



CANADA NUTRITION INFORMATION

March 2025

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Calcium % DV	Iron % DV
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SANDWICHES

Subway Series 6" Sandwiches

Double values for footlong nutrition information (one footlong = two 6" servings)

#1 Canuck Classic	257	550	30	10	1	75	1430	48	2	9	25	10	15
#2 Great Canadian Club	235	470	20	8	0	70	1380	47	2	9	26	10	15
#3 Turkey Rancher	239	490	23	9	0	70	1310	45	2	7	26	10	15
#5 Chicken Rancher	285	550	26	10	0	90	1130	43	3	6	36	15	20
#6 Teriyaki Crunch	298	530	15	6	0	70	1330	65	3	20	29	10	20
#8 Steak'n Bacon	257	590	32	11	1	80	1470	44	3	7	31	2	20
#9 Stampede Brisket	262	750	33	10	1	95	1840	78	3	28	34	10	15
#13 Supremo	257	570	32	11	1	75	2100	45	3	7	27	10	35
#15 Meatballer	292	690	36	17	2	95	1930	54	4	9	38	10	45
#16 Tandoori Twist	260	750	47	13	1	95	1390	49	4	7	33	15	25
#17 Cuban Crunch	263	690	40	13	0	95	1360	52	2	7	29	2	20
#18 Nashville-Style Hot Chicken	271	580	26	8	0	75	1260	51	3	8	31	2	20
#19 Chimichurri Steak & Cheese	234	480	22	7	1	55	1360	44	3	7	27	10	20
#20 Little Sicily	292	640	37	14	1	70	1640	48	3	9	26	6	35
#21 Tandoori-Spiced Mozza	207	510	25	8	0	40	760	49	3	6	18	2	15
#22 Big Veggie	264	530	24	7	1	30	1070	58	10	7	19	15	20
#23 Mozzarella Melt	210	530	25	10	1	40	910	52	3	7	20	6	15
#24 Chimichurri Veggie	261	620	33	8	1	30	1020	59	10	8	19	15	20
#30 The Carnivore	272	790	50	17	1	100	2520	51	3	7	32	10	40
Bourbon Brisket	248	680	33	10	1	95	1590	61	3	16	33	10	15
Bourbon BBQ Steak & Cheddar	231	520	18	8	0	80	1230	55	3	9	31	10	10
Piri Piri Chicken	231	510	23	8	0	75	1170	44	2	5	31	10	6
Smashed Avocado & Turkey	293	550	28	8	0	65	1240	50	5	7	24	10	6

Buld Your Own 6" Sandwiches

Double values for footlong nutrition information (one footlong = two 6" servings)

Black Forest Ham	216	290	5	1	0	25	880	43	5	7	18	2	15
Cold Cut Combo	226	400	18	6	0	35	930	43	3	6	17	2	15
Italian B.M.T.®	233	410	17	6	0	45	1380	44	3	6	20	2	35
Meatball Marinara	212	450	17	7	1	45	1160	49	4	8	24	6	25
Pizza Sub Melt (on Italian bread)	146	420	20	8	0	40	1490	42	3	7	17	6	50
Rotisserie-Style Chicken	233	310	5	2	0	45	640	41	3	5	25	2	15
Steak & Cheese	167	360	10	5	0	50	1110	41	2	6	24	6	15
Sweet Onion Chicken Teriyaki	261	360	4	2	0	50	900	57	3	19	23	2	15
Tuna (includes Mayonnaise)	226	440	22	4	0	40	680	40	3	5	19	2	15
Turkey Breast	222	280	5	1	0	30	870	43	5	7	19	2	15
Veggie Delite®	162	210	3	0	0	0	370	39	5	6	10	2	15
Veggie Patty	247	390	11	1	0	0	690	56	13	8	16	4	25

6" Limited Time Offer/Regional Subs**

Values include Multigrain bread (unless another bread is specified) and select vegetables. Double values for footlong nutrition information (one footlong = two 6" servings).

Grilled Chicken	226	270	4	1	0	30	700	40	5	6	22	2	15
Snackwiches	Values include ciabatta, select vegetables and sauces as noted.												
Honey Mustard Ham	171	320	13	4	0	25	970	42	2	4	13	4	2
Turkey Ranch	160	350	15	4	0	30	980	40	2	2	14	4	4
BLT	149	400	22	7	0	35	800	38	2	1	14	4	2
Three Cheese	113	350	16	8	0	35	780	37	2	1	14	15	0

SALADS

Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.

Black Forest Ham	341	130	3	1	0	25	590	13	4	6	11	4	10
Cold Cut Combo	351	240	17	6	0	35	620	12	5	5	12	4	15
Italian B.M.T.®	359	240	16	6	0	45	1080	13	4	6	15	4	30
Meatball Marinara	426	290	16	7	1	45	800	22	6	9	18	8	20
Pizza Sub Melt	362	270	19	8	0	40	1190	15	5	8	13	8	50
Rotisserie-Style Chicken	358	150	4	1	0	45	340	10	4	5	20	4	15
Steak	358	160	6	2	0	40	620	13	4	6	17	4	15
Sweet Onion Chicken Teriyaki	400	240	4	1	0	50	760	34	4	26	18	4	10
Tuna (includes Mayonnaise)	358	280	21	4	0	40	380	10	4	5	14	4	10
Turkey Breast	347	120	3	1	0	30	570	13	4	6	12	4	10
Veggie Delite®	287	50	1	0	0	0	75	9	4	5	3	4	8
Veggie Patty	372	220	10	1	0	0	390	26	12	7	9	6	20
6" Limited Time Offer/Regional Salads**													
Grilled Chicken	351	110	2	1	0	30	410	10	5	5	14	4	8

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Calcium % DV	Iron % DV
RICE BOWLS & WRAPS													
Rice Bowls													
Jerk-Spiced Chicken Rice Bowl	374	670	30	5	0	65	950	74	5	4	25	4	20
Shawarma Chicken Rice Bowl	426	750	32	7	0	70	1930	81	7	9	30	10	25
Southwest Steak & Avocado Rice Bowl	399	600	26	7	1	55	1360	69	7	5	26	10	15
Sweet Onion Chicken Teriyaki Rice Bowl	375	490	6	1	0	50	1100	87	5	24	23	4	15
Rice Wraps													
Jerk-Spiced Chicken Rice Wrap	410	780	27	4	0	55	1370	104	6	6	31	8	30
Shawarma Chicken Rice Wrap	444	850	30	6	0	65	2020	107	7	8	35	15	35
Southwest Steak & Avocado Rice Wrap	445	800	32	8	1	55	1800	100	8	7	32	15	30
Sweet Onion Chicken Teriyaki Rice Wrap	420	690	12	2	0	50	1540	117	6	25	29	8	25
BREAKFAST													
6" Breakfast Sandwiches Values include 6" Italian, scrambled egg patty and Canadian cheddar cheese. Double values for footlong nutrition information (one footlong=two 6" servings)													
Bacon & Egg	233	540	31	8	0	255	1120	42	3	6	22	6	15
Cheese & Egg	223	490	28	7	0	240	940	42	3	6	18	6	10
Ham & Egg	250	530	29	7	0	255	1190	44	3	6	23	6	15
Sausage & Egg	273	640	41	11	0	275	1280	42	3	6	26	6	10
Sausage & Cheese	188	490	29	9	0	55	980	39	2	4	18	6	10
Breakfast Wraps Values include wrap, scrambled egg patty and Canadian cheddar cheese													
Bacon & Egg	264	640	37	8	0	255	1330	55	3	4	23	10	20
Cheese & Egg	254	590	33	7	0	240	1150	55	3	4	19	10	20
Ham & Egg	281	630	34	7	0	255	1400	57	3	5	23	10	20
Sausage & Egg	304	740	46	11	0	275	1490	55	3	4	27	10	20
Sausage & Cheese	219	590	34	9	0	55	1190	52	3	3	19	10	20
Breakfast Clabatta Values include Clabatta, scrambled egg patty and Canadian cheddar cheese													
Bacon & Egg	177	450	25	7	0	140	980	39	2	2	17	4	2
Cheese & Egg	168	400	22	5	0	130	800	39	2	2	13	4	2
Ham & Egg	186	420	22	5	0	135	970	40	2	2	16	4	2
Sausage & Egg	218	550	35	10	0	165	1140	39	2	2	21	6	2
Sausage & Cheese	175	470	29	8	0	50	1000	37	2	1	17	6	2
BREADS & CONDIMENTS													
Breads Double values for footlong nutrition information (one footlong=two 6" servings)													
6" Italian	71	200	2	1	0	0	370	37	1	3	7	0	10
6" Multigrain	71	200	2	0	0	0	360	36	3	4	9	0	10
6" Flatbread	45	140	3	0	0	0	220	24	1	2	4	0	8
6" Italian Herbs & Cheese	82	240	5	2	0	10	570	39	2	3	9	4	10
English Muffin **	57	120	1	0	0	0	210	23	1	1	5	2	10
Clabatta	76	210	5	1	0	0	410	36	2	0	6	0	0
Gluten Free Bread (as packaged)**	113	340	12	7	0	0	790	51	3	7	6	2	2
Potato Bun	39	110	2	0	0	15	190	20	1	3	3	0	6
Wrap	102	300	8	1	0	0	580	50	2	2	8	4	15
Sandwich Condiments & Add ons Values are for amounts on 6-inch sandwich or wrap. Double values for footlong and salad nutrition information (one footlong=two 6" servings).													
Bourbon BBQ	14	20	0	0	0	0	150	5	0	5	0	0	0
Chimichurri Sauce	14	80	8	1	0	0	55	0	0	0	0	0	0
Chipotle Southwest	14	60	6	1	0	5	110	1	0	0	0	0	0
Cuban-Style Sauce	14	70	7	1	0	5	70	1	0	0	0	0	0
Garlic Aioli	14	70	7	1	0	5	115	1	0	1	0	0	0
House Sandwich Sauce	14	70	8	1	0	0	125	1	0	1	0	0	0
Jerk Aioli	14	90	10	2	0	10	85	1	0	0	0	0	0
Mayonnaise	14	100	11	2	0	10	70	0	0	0	0	0	0
Mojo Sauce	14	90	10	2	0	10	100	1	0	0	0	0	0
Mustard, Yellow	14	10	1	0	0	0	170	1	0	0	1	0	0
Nashville-Style Hot Sauce	14	35	3	0	0	0	210	3	0	2	0	0	0
Peppercorn Ranch	14	80	8	1	0	10	105	1	0	0	0	0	0
Piri Piri Sauce	14	45	4	1	0	0	180	1	0	1	0	0	0
Smoky Honey Mustard	14	45	5	1	0	5	115	3	0	3	0	0	0
Sweet & Smoky BBQ	14	35	0	0	0	0	180	9	0	7	0	0	0
Sweet Onion Teriyaki Sauce	14	35	0	0	0	0	160	8	0	7	0	0	0
Tahini Garlic Sauce	14	70	6	1	0	5	140	1	0	1	1	0	2
Tandoori-Spiced Sauce	14	90	10	2	0	10	115	1	0	0	0	0	0
Wild Rice (4 oz)	113	190	3	0	0	0	270	39	2	0	4	2	4
Seasonings (amount on 6-inch sub, salad or wrap)													
Salt	0	0	0	0	0	0	160	0	0	0	0	0	0

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Calcium % DV	Iron % DV
Pepper	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-Inch sub or wrap)													
Avocado, Smashed	35	70	6	1	0	0	130	3	2	0	1	0	0
Banana Peppers	4	1	0	0	0	0	65	0	0	0	0	0	0
Cucumbers	14	2	0	0	0	0	0	1	0	0	0	0	0
Green Peppers	7	1	0	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers**	4	1	0	0	0	0	70	0	0	0	0	0	0
Lettuce	21	3	0	0	0	0	0	0	0	0	0	0	0
Olives, Black	3	3	0	0	0	0	25	0	0	0	0	0	0
Onions, Red	7	3	0	0	0	0	0	1	0	0	0	0	0
Pickles	10	1	0	0	0	0	115	0	0	0	0	0	0
Spinach, Baby	7	2	0	0	0	0	5	0	0	0	0	0	2
Tomatoes	35	5	0	0	0	0	0	1	0	1	0	0	0
Crispy Onions (0.5 oz)	14	80	4	0	0	0	35	7	0	1	1	0	4
Cheese (amount on 6-Inch sandwich, salad or wrap)													
Canadian Cheddar	11	45	4	3	0	10	75	0	0	0	3	4	0
Cheddar, Processed	11	40	3	2	0	10	200	0	0	0	2	4	0
Habanero Jack	11	40	4	2	0	10	80	0	0	0	3	0	0
Fresh Mozzarella	51	120	9	6	0	30	180	1	0	1	9	0	0
Monterey Jack & Cheddar Cheese Blend, Shredded	14	60	5	3	0	15	100	1	0	0	3	6	0
Parmesan, Grated	3	10	1	0	0	5	65	0	0	0	1	0	0
Swiss**	14	50	4	3	0	15	35	0	0	0	4	8	0
Individual Proteins (amount on 6" sub, wrap and salad, double values for footlong)													
Bacon Slices (2 strips)	10	50	4	2	0	10	180	0	0	0	4	0	2
Beans & Corn	85	130	5	0	0	0	370	17	5	1	5	2	8
Beef Brisket	85	220	15	4	0	65	630	2	0	0	20	0	0
Capicola	22	35	2	1	0	15	240	1	0	1	3	0	0
Chicken, Grilled **	64	60	1	0	0	30	340	1	1	1	11	0	0
Chicken Strips, Plain	71	80	2	1	0	50	210	1	0	0	15	0	2
Chicken Strips, Sweet Onion Teriyaki Glazed	85	110	2	1	0	50	370	9	0	7	15	2	2
Cold Cut Combo Meats	64	190	16	6	0	35	550	3	1	1	9	2	4
Egg Patty, Scrambled	85	150	12	3	0	220	290	3	1	1	8	0	0
Ham, Black Forest	54	70	2	1	0	25	520	4	0	1	8	0	2
Italian B.M.T.® Meats	71	190	14	5	0	45	1000	3	0	1	12	0	20
Meatballs with Marinara	139	240	15	6	1	45	720	12	2	5	15	4	15
Pepperoni (3 slices)	18	80	7	3	0	15	400	1	0	1	4	0	20
Porchetta, Diced	71	180	13	5	0	50	280	1	0	0	11	0	4
Rotisserie-Style Chicken	71	100	3	1	0	45	260	1	0	0	17	0	4
Rotisserie-Style Chicken, Jerk-Spiced	71	100	3	1	0	45	330	3	0	1	17	0	4
Rotisserie-Style Chicken, Shawarma	71	100	3	1	0	45	570	3	0	0	17	0	4
Salami	59	230	20	7	1	50	1070	2	0	1	11	0	2
Sausage Patty, Breakfast (1 patty)	50	150	13	5	0	35	340	0	0	0	8	2	0
Steak (no cheese)	71	110	5	2	0	40	540	3	0	2	14	0	6
Tandoori-Spiced Pork Cutlet	87	260	22	5	0	60	600	2	0	1	17	0	6
Tuna (includes Mayonnaise)	71	230	20	3	0	40	310	0	0	0	11	0	2
Turkey Breast	60	70	2	0	0	30	500	4	0	2	9	0	2
Veggie Patty**	85	170	9	1	0	0	320	17	8	2	6	2	10
DESSERTS & SIDES													
Cookies & Desserts													
Chocolate Chunk Cookie	45	220	10	5	0	10	95	29	1	16	2	0	8
Double Chocolate Cookie**	45	210	9	5	0	15	125	29	1	20	2	0	10
Chocolate Chip with M&M® Candies Cookie	45	210	9	5	0	10	110	29	1	17	3	0	8
Oatmeal Raisin Cookie**	45	200	8	4	0	15	110	30	1	16	3	0	6
White Chip Macadamia Nut Cookie	45	210	10	5	0	15	125	28	1	17	2	0	6
Sidekicks													
Footlong Chocolate Chip Cookie	285	1310	58	29	1	96	730	182	6	100	14	3	48
Footlong Churro	55	190	9	3	0	15	130	28	0	8	1	1	1
Footlong Pretzel	113	320	6	3	0	0	1800	57	3	1	10	1	19
Ham & Cheese 6" Dipper with Honey Mustard	102	290	17	4	0	28	790	33	1	8	10	6	10
Ham & Cheese Footlong Dipper with Honey Mustard	177	490	23	7	0	45	1340	59	2	10	20	11	20
Pepperoni & Cheese 6" Dipper with Garlic Aioli	96	370	25	6	0	32	920	28	1	4	9	5	22
Pepperoni & Cheese Footlong Dipper with Garlic Aioli	164	610	35	10	1	52	1600	53	2	6	19	10	43
Two Cheese 6" Dipper with Chipotle Southwest	98	360	23	7	0	32	730	27	1	3	11	11	10
Two Cheese Footlong Dipper with Chipotle Southwest	169	600	34	12	1	55	1250	52	3	5	21	22	18
Potato Rings (4)	92	150	8	1	0	0	390	19	2	1	2	1	2
Soup** (8oz/255 ml bowl)													
Beef & Barley	100	50	0	0	0	0	330	9	1	1	2	1	1
Chicken Noodle	227	80	2	0	0	23	1000	9	0	0	7	1	3
Cream of Broccoli	227	160	5	2	0	11	750	23	0	9	5	7	3

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Calcium % DV	Iron % DV
Cream of Mushroom	243	150	10	5	0	24	870	10	0	5	2	3	1
Loaded Baked Potato	227	180	6	3	0	23	790	27	2	2	7	4	1

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Nutrition information compiled from the following data: Nutrition analysis from approved food manufacturers, an independent laboratory 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.

*Some sandwiches contain trans fat that is found naturally in meat and cheese. These sandwiches do not contain any artificial trans fat (partially-hydrogenated oil).

**Regional and Limited Time Offer subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between restaurants. Nutritional information for these sandwiches is based on the most common formulas and ingredients.

† The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.