



SUBWAY® MEXICO

NUTRITION INFORMATION

November 2025

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SANDWICHES										
6" Subway Series										
Values are based on standard recipes. Double values for approximate footlong nutrition values.										
Costillas Holy Moly Guacamoli	279	660	340	38	11	1470	58	5	12	23
Crunchy Steak Bacon	235	550	210	23	8	1500	51	3	8	30
American Teriyaki	272	470	120	13	3	1060	64	5	20	24
Oh My Boneless!	233	550	220	24	9	1870	57	4	7	27
Jamtochino	241	410	140	15	5	1630	47	3	7	21
Italonna	186	490	240	27	12	1330	41	3	5	21
Jamoly Guacamoli	278	490	200	22	7	1280	50	7	9	25
Bonelesslicious	250	580	260	29	11	2080	55	4	6	25
Texano	257	490	160	18	7	1520	47	3	8	30
Tripleta	237	520	210	23	6	1440	48	3	7	28
6" Sandwiches										
Double values for approximate footlong nutrition values.										
Barbecue Rib Patty	264	470	200	22	7	990	48	6	13	21
Black Forest Ham	219	270	50	6	1	790	40	6	7	16
Boneless Hot	203	540	230	26	9	1900	54	4	6	23
Chicken Teriyaki (includes Sweet Onion)	247	330	35	4	1	630	52	5	17	22
Chicken, Oven Roasted	226	290	35	4	1	440	39	5	7	25
Chicken Bacon Ranch®	252	390	120	13	3	710	40	5	8	29
Chicken, Breaded	237	390	130	14	5	470	51	9	7	19
Chicken Milanese Napolitana	308	530	200	23	8	1570	58	8	8	27
Chicken Milanese Mexicana	257	470	200	22	8	760	55	8	6	19
Chicken Milanese de Pollo 3 Queso	231	480	200	22	10	1080	53	6	5	22
Italian BMT®	224	390	150	17	5	1050	40	6	7	19
Meatball Marinara	258	540	200	22	11	1410	57	5	10	28
Parmesan Chicken	270	430	150	16	6	660	55	9	9	21
Pizza Sub	238	430	180	20	8	1140	44	6	9	19
Steak & Cheese	168	370	100	11	5	1050	39	2	5	25
Tuna	236	320	90	10	2	580	40	5	6	19
Turkey Breast	205	270	35	4	1	690	44	5	7	15
Veggie Delite® with American Cheese	174	250	50	6	2	440	39	5	6	12
SALADS										
Salads										
Values include lettuce, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.										
Barbecue Rib Patty	375	310	180	20	7	810	19	5	10	14
Black Forest Ham	330	110	40	4	1	600	11	4	5	9
Boneless Hot	420	450	270	30	9	1860	28	6	7	18
Breaded Chicken	348	230	120	13	5	280	22	7	5	12
Chicken Breast, Oven Roasted	337	120	20	2	1	250	10	4	5	17
Chicken Teriyaki (includes Sweet onion)	358	160	20	2	1	440	23	4	15	14
Chicken & Bacon Ranch	363	220	100	12	3	520	11	4	5	21
Italian BMT®	335	220	140	15	5	860	11	4	5	12
Parmesan Chicken	381	270	130	15	5	480	25	8	7	13
Pizza Sub	349	270	170	19	8	950	14	4	7	12
Steak & Cheese	356	230	90	10	5	890	11	4	5	21
Tuna	347	160	80	9	2	390	10	4	4	11
Turkey Breast	316	100	20	2	0	500	14	4	5	8
Veggie Delite® with Cheese	285	90	40	4	2	250	9	4	4	5
BREADS & CONDIMENTS										
Breads										
6" Italian (White)	71	190	15	2	0	230	36	1	4	7
6" Wheat Bread	78	200	20	2	0	250	35	4	5	9
6" Honey Oat	81	210	25	3	0	250	37	4	6	10

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6" Parmesan Oregano	74	200	20	2	0	420	38	2	4	7
6" Roasted Garlic	74	200	15	2	0	570	38	2	4	7
Sandwich Condiments and Toppings (amount on 6-inch sandwich)										
Apple Cider Vinegar	4	0	0	0	0	0	0	0	0	0
Bacon (2 strips)	15	80	50	6	3	290	1	0	0	6
BBQ	14	10	0	0	0	120	2	0	1	0
Buffalo	14	0	0	0	0	420	1	0	0	0
Ketchup	14	15	0	0	0	160	4	0	3	0
Chipotle Southwest Sauce	14	30	25	3	0	125	1	0	0	0
Guacamole, Spicy	30	50	45	5	1	125	3	2	0	1
Honey Mustard Sauce	14	20	5	1	0	95	4	0	3	0
Mayonnaise	14	35	30	4	1	75	1	0	0	0
Olive Oil Blend (1 tsp)	4	30	30	4	0	0	0	0	0	0
Ranch Dressing	21	80	80	8	1	190	2	0	1	0
Sweet Onion Sauce	18	30	0	0	0	70	8	0	7	0
Crispy Onions	13	80	50	6	0	30	5	0	0	1
Vegetables (amount on 6-inch sandwich)										
Banana Peppers (3 rings)	4	0	0	0	0	30	0	0	0	0
Cucumbers (3 slices)	14	0	0	0	0	0	1	0	0	0
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0
Jalapeno Peppers (3 rings)	4	0	0	0	0	35	0	0	0	0
Lettuce	21	0	0	0	0	0	0	0	0	0
Onions	7	0	0	0	0	0	1	0	0	0
Pickles (3 chips)	10	0	0	0	0	115	0	0	0	0
Olives (3 rings)	3	0	0	0	0	25	0	0	0	0
Tomatoes (3 wheels)	35	5	0	0	0	0	1	0	1	0
Cheese (amount on 6-inch sandwich)										
American	11	40	30	3	2	190	0	0	0	2
Manchego	11	40	30	3	2	180	0	0	0	2
Mozzarella	34	110	80	9	6	230	1	0	0	7
Parmesan	2	5	0	0	0	25	0	0	0	1
Individual Meats (amount on 6" sub or salad)										
Barbecue Rib Patty	71	240	170	19	7	470	4	1	3	11
Boneless	80	170	80	9	5	920	10	2	1	12
Breaded Chicken	74	180	110	12	4	220	12	4	0	9
Chicken Strips	64	70	15	1	0	190	1	0	1	15
Chicken Strips, Teriyaki Glazed	64	70	10	1	0	290	5	0	2	11
Ham, Black Forest	57	60	30	3	1	540	2	1	1	6
Italian BMT® Meats	62	180	130	14	5	800	2	1	0	9
Pepperoni (3 slices)	17	80	60	7	3	280	1	0	0	3
Steak (no cheese)	71	140	50	6	2	640	2	1	1	16
Tuna	74	110	70	8	1	330	1	0	0	9
Turkey Breast	43	50	10	1	0	440	5	0	1	5
Desserts										
Chocolate Chip Cookie	45	220	100	11	6	90	27	1	17	2
Cinnamon Roll Cookie	45	220	100	11	6	135	28	2	16	2
Double Chocolate Chip Cookie	45	220	110	12	7	65	27	1	18	2
Pecan Cookie	45	210	90	10	6	90	29	1	19	2
White Chip Cranberry Cookie	45	210	90	10	6	90	29	1	19	2
Footlong Cookie	225	1090	510	56	30	450	137	7	83	9
Sides										
Crosschips	102	180	60	7	2	910	27	2	1	3
Boneless Bites (includes Buffalo Sauce)	190	350	160	19	10	2730	21	4	2	25
Boneless Bites (includes BBQ Sauce)	190	360	170	18	10	2100	24	4	5	25

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from approved food manufacturers, independent laboratories and the USDA 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 season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly. Nutrition information for these items are based on the most common formulas and ingredients.

**At participating locations.