



CANADA NUTRITION INFORMATION

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Calcium % DV	Iron % DV
SANDWICHES													
6-inch Sandwiches (Less than 340 calories and low in saturated fat) Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.													
Black Forest Ham	220	260	4	1	0	20	750	43	4	6	15	2	15
Oven Roasted Chicken	226	280	5	1	0	40	600	42	4	7	21	2	10
Sweet Onion Chicken Teriyaki	265	340	4	1	0	50	780	51	4	14	23	2	15
Turkey Breast	218	260	4.0	1	0	30	700	42	5	6	16	2	10
Veggie Delite®	162	200	2	0.3	0	0	320	39	4	5	8	2	10
6" Sandwiches Values include Italian bread and select vegetables. Double values for footlong nutrition information (one footlong=two 6" servings).													
Chicken & Bacon Ranch Melt	271	470	21	7	0.3	75	1090	43	2	5	33	8	20
Cold Cut Combo	226	370	18	6	0.0	35	940	43	2	4	17	4	20
Italian B.M.T.®	226	370	16	6	0.3	40	1330	43	2	5	19	2	20
Meatball Marinara	212	420	17	7	1.0	45	1170	49	3	7	24	6	25
Pizza Sub Melt	146	390	20	8	0.4	40	1500	42	2	5	17	6	15
Steak & Cheese	167	330	10	4.5	0.4	50	1120	41	1	4	24	6	20
Tuna	226	430	23	4	0.2	45	690	40	2	4	20	2	15
Kids' Meal Sandwiches on Mini 9-Grain Wheat Values include lettuce, tomatoes, onions, green peppers and cucumbers.													
Black Forest Ham	137	170	3	0.5	0	10	430	28	3	4	9	2	8
Turkey Breast	145	170	2.5	0.5	0	20	470	28	3	4	11	2	8
Veggie Delite®	108	140	1.5	0.2	0	0	210	26	3	3	5	2	8
Grilled Wraps, Regular Values include select vegetables and footlong meat.													
Chicken Caesar	260	560	25	6	0.3	70	1150	53	3	4	31	15	20
Chipotle Steak & Guac	307	600	28	7	0.4	75	1350	59	6	5	30	10	25
Turkey, Bacon & Guac	292	580	29	7	0.2	55	1590	60	6	5	23	10	20
Grilled Wraps, Large Values include select vegetables and footlong meat.													
Chicken Caesar	331	650	28	7	0.3	115	1410	54	3	4	48	15	25
Chipotle Steak & Guac	377	720	33	9	0.5	130	1800	61	6	6	46	10	30
Turkey, Bacon & Guac	359	690	34	9	0.3	100	2160	63	6	6	35	10	25
Side Kicks Values include potato bun, select vegetables and sauces as noted.													
Chipotle Chicken Side Kick	119	190	6	2	0.1	45	410	22	1	4	11	0	2
Honey Mustard Ham Side Kick	126	190	7	2	0.1	35	620	24	1	5	8	0	2
Italian Side Kick with Garlic Aioli and Sub Sauce	105	280	17	5	0.3	45	850	23	2	5	9	0	2
Savory Ranch Turkey Side Kick	113	190	7	2	0.1	45	600	23	2	5	10	0	2
6" Limited Time Offer/Regional Subs** Values include Italian bread (unless another bread is specified) and select vegetables.													
B.L.T.	156	330	13	6	0	30	930	40	1	3	19	2	15
Buffalo Chicken	240	340	11	3	0	55	1100	41	2	4	23	2	15
Chicken Caesar with Rotisserie-Style Chicken	218	420	18	6	0	65	890	41	1	4	29	0	20
Roast Beef	225	270	5	1	0	20	770	41	4	6	18	0	15
Spicy Italian®	221	440	24	9	1	50	1600	42	2	5	20	2	20
Subway Club	235	280	5	1	0	30	830	42	4	6	18	0	15
Subway Melt	249	350	11	5	0	50	1240	45	2	5	23	0	20
Tuna with Light Mayonnaise Type Dressing	226	330	12	3	0	50	750	42	2	4	20	0	20
Turkey Bacon Guacamole	264	370	12	3	0.1	40	980	46	7	6	20	0	15
Veggie Patty (vegetarian) [†]	247	380	11	1.0	0	0	640	56	12	7	14	4	20
SALADS													
Fresh Fit® Salads Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.													
Ham	345	110	3	1	0	20	510	13	4	5	10	4	10
Oven Roasted Chicken	358	130	2.5	0.5	0	50	280	10	4	5	18	4	10
Roast Beef	344	110	3	1	0	20	480	12	4	5	12	4	15
Subway Club®	360	130	4	1.0	0	30	590	13	4	6	13	4	10
Sweet Onion Chicken Teriyaki (includes sweet onion dressing)	408	220	3	1.0	0	50	610	30	4	20	18	4	10
Turkey Breast	343	110	3.0	0.5	0	30	460	12	4	5	11	4	10
Veggie Delite®	287	50	1	0.2	0	0	75	9	4	5	3	4	8
Other Salads													
Chicken & Bacon Ranch Melt (includes ranch dressing)	410	400	28	8	0.3	80	920	13	4	7	27	10	15
Cold Cut Combo	351	240	17	6	0.0	35	620	12	5	5	12	4	15
Italian B.M.T.®	352	230	15	5	0.3	40	1010	13	4	6	13	4	10
Meatball Marinara	429	300	17	7	1	45	860	22	6	10	19	10	20
Pizza Sub Melt	362	270	19	8	0.4	40	1200	15	5	8	13	8	10
Steak & Cheese	370	200	9	4	0.4	50	810	13	4	7	19	8	15
Tuna	358	290	23	3.5	0.2	45	380	10	4	5	14	4	10
BREAKFAST													
English Muffin Breakfast Sandwiches Values include English Muffin, scrambled egg patty, Processed cheddar cheese, Mayonnaise, spinach and tomatoes.													
Bacon, Egg & Cheese on English Muffin	166	370	24	6	0.5	260	730	22	1	2	15	15	15
Egg & Cheese on English Muffin	161	340	22	5	0.4	255	640	22	1	2	14	15	15
Ham, Egg & Cheese on English Muffin	176	360	22	5	0.4	260	750	23	1	2	15	15	15
Sausage, Egg & Cheese on English Muffin	190	410	28	7	0.4	275	900	22	2	2	18	15	15
6" Breakfast Sandwiches Values include 6" Italian bread scrambled egg patty, Processed Cheddar cheese, Mayo, spinach and tomatoes. Double values for footlong nutrition information (one footlong=two 6" servings).													
Bacon, Egg & Cheese	233	580	38	9	0.5	280	1150	42	2	4	22	10	25
Egg & Cheese	223	530	34	7	0.5	265	970	42	2	4	18	10	20
Ham, Egg & Cheese	252	560	35	8	0.5	280	1180	43	2	5	22	10	25
Sausage, Egg & Cheese	280	670	45	12	0.5	310	1480	43	2	5	28	10	25
Regular Breakfast Wraps Values include wrap, scrambled egg patty, Processed cheddar cheese, Mayo, spinach and tomatoes.													
Bacon, Egg & Cheese	264	700	44	9	0.5	280	1340	55	3	4	23	15	25
Egg & Cheese	254	650	40	8	0.5	265	1160	55	3	4	19	15	25
Ham, Egg & Cheese	283	680	41	8	0.5	275	1370	56	3	4	23	15	25
Sausage, Egg & Cheese	311	790	51	12	0.5	310	1670	56	4	5	29	15	30
Large Breakfast Wraps Values include wrap, scrambled egg patty, Processed cheddar cheese, mayo, spinach and tomatoes and footlong meat/egg.													
Bacon, Egg & Cheese	359	950	65	14	1.0	535	1820	58	4	6	34	20	35
Egg & Cheese	339	850	58	11	1.0	515	1460	57	4	5	27	20	30
Ham, Egg & Cheese	396	910	60	11	1.0	535	1880	61	4	6	34	20	35
Sausage, Egg & Cheese	453	1130	80	19	1.0	595	2490	59	4	6	47	20	40
BREADS & CONDIMENTS													
Breads Double values for footlong nutrition information (one footlong=two 6" servings)													
6" White Italian	71	170	2	0.5	0	0	390	37	1	2	7	0	15
6" Multigrain	71	190	2	0.3	0	0	310	36	3	3	7	0	8
6" Flatbread **	87	230	4	0.5	0	0	330	43	4	3	8	0	15
6" Italian Herbs & Cheese	82	210	4.5	3	0	10	590	39	1	2	9	4	15
English Muffin	65	100	1	0.1	0	0	140	19	1	1	3	4	8
Gluten Free Bread (as packaged)***	113	340	12	7.0	0	0	790	51	3	7	6	0	2

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Mini Italian Bread	47	110	1.0	0.4	0	0	260	24	0	1	5	0	8
Mini Wheat Bread	47	120	2	0.2	0	0	210	24	2	2	5	0	6
Potato Bun	39	110	2	0.3	0	15	190	20	1	3	3	0	0
Wrap	102	300	8	1	0	0	580	50	2	2	8	4	15
Sandwich Condiments (amount on 6-inch sandwich, grilled ciabatta or wrap) Double values for footlong nutrition information (one footlong=two 6" servings). Double sauce values for salad dressing portion.													
Bacon (2 strips)	10	50	4	2	0	10	180	0	0	0	4	0	2
BBQ Sauce**	14	25	0	0	0	0	200	6	0	6	0	0	0
Buffalo**	14	5	0	0	0	0	350	1	0	0	0	0	0
Caesar	14	90	9	1.5	0	5	140	1	0	0	0	0	0
Chipotle Southwest	14	60	7	1	0	5	115	1	0	0	0	0	0
Garlic Aioli	14	70	7	1	0	5	125	1	0	1	0	0	0
House Sandwich Sauce	14	70	8	1	0	0	125	1	0	1	0	0	0
Guacamole	35	60	5	1	0	0	95	4	2	0	1	0	2
Light Mayonnaise Type Dressing **	14	50	5	1	0	15	105	1	0	0	0	0	0
Mayonnaise	14	100	11	1.5	0	10	75	0	0	0	0	0	0
Mustard, Yellow	14	10	1	0	0	0	170	1	0	0	1	0	0
Ranch	14	70	8	1	0	5	150	1	0	1	0	0	0
Smoky Honey Mustard	14	70	7	1	0	10	115	2	0	2	0	0	0
Sweet Onion	18	35	0	0	0	0	75	8	0	7	0	0	0
Pepperoni (3 slices)	18	80	7.0	2.5	0	15	400	1	0	1	4	0	0
Pineapple**	2	0	0	0	0	0	0	0	0	0	0	0	0
Seasonings (amount on 6-inch sub, grilled ciabatta or wrap)													
Salt	0	0	0	0	0	0	160	0	0	0	0	0	0
Pepper	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sub, grilled ciabatta or wrap)													
Banana Peppers	4	1	0	0	0	0	65	0	0	0	0	0	0
Cucumbers	14	2	0	0	0	0	0	1	0	0	0	0	0
Green Peppers	7	1	0	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers**	4	1	0	0	0	0	70	0	0	0	0	0	0
Lettuce	21	3	0	0	0	0	0	0	0	0	0	0	0
Olives, Black	3	3	0	0	0	0	25	0	0	0	0	0	0
Olives, Green**	3	5	1	0	0	0	25	0	0	0	0	0	0
Onions, Red	7	3	0	0	0	0	0	1	0	0	0	0	0
Pickles	10	1	0	0	0	0	115	0	0	0	0	0	0
Spinach, Baby	7	2	0	0	0	0	5	0	0	0	0	0	2
Tomatoes	35	5	0	0	0	0	0	1	0	1	0	0	0
Cheese (amount on 6-inch sandwich, grilled ciabatta or wrap)													
Cheddar **	11	45	3.5	2.5	0.1	10	75	0	0	0	3	4	0
Cheddar, Processed	11	40	3	2	0.1	10	200	0	0	0	2	4	0
Feta **	14	45	4	2	0.1	10	150	0	0	0	2	2	0
Monterey Cheddar, Shredded	14	60	5	3.0	0.1	15	100	1	0	0	3	6	0
Parmesan, Grated	3	10	1	0.4	0	5	65	0	0	0	1	0	0
Swiss**	14	50	4.0	2.5	0.1	15	35	0	0	0	4	8	0
Individual Proteins (amount on 6" sub, regular wrap or salad, double values for footlong or Signature wrap)													
Chicken Cutlette, Oven Roasted	64	80	2	1	0.2	40	290	3	0	2	13	0	0
Chicken Strips, Plain	71	80	1.5	0.5	0	50	210	1	0	0	15	0	2
Chicken Strips, Buffalo**	85	80	2.0	0.5	0	50	560	1	0	0	15	0	2
Chicken Strips, Teriyaki Glazed	85	100	2	0.5	0	50	380	4	0	1	15	0	2
Cold Cut Combo Meats	64	190	16	6	0.0	35	550	3	1	1	9	2	4
Crispy Chicken**	88	190	9	1.0	0.0	30	390	15	1	1	12	2	20
Egg Patty, Regular	85	200	18	3	0.3	245	300	3	1	1	8	2	8
Ham, Black Forest	58	50	2	0.5	0	25	560	4	0	1	7	0	2
Italian B.M.T.® Meats	64	180	14	5	0.3	40	940	3	0	1	10	0	2
Meatballs (regular) with Marinara	139	240	15	6	1.0	45	720	12	2	5	15	4	15
Roast Beef**	57	60	2	1	0.1	20	410	2	0	1	9	0	4
Rotisserie-Style Chicken	71	100	3	0.5	0	45	260	1	0	0	17	0	4
Salami	59	230	20	7.0	1	50	1070	2	0	1	11	0	2
Sausage Patty, Breakfast**	57	140	11	4.5	0	40	520	1	0	1	10	0	4
Steak (no cheese)	71	110	5	2	0.3	40	540	3	0	2	14	0	6
Subway Club® Meats**	72	80	3	1.0	0	30	510	3	0	1	10	0	4
Tuna	71	240	22	3.5	0.2	45	300	0	0	0	11	0	2
Turkey Breast	56	60	2.0	0.4	0	30	380	3	0	1	8	0	2
Veggie Patty (vegan)**	85	170	9.0	1.0	0	0	320	17	8	2	6	2	10
DESSERTS & SIDES													
Cookies & Desserts													
Chocolate Chunk Cookie	45	220	10	5	0.1	10	95	29	1	16	2	0	8
Double Chocolate Cookie**	45	210	9	5	0.1	15	125	29	1	20	2	0	10
Chocolate Chip with M&M® Candies Cookie	45	210	9	5	0.1	10	110	29	1	16	3	0	8
Oatmeal Raisin Cookie**	45	200	8	4	0.1	15	110	30	1	16	3	0	6
Raspberry Cheesecake Cookie**	45	210	9	5	0.1	15	115	29	0	16	2	0	6
White Chip Macadamia Nut Cookie	45	210	10	5	0.1	15	125	28	1	17	2	0	6
Apple Banana BuddyFruit®**	90	250	0	0	0	0	0	14	1	12	0	0	0
Brownie, Gluten Free**	80	350	16	2.0	0	60	180	48	2	34	3	0	0
Hash Browns, 6 pieces**	108	190	9	3.0	0.2	0	600	24	3	1	3	2	60
Potato Bites with Dip	172	390	26	6.0	0.4	10	1030	34	4	2	4	0	80
Soup** (8oz/255 ml bowl)													
Beef & Barley	100	50	1	0	0	1	350	8	1	2	3	1	2
Beef Chili	251	360	22	8	1	72	800	21	4	6	21	6	27
Cream of Broccoli	227	150	7	4	0	23	710	18	2	7	6	10	3
Cream of Mushroom	243	150	7	4	0	24	850	14	1	6	6	8	3
Chicken Noodle	227	100	3	1	0	25	780	12	1	2	6	1	3
Loaded Baked Potato	227	180	11	6	0	35	770	15	1	3	5	3	1
Mac & Cheese	227	420	25	13	1	69	1320	34	1	5	14	15	8

Nutrition information compiled from the following data: Nutrition analysis from approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference, Release #19. 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.

*Meat and dairy products naturally occurring trans fat.

**Some sandwiches contain trans fat that is found naturally in meat and cheese. These sandwiches do not contain any artificial trans fat (partially-hydrogenated oil).

**Regional and Limited Time Offer subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between

†The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.

‡Some restaurants offer a vegetarian (non-vegan) patty. It will be identified on menu board as "containing eggs & milk".