



AUSTRALIA NUTRITION INFORMATION

January 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										
Spicy Harissa Steak	Values include white bread, diced steak, mozzarella cheese, spicy (hot) harissa mayo, lettuce, tomato, capsicum, onion, carrot, jalapeno pepper									
Spicy Harissa Steak Subway 6-Inch® Sub	241	1800	429	24.1	16.1	4.8	41.8	6.8	3.5	1050
Spicy Harissa Steak Subway Footlong® Sub	482	3600	859	48.2	32.2	9.7	83.6	13.5	7.0	2100
Sauces	Double the values for a Subway Footlong® Sub, large wrap or salad									
Spicy (Hot) Harissa Sauce (amount on Subway 6-Inch® Sub, regular wrap or salad)	15	270	64.5	0.2	5.7	0.4	1.3	0.9	0.1	135

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.



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AVG QTY Per 100g										
Subway® Sub	Values include white bread, diced steak, mozzarella cheese, spicy (hot) harissa mayo, lettuce, tomato, capsicum, onion, carrot, jalapeno pepper									
Spicy Harissa Steak	100	750	178	10.0	6.7	2.0	17.4	2.8	1.4	436
Sauces										
Spicy (Hot) Harissa Sauce	100	1800	430	1.1	37.7	2.9	8.9	6.3	0.5	901

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Australia Ingredient Information for People with Food Allergies and Sensitivities

January 2026

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.

	Egg	Fish	Milk	Sesame	Crustaceans	Mollusc	Soy	Peanuts	Tree Nuts ^										Sulphites	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/Nitrates
									Almond	Brazil Nut	Cashew	Hazelnut	Macadamia Nut	Pecan	Pine Nut	Pistachio	Walnut	Lupin			
Subway® Subs	Values include white bread, diced steak, mozzarella cheese, spicy (hot) harissa mayo, lettuce, tomato, capsicum, onion, carrot, jalapeno pepper																				
Spicy Harissa Steak	•		•	*			•											•	•	•	•
Sauces																					
Spicy (Hot) Harissa Sauce	•																				•

• Contains

* May be present

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

Ingredient Guide (AUS)

Spicy (Hot) Harissa Sauce: Vegetable Oil (Antioxidant (307)), Water, Vinegar, Cayenne Chilli Puree (Chilli, Acidity Regulator (260)), Sugar, Pasteurised **Egg** Yolk, Thickeners (1442 (Maize), 415), Salt, Spices, Lemon Juice Concentrate, Yeast Extract, Garlic, Spice Extract, Natural Flavour, Preservative (202), Emulsifier (433), Natural Colour (160c).

Contains Egg.