



AUSTRALIA NUTRITION INFORMATION

May 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)
Subway 6-Inch® Subs Double values for approximate Subway Footlong® sub nutrition values										
BBQ Southern-Style Chicken (southern-style chicken bites, old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce, toasted on Italian herbs & cheese bread)	239	2020	482	19.3	16.1	5.2	63.1	12.7	3.3	1630
Chicken & Bacon Ranch (chicken strips, bacon, natural cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing, toasted on white bread)	256	1950	466	28.9	21.0	7.0	39.1	5.7	3.1	953
Chicken Classic (old English-style processed cheese, lettuce, tomato, cucumber, onion, garlic aioli, toasted on Italian herbs & cheese bread)	248	2060	492	22.3	22.8	7.2	47.5	6.9	4.8	1410
Chicken Schnitzel (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli, toasted on Italian herbs & cheese bread)	268	2170	519	27.0	22.4	6.2	50.2	7.5	3.9	1300
Chicken Strips (natural cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise on wheat bread)	239	1600	382	25.8	13.3	4.5	38.3	4.9	3.9	688
Chipotle Steak Melt (diced steak, old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle southwest sauce, toasted on Italian herbs & cheese bread)	205	2030	485	25.2	22.6	6.4	42.4	5.5	3.1	1450
Honey Mustard Leg Ham (natural cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard on malted rye bread)	234	1630	391	21.4	11.4	4.2	48.0	10.2	5.6	1110
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise on Italian herbs & cheese bread)	238	2120	506	24.6	25.8	10.2	42.5	5.8	3.3	1420
Italian Meatball (beef meatballs in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli, toasted on Italian herbs & cheese bread)	290	2350	561	24.0	28.4	10.4	51.8	10.6	5.2	1190
Philly-Style Three-Cheese Steak (diced steak, cheddar cheese, old English-style processed cheese, mozzarella cheese, capsicum, onion, jalapeno pepper, garlic aioli toasted on white bread)	210	2160	516	29.4	24.6	9.8	41.5	5.8	3.3	1410
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce, toasted on Italian herbs & cheese bread)	201	1880	450	21.4	20.8	9.2	42.6	6.2	3.5	1150
Rotisserie-Style Chicken (old English-style cheese, lettuce, tomato, cucumber, onion, chipotle southwest sauce, toasted on Italian herbs & cheese bread)	252	2000	478	29.0	20.7	5.4	42.5	6.6	3.2	1360
Seafood Sensation (l) (seafood in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, carrot on white bread)	222	1640	393	14.5	15.4	5.3	46.7	5.7	2.8	770
Smashed Falafel (natural cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli on wheat bread)	256	2080	498	18.7	19.3	4.7	57.6	9.8	7.7	1250
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce, toasted on white bread)	257	1650	396	25.3	8.0	3.5	54.5	18.0	3.2	822
Tuna Mayo (l) (tuna in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, pickle on wheat bread)	220	1580	377	21.8	14.5	4.5	38.2	4.4	3.6	740
Turkey on Rye (natural cheddar cheese, lettuce, spinach, tomato, onion, honey mustard on malted rye bread)	236	1650	394	23.9	10.7	3.9	47.7	9.6	5.9	869
Veggie Delite® with Avo (natural cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot on malted rye bread)	219	1580	377	16.1	14.7	4.2	44.5	5.0	8.1	480

	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										
Veggie Patty (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli sauce, toasted on wheat bread)	306	2400	573	19.2	23.5	6.0	67.1	16.7	9.7	1040
Wraps (on regular flour wrap)										
BBQ Southern-Style Chicken (southern-style chicken bites, old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce)	236	1990	476	16.2	17.4	6.4	62.2	10.7	2.7	1560
Chicken & Bacon Ranch (chicken strips, bacon, natural cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing)	264	2090	499	27.8	24.7	9.7	40.4	3.9	2.9	1090
Chicken Classic (old English-style processed cheese, lettuce tomato, cucumber, onion, garlic aioli)	244	2030	486	19.2	24.1	8.4	46.7	4.9	4.3	1340
Chicken Schnitzel (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli)	264	2150	513	23.9	23.6	7.3	49.3	5.4	3.3	1230
Chicken Strips (natural cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise)	245	1740	415	24.6	17.0	7.2	39.8	3.2	2.8	796
Chipotle Steak Melt (diced steak, old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle southwest sauce)	202	2010	479	22.1	23.8	7.6	41.6	3.5	2.5	1390
Honey Mustard Leg Ham (natural cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard)	230	1570	375	17.1	12.7	6.5	46.6	8.4	2.5	1130
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise)	235	2090	500	21.5	27.0	11.3	41.7	3.7	2.7	1360
Italian Meatball (beef meatballs in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli)	287	2320	555	20.9	29.6	11.6	51.0	8.6	4.6	1130
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce)	198	1860	444	18.3	22.1	10.4	41.8	4.2	2.9	1090
Seafood Sensation (I) (seafood in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, carrot)	230	1780	425	13.4	19.1	8.0	48.0	3.9	2.6	910
Smashed Falafel (natural cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli)	262	2220	531	17.5	23.0	7.4	59.0	8.1	6.6	1350
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce)	265	1790	429	24.2	11.6	6.2	55.8	16.2	3.0	963
Tuna Mayo (I) (tuna in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, pickle)	226	1720	410	20.5	18.2	7.2	39.7	2.7	2.5	848
Turkey (natural cheddar cheese, lettuce, spinach, tomato, onion, honey mustard)	232	1580	378	19.6	12.0	6.3	46.4	7.9	2.8	884
Veggie Delite® with Avo (natural cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot)	215	1510	361	11.8	16.0	6.5	43.1	3.3	5.0	495
Veggie Patty (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli)	312	2540	606	17.9	27.2	8.8	68.6	15.0	8.6	1140
Wraps (on large flour wrap)										
BBQ Southern Style Chicken (southern-style chicken bites, old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce)	407	3160	756	26.9	29.7	10.0	92.8	20.7	4.1	2790
Chicken & Bacon Ranch (chicken strips, bacon, natural cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing)	464	3350	800	50.2	44.3	16.7	49.1	7.2	4.4	1860
Chicken Classic (old English-style processed cheese, lettuce tomato, cucumber, onion, garlic aioli)	424	3240	774	32.9	43.1	14.0	61.7	9.0	7.1	2360
Chicken Schnitzel (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli)	464	3470	830	42.4	42.3	12.0	67.0	10.1	5.2	2140
Chicken Strips (natural cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise)	426	2650	633	43.7	29.1	11.8	48.0	5.7	4.3	1260

	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										
Chipotle Steak Melt (diced steak, old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle southwest sauce)	339	3190	762	38.8	42.6	12.5	51.5	6.3	3.7	2450
Honey Mustard Leg Ham (natural cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard)	396	2310	552	28.7	20.3	10.4	61.6	16.2	3.7	1920
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise)	404	3360	803	37.6	49.0	20.0	51.8	6.7	4.0	2380
Italian Meatball (beef meatballs in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli)	509	3820	913	36.3	54.3	20.5	70.4	16.4	7.8	1920
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce)	331	2890	691	31.2	39.1	18.1	51.9	7.7	4.5	1850
Seafood Sensation (l) (seafood in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, carrot)	396	2730	653	21.3	33.1	13.4	64.4	7.2	3.8	1490
Smashed Falafel (natural cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli)	460	3620	865	29.5	40.9	12.2	86.5	15.5	11.8	2380
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce)	465	2750	660	42.9	18.2	9.8	80.0	31.7	4.7	1600
Tuna Mayo (l) (tuna in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, pickle)	387	2610	623	35.6	31.5	11.8	47.7	4.6	3.7	1370
Turkey (natural cheddar cheese, lettuce, spinach, tomato, onion, honey mustard)	400	2340	558	33.7	19.0	9.9	61.1	15.1	4.3	1440
Veggie Delite® with Avo (natural cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot)	366	2190	524	18.2	26.9	10.4	54.6	5.8	8.6	662
Veggie Patty (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli)	559	4250	1015	30.4	49.3	14.9	105.6	29.3	15.8	1960
Salads (regular with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)										
BBQ Southern Style Chicken (southern-style chicken bites, old English-style processed cheese, smoky bbq sauce)	283	1140	272	11.0	12.0	3.4	28.6	12.5	2.7	1110
Chicken & Bacon Ranch (chicken strips, bacon, natural cheddar cheese, ranch dressing)	299	1220	291	22.6	19.4	6.7	6.3	5.0	2.7	755
Chicken Classic (old English-style processed cheese, garlic aioli)	272	1170	279	14.0	18.8	5.4	12.7	6.1	4.2	1010
Chicken Schnitzel (old English-style processed cheese, garlic aioli)	299	1280	306	18.7	18.3	4.3	15.3	6.5	3.1	895
Chicken Strips (natural cheddar cheese, mayonnaise)	273	871	208	19.4	11.7	4.3	5.9	4.4	2.7	458
Chipotle Steak Melt (diced steak, old English-style processed cheese, chipotle southwest sauce)	276	1170	279	17.2	18.5	4.6	8.7	6.1	2.8	932
Honey Mustard Leg Ham (natural cheddar cheese, honey mustard)	258	702	168	11.9	7.3	3.5	12.7	9.6	2.4	787
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, mayonnaise)	267	1210	290	16.3	21.4	8.3	7.8	5.0	2.5	996
Italian Meatball (beef meatballs in marinara sauce, mozzarella cheese, garlic aioli)	340	1460	348	15.7	24.0	8.5	17.4	10.4	4.6	762
Pizza Melt (salami, pepperoni, mozzarella cheese, marinara sauce)	251	991	237	13.3	16.5	7.4	8.2	5.8	3.0	730
Seafood Sensation (l) (seafood in mayonnaise, natural cheddar cheese)	265	910	217	8.2	13.7	5.0	14.0	5.1	2.4	572
Smashed Falafel (mozzarella cheese, garlic aioli)	290	1300	312	11.6	16.5	4.1	25.2	9.1	6.3	979
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, sweet onion sauce)	300	921	222	18.9	6.3	3.2	21.7	17.6	2.9	625
Tuna Mayo (l) (tuna in mayonnaise, natural cheddar cheese)	258	853	204	15.4	12.9	4.2	5.9	4.1	2.4	400
Turkey (natural cheddar cheese, honey mustard)	267	717	171	14.3	6.6	3.3	12.6	9.3	2.7	545
Veggie Delite® with Avo (natural cheddar cheese)	229	626	150	6.3	10.6	3.5	8.4	4.1	4.5	151

	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										
Veggie Patty (mozzarella cheese, garlic aioli, sweet chilli)	326	1650	395	12.5	21.8	5.8	33.9	15.8	8.2	799
Salads (large with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)										
BBQ Southern Style Chicken (southern-style chicken bites, old English-style processed cheese, smoky bbq sauce)	465	2210	529	21.1	24.0	6.7	55.4	23.1	4.2	2210
Chicken & Bacon Ranch (chicken strips, bacon, natural cheddar cheese, ranch dressing)	499	2380	568	44.3	38.6	13.4	10.9	8.1	4.3	1500
Chicken Classic (old English-style processed cheese, garlic aioli)	445	2280	544	27.0	37.4	10.7	23.6	10.2	7.2	2011
Chicken Schnitzel (old English-style processed cheese, garlic aioli)	499	2500	598	36.5	36.5	8.6	28.8	11.1	5.1	1780
Chicken Strips (natural cheddar cheese, mayonnaise)	447	1680	403	37.8	23.3	8.5	10.0	6.8	4.2	905
Chipotle Steak Melt (diced steak, old English-style processed cheese, chipotle southwest sauce)	453	2280	545	33.5	37.0	9.1	15.6	10.1	4.4	1870
Honey Mustard Leg Ham (natural cheddar cheese, honey mustard)	417	1340	321	22.9	14.5	7.0	23.6	17.3	3.6	1570
Italian B.M.T.* (salami, pepperoni, leg ham, mozzarella cheese, mayonnaise)	433	2370	566	31.7	42.6	16.6	13.8	8.0	3.9	1980
Italian Meatball (beef meatballs in marinara sauce, mozzarella cheese, garlic aioli)	580	2850	682	30.5	47.9	17.0	33.0	18.8	8.0	1510
Pizza Melt (salami, pepperoni, mozzarella cheese, marinara sauce)	402	1920	460	25.6	32.8	14.7	14.7	9.7	4.8	1450
Seafood Sensation (l) (seafood in mayonnaise, natural cheddar cheese)	431	1760	421	15.5	27.3	10.1	26.2	8.2	3.6	1130
Smashed Falafel (mozzarella cheese, garlic aioli)	480	2550	609	22.3	32.8	8.2	48.6	16.2	11.5	1948
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, sweet onion sauce)	500	1780	429	36.9	12.4	6.4	41.7	33.3	4.6	1240
Tuna Mayo (l) (tuna in mayonnaise, natural cheddar cheese)	417	1650	394	29.9	25.7	8.5	10.1	6.3	3.6	791
Turkey (natural cheddar cheese, honey mustard)	435	1370	329	27.6	13.2	6.5	23.4	16.7	4.1	1080
Veggie Deluxe® with Avo (natural cheddar cheese)	359	1190	285	11.7	21.0	7.1	15.0	6.3	7.9	292
Veggie Patty (mozzarella cheese, garlic aioli, sweet chilli)	552	3240	775	24.0	43.5	11.5	66.0	29.7	15.1	1590
Mini Subs	Values include white bread, lettuce, spinach, tomato, cucumber, onion, 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
Veggie Deluxe® with Avo	129	763	182	6.4	5.3	0.7	27.6	3.1	3.5	166
Breakfast Subway 6-Inch® Subs	Double values for approximate Subway Footlong® sub nutrition values									
Bacon, Egg & Cheese (bacon, lettuce, tomato, poached egg, old English-style cheese, garlic aioli, toasted on white bread)	219	1820	434	19.2	21.2	6.2	40.3	5.9	3.2	919
Classic Ham & Egg (leg ham, poached egg, old English-style cheese, mayonnaise, toasted on white bread)	180	1630	391	22.0	16.0	5.0	38.4	4.2	2.0	1010
Steak & Egg Brekkie (diced steak, poached egg, mozzarella cheese, lettuce, tomato, onion, BBQ sauce, toasted on Italian herbs & cheese bread)	284	2090	499	31.6	17.2	7.3	50.9	12.7	3.5	1330
Breakfast Wraps										
Mexican-Style Brekkie (leg ham, poached egg, mozzarella cheese, avocado, tomato, onion, jalapeno pepper, chipotle southwest sauce, toasted on regular white flour wrap)	278	2320	554	23.3	31.3	8.9	45.9	4.8	4.5	1170
Spinach & Egg (poached egg, mozzarella cheese, spinach, tomato, regular white flour wrap)	175	1450	347	15.4	14.0	6.9	39.0	2.1	2.3	520

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AVG QTY Per Serve										
Sides & Snacks										
Smashed Avo on Toast (on white bread)	137	1310	312	9.7	12.6	1.5	42.2	2.7	6.1	239
Creamy Garlic Cheese Bread (mozzarella cheese, garlic aioli, parmesan oregano topping on white bread)	123	1590	379	14.5	16.8	6.5	41.2	4.4	3.1	820
Chipotle Quesadilla (mozzarella cheese, chipotle southwest sauce on white flour wrap (regular size))	94.0	1200	288	8.1	18.8	6.2	21.6	2.1	1.2	446
Creamy Garlic Herb Bread (garlic aioli, parmesan oregano topping on white bread)	93.0	1180	281	8.2	9.0	1.1	40.0	4.3	2.8	670
Ham, Cheese & Tomato Toastie (mozzarella cheese, mayonnaise on White Bread)	129	1170	278	13.0	10.8	3.8	31.8	3.5	1.9	553
Meatball Mozza Pot (beef meatballs in marinara sauce, mozzarella cheese)	194	1350	322	17.5	22.0	9.4	15.0	7.6	2.3	702
Nachos (Doritos® Cheese Supreme Corn Chips, mozzarella cheese, avocado, jalapeno pepper, Mexican salsa)	133	1650	394	10.9	24.7	7.0	33.0	2.2	4.7	596
Nachos with Chicken Strips (Doritos® Cheese Supreme Corn Chips, mozzarella cheese, avocado, jalapeno pepper, Mexican salsa)	197	1960	468	25.0	26.5	7.6	33.3	2.4	5.0	837
Nachos with Diced Steak (Doritos® Cheese Supreme Corn Chips, mozzarella cheese, avocado, jalapeno pepper, Mexican salsa)	197	2090	500	23.7	29.2	8.5	35.0	2.9	5.0	1130
Nachos with Rotisserie-Style Chicken (Doritos® Cheese Supreme Corn Chips, mozzarella cheese, avocado, jalapeno pepper, Mexican salsa)	197	2040	487	27.2	27.3	7.6	33.9	2.6	4.7	1150
Southern Style Chicken Bites (no sauce)	140	1360	324	13.3	16.7	2.4	30.0	2.2	0.0	1290
Southern Style Chicken Bites (with spicy mayo)	155	1660	396	13.5	24.0	3.0	31.7	3.7	0.1	1450
Cookies										
Chocolate Chip Cookie	45.0	932	223	2.3	10.7	6.0	29.4	18.5	1.0	137
Chocolate Chip Rainbow Cookie	45.0	894	214	2.2	9.9	5.3	28.8	17.3	0.9	120
Double Chocolate Chip Cookie	45.0	881	211	2.2	9.3	5.7	29.4	19.3	1.1	150
Raspberry Cheesecake Cookie	45.0	885	212	1.8	9.7	5.7	29.4	16.9	0.4	133
White Chip Macadamia Nut Cookie	45.0	933	223	2.2	11.2	6.0	28.3	18.4	0.7	153
Smoothies										
Selected locations only										
Mango	480	754	180	1.6	0.8	0.2	44.8	42.4	3.2	2.2
Mixed Berry Banana	480	844	202	1.9	0.7	0.1	36.2	36.2	5.3	2.2
Tropical	480	829	198	1.7	0.6	0.2	50.4	39.8	3.9	2.1
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	977	234	9.4	4.5	1.9	37.3	3.0	2.2	444
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 *	80.0	537	128	4.1	5.1	3.0	23.0	3.4	11.4	414
Wrap, Multigrain Flour	75.0	923	221	6.6	3.8	1.9	37.7	1.1	3.5	413
Meat, Poultry, Egg, Seafood & Vegetarian Items										
Amount on Subway 6-Inch® Sub, regular wrap, regular salad										
Bacon, Smoky	20.0	240	57.4	3.0	5.0	2.0	0.2	0.2	0.0	210
Chicken Classic	60.0	574	137	9.6	8.7	2.7	5.2	0.6	0.0	560
Chicken Pepperoni Meats (rotisserie style chicken, pepperoni)	82.0	684	163	20.4	8.4	2.9	1.5	0.6	0.0	820
Chicken Schnitzel	87.0	686	164	14.4	8.3	1.7	7.8	1.0	0.0	445
Chicken Strips	64.0	306	73.1	14.1	1.8	0.6	0.3	0.3	0.3	241
Chicken Teriyaki	85.0	428	102.4	14.1	1.9	0.6	7.3	5.7	0.3	432
Deli Supreme Meats (salami, pepperoni, leg ham, sliced turkey)	83.5	800	191	15.9	13.1	5.1	2.4	1.3	0.1	960
Italian B.M.T.® Meats (salami, pepperoni, leg ham)	57.5	692	165	11.5	12.6	5.0	1.8	0.9	0.0	810
Leg Ham	43.0	196	46.9	6.5	1.7	0.6	1.3	1.1	0.0	542
Meatball (beef) 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
Pizza Melt Meats (salami, pepperoni)	36.0	594	142	8.2	11.7	4.7	1.2	0.4	0.0	540
Poached Egg	44.0	275	65.6	5.6	4.4	1.3	0.8	0.2	0.0	66.0
Rotisserie-Style Chicken	64.0	387	92.4	16.3	2.6	0.6	0.9	0.4	0.0	550
Salami	18.0	297	71.0	4.1	5.9	2.3	0.6	0.2	0.0	270
Seafood Sensation (with Mayonnaise) (I)	71.0	528	126	3.0	8.4	2.1	9.1	0.9	0.0	421
Smashed Falafel	75.0	682	163	6.6	5.9	1.0	17.6	3.8	3.2	662

	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										
Southern Style Chicken Bites	70.2	678	162	6.7	8.4	1.2	15.0	1.1	0.0	647
Steak, Diced	64.0	443	106	12.8	4.5	1.5	2.0	0.7	0.3	531
Tuna & Mayo (with Mayonnaise) (l)	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	860	206	7.4	11.1	2.6	16.8	1.9	5.0	302
Sauces & Dressings Amount on Subway 6-Inch® Sub, regular wrap, regular salad										
Chipotle Southwest Sauce	21.0	418	99.9	0.3	10.4	0.9	1.5	1.1	0.0	154
Garlic Aioli	21.0	284	67.9	0.3	6.4	0.5	2.2	1.2	0.6	197
Habanero Hot Sauce	15.0	82.5	19.7	0.1	0.0	0.0	4.6	3.7	0.1	320
Honey Mustard	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
Mexican Salsa	21.0	35.7	8.4	0.3	0.0	0.0	1.5	0.8	0.0	115
Ranch Dressing	21.0	290	69.3	0.4	7.2	1.2	0.9	0.4	0.0	153
Smoky BBQ Sauce	21.0	149	35.7	0.3	0.0	0.0	8.4	7.2	0.1	210
Spicy Mayonnaise	15.0	302	72.1	0.2	7.3	0.6	1.7	1.4	0.1	152
Sweet Chilli Sauce	21.0	169	40.4	0.1	0.1	0.0	9.6	8.7	0.0	181
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	102	24.3	0.3	0.0	0.0	5.4	5.1	0.0	187
Cheeses Amount on Subway 6-Inch® Sub, regular wrap, regular salad										
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
Old English-Style Processed Cheese (slices)	11.3	163	38.9	2.3	3.1	2.1	0.5	0.3	0.1	203
Philly-Style Three-Cheese (mozzarella, natural cheddar, old English-style cheeses)	39.6	591	141	8.7	11.5	7.4	1.2	0.5	0.3	375
Vegetables										
Avocado	35.0	244	58.3	1.2	5.3	0.6	3.5	0.0	2.1	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
Carrot	7.0	12.0	2.9	0.1	0.0	0.0	0.5	0.3	0.2	4.8
Cucumber (3 slices)	14.0	8.8	2.1	0.1	0.0	0.0	0.4	0.2	0.1	0.3
Jalapeno Pepper (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
Onion	7.0	11.7	2.8	0.1	0.0	0.0	0.5	0.3	0.1	0.3
Olive (3 rings)	3.0	16.1	3.8	0.0	0.3	0.1	0.2	0.0	0.1	26.4
Pickle (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	68.0	16.3	0.1	0.0	0.0	3.7	3.7	0.0	0.6
Spinach	7.0	6.4	1.5	0.2	0.0	0.0	0.2	0.0	0.2	5.5
Tomato (3 wheels)	35.0	26.4	6.3	0.3	0.1	0.0	0.9	0.9	0.4	1.8
Toppings Amount on nachos snack										
Doritos® Cheese Supreme Flavoured Corn Chips	45	981	234	3.5	12.2	1.4	26.6	1.0	2.2	274
Seasonings Amount on Subway 6-Inch® Sub, regular wrap, regular salad										
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

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.

Seafood Origin: (A) = Australian, (I) = Imported, (M) = Mixed



AUSTRALIA NUTRITION INFORMATION

May 2026

AVG QTY Per 100g	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Subway® Subs										
BBQ Southern-Style Chicken (southern-style chicken bites, old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce, toasted on Italian herbs & cheese bread)	100	844	201	8.1	6.7	2.2	26.3	5.3	1.4	681
Chicken & Bacon Ranch (chicken strips, bacon, natural cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing, toasted on white bread)	100	761	182	11.3	8.2	2.7	15.2	2.2	1.2	372
Chicken Classic (old English-style processed cheese, lettuce, tomato, cucumber, onion, garlic aioli, toasted on Italian herbs & cheese bread)	100	832	199	9.0	9.2	2.9	19.2	2.8	2.0	569
Chicken Schnitzel (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli, toasted on Italian herbs & cheese bread)	100	811	194	10.1	8.4	2.3	18.7	2.8	1.5	486
Chicken Strips (natural cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise on wheat bread)	100	669	160	10.8	5.6	1.9	16.0	2.1	1.7	288
Chipotle Steak Melt (diced steak, old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle southwest sauce, toasted on Italian herbs & cheese bread)	100	989	236	12.3	11.0	3.1	20.7	2.7	1.5	707
Honey Mustard Leg Ham (natural cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard on malted rye bread)	100	696	167	9.1	4.9	1.8	20.5	4.3	2.4	474
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise on Italian herbs & cheese bread)	100	891	213	10.4	10.8	4.3	17.9	2.4	1.4	597
Italian Meatball (beef meatballs in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli, toasted on Italian herbs & cheese bread)	100	809	193	8.3	9.8	3.6	17.8	3.7	1.8	410
Philly-Style Three-Cheese Steak (diced steak, cheddar cheese, old English-style cheese, mozzarella cheese, capsicum, onion, jalapeno pepper, garlic aioli toasted on white bread)	100	1030	246	14.0	11.7	4.7	19.8	2.8	1.6	673
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce, toasted on Italian herbs & cheese bread)	100	933	223	10.6	10.3	4.6	21.2	3.1	1.7	571
Rotisserie-Style Chicken (old English-style cheese, lettuce, tomato, cucumber, onion, chipotle southwest sauce, toasted on Italian herbs & cheese bread)	100	795	190	11.5	8.2	2.2	16.9	2.6	1.3	540
Seafood Sensation (l) (seafood in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, carrot on white bread)	100	738	177	6.5	6.9	2.4	21.0	2.6	1.3	346
Smashed Falafel (natural cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli on wheat bread)	100	812	194	7.3	7.5	1.8	22.5	3.8	3.0	488
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce, toasted on white bread)	100	642	154	9.9	3.1	1.4	21.2	7.0	1.3	320
Tuna Mayo (l) (tuna in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, pickle on wheat bread)	100	719	172	9.9	6.6	2.1	17.4	2.0	1.6	337
Turkey on Rye (natural cheddar cheese, lettuce, spinach, tomato, onion, honey mustard on malted rye bread)	100	698	167	10.1	4.5	1.7	20.2	4.1	2.5	368
Veggie Delite® with Avo (natural cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot on malted rye bread)	100	720	172	7.4	6.7	1.9	20.3	2.3	3.7	219

	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										
Veggie Patty (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli, toasted on wheat bread)	100	784	187	6.3	7.7	2.0	21.9	5.5	3.2	340
Wraps (on regular flour wrap)										
BBQ Southern-Style Chicken (southern-style chicken bites, old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce)	100	843	202	6.8	7.4	2.7	26.4	4.5	1.2	661
Chicken & Bacon Ranch (chicken strips, bacon, natural cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing)	100	791	189	10.5	9.3	3.7	15.3	1.5	1.1	412
Chicken Classic (old English-Style processed cheese, lettuce tomato, cucumber, onion, garlic aioli)	100	831	199	7.9	9.9	3.4	19.1	2.0	1.7	549
Chicken Schnitzel (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli)	100	813	194	9.0	8.9	2.8	18.7	2.0	1.2	465
Chicken Strips (natural cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise)	100	709	169	10.0	6.9	3.0	16.2	1.3	1.2	324
Chipotle Steak Melt (diced steak, old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle southwest sauce)	100	996	238	11.0	11.8	3.7	20.6	1.7	1.3	689
Honey Mustard Leg Ham (natural cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard)	100	682	163	7.4	5.5	2.8	20.2	3.7	1.1	491
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise)	100	891	213	9.2	11.5	4.8	17.8	1.6	1.2	580
Italian Meatball (beef meatballs in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli)	100	808	193	7.3	10.3	4.0	17.8	3.0	1.6	394
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce)	100	939	224	9.2	11.1	5.3	21.1	2.1	1.5	551
Seafood Sensation (I) (seafood in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, carrot)	100	773	185	5.8	8.3	3.5	20.8	1.7	1.1	395
Smashed Falafel (natural cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli)	100	846	203	6.7	8.8	2.8	22.5	3.1	2.5	515
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce)	100	675	162	9.1	4.4	2.4	21.1	6.1	1.1	363
Tuna Mayo (I) (tuna in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, pickle)	100	762	182	9.1	8.1	3.2	17.6	1.2	1.1	376
Turkey (natural cheddar cheese, lettuce, spinach, tomato, onion, honey mustard)	100	680	163	8.4	5.2	2.7	20.0	3.4	1.2	381
Veggie Delite® with Avo (natural cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot)	100	701	168	5.5	7.4	3.0	20.0	1.5	2.3	230
Veggie Patty (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli)	100	814	194	5.8	8.7	2.8	22.0	4.8	2.7	365
Wraps (on large flour wrap)										
BBQ Southern Style Chicken (southern-style chicken bites, old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce)	100	776	186	6.6	7.3	2.5	22.8	5.1	1.0	686
Chicken & Bacon Ranch (chicken strips, bacon, natural cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing)	100	723	173	10.8	9.6	3.6	10.6	1.5	1.0	401
Chicken Classic (old English-style processed cheese, lettuce tomato, cucumber, onion, garlic aioli)	100	765	183	7.8	10.2	3.3	14.6	2.1	1.7	557
Chicken Schnitzel (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli)	100	748	179	9.1	9.1	2.6	14.5	2.2	1.1	462
Chicken Strips (natural cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise)	100	623	149	10.3	6.8	2.8	11.3	1.3	1.0	296

	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										
Chipotle Steak Melt (diced steak, old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle southwest sauce)	100	942	225	11.5	12.6	3.7	15.2	1.9	1.1	724
Honey Mustard Leg Ham (natural cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard)	100	584	140	7.3	5.1	2.6	15.6	4.1	0.9	485
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise)	100	832	199	9.3	12.1	5.0	12.8	1.7	1.0	589
Italian Meatball (beef meatballs in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli)	100	750	179	7.1	10.7	4.0	13.8	3.2	1.5	377
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce)	100	873	209	9.4	11.8	5.5	15.7	2.3	1.4	559
Seafood Sensation (I) (seafood in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, carrot)	100	690	165	5.4	8.4	3.4	16.3	1.8	1.0	377
Smashed Falafel (natural cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli)	100	788	188	6.4	8.9	2.7	18.8	3.4	2.6	518
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce)	100	591	142	9.2	3.9	2.1	17.2	6.8	1.0	344
Tuna Mayo (I) (tuna in mayonnaise, natural cheddar cheese, lettuce, tomato, onion, pickle)	100	675	161	9.2	8.1	3.1	12.3	1.2	0.9	354
Turkey (natural cheddar cheese, lettuce, spinach, tomato, onion, honey mustard)	100	586	140	8.4	4.7	2.5	15.3	3.8	1.1	360
Veggie Delite® with Avo (natural cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot)	100	599	143	5.0	7.4	2.9	14.9	1.6	2.3	181
Veggie Patty (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli)	100	760	182	5.4	8.8	2.7	18.9	5.2	2.8	351
Salads (regular with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)										
BBQ Southern Style Chicken (southern-style chicken bites, old English-style processed cheese, smoky bbq sauce)	100	404	96.1	3.9	4.3	1.2	10.1	4.4	1.0	393
Chicken & Bacon Ranch (chicken strips, bacon, natural cheddar cheese, ranch dressing)	100	408	97.2	7.6	6.5	2.2	2.1	1.7	0.9	252
Chicken Classic (old English-style processed cheese, garlic aioli)	100	430	102.4	5.1	6.9	2.0	4.7	2.2	1.5	371
Chicken Schnitzel (old English-style processed cheese, garlic aioli)	100	428	102	6.3	6.1	1.4	5.1	2.2	1.0	299
Chicken Strips (natural cheddar cheese, mayonnaise)	100	319	76.2	7.1	4.3	1.6	2.1	1.6	1.0	167
Chipotle Steak Melt (diced steak, old English-style processed cheese, chipotle southwest sauce)	100	423	101	6.2	6.7	1.6	3.2	2.2	1.0	337
Honey Mustard Leg Ham (natural cheddar cheese, honey mustard)	100	272	64.9	4.6	2.8	1.4	4.9	3.7	0.9	305
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, mayonnaise)	100	454	109	6.1	8.0	3.1	2.9	1.9	0.9	374
Italian Meatball (beef meatballs in marinara sauce, mozzarella cheese, garlic aioli)	100	429	102	4.6	7.1	2.5	5.1	3.0	1.4	224
Pizza Melt (salami, pepperoni, mozzarella cheese, marinara sauce)	100	395	94.4	5.3	6.6	2.9	3.3	2.3	1.2	291
Seafood Sensation (I) (seafood in mayonnaise, natural cheddar cheese)	100	343	82	3.1	5.2	1.9	5.3	1.9	0.9	216
Smashed Falafel (mozzarella cheese, garlic aioli)	100	448	107	4.0	5.7	1.4	8.7	3.1	2.2	338
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, sweet onion sauce)	100	307	73.9	6.3	2.1	1.1	7.2	5.9	1.0	208
Tuna Mayo (I) (tuna in mayonnaise, natural cheddar cheese)	100	330	78.9	6.0	5.0	1.6	2.3	1.6	0.9	155
Turkey (natural cheddar cheese, honey mustard)	100	268	64.1	5.3	2.5	1.2	4.7	3.5	1.0	204
Veggie Delite® with Avo (natural cheddar cheese)	100	273	65.2	2.8	4.6	1.5	3.7	1.8	2.0	66

	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										
Veggie Patty (mozzarella cheese, garlic aioli, sweet chilli)	100	506	121	3.8	6.7	1.8	10.4	4.9	2.5	245
Salads (large with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)										
BBQ Southern Style Chicken (southern-style chicken bites, old English-style processed cheese, smoky bbq sauce)	100	475	114	4.5	5.2	1.4	11.9	5.0	0.9	475
Chicken & Bacon Ranch (chicken strips, bacon, natural cheddar cheese, ranch dressing)	100	477	114	8.9	7.7	2.7	2.2	1.6	0.9	301
Chicken Classic (old English-style processed cheese, garlic aioli)	100	513	122	6.1	8.4	2.4	5.3	2.3	1.6	452
Chicken Schnitzel (old English-style processed cheese, garlic aioli)	100	501	120	7.3	7.3	1.7	5.8	2.2	1.0	357
Chicken Strips (natural cheddar cheese, mayonnaise)	100	376	90.1	8.5	5.2	1.9	2.2	1.5	0.9	203
Chipotle Steak Melt (diced steak, old English-style processed cheese, chipotle southwest sauce)	100	504	120	7.4	8.2	2.0	3.5	2.2	1.0	413
Honey Mustard Leg Ham (natural cheddar cheese, honey mustard)	100	322	77.2	5.5	3.5	1.7	5.7	4.1	0.9	377
Italian B.M.T.* (salami, pepperoni, leg ham, mozzarella cheese, mayonnaise)	100	547	131	7.3	9.8	3.8	3.2	1.8	0.9	457
Italian Meatball (beef meatballs in marinara sauce, mozzarella cheese, garlic aioli)	100	491	118	5.3	8.3	2.9	5.7	3.2	1.4	260
Pizza Melt (salami, pepperoni, mozzarella cheese, marinara sauce)	100	478	114	6.4	8.2	3.7	3.7	2.4	1.2	361
Seafood Sensation (I) (seafood in mayonnaise, natural cheddar cheese)	100	409	97.7	3.6	6.3	2.3	6.1	1.9	0.8	262
Smashed Falafel (mozzarella cheese, garlic aioli)	100	531	127	4.6	6.8	1.7	10.1	3.4	2.4	406
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, sweet onion sauce)	100	356	85.9	7.4	2.5	1.3	8.3	6.7	0.9	248
Tuna Mayo (I) (tuna in mayonnaise, natural cheddar cheese)	100	396	94.5	7.2	6.2	2.0	2.4	1.5	0.9	190
Turkey (natural cheddar cheese, honey mustard)	100	315	75.6	6.4	3.0	1.5	5.4	3.8	0.9	249
Veggie Delite® with Avo (natural cheddar cheese)	100	332	79.5	3.3	5.9	2.0	4.2	1.7	2.2	81.5
Veggie Patty (mozzarella cheese, garlic aioli, sweet chilli)	100	587	140	4.3	7.9	2.1	12.0	5.4	2.7	288
Mini Subs	Values include white bread, lettuce, spinach, tomato, cucumber, onion, 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
Veggie Delite® with Avo	100	594	142	5.0	4.1	0.5	21.5	2.4	2.7	129
Breakfast Subs										
Bacon, Egg & Cheese (bacon, lettuce, tomato, poached egg, old English-style cheese, garlic aioli, toasted on white bread)	100	830	198	8.7	9.7	2.8	18.4	2.7	1.5	419
Classic Ham & Egg (leg ham, poached egg, old English-style cheese, mayonnaise, toasted on white bread)	100	904	217	12.2	8.9	2.8	21.3	2.4	1.1	560
Steak & Egg Brekkie (diced steak, poached egg, mozzarella cheese, lettuce, tomato, onion, BBQ sauce, toasted on Italian herbs & cheese bread)	100	735	175	11.1	6.1	2.6	17.9	4.5	1.2	468
Breakfast Wraps										
Mexican-Style Brekkie (leg ham, poached egg, mozzarely cheese, avocado, tomato, onion, jalapeno pepper, chipotle southwest sauce, toasted on regular white flour wrap)	100	835	199	8.4	11.3	3.2	16.5	1.7	1.6	421
Spinach & Egg (poached egg, mozzarella cheese, spinach, tomato, regular white flour wrap)	100	829	198	8.8	8.0	4.0	22.3	1.2	1.3	297

	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										
Sides & Snacks										
Smashed Avo on Toast (on white bread)	100	956	228	7.1	9.2	1.1	30.8	2.0	4.5	174
Creamy Garlic Cheese Bread (mozzarella cheese, garlic aioli, parmesan oregano topping on white bread)	100	1290	308	11.8	13.7	5.3	33.5	3.6	2.5	667
Chipotle Quesadilla (mozzarella cheese, chipotle southwest sauce on white flour wrap (regular size))	100	1280	306	8.6	20.0	6.6	22.9	2.3	1.3	474
Creamy Garlic Herb Bread (garlic aioli, parmesan oregano topping on white bread)	100	1270	302	8.8	9.7	1.2	43.0	4.6	3.0	721
Ham, Cheese & Tomato Toastie (mozzarella cheese, mayonnaise on White Bread)	100	908	216	10.1	8.4	3.0	24.7	2.7	1.5	429
Meatball Mozza Pot (beef meatballs in marinara sauce, mozzarella cheese)	100	696	166	9.0	11.3	4.8	7.7	3.9	1.2	362
Nachos (Doritos® Cheese Supreme Corn Chips, mozzarella cheese, avocado, jalapeno pepper, Mexican salsa)	100	1240	297	8.2	18.6	5.3	24.8	1.6	3.5	448
Nachos with Chicken Strips (Doritos® Cheese Supreme Corn Chips, mozzarella cheese, avocado, jalapeno pepper, Mexican salsa)	100	993	237	12.7	13.5	3.8	16.9	1.2	2.6	425
Nachos with Diced Steak (Doritos® Cheese Supreme Corn Chips, mozzarella cheese, avocado, jalapeno pepper, Mexican salsa)	100	1060	254	12.0	14.8	4.3	17.8	1.5	2.5	572
Nachos with Rotisserie-Style Chicken (Doritos® Cheese Supreme Corn Chips, mozzarella cheese, avocado, jalapeno pepper, Mexican salsa)	100	1030	247	13.8	13.9	3.8	17.2	1.3	2.4	582
Southern Style Chicken Bites (no sauce)	100	969	231	9.5	11.9	1.7	21.4	1.6	0.0	919
Southern Style Chicken Bites (with spicy mayo)	100	1068	255	8.7	15.4	1.9	20.4	2.4	0.0	933
Cookies										
Chocolate Chip Cookie	100	2070	495	5.1	23.7	13.4	65.4	41.2	2.3	305
Chocolate Chip Rainbow Cookie	100	1990	475	5.0	22.0	11.7	64.1	38.5	1.9	267
Double Chocolate Chip Cookie	100	1960	468	4.8	20.7	12.8	65.3	42.8	2.5	334
Raspberry Cheesecake Cookie	100	1970	470	4.1	21.5	12.6	65.4	37.6	0.8	295
White Chip Macadamia Nut Cookie	100	2070	495	4.9	25.0	13.3	62.9	41.0	1.6	340
Smoothies										
Selected locations only										
Mango	100	157	37.5	0.3	0.2	0.0	9.3	8.8	0.7	0.4
Mixed Berry Banana	100	176	42.0	0.4	0.1	0.0	7.5	7.5	1.1	0.4
Tropical	100	173	41.3	0.4	0.1	0.0	10.5	8.3	0.8	0.4
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	1250	298	12.0	5.8	2.4	47.6	3.8	2.8	566
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	671	160	5.1	6.3	3.7	28.8	4.2	14.2	518
Wrap, Multigrain Flour	100	1230	294	8.8	5.1	2.5	50.2	1.5	4.7	550
Meat, Poultry, Egg, Seafood & Vegetarian Items										
Bacon, Smoky	100	1200	287	15.0	25.0	10.0	1.2	1.2	0.1	1050
Chicken Classic	100	957	229	16.0	14.5	4.5	8.7	1.0	0.0	934
Chicken Pepperoni Meats	100	834	199	24.9	10.3	3.6	1.8	0.8	0.0	1000
Chicken Schnitzel	100	789	189	16.5	9.5	1.9	9.0	1.2	0.0	511
Chicken Strips	100	478	114	22.0	2.8	0.9	0.5	0.4	0.5	376
Chicken Teriyaki	100	504	120	16.6	2.3	0.7	8.6	6.7	0.4	508
Deli Supreme Meats (salami, pepperoni, leg ham, sliced turkey)	100	958	228	19.0	15.7	6.1	2.9	1.6	0.2	1150
Italian B.M.T.® Meats (salami, pepperoni, leg ham)	100	1200	288	19.9	21.9	8.6	3.2	1.6	0.0	1410
Leg Ham	100	456	109	15.0	4.0	1.3	3.1	2.6	0.0	1260
Meatball (beef) 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
Pizza Melt Meats (salami, 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
Rotisserie-Style Chicken	100	604	144	25.4	4.0	0.9	1.4	0.7	0.0	860
Salami	100	1650	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Seafood Sensation (with Mayonnaise) (I)	100	743	178	4.3	11.8	3.0	12.8	1.3	0.0	593
Smashed Falafel	100	910	217	8.8	7.9	1.3	23.5	5.1	4.3	883

	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										
Southern Style Chicken Bites	100	966	231	9.5	11.9	1.7	21.4	1.6	0.0	922
Steak, Diced	100	692	165	20.0	7.0	2.4	3.1	1.1	0.4	830
Tuna & Mayo (with Mayonnaise) (I)	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	956	228	8.2	12.3	2.9	18.6	2.1	5.6	335
Sauces & Dressings										
Chipotle Southwest Sauce	100	1990	476	1.6	49.5	4.1	7.2	5.3	0.0	735
Garlic Aioli	100	1350	323	1.4	30.4	2.4	10.7	5.9	2.8	940
Habanero Hot Sauce	100	550	131	0.6	0.3	0.1	30.8	24.6	0.6	2130
Honey Mustard	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
Mexican Salsa	100	170	40.0	1.6	0.2	0.0	7.3	3.7	0.0	547
Ranch Dressing	100	1380	330	1.8	34.4	5.6	4.2	2.1	0.0	730
Smoky BBQ Sauce	100	711	170	1.2	0.1	0.0	39.8	34.1	0.7	1000
Spicy Mayonnaise	100	2010	480	1.4	48.5	4.0	11.1	9.4	0.5	1010
Sweet Chilli Sauce	100	804	192	0.2	0.7	0.2	45.6	41.2	0.0	861
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
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	1440	345	20.5	27.4	18.3	4.0	2.4	1.3	1800
Philly-Style Three-Cheese (mozzarella, natural cheddar, old English-style cheeses)	100	1492	357	21.9	29.0	18.8	2.9	1.2	0.7	948
Vegetables										
Avocado	100	697	167	3.3	15.0	1.7	10.0	0.0	6.1	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
Carrot	100	172	41.0	0.9	0.2	0.0	6.8	4.7	2.8	69.0
Cucumber	100	62.8	15.0	0.7	0.1	0.0	3.1	1.7	0.5	2.0
Jalapeno Pepper	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
Onion	100	167	40.0	1.1	0.1	0.0	7.6	4.2	1.7	4.0
Olive	100	536	128	1.0	9.5	1.7	5.1	0.9	2.9	880
Pickle	100	62.4	14.9	0.3	0.2	0.1	2.0	0.0	1.5	1200
Pineapple (Selected Locations Only)	100	340	81.3	0.4	0.1	0.0	18.5	18.5	0.0	3.0
Spinach	100	92.0	22.0	2.9	0.4	0.1	3.5	0.4	2.7	79.0
Tomato	100	75.3	18.0	0.9	0.2	0.0	2.7	2.6	1.2	5.0
Toppings										
Doritos® Cheese Supreme Flavoured Corn Chips	100	2180	521	7.8	27.0	3.0	59.2	2.3	4.9	608
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

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.

Seafood Origin: (A) = Australian, (I) = Imported, (M) = Mixed