



Subway Nutrition Information October 2022

United Kingdom

The nutritional values are based on a 6 inch portion serving.

	Value Per Serving Size										Value Per 100 Gram									
	Serving Size (g)	Energy (kj)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Serving Size (g)	Energy (kj)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Bread																				
9 Grain Multi-Seed Bread	93	1154	275	8.2	1.3	36	3.7	5.3	12	0.6	100	1241	296	8.8	1.4	39	4	5.7	13	0.6
9-Grain Wheat Bread	78	789	189	1	0.4	34	3.5	3.7	7.9	0.6	100	1012	242	1.3	0.5	44	4.5	4.7	10	0.8
Gluten-Free Bread	110	1246	284	4.5	0.4	56	1.4	3.5	3	1.1	100	1133	258	4.1	0.4	51	1.3	3.2	2.7	1
Hearty Italian Bread	78	844	201	1.2	0.5	40	3.3	1.7	6.9	0.7	100	1082	258	1.5	0.6	51	4.2	2.2	8.8	0.9
Italian Herbs & Cheese Bread	81	784	210	3.2	1.7	35	3.4	2	8.8	0.7	100	968	259	4.0	2.1	43	4.2	2.5	11	0.9
Honey & Oat Bread (Participating stores)	96	1054	236	2.1	0.3	47	11.1	4.8	8.8	0.6	100	1098	246	2.2	0.3	49	11.6	5.0	9	0.6
Italian White Bread	71	739	176	1	0.4	35	3.2	1.5	6.3	0.6	100	1041	248	1.4	0.6	49	4.5	2.1	8.9	0.8
Tiger Bread (IOI)	74	834	199	3.3	0.7	35	3.3	1.5	6.4	0.7	100	1127	269	4.5	0.9	47	4.5	2.0	8.6	0.9
Ciabatta Toasted Bite	28	308	73	0.7	0.1	14	0.3	0.7	2.5	0.3	100	1100	261	2.5	0.4	49	1.1	2.5	8.9	1.1
Plain Tortilla Wrap	71.5	897	214	5.3	2	36	1.7	1.2	5.6	0.5	100	1255	299	7.4	2.8	50	2.4	1.7	7.8	0.7
Protein																				
Egg Omelette	35	191	45	3	0.4	1	0.4	0.2	3.7	0.4	100	546	129	8.6	1.1	2.3	1.0	0.7	11	1.1
Poached Egg	50	291	69	4.7	1.8	0	0.2	0.3	6.4	0.2	100	582	138	9.4	3.5	0.9	0.3	0.6	13	0.3
Breakfast Back Bacon	14	155	37	2.6	1	0	0	0	3.4	0.3	100	1107	264	19	7.4	1	0	0	24	2.1
Maple Cured Streaky Bacon (1 slice)	9	152	37	2.8	1	0	0.2	0	3	0.3	100	1689	410	31	11	2.6	2.2	0	33	3.3
Roast Chicken Breast Strips	71	356	85	1	0.4	1	0.7	0.3	16	0.8	100	501	120	1.4	0.6	2	1	0.4	23	1.1
Teriyaki Glazed Chicken Breast	92	427	102	1.6	0.5	5	3.4	0.1	18	0.9	100	464	111	1.7	0.5	4.9	3.7	0.1	19	1
Chicken Tikka	71	371	88	1.4	0.3	3	0.8	0	18	0.7	100	523	124	2.0	0.4	3.5	1.1	0	25	1
Ham (1 slice)	11	56	13	0.4	0.1	0	0.1	0.1	2.1	0.1	100	509	118	3.6	0.9	1.8	0.9	1	19	0.9
Meatballs (in marinara sauce)	137	956	228	14	5.9	13	6.7	2.7	14	1	100	698	166	9.9	4.3	9.1	4.9	2	10	0.7
Meatballs only	72	789	188	12	5.8	6	1.5	1.7	13	0.7	100	1096	261	17	8.1	7.9	2.1	2.4	18	1
Pork and Beef Meatballs (Participating stores)	72	787	188	12.9	7.5	0	0	0	11	0.8	100	1093	261	18	10.4	0.0	0.0	0.0	15	1
Nacho Chicken Bites (4 Pieces)	72	753	180	8.5	1.2	14	0.6	1	11	0.9	100	1046	250	12	1.7	19	0.8	1.4	15	1.3
Pepperoni (1 slice)	6	101	24	2.1	0.7	0	0	0	1.2	0.2	100	1683	400	35	12	2.2	0	0	20	4
Salami (1 slice)	6	101	24	2.1	0.7	0	0	0	1.2	0.2	100	1683	400	35	12	1.7	0	0	20	3.3
Breakfast Sausage	76	794	190	13	4.3	9	0.9	1	9.9	1	100	1045	250	17	5.7	11	1.2	1.3	13	1.3
Breakfast sausage Pattie (Participating stores)	50	496	120	9	2.7	3	0.2	0.5	6.5	1	100	992	240	18	5.4	6	0.4	1.0	13	1.6
Steak	71	359	86	1.4	0	8	0	0	11	0.7	100	506	121	2	0.0	11.3	0.0	0.0	15	1
Big Beef Patty	65	585	140	9.5	4.8	2	0.7	1.4	10	0.7	100	900	215	15	7.4	2.3	1.1	2.2	15	1
Turkey Breast (1 slice)	19	78	18	0.3	0	0	0.1	0	3.8	0.3	100	411	95	1.6	0	0.5	0.5	0	20	1.6
Tuna (with Lite Mayonaise)	74	606	144	10	0.9	2	1	0	12	0.9	100	819	195	14	1.1	3.2	1.4	0	16	1.2
Plant Patty	85	707	169	8.7	0.8	10	1.6	2.7	11	1.1	100	832	199	10	0.9	12	1.9	3.2	13	1.3
Meatless Meatballs (in marinara sauce)	137	648	155	3.9	0.4	14	6.3	6.9	14	1.3	100	473	113	2.8	0.3	10	4.6	5	10	0.9
Meatless Meatball Only	72	472	113	3.1	0.3	6	0.4	4.5	13	0.9	100	656	157	4.3	0.4	7.6	0.5	6.3	18	1.3
T.L.C.* (Tastes Like Chicken)	71	404	96	1.7	0.2	4	0.7	4.3	13	1.2	100	569	135	2.4	0.3	5.9	1	6.1	18	1.7
Vegan Philly 'Beefsteak' (Participating Stores Only)	71	475	114	4.6	0.7	7	2.4	2.3	9	0.7	100	669	161	6.5	1.0	10.4	3	3.2	13	1.0
HALAL Meatballs (in marinara sauce)	137	956	228	14	5.9	13	6.7	2.7	14	1	100	698	166	9.9	4.3	9.1	4.9	2	10	0.7
HALAL Roast Chicken Breast Strips	71	356	85	1	0.4	1	1.4	0	16	0.8	100	501	120	1.4	0.6	2	2	0	23	1.1
HALAL Chicken Teriyaki	92	427	102	1.6	0.5	5	3.4	0.1	18	0.9	100	464	111	1.7	0.5	4.9	3.7	0.1	19	1
HALAL Chicken Tikka	72	379	90	1.4	0.3	2	0.8	0	18	0.6	100	526	125	1.9	0.4	2.5	1.1	0	25	0.8
HALAL Meatballs only	72	789	188	13	5.8	6	1.5	1.7	13	0.7	100	1096	261	18	8	7.9	2.1	2.4	18	1
HALAL Pepperoni (Beef) (1 slice)	6	101	24	2.1	0.7	0	0	0	1.2	0.2	100	1683	400	35	12	1.7	0	0	20	3.3
HALAL Salami (Beef) (1 slice)	6	101	24	2.1	0.7	0	0	0	1.2	0.2	100	1683	405	35	12	1.7	0	0	20	3.3
HALAL Steak	71	392	93	1.4	0.5	7	3.6	0.5	14	0.7	100	552	131	2	1	9.4	5.1	0.7	20	1
HALAL Turkey Breast (1 slice)	19	85	20	0.4	0.2	0	0	0	3.8	0.2	100	447	105	2.1	1	1.1	0	0	20	1.1
HALAL Turkey Ham (1 slice)	14	60	14	0.5	0.1	0	0	0	1.9	0.2	100	429	100	3.6	1	0.7	0	0	14	1.4
HALAL Turkey Rashers (1 slice)	19	124	30	1	0.2	0	0	0	4.8	0.4	100	653	158	5.3	1	0	0	0	25	2.1
HALAL Turkey Sausage Patty	75	420	100	3	1	5	0.9	0.8	14	0.7	100	560	133	4	1	6	1	1	19	1
Cheese																				
American-style Cheese	12	177	42	3.4	2.2	0	0.4	0.0	2.3	0.2	100	1475	350	28	18	3.3	3.3	0	19	1.7
Monterey Jack Cheddar Slices (Participating stores)	20	313	75	6.2	3.8	0	0.0	0.0	4.6	0.3	100	1565	375	31	19	0.0	0.0	0	23	1.5
Mozzarella Pearls (Participating stores)	30	309	74	5.5	3.6	0	0.3	0.0	5.6	0.0	100	1030	247	18	12	1.0	1.0	0	19	0.0
Peppered Cheese (IOI)	12	162	39	3.2	2	0	0.2	0.1	2.1	0.4	100	1350	325	27	17	1.7	2	1	18	3
Shredded Mozzarella & Cheddar Cheese Mix	14	187	45	3.4	2.1	1	0.1	0	3.2	0.1	100	1336	321	24	15	4.3	1	0	23	1
Sliced Brie Cheese (Participating stores)	25	380	91	8.0	5.7	1	0.5	0	4.2	0.4	100	1520	364	32	23	2.0	2	0	17	2
Vegan CheeZe	10	123	30	2.4	2.0	2	0	0	0	0.1	100	1230	300	24	20	19	0	0	0	1.0
Vegetables																				
Cucumbers	18	11	1.8	0	0	1	0.2	0.1	0.1	0	100	63	10	0	0	3.1	1.1	0.5	0.7	0
Carrots	7	12	2.9	0	0	0	0.3	0.2	0.1	0	100	172	41	0	0	6.8	4.7	2.8	0.9	0.2
Guacamole	35	282	67	6	0.9	3	0.3	0.5	0.6	0.2	100	806	191	17	2.6	7.1	0.9	1.4	1.7	0.6
Jalapenos	7	6	0.8	0	0	0	0	0.2	0	0.3	100	92	11	0	0.1	1.6	0.5	2.8	0.4	4.3
Lettuce	14	8	2	0	0	1	0.2	0	0.1	0	100	59	14	0	0	5.0	1.5	0	0.5	0
Mixed peppers	12	10	2.4	0	0	0	0.3	0.4	0.1	0	100	84	20	0	0.1	2.9	2.4	3.4	0.9	0
Olives	3	12	5.8	0.3	0.1	0	0	0.1	0.1	0.1	100	406	194	9	3.1	1.1	0.1	2.1	2	1.9
Pickles	5	3	1.4	0	0	0	0	0.1	0	0.1	100	57								



Subway Nutrition Information October 2022

United Kingdom

Plant-Based Garlic Aioli	14	285	68	0	0.5	1	0.7	0	0	0.2	100	2036	486	0	3.6	8.6	5.0	0	0	1.4
Salsa	28	54	13	0.3	0	2	1.5	0.5	0.5	0	100	193	46	1	0	6.1	5.4	1.8	1.8	0
Sriracha Hot Chilli sauce	14	74	17	0.7	0	3	1.8	0	0.1	0.7	100	529	121	5	0	19	13	0	0.7	5
Sticky Sweet Chilli sauce	14	127	30	0	0	8	6.5	0	0	0.2	100	907	214	0	0	54	46	0	0	1.4
Sweet Onion sauce	14	97	23	0	0	6	4.7	0	0	0.1	100	693	164	0	0	40	34	0	0	0.7
Teriyaki Sauce (Participating stores)	14	103	25	0	0	6	4.1	0	0	0.5	100	736	179	0	0	41	29	0	2	3.6
Tomato Ketchup	14	59	14	0	0	3	3.1	0	0.1	0.2	100	421	100	0	0	23	22	0	0.7	1.4
Toppings																				
Chili Flakes	1	15	3.7	0.1	0	0	0	0.1	0.1	0	100	1500	370	10	0	40	0	10	10	0
Crispy Onions	7	171	40	3	1.4	3	0.6	0.2	0.4	0	100	2443	571	43	20	41	8.6	2.9	5.7	0
Mixed Peppercorns	1	14	3	0	0	1	0	0.1	0.1	0	100	1400	300	0	0	50	0	10	10	0
Sea Salt	1	0	0	0	0	0	0	0	0	0.9	100	0	0	0	0	0	0	0	0	90
Multi-Seed Mix	10	243	58	4.7	0.6	1	0.1	1	2.6	0	100	2430	580	47	6	7	1	10	26	0
Cookies/Donuts/Muffins																				
Chocolate Chunk Cookie	45	896	214	10	5.1	28	16	0.4	2.3	0.3	100	1991.6	476	22.5	11.4	61.6	35	0.89	5	0.62
Double Chocolate Cookie	45	876	209	10	5.4	27	18	0.5	2.3	0.4	100	1945.6	465	21.1	12	60	39	1.11	5.1	0.96
Rainbow Chocolate Chip Cookie	45	894	214	10	5.0	28	18	1.5	2.2	0.3	100	1987.4	475	21.8	11.2	63	39.7	3.33	4.9	0.64
White Macadamia Cookie	45	900	215	10	5.1	27	16	0.5	2.3	0.4	100	2000	478	23.2	11.4	60.9	35.9	1.11	5.2	0.93
Vegan Double Chocolate Cookie	46	920	220	11	5.7	27	17	1	2.0	0.3	100	2000	478	24.2	12.46	58.3	37	2.18	4.35	0.62
Cadbury's® Caramel Muffin	110	2007	480	22	5.8	59	36	1.4	3.9	0.7	100	1824.2	436	19.7	5.3	53.2	32.3	1.27	3.5	0.61
Oreo® Muffin	110	2030	485	27	5.1	56	30	2.2	4.8	0.6	100	1845.1	441	24.7	4.6	50.9	27.2	2	4.4	0.5
Chocolate Donut	60	1097	262	16	8.4	23	8.4	1.6	4.6	0.6	100	1828.4	437	27	14	39	14	2.67	7.7	1
Sugared Donut	49	906	217	13	5.9	23	8.3	0.4	3.1	0.3	100	1849.3	442	26	12	46	17	0.82	6.4	0.58

Nutritional Information may vary due to customisation. Please contact us if more information is required.