

made with
100%
beef

made with
100%
chicken
breast

packed. with protein

good source
of fibre
with
17g
per large
salad

Fresh Energy Nutritional Information NZ
18 March - 2 June, 2026



New Zealand nutrition information per serve

March 2026

	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per Serve										
Chicken & Avo	Values include chicken strips, avocado, processed cheddar cheese, mayonnaise, lettuce, spinach, tomato, cucumber, onion and carrot.									
Chicken & Avo Subway 6-inch® Sub on Rye (on malted rye bread)	295	1870	448	28.2	15.9	4.1	47.8	7.1	7.4	863
Chicken & Avo Subway Footlong® Sub on Rye (on malted rye bread)	591	3740	896	56	32	8	96	14	15	1730
Chicken & Avo Wrap (on regular white wrap)	286	1660	397	25.0	15.9	5.6	42.5	8.2	8.0	772
Chicken & Avo Salad (regular)	295	901	215	19	11	3	11	6	4	507
Chicken & Avo Salad (large)	491	1740	417	38	23	7	21	10	7	1000
Falafel Delight	Values include falafel, processed cheddar cheese, sweet chilli, lettuce, spinach, tomato, cucumber, onion, carrot and olives.									
Falafel Delight Wrap (on regular white wrap)	271	1910	457	15.0	14.0	5.3	63.4	18.6	12.9	1293
Falafel Delight Salad (regular)	280	1150	275	9.3	9.7	3.1	32.3	16.5	9.2	1028
Falafel Delight Salad (large)	461	2250	537	18	19	6	63	31	17	2045
Steak Protein	Values include diced steak, old English-style cheese, smoky BBQ sauce, lettuce, spinach, tomato, cucumber, onion and carrot.									
Steak Protein Subway 6-inch® Sub (on white bread)	254	1640	392	23.0	9.9	4.5	47.6	12.8	6.2	1030
Steak Protein Subway Footlong® Sub (on white bread)	509	3280	785	46	20	9	95	26	12	2060
Falafel Delight Wrap (on regular white wrap)	257	1630	389	22.4	12.2	6.4	45.0	13.9	9.6	1060

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)
Chicken & Avo	Values include chicken strips, avocado, processed cheddar cheese, mayonnaise, lettuce, spinach, tomato, cucumber, onion and carrot.									
Chicken & Avo Subway Sub	100	633	152	9.6	5.4	1.4	16.2	2.4	2.5	293
Chicken & Avo Wrap (on regular white wrap)	100	580	139	8.7	5.5	1.9	14.8	2.9	2.8	270
Chicken & Avo Salad (regular)	100	305	73	6.6	3.9	1.1	3.8	2.0	1.5	172
Chicken & Avo Salad (large)	100	355	85	7.7	4.7	1.4	4.3	2.1	1.5	204
Falafel Delight	Values include falafel, processed cheddar cheese, sweet chilli, lettuce, spinach, tomato, cucumber, onion, carrot and olives.									
Falafel Delight Wrap (on regular white wrap)	100	704	168	5.5	5.2	2.0	23.4	6.9	4.7	476
Falafel Delight Salad (regular)	100	410	98	3.3	3.5	1.1	11.5	5.9	3.3	367
Falafel Delight Salad (large)	100	488	117	3.8	4.2	1.3	13.6	6.7	3.7	444
Steak Protein	Values include diced steak, old English-style cheese, smoky BBQ sauce, lettuce, spinach, tomato, cucumber, onion and carrot.									
Steak Protein Subway Sub	100	645	154	9.1	3.9	1.8	18.7	5.1	2.4	405
Falafel Delight Wrap (on regular white wrap)	100	634	151	8.7	4.8	2.5	17.5	5.4	3.7	412

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New Zealand Ingredient Information for People with Food Allergies and Sensitivities

March 2026

New Zealand Ingredient Information for People with Food Allergies and Sensitivities

March 2026

	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
Chicken & Avo	Includes chicken strips, avocado, processed cheddar cheese, mayonnaise, lettuce, spinach, tomato, cucumber, onion and carrot.																						
Chicken & Avo Sub (on malted rye bread)	•		•	*			•												•	•	*	•	
Chicken & Avo Wrap (on white wrap)	•		•				•												•	•		•	
Chicken & Avo Salad	•		•				•															•	
Falafel Delight	Includes falafel, processed cheddar cheese, sweet chilli, lettuce, spinach, tomato, cucumber, onion, carrot and olives.																						
Falafel Delight Wrap (on white wrap)			•				•												•	•		•	
Falafel Delight Salad			•				•												•	•		•	
Steak Protein	Includes diced steak, old English-style cheese, smoky BBQ sauce, lettuce, spinach, tomato, cucumber, onion and carrot.																						
Steak Protein Sub (on white bread)	*		•	*			•												•	•	•	•	
Steak Protein Wrap (on white wrap)			•				•												•	•	•	•	

• Contains

* May Contain

¹Autolyzed yeast and hydrolyzed protein can cause a similar sensitivity that MSG (monosodium glutamate) causes.

Please visit our website - www.subway.co.nz for the Product Ingredients Guide for 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.