

made with
100%
australian
beef

made with
100%
chicken
breast

packed. with protein

good source
of fibre
with
17g
per large
salad

Fresh Energy Nutritional Information AU
18 March - 2 June, 2026



Australian nutrition information per serve

February 2026

	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										
Chicken & Avo	Values include chicken strips, avocado, cheddar cheese, mayonnaise, lettuce, spinach, tomato, cucumber, onion and carrot.									
Chicken & Avo Subway 6-inch® Sub on Rye (on malted rye bread)	298	2070	494	28.9	21.1	5.5	45.4	5.3	7.4	787
Chicken & Avo Subway Footlong® Sub on Rye (on malted rye bread)	597	4140	988	57.9	42.2	11.0	90.8	10.5	14.8	1570
Chicken & Avo Wrap (on regular multigrain wrap)	294	1970	471	26.1	20.4	6.7	45.3	3.7	6.6	836
Chicken & Avo Wrap (on large white wrap)	524	3170	759	46	40	13	57	6	11	1280
Chicken & Avo Salad (regular)	298	1090	261	20	17	5	9	4	4	431
Chicken & Avo Salad (large)	497	2130	509	39	33	10	16	6	7	852
Chicken Protein	Values include rotisserie-style chicken, mozzarella cheese, garlic aioli, lettuce, spinach, tomato, cucumber, onion and carrot.									
Chicken Protein Subway 6-inch® Sub (on Italian herbs & cheese bread)	268	1920	458	27.9	17.3	5.5	44.0	6.9	2.6	1280
Chicken Protein Subway Footlong® Sub (on Italian herbs & cheese bread)	537	3840	917	55.7	34.6	11.1	88.0	13.9	5.2	2560
Chicken Protein Salad (regular)	269	987	236	19.4	12.9	3.6	8.1	5.5	2.2	840
Chicken Protein Salad (large)	438	1910	457	37.9	25.6	7.2	14.4	9.1	3.2	1670

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.

Australian nutrition information per serve

February 2026

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)
Falafel Delight	Values include falafel, cheddar cheese, sweet chilli, lettuce, spinach, tomato, cucumber, onion, carrot and olives.									
Falafel Delight Wrap (on regular multigrain wrap)	279	2100	503	16.3	15.1	5.8	68.1	16.0	11.5	1400
Falafel Delight Wrap (on large white wrap)	494	3440	822	26.2	29.0	11.4	102.3	30.8	20.2	2400
Falafel Delight Salad (regular)	283	1230	293	10.3	11.4	4.0	31.9	16.4	9.2	994
Falafel Delight Salad (large)	467	2390	572	20	23	8	62	31	17	1980
Steak & Beetroot	Values include diced steak, old English-style cheese, smoky BBQ sauce, beetroot, lettuce, spinach, tomato, cucumber, onion and carrot.									
Steak & Beetroot Subway 6-inch® Sub (on white bread)	275	1700	406	21.7	9.9	4.0	51.5	15.3	3.6	1250
Steak & Beetroot Subway Footlong® Sub (on white bread)	551	3400	812	43.5	19.9	7.9	102.9	30.6	7.1	2500
Steak & Beetroot Wrap (on regular white wrap)	283	1830	438	21.0	13.6	6.7	52.7	13.5	5.6	1390
Steak & Beetroot Wrap (on large white wrap)	502	2840	680	36.6	22.1	10.7	73.9	26.3	8.4	2450

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Australian nutrition information per 100g

February 2026

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)
Chicken & Avo	Values include chicken strips, avocado, cheddar cheese, mayonnaise, lettuce, spinach, tomato, cucumber, onion and carrot.									
Chicken & Avo Sub	100	694	166	9.7	7.1	1.8	15.2	1.8	2.5	264
Chicken & Avo Wrap (on regular multigrain wrap)	100	669	160	8.9	6.9	2.3	15.4	1.3	2.2	284
Chicken & Avo Wrap (on large white wrap)	100	605	145	8.7	7.6	2.5	10.8	1.2	2.0	244
Chicken & Avo Salad (regular)	100	365	88	6.7	5.6	1.6	3.0	1.4	1.5	144
Chicken & Avo Salad (large)	100	429	102	7.9	6.7	1.9	3.3	1.3	1.5	172
Chicken Protein	Values include rotisserie-style chicken, mozzarella cheese, garlic aioli, lettuce, spinach, tomato, cucumber, onion and carrot.									
Chicken Protein Subway Sub	100	715	171	10.4	6.4	2.1	16.4	2.6	1.0	477
Chicken Protein Salad (regular)	100	367	88	7.2	4.8	1.4	3.0	2.1	0.8	312
Chicken Protein Salad (large)	100	436	104	8.7	5.8	1.7	3.3	2.1	0.7	381

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Falafel Delight	Values include falafel, cheddar cheese, sweet chilli, lettuce, spinach, tomato, cucumber, onion, carrot and olives.									
Falafel Delight Wrap (on regular multigrain wrap)	100	752	180	5.8	5.4	2.1	24.4	5.7	4.1	501
Falafel Delight Wrap (on large white wrap)	100	697	167	5.3	5.9	2.3	20.7	6.2	4.1	486
Falafel Delight Salad (regular)	100	434	103	3.6	4.0	1.4	11.3	5.8	3.2	351
Falafel Delight Salad (large)	100	512	123	4.2	4.8	1.7	13.3	6.6	3.7	424
Steak & Beetroot	Values include diced steak, old English-style cheese, smoky BBQ sauce, beetroot, lettuce, spinach, tomato, cucumber, onion and carrot.									
Steak & Beetroot Sub	100	618	148	7.9	3.6	1.4	18.7	5.6	1.3	454
Steak & Beetroot Wrap (on regular white wrap)	100	646	155	7.4	4.8	2.4	18.6	4.8	2.0	491
Steak & Beetroot Wrap (on large white wrap)	100	566	136	7.3	4.4	2.1	14.7	5.2	1.7	488

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Australian Ingredient Information for People with Food Allergies and Sensitivities

February 2026

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February 2026

	Egg	Fish	Milk	Sesame	Crustaceans	Mollusc	Soy	Peanut	Tree Nuts								Lupin	Wheat	Gluten	Sulphites	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/ Nitrates	
									Almond	Brazil Nut	Cashew	Hazelnut	Macadmia Nut	Pecan	Pine Nut	Pistachio							Walnut
Chicken & Avo	Includes chicken strips, avocado, cheddar cheese, mayonnaise, lettuce, spinach, tomato, cucumber, onion and carrot.																						
Chicken & Avo Sub on Rye (on malted rye bread)	•		•	*			•												•	•	*	•	
Chicken & Avo Wrap (on regular multigrain wrap)	•		•				*												•	•		•	
Chicken & Avo Wrap (large white wrap)	•		•																•	•		•	
Chicken & Avo Salad	•		•																			•	
Chicken Protein	Includes rotisserie-style chicken, mozzarella cheese, garlic aioli, lettuce, spinach, tomato, cucumber, onion and carrot.																						
Chicken Protein Sub (on Italian herbs & cheese bread)	*	*	•	*			•												•	•	•	•	
Chicken Protein Salad		*	•	*															*	*	•	•	

• Contains

* May Contain

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

Australian Ingredient Information for People with Food Allergies and Sensitivities

February 2026

	Egg	Fish	Milk	Sesame	Crustaceans	Mollusc	Soy	Peanut	Tree Nuts							Lupin	Wheat	Gluten	Sulphites	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/ Nitrates		
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Falafel Delight Wrap (on regular multigrain wrap)			•				•													•	•	•	
Falafel Delight Wrap (on large white wrap)			•				•													•	•	•	
Falafel Delight Salad			•				•													•	•	•	
Steak & Beetroot	Includes diced steak, old English-style cheese, smoky BBQ sauce, beetroot, lettuce, spinach, tomato, cucumber, onion and carrot.																						
Steak & Beetroot Sub (on white bread)	*		•	*			•													•	•	•	•
Steak & Beetroot Wrap (on white wrap)	*		•	*			•													•	•	•	•

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