



AUSTRALIA NUTRITION INFORMATION

June 2022

| | Serving Size (g) | Energy (kJ) | Energy (cal) | Protein (g) | Fat, Total (g) | Sat. Fat (g) | Carb. (g) | Sugars (g) | Dietary Fiber (g) | Sodium (mg) |
|--|------------------|-------------|--------------|-------------|----------------|--------------|-----------|------------|-------------------|-------------|
| AVG QTY Per Serve | | | | | | | | | | |
| Subway 6-Inch® Subs | | | | | | | | | | |
| Values include white bread, lettuce, spinach, tomatoes cucumbers, onions and capsicum | | | | | | | | | | |
| Buffalo Chicken | 243 | 1240 | 296 | 23.1 | 4.1 | 1.0 | 41.4 | 7.5 | 4.0 | 1100 |
| Chicken and Bacon Ranch Melt (with Mozzarella Cheese) | 277 | 1840 | 440 | 29.0 | 18.6 | 5.9 | 39.9 | 5.8 | 4.0 | 947 |
| Chicken Classic | 218 | 1460 | 350 | 18.0 | 11.0 | 3.1 | 43.1 | 5.3 | 3.0 | 809 |
| Chicken Schnitzel | 245 | 1650 | 395 | 25.6 | 11.8 | 2.0 | 45.0 | 5.3 | 3.0 | 553 |
| Chicken Strips | 222 | 1170 | 281 | 22.8 | 4.0 | 0.9 | 38.5 | 5.3 | 3.9 | 517 |
| Chicken Teriyaki | 243 | 1300 | 310 | 22.8 | 4.1 | 0.9 | 45.5 | 10.7 | 3.9 | 709 |
| Italian B.M.T.® (with Salami, Pepperoni and Leg Ham) | 216 | 1570 | 376 | 20.2 | 14.8 | 5.3 | 39.7 | 5.7 | 3.0 | 1010 |
| Leg Ham | 201 | 1070 | 256 | 15.5 | 3.8 | 0.9 | 39.2 | 5.9 | 3.0 | 683 |
| Meatball Melt (with Mozzarella and Marinara Sauce) | 297 | 1920 | 458 | 22.0 | 19.4 | 8.3 | 48.3 | 9.9 | 4.6 | 764 |
| Pizza Melt (with Salami, Pepperoni, Mozzarella and Marinara Sauce) | 229 | 1730 | 415 | 19.9 | 18.2 | 7.6 | 41.4 | 6.6 | 3.6 | 929 |
| Roast Beef | 206 | 1120 | 267 | 16.6 | 3.8 | 1.0 | 39.2 | 5.7 | 3.0 | 510 |
| Seafood Sensation™ (with Mayonnaise) | 229 | 1420 | 338 | 11.4 | 10.7 | 2.0 | 47.0 | 5.7 | 3.0 | 665 |
| Smashed Falafel | 233 | 1570 | 375 | 15.0 | 8.2 | 1.3 | 55.5 | 8.6 | 6.2 | 911 |
| Steak Melt (with Mozzarella Cheese) | 236 | 1520 | 364 | 24.1 | 10.4 | 4.4 | 40.4 | 5.5 | 3.4 | 850 |
| Tuna & Mayo (with Mayonnaise) | 222 | 1360 | 325 | 18.6 | 9.9 | 1.7 | 38.9 | 4.7 | 3.0 | 498 |
| Turkey | 210 | 1100 | 263 | 17.2 | 3.3 | 0.7 | 39.1 | 5.6 | 3.2 | 548 |
| Veggie Delite® with Avo | 193 | 1130 | 271 | 9.5 | 7.6 | 1.0 | 41.4 | 4.7 | 3.0 | 249 |
| Veggie Patty | 248 | 1690 | 404 | 16.0 | 11.7 | 2.2 | 54.4 | 7.3 | 9.2 | 573 |
| Values include white bread, lettuce and tomatoes | | | | | | | | | | |
| BLT (with Bacon) | 143 | 1100 | 262 | 10.9 | 7.2 | 2.3 | 36.7 | 4.2 | 2.5 | 452 |
| Mini Subs | | | | | | | | | | |
| Values include white bread, lettuce, spinach, tomatoes, cucumbers, onions and capsicum | | | | | | | | | | |
| Turkey | 130 | 695 | 166 | 10.0 | 2.1 | 0.4 | 25.7 | 3.5 | 2.1 | 315 |
| Leg Ham | 125 | 680 | 163 | 9.1 | 2.3 | 0.5 | 25.8 | 3.6 | 2.0 | 383 |
| Roast Beef | 136 | 742 | 177 | 11.1 | 2.5 | 0.7 | 26.0 | 3.8 | 2.0 | 340 |
| Veggie Delite® with Avo | 129 | 763 | 182 | 6.4 | 5.3 | 0.7 | 27.6 | 3.1 | 2.0 | 166 |
| Breakfast | | | | | | | | | | |
| Values include white bread, spinach, tomatoes, onions and capsicum | | | | | | | | | | |
| Bacon and Egg (with Cheddar Cheese) | 201 | 1620 | 387 | 20.1 | 16.5 | 6.5 | 38.3 | 4.6 | 2.7 | 624 |
| Egg and Cheese (Cheddar) | 181 | 1380 | 329 | 17.1 | 11.5 | 4.5 | 38.1 | 4.4 | 2.7 | 414 |
| Ham, Egg and Cheese (Cheddar) | 224 | 1570 | 376 | 23.6 | 13.2 | 5.1 | 39.4 | 5.5 | 2.7 | 848 |
| Ham, Tomato and Cheese (Cheddar) | 180 | 1290 | 307 | 18.6 | 8.5 | 3.8 | 38.6 | 5.3 | 2.7 | 782 |
| Snacks | | | | | | | | | | |
| Avocado Toastie (on White Bread) | 137 | 1310 | 312 | 9.7 | 12.6 | 1.5 | 42.2 | 2.7 | 1.8 | 239 |
| Cheesy Garlic Toastie (on White Bread) | 123 | 1540 | 369 | 14.5 | 16.2 | 6.9 | 40.6 | 4.0 | 2.3 | 782 |
| Chipotle Quesadilla (on Wrap with Mozzarella Cheese) | 94.0 | 1180 | 281 | 8.4 | 18.5 | 7.0 | 21.2 | 1.9 | 1.2 | 431 |
| FitChips® (selected locations only) | 190 | 1170 | 279 | 6.5 | 7.0 | 0.6 | 44.7 | 2.5 | 5.3 | 106 |
| Garlic & Herb Toastie (on White Bread) | 93.0 | 1130 | 271 | 8.2 | 8.4 | 1.5 | 39.4 | 3.8 | 2.1 | 632 |
| Ham, Cheese & Tomato Jaffle (on White Bread with Mayonnaise) | 129 | 1170 | 278 | 13.0 | 10.8 | 3.8 | 31.8 | 3.5 | 1.9 | 553 |
| Meatball Mozza Pot (with Marinara Sauce) | 194 | 1350 | 322 | 17.5 | 22.0 | 9.4 | 15.0 | 7.6 | 2.3 | 702 |
| Cookies & Sides | | | | | | | | | | |
| Chocolate Chip Cookie | 45.0 | 955 | 228 | 2.1 | 10.8 | 5.6 | 31.4 | 19.3 | 1.2 | 165 |
| Chocolate Chip Rainbow Cookie | 45.0 | 884 | 211 | 2.0 | 9.7 | 4.9 | 29.4 | 17.2 | 0.8 | 103 |
| Double Chocolate Chip Cookie | 45.0 | 886 | 212 | 2.0 | 9.5 | 5.4 | 30.0 | 19.9 | 1.1 | 165 |

| | Serving Size (g) | Energy (kJ) | Energy (cal) | Protein (g) | Fat, Total (g) | Sat. Fat (g) | Carb. (g) | Sugars (g) | Dietary Fiber (g) | Sodium (mg) |
|---|------------------|-------------|--------------|-------------|----------------|--------------|-----------|------------|-------------------|-------------|
| AVG QTY Per Serve | | | | | | | | | | |
| Raspberry Cheesecake Cookie | 45.0 | 853 | 204 | 2.0 | 8.8 | 5.0 | 29.5 | 15.8 | 0.5 | 176 |
| White Chip Macadamia Nut Cookie | 45.0 | 970 | 232 | 2.1 | 11.5 | 5.7 | 30.7 | 18.9 | 0.7 | 178 |
| Fruit Powerz Apple & Strawberry Puree | 90.0 | 196 | 47 | 0.5 | 0.2 | 0.1 | 9.5 | 8.3 | 2.1 | 4.5 |
| Puree & Simple, Apple & Strawberry | 90.0 | 213 | 51.0 | 0.7 | 0.1 | 0.0 | 10.9 | 10.0 | 1.4 | 11.0 |
| Breads | | | | | | | | | | |
| Subway 6-Inch® Wheat Bread | 69.0 | 814 | 195 | 7.5 | 2.1 | 0.3 | 35.0 | 2.6 | 2.7 | 271 |
| Subway 6-Inch® White Bread | 67.0 | 817 | 195 | 7.4 | 2.1 | 0.3 | 35.2 | 2.7 | 1.8 | 239 |
| Subway 6-Inch® Malted Rye Bread | 79.0 | 1020 | 244 | 10.6 | 4.5 | 0.7 | 37.8 | 2.6 | 4.7 | 364 |
| Subway 6-Inch® Italian Herbs & Cheese Bread | 78.4 | 976 | 233 | 9.4 | 4.5 | 2.0 | 37.4 | 2.8 | 2.1 | 424 |
| Mini Wheat Bread | 46.0 | 542 | 130 | 5.0 | 1.4 | 0.2 | 23.3 | 1.7 | 1.8 | 181 |
| Mini White Bread | 44.7 | 545 | 130 | 5.0 | 1.4 | 0.2 | 23.5 | 1.8 | 1.2 | 159 |
| Wrap, Flour (regular) | 75.0 | 952 | 228 | 6.3 | 5.8 | 3.1 | 36.5 | 0.9 | 1.6 | 379 |
| Wrap, Flour (large) | 85.0 | 1080 | 258 | 7.1 | 6.5 | 3.5 | 41.3 | 1.1 | 1.8 | 429 |
| Wrap, Gluten Free * | 85.0 | 876 | 209 | 4.2 | 4.6 | 0.6 | 35.6 | 1.4 | 3.8 | 310 |
| Wrap, Multigrain | 75.0 | 885 | 212 | 7.3 | 4.7 | 2.0 | 33.2 | 1.6 | 3.6 | 416 |
| Meat, Poultry, Egg, Seafood & Vegetarian | | | | | | | | | | |
| Amount on Subway 6-Inch® sub | | | | | | | | | | |
| Bacon, Smoky | 20.0 | 240 | 57.4 | 3.0 | 5.0 | 2.0 | 0.2 | 0.2 | 0.0 | 210 |
| Buffalo Chicken | 85.0 | 351 | 83.9 | 14.7 | 1.8 | 0.6 | 3.5 | 2.8 | 1.0 | 848 |
| Chicken Classic | 60.0 | 574 | 137 | 9.6 | 8.7 | 2.7 | 5.2 | 0.6 | 0.0 | 560 |
| Chicken Schnitzel | 87.0 | 765 | 183 | 17.2 | 9.5 | 1.7 | 7.1 | 0.6 | 0.0 | 305 |
| Chicken Strips | 64.0 | 285 | 68.2 | 14.4 | 1.7 | 0.6 | 0.6 | 0.5 | 0.9 | 269 |
| Chicken Teriyaki | 85.0 | 408 | 97.5 | 14.4 | 1.8 | 0.6 | 7.6 | 5.9 | 0.9 | 460 |
| Leg Ham | 43.0 | 181 | 43.4 | 7.1 | 1.5 | 0.6 | 1.3 | 1.1 | 0.0 | 434 |
| Meatball with Marinara Sauce | 125 | 834 | 199 | 10.7 | 13.4 | 5.4 | 9.8 | 5.1 | 1.5 | 446 |
| Pepperoni | 18.0 | 297 | 71.0 | 4.1 | 5.9 | 2.3 | 0.6 | 0.2 | 0.0 | 270 |
| Poached Egg | 44.0 | 275 | 65.6 | 5.6 | 4.4 | 1.3 | 0.8 | 0.2 | 0.0 | 66.0 |
| Roast Beef | 48.0 | 229 | 54.8 | 8.3 | 1.5 | 0.7 | 1.2 | 1.0 | 0.0 | 261 |
| Salami | 18.0 | 297 | 71.0 | 4.1 | 5.9 | 2.3 | 0.6 | 0.2 | 0.0 | 270 |
| Seafood Sensation™ (with Mayonnaise) | 71.0 | 528 | 126 | 3.0 | 8.4 | 1.6 | 9.1 | 0.9 | 0.0 | 416 |
| Smashed Falafel | 75.0 | 682 | 163 | 6.6 | 5.9 | 1.0 | 17.6 | 3.8 | 3.2 | 662 |
| Steak, Diced | 64.0 | 443 | 106 | 12.8 | 4.5 | 1.5 | 2.0 | 0.7 | 0.3 | 531 |
| Tuna & Mayo (with Mayonnaise) | 64.0 | 471 | 113 | 10.2 | 7.6 | 1.3 | 1.0 | 0.0 | 0.0 | 249 |
| Turkey, Sliced | 52.0 | 211 | 50.5 | 8.8 | 1.0 | 0.3 | 1.2 | 0.8 | 0.3 | 300 |
| Veggie Patty | 90.0 | 803 | 192 | 7.6 | 9.4 | 1.8 | 16.5 | 2.5 | 6.2 | 324 |
| Sauces & Dressings | | | | | | | | | | |
| Amount on Subway 6-Inch® sub | | | | | | | | | | |
| Blue Cheese Dressing | 15.0 | 268 | 64.2 | 0.3 | 6.5 | 0.6 | 1.3 | 0.8 | 0.1 | 180 |
| Chipotle Southwest Sauce | 21.0 | 389 | 92.9 | 0.6 | 10.1 | 1.6 | 1.2 | 0.9 | 0.0 | 134 |
| Garlic Aioli | 21.0 | 246 | 58.7 | 0.3 | 5.8 | 0.9 | 1.6 | 1.0 | 0.0 | 187 |
| Habanero Hot Sauce | 15.0 | 82.5 | 19.7 | 0.1 | 0.0 | 0.0 | 4.6 | 3.7 | 0.1 | 320 |
| Honey Mustard Sauce | 21.0 | 124 | 29.6 | 0.3 | 0.3 | 0.0 | 6.5 | 4.4 | 0.0 | 94.5 |
| Marinara Sauce | 21.0 | 59.9 | 14.3 | 0.3 | 0.5 | 0.1 | 1.8 | 1.4 | 0.5 | 70.4 |
| Mayonnaise | 15.0 | 184 | 43.9 | 0.1 | 4.6 | 0.7 | 0.6 | 0.0 | 0.0 | 65.8 |
| Ranch Dressing | 21.0 | 235 | 56.2 | 0.3 | 6.0 | 0.5 | 0.6 | 0.2 | 0.0 | 149 |
| Smoky BBQ Sauce | 21.0 | 131 | 31.3 | 0.2 | 0.2 | 0.2 | 7.5 | 5.7 | 0.2 | 172 |
| Spicy Mayonnaise | 15.0 | 157 | 37.6 | 0.2 | 7.4 | 0.6 | 1.7 | 1.4 | 0.1 | 153 |
| Sweet Chilli Sauce | 21.0 | 165 | 39.5 | 0.0 | 0.1 | 0.0 | 9.6 | 9.1 | 0.0 | 185 |
| Sweet Onion Sauce | 21.0 | 155 | 38.6 | 0.1 | 0.1 | 0.0 | 9.1 | 7.9 | 0.1 | 73.5 |
| Thousand Island Dressing | 21.0 | 298 | 71.3 | 0.2 | 5.7 | 0.9 | 5.0 | 4.3 | 0.1 | 94.5 |
| Tomato Sauce | 21.0 | 101.8 | 24.3 | 0.3 | 0.0 | 0.0 | 5.4 | 5.1 | 0.0 | 187 |
| Cheeses | | | | | | | | | | |
| Amount on Subway 6-Inch® sub | | | | | | | | | | |
| Mozzarella Cheese (shredded) | 14.0 | 192 | 45.8 | 2.9 | 3.6 | 2.5 | 0.6 | 0.1 | 0.1 | 70.0 |
| Natural Cheddar Cheese (slices) | 14.3 | 236 | 56.4 | 3.4 | 4.8 | 2.9 | 0.1 | 0.1 | 0.0 | 102 |

| | Serving Size (g) | Energy (kJ) | Energy (cal) | Protein (g) | Fat, Total (g) | Sat. Fat (g) | Carb. (g) | Sugars (g) | Dietary Fiber (g) | Sodium (mg) |
|--|---|-------------|--------------|-------------|----------------|--------------|-----------|------------|-------------------|-------------|
| AVG QTY Per Serve | | | | | | | | | | |
| Old English Style Processed Cheese (slices) | 11.4 | 161 | 38.4 | 2.3 | 3.0 | 2.1 | 0.6 | 0.3 | 0.0 | 217 |
| Vegetables | Amount on Subway 6-Inch® sub | | | | | | | | | |
| Avocado | 35.0 | 244 | 58.3 | 1.2 | 5.3 | 0.6 | 3.5 | 0.0 | 0.0 | 0.00 |
| Beetroot (Selected Locations Only) | 21.0 | 49.3 | 11.8 | 0.2 | 0.0 | 0.0 | 2.5 | 2.3 | 0.5 | 52.5 |
| Capsicum (3 strips) | 7.0 | 5.9 | 1.4 | 0.1 | 0.0 | 0.0 | 0.2 | 0.2 | 0.1 | 0.21 |
| Carrots | 7.0 | 12.0 | 2.9 | 0.1 | 0.0 | 0.0 | 0.5 | 0.3 | 0.2 | 4.8 |
| Cucumbers (3 slices) | 14.0 | 8.8 | 2.1 | 0.1 | 0.0 | 0.0 | 0.4 | 0.2 | 0.1 | 0.28 |
| Jalapeno Peppers (3 rings) | 4.0 | 6.7 | 1.6 | 0.1 | 0.0 | 0.0 | 0.2 | 0.2 | 0.1 | 67.6 |
| Lettuce | 21.0 | 12.3 | 2.9 | 0.2 | 0.0 | 0.0 | 0.4 | 0.4 | 0.3 | 2.1 |
| Onions | 7.0 | 11.7 | 2.8 | 0.1 | 0.0 | 0.0 | 0.5 | 0.3 | 0.1 | 0.28 |
| Olives (3 rings) | 3.0 | 16.1 | 3.8 | 0.0 | 0.3 | 0.1 | 0.2 | 0.0 | 0.1 | 26.4 |
| Pickles (3 wheels) | 9.5 | 5.9 | 1.4 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.1 | 114 |
| Pineapple (Selected Locations Only) | 20.0 | 50.2 | 12.0 | 0.1 | 0.0 | 0.0 | 3.6 | 3.2 | 0.2 | 1.5 |
| Spinach | 7.0 | 6.4 | 1.5 | 0.2 | 0.0 | 0.0 | 0.2 | 0.0 | 0.2 | 5.5 |
| Tomatoes (3 wheels) | 35.0 | 26.4 | 6.3 | 0.3 | 0.1 | 0.0 | 0.9 | 0.9 | 0.4 | 1.8 |
| Seasonings | Amount on Subway 6-Inch® sub | | | | | | | | | |
| Pepper | 1.0 | 12.1 | 2.9 | 0.1 | 0.0 | 0.0 | 0.4 | 0.0 | 0.0 | 0.25 |
| Salt | 1.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 391 |
| PROMOTIONAL ITEMS | | | | | | | | | | |
| Subway® BBQ Pulled Pork | Values include lettuce, onions, pickles, carrots, BBQ sauce on italian herb & cheese bread | | | | | | | | | |
| Subway 6-Inch® BBQ Pulled Pork | 208 | 1920 | 460 | 24.1 | 14.9 | 6.2 | 56.0 | 15.6 | 3.0 | 1330 |
| Subway® BBQ Pulled Pork with Bacon | Values include lettuce, onions, jalapeno peppers, carrots, spicy mayonnaise, sliced cheddar cheese on white bread | | | | | | | | | |
| Subway 6-Inch® BBQ Pulled Pork with Bacon | 222 | 2310 | 553 | 29.3 | 30.4 | 10.3 | 48.5 | 11.7 | 2.6 | 1410 |
| Meat, Poultry, Egg, Seafood | | | | | | | | | | |
| Pulled Pork (amount on a Subway 6-Inch® Sub) | 64.0 | 774 | 185 | 14.2 | 10.1 | 4.0 | 9.6 | 6.0 | 0.0 | 612 |

Nutrition information compiled using nutrition analysis 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.

Double values for approximate Subway Footlong® sub nutrition values.

*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.



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June 2022

| | Serving Size (g) | Energy (kJ) | Energy (cal) | Protein (g) | Fat, Total (g) | Sat. Fat (g) | Carb. (g) | Sugars (g) | Dietary Fiber (g) | Sodium (mg) |
|--|------------------|-------------|--------------|-------------|----------------|--------------|-----------|------------|-------------------|-------------|
| AVG QTY Per 100g | | | | | | | | | | |
| Subway 6-Inch® Subs | | | | | | | | | | |
| Values include white bread, lettuce, spinach, tomatoes cucumbers, onions and capsicum | | | | | | | | | | |
| Buffalo Chicken | 100 | 510 | 122 | 9.5 | 1.7 | 0.4 | 17.1 | 3.1 | 1.7 | 453 |
| Chicken and Bacon Ranch Melt (with Mozzarella Cheese) | 100 | 664 | 159 | 10.5 | 6.7 | 2.1 | 14.4 | 2.1 | 1.5 | 342 |
| Chicken Classic | 100 | 670 | 160 | 8.2 | 5.0 | 1.4 | 19.8 | 2.4 | 1.4 | 371 |
| Chicken Schnitzel | 100 | 673 | 161 | 10.5 | 4.8 | 0.8 | 18.4 | 2.2 | 1.2 | 226 |
| Chicken Strips | 100 | 527 | 126 | 10.3 | 1.8 | 0.4 | 17.4 | 2.4 | 1.7 | 233 |
| Chicken Teriyaki | 100 | 535 | 128 | 9.4 | 1.7 | 0.4 | 18.7 | 4.4 | 1.6 | 292 |
| Italian B.M.T.® (with Salami, Pepperoni and Leg Ham) | 100 | 729 | 175 | 9.4 | 6.9 | 2.5 | 18.4 | 2.6 | 1.4 | 469 |
| Leg Ham | 100 | 532 | 127 | 7.7 | 1.9 | 0.5 | 19.5 | 2.9 | 1.5 | 340 |
| Meatball Melt (with Mozzarella and Marinara Sauce) | 100 | 646 | 154 | 7.4 | 6.5 | 2.8 | 16.3 | 3.3 | 1.5 | 257 |
| Pizza Melt (with Salami, Pepperoni, Mozzarella and Marinara Sauce) | 100 | 755 | 181 | 8.7 | 8.0 | 3.3 | 18.1 | 2.9 | 1.6 | 406 |
| Roast Beef | 100 | 544 | 130 | 8.1 | 1.8 | 0.5 | 19.0 | 2.8 | 1.4 | 247 |
| Seafood Sensation™ (with Mayonnaise) | 100 | 620 | 148 | 5.0 | 4.7 | 0.9 | 20.5 | 2.5 | 1.3 | 290 |
| Smashed Falafel | 100 | 674 | 161 | 6.4 | 3.5 | 0.6 | 23.8 | 3.7 | 2.7 | 391 |
| Steak Melt (with Mozzarella Cheese) | 100 | 644 | 154 | 10.2 | 4.4 | 1.9 | 17.1 | 2.3 | 1.4 | 360 |
| Tuna & Mayo (with Mayonnaise) | 100 | 613 | 146 | 8.4 | 4.5 | 0.7 | 17.5 | 2.1 | 1.3 | 224 |
| Turkey | 100 | 524 | 125 | 8.2 | 1.6 | 0.3 | 18.6 | 2.7 | 1.5 | 261 |
| Veggie Delite® with Avo | 100 | 585 | 140 | 4.9 | 3.9 | 0.5 | 21.5 | 2.5 | 1.5 | 129 |
| Veggie Patty | 100 | 681 | 163 | 6.4 | 4.7 | 0.9 | 21.9 | 2.9 | 3.7 | 231 |
| BLT (with Bacon) | | | | | | | | | | |
| Values include white bread, lettuce and tomatoes | | | | | | | | | | |
| BLT (with Bacon) | 100 | 769 | 183 | 7.7 | 5.1 | 1.6 | 25.7 | 3.0 | 1.7 | 316 |
| Mini Subs | | | | | | | | | | |
| Values include white bread, lettuce, spinach, tomatoes, cucumbers, onions and capsicum | | | | | | | | | | |
| Turkey | 100 | 536 | 128 | 7.7 | 1.6 | 0.3 | 19.9 | 2.7 | 1.6 | 243 |
| Leg Ham | 100 | 544 | 130 | 7.3 | 1.8 | 0.4 | 20.6 | 2.9 | 1.6 | 306 |
| Roast Beef | 100 | 547 | 131 | 8.2 | 1.9 | 0.5 | 19.1 | 2.8 | 1.4 | 251 |
| Veggie Delite® with Avo | 100 | 594 | 142 | 5.0 | 4.1 | 0.5 | 21.5 | 2.4 | 1.5 | 129 |
| Breakfast | | | | | | | | | | |
| Values include white bread, spinach, tomatoes, onions and capsicum | | | | | | | | | | |
| Bacon and Egg (with Cheddar Cheese) | 100 | 805 | 192 | 10.0 | 8.2 | 3.2 | 19.0 | 2.3 | 1.3 | 310 |
| Egg and Cheese (Cheddar) | 100 | 761 | 182 | 9.4 | 6.3 | 2.5 | 21.0 | 2.4 | 1.5 | 228 |
| Ham, Egg and Cheese (Cheddar) | 100 | 700 | 168 | 10.5 | 5.9 | 2.3 | 17.6 | 2.5 | 1.2 | 378 |
| Ham, Tomato and Cheese (Cheddar) | 100 | 715 | 170 | 10.3 | 4.7 | 2.1 | 21.4 | 3.0 | 1.5 | 434 |
| Snacks | | | | | | | | | | |
| Avocado Toastie (on White Bread) | 100 | 956 | 228 | 7.1 | 9.2 | 1.1 | 30.8 | 2.0 | 1.3 | 174 |
| Cheesy Garlic Toastie (on White Bread) | 100 | 1250 | 300 | 11.8 | 13.1 | 5.6 | 33.0 | 3.2 | 1.9 | 636 |
| Chipotle Quesadilla (on Wrap with Mozzarella Cheese) | 100 | 1260 | 299 | 8.9 | 19.7 | 7.4 | 22.6 | 2.1 | 1.3 | 458 |
| FitChips® (selected locations only) | 100 | 620 | 147 | 3.4 | 3.7 | 0.3 | 23.5 | 1.3 | 2.8 | 56.0 |
| Garlic & Herb Toastie (on White Bread) | 100 | 1220 | 291 | 8.8 | 9.0 | 1.6 | 42.4 | 4.1 | 2.2 | 680 |
| Ham, Cheese & Tomato Jaffle (on White Bread with Mayonnaise) | 100 | 910 | 216 | 10.1 | 8.4 | 3.0 | 24.7 | 2.7 | 1.5 | 429 |
| Meatball Mozza Pot (with Marinara Sauce) | 100 | 700 | 166 | 9.0 | 11.3 | 4.8 | 7.7 | 3.9 | 1.2 | 362 |
| Cookies & Sides | | | | | | | | | | |
| Chocolate Chip Cookie | 100 | 2120 | 507 | 4.7 | 23.9 | 12.4 | 69.8 | 42.9 | 2.7 | 367 |
| Chocolate Chip Rainbow Cookie | 100 | 1960 | 469 | 4.4 | 21.6 | 10.8 | 65.4 | 38.3 | 1.8 | 230 |

| | Serving Size (g) | Energy (kJ) | Energy (cal) | Protein (g) | Fat, Total (g) | Sat. Fat (g) | Carb. (g) | Sugars (g) | Dietary Fiber (g) | Sodium (mg) |
|---|------------------|-------------|--------------|-------------|----------------|--------------|-----------|------------|-------------------|-------------|
| AVG QTY Per 100g | | | | | | | | | | |
| Double Chocolate Chip Cookie | 100 | 1970 | 471 | 4.4 | 21.1 | 12.0 | 66.8 | 44.3 | 2.5 | 367 |
| Raspberry Cheesecake Cookie | 100 | 1900 | 453 | 4.4 | 19.6 | 11.1 | 65.5 | 35.2 | 1.1 | 390 |
| White Chip Macadamia Nut Cookie | 100 | 2160 | 515 | 4.6 | 25.5 | 12.6 | 68.3 | 42.1 | 1.6 | 395 |
| Fruit Powerz Apple & Strawberry Puree | 100 | 220 | 52 | 0.6 | 0.2 | 0.1 | 10.5 | 9.2 | 2.3 | 5.0 |
| Puree & Simple, Apple & Strawberry | 100 | 237 | 56.7 | 0.8 | 0.1 | 0.0 | 12.1 | 11.1 | 1.6 | 12.2 |
| Breads | | | | | | | | | | |
| Wheat Bread | 100 | 1180 | 282 | 10.9 | 3.0 | 0.5 | 50.7 | 3.8 | 3.9 | 393 |
| White Bread | 100 | 1220 | 292 | 11.1 | 3.2 | 0.5 | 52.5 | 4.0 | 2.7 | 356 |
| Malted Rye Bread | 100 | 1290 | 308 | 13.5 | 5.7 | 0.9 | 47.9 | 3.3 | 5.9 | 461 |
| Italian Herbs & Cheese Bread | 100 | 1240 | 297 | 12.0 | 5.8 | 2.5 | 47.6 | 3.6 | 2.6 | 541 |
| Mini Wheat Bread | 100 | 1180 | 282 | 10.9 | 3.0 | 0.5 | 50.7 | 3.8 | 3.9 | 393 |
| Mini White Bread | 100 | 1220 | 292 | 11.1 | 3.2 | 0.5 | 52.5 | 4.0 | 2.7 | 356 |
| Wrap, Flour (regular) | 100 | 1270 | 304 | 8.4 | 7.7 | 4.1 | 48.6 | 1.2 | 2.1 | 505 |
| Wrap, Flour (large) | 100 | 1270 | 304 | 8.4 | 7.7 | 4.1 | 48.6 | 1.3 | 2.1 | 505 |
| Wrap, Gluten Free * | 100 | 1030 | 246 | 4.9 | 5.4 | 0.7 | 41.9 | 1.7 | 4.5 | 365 |
| Wrap, Multigrain | 100 | 1180 | 282 | 9.7 | 6.2 | 2.7 | 44.3 | 2.1 | 4.8 | 555 |
| Meat, Poultry, Egg, Seafood & Vegetarian | | | | | | | | | | |
| Bacon, Smoky | 100 | 1200 | 287 | 15.0 | 25.0 | 10.0 | 1.2 | 1.2 | 0.1 | 1050 |
| Buffalo Chicken | 100 | 413 | 98.7 | 17.3 | 2.2 | 0.7 | 4.2 | 3.3 | 1.2 | 1000 |
| Chicken Classic | 100 | 957 | 229 | 16.0 | 14.5 | 4.5 | 8.7 | 1.0 | 0.0 | 934 |
| Chicken Schnitzel | 100 | 879 | 210 | 19.8 | 10.9 | 1.9 | 8.2 | 0.7 | 0.0 | 350 |
| Chicken Strips | 100 | 446 | 107 | 22.5 | 2.6 | 0.9 | 1.0 | 0.8 | 1.4 | 420 |
| Chicken Teriyaki | 100 | 480 | 115 | 16.9 | 2.1 | 0.7 | 8.9 | 7.0 | 1.1 | 542 |
| Leg Ham | 100 | 422 | 101 | 16.5 | 3.5 | 1.3 | 3.1 | 2.6 | 0.0 | 1010 |
| Meatball with Marinara Sauce | 100 | 668 | 160 | 8.6 | 10.8 | 4.3 | 7.9 | 4.1 | 1.2 | 357 |
| Pepperoni | 100 | 1650 | 394 | 22.9 | 32.6 | 13.0 | 3.2 | 1.0 | 0.0 | 1500 |
| Poached Egg | 100 | 624 | 149 | 12.8 | 10.1 | 3.0 | 1.9 | 0.4 | 0.0 | 150 |
| Roast Beef | 100 | 478 | 114 | 17.2 | 3.1 | 1.4 | 2.6 | 2.1 | 0.0 | 544 |
| Salami | 100 | 1650 | 394 | 22.9 | 32.6 | 13.0 | 3.2 | 1.0 | 0.0 | 1500 |
| Seafood Sensation™ (with Mayonnaise) | 100 | 740 | 178 | 4.3 | 11.8 | 2.3 | 12.8 | 1.3 | 0.0 | 590 |
| Smashed Falafel | 100 | 910 | 217 | 8.8 | 7.9 | 1.3 | 23.5 | 5.1 | 4.3 | 880 |
| Steak, Diced | 100 | 692 | 165 | 20.0 | 7.0 | 2.4 | 3.1 | 1.1 | 0.4 | 830 |
| Tuna & Mayo (with Mayonnaise) | 100 | 737 | 176 | 16.0 | 11.9 | 2.0 | 1.6 | 0.0 | 0.0 | 389 |
| Turkey, Sliced | 100 | 406 | 97.0 | 17.0 | 2.0 | 0.6 | 2.3 | 1.6 | 0.5 | 576 |
| Veggie Patty | 100 | 892 | 213 | 8.4 | 10.4 | 2.0 | 18.3 | 2.8 | 6.9 | 360 |
| Sauces & Dressings | | | | | | | | | | |
| Blue Cheese Dressing | 100 | 1790 | 428 | 1.9 | 43.3 | 4.3 | 8.7 | 5.4 | 0.5 | 1200 |
| Chipotle Southwest Sauce | 100 | 1850 | 442 | 2.9 | 48.0 | 7.7 | 5.6 | 4.4 | 0.0 | 636 |
| Garlic Aioli | 100 | 1170 | 280 | 1.4 | 27.5 | 4.2 | 7.6 | 4.7 | 0.0 | 890 |
| Habanero Hot Sauce | 100 | 550 | 131 | 0.6 | 0.3 | 0.1 | 30.8 | 24.6 | 0.6 | 2130 |
| Honey Mustard Sauce | 100 | 590 | 141 | 1.3 | 1.3 | 0.1 | 30.8 | 20.9 | 0.0 | 450 |
| Marinara Sauce | 100 | 285 | 68.1 | 1.6 | 2.5 | 0.3 | 8.4 | 6.9 | 2.3 | 335 |
| Mayonnaise | 100 | 1220 | 293 | 0.9 | 30.5 | 4.9 | 4.3 | 0.0 | 0.0 | 439 |
| Ranch Dressing | 100 | 1120 | 268 | 1.4 | 28.4 | 2.4 | 2.8 | 1.0 | 0.0 | 710 |
| Smoky BBQ Sauce | 100 | 623 | 149 | 0.8 | 1.0 | 1.0 | 35.8 | 27.2 | 0.9 | 819 |
| Spicy Mayonnaise | 100 | 1050 | 251 | 1.3 | 49.4 | 4.0 | 11.3 | 9.1 | 0.4 | 1020 |
| Sweet Chilli Sauce | 100 | 786 | 188 | 0.2 | 0.3 | 0.1 | 45.7 | 43.1 | 0.0 | 880 |
| Sweet Onion Sauce | 100 | 738 | 184 | 0.5 | 0.6 | 0.1 | 43.5 | 37.8 | 0.4 | 350 |
| Thousand Island Dressing | 100 | 1420 | 339 | 0.8 | 27.1 | 4.3 | 23.9 | 20.5 | 0.6 | 450 |
| Tomato Sauce | 100 | 485 | 116 | 1.3 | 0.1 | 0.0 | 25.5 | 24.3 | 0.0 | 890 |
| Cheeses | | | | | | | | | | |
| Mozzarella Cheese (shredded) | 100 | 1370 | 327 | 21.0 | 26.0 | 18.0 | 4.0 | 0.5 | 0.9 | 500 |

| | Serving Size (g) | Energy (kJ) | Energy (cal) | Protein (g) | Fat, Total (g) | Sat. Fat (g) | Carb. (g) | Sugars (g) | Dietary Fiber (g) | Sodium (mg) |
|---|---|-------------|--------------|-------------|----------------|--------------|-----------|------------|-------------------|-------------|
| AVG QTY Per 100g | | | | | | | | | | |
| Natural Cheddar Cheese (slices) | 100 | 1650 | 394 | 23.8 | 33.3 | 20.0 | 1.0 | 1.0 | 0.0 | 712 |
| Old English Style Processed Cheese (slices) | 100 | 1410 | 337 | 20.2 | 26.3 | 18.3 | 5.5 | 2.5 | 0.0 | 1900 |
| Vegetables | | | | | | | | | | |
| Avocado | 100 | 697 | 167 | 3.3 | 15.0 | 1.7 | 10.0 | 0.0 | 0.0 | 0.0 |
| Beetroot (Selected Locations Only) | 100 | 235 | 56.2 | 0.8 | 0.1 | 0.0 | 11.9 | 10.8 | 2.2 | 250 |
| Capsicum | 100 | 83.7 | 20.0 | 0.9 | 0.2 | 0.1 | 2.9 | 2.4 | 1.7 | 3.0 |
| Carrots | 100 | 172 | 41.0 | 0.9 | 0.2 | 0.0 | 6.8 | 4.7 | 2.8 | 69.0 |
| Cucumbers | 100 | 62.8 | 15.0 | 0.7 | 0.1 | 0.0 | 3.1 | 1.7 | 0.5 | 2.0 |
| Jalapeno Peppers | 100 | 167 | 40.0 | 1.4 | 0.6 | 0.0 | 5.9 | 5.9 | 2.8 | 1690 |
| Lettuce | 100 | 58.6 | 14.0 | 0.9 | 0.1 | 0.0 | 1.8 | 2.0 | 1.2 | 10.0 |
| Onions | 100 | 167 | 40 | 1.1 | 0.1 | 0.0 | 7.6 | 4.2 | 1.7 | 4.0 |
| Olives | 100 | 536 | 128 | 1.0 | 9.5 | 1.7 | 5.1 | 0.9 | 2.9 | 880 |
| Pickles | 100 | 62.4 | 14.9 | 0.3 | 0.2 | 0.1 | 2.0 | 0.0 | 1.5 | 1200 |
| Pineapple (Selected Locations Only) | 100 | 251 | 60 | 0.4 | 0.0 | 0.0 | 18.0 | 16.0 | 1.0 | 7.5 |
| Spinach | 100 | 92.0 | 22.0 | 2.9 | 0.4 | 0.1 | 3.5 | 0.4 | 2.7 | 79.0 |
| Tomatoes | 100 | 75.3 | 18.0 | 0.9 | 0.2 | 0.0 | 2.7 | 2.6 | 1.2 | 5.0 |
| Seasonings | | | | | | | | | | |
| Pepper | 100 | 1210 | 289 | 8.8 | 2.7 | 0.1 | 42.1 | 0.6 | 0.0 | 25.0 |
| Salt | 100 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 39100 |
| PROMOTIONAL ITEMS | | | | | | | | | | |
| Subway® BBQ Pulled Pork | Values include lettuce, onions, pickles, carrots, BBQ sauce on italian herb & cheese bread | | | | | | | | | |
| Subway® Pulled Pork | 100 | 923 | 221 | 11.6 | 7.2 | 3.0 | 27.0 | 7.5 | 1.4 | 640 |
| Subway® BBQ Pulled Pork with Bacon | Values include lettuce, onions, jalapeno peppers, carrots, spicy mayonnaise, sliced cheddar cheese on white bread | | | | | | | | | |
| Subway® Pulled Pork with Bacon | 100 | 1040 | 250 | 13.2 | 13.7 | 4.6 | 21.8 | 5.3 | 1.2 | 635 |
| Meat, Poultry, Egg, Seafood | | | | | | | | | | |
| Pulled Pork | 100 | 1210 | 289 | 22.2 | 15.8 | 6.2 | 15.0 | 9.4 | 0.0 | 956 |

Nutrition information compiled using nutrition analysis 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.

*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.