



**NEW ZEALAND NUTRITION INFORMATION**  
**Player of the Match Voucher Range**  
**January 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)
<b>Subway 6-Inch® Subs</b>										
Values include wheat bread, processed cheddar cheese, lettuce, tomato, cucumber, onion, capsicum, carrot										
BBQ Chicken Strips (with Smoky BBQ Sauce)	256	1490	356	25.3	7.0	2.9	47.5	12.9	4.9	900
Chicken Strips & Mayo	250	1424	340	25.1	8.2	3.1	41.4	7.2	4.8	760
Chicken Teriyaki	256	1470	352	25.1	7.1	2.9	46.5	10.0	4.8	880
Leg Ham (with Honey Mustard)	232	1340	321	17.9	6.7	2.8	45.5	10.2	3.9	950
Roast Beef (with Honey Mustard)	240	1410	336	19.1	7.1	3.0	46.2	10.6	3.9	770
Veggie Delite® with Avo	206	1300	310	11.8	10.6	2.9	42.0	5.2	6.0	420
<b>Wraps</b>										
Values include wheat flour wrap, processed cheddar cheese, lettuce, tomato, cucumber, onion, capsicum, carrot										
BBQ Chicken Strips (with Smoky BBQ Sauce)	257	1480	353	24.7	9.4	4.8	45.0	14.0	5.9	900
Chicken Strips & Mayo	251	1414	338	24.5	10.6	5.0	39.0	8.3	5.8	770
Chicken Teriyaki	257	1460	350	24.5	9.5	4.8	44.1	11.1	5.8	880
Leg Ham (with Honey Mustard)	233	1330	319	17.3	9.1	4.7	43.1	11.2	4.9	950
Roast Beef (with Honey Mustard)	241	1400	334	18.5	9.5	4.9	43.7	11.7	4.9	770
Veggie Delite® with Avo	207	1290	308	11.2	13.0	4.8	39.5	6.3	7.0	420
<b>Breads</b>										
Subway 6 Inch® Wheat Bread	69.0	814	195	7.5	2.1	0.3	35.0	2.6	2.7	271
Wrap, Flour	70.0	804	192	6.9	4.5	2.2	32.6	3.7	3.7	273
Wrap, Gluten Free *	85.0	935	223	6.0	5.3	0.5	35.3	0.5	5.2	310
<b>Meat &amp; Poultry</b>										
<b>Amount on Subway 6-Inch® sub</b>										
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
Leg Ham	40.0	167	39.9	7.0	1.2	0.4	0.6	0.6	0.0	440
Roast Beef	48.0	229	54.8	8.3	1.5	0.7	1.2	1.0	0.0	261
<b>Sauces &amp; Dressings</b>										
<b>Amount on Subway 6-Inch® sub</b>										
Honey Mustard	21.0	124	29.6	0.3	0.3	0.0	6.5	4.4	0.0	94.5
Mayonnaise	15.0	86.1	20.6	0.1	1.2	0.2	2.3	1.5	0.0	79.5
Smoky BBQ Sauce	21.0	149	35.7	0.3	0.0	0.0	8.4	7.2	0.1	210
<b>Cheeses</b>										
<b>Amount on Subway 6-Inch® sub</b>										
Mozzarella Cheese (shredded)	14.0	169	40.4	3.7	2.8	2.0	0.0	0.0	0.0	68.6
Processed Cheddar Cheese (slices)	11.3	162	38.6	2.3	3.1	2.0	0.5	0.2	0.0	136
<b>Vegetables</b>										
<b>Amount on Subway 6-Inch® sub</b>										
Avocado	35.0	244	58.3	1.2	5.3	0.6	3.5	0.0	2.1	0.0
Capsicum	7.0	5.9	1.4	0.1	0.0	0.0	0.2	0.2	0.1	0.2
Carrot	7.0	12.0	2.9	0.1	0.0	0.0	0.5	0.3	0.2	4.8
Cucumber	14.0	8.8	2.1	0.1	0.0	0.0	0.4	0.2	0.1	0.3
Lettuce	21.0	12.3	2.9	0.2	0.0	0.0	0.4	0.4	0.3	2.1
Onion	7.0	11.7	2.8	0.1	0.0	0.0	0.5	0.3	0.1	0.3
Tomato	35.0	26.4	6.3	0.3	0.1	0.0	0.9	0.9	0.4	1.8

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.

\*\* 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](http://www.subway.com.nz) for the Product Ingredients Guide for more information.

Double Subway 6-Inch® values for approximate Subway Footlong® nutritional values



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