



# CANADA NUTRITION INFORMATION

January 2024

	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	246	510	27	8	0	60	1350	47	2	9	23	6	15
#2 Great Canadian Club	235	460	20	8	0	70	1330	47	2	9	26	10	15
#3 Turkey Rancher	239	490	23	9	0	70	1310	45	2	7	26	10	15
#4 Kickin' Chicken	301	630	27	7	0	70	1440	65	4	8	33	2	20
#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
#7 Green Goddess Chicken	319	580	30	8	0	70	1450	46	5	7	31	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
#10 Steak "N" Egg	305	610	31	10	1	285	1710	46	3	8	35	10	20
#11 Green Goddess	248	490	28	7	0	25	1170	45	7	8	16	10	15
#12 Mozzarella Bella	216	530	31	10	0	35	900	43	3	7	20	6	15
#13 Supremo	257	570	32	11	1	75	2100	45	3	7	27	10	35
#14 Little Italy	355	750	43	14	1	95	1480	49	3	8	40	10	20
#15 Meatballer	292	690	36	17	2	95	1930	54	4	9	38	10	45

### Build Your Own 6" Sandwiches

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

Black Forest Ham	216	280	5	1	0	25	790	43	5	6	18	2	15
Cold Cut Combo	216	370	16	5	0	30	840	43	3	6	16	2	15
Crispy Chicken (includes Smoky Honey Mustard)	288	530	17	4	0	55	1280	66	4	9	30	6	20
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
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

### 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
Pizza Sub Melt (on Italian bread)	124	260	6	3	0	10	700	41	3	6	11	6	15
Veggie Patty	247	390	11	1	0	0	690	56	13	8	16	4	25

### Kids' Pak Sandwiches on Mini Multigrain

Values include lettuce, tomatoes, onions, green peppers and cucumbers.

Black Forest Ham	135	170	3	1	0	10	460	28	3	4	11	2	10
Turkey Breast	144	180	3	1	0	15	540	28	3	5	12	2	10
Veggie Delite®	108	140	2	0	0	0	250	26	3	4	7	2	10

### Sidekicks

Values include potato bun, select vegetables and sauces as noted.

Crispy Chicken Sidekick (includes Smoky Honey Mustard)	125	240	7	1	0	35	550	33	2	5	13	2	10
Honey Mustard Ham Sidekick	129	190	7	2	0	40	690	25	1	5	10	4	10
Savory Ranch Turkey Sidekick	112	200	7	2	0	40	630	23	1	5	10	4	10

## SALADS

Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives.

Values do not include dressing unless noted.

Black Forest Ham	341	110	3	1	0	25	500	13	4	5	11	4	10
Cold Cut Combo	341	210	15	5	0	30	540	12	4	5	10	4	15
Crispy Chicken	428	320	11	3	0	50	870	33	5	6	25	10	20
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
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

### 6" Limited Time Offer/Regional Salads\*\*

Grilled Chicken	351	110	2	1	0	30	410	10	5	5	14	4	8
Pizza Sub Melt	341	120	5	2	0	10	400	14	5	7	6	10	15
Veggie Patty	372	220	10	1	0	0	390	26	12	7	9	6	20

## RICE BOWLS & WRAPS

### Rice Bowls

Crispy Chicken Bacon Peppercorn Ranch Rice Bowl	434	790	35	8	0	80	1390	87	6	5	34	10	20
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	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
Green Goddess Veggie Rice Bowl	367	670	40	8	0	25	1220	69	7	5	12	10	10
Jerk-Spiced Chicken Rice Bowl	374	670	30	5	0	65	950	74	5	4	25	4	20
Jerk-Spiced Steak Rice Bowl	388	740	37	8	1	70	1300	77	6	6	25	10	20
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
<b>Rice Wraps</b>													
Crispy Chicken Bacon Peppercorn Ranch Rice Wrap	465	910	33	7	0	70	1720	117	7	6	40	15	35
Green Goddess Veggie Rice Wrap	384	750	34	7	0	20	1370	97	8	5	18	15	25
Jerk-Spiced Chicken Rice Wrap	410	780	27	4	0	55	1370	104	6	6	31	8	30
Jerk-Spiced Steak Rice Wrap	420	850	33	8	1	60	1660	106	6	7	31	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	413	690	12	2	0	50	1540	116	5	25	29	8	25

## BREAKFAST

6" Breakfast Sandwiches													
Values include 6" Italian bread scrambled egg patty, Processed Cheddar cheese, Mayonnaise, spinach and tomatoes. Double values for footlong nutrition information (one footlong=two 6" servings).													
Egg & Bacon	233	540	31	8	0	255	1120	42	3	6	22	6	15
Egg & Cheese	223	490	28	7	0	240	940	42	3	6	18	6	10
Egg & Ham	250	520	29	7	0	255	1150	44	3	6	23	6	15
Breakfast Wraps													
Values include wrap, scrambled egg patty, Processed cheddar cheese, Mayonnaise, spinach and tomatoes.													
Egg & Bacon	264	640	37	8	0	255	1330	55	3	4	23	10	20
Egg & Cheese	254	590	33	7	0	240	1150	55	3	4	19	10	20
Egg & Ham	281	620	34	7	0	255	1360	57	3	5	23	10	20
Breakfast Sidekicks													
Values include potato bun, scrambled egg patty and Canadian cheddar cheese													
Egg & Bacon Sidekick	135	300	17	5	0	250	670	23	2	4	14	2	8
Egg & Cheese Sidekick	130	280	15	4	0	245	580	23	2	4	12	2	6
Egg & Ham Sidekick	139	290	16	4	0	245	650	24	2	4	14	2	6

## 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**	78	220	4	1	0	0	360	40	1	2	7	0	15
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
Gluten Free Bread (as packaged)**	113	340	12	7	0	0	790	51	3	7	6	2	2
Mini Italian Bread	47	130	1	0	0	0	250	24	1	2	5	0	6
Mini Multigrain Bread	47	130	2	0	0	0	240	24	2	3	6	0	8
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).													
Basil Pesto, Sunflower Seed	28	120	11	3	0	5	150	2	0	1	2	4	2
Chipotle Southwest	14	60	6	1	0	5	110	1	0	0	0	0	0
Creamy Sriracha**	14	40	4	1	0	5	240	2	0	1	0	0	0
Garlic Aioli	14	70	7	1	0	5	115	1	0	1	0	0	0
Green Goddess Dressing	14	50	5	1	0	5	160	1	0	0	0	0	0
House Sandwich Sauce	14	70	8	1	0	0	125	1	0	1	0	0	0
Mayonnaise	14	100	11	2	0	10	70	0	0	0	0	0	0
Mustard, Yellow	14	10	1	0	0	0	170	1	0	0	1	0	0
Peppercorn Ranch	14	80	8	1	0	10	105	1	0	0	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
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
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
Olives, Green**	3	5	1	0	0	0	25	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
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
<b>Cheese (amount on 6-Inch sandwich, salad or wrap)</b>													
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 <sup>2</sup>	51	120	9	6	0	30	180	1	0	1	9	0	0
Monterey Cheddar, 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
<b>Individual Proteins (amount on 6" sub, wrap and salad, double values for footlong)</b>													
Capicola	22	35	2	1	0	15	240	1	0	1	3	0	0
Bacon, Maplewood Smoked (2 strips)	10	50	4	2	0	10	180	0	0	0	4	0	2
Beef Brisket (includes BBQ)	113	300	15	4	0	65	990	20	1	14	20	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	54	160	14	5	0	30	460	2	0	1	7	0	4
Crispy Chicken	120	230	7	1	0	40	480	23	1	2	19	2	10
Egg Patty, Omelet	85	150	12	3	0	220	290	3	1	1	8	0	0
Ham, Black Forest	54	60	2	1	0	25	420	3	0	1	8	0	2
Italian B.M.T.® Meats	28	5	0	0	0	0	5	1	0	0	0	0	2
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
Rotisserie-Style Chicken	71	100	3	1	0	45	260	1	0	0	17	0	4
Salami	59	230	20	7	1	50	1070	2	0	1	11	0	2
Steak (no cheese)	71	110	5	2	0	40	540	3	0	2	14	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
<b>DESSERTS &amp; SIDES</b>													
<b>Cookies &amp; Desserts</b>													
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
Raspberry Cheesecake Cookie**	45	210	9	5	0	15	115	29	0	16	2	0	6
White Chip Macadamia Nut Cookie	45	210	10	5	0	15	125	28	1	17	2	0	6
GoGo squeeZ® Apple	90	50	0	0	0	0	0	12	1	10	0	0	2
Brownie, Gluten Free**	80	350	16	2	0	60	180	48	2	34	3	2	10
<b>Soup** ( 8oz/255 ml bowl)</b>													
Beef & Barley	100	50	1	0	0	1	350	8	1	2	3	1	2
Beef Chili	251	360	22	8	1	72	800	21	4	6	21	6	27
Cream of Broccoli	227	150	7	4	0	23	710	18	2	7	6	10	3
Cream of Mushroom	243	150	7	4	0	24	850	14	1	6	6	8	3
Chicken Noodle	227	70	3	1	0	17	1160	6	1	1	7	1	1
Loaded Baked Potato	227	200	14	7	0	43	910	17	1	4	9	7	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.

\*Meat and dairy products naturally occurring trans fat.

\*\*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

<sup>1</sup> 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.

<sup>2</sup> Fresh Mozzarella Product