French Onion (includes bread & cheese) | 150 | 5 | 19 | 1 | 6 | 4 | 1 | 2.4 |
| Tomato Basil | 130 | 4 | 15 | 7 | 6 | 4 | 2 | 1.8 |
| Homestyle Chicken Noodle | 110 | 8 | 14 | 2 | 3 | 2 | 1 | 1.8 |
| Mediterranean Vegetable | 110 | 8 | 14 | 2 | 3 | 2 | 1 | 1.8 |
| Spicy Chicken Tortilla | 110 | 6 | 12 | 3 | 5 | 1 | 2 | 1.7 |
| Beef & Barley | 90 | 5 | 15 | 4 | 2 | 1 | 0 | 2.0 |

Subway - Breakfast Subs (Six Inch)

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| 6" Mega Melt | 590 | 35 | 45 | 6 | 29 | 11 | 4 | 4.6 |
| 6" Mega Melt Egg White | 550 | 36 | 46 | 6 | 24 | 9 | 4 | 4.7 |
| 6" Sausage, Egg & Cheese | 510 | 29 | 45 | 6 | 24 | 9 | 4 | 3.5 |
| 6" Sunrise Subway Melt® | 510 | 34 | 48 | 8 | 20 | 7 | 5 | 4.5 |
| 6" Breakfast B.M.T® | 500 | 29 | 47 | 7 | 23 | 8 | 5 | 4.1 |
| 6" Breakfast B.M.T® Egg White | 470 | 30 | 47 | 7 | 17 | 6 | 5 | 4.2 |
| 6" Sausage, Egg White & Cheese | 470 | 30 | 45 | 5 | 18 | 7 | 4 | 3.6 |
| 6" Sunrise Subway Melt® Egg White | 470 | 36 | 48 | 8 | 15 | 5 | 5 | 4.6 |
| 6" Bacon, Egg & Cheese | 450 | 25 | 44 | 6 | 18 | 7 | 4 | 3.3 |
| 6" Steak, Egg & Cheese | 440 | 28 | 46 | 6 | 15 | 6 | 4 | 3.0 |
| 6" Bacon, Egg White & Cheese | 410 | 26 | 45 | 6 | 13 | 4 | 4 | 3.4 |
| 6" Steak, Egg White & Cheese | 400 | 29 | 46 | 6 | 10 | 3 | 4 | 3.1 |
| 6" Black Forest Ham, Egg & Cheese | 400 | 24 | 45 | 6 | 14 | 5 | 4 | 2.9 |
| 6" Egg & Cheese | 370 | 19 | 44 | 5 | 13 | 5 | 4 | 2.2 |
| 6" Black Forest Ham, Egg White & Cheese | 360 | 25 | 45 | 6 | 9 | 3 | 4 | 3.0 |
| 6" Egg White & Cheese | 330 | 20 | 44 | 5 | 8 | 2 | 4 | 2.3 |

Subway - Breakfast Flatbreads (Six Inch)

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| 6" Mega Melt | 600 | 34 | 44 | 3 | 31 | 11 | 2 | 4.7 |
| 6" Mega Melt Egg White | 560 | 36 | 45 | 3 | 26 | 9 | 2 | 4.8 |
| 6" Sunrise Subway Melt® | 530 | 34 | 47 | 5 | 22 | 7 | 2 | 4.7 |
| 6" Breakfast B.M.T® | 520 | 28 | 46 | 5 | 25 | 8 | 2 | 4.2 |
| 6" Sausage, Egg & Cheese | 520 | 29 | 44 | 3 | 26 | 9 | 2 | 3.7 |
| 6" Sunrise Subway Melt® Egg White | 490 | 35 | 47 | 5 | 17 | 5 | 2 | 4.8 |
| 6" Breakfast B.M.T® Egg White | 480 | 30 | 46 | 5 | 20 | 6 | 2 | 4.3 |
| 6" Sausage, Egg White & Cheese | 480 | 30 | 44 | 3 | 21 | 7 | 2 | 3.8 |
| 6" Bacon, Egg & Cheese | 460 | 25 | 43 | 3 | 21 | 7 | 2 | 3.4 |
| 6" Steak, Egg & Cheese | 450 | 28 | 45 | 4 | 18 | 6 | 2 | 3.2 |
| 6" Bacon, Egg White & Cheese | 430 | 26 | 44 | 3 | 15 | 5 | 2 | 3.5 |
| 6" Steak, Egg White & Cheese | 410 | 29 | 45 | 3 | 12 | 3 | 2 | 3.3 |
| 6" Black Forest Ham, Egg & Cheese | 410 | 23 | 44 | 3 | 16 | 5 | 2 | 3.0 |
| 6" Egg & Cheese | 380 | 19 | 42 | 2 | 15 | 5 | 2 | 2.4 |
| 6" Black Forest Ham, Egg White & Cheese | 370 | 25 | 44 | 3 | 11 | 3 | 2 | 3.1 |
| 6" Egg White & Cheese | 340 | 20 | 43 | 2 | 10 | 3 | 2 | 2.5 |

Subway - Breakfast Subs (Footlong)

| PRODUCT | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT | |
|--|---------|-------|--------|-----|----------|-------|------|-----|
| 12" Mega Melt | 1180 | 70 | 90 | 12 | 58 | 22 | 8 | 9.2 |
| 12" Mega Melt Egg White | 1100 | 72 | 92 | 12 | 48 | 18 | 8 | 9.3 |
| 12" Sausage, Egg & Cheese | 1020 | 58 | 90 | 12 | 48 | 18 | 8 | 7.0 |
| 12" Sunrise Subway Melt® | 1020 | 68 | 96 | 16 | 40 | 14 | 10 | 9.1 |
| 12" Breakfast B.M.T® | 1000 | 58 | 94 | 14 | 46 | 16 | 10 | 8.2 |
| 12" Breakfast B.M.T® Egg White | 940 | 60 | 94 | 14 | 34 | 12 | 10 | 8.4 |
| 12" Sausage, Egg White & Cheese | 940 | 60 | 90 | 10 | 36 | 14 | 8 | 7.2 |
| 12" Sunrise Subway Melt® Egg White | 940 | 72 | 96 | 16 | 30 | 10 | 10 | 9.3 |
| 12" Bacon, Egg & Cheese | 900 | 50 | 88 | 12 | 36 | 14 | 8 | 6.6 |
| 12" Steak, Egg & Cheese | 880 | 56 | 92 | 12 | 30 | 12 | 8 | 6.1 |
| 12" Bacon, Egg White & Cheese | 820 | 52 | 90 | 12 | 26 | 8 | 8 | 6.7 |
| 12" Steak, Egg White & Cheese | 800 | 58 | 92 | 12 | 20 | 6 | 8 | 6.3 |
| 12" Black Forest Ham, Egg & Cheese | 800 | 48 | 90 | 12 | 28 | 10 | 8 | 5.8 |
| 12" Egg & Cheese | 740 | 38 | 88 | 10 | 26 | 9 | 8 | 4.4 |
| 12" Black Forest Ham, Egg White & Cheese | 720 | 50 | 90 | 12 | 18 | 5 | 8 | 5.9 |
| 12" Egg White & Cheese | 660 | 40 | 88 | 10 | 16 | 4 | 8 | 4.6 |

Subway - Breakfast Flatbreads (Footlong)

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| 12" Mega Melt | 1200 | 68 | 88 | 6 | 62 | 22 | 4 | 9.5 |
| 12" Mega Melt Egg White | 1120 | 72 | 90 | 6 | 52 | 18 | 4 | 9.7 |
| 12" Sunrise Subway Melt® | 1060 | 68 | 94 | 10 | 44 | 14 | 4 | 9.4 |
| 12" Breakfast B.M.T® | 1040 | 56 | 92 | 10 | 50 | 16 | 4 | 8.5 |
| 12" Sausage, Egg & Cheese | 1040 | 58 | 88 | 6 | 52 | 18 | 4 | 7.4 |
| 12" Sunrise Subway Melt® Egg White | 980 | 70 | 94 | 10 | 34 | 10 | 4 | 9.6 |
| 12" Breakfast B.M.T® Egg White | 960 | 60 | 92 | 10 | 40 | 12 | 4 | 8.7 |
| 12" Sausage, Egg White & Cheese | 960 | 60 | 88 | 6 | 42 | 14 | 4 | 7.5 |
| 12" Bacon, Egg & Cheese | 920 | 50 | 86 | 6 | 42 | 14 | 4 | 6.9 |
| 12" Steak, Egg & Cheese | 900 | 56 | 90 | 8 | 36 | 12 | 4 | 6.4 |
| 12" Bacon, Egg White & Cheese | 860 | 52 | 88 | 6 | 30 | 10 | 4 | 7.1 |
| 12" Steak, Egg White & Cheese | 820 | 58 | 90 | 6 | 24 | 6 | 4 | 6.6 |
| 12" Black Forest Ham, Egg & Cheese | 820 | 46 | 88 | 6 | 32 | 10 | 4 | 6.1 |
| 12" Egg & Cheese | 760 | 38 | 84 | 4 | 30 | 10 | 4 | 4.8 |
| 12" Black Forest Ham, Egg White & Cheese | 740 | 50 | 88 | 6 | 22 | 5 | 4 | 6.3 |
| 12" Egg White & Cheese | 680 | 40 | 86 | 4 | 20 | 5 | 4 | 4.9 |

Subway - Breakfast Sides

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Meatball 8" Pizza | 860 | 37 | 100 | 7 | 33 | 14 | 5 | 4.6 |
| Sausage 8" Pizza | 860 | 35 | 98 | 8 | 35 | 14 | 4 | 4.7 |
| Bacon 8" Pizza | 840 | 37 | 98 | 8 | 31 | 12 | 4 | 5.2 |
| Pepperoni 8" Pizza | 840 | 35 | 97 | 8 | 33 | 13 | 4 | 4.5 |
| Cheese 8" Pizza | 720 | 28 | 97 | 7 | 23 | 9 | 4 | 3.8 |
| Pepperoni Flatizza | 500 | 26 | 44 | 4 | 26 | 12 | 2 | 3.4 |
| Spicy Italian Flatizza | 500 | 26 | 44 | 4 | 25 | 11 | 2 | 3.2 |
| Veggie Flatizza | 410 | 22 | 45 | 4 | 17 | 8 | 2 | 2.1 |
| Cheese Flatizza | 400 | 21 | 43 | 3 | 16 | 8 | 2 | 2.0 |
| Hash Browns | 220 | 2 | 30 | 0 | 10 | 3 | 3 | 1.6 |

Subway - Breads

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Gluten-Free Bread (as packaged) | 340 | 6 | 52 | 7 | 12 | 7 | 3 | 2.0 |
| Wrap, Spinach | 300 | 8 | 48 | 1 | 8 | 4 | 2 | 2.0 |
| Wrap, Habanero | 300 | 9 | 50 | 1 | 8 | 4 | 0 | 1.7 |
| Wrap, Tomato Basil | 300 | 8 | 49 | 1 | 8 | 4 | 2 | 1.8 |
| Bagel | 290 | 11 | 56 | 1 | 2 | 0 | 2 | 1.4 |
| 6" Italian Herbs & Cheese | 240 | 9 | 41 | 3 | 5 | 2 | 2 | 1.3 |
| 6" Jalapeno Cheese/Cheddar | 240 | 9 | 40 | 3 | 5 | 2 | 2 | 1.7 |
| 6" Monterey Cheddar | 240 | 10 | 38 | 3 | 6 | 3 | 2 | 1.0 |
| 6" Flatbread, White | 230 | 7 | 39 | 2 | 5 | 1 | 1 | 0.9 |
| 6" 9-Grain Honey Oat | 230 | 8 | 43 | 6 | 3 | 1 | 4 | 0.7 |
| 6" Harvest | 230 | 10 | 41 | 5 | 3 | 1 | 4 | 0.7 |
| 6" Roasted Garlic | 230 | 8 | 44 | 4 | 3 | 1 | 2 | 3.2 |
| 6" Flatbread, Multigrain | 220 | 8 | 37 | 3 | 5 | 1 | 6 | 0.7 |
| 6" 9-Grain Wheat | 210 | 8 | 40 | 5 | 2 | 1 | 4 | 0.7 |
| 6" Hearty Italian | 210 | 7 | 40 | 3 | 3 | 1 | 2 | 0.9 |
| 6" Parmesan Oregano | 210 | 7 | 40 | 3 | 3 | 1 | 2 | 1.2 |
| Biscuits | 210 | 4 | 27 | 1 | 10 | 5 | 1 | 1.6 |
| 6" Italian (White) | 200 | 7 | 38 | 3 | 3 | 1 | 1 | 0.9 |
| 6" Rye | 190 | 8 | 34 | 4 | 3 | 0 | 4 | 0.8 |
| 6" Sourdough | 190 | 9 | 36 | 3 | 2 | 0 | 1 | 0.8 |
| Mini Wheat Bread | 140 | 5 | 27 | 3 | 2 | 1 | 3 | 0.5 |
| Mini Italian Bread | 130 | 5 | 25 | 2 | 2 | 1 | 1 | 0.6 |
| English Muffin | 120 | 4 | 25 | 1 | 1 | 0 | 1 | 0.5 |

Subway - Condiments

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---------------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Savory Caesar | 130 | 1 | 1 | 1 | 14 | 3 | 0 | 0.6 |
| Mayonnaise (1 T) | 110 | 0 | 0 | 0 | 12 | 2 | 0 | 0.2 |
| Ranch Dressing | 110 | 0 | 1 | 1 | 11 | 2 | 0 | 0.5 |
| Signature Horseradish Sauce | 110 | 0 | 3 | 2 | 11 | 2 | 0 | 0.5 |
| Tzatziki Sauce | 110 | 0 | 1 | 0 | 12 | 2 | 0 | 0.3 |
| Chipotle Southwest Sauce | 100 | 0 | 1 | 1 | 10 | 2 | 0 | 0.4 |
| Gorgonzola Sauce | 100 | 1 | 1 | 1 | 11 | 2 | 0 | 0.5 |
| Bacon (2 strips) | 80 | 6 | 1 | 1 | 5 | 2 | 0 | 1.1 |
| Pepperoni, 3 slices | 80 | 4 | 1 | 1 | 7 | 3 | 0 | 1.0 |
| Creamy Italian | 80 | 0 | 4 | 4 | 7 | 1 | 0 | 0.5 |
| Fire Roasted Tomato Sauce | 80 | 0 | 1 | 1 | 8 | 1 | 0 | 0.5 |
| Giardiniera | 80 | 0 | 1 | 1 | 9 | 2 | 0 | 0.9 |
| Golden Italian | 80 | 0 | 2 | 2 | 8 | 2 | 0 | 0.5 |
| Thousand Island Dressing | 80 | 0 | 3 | 2 | 7 | 1 | 0 | 0.4 |
| Guacamole | 70 | 1 | 3 | 0 | 6 | 1 | 2 | 0.3 |
| Sweet Potato Curry | 70 | 0 | 2 | 1 | 7 | 1 | 0 | 0.5 |
| Light Mayonnaise (1 T) | 50 | 0 | 1 | 0 | 5 | 1 | 0 | 0.3 |
| Oil (1 tsp.) | 45 | 0 | 0 | 0 | 5 | 1 | 0 | 0.0 |
| Sweet Onion Sauce, Fat Free | 40 | 0 | 9 | 8 | 0 | 0 | 0 | 0.2 |
| Subway® Vinaigrette | 40 | 0 | 1 | 1 | 4 | 1 | 0 | 0.3 |
| Creamy Sriracha | 40 | 0 | 2 | 1 | 4 | 1 | 0 | 0.6 |
| Barbecue Sauce | 35 | 0 | 9 | 9 | 0 | 0 | 0 | 0.4 |
| Honey Mustard Sauce, Fat Free | 30 | 0 | 7 | 6 | 0 | 0 | 0 | 0.3 |
| Sweet Chili Sauce | 30 | 0 | 9 | 8 | 0 | 0 | 0 | 0.4 |
| Ketchup | 20 | 0 | 6 | 5 | 0 | 0 | 0 | 0.5 |
| Sauerkraut | 10 | 0 | 2 | 0 | 0 | 0 | 1 | 0.5 |
| Mustard yellow or deli brown (2 tsp.) | 5 | 0 | 1 | 0 | 0 | 0 | 0 | 0.3 |
| Buffalo Sauce | 5 | 0 | 1 | 0 | 0 | 0 | 0 | 1.0 |
| Vinegar (1 tsp.) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.0 |
| Hot Pepper Relish | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0.4 |

Subway - Cheese (Six Inch Portion)

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|----------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Cheddar | 60 | 4 | 0 | 0 | 5 | 3 | 0 | 0.2 |
| Monterey Cheddar, Shredded | 50 | 3 | 0 | 0 | 5 | 3 | 0 | 0.2 |
| Pepperjack | 50 | 3 | 0 | 0 | 4 | 3 | 0 | 0.4 |
| Provolone | 50 | 4 | 0 | 0 | 4 | 2 | 0 | 0.3 |
| Swiss | 50 | 4 | 0 | 0 | 5 | 3 | 0 | 0.1 |
| American | 40 | 2 | 1 | 0 | 4 | 2 | 0 | 0.5 |
| Mozzarella, Shredded | 40 | 3 | 0 | 0 | 3 | 2 | 0 | 0.3 |
| Feta | 35 | 2 | 0 | 0 | 2 | 2 | 0 | 0.4 |
| Parmesan | 5 | 1 | 0 | 0 | 1 | 1 | 0 | 0.1 |

Subway - Fillings (Six Inch Portion)

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Meatballs | 260 | 13 | 16 | 6 | 16 | 0 | 3 | 1.8 |
| BBQ Rib Patty | 260 | 12 | 4 | 3 | 22 | 1 | 0 | 1.2 |
| Tuna | 250 | 12 | 0 | 0 | 23 | 2 | 0 | 0.8 |
| Egg Salad | 250 | 8 | 1 | 1 | 23 | 0 | 0 | 0.4 |
| Italian Hero Meats | 230 | 14 | 3 | 2 | 18 | 6 | 0 | 2.7 |
| BBQ Pulled Pork | 200 | 15 | 18 | 18 | 6 | 4 | 0 | 1.8 |
| Falafel | 200 | 9 | 28 | 1 | 6 | 3 | 8 | 0.0 |
| Fish Filet | 190 | 11 | 18 | 1 | 8 | 2 | 1 | 1.6 |
| Seafood Sensation | 190 | 4 | 8 | 2 | 17 | 2 | 0 | 1.3 |
| Italian B.M.T.® Meats | 180 | 11 | 2 | 2 | 14 | 1 | 0 | 2.5 |
| Veggie Patty | 160 | 15 | 12 | 2 | 5 | 3 | 3 | 1.3 |
| Corned Beef | 150 | 26 | 4 | 4 | 3 | 3 | 0 | 2.7 |
| Pastrami | 150 | 9 | 1 | 1 | 11 | 3 | 0 | 1.2 |
| Chicken Salad (not Orchard) | 140 | 11 | 7 | 5 | 8 | 0 | 1 | 1.0 |
| Orchard Chicken Salad | 140 | 12 | 10 | 8 | 5 | 0 | 1 | 0.6 |
| Sausage, Breakfast | 140 | 10 | 1 | 1 | 11 | 2 | 0 | 1.3 |
| Cold Cut Combo Meats | 130 | 9 | 2 | 1 | 10 | 1 | 0 | 1.9 |
| Egg Patty (regular) | 120 | 9 | 3 | 0 | 7 | 3 | 0 | 1.0 |
| Rotisserie-Style Chicken | 120 | 21 | 1 | 0 | 4 | 0 | 0 | 1.0 |
| Chicken Enchilada | 120 | 12 | 7 | 2 | 4 | 0 | 1 | 1.0 |
| Steak (no cheese) | 110 | 15 | 4 | 2 | 4 | 1 | 0 | 1.4 |
| Chicken Strips, Teriyaki Glazed | 100 | 16 | 5 | 2 | 2 | 1 | 0 | 1.0 |
| Chicken Patty, Roasted | 90 | 15 | 2 | 1 | 3 | 1 | 0 | 0.8 |
| Roast Beef | 90 | 16 | 1 | 1 | 3 | 6 | 0 | 1.0 |
| Subway Club® Meats | 90 | 15 | 2 | 1 | 3 | 3 | 0 | 1.4 |
| Chicken Strips, Buffalo Chicken | 90 | 16 | 1 | 0 | 2 | 0 | 0 | 1.6 |
| Chicken Strips | 80 | 16 | 0 | 0 | 2 | 2 | 0 | 0.5 |
| Egg Patty (white) | 80 | 11 | 3 | 0 | 2 | 1 | 0 | 1.1 |
| Ham | 60 | 9 | 2 | 2 | 2 | 2 | 0 | 1.3 |
| Turkey Breast | 50 | 9 | 2 | 1 | 1 | 1 | 0 | 1.2 |

Subway - Desserts

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|-----------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Cinnamon Rolls | 610 | 9 | 83 | 33 | 27 | 13 | 3 | 1.8 |
| Muffin, Chocolate Chunk | 510 | 5 | 63 | 40 | 27 | 8 | 2 | 1.0 |
| Muffin, Apple Cinnamon Pecan | 480 | 6 | 57 | 35 | 25 | 5 | 2 | 1.0 |
| Muffin, Banana Bread | 460 | 6 | 53 | 29 | 25 | 4 | 2 | 0.8 |
| Muffin, Blueberry Crumb | 410 | 5 | 60 | 34 | 17 | 5 | 1 | 1.0 |
| Muffin, Triple Berry | 400 | 7 | 55 | 30 | 17 | 5 | 5 | 1.1 |
| Brownie | 370 | 5 | 51 | 32 | 17 | 6 | 1 | 0.3 |
| Brownie, Gluten Free | 350 | 3 | 48 | 34 | 16 | 2 | 2 | 0.4 |
| Biscuits & Gravy | 280 | 6 | 30 | 1 | 15 | 7 | 1 | 2.0 |
| Croissant | 260 | 5 | 34 | 4 | 11 | 7 | 1 | 0.8 |
| Sugar | 230 | 2 | 28 | 14 | 12 | 6 | 0 | 0.3 |
| Peanut Butter | 220 | 4 | 26 | 16 | 12 | 5 | 1 | 0.3 |
| White Chip Macadamia Nut | 220 | 2 | 28 | 17 | 11 | 5 | 0 | 0.3 |
| Chocolate Chunk | 210 | 2 | 30 | 17 | 10 | 5 | 0 | 0.3 |
| Double Chocolate | 210 | 2 | 30 | 20 | 9 | 5 | 1 | 0.3 |
| Chocolate Chip with Rainbow Gems® | 210 | 2 | 30 | 18 | 10 | 5 | 0 | 0.3 |
| Chocolate Chip | 200 | 2 | 30 | 18 | 10 | 5 | 1 | 0.3 |
| Oatmeal Raisin | 200 | 3 | 30 | 16 | 8 | 4 | 1 | 0.3 |
| Raspberry Cheesecake | 200 | 2 | 29 | 16 | 9 | 5 | 0 | 0.3 |
| Apple Slices - 1 package | 35 | 0 | 9 | 7 | 0 | 0 | 2 | 0.0 |