



U.S. NUTRITION INFORMATION April 2017

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

Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
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SANDWICHES

6" FRESH FIT Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for footlong nutrition information (one footlong=two 6" servings).

6" Black Forest Ham	219	290	40	4.5	1	0	25	800	46	5	8	18	8	20	30	15
6" Oven Roasted Chicken	233	320	45	5	1.5	0	45	610	46	5	8	23	8	30	30	15
6" Roast Beef	233	320	40	5	1.5	0	45	660	45	5	7	25	8	20	30	25
6" Rotisserie-Style Chicken	247	350	55	6	1.5	0	55	660	45	5	7	29	10	20	30	20
6" Subway Club®	240	310	40	4.5	1.5	0	40	840	46	5	8	23	8	20	30	20
6" Sweet Onion Chicken Teriyaki	269	370	40	4.0	1	0	50	770	58	5	16	25	10	25	35	20
6" Turkey Breast	219	280	30	3.5	1	0	20	760	46	5	7	18	8	20	30	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	280	44	5	7	8	8	20	30	15

6" Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for footlong nutrition information (one footlong=two 6" servings).

6" Chicken & Bacon Ranch Melt	298	610	270	30	10	0.5	95	1290	47	5	8	38	15	25	50	20
6" Cold Cut Combo	226	360	110	12	3.5	0	45	1030	46	5	7	17	10	20	35	20
6" Italian B.M.T.®	226	410	150	16	6	0	45	1260	46	5	8	20	8	20	30	15
6" Meatball Marinara	301	480	160	18	7	0.5	40	1000	60	8	12	21	25	35	35	25
6" Spicy Italian	222	480	220	24	9	0.5	50	1490	46	5	8	20	8	20	30	20
6" Steak & Cheese	245	380	90	10	4.5	0	50	1030	49	5	9	26	10	20	40	20
6" Tuna	237	480	230	25	4.5	0	40	580	44	5	7	20	10	20	30	20

Kids Meal Sandwiches

Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Veggie Delite®	108	150	15	1.5	0.0	0	0	190	29	3	4	6	6	15	20	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	450	30	3	5	10	6	15	20	10
Roast Beef	146	200	25	3.0	1.0	0	25	390	30	4	5	14	6	15	20	15
Turkey Breast	136	180	20	2.0	0.5	0	10	430	30	3	5	10	6	15	20	10

6" Limited Time Offer/Regional Subs** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for footlong nutrition information (one footlong=two 6" servings).

6" Angus Steakhouse Melt	247	450	180	20	10	0.5	50	890	45	5	7	24	10	20	40	25
6" BBQ Pulled Pork	276	420	80	9	2.0	0	45	980	62	5	24	23	8	25	35	15
6" BBQ Rib	240	490	220	25	8	0	45	750	48	5	10	20	10	20	35	20
6" Big Cheesy	126	390	150	17	10	0.5	45	980	43	4	5	18	15	0	60	15
6" Big Philly Cheesesteak	297	500	150	17	9	1	85	1280	51	6	10	38	15	20	50	25
6" B.L.T.	165	380	120	13	4	0	20	1130	44	5	7	20	8	10	30	15
6" Buffalo Chicken (with regular Ranch dressing)	269	420	140	16	3	0	55	1100	46	6	8	25	15	25	35	20
6" Caesar Chicken Melt	268	490	200	22	6	0.5	75	800	46	5	7	29	15	25	45	20
6" Chicken Parmesan	247	330	40	5	1	0	45	890	45	5	8	25	10	20	30	20
6" Chicken Fingers	233	400	100	11	2	0	20	720	58	5	7	19	8	20	30	15
6" Chicken Parmesan	277	480	140	16	5	0.5	35	1000	63	6	10	24	20	25	45	15
6" Chicken Pizziola Melt	293	460	140	15	6	0.5	80	1140	50	6	10	32	20	30	45	20
6" Chicken Salad, (not Orchard)	247	370	90	10	2	0	45	660	51	6	12	19	10	20	35	20
6" Corned Beef Reuben	328	490	130	15	5	0.5	85	1720	52	7	13	39	10	35	45	25
6" Crunchy Chicken Enchilada	303	580	240	26	7	0.5	20	1120	60	7	10	26	15	30	45	25
6" Cubano	307	460	130	14	4.5	0	70	1430	48	5	9	32	15	20	40	15
6" Egg Salad	247	480	230	26	6	0	220	450	45	5	7	17	15	20	30	20
6" Falafel	276	580	220	24	4	0.5	10	1050	73	13	8	18	10	20	30	20
6" Malibu Garden Veggie Patty	247	380	90	10	2	0	0	780	64	9	8	13	30	35	35	20
6" Mediterranean Chicken	283	490	180	20	6	0	70	930	46	5	7	30	10	25	40	15
6" Mediterranean Steak	283	520	200	22	7	0.5	60	1270	49	5	9	29	10	20	35	25
6" Orchard Chicken Salad	247	370	70	8	1.5	0	40	530	54	6	15	20	10	20	30	20
6" Pastrami	230	420	150	17	7	0	50	980	46	5	8	20	10	30	40	20
6" Pastrami Melt, Big Hot	287	580	250	28	11	0	85	1470	47	5	8	29	10	45	40	25
6" Pizza Sub Melt	195	490	220	24	10	0.5	55	1640	49	5	9	20	15	15	45	15
6" Subway Melt®	246	410	110	13	5	0.5	40	1410	48	5	9	26	10	20	40	20
6" Subway Seafood Sensation™	233	420	170	19	3	0	15	780	51	5	8	13	10	20	35	15
6" Turkey & Bacon	234	360	80	9	3	0	30	1190	47	5	8	23	8	20	30	20
6" Turkey & Bacon Avocado	270	420	130	14	3.5	0	30	1190	50	7	8	24	10	200	30	20
6" Turkey & Bacon Guacamole	270	440	140	15	4	0	30	1280	50	7	8	24	10	25	30	20
6" Turkey Breast & Black Forest Ham	219	280	40	4	1	0	20	780	46	5	8	18	8	20	30	15
6" Turkey Italiano Melt	252	480	210	23	8	0.5	50	1560	48	5	9	22	10	20	40	20
6" Veggie Patty	247	390	70	7	1	0	10	800	56	8	9	23	15	20	35	15

SALADS

FRESH FIT Chopped Salads Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.

Black Forest Ham	344	110	25	3.0	1	0	25	600	13	4	8	12	50	50	6	10
Chicken (made with chicken strips)	358	140	25	2.5	0.5	0	50	290	11	4	6	19	50	50	8	10
Roast Beef	358	140	30	3.5	1	0	45	460	12	4	7	19	50	50	6	15

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Rotisserie-Style Chicken	372	170	40	4.5	1	0	55	460	12	4	6	23	50	50	8	15
Subway Club®	365	140	30	3.0	1	0	40	640	13	4	7	18	50	50	6	15
Sweet Onion Chicken Teriyaki (includes Sweet Onion)	415	230	25	3.0	1	0	50	650	34	4	23	19	60	60	8	10
Turkey Breast	344	110	20	2.0	0.5	0	20	560	13	4	7	12	50	50	6	10
Veggie Delite®	287	60	10	1.0	0	0	0	80	11	4	6	3	50	50	6	8
Chopped Salads																
Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.																
Chicken & Bacon Ranch Melt (includes Ranch)	445	540	360	40	12	1	100	1290	15	4	9	32	60	50	30	15
Cold Cut Combo	351	180	90	10	4	0	45	830	13	4	7	12	50	50	10	15
Italian B.M.T.®	351	230	140	15	6	0	45	1060	13	4	8	14	50	50	6	10
Meatball Marinara	426	310	150	17	7	1	40	790	27	6	12	15	70	60	10	15
Spicy Italian	347	310	210	23	9	0.5	50	1290	13	4	8	14	50	50	8	10
Steak & Cheese	370	210	75	8	4	0	50	830	16	4	8	20	60	50	15	15
Tuna	362	310	220	24	4	0	40	380	11	4	6	15	50	50	6	15
Salad Dressings (amount mixed into chopped salad)																
Chipotle Southwest	43	190	180	20	3.5	0	15	330	2	0	1	1	2	2	0	0
Oil & Vinegar	43	190	190	21	1.5	0	0	0	0	0	0	0	0	0	0	0
Ranch Dressing	43	220	210	23	3.5	0	10	400	2	0	2	0	0	0	0	0
Subway® Vinaigrette	43	110	100	11	1.5	0	0	330	3	0	2	0	0	0	0	0
Sweet Onion Sauce	43	80	5	0	0	0	0	170	18	0	16	0	0	2	0	0
BREAKFAST & PIZZA																
Values include 9-grain wheat bread, egg white and cheese. Double values for footlong nutrition information (one footlong=two 6" servings).																
6" Omelet Sandwich (with Egg White)																
6" Black Forest Ham, Egg White & Cheese	203	360	80	9	3.5	0	25	1180	45	4	6	25	4	0	40	20
6" Egg White & Cheese	174	330	70	8	3	0	10	920	44	4	5	20	4	0	40	15
6" Bacon, Egg White & Cheese	190	410	120	13	5.0	0	20	1340	45	4	6	26	4	0	40	20
6" Steak, Egg White & Cheese	217	400	90	10	4	0	35	1250	46	4	6	29	4	0	40	20
6" Breakfast B.M.T.®**	261	470	160	17	7.0	0	45	1670	47	5	7	30	10	8	40	20
6" Mega Melt**	246	550	210	24	10	0	55	1860	46	4	6	36	6	0	40	25
6" Sausage, Egg White & Cheese**	231	470	170	18	8	0	45	1440	45	4	5	30	6	0	40	20
6" Sunrise Subway Melt®**	281	470	130	15	6	0	40	1850	48	5	8	36	10	8	40	20
Values include 9-grain wheat bread, regular egg and cheese. Double values for footlong nutrition information (one footlong=two 6" servings).																
6" Omelet Sandwiches (with Regular Egg)																
6" Black Forest Ham, Egg & Cheese	203	400	120	14	5	0	185	1150	45	4	6	24	10	0	40	15
6" Egg & Cheese	174	370	120	13	4.5	0	170	880	44	4	5	19	10	0	40	15
6" Bacon, Egg & Cheese	190	450	160	18	7	0	180	1310	44	4	6	25	10	0	40	20
6" Steak, Egg & Cheese	217	440	140	15	6	0	195	1210	46	4	6	28	10	0	40	20
6" Breakfast B.M.T.®**	261	500	200	23	8	0	205	1630	47	5	7	29	20	8	40	20
6" Mega Melt**	246	590	260	29	11	0	215	1830	45	4	6	35	15	0	45	20
6" Sausage, Egg & Cheese**	231	510	210	24	9	0	205	1400	45	4	6	29	15	0	40	20
6" Sunrise Subway Melt®**	281	510	180	20	7	0	205	1810	48	5	8	34	20	8	40	20
Values include 6" flatbread, egg white and cheese. Double values for footlong nutrition information (one footlong=two 6" servings).																
Omelet on 6" Flatbread (with Egg White)																
6" Black Forest Ham, Egg White & Cheese Flatbread	211	370	100	11	3.5	0	25	1250	44	2	3	25	4	8	30	20
6" Egg White & Cheese Flatbread	183	340	90	10	3.5	0	10	980	43	2	2	20	4	8	30	15
6" Bacon, Egg White & Cheese Flatbread	198	430	140	15	5	0	20	1410	44	2	3	26	4	8	30	20
6" Steak, Egg White & Cheese Flatbread	225	410	110	12	4	0	35	1320	45	2	3	29	4	8	35	20
6" Breakfast B.M.T.® Flatbread**	270	480	180	20	7	0	45	1730	46	2	5	30	10	16	35	20
6" Mega Melt Flatbread	255	560	240	26	9	0	55	1930	45	2	3	36	6	8	35	25
6" Sausage, Egg White & Cheese Flatbread**	240	480	190	21	8	0	45	1500	44	2	3	30	6	8	35	20
6" Sunrise Subway Melt® Flatbread	290	490	150	17	6	0	40	1910	47	2	5	35	10	16	35	20
Values include 6" flatbread, regular egg and cheese. Double values for footlong nutrition information (one footlong=two 6" servings).																
Omelet on 6" Flatbread (with Regular Egg)																
6" Black Forest Ham, Egg & Cheese Flatbread	211	410	150	16	5	0	185	1210	44	2	3	23	12	8	35	15
6" Egg & Cheese Flatbread	183	380	140	15	5	0	170	950	42	2	2	19	12	8	35	15
6" Bacon, Egg & Cheese Flatbread	198	460	190	21	7	0	180	1370	43	2	3	25	12	8	35	20
6" Steak, Egg & Cheese Flatbread	225	450	160	18	6	0	195	1280	45	2	4	28	12	10	35	20
6" Breakfast B.M.T.® Flatbread**	270	520	230	25	8	0	205	1690	46	2	5	28	18	16	35	20
6" Mega Melt Flatbread**	255	600	280	31	11	0	215	1890	44	2	3	34	14	8	40	20
6" Sausage, Egg & Cheese Flatbread**	240	520	240	26	9	0	205	1470	44	2	3	29	14	8	35	20
6" Sunrise Subway Melt® Flatbread**	290	530	200	22	7	0	205	1880	47	2	5	34	18	16	40	20
Breakfast Sides																
Hash Browns**	108	220	0	10	3	0	0	640	30	3	0	2	0	2	0	4
Flatizza**																
Cheese	157	400	150	16	8	0	35	810	43	2	3	21	10	12	60	15
Pepperoni	181	500	230	26	12	0	60	1340	44	2	4	26	10	12	60	15
Spicy Italian	181	500	230	25	11	0	60	1290	44	2	4	26	10	12	60	15
Veggie	191	410	150	17	8	0	35	850	45	2	4	22	10	30	60	15
8" Pizza**																
Cheese	293	720	200	23	9	0.5	50	1530	97	4	7	28	20	15	40	40
Bacon	323	840	270	31	12	0.5	70	2060	98	4	8	37	20	15	50	40

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	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Meatball	344	860	290	33	14	1.0	80	1840	100	5	7	37	20	15	50	45
Pepperoni	323	840	290	33	13	1.0	70	1800	97	4	8	35	20	15	50	40
Sausage	336	860	310	35	14	0.5	80	1870	98	4	8	35	20	15	50	40

BREADS & CONDIMENTS

Breads	Double values for footlong nutrition information (one footlong=two 6" servings).															
6" Italian (White)	71	200	20	2	0.5	0	0	270	38	1	5	7	0	0	30	15
6" 9-Grain Wheat	78	210	20	2	0.5	0	0	270	40	4	5	8	0	0	30	15
6" Flatbread, Multigrain	86	220	45	5	1.0	0	0	280	37	6	3	8	0	0	25	10
6" Flatbread, White	87	230	40	4.5	1.0	0	0	340	39	1	2	7	0	10	25	15
6" 9-Grain Honey Oat**	82	230	20	2.5	0.5	0	0	280	43	4	6	8	0	0	30	15
6" Harvest**	82	230	30	3.0	0.5	0	0	280	41	4	5	10	0	0	30	10
6" Hawaiian Sweet Bread**	71	220	25	2.5	1.0	0	17	220	41	1	8	8	2	0	4	10
6" Hearty Italian**	75	210	20	2.5	0.5	0	0	270	41	2	5	7	0	0	30	15
6" Italian Herbs & Cheese	82	240	45	5	2.0	0	8	470	41	2	5	9	2	0	40	15
6" Jalapeno Cheddar**	85	240	45	5	2.0	0	8	620	40	2	5	9	2	0	40	15
6" Monterey Cheddar**	82	240	50	6	2.5	0	10	340	38	2	5	10	2	0	40	15
6" Parmesan Oregano**	75	210	20	2.5	0.5	0	0	420	40	2	5	7	0	0	30	15
6" Roasted Garlic**	82	230	25	2.5	0.5	0	0	1240	45	2	7	8	4	45	35	15
6" Rosemary and Sea Salt**	75	220	25	2.5	1.0	0	0	430	40	2	5	7	0	0	35	15
6" Rye**	78	190	30	2.5	0.0	0	0	330	34	4	4	8	0	0	0	10
6" Sourdough**	78	190	15	1.5	0.0	0	0	310	36	1	3	9	0	0	0	15
6" Southwestern Spicy**	78	190	20	2.0	0.5	0	0	280	35	2	1	8	8	0	0	15
Bagel	105	290	15	1.5	0.0	0	0	560	56	2	1	11	0	0	0	15
Biscuits**	64	210	90	10	4.5	0	0	620	27	1	1	4	0	0	4	10
English Muffin	57	120	10	1.0	0.0	0	0	200	25	1	1	4	0	0	10	10
Gluten-Free Roll** (as packaged)	113	340	110	12	7.0	0	0	800	52	3	7	6	0	0	4	0
Mini Italian Bread	47	130	15	2	0.5	0	0	180	25	1	3	5	0	0	20	8
Mini Wheat Bread	52	140	15	2	0.5	0	0	180	27	3	3	5	0	0	20	8
Wrap**	102	300	75	8	4.0	0	0	550	50	1	0	7	0	0	0	15

The following 6-inch breads (and sandwiches made with these breads) contain 20% DV Vitamin D: Italian, 9-Grain Wheat, 9-Grain Honey Oat, Hearty Italian, Italian Herbs & Cheese, Monterey Cheddar, Parmesan Oregano, Roasted Garlic, Rosemary & Sea Salt, Flatbreads.

Sandwich Condiments (amount on 6-inch sandwich)	Double values for footlong nutrition information (one footlong=two 6" servings).															
Bacon (2 strips)	15	80	50	5	2	0	10	420	1	0	1	6	0	0	0	2
Chipotle Southwest Sauce	21	100	90	10	1.5	0	5	160	1	0	1	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	70	0	0	0	0	0	0	0	0
Mustard yellow or deli brown (2 tsp.)	10	5	5	0	0	0	0	110	1	0	0	0	0	0	0	0
Olive Oil Blend (1 tsp.)	5	45	45	5	0.5	0	0	0	0	0	0	0	0	0	0	0
Pepperoni, 3 slices	18	80	60	7	2.5	0	15	400	1	0	1	4	0	0	0	0
Ranch Dressing	21	110	100	11	1.5	0	5	200	1	0	1	0	0	0	0	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	90	9	0	8	0	0	0	0	0
Subway® Vinaigrette	15	40	35	4	0.5	0	0	120	1	0	1	0	0	0	0	0
Vinegar (1 tsp.)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Barbecue Sauce**	21	35	0	0	0	0	0	170	9	0	9	0	0	4	2	2
Buffalo Sauce**	14	5	0	0	0	0	0	400	1	0	0	0	4	0	0	2
Creamy Italian**	21	80	60	7	1.0	0	0	180	4	0	4	0	0	0	0	0
Creamy Sriracha**	14	40	30	3.5	0.5	0	5	240	2	0	1	0	2	4	0	0
Fire Roasted Tomato Sauce**	21	80	70	8	1.0	0	0	210	1	0	1	0	2	0	0	0
Gardiniera	28	80	80	9	1.5	0	0	340	1	0	1	0	0	0	0	0
Golden Italian**	21	80	80	9	1.5	0	0	190	1	0	1	0	0	0	0	0
Gorgonzola Sauce**	21	100	100	11	2	0	10	210	1	0	1	1	0	0	2	0
Guacamole**	35	70	60	6	1	0	0	100	3	2	0	1	0	4	0	0
Honey Mustard Sauce, Fat Free**	21	30	0	0	0	0	0	120	7	0	6	0	0	0	0	0
Hot Pepper Relish**	14	<5	0	0	0	0	0	170	1	0	0	0	0	20	0	0
Ketchup**	21	20	0	0	0	0	0	190	6	0	5	0	2	2	0	0
Pico de Gallo**	35	15	0	0	0	0	0	230	3	1	2	0	4	8	0	0
Sauerkraut**	37	10	0	0	0	0	0	200	2	1	0	0	0	10	2	2
Savory Caesar**	21	130	120	14	2.5	0	10	220	1	0	1	1	0	0	2	0
Signature Horseradish Sauce**	21	110	100	11	2	0	5	210	3	0	2	0	0	0	0	0
Smokey Hickory Sauce**	21	50	30	3	0.5	0	10	170	7	0	5	0	2	0	0	0
Sweet Chili Sauce**	21	30	0	0	0	0	0	160	9	0	8	0	0	2	0	0
Sweet Potato Curry**	21	70	60	7	1	0	0	210	2	0	1	0	8	2	0	0
Thousand Island Dressing**	21	80	60	7	1	0	10	150	3	0	2	0	0	0	0	0
Tzatziki Sauce**	21	110	110	12	2	0	10	130	1	0	0	0	0	0	0	0

Vegetables (amount on 6-inch sandwich)	Double values for footlong nutrition information (one footlong=two 6" servings).															
Banana Peppers (3 rings)	4	<5	0	0	0	0	0	60	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	<5	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	7	<5	0	0	0	0	0	0	1	0	0	0	0	0	0	0

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	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Pickles (3 chips)	9	<5	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
Spinach	7	<5	0	0	0	0	0	15	0	0	0	0	15	3	1	4
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0
Avocado**	35	60	50	5	1	0	0	0	3	2	0	1	0	180	0	0
Carrots**	14	5	0	0	0	0	0	10	1	0	1	0	35	0	0	0
Fresh-Made Dill Pickles**	16	5	0	0	0	0	0	120	1	0	0	0	0	0	0	0
Green Chiles**	14	<5	0	0	0	0	0	60	1	0	0	0	0	8	0	0
Mushrooms**	28	5	0	0	0	0	0	80	1	0	0	0	0	0	0	0
Sweet Peppers**	14	15	0	0	0	0	0	170	3	0	3	0	0	10	0	0
Cheese (amount on 6-inch sandwich)	Double values for footlong nutrition information (one footlong=two 6" servings).															
American	11	40	30	3.5	2	0	10	200	1	0	0	2	4	0	6	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0	15	90	0	0	0	3	4	0	10	0
Cheddar**	14	60	40	4.5	2.5	0	15	90	0	0	0	4	4	0	10	0
Feta**	14	35	15	2	1.5	0	5	160	0	0	0	2	2	0	2	0
Mozzarella, Shredded**	14	40	25	3	2	0	10	100	0	0	0	3	2	0	8	0
Parmesan**	1	5	5	0.5	0.5	0	0	30	0	0	0	1	0	0	2	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	120	0	0	0	4	2	0	10	0
Swiss**	14	50	40	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0
Individual Meats (amount on 6" sub or salad)	Double values for footlong nutrition information (one footlong=two 6" servings).															
Chicken Patty, Roasted	71	90	20	2.5	1	0	45	330	2	0	1	15	0	10	0	0
Chicken Strips	71	80	15	1.5	1	0	50	210	0	0	0	16	0	4	2	2
Chicken Strips, Teriyaki Glazed	85	100	15	2.0	1	0	50	400	5	0	2	16	2	8	2	2
Cold Cut Combo Meats	64	130	85	9.5	3	1	45	750	2	0	1	9	0	2	4	6
Egg Patty (regular)	85	120	65	7.0	2	0	160	410	3	0	0	9	8	0	6	2
Egg Patty (white)	85	80	20	2.0	1	0	0	440	3	0	0	11	0	0	2	4
Ham	57	60	15	2.0	1	0	25	520	2	0	2	9	0	0	0	2
Italian B.M.T.® Meats	64	180	125	14.0	6	1	45	990	2	0	2	11	0	0	0	2
Meatballs	139	260	140	15.5	6	1	40	720	16	3	6	13	16	14	6	8
Roast Beef	71	90	20	2.5	1	0	45	390	1	0	1	16	0	0	0	8
Rotisserie-Style Chicken	85	120	30	3.5	1	0	55	380	1	0	0	21	0	0	2	4
Steak (no cheese)	71	110	35	4.0	2	1	40	550	4	0	2	15	0	2	0	8
Subway Club® Meats	78	90	20	2.5	1	0	40	560	2	0	1	15	0	0	0	6
Tuna	74	250	205	23.0	4	1	40	300	0	0	0	12	0	0	0	6
Turkey Breast	57	50	10	1.0	0.5	0	20	480	2	0	1	9	0	0	0	2
Angus Steak Patty**	64	180	130	14	7.0	1	40	300	0	0	0	13	0	0	2	10
BBQ Pulled Pork**	113	200	60	6	1.5	0	45	700	18	0	18	15	0	6	2	2
BBQ Rib Patty**	78	260	200	22	7.5	0	45	470	4	0	3	12	0	0	2	4
Carved Turkey**	85	110	20	3	0.0	0	45	610	1	0	1	17	0	0	0	4
Chicken Enchilada**	85	120	40	4	1.0	0	0	410	7	1	2	12	2	6	2	6
Chicken Salad (not Orchard)**	85	140	70	8	1.5	0	45	380	7	1	5	11	2	0	2	2
Chicken Strips, Buffalo Chicken**	85	90	20	2	0.5	0	50	620	1	0	0	16	4	4	2	4
Corned Beef	99	150	30	3	1.0	0	65	1070	4	0	4	26	0	0	0	8
Egg Salad**	85	250	210	23	5.0	0	220	170	1	0	1	8	8	0	2	8
Falafel**	85	200	50	6	1.0	0	0	600	28	8	1	9	0	0	0	4
Orchard Chicken Salad**	85	180	90	11	2.0	0	40	230	10	1	8	12	0	0	2	4
Pastrami**	57	150	100	11	4.5	0	40	490	1	0	1	9	0	15	0	4
Seafood Sensation**	71	190	150	17	2.5	0	15	500	8	0	2	4	0	0	4	2
Sausage, Breakfast**	57	140	100	11	4.5	0	35	520	1	0	1	10	2	0	0	4
Veggie Patty**	85	160	50	5	0.5	0	10	520	12	3	2	15	6	0	2	0

DESSERTS, SIDES & BEVERAGES

Cookies & Desserts																
Chocolate Chip	45	200	90	10	5	0	15	130	30	1	18	2	4	0	0	10
Chocolate Chunk**	45	210	90	10	5	0	10	100	30	<1	17	2	0	0	0	8
Double Chocolate Chip**	45	210	80	9	5	0	15	130	30	1	20	2	6	0	2	10
Chocolate Chip with Rainbow Gems®**	45	210	90	10	5	0	15	100	30	<1	18	2	0	0	2	8
Oatmeal Raisin	45	200	70	8	3.5	0	15	130	30	1	16	3	0	0	2	8
Peanut Butter**	45	220	110	12	5	0	10	130	26	1	16	4	4	0	2	10
Raspberry Cheesecake	45	200	80	9	4.5	0	10	120	29	0	16	2	6	0	2	4
Sugar**	45	230	110	12	6	0	15	130	28	<1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0	15	130	28	<1	17	2	6	0	2	6
Apple Slices - 1 package	71	35	0	0	0	0	0	0	9	2	7	0	0	30	4	0
Biscuits**	64	210	90	10	4.5	0	0	620	27	1	1	4	0	0	4	8
Brownie, Gluten Free**	80	350	140	16	1.5	0	55	170	48	2	34	3	0	0	2	0
Brownie**	86	370	150	17	6	0	30	125	51	1	32	5	0	0	0	0
Cinnamon Rolls**	128	480	230	25	11	0	35	270	35	3	27	8	15	2	6	15
Crissant**	85	260	100	11	7	0	30	300	34	1	4	5	8	0	4	10
Muffin, Apple Cinnamon Pecan**	113	480	230	25	5	0	65	380	57	2	35	6	2	0	6	15
Muffin, Banana Bread**	113	460	230	25	3.5	0	40	330	53	2	29	6	0	2	8	15
Muffin, Blueberry Crumb**	113	410	150	17	5	0	45	410	60	1	34	5	0	0	6	15

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Muffin, Chocolate Chunk**	113	510	240	27	8	0	75	380	63	2	40	5	2	0	6	20
Muffin, Triple Berry**	113	400	150	17	4.5	0	50	430	55	5	30	7	0	6	6	8
Soup** (8 oz. bowl)	(OZ.)															
Beef Chili	255	360	220	22	8	1.5	71	800	20	5	6	21	80	20	8	20
Black Bean	255	210	10	1	0	0	0	860	39	15	6	12	0	4	10	15
Broccoli Cheddar	255	170	70	9	5	0	25	630	18	1	4	5	25	30	15	2
Chicken Tortilla	227	110	40	4.5	1	0	10	660	12	2	3	6	10	35	8	10
Creamy Chicken & Dumpling	245	150	40	4.5	2	0	35	740	20	3	3	8	20	10	4	6
Creamy Chicken & Wild Rice	240	190	90	11	6	0.5	40	820	16	1	3	7	30	10	6	2
French Onion (includes bread & cheese)	219	150	60	6	3.5	0	15	940	19	1	1	5	110	30	25	2
Homestyle Chicken Noodle	255	110	30	3	1.5	0	30	720	14	1	2	8	15	10	2	4
Loaded Baked Potato	255	210	120	13	7	0	35	800	15	1	4	5	6	4	6	2
Tomato Basil	236	130	60	6	3.5	0	20	700	15	2	7	4	6	20	10	6

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from Subway® 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.

*Trans fat is naturally occurring.