



# NEW ZEALAND NUTRITION INFORMATION

July 2020

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>PER SERVING</b>										
Deluxe Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Buffalo Chicken with Blue Cheese Dressing	258	1510	360	23.3	10.6	1.6	42.9	8.4	4.1	1330
Chicken and Bacon Ranch Melt	266	1920	458	30.1	19.8	6.0	40.0	6.2	4.0	985
Chipotle Steak & Cheese	257	1880	450	27.2	19.7	6.0	39.7	6.2	3.0	809
Pesto Chicken (with Sundried Tomato, Feta and Olives)	250	1650	394	27.0	13.7	3.5	40.7	6.5	4.6	895
Three Pepper Chicken	263	1790	427	29.2	14.1	2.4	47.4	5.5	3.0	858
Vegetarian Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Smashed Falafel with Tzatziki	248	1820	435	14.7	13.6	2.7	61.8	7.2	3.0	656
Veggie Delite® with Avo	193	1130	271	9.5	7.6	1.0	41.4	4.7	3.0	249
Veggie Patty	248	1780	426	14.8	12.5	3.0	50.0	7.3	7.0	605
Favourites Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Chicken Classic	218	1420	339	17.9	10.3	2.0	41.2	5.2	3.0	639
Chicken Teriyaki	243	1310	313	22.9	4.1	0.9	45.9	9.6	3.9	712
Chicken Strips	222	1170	281	22.8	4.0	0.9	38.5	5.3	3.9	517
Italian B.M.T.®	214	1570	374	20.1	14.6	5.2	39.4	5.4	3.0	1010
Meatball Melt (with Marinara)	297	1710	409	22.5	12.3	5.3	47.7	9.8	4.3	794
Pizza Melt	229	1710	409	20.7	17.4	7.1	40.8	6.6	3.4	928
Pork Riblet	256	1850	442	19.8	19.8	6.5	44.4	8.3	3.0	967
Tuna & Mayo	222	1200	288	18.6	4.5	0.8	41.6	7.2	3.0	520
Deli Meats Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Carved Turkey with Cranberry Relish	229	1230	295	22.6	2.8	0.6	44.0	10.0	3.3	577
Leg Ham with Seeded Mustard	219	1230	294	16.5	6.4	1.0	40.4	7.3	4.4	930
Roast Beef with Smoky Tomato Chutney	227	1250	300	16.9	4.0	1.2	46.5	11.7	3.4	627
Mini Subs Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Carved Turkey	137	751	180	14.9	1.8	0.4	25.4	3.4	2.0	367
Leg Ham	124	673	161	9.1	2.1	0.4	25.4	3.4	2.0	386
Roast Beef	137	747	179	11.2	2.6	0.7	26.0	3.8	2.0	345
Veggie Delite® with Avo	129	763	182	6.4	5.3	0.7	27.6	3.1	2.0	166
Breakfast Values include white bread, spinach, tomatoes, onions and capsicum										
BBQ Bacon and Egg (with cheese)	223	1670	400	21.3	14.2	5.9	45.4	10.3	2.8	890
Egg and Cheese	193	1360	324	17.9	10.7	4.2	37.8	4.5	2.7	521
Ham, Egg and Cheese	233	1520	364	24.9	11.8	4.6	38.4	5.1	2.7	960
Steak, Egg and Cheese	257	1790	428	32.3	15.1	6.2	38.4	5.0	2.7	879
Toasties										
Avocado Toastie	137	1310	312	9.7	12.6	1.5	42.2	2.7	1.8	239
Avocado & Feta Toastie	154	1480	354	13.5	15.5	3.5	42.5	2.9	1.8	364
Cheesy Garlic Toastie	123	1500	359	16.4	14.4	5.8	39.3	3.8	2.1	737
Garlic & Herb Toastie	93	1140	272	8.4	8.5	1.5	39.3	3.8	2.1	590
Cookies & Sides										
Chocolate Chip Cookie	45.0	909	217	2.4	10.4	6.5	28.5	17.5	0.9	161
Chocolate Chip M&M Cookie	45.0	891	213	2.5	9.8	5.4	28.5	16.7	0.9	172
Chocolate Espresso Cookie	45.0	887	212	2.2	9.1	5.0	31.8	22.5	1.1	116
Double Chocolate Chip Cookie	45.0	891	213	2.5	9.9	6.8	28.4	18.5	1.2	160
Oatmeal Raisin Cookie	45.0	796	190	2.5	6.9	3.4	29.3	17.5	1.4	176
Salted Caramel Flavoured Cookie	45.0	887	212	2.2	9.1	5.0	31.8	22.5	1.1	116
White Chip Macadamia Nut Cookie	45.0	914	218	2.6	11.0	6.3	27.2	17.3	0.8	196
Wattie's Fruit Squirtz, Apple & Strawberry Puree	120	340	81.3	0.1	0.4	0.1	18.2	16.1	1.4	5.0
Breads										
Ciabatta	180	2110	505	19.8	3.5	0.5	94.6	0.7	5.3	911
Subway 6 Inch® Wheat Bread	69.0	814	195	7.5	2.1	0.3	35.0	2.6	2.7	271
Subway 6-Inch® White Bread	67.0	817	195	7.4	2.1	0.3	35.2	2.7	1.8	239
Subway 6-Inch® Malted Rye Bread	79.0	1020	244	10.6	4.5	0.7	37.8	2.6	4.7	364
Subway 6-Inch® Italian Herbs & Cheese	78.4	976	233	9.4	4.5	2.0	37.4	2.8	2.1	424
Subway 6-Inch® Roasted Garlic Bread	77.6	954	228	7.9	2.3	0.4	42.2	5.1	2.1	867
Mini Wheat Bread	46.0	542	130	5.0	1.4	0.2	23.3	1.7	1.8	181
Mini White Bread	44.6	544	130	5.0	1.4	0.2	23.4	1.8	1.2	159
Wrap	70.0	833	199	6.0	4.8	0.6	32.1	1.7	6.0	259
Wrap, Gluten Free *	85.0	876	209	4.2	4.6	0.6	35.6	1.4	3.8	310
Meat, Poultry & Seafood (Amount on Subway 6-Inch® sub)										
Buffalo Chicken	85.0	348	83.2	14.7	1.8	0.6	3.7	2.9	1.0	900
Carved Turkey	50.0	246	58.7	14.2	0.5	0.3	0.5	0.5	0.0	305

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>PER SERVING</b>										
Chicken Classic	60.0	529	126	9.5	8.0	1.7	3.3	0.4	0.0	390
Chicken Strips	64.0	285	68.2	14.4	1.7	0.6	0.6	0.5	0.9	269
Chicken Teriyaki	85.0	421	101	14.5	1.8	0.6	8.0	4.8	0.9	463
Diced Steak	64.0	435	104	14.5	4.5	2.0	0.6	0.5	0.0	358
Falafel	75.0	765	183	6.0	7.5	1.8	22.7	1.6	0.0	320
Leg Ham	40.0	167	39.9	7.0	1.2	0.4	0.6	0.6	0.0	440
Meatball Marinara	125	654	156	10.4	7.2	3.0	9.8	5.1	1.3	476
Omelette Egg	59.0	326	77.8	7.5	5.3	1.8	0.2	0.2	0.0	139
Pepperoni	18.0	297	71.0	4.1	5.9	2.3	0.6	0.2	0.0	270
Pesto Chicken	79.0	512	122	14.6	7.2	1.0	1.7	1.2	1.1	395
Pork Riblet	77.0	886	212	11.4	17.5	6.1	2.3	0.2	0.0	601
Roast Beef	48.0	229	54.8	8.3	1.5	0.7	1.2	1.0	0.0	261
Salami	18.0	297	71.0	4.1	5.9	2.3	0.6	0.2	0.0	270
Three Pepper Chicken	105	899	215	20.8	11.8	2.0	9.5	0.7	0.0	609
Tuna & Mayo	64.0	315	75.3	10.2	2.2	0.4	3.6	2.4	0.0	271
<b>Toppings (Amount on Subway 6-Inch® sub)</b>										
Bacon, streaky (2 strips)	8.8	187	44.8	3.3	3.3	1.5	0.1	0.1	0.0	198
Blue Cheese Dressing	15.0	268	64.2	0.3	6.5	0.6	1.3	0.8	0.1	180
Chipotle Southwest Sauce	21.0	389	92.9	0.6	10.1	1.6	1.2	0.9	0.0	134
Cranberry Relish	21.0	100	24.0	0.0	0.1	0.0	5.6	4.8	0.3	23.5
Garlic Aioli	21.0	246	58.7	0.3	5.8	0.9	1.6	1.0	0.0	187
Habanero Hot Sauce	15.0	82.5	19.7	0.1	0.0	0.0	4.6	3.7	0.1	320
Honey Mustard Sauce	21.0	124	29.6	0.3	0.3	0.0	6.5	4.4	0.0	94.5
Marinara	21.0	59.9	14.3	0.3	0.5	0.1	1.8	1.4	0.4	70.4
Mayonnaise	15.0	86.1	20.6	0.1	1.2	0.2	2.3	1.5	0.0	79.5
Pesto Mayo	15.0	227	54.1	0.2	5.5	0.4	1.1	0.6	0.2	127
Ranch Dressing	21.0	235	56.2	0.3	6.0	0.5	0.6	0.2	0.0	149
Seeded Mustard	21.0	173	41.5	1.1	3.0	0.2	1.9	1.9	1.4	244
Smoky BBQ	21.0	131	31.3	0.2	0.2	0.2	7.5	5.7	0.2	172
Smoky Tomato Chutney	21.0	135	32.4	0.3	0.2	0.2	7.4	6.0	0.4	118
Sweet Chili Sauce	21.0	165	39.5	0.0	0.1	0.0	9.6	9.1	0.0	185
Sweet Onion Sauce	21.0	155	38.6	0.1	0.1	0.0	9.1	7.9	0.1	73.5
Tzatziki	15.0	165	39.4	0.3	3.8	0.6	1.3	0.9	0.0	87.6
<b>Cheese (Amount on Subway 6-Inch® sub)</b>										
Cheddar Cheese, Processed	11.3	162	38.6	2.3	3.1	2.0	0.5	0.2	0.0	136
Crumbled Feta	17.0	174	41.6	3.7	2.8	2.0	0.4	0.2	0.0	126
Mozzarella Cheese	14.2	171	40.9	3.8	2.8	2.0	0.0	0.0	0.0	69.6
Old English Style Processed Cheese	11.3	159	38.1	2.3	3.0	2.1	0.6	0.3	0.0	215
<b>Vegetables (Amount on Subway 6-Inch® sub)</b>										
Avocado	35.0	244	58.3	1.2	5.3	0.6	3.5	0.0	0.0	0.0
Beetroot (Selected Locations Only)	21.0	49.3	11.8	0.2	0.0	0.0	2.5	2.3	0.5	52.5
Capsicum (3 strips)	7.0	5.9	1.4	0.1	0.0	0.0	0.2	0.2	0.1	0.2
Carrots	7.0	12.0	2.9	0.1	0.0	0.0	0.5	0.3	0.2	4.8
Cucumbers (3 slices)	14.0	8.8	2.1	0.1	0.0	0.0	0.4	0.2	0.1	0.3
Jalapeno (3 rings)	4.0	6.8	1.6	0.1	0.0	0.0	0.2	0.2	0.1	67.6
Lettuce	21.0	12.3	2.9	0.2	0.0	0.0	0.4	0.4	0.3	2.1
Onions	7.0	11.7	2.8	0.1	0.0	0.0	0.5	0.3	0.1	0.3
Olives (3 rings)	3.0	16.1	3.8	0.0	0.3	0.1	0.2	0.0	0.1	26.4
Pickles (3 wheels)	9.5	5.9	1.4	0.0	0.0	0.0	0.2	0.0	0.1	114
Spinach	7.0	6.4	1.5	0.2	0.0	0.0	0.2	0.0	0.2	5.5
Sun-dried Tomatoes (3 pieces)	6.6	65.1	15.6	0.4	1.1	0.1	1.0	0.6	0.5	99
Tomatoes (3 wheels)	35.0	26.4	6.3	0.3	0.1	0.0	0.9	0.9	0.4	1.8
<b>Seasonings (Amount on Subway 6-Inch® sub)</b>										
Cracked Pepper	1.0	10.7	2.6	0.1	0.0	0.0	0.6	0.0	0.0	0.4
Herb Seasoning	1.0	3.2	0.8	0.0	0.0	0.0	0.1	0.0	0.0	293
Rock Salt	1.0	10.7	2.6	0.0	0.0	0.0	0.0	0.0	0.0	391
Zesty Spice	1.0	12.8	3.1	0.1	0.1	0.0	0.3	0.0	0.0	66.7
<b>Smoothies</b>										
Blueberry and Mango	425	931	223	2.1	0.6	0.2	55.7	38.6	4.0	2.0
Strawberry	425	785	188	2.2	0.6	0.2	46.6	24.2	4.2	26.0
Tropical	425	846	202	1.6	0.4	0.2	50.6	35.4	3.3	2.0
<b>Winter Builds 6-Inch® Subs</b>										
Values include garlic spread, mozzarella, capsicum, onion, spinach, tomato on 6" white bread										
Ultimate Meatball Marinara	311	2540	606	29.7	31.5	15.9	46.9	9.2	4.0	1080
Ultimate Pizza with Marinara	222	2480	592	27.6	36.0	17.6	38.3	4.5	2.7	1140
<b>Toastie</b>										
Values include garlic spread, mozzarella on 6" white bread										
Ultimate Garlic Bread Toastie	117	1680	401	15.1	21.5	10.9	35.5	2.8	1.8	594
Garlic Spread (as a Subway 6" extra) **	21	508	121	0.0	13.7	6.6	0.0	0.0	0.0	151

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>PER SERVING</b>										
Spicy Korean BBQ Range ^ Subway 6-Inch® Sub (Selected Locations Only)	Values include capsicum, cucumber, onion, spinach, tomato and carrot on Sesame Bread									
Korean Chicken ^	232	1390	333	23.9	6.0	1.2	45.5	10.7	2.9	861
Korean Steak ^	232	1540	369	23.9	8.8	2.7	45.5	10.7	2.9	951
	(Amount on Subway 6-Inch® sub)									
Kewpie Roasted Sesame Dressing	21	354	84.6	0.5	7.5	1.1	3.8	3.5	0.2	246
Sesame Bread ^	70	893	214	8.1	3.8	0.5	35.2	2.7	1.8	239

Nutrition information compiled by a Registered Dietitian using nutrition analysis from approved food manufacturers, an 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.

Double values for approximate Subway Footlong® sub nutrition values.

\* 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 - <https://www.subway.com/en-NZ> for more information.

\*\*To calculate energy values for Ultimate Cheesy Garlic Bread take the Subway 6-Inch® value and add; three servings of mozzarella cheese and a serving of Garlic Spread

^ We now serve Sesame Topped White Bread. Although we take steps to reduce the chances of cross contamination of sesame seeds, we prepare our items on shared equipment so we cannot guarantee that our menu items are free from sesame. If you have food allergies, sensitivities or special dietary needs please visit our website - <https://www.subway.com/en-nz> for more information.



# NEW ZEALAND NUTRITION INFORMATION

July 2020

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>PER 100g</b>										
<b>Deluxe</b>										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Buffalo Chicken with Blue Cheese Dressing	100	585	139	9.0	4.1	0.6	16.6	3.3	1.6	516
Chicken and Bacon Ranch Melt	100	722	172	11.3	7.4	2.3	15.1	2.3	1.5	371
Chipotle Steak & Cheese	100	732	175	10.6	7.6	2.3	15.5	2.4	1.2	315
Pesto Chicken (with Sundried Tomato, Feta and Olives)	100	661	158	10.8	5.5	1.4	16.3	2.6	1.8	359
Three Pepper Chicken	100	681	162	11.1	5.3	0.9	18.0	2.1	1.1	326
<b>Vegetarian</b>										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Smashed Falafel with Tzatziki	100	734	175	5.9	5.5	1.1	24.9	2.9	1.2	264
Veggie Delite® with Avo	100	585	140	4.9	3.9	0.5	21.5	2.5	1.5	129
Veggie Patty	100	718	172	6.0	5.0	1.2	20.1	2.9	2.8	244
<b>Favourites</b>										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Chicken Classic	100	651	155	8.2	4.7	0.9	18.9	2.4	1.4	293
Chicken Teriyaki	100	539	129	9.4	1.7	0.4	18.9	3.9	1.6	293
Chicken Strips	100	527	126	10.3	1.8	0.4	17.4	2.4	1.7	233
Italian B.M.T.®	100	734	175	9.4	6.8	2.4	18.4	2.5	1.4	472
Meatball Melt (with Marinara)	100	575	138	7.6	4.1	1.8	16.1	3.3	1.4	267
Pizza Melt	100	747	179	9.0	7.6	3.1	17.8	2.9	1.5	405
Pork Riblet	100	723	173	7.7	7.7	2.5	17.3	3.2	1.2	378
Tuna & Mayo	100	541	130	8.4	2.0	0.3	18.7	3.2	1.3	234
<b>Favorites</b>										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Carved Turkey with Cranberry Relish	100	537	129	9.9	1.2	0.3	19.2	4.4	1.4	252
Leg Ham with Seeded Mustard	100	562	134	7.5	2.9	0.4	18.5	3.3	2.0	425
Roast Beef with Smoky Tomato Chutney	100	551	132	7.5	1.8	0.5	20.5	5.2	1.5	276
<b>Mini Subs</b>										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Carved Turkey	100	550	131	10.9	1.3	0.3	18.6	2.5	1.4	269
Leg Ham	100	544	130	7.3	1.7	0.4	20.6	2.7	1.6	312
Roast Beef	100	547	131	8.2	1.9	0.5	19.0	2.8	1.4	253
Veggie Delite® with Avo	100	594	142	5.0	4.1	0.5	21.5	2.4	1.5	129
<b>Breakfast</b>										
Values include white bread, spinach, tomatoes, onions and capsicum										
BBQ Bacon and Egg (with cheese)	100	749	179	9.5	6.4	2.7	20.4	4.6	1.3	399
Egg and Cheese	100	704	168	9.2	5.5	2.2	19.6	2.3	1.4	269
Ham, Egg and Cheese	100	652	156	10.7	5.1	2.0	16.5	2.2	1.1	411
Steak, Egg and Cheese	100	696	166	12.6	5.9	2.4	14.9	1.9	1.0	342
<b>Toasties</b>										
Avocado Toastie	100	956	228	7.1	9.2	1.1	30.8	2.0	1.3	174
Avocado & Feta Toastie	100	961	230	8.7	10.0	2.3	27.6	1.9	1.2	237
Cheesy Garlic Toastie	100	1220	292	13.4	11.7	4.7	31.9	3.1	1.7	599
Garlic & Herb Toastie	100	1230	293	9.0	9.1	1.6	42.2	4.1	2.3	634
<b>Cookies &amp; Sides</b>										
Chocolate Chip Cookie	100	2020	483	5.4	23.0	14.4	63.3	38.8	2.0	357
Chocolate Chip M&M Cookie	100	1980	473	5.6	21.7	12.0	63.4	37.2	2.0	382
Chocolate Espresso Cookie	100	1970	471	5.0	20.2	11.0	70.6	50.0	2.4	258
Double Chocolate Chip Cookie	100	1980	473	5.6	21.9	15.0	63.1	41.0	2.7	355
Oatmeal Raisin Cookie	100	1770	423	5.6	15.4	7.6	65.0	38.8	3.0	390
Salted Caramel Flavoured Cookie	100	1970	471	5.0	20.2	11.0	70.6	50.0	2.4	258
White Chip Macadamia Nut Cookie	100	2030	485	5.8	24.4	13.9	60.4	38.5	1.7	436
Wattie's Fruit Squirtz, Apple & Strawberry Puree	100	283	67.7	0.1	0.3	0.1	15.2	13.4	1.2	4.2
<b>Breads</b>										
Ciabatta	100	1170	280	11.0	2.0	0.3	52.6	0.4	3.0	506
Subway® Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
Subway® White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
Subway® Malted Rye Bread	100	1290	308	13.5	5.7	0.9	47.9	3.3	5.9	461
Subway® Italian Herbs & Cheese	100	1240	297	12.0	5.8	2.5	47.6	3.6	2.6	541
Subway® Roasted Garlic Bread	100	1230	294	10.1	3.0	0.5	54.4	6.5	2.7	1120
Mini Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
Mini White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>PER 100g</b>										
Wrap	100	1190	284	8.5	6.8	0.9	45.8	2.4	8.5	370
Wrap, Gluten Free *	100	1030	246	4.9	5.4	0.7	41.9	1.7	4.5	365
<b>Meat, Poultry &amp; Seafood</b>										
Buffalo Chicken	100	410	97.9	17.3	2.2	0.7	4.3	3.4	1.2	1060
Carved Turkey	100	491	117	28.4	0.9	0.5	1.0	0.9	0.0	610
Chicken Classic	100	881	211	15.8	13.3	2.8	5.5	0.7	0.0	650
Chicken Strips	100	446	107	22.5	2.6	0.9	1.0	0.8	1.4	420
Chicken Teriyaki	100	495	118	17.1	2.2	0.7	9.4	5.7	1.1	545
Diced Steak	100	679	162	22.6	7.0	3.2	1.0	0.8	0.0	560
Falafel	100	1020	244	8.0	10.0	2.4	30.2	2.1	0.0	426
Leg Ham	100	417	100	17.5	2.9	1.0	1.5	1.5	0.0	1100
Meatball Marinara	100	522	125	8.3	5.8	2.4	7.8	4.1	1.0	381
Omelette Egg	100	552	132	12.7	9.0	3.1	0.3	0.3	0.0	235
Pepperoni	100	1650	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Pesto Chicken	100	648	155	18.5	9.1	1.2	2.2	1.5	1.3	501
Pork Riblet	100	1150	275	14.8	22.7	7.9	3.0	0.2	0.0	780
Roast Beef	100	478	114	17.2	3.1	1.4	2.6	2.1	0.0	544
Salami	100	1650	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Three Pepper Chicken	100	856	205	19.8	11.2	1.9	9.0	0.7	0.0	580
Tuna & Mayo	100	492	118	16.0	3.4	0.7	5.7	3.8	0.0	424
<b>Toppings</b>										
Bacon, streaky	100	2130	509	37.0	38.0	17.6	1.5	1.5	0.0	2250
Blue Cheese Dressing	100	1790	428	1.9	43.3	4.3	8.7	5.4	0.5	1200
Chipotle Southwest Sauce	100	1850	442	2.9	48.0	7.7	5.6	4.4	0.0	636
Cranberry Relish	100	478	114	0.2	0.3	0.1	26.6	22.9	1.4	112
Garlic Aioli	100	1170	280	1.4	27.5	4.2	7.6	4.7	0.0	890
Habanero Hot Sauce	100	550	131	0.6	0.3	0.1	30.8	24.6	0.6	2130
Honey Mustard Sauce	100	590	141	1.3	1.3	0.1	30.8	20.9	0.0	450
Marinara	100	285	68.1	1.6	2.5	0.3	8.4	6.9	2.0	335
Mayonnaise	100	574	137	0.9	8.0	1.2	15.2	10.2	0.0	530
Pesto Mayo	100	1510	361	1.3	36.6	2.9	7.3	4.2	1.1	844
Ranch Dressing	100	1120	268	1.4	28.4	2.4	2.8	1.0	0.0	710
Seeded Mustard	100	826	197	5.3	14.2	1.0	9.2	9.2	6.8	1160
Smoky BBQ	100	623	149	0.8	1.0	1.0	35.8	27.2	0.9	819
Smoky Tomato Chutney	100	645	154	1.4	1.0	1.0	35.0	28.5	1.9	560
Sweet Chili Sauce	100	786	188	0.2	0.3	0.1	45.7	43.1	0.0	880
Sweet Onion Sauce	100	738	184	0.5	0.6	0.1	43.5	37.8	0.4	350
Tzatziki	100	1100	263	1.8	25.0	3.9	8.6	5.7	0.0	584
<b>Cheese</b>										
Cheddar Cheese, Processed	100	1430	342	20.1	27.3	17.5	4.6	1.7	0.0	1200
Crumbled Feta	100	1020	245	21.9	16.6	11.7	2.2	1.0	0.0	740
Mozzarella Cheese	100	1210	288	26.7	19.9	14.3	0.1	0.1	0.0	490
Old English Style Processed Cheese	100	1410	337	20.2	26.3	18.3	5.5	2.5	0.0	1900
<b>Vegetables</b>										
Avocado	100	697	167	3.3	15.0	1.7	10.0	0.0	0.0	0.0
Beetroot	100	235	56.2	0.8	0.1	0.0	11.9	10.8	2.2	250
Capsicum	100	83.7	20.0	0.9	0.2	0.1	2.9	2.4	1.7	3.0
Carrots	100	172	41.0	0.9	0.2	0.0	6.8	4.7	2.8	69.0
Cucumbers	100	62.8	15.0	0.7	0.1	0.0	3.1	1.7	0.5	2.0
Jalapeno	100	169	40.4	1.4	0.6	0.1	5.9	5.9	2.8	1690
Lettuce	100	58.6	14.0	0.9	0.1	0.0	1.8	2.0	1.2	10.0
Onions	100	167	40.0	1.1	0.1	0.0	7.6	4.2	1.7	4.0
Olives	100	536	128	1.0	9.5	1.7	5.1	0.9	2.9	880
Pickles	100	62.4	14.9	0.3	0.2	0.1	2.0	0.0	1.5	1200
Spinach	100	92.0	22.0	2.9	0.4	0.1	3.5	0.4	2.7	79.0
Sun-dried Tomatoes	100	987	236	5.8	16.9	1.3	15.3	9.4	8.3	1500
Tomatoes	100	75.3	18.0	0.9	0.2	0.0	2.7	2.6	1.2	5.0
<b>Seasonings</b>										
Cracked Pepper	100	1070	255	11.0	3.3	1.0	64.9	0.7	0.0	44.0
Herb Seasoning	100	319	76.2	2.1	2.7	1.0	10.1	0.5	0.0	29320
Rock Salt	100	1070	255	0.0	0.0	0.0	0.0	0.0	0.0	39140
Zesty Spice	100	1280	305	13.7	12.9	1.1	33.7	4.3	0.0	6670
<b>Smoothies</b>										

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>PER 100g</b>										
Blueberry and Mango	100	219	52.4	0.5	0.1	0.0	13.1	9.1	0.9	0.5
Strawberry	100	185	44.1	0.5	0.1	0.0	11.0	5.7	1.0	6.1
Tropical	100	199	47.6	0.4	0.1	0.0	11.9	8.3	0.8	0.5
<b>Winter Builds Subs</b>										
Ultimate Meatball Marinara	100	816	195	9.5	10.1	5.1	15.1	3.0	1.3	347
Ultimate Pizza with Marinara	100	1120	267	12.4	16.2	7.9	17.2	2.0	1.2	514
<b>Ultimate Garlic Bread Toastie</b>	100	1440	342	12.9	18.4	9.3	30.4	2.4	1.5	507
<b>Garlic Spread</b>	100	2420	578	0.0	65.2	31.3	0.0	0.0	0.0	720
<b>Spicy Korean BBQ Range ^ (Selected Locations Only)</b>										
										Values include capsicum, cucumber, onion, spinach, tomato and carrot on Sesame Bread
Korean Chicken ^	100	599	144	10.3	2.6	0.5	19.6	4.6	1.25	371
Korean Steak ^	100	664	159	10.3	3.8	1.2	19.6	4.6	1.25	410
<b>Kewpie Roasted Sesame Dressing</b>	100	1690	403	2.6	35.5	5.2	18.2	16.7	0.8	1170
<b>Sesame Bread ^</b>	100	1280	305	11.6	5.4	0.8	50.3	3.9	2.6	342

Nutrition information compiled by a Registered Dietitian using nutrition analysis from approved food manufacturers, an 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.

Double values for approximate Subway Footlong® sub nutrition values.

\* 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 - <https://www.subway.com/en-NZ> for more information.

\*\*To calculate energy values for Ultimate Cheesy Garlic Bread take the Subway 6-Inch® value and add; three servings of mozzarella cheese and a serving of Garlic Spread

^ We now serve Sesame Topped White Bread. Although we take steps to reduce the chances of cross contamination of sesame seeds, we prepare our items on shared equipment so we cannot guarantee that our menu items are free from sesame. If you have food allergies, sensitivities or special dietary needs please visit our website - <https://www.subway.com/en-nz> for