

hot honey

chicken range



Hot Honey Nutritional Information AU
October 8 - November 16, 2025



Australia nutrition information per serve

October 2025

AVG QTY Per Serve	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Subway® Subs										
Values include white bread, hot honey chicken tenders, mozzarella cheese, lettuce, tomato, onion, cucumber, hot honey sauce.										
Hot Honey Chicken Subway 6-Inch® Sub	259	1960	468	20.5	14.5	4.2	62.3	17.5	2.8	615
Hot Honey Chicken Subway Footlong® Sub	518	3920	936	40.9	29.0	8.5	124.5	34.9	5.6	1230
Wraps										
Values include flour wrap, hot honey chicken tenders, mozzarella cheese, lettuce, tomato, onion, cucumber, hot honey sauce.										
Hot Honey Chicken Wrap (Regular)	267	2090	500	19.3	18.1	7.0	63.5	15.7	2.6	755
Hot Honey Chicken Wrap (Large)	469	3360	804	33.2	31.3	11.3	95.5	30.7	3.8	1180
Salads										
Values include hot honey chicken tenders, mozzarella cheese, lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive, hot honey sauce.										
Hot Honey Chicken Salad (Regular)	295	1230	293	14.1	12.8	4.0	29.6	16.9	2.5	421
Hot Honey Chicken Salad (Large)	490	2400	573	27.3	25.5	8.0	57.3	31.8	3.9	832

Nutrition information compiled from approved food manufacturers, independent laboratories and the USDA National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Australia nutrition information per serve

October 2025

	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per Serve										
Snacks										
Hot Honey Chicken Tenders (with Hot Honey Sauce)	141	1240	296	14.1	12.8	2.1	30.9	14.1	0.0	411
Meat, Poultry										
Hot Honey Chicken Tender (amount on a Subway 6-Inch® Sub, reg wrap, reg salad)	80	694	166	9.4	8.4	1.4	13.3	2.6	0.0	218
Hot Honey Chicken Tender (amount on a Subway Footlong® Sub, large wrap, large salad)	160	1390	332	18.7	16.8	2.7	26.6	5.1	0.0	435
Sauces										
Hot Honey Sauce (amount on a Subway 6-Inch® Sub, reg wrap, reg salad)	21	196	47	0.0	0.2	0.0	11.0	10.3	0.0	84
Hot Honey Sauce (amount on a Subway Footlong® Sub, large wrap, large salad)	42	392	94	0.1	0.4	0.0	21.9	20.6	0.0	168

Nutrition information compiled from approved food manufacturers, independent laboratories and the USDA National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Australia nutrition information per 100g

October 2025

	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per 100g										
Subway® Subs										
Values include white bread, hot honey chicken tenders, mozzarella cheese, lettuce, tomato, onion, cucumber, hot honey sauce.										
Hot Honey Chicken Sub	100	757	181	7.9	5.6	1.6	24.0	6.7	1.1	237
Wraps										
Values include flour wrap, hot honey chicken tenders, mozzarella cheese, lettuce, tomato, onion, cucumber, hot honey sauce.										
Hot Honey Chicken Wrap (Regular)	100	783	187	7.2	6.8	2.6	23.8	5.9	1.0	283
Hot Honey Chicken Wrap (Large)	100	716	171	7.1	6.7	2.4	20.4	6.5	0.8	252
Salads										
Values include hot honey chicken tenders, mozzarella cheese, lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive, hot honey sauce.										
Hot Honey Chicken Salad (Regular)	100	417	99	4.8	4.3	1.4	10.0	5.7	0.9	143
Hot Honey Chicken Salad (Large)	100	490	117	5.6	5.2	1.6	11.7	6.5	0.8	170

Nutrition information compiled from approved food manufacturers, independent laboratories and the USDA National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Australia nutrition information per 100g

October 2025

AVG QTY Per 100g	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Snacks										
Hot Honey Chicken Tenders (with Hot Honey Sauce)	100	878	210	10.0	9.1	1.5	21.9	10.0	0.0	291
Meat, Poultry										
Hot Honey Chicken Tender	100	868	207	11.7	10.5	1.7	16.6	3.2	0.0	272
Sauces										
Hot Honey Sauce	100	933	223	0.2	1.0	0.1	52.2	49.0	0.0	401

Nutrition information compiled from approved food manufacturers, independent laboratories and the USDA National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Australia Ingredient Information for People with Food Allergies and Sensitivities

October 2025

Australia Ingredient Information for People with Food Allergies and Sensitivities

October 2025

	Egg	Fish	Milk	Peanuts	Sesame	Crustaceans	Mollusc	Soy	Tree Nuts^	Lupin	Wheat	Gluten	Sulphites	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/ Nitrates
Subway® Subs	With white bread, hot honey chicken tenders, mozzarella cheese, lettuce, tomato, onion, cucumber, hot honey sauce.														
Hot Honey Chicken	*		•		*			•			•	•	*	•	
Wraps	With flour wrap, Hot honey chicken tenders, mozzarella cheese, lettuce, tomato, onion, cucumber, hot honey sauce.														
Hot Honey Chicken			•					•			•	•		•	
Salads	With hot honey chicken tenders, mozzarella cheese, lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive, hot honey sauce.														
Hot Honey Chicken			•					•			•	•		•	
Snacks	With hot honey sauce														
Hot Honey Chicken Tenders								•			•	•		•	
Meat, Poultry															
Hot Honey Chicken Tender								•			•	•		•	
Sauces															
Hot Honey Sauce															

• Contains

* May be present

¹Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

[^]Almond, Brazil Nut, Cashew, Hazelnut, Macadamia Nut, Pecan, Pine Nut, Pistachio, Walnut. Please visit our website - www.subway.com.au for the Product Ingredients Guide for full declaration.

This list is compiled based on product information provided by Subway® approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include regional or special promotional items as ingredients vary. We go to great lengths to identify allergens in the food we prepare. However, we are unable to guarantee that any items sold are free from the listed allergens. There is always a risk that allergens may be transferred to items from our menu during processing, storage or preparation in our restaurants. Individual food items may come into contact with one another and this is not reflected on the Allergen Guide.

Australia Product Ingredients

October 2025

Australia Product Ingredients

October 2025

This list is compiled based on product information provided by Subway® approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This list does not include regional or special promotional items as ingredients vary.

	Ingredients List	Contains	May Contain
Meat, Poultry			
Hot Honey Chicken Tender	Chicken (56%), Coating (Wheat Flour, Thickener (1412), Breadcrumbs (Wheat Flour, Vegetable Oil, Yeast, Salt, Sugar, Food Acid (300)), Puffed Crumb (Rice Flour, Sugar, Salt, Emulsifier (471)), Fructose, Yeast Extract, Flavours, Spices (Chilli, Cayenne Pepper), Food Acids (330, 262), Raising Agent (500), Dehydrated Vegetables (Onion, Celery)), Water, Batter (Wheat Flour, Salt, Wheat Gluten , Colour (160c)), Vegetable Oil, Marinades (Cayenne Pepper, Honey Powder (0.08%), Yeast Extract, Soy Protein, Capsicum Oleoresin), Predust Powder (Wheat Flour, Yeast Extract, Spices (Celery, Chilli), Dehydrated Vegetable (Onion)).	Wheat, Gluten, Soy.	Egg, Milk.
Sauces			
Hot Honey Sauce	Sugar, Water, Honey (11%), Vinegar, Thickeners (1422, 415), Salt, Vegetable Oil, Spices (Includes Chilli (<1%)), Dehydrated Vegetables (Onion, Garlic), Honey Powder, Preservative (202), Colour (150a), Spice Extract (Capsicum Oleoresin).		

* Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website - www.subway.com.au for more information.