



	Serving Size (g)	Calories	Total Fat (g)	Sodium (mg)	Carb. (g)	Protein(g)	%Fat Free
15cm /6-inch Sandwiches with 6 gm of Fat or Less	tomatoes, onions, green peppers, pickles and olives.						
Chicken Tikka	224	295	5	758	37	25	98
Chicken Ham	224	283	5	919	37	24	98
Oven Roasted Chicken	234	313	5	963	38	30	98
Subway Club™	252	326	7	1303	39	28	97
Sweet Onion Chicken Teriyaki	246	307	3	1042	48	23	99
Turkey Breast	209	265	4	746	37	21	98
Turkey Breast & Chicken Ham	224	282	4	900	37	24	98
Veggie Delite®	164	214	3	344	37	12	98
Veg Shammi	217	322	6	811	51	18	97
6-inch Sandwiches	Values include wheat bread, lettuce,						
Aloo Patty	233	362	10	780	52	16	
Chatpata Chana	238	414	13	1010	60	16	
Chicken Seekh Kebab	238	388	15	1080	39	24	
Chicken Tandoori	224	334	9	812	39	24	
Corn and Peas	250	475	26	745	45	16	
Green Peas Patty	238	407	13	1010	58	15	
Hara Bhara Kebab	221	338	9	790	51	15	
Italian BMT™	250	365	11	1275	39	27	
Mexican Patty	221	385	9	611	60	17	
Paneer Tikka	238	489	28	976	40	21	
Subway Melt™*	253	357	10	1285	39	29	
Tuna	249	453	23	847	40	22	
Veggie Patty	268	425	12	931	62	17	
Salads with 6 g of Fat or Less (Values do not include salad dressing or croutons.)							
Chicken Tikka	360	133	4	471	10	16	99
Chicken Ham	360	121	3	632	10	15	99
Oven Roasted Chicken	370	151	4	675	10	21	99
Subway Club™	388	164	6	1016	12	19	99
Sweet Onion Chicken Teriyaki	381	145	2	755	21	14	99
Turkey Breast	345	103	2	459	10	12	99
Turkey Breast & Chicken Ham	360	120	3	613	10	15	99
Veggie Delite®	300	53	1	57	9	3	99
Veg Shammi	352	160	4	524	24	9	99
Salads (Values do not include salad dressing or croutons.)							
Aloo Patty	369	201	9	492	25	7	
Chatpata Chana	374	252	12	723	32	7	
Chicken Seekh Kebab	374	226	14	793	12	15	
Chicken Tandoori	360	173	8	525	12	15	
Corn and Peas	386	313	25	457	18	7	
Green Peas Patty	374	245	12	723	31	7	
Hara Bhara Kebab	356	176	7	502	23	6	
Italian BMT™	386	203	10	988	12	18	
Mexican Patty	356	223	7	324	33	8	
Paneer Tikka	374	327	26	689	12	12	
Subway Melt™	389	195	8	998	12	20	
Tuna	385	292	22	560	13	13	



	Serving Size (g)	Calories	Total Fat (g)	Sodium (mg)	Carb. (g)	Protein(g)
Veggie Patty	404	264	11	644	34	9
Breakfast Sandwiches on 6-inch Bread						
Cheese & Egg	148	320	11	579	34	20
Chicken Ham & Egg	167	315	9	707	34	24
Western Egg & Cheese	201	307	9	565	36	22

%Fat Free

**May not be available in all locations*