

try the new

nachos snack



Nachos Nutritional Information NZ
Launching: 18 March, 2026



New Zealand nutrition information per serve

March 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)
Snacks										
Values include Doritos® Cheese Supreme Corn Chips, Mexican salsa, mozzarella cheese, avocado, jalapeño pepper										
Nachos	133	1600	383	12.5	23.0	5.9	31.9	2.1	4.5	593
Nachos (with chicken strips)	197	1890	452	26.9	24.7	6.5	32.6	2.6	5.4	862
Nachos (with diced steak)	197	2040	487	27.0	27.5	8.0	32.6	2.6	4.5	952
Sauces										
Amount on nachos snack										
Mexican Salsa	21	35.7	8.4	0.3	0.0	0.0	1.5	0.8	0.0	115
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

Nutrition information compiled 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.

New Zealand nutrition information per 100g

March 2026

AVG QTY Per 100g	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Snacks										
Values include Doritos® Cheese Supreme Corn Chips, Mexican salsa, mozzarella cheese, avocado, jalapeño pepper										
Nachos	100	1200	288	9.4	17.3	4.5	24.0	1.6	3.4	446
Nachos (with chicken strips)	100	959	229	13.7	12.5	3.3	16.5	1.3	2.7	438
Nachos (with diced steak)	100	1040	247	13.7	14.0	4.1	16.5	1.3	2.3	483
Sauces										
Mexican Salsa	100	170	40	1.6	0.2	0.0	7.3	3.7	0.0	547
Toppings										
Doritos® Cheese Supreme Flavoured Corn Chips	100	2180	521	7.8	27.0	3.0	59.2	2.3	4.9	608

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New Zealand Ingredient Information for People with Food Allergies and Sensitivities

March 2026

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	Egg	Fish	Milk	Sesame	Crustaceans	Mollusc	Soy	Peanut	Tree Nuts								Lupin	Wheat	Gluten	Sulphites	Autolyzed Yeast Hydrolyzed Prot. ¹	Nitrites/ Nitrates		
									Almond	Brazil Nut	Cashew	Hazelnut	Macadmia Nut	Pecan	Pine Nut	Pistachio							Walnut	
Snacks	Values include Doritos® Cheese Supreme Corn Chips, Mexican salsa, mozzarella cheese, avocado, jalapeño pepper																							
Nachos			•				•													•	•		•	
Nachos (with chicken strips)			•				•													•	•		•	
Nachos (with diced steak)			•				•													•	•	•	•	
Sauces																								
Mexican Salsa							*																	
Toppings																								
Doritos® Cheese Supreme Flavoured Corn Chips			•				•													•	•		•	

• Contains

* May Contain

¹Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes. Please visit our website at www.subway.co.nz to view the Product Ingredients Guide for the full declaration.

This list is compiled based on product information provided by Subway® approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include regional or special promotional items as ingredients vary. We go to great lengths to identify allergens in the food we prepare. However, we are unable to guarantee that any items sold are free from the listed allergens. There is always a risk that allergens may be transferred to items from our menu during processing, storage or preparation in our restaurants. Individual food items may come into contact with one another and this is not reflected on the Allergen Guide.

New Zealand Product Ingredients

March 2026

New Zealand Product Ingredients

March 2026

This list is compiled based on product information provided by Subway® approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated.

	Ingredients List	Contains	May Contain
Sauces			
Mexican Salsa	Water, Vegetables (Onion, Capsicum, Food Acid (330)), Tomato Paste, Vinegar, Thickeners (1422, 415), Salt, Spices & Herb, Garlic Powder, Fruit Juice Concentrate, Food Acids (296, 330), Preservative (202), Natural Colour (160c), Herb Extract.		Soy.
Toppings			
Doritos® Cheese Supreme Flavoured Corn Chips	Corn (67%), Canola Oil, Cheese Powder (Milk, Soy), Maltodextrin, Salt, Wheat Flour, Flavour Enhancers (621,635), Tomato Powder, Onion Powder, Garlic Powder, Natural Flavours (Milk), Dextrose, Yeast Extract, Sugar, Mineral Salt (Potassium Chloride), Food Acids (Lactic Acid, Citric Acid), Colours (110, 150C), Spice (White Pepper), Sunflower Oil, Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract).	Wheat, Gluten, Milk, Soy.	

* 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.nz for more information.