



NEW ZEALAND NUTRITION INFORMATION
School Lunch Program Only
April 2025

	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										
Subway 6-Inch® Subs										
Values include wheat bread, processed cheddar cheese, lettuce, tomato, cucumber, onion, capsicum, carrot										
BBQ Chicken (with Smoky BBQ Sauce)	256	1466	350	25.1	7.0	2.9	46.4	11.6	4.9	850
Chicken & Mayo	250	1424	340	25.1	8.2	3.1	41.4	7.2	4.8	760
Chicken Teriyaki	256	1473	352	25.1	7.1	2.9	46.5	10.0	4.8	880
Leg Ham (with Honey Mustard)	232	1344	321	17.9	6.7	2.8	45.5	10.2	3.9	950
Roast Beef (with Honey Mustard)	240	1406	336	19.1	7.1	3.0	46.2	10.6	3.9	770
Veggie Delite® with Avo	206	1297	310	11.8	10.6	2.9	42.0	5.2	6.0	420
Mini Subs										
Values include wheat bread, processed cheddar cheese, lettuce, tomato, cucumber, onion, capsicum, carrot										
BBQ Chicken (with Smoky BBQ Sauce)	171	977	234	16.8	4.7	1.9	31.0	7.7	3.2	570
Chicken & Mayo	167	950	227	16.8	5.4	2.0	27.6	4.8	3.2	510
Chicken Teriyaki	171	982	235	16.8	4.8	1.9	31.0	6.7	3.2	590
Leg Ham (with Honey Mustard)	155	896	214	11.9	4.5	1.8	30.4	6.8	2.6	630
Roast Beef (with Honey Mustard)	160	937	224	12.8	4.7	2.0	30.8	7.0	2.6	510
Veggie Delite® with Avo	138	864	207	7.8	7.0	2.0	28.0	3.4	4.0	280
Wraps										
Values include wheat flour wrap, processed cheddar cheese, lettuce, tomato, cucumber, onion, capsicum, carrot										
BBQ Chicken (with Smoky BBQ Sauce)	257	1456	348	24.6	9.4	4.8	44.0	12.7	5.9	850
Chicken & Mayo	251	1414	338	24.5	10.6	5.0	39.0	8.3	5.8	770
Chicken Teriyaki	257	1464	350	24.5	9.5	4.8	44.1	11.1	5.8	880
Leg Ham (with Honey Mustard)	233	1334	319	17.3	9.1	4.7	43.1	11.2	4.9	950
Roast Beef (with Honey Mustard)	241	1396	334	18.5	9.5	4.9	43.7	11.7	4.9	770
Veggie Delite® with Avo	207	1287	308	11.2	13.0	4.8	39.5	6.3	7.0	420
Breads										
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
Mini Wheat Bread	46.0	542	130	5.0	1.4	0.2	23.3	1.7	1.8	181
Mini White Bread	44.7	545	130	5.0	1.4	0.2	23.5	1.8	1.2	159
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
Meat & Poultry										
Amount on Subway 6-Inch® sub										
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
Sauces & Dressings										
Amount on Subway 6-Inch® sub										
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	128	30.6	0.1	0.0	0.0	7.3	5.9	0.1	167
Cheeses										
Amount on Subway 6-Inch® sub										
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
Vegetables										
Amount on Subway 6-Inch® sub										
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

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AVG QTY Per Serve										
Cookies										
Chocolate Chip Cookie	45.0	932	223	2.3	10.7	6.0	29.4	18.5	1.0	137
Chocolate Chip Cookie with M&M'S®	45.0	894	214	2.2	9.9	5.3	28.8	17.3	0.9	120
Oatmeal Raisin Cookie	45.0	796	190	2.5	6.9	3.4	29.3	17.5	1.4	176

Double the values for approximate Subway footlong® Sub nutrition values

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 for the Product Ingredients Guide for more information.



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	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per 100g										
Subway 6-Inch® Subs										
Values include wheat bread, processed cheddar cheese, lettuce, tomato, cucumber, onion, capsicum, carrot										
BBQ Chicken (with Smoky BBQ Sauce)	100	572	137	9.8	2.7	1.1	18.1	4.5	1.9	332
Chicken & Mayo	100	569	136	10.0	3.3	1.2	16.5	2.9	1.9	304
Chicken Teriyaki	100	575	137	9.8	2.8	1.1	18.1	3.9	1.9	343
Leg Ham (with Honey Mustard)	100	578	138	7.7	2.9	1.2	19.6	4.4	1.7	409
Roast Beef (with Honey Mustard)	100	585	140	8.0	2.9	1.3	19.2	4.4	1.6	320
Veggie Delite® with Avo	100	629	150	5.7	5.1	1.4	20.3	2.5	2.9	204
Mini Subs										
Values include wheat bread, processed cheddar cheese, lettuce, tomato, cucumber, onion, capsicum, carrot										
BBQ Chicken (with Smoky BBQ Sauce)	100	572	137	9.8	2.7	1.1	18.1	4.5	1.9	334
Chicken & Mayo	100	569	136	10.0	3.3	1.2	16.5	2.9	1.9	306
Chicken Teriyaki	100	575	137	9.8	2.8	1.1	18.1	3.9	1.9	345
Leg Ham (with Honey Mustard)	100	578	138	7.7	2.9	1.2	19.6	4.4	1.7	407
Roast Beef (with Honey Mustard)	100	585	140	8.0	2.9	1.3	19.2	4.4	1.6	318
Veggie Delite® with Avo	100	629	150	5.7	5.1	1.4	20.3	2.5	2.9	204
Wraps										
Values include wheat flour wrap, processed cheddar cheese, lettuce, tomato, cucumber, onion, capsicum, carrot										
BBQ Chicken (with Smoky BBQ Sauce)	100	566	135	9.5	3.7	1.9	17.1	4.9	2.3	330
Chicken & Mayo	100	563	135	9.8	4.2	2.0	15.5	3.3	2.3	306
Chicken Teriyaki	100	569	136	9.5	3.7	1.9	17.1	4.3	2.2	342
Leg Ham (with Honey Mustard)	100	572	137	7.4	3.9	2.0	18.5	4.8	2.1	407
Roast Beef (with Honey Mustard)	100	579	138	7.7	3.9	2.0	18.1	4.8	2.0	319
Veggie Delite® with Avo	100	621	148	5.4	6.3	2.3	19.1	3.0	3.4	203
Breads										
Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
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
Wrap, Flour	100	1150	275	9.9	6.4	3.2	46.5	5.3	5.3	390
Wrap, Gluten Free *	100	1100	263	7.0	6.2	0.6	41.5	0.6	6.1	365
Meat & Poultry										
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
Leg Ham	100	417	100	17.5	2.9	1.0	1.5	1.5	0.0	1100
Roast Beef	100	478	114	17.2	3.1	1.4	2.6	2.1	0.0	544
Sauces & Dressings										
Honey Mustard	100	590	141	1.3	1.3	0.1	30.8	20.9	0.0	450
Mayonnaise	100	574	137	0.9	8.0	1.2	15.2	10.2	0.0	530
Smoky BBQ Sauce	100	609	146	0.7	0.1	0.1	34.9	27.9	0.5	794
Cheeses										
Mozzarella Cheese (shredded)	100	1210	288	26.7	19.9	14.3	0.1	0.1	0.0	490
Processed Cheddar Cheese (slices)	100	1430	342	20.1	27.3	17.5	4.6	1.7	0.0	1200
Vegetables										
Avocado	100	697	167	3.3	15.0	1.7	10.0	0.0	6.1	0
Capsicum	100	83.7	20.0	0.9	0.2	0.1	2.9	2.4	1.7	3.0
Carrot	100	172	41.0	0.9	0.2	0.0	6.8	4.7	2.8	69.0
Cucumber	100	62.8	15.0	0.7	0.1	0.0	3.1	1.7	0.5	2.0
Lettuce	100	58.6	14.0	0.9	0.1	0.0	1.8	2.0	1.2	10.0
Onion	100	167	40.0	1.1	0.1	0.0	7.6	4.2	1.7	4.0
Tomato	100	75.3	18.0	0.9	0.2	0.0	2.7	2.6	1.2	5.0

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AVG QTY Per 100g										
Cookies										
Chocolate Chip Cookie	100	2070	495	5.1	23.7	13.4	65.4	41.2	2.3	305
Chocolate Chip Cookie with M&M'S®	100	1990	475	5.0	22.0	11.7	64.1	38.5	1.9	267
Oatmeal Raisin Cookie	100	1770	423	5.6	15.4	7.6	65.0	38.8	3.0	390

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