



AUSTRALIA NUTRITION INFORMATION

July 2020

	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										
Deluxe										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Buffalo Chicken with Blue Cheese Dressing	258	1550	370	23.4	11.0	1.7	42.6	7.9	4.1	1360
Chicken and Bacon Ranch Melt	266	1830	438	29.3	17.3	5.6	39.5	5.2	4.0	966
Chicken Schnitzel	263	1810	433	29.2	13.8	2.4	46.5	5.5	3.0	616
Chipotle Steak Melt	257	1900	455	26.4	20.5	6.5	40.3	6.2	3.1	811
Pesto Chicken (with Feta, Olives and Sundried Tomato)	264	1700	406	27.2	14.1	3.6	40.9	6.2	4.7	927
Vegetarian										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Smashed Falafel with Tzatziki	248	1790	427	14.4	13.6	3.8	57.7	9.4	6.2	751
Veggie Delite® with Avo	193	1130	271	9.5	7.6	1.0	41.4	4.7	3.0	249
Veggie Patty	248	1780	426	14.8	12.5	3.0	50.0	7.3	7.0	605
Favourites										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Chicken Classic	218	1460	350	18.0	11.0	3.1	43.1	5.3	3.0	809
Chicken Teriyaki	243	1340	320	22.8	4.5	1.0	45.2	10.2	3.9	740
Chicken Strips	222	1220	291	22.8	4.4	1.0	38.2	4.8	3.9	549
Italian B.M.T.®	216	1570	376	20.2	14.8	5.3	39.7	5.7	3.0	1010
Meatball Melt (with Marinara)	297	1920	458	22.0	19.4	8.3	48.3	9.9	4.4	764
Pizza Melt	229	1730	415	19.9	18.2	7.6	41.4	6.6	3.5	929
Tuna & Mayo	222	1360	325	18.6	9.9	1.7	38.9	4.7	3.0	498
Deli Meats										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Carved Turkey with Cranberry Relish	229	1240	295	20.5	3.5	0.7	43.7	9.8	3.3	609
Leg Ham with Seeded Mustard	222	1240	297	16.6	6.8	1.1	41.2	7.8	4.4	927
Roast Beef with Smoky Tomato Chutney	227	1250	300	16.9	4.0	1.2	46.5	11.7	3.4	627
Mini Subs										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Carved Turkey	137	752	180	13.6	2.3	0.5	25.3	3.2	2.0	388
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										
BBQ Bacon and Egg (with cheese)	225	1700	406	21.6	14.8	6.2	46.0	10.5	2.8	792
Egg and Cheese	184	1420	340	17.8	12.4	5.1	38.1	4.4	2.7	433
Ham, Egg and Cheese	227	1600	383	24.9	13.9	5.6	39.4	5.5	2.7	868
Ham, Tomato and Cheese	183	1330	318	19.2	9.4	4.3	38.6	5.4	2.7	802
Toasties										
Avocado	137	1310	312	9.7	12.6	1.5	42.2	2.7	1.8	239
Avocado & Feta	154	1480	354	13.5	15.5	3.5	42.5	2.9	1.8	364
Cheesy Garlic	123	1540	369	14.5	16.2	6.9	40.6	4.0	2.3	782
Garlic & Herb	93	1130	271	8.2	8.4	1.5	39.4	3.8	2.1	632
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
Choc Espresso Cookie	45.0	887	212	2.2	9.1	5.0	31.8	22.5	1.1	116
Double Chocolate Chip	45.0	886	212	2.0	9.5	5.4	30.0	19.9	1.1	165
Raspberry Cheesecake	45.0	853	204	2.0	8.8	5.0	29.5	15.8	0.5	176
Salted Caramel Flavoured Cookie	45.0	849	203	2.2	8.6	4.2	29.0	16.7	0.4	190
Puree & Simple, Apple & Strawberry	90.0	213	51.0	0.7	0.1	0.0	10.9	10.0	1.4	11.0
White Chip Macadamia Nut	45.0	970	232	2.1	11.5	5.7	30.7	18.9	0.7	178
Chocolate Chip M&M Cookie (WA Only)	45.0	891	213	2.5	9.8	5.4	28.5	16.7	0.9	172
Breads										
Ciabatta	180	2110	505	19.8	3.5	0.5	94.6	0.7	5.3	911
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	78.4	976	233	9.4	4.5	2.0	37.4	2.8	2.1	424
Mini Wheat Bread	46.0	519	124	5.5	1.9	0.2	19.9	1.7	2.2	183
Mini White Bread	44.6	544	130	5.0	1.4	0.2	23.4	1.8	1.2	159

	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										
Wrap	75.0	908	217	6.1	4.9	2.0	35.5	0.9	2.3	542
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 & Seafood (Amount on Subway 6-Inch® sub)										
Buffalo Chicken	85.0	392	93.6	14.7	2.2	0.7	3.4	2.4	1.0	930
Chicken Classic	60.0	574	137	9.6	8.7	2.7	5.2	0.6	0.0	560
Chicken Teriyaki	85.0	451	107.9	14.5	2.2	0.7	7.3	5.5	0.9	492
Carved Turkey	50.0	247	58.9	12.1	1.1	0.4	0.3	0.3	0.0	337
Chicken Strips	64.0	329	78.6	14.5	2.0	0.6	0.3	0.1	0.9	300
Chicken Schnitzel	105	923	221	20.8	11.4	2.0	8.6	0.7	0.0	368
Diced Steak	64.0	435	104	14.5	4.5	2.0	0.6	0.5	0.0	358
Falafel	75.0	734	175	5.8	7.6	2.9	18.5	3.8	3.2	415
Leg Ham	43.0	181	43.4	7.1	1.5	0.6	1.3	1.1	0.0	434
Meatball Marinara	125	834	199	10.7	13.4	5.4	9.8	5.1	1.3	446
Pepperoni	18.0	297	71.0	4.1	5.9	2.3	0.6	0.2	0.0	270
Pesto Chicken	79.0	555	133	14.7	7.5	1.1	1.4	0.7	1.1	427
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
Tuna & Mayo	64.0	471	113	10.2	7.6	1.3	1.0	0.0	0.0	249
Veggie Patty	90.0	895	214	6.4	10.2	2.6	12.1	2.5	4.1	356
Toppings (Amount on Subway 6-Inch® sub)										
Bacon, Shortcut (1 strip)	20.0	147	35.1	3.7	2.2	0.9	0.3	0.3	0.0	187
Bacon, Streaky (2 strips)	8.8	187	44.8	3.3	3.3	1.5	0.1	0.1	0.0	198
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
Cranberry Relish	21.0	100	24.0	0.0	0.1	0.0	5.6	4.8	0.3	23.5
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
Mayonnaise	15.0	184	43.9	0.1	4.6	0.7	0.6	0.0	0.0	65.8
Marinara	21.0	59.9	14.3	0.3	0.5	0.1	1.8	1.4	0.4	70.4
Pesto Mayo	15.0	227	54.1	0.2	5.5	0.4	1.1	0.6	0.2	127
Pineapple (Selected Locations Only)	20.0	50.2	12.0	0.1	0.0	0.0	3.6	3.2	0.2	1.5
Ranch Dressing	21.0	235	56.2	0.3	6.0	0.5	0.6	0.2	0.0	149
Roasted Sesame Dressing	21.0	354	84.6	0.5	7.5	1.1	3.8	3.5	0.2	246
Seeded Mustard	21.0	173	41.5	1.1	3.0	0.2	1.9	1.9	1.4	244
Smoky BBQ Sauce	21.0	131	31.3	0.2	0.2	0.2	7.5	5.7	0.2	172
Smoky Tomato Chutney	21.0	135	32.4	0.3	0.2	0.2	7.4	6.0	0.4	118
Sweet Chili 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
Tomato Sauce	21.0	96.6	23.1	0.2	0.0	0.0	5.1	4.8	0.0	184
Tzatziki	15.0	165	39.4	0.3	3.8	0.6	1.3	0.9	0.0	87.6
Cheese (Amount on Subway 6-Inch® sub)										
Crumbled Feta	17.0	174	41.6	3.7	2.8	2.0	0.4	0.2	0.0	126
Mozzarella Cheese	14.0	192	45.8	2.9	3.6	2.5	0.6	0.1	0.1	70.0
Natural Cheddar	17.0	280	67.0	4.0	5.7	3.4	0.2	0.2	0.0	121
Old English Style Processed Cheese	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	0.0
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	0.2
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	0.3
Jalapeno (3 rings)	4.0	6.8	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	0.3
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
Spinach	7.0	6.4	1.5	0.2	0.0	0.0	0.2	0.0	0.2	5.5
Sundried Tomatoes (3 pieces)	6.6	65.1	15.6	0.4	1.1	0.1	1.0	0.6	0.5	99
Tomatoes (3 wheels)	35.0	26.4	6.3	0.3	0.1	0.0	0.9	0.9	0.4	1.8

AVG QTY Per Serve	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Seasonings (Amount on Subway 6-Inch® sub)										
Cracked Pepper	1.0	10.7	2.6	0.1	0.0	0.0	0.6	0.0	0.0	0.4
Italian Herb	1.0	3.2	0.8	0.0	0.0	0.0	0.1	0.0	0.0	293
Rock Salt	1.0	10.7	2.6	0.0	0.0	0.0	0.0	0.0	0.0	391
Zesty Spice	1.0	12.8	3.1	0.1	0.1	0.0	0.3	0.0	0.0	66.7
Smoothies (Amount on Subway 6-Inch® sub)										
Caribbean	445	645	154	0.9	1.3	0.4	32.9	30.3	0.0	22.3
Mango	445	703	168	3.6	0.4	0.4	37.8	30.7	1.8	49.0
Mixed Berry	445	712	170	0.9	0.9	0.4	39.2	30.7	2.7	31.2
Promotional Items										
Ultimate Meatball Marinara Subway 6"	311	2790	666	27.6	40.3	19.9	48.6	9.4	4.3	1050
Ultimate Pizza with Marinara Subway 6"	222	2550	608	25.2	38.6	19.2	39.9	4.7	3.0	1150
Ultimate Garlic Bread Toastie	116	1710	409	13.3	23.1	11.9	36.3	2.8	2.1	530
Garlic Spread (as a Subway 6" extra) **	21.0	508	121	0.0	13.7	6.6	0.0	0.0	0.0	151
Gluten Free Range * (Select Locations Only)										
Gluten Free White Bread *	125	1530	364	3.5	13.0	1.1	56.6	2.4	2.8	436
Gluten Free Chocolate Chip Cookie *	45.0	918	219	1.7	10.2	5.4	29.3	19.4	1.2	211
Gluten Free Double Chocolate Chip Cookie *	45.0	903	216	2.0	10.6	5.7	29.0	21.4	1.2	180
Spicy Korean BBQ Range ^ Subway 6-Inch® Sub (Selected Locations Only) Values include capsicum, cucumber, onion, spinach, tomato and carrot on Sesame Bread										
Korean Chicken ^	232	1390	333	23.9	6.0	1.2	45.5	10.7	2.9	861
Korean Steak ^	232	1540	369	23.9	8.8	2.7	45.5	10.7	2.9	951
(Amount on Subway 6-Inch® sub)										
Kewpie Roasted Sesame Dressing	21	354	84.6	0.5	7.5	1.1	3.8	3.5	0.2	246
Sesame Bread ^	70	893	214	8.1	3.8	0.5	35.2	2.7	1.8	239

Nutrition information compiled by a Registered Dietitian using nutrition analysis from approved food manufacturers, an 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.

**To calculate energy values for Ultimate Cheesy Garlic Bread take the Subway 6-Inch® value and add; three servings of mozzarella cheese and a serving of Garlic Butter Spread

^ We now serve Sesame Topped White Bread. Although we take steps to reduce the chances of cross contamination of sesame seeds, we prepare our items on shared equipment so we cannot guarantee that our menu items are free from sesame. 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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AVG QTY Per 100g										
Deluxe Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Buffalo Chicken with Blue Cheese Dressing	100	601	144	9.1	4.3	0.7	16.5	3.1	1.6	527
Chicken and Bacon Ranch Melt	100	688	165	11.0	6.5	2.1	14.9	2.0	1.5	363
Chicken Schnitzel	100	688	165	11.1	5.2	0.9	17.7	2.1	1.1	234
Chipotle Steak Melt	100	739	177	10.3	8.0	2.5	15.7	2.4	1.2	315
Pesto Chicken (with Feta, Olives and Sundried Tomato)	100	645	154	10.3	5.3	1.3	15.5	2.4	1.8	352
Vegetarian Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Smashed Falafel with Tzatziki	100	722	172	5.8	5.5	1.5	23.3	3.8	2.5	303
Veggie Delite® with Avo	100	585	140	4.9	3.9	0.5	21.5	2.5	1.5	129
Veggie Patty	100	718	172	6.0	5.0	1.2	20.1	2.9	2.8	244
Favourites Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Chicken Classic	100	670	160	8.2	5.0	1.4	19.8	2.4	1.4	371
Chicken Teriyaki	100	551	132	9.4	1.8	0.4	18.6	4.2	1.6	305
Chicken Strips	100	550	131	10.3	2.0	0.4	17.2	2.2	1.7	247
Italian B.M.T.®	100	729	175	9.4	6.9	2.5	18.4	2.6	1.4	469
Meatball Melt (with Marinara)	100	646	154	7.4	6.5	2.8	16.3	3.3	1.5	257
Pizza Melt	100	755	181	8.7	8.0	3.3	18.1	2.9	1.5	406
Tuna & Mayo	100	613	146	8.4	4.5	0.7	17.5	2.1	1.3	224
Deli Meats Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Carved Turkey with Cranberry Relish	100	541	129	9.0	1.5	0.3	19.1	4.3	1.4	266
Leg Ham with Seeded Mustard	100	559	134	7.5	3.1	0.5	18.5	3.5	2.0	417
Roast Beef with Smoky Tomato Chutney	100	551	132	7.5	1.8	0.5	20.5	5.2	1.5	276
Mini Subs Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Carved Turkey	100	551	132	9.9	1.7	0.3	18.5	2.4	1.4	284
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										
BBQ Bacon and Egg (with cheese)	100	756	181	9.6	6.6	2.7	20.4	4.7	1.3	352
Egg and Cheese	100	772	185	9.7	6.7	2.8	20.7	2.4	1.4	236
Ham, Egg and Cheese	100	705	169	11.0	6.1	2.5	17.4	2.4	1.2	382
Ham, Tomato and Cheese	100	727	174	10.5	5.2	2.4	21.1	2.9	1.5	438
Toasties										
Avocado	100	956	228	7.1	9.2	1.1	30.8	2.0	1.3	174
Avocado & Feta	100	961	230	8.7	10.0	2.3	27.6	1.9	1.2	237
Cheesy Garlic	100	1250	300	11.8	13.1	5.6	33.0	3.2	1.9	636
Garlic & Herb	100	1220	291	8.8	9.0	1.6	42.4	4.1	2.2	680
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
Choc Espresso Cookie	100	1970	471	5.0	20.2	11.0	70.6	50.0	2.4	258
Double Chocolate Chip	100	1970	471	4.4	21.1	12.0	66.8	44.3	2.5	367
Raspberry Cheesecake	100	1900	453	4.4	19.6	11.1	65.5	35.2	1.1	390
Salted Caramel Flavoured Cookie	100	1890	451	4.9	19.0	9.3	64.4	37.0	0.9	422
Puree & Simple, Apple & Strawberry	100	237	56.7	0.8	0.1	0.0	12.1	11.1	1.6	12.2
White Chip Macadamia Nut	100	2160	515	4.6	25.5	12.6	68.3	42.1	1.6	395
Chocolate Chip M&M Cookie (WA Only)	100	1980	473	5.6	21.7	12.0	63.4	37.2	2.0	382
Breads										
Ciabatta	100	1170	280	11.0	2.0	0.3	52.6	0.4	3.0	506
Subway® Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
Subway® White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
Subway® Malted Rye Bread	100	1290	308	13.5	5.7	0.9	47.9	3.3	5.9	461
Subway® Italian Herbs & Cheese	100	1240	297	12.0	5.8	2.5	47.6	3.6	2.6	541

	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										
Mini Wheat Bread	100	1130	270	11.9	4.1	0.5	43.4	3.8	4.7	399
Mini White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
Wrap	100	1210	289	8.1	6.5	2.7	47.3	1.2	3.0	722
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 & Seafood										
Buffalo Chicken	100	461	110.2	17.3	2.6	0.8	4.0	2.8	1.2	1090
Chicken Classic	100	957	229	16.0	14.5	4.5	8.7	1.0	0.0	934
Chicken Teriyaki	100	531	127	17.0	2.6	0.8	8.6	6.4	1.1	578
Carved Turkey	100	493	118	24.2	2.2	0.7	0.5	0.5	0.0	674
Chicken Strips	100	514	123	22.6	3.2	1.0	0.5	0.1	1.4	469
Chicken Schnitzel	100	879	210	19.8	10.9	1.9	8.2	0.7	0.0	350
Diced Steak	100	679	162	22.6	7.0	3.2	1.0	0.8	0.0	560
Falafel	100	980	234	7.7	10.1	3.8	24.7	5.1	4.3	553
Leg Ham	100	422	101	16.5	3.5	1.3	3.1	2.6	0.0	1010
Meatball Marinara	100	668	160	8.6	10.8	4.3	7.9	4.1	1.0	357
Pepperoni	100	1650	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Pesto Chicken	100	703	168	18.6	9.5	1.4	1.8	0.9	1.3	540
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
Tuna & Mayo	100	737	176	16.0	11.9	2.0	1.6	0.0	0.0	389
Veggie Patty	100	994	238	7.1	11.3	2.9	13.4	2.8	4.5	396
Toppings										
Bacon, Shortcut	100	735	176	18.5	11.1	4.4	1.7	1.7	0.0	933
Bacon, Streaky	100	2130	509	37.0	38.0	17.6	1.5	1.5	0.0	2250
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
Cranberry Relish	100	478	114	0.2	0.3	0.1	26.6	22.9	1.4	112
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
Mayonnaise	100	1220	293	0.9	30.5	4.9	4.3	0.0	0.0	439
Marinara	100	285	68.1	1.6	2.5	0.3	8.4	6.9	2.0	335
Pesto Mayo	100	1510	361	1.3	36.6	2.9	7.3	4.2	1.1	844
Pineapple	100	251	60	0.4	0.0	0.0	18.0	16.0	1.0	7.5
Ranch Dressing	100	1120	268	1.4	28.4	2.4	2.8	1.0	0.0	710
Roasted Sesame Dressing	100	1690	403	2.6	35.5	5.2	18.2	16.7	0.8	1170
Seeded Mustard	100	826	197	5.3	14.2	1.0	9.2	9.2	6.8	1160
Smoky BBQ Sauce	100	623	149	0.8	1.0	1.0	35.8	27.2	0.9	819
Smoky Tomato Chutney	100	645	154	1.4	1.0	1.0	35.0	28.5	1.9	560
Sweet Chili 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
Tomato Sauce	100	460	110	0.9	0.0	0.0	24.4	22.7	0.0	875
Tzatziki	100	1100	263	1.8	25.0	3.9	8.6	5.7	0.0	584
Cheese										
Crumbled Feta	100	1020	245	21.9	16.6	11.7	2.2	1.0	0.0	740
Mozzarella Cheese	100	1370	327	21.0	26.0	18.0	4.0	0.5	0.9	500
Natural Cheddar	100	1650	394	23.8	33.3	20.0	1.0	1.0	0.0	712
Old English Style Processed Cheese	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	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	100	169	40.4	1.4	0.6	0.1	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

	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										
Spinach	100	92.0	22.0	2.9	0.4	0.1	3.5	0.4	2.7	79.0
Sundried Tomatoes	100	987	236	5.8	16.9	1.3	15.3	9.4	8.3	1500
Tomatoes	100	75.3	18.0	0.9	0.2	0.0	2.7	2.6	1.2	5.0
Seasonings										
Cracked Pepper	100	1067	255	11.0	3.3	1.0	64.9	0.7	0.0	44.0
Italian Herb	100	319.0	76.2	2.1	2.7	1.0	10.1	0.5	0.0	29320
Rock Salt	100	1067	255	0.0	0.0	0.0	0.0	0.0	0.0	39140
Zesty Spice	100	1278	305	13.7	12.9	1.1	33.7	4.3	0.0	6670
Smoothies										
Caribbean	100	145	34.7	0.2	0.3	0.1	7.4	6.8	0.0	5.0
Mango	100	158	37.8	0.8	0.1	0.1	8.5	6.9	0.4	11.0
Mixed Berry	100	160	38.2	0.2	0.2	0.1	8.8	6.9	0.6	7.0
Promotional Items										
Ultimate Meatball Marinara	100	897	214	8.9	13.0	6.4	15.6	3.0	1.4	338
Ultimate Pizza with Marinara	100	1150	274	11.3	17.4	8.6	18.0	2.1	1.4	518
Ultimate Garlic Bread Toastie	100	1470	352	11.5	19.9	10.3	31.3	2.4	1.8	457
Garlic Spread	100	2420	578	0.0	65.2	31.3	0.0	0.0	0.0	720
Gluten Free White Bread *	100	1220	292	2.8	10.4	0.9	45.3	1.9	2.2	349
Gluten Free Chocolate Chip Cookie *	100	2040	488	3.8	22.7	12.0	65.2	43.2	2.6	468
Gluten Free Double Chocolate Chip Cookie *	100	2010	480	4.5	23.6	12.6	64.5	47.6	2.7	401
Spicy Korean BBQ Range ^ (Selected Locations Only)	Values include capsicum, cucumber, onion, spinach, tomato and carrot, on Sesame Bread									
Korean Chicken ^	100	599	144	10.3	2.6	0.5	19.6	4.6	1.25	371
Korean Steak ^	100	664	159	10.3	3.8	1.2	19.6	4.6	1.25	410
Kewpie Roasted Sesame Dressing	100	1690	403	2.6	35.5	5.2	18.2	16.7	0.8	1170
Sesame Bread ^	100	1280	305	11.6	5.4	0.8	50.3	3.9	2.6	342

Nutrition information compiled by a Registered Dietitian using nutrition analysis from approved food manufacturers, an 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.

**To calculate energy values for Ultimate Cheesy Garlic Bread take the Subway 6-Inch® value and add; three servings of mozzarella cheese and a serving of Garlic Butter Spread

^ We now serve Sesame Topped White Bread. Although we take steps to reduce the chances of cross contamination of sesame seeds, we prepare our items on shared equipment so we cannot guarantee that our menu items are free from sesame. If you have food allergies, sensitivities or special dietary needs please visit our website - www.subway.com.au for more information.