



Subway Nutrition Information

India, October 2021

	Value Per Serving Size											Value Per 100 Gram											Nutrition Claims		Protein RDA Men (sedentary): 60g/day	
	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Added Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Added Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Low Energy/Calorie: No more than 40kcal/100gr for solids	Low Fat: No more than 3g of Fat/100gr for solids	High Protein MEN: 20% of MEN RDA per 100 g for solids (12g)	
6-Inch Sandwiches	Values include 6" multigrain bread, lettuce, tomatoes, onions, green peppers and cucumbers.																									
Aloo Patty	219	337	7	4	0	58	4	0	12	0	615	100	154	3	2	0	27	2	0	5	0	281			Low Fat	
Chatpata Chana	224	320	5	2	0	57	6	0	12	0	675	100	143	2	1	0	25	3	0	6	0	301			Low Fat	
Chicken Kofta	224	379	11	2	0	54	4	0	17	9	759	100	169	5	1	0	24	2	0	8	4	339				
Chicken Slice	209	290	4	2	0	47	4	0	18	21	375	100	139	2	1	0	22	2	0	9	10	179			Low Fat	
Chicken Teriyaki	224	311	3	2	0	51	7	3.4	21	22	813	100	139	1	1	0	23	3	2	10	10	363			Low Fat	
Corn & Peas	219	359	12	3	0	53	6	0.7	11	0	475	100	164	6	1	0	24	3	0	5	0	217				
Hara Bhara Kebab	221	391	11	6	0	62	5	0	14	0	717	100	177	5	3	0	28	2	0	7	0	324				
Italian B.M.T.™	242	351	8	3	0	48	4	0	23	42	682	100	145	3	1	0	20	2	0	9	18	282			Low Fat	
Mexican Patty	221	379	10	5	0	70	5	0	15	0	631	100	172	5	2	0	31	2	0	7	0	286				
Paneer Tikka	224	410	16	8	0	50	4	0	16	28	654	100	183	7	4	0	22	2	0	7	13	292				
Peri Peri Chicken	224	312	3	2	0	48	4	0	24	10	855	100	139	1	1	0	21	2	0	11	4	382			Low Fat	
Roasted Chicken Strips	224	301	3	2	0	48	4	0	21	10	818	100	134	1	1	0	21	2	0	9	5	365			Low Fat	
Subway Club™	248	343	6	3	0	49	4	0	24	44	742	100	138	2	1	0	20	2	0	10	18	299			Low Fat	
Tandoori Chicken Tikka	224	341	8	3	0	48	4	0	20	11	436	100	152	4	1	0	21	2	0	9	5	195				
Tandoori Tofu	224	356	9	4	0	53	4	0	15	0	843	100	159	4	2	0	24	2	0	7	0	376				
Tuna	219	384	14	3	0	48	5	1	18	16	613	100	176	6	2	0	22	2	0	8	7	280				
Turkey Breast	209	288	3	2	0	47	4	0	18	23	681	100	138	2	1	0	23	2	0	9	11	326			Low Fat	
Turkey Breast & Chicken Slice	224	305	4	2	0	47	4	0	21	30	579	100	136	2	1	0	21	2	0	9	13	258			Low Fat	
Veg Seekh	224	365	7	2	0	60	6	0	15	0	675	100	163	3	1	0	27	2	0	7	0	301			Low Fat	
Veg Shammil Kebab	224	365	6	3	0	63	6	0	15	0	908	100	163	3	1	0	28	2	0	7	0	405			Low Fat	
Veggie Delite™	164	242	3	2	0	46	4	0	9	0	375	100	148	2	1	0	28	2	0	6	0	228			Low Fat	
Signature Wraps	Values include 11.5" multigrain wrap, lettuce, tomatoes, onions, green peppers and cucumbers.																									
Aloo Patty	291	476	13	6	0	80	2	0	13	0	902	100	164	4	2	0	28	1	0	4	0	310				
Chatpata Chana Filling	301	443	9	2	0	78	7	0	14	0	1022	100	147	3	1	0	26	2	0	5	0	339			Low Fat	
Chicken Kofta	301	561	20	2	0	72	2	0	24	18	1190	100	186	7	1	0	24	1	0	8	6	395				
Chicken Slice	271	383	6	2	0	58	2	0	26	42	422	100	141	2	1	0	21	1	0	9	16	156			Low Fat	
Chicken Teriyaki	301	423	4	2	0	65	9	7	32	44	1299	100	141	1	1	0	22	3	2	11	15	432			Low Fat	
Corn & Peas	291	521	23	5	0	69	7	2	11	0	623	100	179	8	0	0	24	3	1	4	0	214				
Hara Bhara Kebab	295	584	21	10	0	88	5	0	18	0	1106	100	198	7	2	0	30	2	0	6	0	375				
Italian B.M.T.™	337	504	14	5	0	61	2	0	35	85	1036	100	150	4	3	0	18	1	0	10	25	307				
Mexican Patty	295	561	18	8	0	103	5	0	20	0	935	100	190	6	1	0	35	2	0	7	0	317				
Paneer Tikka	301	623	31	15	0	63	3	0	21	56	980	100	207	10	3	0	21	1	0	7	19	326				
Peri Peri Chicken	301	427	5	2	0	60	2	0	37	19	1382	100	142	2	5	0	20	1	0	12	6	459			Low Fat	High Protein
Roasted Chicken Strips	301	404	5	2	0	60	4	0	30	21	1309	100	134	2	1	0	20	1	0	10	7	435			Low Fat	
Subway Club™	349	487	10	4	0	62	2	0	38	87	1156	100	140	3	1	0	18	1	0	11	25	331			Low Fat	
Tandoori Tofu	301	515	17	6	0	69	3	0	20	0	1358	100	171	6	2	0	23	1	0	7	0	451				
Tandoori Chicken Tikka	301	485	15	5	0	59	2	0	30	22	545	100	161	5	2	0	20	1	0	10	7	181				
Tuna	291	571	26	5	0	59	5	2	26	32	899	100	196	9	2	0	20	2	1	9	11	309				
Turkey	271	379	5	2	0	58	2	0	26	47	830	100	140	2	1	0	21	1	0	10	17	276			Low Fat	
Turkey Breast & Chicken Slice	301	412	6	2	0	58	2	0	31	59	1034	100	137	2	1	0	19	1	0	10	20	381			Low Fat	
Veg Seekh	301	533	12	3	0	84	6	0	20	0	1022	100	177	4	1	0	28	2	0	7	0	339				
Veg Shammil Kebab	301	533	11	5	0	90	6	0	20	0	1488	100	177	4	2	0	30	2	0	7	0	494				
Veggie Delite™	181	287	4	2	0	56	2	0	8	0	422	100	159	2	1	0	31	1	0	5	0	233			Low Fat	
Salads	Values include lettuce, tomatoes, green peppers, cucumbers, onions and olives. Values do not include salad dressing or croutons, unless noted.																									
Aloo Patty	328	146	5	2	0	22	3	0	5	0	305	100	45	2	1	0	7	1	0	1	0	93			Low Fat	
Chatpata Chana	333	130	3	4	0	21	5	0	6	0	731	100	39	1	1	0	6	2	0	2	0	211			Low Cal	Low Fat
Chicken Kofta	333	189	9	0	0	18	3	0	11	9	449	100	57	3	0	0	5	1	0	3	3	135			Low Cal	Low Fat
Chicken Slice	318	100	2	0	0	11	3	0	11	21	65	100	31	1	0	0	3	1	0	4	7	20			Low Cal	Low Fat
Chicken Slice & Turkey Breast	333	114	2	0	0	11	3	0	14	30	269	100	34	1	0	0	3	1	0	4	9	81			Low Cal	Low Fat
Chicken Teriyaki	333	120	1	0	0	15	6	3	15	22	504	100	36	0	0	0	4	2	1	4	7	151			Low Cal	Low Fat
Corn & Peas	328	169	11	2	0	17	6	1	4	0	166	100	51	3	0	0	5	2	0	1	0	51			Low Cal	Low Fat
Hara Bhara	330	200	9	4	0	26	5	0	8	0	407	100	61	3	1	0	8	1	0	2	0	123			Low Fat	
Italian B.M.T.™	351	160	6	2	0	12	3	0	16	42	372	100	46	2	0	0	4	1	0	5	12	106			Low Fat	
Mexican Bean Patty	330	189	8	4	0	34	4	0	8	0	322	100	57	2	1	0	10	1	0	2	0	97			Low Fat	
Paneer Tikka	333	220	14	7	0	14	3	0	9	28	344	100	66	4	2	0	4	1	0	3	8	103				
Peri Peri Chicken	333	121	1	0	0	12	3	0	17	10	545	100	36	0	0	0	4	1	0	5	3	164			Low Cal	Low Fat
Roasted Chicken Strips	333	110	1	0	0	12	4	0	14	10	50	100	33	0	0	0	4	1	0	4	3	153			Low Cal	Low Fat
Subway Club™	357	152	4	1	0	13	3	0	17	44	432	100	43	1	0	0	4	1	0	5	12	121			Low Cal	Low Fat
Tandoori Chicken Tikka	333	151	6	2	0	12	3	0	13	11	127	100	45	2	1	0	4	1	0	4	3	38			Low Fat	
Tandoori Tofu	333	166	7	2	0	17	3	0	9	0	533	100	50	2	1	0	5	1	0	3	0	160			Low Fat	
Tuna	328	194	12	2	0	12	4	0.8	11	16	304	100	59	4	1	0	4	1	0.3	3	5	93				
Turkey	318	98	1	0	0	11	3	0	11	23	371	100	31	0	0	0	4	1	0	4	7	117			Low Cal	Low Fat
Veg Seekh	333	175	5	1	0	24	5	0	9	0	365	100	52	1	0	0	7	1	0	3	0	10			Low Cal	Low Fat
Veg Shammil	333	175	4	2	0	27	5	0	9	0	598	100	52	1	1	0	8	1	0	3	0	180			Low Cal	Low Fat
Veggie Delite™	273	52	1	0	0	10	3	0	3	0	65	100	19	0	0	0	4</									



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	Value Per Serving Size										Value Per 100 Gram										Nutrition Claims		Protein RDA Men (sedentary): 60g/day		
	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Added Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Added Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Low Energy/Calorie: No more than 40kcal/100gr for solids	Low Fat: No more than 3g of Fat/100gr for solids	High Protein MEN: 20% of MEN RDA per 100 g for solids (12g)
Chicken Kofta	112	211	8	1	0	25	1	0	8	6	569	100	189	8	1	0	23	1	0	7	5	509			
Chicken Strips	132	182	3	1	0	20	1	0	17	28	703	100	138	2	1	0	15	1	0	13	21	534		Low Fat	High Protein
Veg Shammli	132	243	7	3	0	37	3	0	9	0	846	100	184	5	2	0	28	2	0	7	0	642			
Chhota Subs	Values include multigrain bread, lettuce, tomatoes, peppers, cucumber and onions without sauce, unless noted.																								
Chicken Slice	138	193	2	1	0	31	2	0	12	14	249	100	140	2	1	0	23	2	0	9	10	181		Low Fat	
Corn & Peas	135	219	7	2	0	34	4	0.4	7	0	300	100	162	5	1	0	25	3	0.3	5	0	222			
Egg & Cheese	127	290	12	4	0	30	2	0	16	265	521	100	228	9	3	0	23	2	0	12	208	409			High Protein
Hara Bhara Kebab	136	235	6	3	0	39	3	0	9	0	420	100	173	4	2	0	28	2	0	6	0	309			
Toasties	Values include multigrain bread, lettuce, tomatoes, peppers, cucumber and onions without sauce, unless noted.																								
Pepperoni Toastie	77	91	7	3	0	21	2	0	11	24	405	100	119	9	4	0	28	2	0	14	31	529			High Protein
Veggie Toastie	71	58	5	2	0	21	2	0	8	10	309	100	83	7	3	0	30	2	0	11	14	439			
Flatizzas	Values include footlong flatbread, marinara sauce and mozzarella.																								
Paneer Tikka Flatizza	179	485	29	15	0	30	2	1	26	67	909	100	271	16	8	0	17	1	0.6	15	38	508			High Protein
Pepperoni Flatizza	151	367	18	9	0	28	2	1	24	58	847	100	243	12	6	0	19	1	0.7	16	38	561			High Protein
Peri Peri Chicken Flatizza	179	387	16	9	0	28	2	1	34	49	1110	100	216	9	5	0	15	1	0.6	19	27	620			High Protein
Veggie Flatizza	187	338	16	8	0	30	2	1	20	39	678	100	181	8	4	0	16	1	0.6	11	21	362			
Cookies, Desserts & Sides	Low Cal																								
Cookie, Dark Chunk Chocolate	50	246	13	8	0	29	13	7	3	0	225	100	492	26	16	0	59	26	14	6	0	450			
Cookie, Double Dark Chunk Chocolate	50	242	6	7	0	29	14	6	2	0	188	100	483	12	15	0	59	28	11	5	0	376			
Cookie, Oatmeal Raisin	50	223	9	5	0	33	14	6	3	0	147	100	446	18	9	0	66	29	11	5	0	295			
Choco Truffle Cake	90	422	23.9	9	0	47	14	17	5	0	155	100	469	27	10	0	52	16	19	5	0	173			
Savoury Danish	31	93	5	2	0	12	2	0.6	1	13	185	100	301	15	7	0	39	5	2	2	41	598			
Breads																									
Italian Bread, 6"	75	213	2	1	0	39	5	0	8	0	291	100	284	3	1	0	53	7	0	10	0	388		Low Fat	
Multigrain Bread, 6"	80	227	2	2	0	43	3	0	9	0	370	100	284	3	2	0	53	4	0	11	0	462		Low Fat	
Flatbread, 6"	44	131	2	1	0	23	0	0	5	0	91	100	299	6	1	0	51	0	0	11	1	206			
Parmesan Oregano, Italian White, 6"	89	275	6	2	0	45	3	0	11	2	1049	100	309	7	3	0	50	4	0	12	3	1179			High Protein
Honey Oat, Multigrain, 6"	94	283	3	2	0	54	8	0	9	0	386	100	301	3	2	0	58	9	0	10	0	411		Low Fat	
Roasted Garlic, Italian White, 6"	89	255	4	1	0	47	5	0	8	0	1659	100	287	4	2	0	53	6	0	9	0	1864			
Wrap, Multigrain 8"	35	112	3	1	0	18	1	0	2	0	315	100	320	8	3	0	52	3	0	7	0	900			
Wrap, Multigrain 11.5"	97	272	4	2	0	53	2	0	7	0	417	100	280	4	2	0	54	2	0.5	8	0	430			
Wrap, Spinach 11.5"	97	311	6	3	0	57	5	1	7	0	375	100	321	6	3	0	59	5	1	8	0	387			
Sauces																									
Barbecue Sauce	21	28	0	0	0	6.7	5.9	0	0.3	0	0	100	133	1.3	0	0	32	28	0	1	0	0		Low Fat	
Chipotle Southwest Sauce	21	97	10	7	0	0.7	0.8	0.8	0.2	2.1	164	100	463	47	7	0	4	4	4	1	10	780			
Honey Mustard	21	48	3	2	0	6.1	4.4	3.4	0.2	2.1	147	100	228	12	2	0	29	21	16	1	10	700			
Marinara Sauce	21	22	0	0	0	4.2	2.6	1.3	0.3	0.0	217	100	103	1.9	0	0	20	13	6	1	0	1035		Low Fat	
Mayonnaise, Eggless	21	107	11	8	0	1.5	1.3	0.8	0.2	2.1	105	100	509	53	8	0	7	6	4	1	10	500			
Mayonnaise, Mint	21	73	7	5	0	1.9	0.4	0	0.2	2.1	200	100	346	34	5	0	9	2	2	1	10	950			
Mayonnaise, Tandoori	21	91	9	6	0	2.9	1.7	1.7	0.4	2.1	46	100	433	41	6	0	14	8	8	2	10	220			
Red Chili Sauce	21	26	0	0	0	5.5	4.2	4.2	0.6	0	251	100	125	1	0	0	26	20	20	3	0	1197		Low Fat	
Sweet Onion Sauce	21	34	0	0	0	8.0	7.1	7.1	0.4	0	159	100	164	0.4	0	0	38	34	34	2	0	758		Low Fat	
Cheeses																									
American Cheese	14	50	4.0	3	0	0.7	0	0	2.7	10	640	100	350	28.4	21	1	5	0	0	19	73	1403		Low Cal	Low Fat
Mozzarella Cheese	15	43	3.1	13	1	0.1	0	0	3.7	10	640	100	284	20.5	13	7	1	0	0	25	65	640			High Protein High Protein
MEAT, Poultry, Seafood, Eggs, veg	7.1																								
Proteins and Fillings																									
Aloo Patty	55	94	5	2	0	12	0	0	2.2	0	240	100	172	8	4	0	22	0	0	4	0	436			
Chatpata Chana Filling	60	78	3	0	0	11	2.8	3.4	3	0	300	100	130	5	1	0	18	4.2	5.6	5	0	500			
Chicken Breast Strips, Smoked	60	58	1	0	0	2	0.8	0	11.0	0	0	100	97	1	0	0	3	1.3	0	19	0	0			
Chicken Breast Strips, Teriyaki Glazed	60	68	0	0	0	4	3.4	3.4	12	22	439	100	113	1	0	0	7	5.6	5.6	20	37	731			
Chicken Kofta Meatballs	60	137	8	0	0	8	0	0	8	9	384	100	228	14	0	0	13	0	0	13	15	640			
Chicken Slices	45	48	1	0	0	1	0	0	8.7	21	0	100	106	3	1	0	2	0	0	19	47	0			
Corn & Peas (Includes Mayonnaise)	55	117	10	2	0	7	2.7	1.0	1.2	0	101	100	213	18	3	0	12	4.9	1.3	2.2	0	183			
Egg	60	89	6	0	0	1	0	0	7.5	255	76	100	149	11	0	0	1	0	0	13	425	126			
Hara Bhara Patty	57	148	9	4	0	16	1.7	0	5.1	0	342	100	260	15	7	0	28	3.0	0	9	0	600			
Pepperoni	24	38	2	1	0	2	0	0	3.1	14	163	100	157	9	3	0	6	0	0	13	58	680			
Salami	24	39	2	1	0	0	0	0	4.5	14	144	100	163	9	3	0	1	0	0	19	59	600			
Mexican Bean Patty	57	137	7	3	0	23	1.3	0	5.7	0	257	100	240	13	6	0	41	2.3	0	10	0	450			
Mexican Bean Filling	50	60	2	0	0	9	0	0	2.5	0	290	100	120	4	0	0	18	0	0	5	0	580			
Paneer Tikka, Cottage Cheese	60	168	14	7	0	4	0.4	0	6.6	28	279	100	280	23	11	0	6	0.7	0	11	47	465			
Peri Peri Chicken	60	70	1	0	0	17	0	0	14.5	10	480	100	116	1	1	0	3	0	0	24	16	800			
Tandoori Chicken Tikka	60	99	5	2	0	15	0	0	10.9	11	61	100	165	9	3	0	2	0	0	18	19	102			
Tandoori Tofu	60	114	7	2	0	6.6	0.3	0	6.0	0	468	100	190	11	4	0	11	0.5	0	10	0	780			
Tuna (Includes Mayonnaise)	55	142	11	2	0	1.5	1.3	0	8.7	16	239	100	258	21	3	0	3	2.3	1.5	16	29	434			
Turkey	45	46	1	0	0	0.9	0	0	8.8	23	306	100	102	2	1	0	2	0	0	20	52	680			
Veg Seekh Kabab	60	123	4	1	0	13.8	1.8	0	6	0	300	100	205	7	1	0	23	3	0	10	0	500			
Veg Shammli Kabab	60	123	4	2	0	16.8	1.8	0	6	0	533	100	205	6	3	0	28	3	0	10	0	889			
Vegetables																									
Cucumber	14	2.1	0	0	0	0.5	0	0	0.1	0	0.3	100	15	0	0	0	4	0	0	0.7	0	2.1		Low Cal	Low Fat



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Green Pepper	7	1.4	0	0	0	0.3	0	0	0.1	0	0.2	100	20	0	0	0	4	0	0	1.4	0	2.9			
Jalapenos	4	0.8	0	0	0	0.2	0	0	0.1	0	67	100	21	0.2	0	0	6	0	0	1.4	0	1683	Low Cal	Low Fat	
Lettuce	21	2.9	0	0	0	0.6	0.4	0	0.2	0	14	100	14	0	0	0	3	2	0	1.0	0	10	Low Cal	Low Fat	
Olives	3	3.3	0	0	0	0.1	0	0	0	0	23	100	128	9.5	0	0	5	1	0	1.0	0	880			
Onions	7	2.8	0	0	0	0.7	0	0	0.1	0	0.3	100	40	0	0	0	10	0	0	1.4	0	4.2	Low Cal	Low Fat	
Pickles	10	1.4	0	0	0	0.2	0	0	0	0	115	100	15	0	0	0	2	0	0	0.5	0	1213	Low Cal	Low Fat	
Tomato	35	6.3	0	0	0	1.4	0	0	0.3	0	1.8	100	18	0.3	0	0	4	0	0	0.9	0	5	Low Cal	Low Fat	

Nutrition information compiled by a Registered Nutritionist using nutrition analysis from approved food manufacturers, an independent laboratories and the 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.

*May not be available in all locations

Updated October 13, 2021