

Nutritional Information

September 2020 United Kingdom & Ireland

	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)
Sandwiches																				
BLT Sub	177	1211	290	7.5	2.7	39	6.4	4.9	14	1.3	100	684	164	4.2	1.5	22	3.6	2.8	7.9	0.74
Cheesy Pepperoni Sub	224	1640	392	16	7.3	42	7.6	5.3	19	1.8	100	732	175	6.9	3.3	19	3.4	2.4	8.7	0.8
Chicken & Bacon Sub	253	1602	383	9.7	4.3	41	7.5	4.9	31	2	100	633	162	3.8	1.7	16	3	1.9	12	0.79
Roast Chicken Breast Sub	230	1282	302	3.6	1.1	40	7	4.8	25	1.4	100	549	131	1.6	0.5	17	3.1	2.1	11	0.62
Chicken Pizzola Sub	298	1852	443	14	5.7	46	11	5.7	31	2.6	100	622	149	4.6	1.9	15	3.6	1.9	10	0.88
Chicken Teriyaki Sub	251	1335	320	3.8	1.2	43	9	4.9	26	2.2	100	532	127	1.5	0.5	17	3.6	2	10	0.87
Chicken Tikka Sub	230	1280	306	3.6	1	40	8.5	4.8	26	1.2	100	557	133	1.6	0.4	17	2.8	2.1	11	0.53
Ham† Sub	215	1192	285	4.3	1.3	40	8.4	5.4	19	1.5	100	554	132	2	0.6	19	3	2.5	9	0.69
Italian B.M.T.® Sub	223	1659	396	16	5.5	40	8.1	5.1	21	2.5	100	744	178	7.1	2.5	18	2.7	2.3	9.5	1.1
Meatball Marinara Sub	308	2056	492	20	8.8	53	15	8	25	2	100	668	160	6.4	2.9	17	4.3	2.6	8.1	0.64
Meatless™ Meatball Marinara Sub	306	1673	400	8.4	3.2	54	12	12	23	2.1	100	547	131	2.7	1	18	3.9	3.8	7.4	0.69
Mega Meat™ Sub	346	2560	612	29	11	54	15	8.2	32	3.3	100	740	177	8.5	3.3	16	3.8	2.4	9.4	0.97
Rotisserie-style Chicken Sub	244	1361	325	5.1	1.1	39	5.8	4.8	27	1.3	100	558	133	2.1	0.4	16	2.4	2	11	0.54
Spicy Italian Sub	219	1923	460	23	8.3	40	5.7	4.8	21	3	100	878	210	11	3.8	18	2.6	2.2	9.4	1.4
Steak†O & Cheese Sub	242	1475	353	7.1	3.5	46	9.7	5.4	25	1.7	100	610	146	2.9	1.4	19	4	2.2	10	0.69
Subway Melt™ Sub	246	1536	368	10	4.4	40	7	5.2	27	2.2	100	624	149	4	1.8	16	2.8	2.1	11	0.9
Tuna Sub	233	1508	360	12	1.5	40	8.5	4.9	20	1.6	100	647	155	5.3	0.7	17	2.8	2.1	8.7	0.67
Turkey Breast† Sub	216	1142	273	3.1	0.9	39	5.9	4.8	20	1.4	100	529	126	1.4	0.4	18	2.7	2.2	9.2	0.63
Turkey Breast† and Ham† Sub	225	1206	288	3.8	1.1	40	8.2	5.1	22	1.6	100	536	128	1.7	0.5	18	2.8	2.3	9.6	0.69
Plant™ Patty Sub	244	1539	368	9.4	2.4	46	7.8	8.8	21	1.5	100	631	151	3.8	1	19	3.2	3.6	8.4	0.62
Veggie Delite®† Sub	159	906	217	2.2	0.7	38	5.6	4.8	8.6	0.58	100	570	136	1.4	0.4	24	3.5	3	5.4	0.37
Kids Pak - Roast Chicken Breast	147	805	192	2.2	0.7	26	4.6	3.2	15	0.87	100	548	131	1.5	0.5	18	3.1	2.2	10	0.59
Kids Pak - Ham†	135	747	179	2.5	0.7	26	4.2	3.5	11	0.84	100	554	132	1.9	0.6	20	3.1	2.6	8.3	0.62
Kids Pak - Turkey Breast†	145	762	182	2	0.6	26	4	3.2	13	0.91	100	526	126	1.4	0.4	18	2.7	2.2	9.2	0.63
Kids Pak - Veggie Delite®†	107	604	144	1.4	0.4	26	3.8	3.2	5.7	0.39	100	565	135	1.3	0.4	24	3.5	3	5.3	0.36
Toasted Bite - Cheese	70	632	151	7.3	4.5	14	0.7	0.7	9.1	0.68	100	903	216	10	6.4	20	1.1	1	13	0.98
Toasted Bite - Ham† & Cheese	76	489	117	3.3	1.5	14	1.1	1	8.7	0.89	100	643	154	4.3	2	18	1.4	1.3	11	1.2
Toasted Bite - Steak†O & Cheese	63	429	102	2.5	1.3	15	1.5	0.8	6.2	0.61	100	681	163	4	2.1	23	2.3	1.3	9.9	0.96
Toasted Bite - Tuna Melt	73	550	131	5.6	1.5	14	1	0.7	7.2	0.77	100	753	180	7.7	2.1	19	1.3	1	9.8	1
Toasted Bite - Mozzarella-Style Cheese-Free™	52	377	90	2.8	2.2	15	0.5	0.7	2.1	0.52	100	724	173	5.3	4.2	29	0.9	1.3	4	1
Salad																				
BLT Salad	237	467	112	5.6	2.1	7	5.8	2.7	7.4	0.77	100	197	47	2.4	0.9	2.9	2.4	1.1	3.1	0.32
Cheesy Pepperoni Salad	284	895	214	14	6.7	9.8	7	3	15	1.2	100	315	75	4.8	2.4	3.5	2.5	1.1	4.5	0.44
Chicken & Bacon Salad (with Shredded Cheese)	322	1010	242	10	4.7	8.9	7.3	2.7	27	1.8	100	314	75	3.3	1.5	2.8	2.3	0.8	8.4	0.56
Roast Chicken Breast Salad	290	518	124	1.8	0.5	7.5	8.4	2.6	18	0.89	100	178	43	0.6	0.2	2.6	2.2	0.9	6.2	0.31
Chicken Pizzola Salad	358	1107	265	12	5.1	13	10	3.4	25	2.1	100	309	74	3.3	1.4	3.7	2.8	1	6.8	0.58
Chicken Teriyaki Salad	311	590	141	1.9	0.6	11	8.4	2.7	19	1.6	100	190	46	0.8	0.2	3.4	2.7	3.9	6.1	0.53
Chicken Tikka Salad	290	535	128	1.8	0.4	7.8	5.9	2.6	20	0.67	100	185	44	0.8	0.1	2.7	2	0.9	6.8	0.23
Ham† Salad	275	447	107	2.5	0.7	7.4	5.8	3.1	13	0.94	100	163	39	0.9	0.2	2.7	2.1	1.1	4.6	0.34
Italian B.M.T.® Salad	283	914	218	14	4.9	7.5	5.5	2.8	15	1.9	100	323	77	4.9	1.7	2.7	1.9	1	5.1	0.88
Meatball Marinara Salad	368	1311	314	18	8.2	20	13	5.8	18	1.4	100	356	85	4.8	2.2	5.6	3.4	1.6	5	0.39
Meatless™ Meatball Marinara Salad	366	928	222	8.5	2.6	22	11	9.5	16	1.6	100	254	61	1.8	0.7	6	3.1	2.6	4.3	0.43
Mega Meat™ Salad	406	1816	434	27	11	21	12	5.9	26	2.8	100	447	107	6.8	2.6	5.2	3.1	1.5	6.4	0.69
Rotisserie-style Chicken† Salad	304	616	147	3.3	0.5	6.2	5.2	2.6	21	0.78	100	203	48	1.1	0.2	2	1.7	0.8	6.8	0.26
Spicy Italian Salad	279	1178	281	21	7.7	7.4	5.1	2.6	14	2.4	100	422	101	7.6	2.8	2.7	1.8	0.9	5	0.87
Steak†O & Cheese Salad	302	730	175	5.2	2.9	13	9.1	3.1	18	1.1	100	242	58	1.7	1	4.4	3	1	6.1	0.37
Subway Melt™ Salad	306	791	190	8.1	3.8	8	6.4	2.9	20	1.7	100	259	62	2.7	1.2	2.6	2.1	0.9	6.5	0.55
Tuna Salad	293	764	182	10	0.9	7.9	5.9	2.6	14	1	100	261	62	3.6	0.3	2.7	2	0.9	4.6	0.34
Turkey Breast† Salad	276	397	95	1.2	0.3	6.6	5.3	2.6	13	0.82	100	144	34	0.5	0.1	2.4	1.9	0.9	4.8	0.3
Turkey Breast† & Ham† Salad	285	461	110	2	0.5	7.1	5.6	2.8	15	1	100	162	39	0.7	0.2	2.5	2	1	5.2	0.35
Plant™ Patty Salad	304	794	190	7.6	1.9	14	7.2	6.6	14	0.97	100	261	62	2.5	0.6	4.5	2.4	2.2	4.6	0.32
Veggie Delite®† Salad	219	161	38	0.3	0.1	6	5	2.6	1.9	0.03	100	74	18	0.2	0	2.7	2.3	1.2	0.9	0.02
Wraps																				
BLT Wrap	171	1273	305	11	4.3	38	4.7	2.6	12	1.2	100	746	179	6.4	2.5	22	2.7	1.5	7.2	0.71
Cheesy Pepperoni Wrap	218	1701	407	19	8.9	41	5.9	3	18	1.7	100	782	187	8.7	4.1	19	2.7	1.4	8.1	0.77
Chicken & Bacon Wrap	247	1664	398	13	5.9	40	5.9	2.6	29	1.9	100	675	161	5.3	2.4	16	2.4	1	12	0.77
Roast Chicken Breast Wrap	224	1324	316	7	2.7	39	5.3	2.5	23	1.3	100	592	142	3.1	1.2	17	2.4	1.1	10	0.59
Chicken Pizzola Wrap	292	1914	457	17	7.3	45	9.1	3.4	29	2.5	100	656	157	5.9	2.5	15	3.1	1.2	10	0.87
Chicken Teriyaki Wrap	245	1396	334	7.2	2.7	42	7.3	2.6	24	2.1	100	571	137	2.9	1.1	17	3	1.1	9.7	0.85
Chicken Tikka Wrap	224	1342	321	7	2.6	39	4.8	2.5	25	1.1	100	600	143	3.1	1.2	17	2.1	1.1	11	0.5
Ham† Wrap	209	1253	300	7.7	2.9	39	4.7	3.1	18	1.4	100	601	144	3.7	1.4	19	2.3	1.5	9.4	0.86
Italian B.M.T.® Wrap	217	1720	411	19	7.1	39	4.4	2.8	19	2.4	100	795	190	8.9	3.3	18	2	1.3	9	1.1
Meatball Marinara Wrap	302	2118	507	23	10	52	12	5.7	23	1.9	100	702	168	7.6	3.5	17	3.8	1.9	7.7	0.62
Meatless™ Meatball Marinara Wrap	300	1735	41																	

Nutritional Information

September 2020 United Kingdom & Ireland



All meats are halal certified or halal suitable. Halal certified meats are only available at participating Subway® Halal stores.

	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)	
Sandwiches (HALAL)																						
TLT Sub	197	1179	282	5	1.6	39	5.6	4.9	18	1.4	100	597	143	2.6	0.8	20	2.8	2.5	9.2	0.73		
Cheesy Pepperoni Sub	224	1640	392	16	7.3	42	7.6	5.3	19	1.8	100	732	175	6.9	3.3	19	3.4	2.4	8.7	0.8		
Chicken & Turkey Rasher Sub	263	1586	379	8.4	3.8	40	7.2	4.9	33	2.1	100	603	144	3.2	1.4	15	2.7	1.9	13	0.78		
Roast Chicken Breast Sub	230	1262	302	3.6	1.1	40	7	4.8	25	1.4	100	549	131	1.6	0.5	17	3.1	2.1	11	0.62		
Chicken Pizzioia Sub	298	1852	443	14	5.7	46	11	5.7	31	2.6	100	622	149	4.6	1.9	15	3.6	1.9	10	0.88		
Chicken Teriyaki Sub	251	1335	320	3.8	1.2	43	9	4.9	26	2.2	100	532	127	1.5	0.5	17	3.6	2	10	0.87		
Chicken Tikka Sub	230	1280	306	3.6	1	40	6.5	4.8	26	1.2	100	557	133	1.6	0.4	17	2.8	2.1	11	0.53		
Turkey Ham Sub	215	1147	274	4.4	1.4	39	5.9	5.1	16	1.5	100	534	128	2	0.6	18	2.7	2.4	7.6	0.69		
Italian B.M.T. Sub	223	1637	391	16	5.6	40	5.8	5	20	2.5	100	734	175	7.1	2.5	18	2.6	2.2	8.8	1.1		
Meatball Marinara Sub	308	2056	492	20	8.8	53	13	8	25	2	100	668	160	6.4	2.9	17	4.3	2.6	8.1	0.64		
Meatless Meatball Marinara Sub	306	1673	400	8.4	3.2	54	12	12	23	2.1	100	547	131	2.7	1	18	3.9	3.8	7.4	0.69		
Mega Meat™ Sub	346	2549	610	29	11	53	13	8.1	32	3.3	100	737	176	8.5	3.3	15	3.7	2.3	9.2	0.97		
Rotisserie-style Chicken Sub	244	1361	325	5.1	1.1	39	5.8	4.8	27	1.3	100	558	133	2.1	0.4	16	2.4	2	11	0.54		
Spicy Italian Sub	219	1923	460	23	8.3	40	5.7	4.8	21	3	100	878	210	11	3.8	18	2.6	2.2	9.4	1.4		
Steak & Cheese Sub	242	1475	353	7.1	3.5	46	9.7	5.4	25	1.7	100	610	146	2.9	1.4	19	4	2.2	10	0.69		
Subway Melt™ Sub	256	1512	361	9.1	4.1	40	6.4	5.2	27	2.3	100	590	141	3.6	1.6	16	2.5	2	11	0.89		
Tuna Sub	233	1508	360	12	1.5	40	6.5	4.9	20	1.6	100	647	155	5.3	0.7	17	2.8	2.1	8.7	0.67		
Turkey Breast Sub	216	1163	278	3.6	1.2	39	5.9	5.1	20	1.4	100	539	129	1.7	0.6	18	2.7	2.4	9.2	0.63		
Turkey Breast & Turkey Ham Sub	225	1198	286	4.2	1.4	39	5.9	5.2	20	1.6	100	533	127	1.9	0.6	17	2.6	2.3	8.9	0.69		
Plant-based Patty Sub	244	1539	368	9.4	2.4	46	7.8	8.8	21	1.5	100	631	151	3.8	1	19	3.2	3.6	8.4	0.62		
Veggie Delite™ Sub	169	906	217	2.2	0.7	38	5.6	4.8	8.6	0.58	100	570	136	1.4	0.4	24	3.5	3	5.4	0.37		
Kids Pak - Roast Chicken Breast	147	805	192	2.2	0.7	26	4.6	3.2	15	0.87	100	548	131	1.5	0.5	18	3	2.2	10	0.59		
Kids Pak - Turkey Ham	135	725	173	2.6	0.8	26	3.9	3.4	9.6	0.84	100	537	128	1.9	0.6	19	2.9	2.5	7.1	0.63		
Kids Pak - Turkey Breast	145	776	185	2.4	0.8	26	4	3.4	13	0.9	100	536	128	1.6	0.6	18	2.7	2.4	9.2	0.62		
Kids Pak - Veggie Delite™	107	604	144	1.4	0.4	26	3.8	3.2	5.7	0.39	100	565	135	1.3	0.4	24	3.5	3	5.3	0.36		
Toasted Bite - Cheese	70	632	151	7.3	4.5	14	0.7	0.7	9.1	0.68	100	903	216	10	6.4	20	1.1	1	13	0.98		
Toasted Bite - Turkey Ham & Cheese	76	489	117	3.3	1.5	14	1.1	1	8.7	0.89	100	643	154	4.3	2	18	1.4	1.3	11	1.2		
Toasted Bite - Steak & Cheese	63	429	102	2.5	1.3	15	1.5	0.8	6.2	0.61	100	681	163	4	2.1	23	2.3	1.3	9.9	0.96		
Toasted Bite - Tuna Melt	73	550	131	5.6	1.5	14	1	0.7	7.2	0.77	100	753	180	7.7	2.1	19	1.3	1	9.8	1.1		
Toasted Bite - Mozzarella-Style Cheese-Free™	52	377	90	2.8	2.2	15	0.5	0.7	2.1	0.52	100	724	173	5.3	4.2	29	0.9	1.3	4	1		
Salad (HALAL)																						
TLT Salad	257	434	104	3.2	1	6.2	5	2.6	11	0.9	100	169	40	1.2	0.4	2.4	2	1	4.5	0.35		
Cheesy Pepperoni Salad	284	895	214	14	6.7	9.8	7	3	13	1.2	100	315	75	4.8	2.4	3.5	2.5	1.1	4.5	0.44		
Chicken & Turkey Rasher Salad with Shredded Cheese	323	842	201	6.6	3.2	8	6.6	2.6	26	1.5	100	260	62	2	1	2.5	2	0.8	8.1	0.47		
Roast Chicken Breast Salad	290	518	124	1.8	0.5	7.5	6.4	2.6	18	0.89	100	178	43	0.6	0.2	2.6	2.2	0.9	6.2	0.31		
Chicken Pizzioia Salad	358	1107	265	12	5.1	13	10	3.4	25	2.1	100	309	74	3.3	1.4	3.7	2.8	1	6.8	0.58		
Chicken Teriyaki Salad	311	590	141	1.9	0.6	11	8.4	2.7	19	1.6	100	190	46	0.6	0.2	3.4	2.7	0.9	6.1	0.53		
Chicken Tikka Salad	290	535	128	1.8	0.4	7.8	5.9	2.6	20	0.67	100	185	44	0.6	0.1	2.7	2	0.9	6.8	0.23		
Turkey Ham Salad	275	402	96	2.6	0.8	6.8	5.3	2.8	9.7	0.95	100	146	35	0.9	0.3	2.5	1.9	1	3.5	0.34		
Italian B.M.T. Salad	283	892	213	14	5	7.2	5.2	2.7	13	1.9	100	315	75	5	1.8	2.6	1.8	1	4.6	0.68		
Meatball Marinara Salad	368	1311	314	18	8.2	20	13	5.8	18	1.4	100	356	85	4.8	2.2	5.6	3.4	1.6	5	0.39		
Meatless Meatball Marinara Salad	366	928	222	6.5	2.6	22	11	9.5	16	1.6	100	254	61	1.8	0.7	6	3.1	2.6	4.3	0.43		
Mega Meat™ Salad	406	1816	434	27	11	21	12	5.9	26	2.8	100	447	107	6.8	2.6	5.2	3.1	1.5	6.4	0.69		
Rotisserie-style Chicken Salad	304	616	147	3.3	0.5	6.2	5.2	2.6	21	0.78	100	203	48	1.1	0.2	2	1.7	0.8	6.8	0.26		
Spicy Italian Salad	279	1178	281	21	7.7	7.4	5.1	2.6	14	2.4	100	422	101	7.6	2.8	2.7	1.8	0.9	5	0.87		
Steak & Cheese Salad	302	730	175	5.2	2.9	13	9.1	3.1	18	1.1	100	242	58	1.7	1	4.4	3	1	6.1	0.37		
Subway Melt™ Salad	316	767	183	7.3	3.5	7.4	5.8	2.9	21	1.7	100	243	58	2.3	1.1	2.3	1.8	0.9	6.5	0.55		
Tuna Salad	293	764	182	10	0.9	7.9	5.9	2.6	14	1	100	261	62	3.6	0.3	2.7	2	0.9	4.6	0.34		
Turkey Breast Salad	276	419	100	1.8	0.6	6.7	5.3	2.9	13	0.8	100	152	36	0.6	0.2	2.4	1.9	1	4.8	0.29		
Turkey Breast & Turkey Ham Salad	285	453	108	2.4	0.8	6.9	5.4	2.9	13	1	100	159	38	0.8	0.3	2.4	1.9	1	4.7	0.35		
Plant-based Patty Salad	304	794	190	7.6	1.9	14	7.2	6.6	14	0.97	100	261	62	2.5	0.6	4.5	2.4	1.2	4.6	0.32		
Veggie Delite™ Salad	219	161	38	0.3	0.1	6	5	2.6	1.9	0.03	100	74	18	0.2	0	2.7	2.3	1.2	0.9	0.02		
Wraps (HALAL)																						
TLT Wrap	191	1240	296	8.4	3.2	37	3.9	2.6	16	1.3	100	650	155	4.4	1.7	20	2.1	1.4	8.6	0.7		
Cheesy Pepperoni Wrap	218	1701	407	19	8.9	41	5.9	3	18	1.7	100	782	187	8.7	4.1	19	2.7	1.4	8.1	0.77		
Chicken & Turkey Rasher Wrap	257	1648	394	12	5.4	39	5.5	2.6	31	2	100	642	153	4.6	2.1	15	2.1	1	12	0.76		
Roast Chicken Breast Wrap	224	1324	316	7	2.7	39	5.3	2.5	23	1.3	100	592	142	3.1	1.2	17	2.4	1.1	10	0.59		
Chicken Pizzioia Wrap	292	1914	457	17	7.3	45	9.1	3.4	29	2.5	100	656	157	5.9	2.5	15	3	1.2	10	0.87		
Chicken Teriyaki Wrap	245	1396	334	7.2	2.7	42	7.3	2.6	24	2.1	100	571	137	2.9	1.1	17	3	1.1	9.7	0.85		
Chicken Tikka Wrap	224	1342	321	7	2.6	39	4.8	2.5	25	1.1	100	600	143	3.1	1.2	17	2.1	1.1	11	0.5		
Turkey Ham Wrap	209	1209	289	7.8	3	38	4.2	2.8	15	1.4	100	580	139	3.7	1.4	18	2	1.3	7	0.67		
Italian B.M.T. Wrap	217	1698	406	19	7.2	38	4.1	2.7	18	2.4	100	784	187	8.9	3.3	18	1.9	1.2	8.3	1.1		
Meatball Marinara Wrap	302	2118	507	23	10	52	12	5.7	23	1.9	100	702	168	7.6	3.5	17	3.8	1.9	7.7	0.62		
Meatless Meatball Marinara Wrap	300	1735	415	12	4.7	53	10	9.4	21	2	100	579	138	3.9	1.6	18	3.4	3.1	6.9	0.67		
Mega Meat™ Wrap	346	2549	610	29	11	53	13	8.1	32	3.3	100	737	176	8.5	3.3	15	3.7	2.3	9.2	0.97		
Rotisserie-style Chicken Wrap	238	1423	340	8.5	2.7	37	4.1	2.5	25	1.2	100	599	143	3.6	1.1	16	1.7	1.1	11	0.51		
Spicy Italian Wrap	213	1984	474	27	9.9	39	4	2.5	19	2.9	100	934	223	12	4.6	18	1.9	1.2	8.8	1.4		
Steak & Cheese Wrap	236	1537	367	10	5.1	44	8	3.1	23	1.6	100	653	156	4.4	2.2	19	3.4	1.3	9.9	0.67		
Subway Melt™ Wrap	250	1573	376	13	5.7	39	4.7	2.9	25	2.2	100	630	151	5	2.3	15	1.9					