



# Nutrition Information January 2026

## UK and ROI

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

	Per Serving size										Per 100g									
	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)
<b>Subs</b>																				
Bacon	100	1280	306	11	4.2	37	5.1	2.3	16	1.5	100	1280	306	11.0	4.2	37.0	5.1	2.3	16.0	1.5
Poached Egg and Cheese	132	1230	294	9.1	3.4	37	4.7	2.5	16	1	100	932	223	6.9	2.6	28.0	3.6	1.9	12.1	0.8
Lincolnshire Sausage	132	1476	353	15	5.6	39	4.8	2.6	16	1.6	100	1118	267	11.4	4.2	29.5	3.6	2.0	12.1	1.2
Lincolnshire Sausage and Bacon	167	1868	446	21	8.7	43	8.7	2.7	22	2.4	100	1119	267	12.6	5	25.7	5.2	1.6	13	1.4
Big Breakwich	272	2508	599	30	10	55	9.4	4.2	30	3	100	922	220	11.0	3.7	20	3.5	1.5	11	1.1
Breaded Chicken with bacon Special	260	2401	574	24	7.5	61	14	4	30	2.6	100	923	221	9.2	2.9	23	5.4	1.5	12	1.0
Breaded Chicken	248	1771	423	12	3.3	53.0	9.3	3.8	25	1.7	100	714	171	4.8	1.3	21	3.8	1.5	10	0.7
Chicken Breast	198	1424	340	6.8	3.1	42	7	2.4	26	1.8	100	719	172	3.4	1.6	21.2	3.5	1.2	13.1	0.9
Chicken Tikka	197	1442	345	7.1	2.9	43	6.4	3.5	28	1.5	100	732	175	3.6	1.5	21.8	3.2	1.8	14.2	0.8
Furious Chicken	266	2174	520	24	5.8	49	7.2	4.5	26	2.5	100	817	195	9.0	2.2	18.4	2.7	1.7	9.8	0.9
Rotisserie Style Chicken	177	1297	310	7.6	2.5	38	5.6	2.5	22	1.4	100	733	175	4.3	1.4	21.5	3.2	1.4	12.4	0.8
Tex Mexan	295	1613	386	23	6.2	18	7.5	3.8	26	2.1	100	547	131	7.8	2.1	6.1	2.5	1.3	8.8	0.7
Honey Mustard BBQ Chicken & Bacon	258	1800	430	15	5.7	44	12	3.5	28	2.4	100	698	167	5.8	2.2	17.1	4.7	1.4	10.9	0.9
Meatball Marinara (Pork & Beef	243	1871	447	16	5.7	51	12	5.2	23	1.9	100	770	184	6.6	2.3	21.0	4.9	2.1	9.5	0.8
Philly Steak	165	1244	297	3.6	0.8	48	8.9	3	18	1.3	100	754	180	2.2	0.5	29.1	5.4	1.8	10.9	0.8
Garlic Cheesesteak	272	2254	539	27	6.7	51	12	4.1	24	2.2	100	829	198	9.9	2.5	18.8	4.4	1.5	8.8	0.8
Ham	182	1354	324	7.9	3.2	42	6.4	3	21	1.8	100	744	178	4.3	1.8	23.1	3.5	1.6	11.5	1.0
Turkey	183	1304	312	6.6	2.8	41	6.1	2.7	22	1.8	100	713	170	3.6	1.5	22.4	3.3	1.5	12.0	1.0
Ham and Turkey	192	1368	327	7.4	3	42	6.3	2.9	23	2.0	100	713	170	3.9	1.6	21.9	3.3	1.5	12.0	1.0
Spicy Italian	186	2085	498	27	10	43	5.7	2.7	22	3.2	100	1121	268	14.5	5.4	23.1	3.1	1.5	11.8	1.7
Italian B.M.T	139	1615	386	16	5.2	41	4.8	2.5	20	2.5	100	1162	278	11.5	3.7	29.5	3.5	1.8	14.4	1.8
Veggie Delite	163	949	227	2.4	0.5	42	6.6	3.2	8.3	0.6	100	582	139	1.5	0.3	25.8	4.0	2.0	5.1	0.4
Falafel (Trial stores only)	208	1507	360	12	2.7	52.0	7.2	8.8	13	1.5	100	725	173	5.8	1.3	25.0	3.5	4.2	6.3	0.7
Tuna Mayonaise	200	1675	400	16	3.4	43	6.6	2.4	22	1.8	100	838	200	8.0	1.7	21.5	3.3	1.2	11.0	0.9
Spiced Plant Patty	211	1776	424	14	3.4	51	7.2	5.1	21	2	100	842	201	6.6	1.6	24.2	3.4	2.4	10.0	0.9
<b>Toasties</b>																				
Honey Mustard Deli Toastie	175	1515	362	12	4.8	41	8.5	3	21	2.1	100	866	207	6.9	2.7	23.4	4.9	1.7	12.0	1.2
Bacon and Cheese Toastie	165	2039	487	24	10	43	11	2.6	27	3	100	1236	295	14.5	6.1	26.1	6.7	1.6	16.4	1.8
Big Cheesesteak Toastie	218	1916	458	18	6.6	48	11	3.3	26	2	100	879	210	8.3	3.0	22.0	5.0	1.5	11.9	0.9
Triple Cheese	140	1445	345	13	6.5	44	11	2.5	14	1.5	100	1032	246	9.3	4.6	31.4	7.9	1.8	10.0	1.1
BBQ Chicken & Bacon Toastie	193	1713	410	14	5.6	43	10	2.8	27	2.4	100	888	212	7.3	2.9	22.3	5.2	1.5	14.0	1.2
<b>Saver Subs</b>																				
Nacho Chicken	201	1770	423	17	3.4	49	7	3.5	18	1.9	100	881	210	8.5	1.7	24.4	3.5	1.7	9.0	0.9
Ham and Cheese	151	1591	380	16	5.2	39	6.3	2.7	20	2.1	100	1054	252	10.6	3.4	25.8	4.2	1.8	13.2	1.4
BLT	146	1326	317	13	2.4	38	6.3	2.9	14	1.5	100	908	217	8.9	1.6	26.0	4.3	2.0	9.6	1.0
<b>Wraps</b>																				
Big Breakwich	297	2867	685	33	11.0	67	7.8	6	29	3.6	100	965	231	11.1	3.7	22.6	2.6	2.0	9.8	1.2
Chicken Breast	217	1715	410	10	3.4	51	5.3	4.3	25	2.3	100	790	189	4.6	1.6	23.5	2.4	2.0	11.5	1.1
Breaded Chicken	253	1887	451	16	6.2	53.0	6.8	3	24	1.6	100	746	178	6.3	2.5	20.9	2.7	1.2	9.5	0.6
Breaded Chicken with bacon Special	284	2498	597	21	6.5	69.0	12.0	5.4	31	3.2	100	880	210	7.4	2.3	24.3	4.2	1.9	10.9	1.1
Chicken Tikka	217	1733	414	11	3.3	51	4.7	5.4	27	2.1	100	799	191	5.1	1.5	23.5	2.2	2.5	12.4	1.0
Furious Chicken	291	2533	606	27	6.5	61	5.5	6.3	25	3.2	100	870	208	9.3	2.2	21.0	1.9	2.2	8.6	1.1
Rotisserie Style Chicken	190	1478	354	7.7	1.1	49	3.6	4.3	19	1.7	100	778	186	4.1	0.6	25.8	1.9	2.3	10.0	0.9
Tex Mexan	272	2436	582	22	6.3	62	7.6	5.9	31	2.9	100	896	214	8.1	2.3	22.8	2.8	2.2	11.4	1.1
Honey Mustard BBQ Chicken & Bacon	283	2159	516	19	6.5	56	9.9	5.3	28	3	100	763	182	6.7	2.3	19.8	3.5	1.9	9.9	1.1
Meatball Marinara (Pork & Beef	251	1985	474	16	3.9	59	9.6	7.1	20	2.2	100	791	189	6.4	1.6	23.5	3.8	2.8	8.0	0.9
Philly Steak	185	1535	367	7.1	1.1	57	7.1	4.9	17	1.9	100	830	198	3.8	0.6	30.8	3.8	2.6	9.2	1.0
Garlic Cheesesteak	297	2613	624	30	7.5	63	11	5.9	23	2.8	100	880	210	10.1	2.5	21.2	3.7	2.0	7.7	0.9
Ham	202	1644	393	11	3.6	51	4.6	4.9	20	2.4	100	814	195	5.4	1.8	25.2	2.3	2.4	9.9	1.2
Turkey	203	1595	381	10	3.1	50	4.4	4.6	21	2.4	100	786	188	4.9	1.5	24.6	2.2	2.3	10.3	1.2
Ham and Turkey	231	1737	415	11	3.5	50	4.8	4.9	26	2.9	100	752	180	4.8	1.5	21.6	2.1	2.1	11.3	1.3
Spicy Italian	206	2375	568	30	10	51	4	4.6	21	3.8	100	1153	276	14.6	4.9	24.8	1.9	2.2	10.2	1.8
Italian B.M.T	171	2083	498	23	7.7	50	3.4	4.4	22	3.3	100	1218	291	13.5	4.5	29.2	2.0	2.6	12.9	1.9
Veggie Delite	195	1417	339	9.4	3	51	5.3	5.1	9.9	1.5	100	727	174	4.8	1.5	26.2	2.7	2.6	5.1	0.8
Falafel (Trial stores only)	319	1910	456	16	3.6	65	6.8	12	14	2.1	100	599	143	5.0	1.1	20.4	2.1	3.8	4.4	0.7
Tuna Mayonaise	208	1788	427	16	1.6	51	4.5	4.3	19	2.1	100	860	205	7.7	0.8	24.5	2.2	2.1	9.1	1.0
Spiced Plant Patty	231	2066	494	18	3.7	60	5.5	7	20	2.6	100	894	214	7.8	1.6	26.0	2.4	3.0	8.7	1.1
<b>Salads</b>																				
Chicken Breast	218	616	148	4.7	2.7	5.3	4.4	1.7	20	1.2	100	283	68	2.2	1.2	2.4	2.0	0.8	9.2	0.6
Chicken Tikka	218	634	152	5.1	2.6	5.6	3.8	2.7	22	1.0	100	291	70	2.3	1.2	2.6	1.7	1.2	10.1	0.4
Big Bombay	246	1178	282	15	5.2	13	11	3.2	24	1.7	100	479	115	6.1	2.1	5.3	4.5	1.3	9.8	0.7



# Nutrition Information January 2026

## UK and ROI

Breaded Chicken	316	1070	256	11	3.3	21	7.8	3.5	19	1.2	100	339	81	3.5	1.0	6.6	2.5	1.1	6.0	0.4
Breaded Chicken with bacon Special	320	1848	442	22	7.8	35	17.0	3.6	27	2.4	100	578	138	6.9	2.4	10.9	5.3	1.1	8.4	0.8
Furious Chicken	329	1830	437	31	6.5	17	5.7	4.1	20	2.5	100	556	133	9.4	2.0	5.2	1.7	1.2	6.1	0.8
Rotisserie Style Chicken	191	380	92	2.1	0.4	3.5	2.7	1.7	14	0.5	100	199	48	1.1	0.2	1.8	1.4	0.9	7.3	0.3
Tex Mexan	295	1613	386	23	6.2	18	7.5	3.8	26	2.1	100	547	131	7.8	2.1	6.1	2.5	1.3	8.8	0.7
Honey Mustard BBQ Chicken & Bacon	326	1099	263	13	5.8	12	10	3.2	22	1.8	100	337	81	4.0	1.8	3.7	3.1	1.0	6.7	0.6
Meatball Marinara (Pork & Beef	260	894	215	11	3.2	14	8.9	4.8	14	1.0	100	344	83	4.2	1.2	5.4	3.4	1.8	5.4	0.4
Philly Steak	194	445	107	1.5	0.4	11	6.4	2.6	12	0.7	100	229	55	0.8	0.2	5.7	3.3	1.3	6.2	0.4
Garlic Cheesesteak	359	2063	493	38	7.8	20	12	3.9	18	1.8	100	575	137	10.6	2.2	5.6	3.3	1.1	5.0	0.5
Ham	191	372	89	2.3	0.7	4.8	3.4	2.2	12	0.9	100	195	47	1.2	0.4	2.5	1.8	1.2	6.3	0.5
Turkey	204	500	119	4.5	2.5	4.4	3.5	1.9	15	1.3	100	245	58	2.2	1.2	2.2	1.7	0.9	7.4	0.6
Ham and Turkey	213	564	135	5.3	2.7	4.9	3.7	2.1	17	1.4	100	265	63	2.5	1.3	2.3	1.7	1.0	8.0	0.7
Spicy Italian	207	1280	306	25	9.7	5.9	3.1	2	16	2.6	100	618	148	12.1	4.7	2.9	1.5	1.0	7.7	1.3
Italian B.M.T	176	980	234	17	7.1	3.8	2.2	2	16	2.2	100	557	133	9.7	4.0	2.2	1.3	1.1	9.1	1.3
Veggie Delite	431	1003	240	7.6	3.3	28	15	10	10	1.1	100	233	56	1.8	0.8	6.5	3.5	2.3	2.3	0.3
Falafel (Trial stores only)	276	806	193	10	2.8	19	5.8	8.6	7.7	0.9	100	292	70	3.6	1.0	6.9	2.1	3.1	2.8	0.3
Tuna Mayonaise	209	693	166	10	1	5.9	3.6	1.7	13	0.9	100	332	79	4.8	0.5	2.8	1.7	0.8	6.2	0.4
Spiced Plant Patty	232	971	232	12	3.1	14	4.6	4.4	15	1.4	100	419	100	5.2	1.3	6.0	2.0	1.9	6.5	0.6

## Spuds

Butter & Cheese	324	1728	413	17	9.9	51	2	7.4	14	0.7	100	533	127	5.2	3.1	15.7	0.6	2.3	4.3	0.2
Cheese & Beans	464	2185	522	17	9.9	69	8.6	13	21	1.6	100	471	113	3.7	2.1	14.9	1.9	2.8	4.5	0.3
Philly Cheese Steak & Cheese	395	2087	499	18	10	59	5.9	8.1	25	1.4	100	528	126	4.6	2.5	14.9	1.5	2.1	6.3	0.4
Tuna Mayo & Cheese	398	2334	558	27	11	54	3	7.4	26	1.6	100	586	140	6.8	2.8	13.6	0.8	1.9	6.5	0.4
B.M.T & Cheese	390	2349	561	27	13	53	2.6	8	27	2.3	100	602	144	6.9	3.3	13.6	0.7	2.1	6.9	0.6
Big Breakwich	502	3088	738	37	16	69	6.4	9.6	32	2.5	100	615	147	7.4	3.2	13.7	1.3	1.9	6.4	0.5
Chicken Breast & Cheese	395	2084	498	18	10	53	3.4	7.4	30	1.6	100	528	126	4.6	2.5	13.4	0.9	1.9	7.6	0.4
Breaded Chicken	492	2530	605	23	11	69	6.7	9.3	29	2.5	100	514	123	4.7	2.2	14.0	1.4	1.9	5.9	0.5
Breaded Chicken with bacon Special	507	3046	728	30	13	76	11.0	9.4	38	3.5	100	601	144	5.9	2.6	15.0	2.2	1.9	7.5	0.7
Rotisserie-Style Chicken & Cheese	380	2025	484	19	10	51	2.1	7.4	27	1.2	100	533	127	5.0	2.6	13.4	0.6	1.9	7.1	0.3
Furious Chicken	474	2945	704	36	12	64	4.6	9.6	28	2.3	100	621	149	7.6	2.5	13.5	1.0	2.0	5.9	0.5
Garlic Cheese Steak	440	2792	667	34	12	64	8.2	8.8	26	1.7	100	635	152	7.7	2.7	14.5	1.9	2.0	5.9	0.4
Ham & Cheese	380	2014	481	19	10	53	2.8	8	25	1.6	100	530	127	5.0	2.6	13.9	0.7	2.1	6.6	0.4
Ham, Turkey & Cheese	390	2028	485	18	10	52	2.8	7.9	27	1.8	100	520	124	4.6	2.6	13.3	0.7	2.0	6.9	0.5
BBQ Honey Mustard Chicken & Bacon	436	2415	577	23	11	60	9.6	8.4	30	2.1	100	554	132	5.3	2.5	13.8	2.2	1.9	6.9	0.5
Meatball Marinara & Cheese	461	2537	606	27	13	61	8.4	10	27	1.3	100	550	131	5.9	2.8	13.2	1.8	2.2	5.9	0.3
Spicy Italian & Cheese	384	2744	656	37	17	53	2.1	7.7	26	3.0	100	715	171	9.6	4.4	13.8	0.5	2.0	6.8	0.8
Chicken Tikka & Cheese	395	2102	502	18	10	53	2.9	8.5	32	1.4	100	532	127	4.6	2.5	13.4	0.7	2.2	8.1	0.4
Tex Mexan	452	2596	620	26	11	63	5.6	9	32	2.0	100	574	137	5.8	2.4	13.9	1.2	2.0	7.1	0.4
Turkey & Cheese	381	1964	469	18	10	52	2.6	7.7	26	1.7	100	515	123	4.7	2.6	13.6	0.7	2.0	6.8	0.4
Spiced Plant Patty & Cheese	391	1985	474	15	5	64	3.3	10	19	1.5	100	508	121	3.8	1.3	16.4	0.8	2.6	4.9	0.4
Veggie Delite	405	1792	428	17	9.9	54	4	8.4	15	0.7	100	442	106	4.2	2.4	13.3	1.0	2.1	3.7	0.2
Falafel (Trial stores only)	450	2252	538	23	10	67	4.7	14	18	1.3	100	500	120	5.1	2.2	14.9	1.0	3.1	4.0	0.3

## Sides

Waffle Fries (Regular)	100	770	184	8.2	1.1	23	0.3	4	2.8	0.9	100	770	184	8.2	1.1	23.0	0.3	4.0	2.8	0.9
Waffle Fries (Large)	150	1155	276	12	1.7	34	0.5	6	4.2	1.3	100	770	184	8.0	1.1	22.7	0.3	4.0	2.8	0.9
Hash Browns (6 pieces)	111	769	184	11	0.8	22	1.1	2.3	2.4	0.8	100	693	166	9.9	0.7	19.8	1.0	2.1	2.2	0.7
Nacho Chicken Bites (6 Pieces)	108	1130	270	13	1.8	21	1	1.5	1.6	1.5	100	1046	250	12.0	1.7	19.4	0.9	1.4	14.8	1.4
Nacho Chicken Bites (9 Pieces)	162	1695	405	19	2.7	32	1.4	2.3	24	2.2	100	1046	250	11.7	1.7	19.8	0.9	1.4	14.8	1.4
Doritos Lightly Salted Nachos	207	2467	590	30	10	60	5.1	6.8	19	1.7	100	1192	285	14.5	4.8	29.0	2.5	3.3	9.2	0.8
Doritos Tangy Cheese Nachos	207	2574	615	34	11	55	6.4	6	19	2.1	100	1243	297	16.4	5.3	26.6	3.1	2.9	9.2	1.0
Doritos Chilli Heat Wave Nachos	206	2557	611	34	10	57	8.8	5.8	19	2.2	100	1241	297	16.5	4.9	27.7	4.3	2.8	9.2	1.1
Doritos Lightly Salted Nachos (Sharer)	275	3633	868	45	15	87	5.8	9.6	28	2.3	100	1321	316	16.4	5.5	31.6	2.1	3.5	10.2	0.8
Doritos Tangy Cheese Nachos (Sharer)	275	3794	907	51	16	79	7.8	8.3	28	3	100	1380	330	18.5	5.8	28.7	2.8	3.0	10.2	1.1
Doritos Chilli Heat Wave Nachos	275	3769	901	51	16	82	11	8	28	3.2	100	1371	328	18.5	5.8	29.8	4.0	2.9	10.2	1.2
Footlong Cheesy Garlic Slice	95	1288	308	18	9.1	20	2.5	1.1	16	1.1	100	1356	324	18.9	9.6	21.1	2.6	1.2	16.8	1.2
Footlong Pepperoni Slice	137	1476	353	21	8.8	25	5.4	1.8	18	2.3	100	1077	258	15.3	6.4	18.2	3.9	1.3	13.1	1.7
Footlong Margherita Slice	129	1240	296	15	8.8	25	5.5	1.6	17	1.2	100	961	229	11.6	6.8	19.4	4.3	1.2	13.2	1
Chipotle Cheesy Bites	75	606	145	14	4.7	16	1	1.4	9.8	1.4	100	808	193	18.7	6.3	21.3	1.3	1.9	13.1	1.9
Meatballs Snack Bowl	164	961	230	14	5	19	7.6	2.6	15	1.3	100	586	140	8.5	3.0	11.6	4.6	1.6	9.1	0.8
Footlong Dipper-Triple Cheese	147	1885	450	20	9.4	50	3.6	3.9	18	2.2	100	1282	306	13.6	6	34.0	2.4	2.7	12.2	1
Footlong Dipper-Pepperoni	137	1812	433	19	7.3	49	3.4	4	15	2.5	100	1323	316	13.9	5	35.8	2.5	2.9	10.9	2
Baked Beans Snack Pot	140	457	109	0.3	0	18	6.6	5.2	6.6	0.8	100	326	78	0.2	0	12.9	4.7	3.7	4.7	1
Falafel Bites (Trial stores only)	90	945	226	13	1.1	26	1.4	12	6.5	1.2	100	1050	251	14.4	1	28.9	1.6	13.3	7.2	1

## Cookies

Chocolate Chunk Cookie	45	896	214	10	5.1	28	16	1.2	2.3	0.3	100	1991	476	22.2	11.3	62.2	35.6	2.7	5.1	0.6
Footlong Choc Chip Cookie	265	5621	1344	68	33	164	94	6	15	1.7	100	2121	507	25.7	12.5	62	35	2	6	0.6
Rainbow Cookie	45	894	214	9.8	5.0	28	18	2	2	0.1	100	1987	476	21.8	11.1	62.2	40.0	3	4.9	0.3
Vegan Double Chocolate Cookie	46	920	220	11	6	27	17	2	2	0.3	100	2000	478	23.9	12	58.7	37.0	4.8	4.3	0.6
White Macadamia Nut Cookie	45	900	215	10	5	27	16	1	2.3	0.4	100	2000	478	22.2	11	60.0	35.6	1	5.1	0.9



# Subway Nutrition Jan 2026

UK and ROI

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

	Per Serving size									Per 100g										
	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)
<b>BREADS</b>																				
Gluten-Free Bread	110	1229	294	6.6	0.6	53	1.2	3.7	3.3	1.0	100	1117	267	6.0	0.5	48.4	1.1	3.4	3.0	0.9
Hearty Italian Bread	75	862	206	2.2	0.4	39	4.3	2	7.4	0.6	100	1149	275	2.9	0.5	52.0	5.7	2.7	9.9	0.8
Honey & Oat Bread	85	803	192	1.5	0.2	33	4.7	5	8.6	0.56	100	945	226	1.8	0.2	38.7	5.6	5.9	10.1	0.7
Italian Herbs & Cheese Bread	101	1184	283	6	4	44	5	3	12	0.7	100	1172	280	5.9	4.0	43.6	5.0	3.0	11.9	0.7
Italian White Bread	70	794	190	2.1	0	36	4.2	2.1	7	0.6	100	1134	271	3.0	0	51.0	6.0	3.0	10	0.8
Plain Tortilla Wrap	95	1153	276	5.7	0.8	48	2.6	3.9	6.7	1.2	100	1213	290	6.0	0.8	50	2.7	4.1	7	1.2
Wholegrain Bread	76	658	157	0.8	0.2	27	1.4	4.4	7.5	0.56	100	866	207	1.1	0.2	35.4	1.8	5.8	9.9	0.7
<b>PROTEINS</b>																				
Lincolnshire Sausage Patty	50	505	121	9	3	3	0.3	0.5	7	0.7	100	1010	242	18.0	6.8	5.8	0.5	1.0	14.0	1.4
Chicken Tikka	71	374	89	1.4	0.4	2	0.9	0	18	0.6	100	527	126	2.0	0.5	2.5	1.2	0.0	24.9	0.9
Ham (2 slices)	28	143	34	1	0.3	1	0.4	0.3	5	0.5	100	510	122	3.6	1.1	2.5	1.4	1.0	19.3	1.6
Maple Cured Streaky Bacon (2 slices)	9	154	37	2.8	1	0	0.3	0	3	0.3	100	1711	410	31.4	11.0	2.4	3.0	0.0	33.3	3.6
Pork & Beef Meatballs (in marinara sauce)	137	809	193	10	3.1	10	6.4	2.9	13	1	100	591	141	7.6	2.3	7.5	4.7	2.1	9.5	0.7
Pepperoni (3 slices)	18	305	73	6.3	2.2	1	0	0	3.6	0.7	100	1694	405	35.0	12.2	3.5	0.0	0.0	20.0	4.0
Spiced Plant Patty	85	708	169	9	0.8	10	1.6	2.7	11	1	100	833	199	10.3	0.9	12.0	1.9	3.2	12.9	1.3
Poached Egg	50	259	62	3.6	1.2	0.9	0.2	0.4	6.5	0.2	100	519	124	7.1	2.4	1.8	0.3	0.8	13.0	0.3
Pork and Beef Meatballs	72	642	153	10	3	4	1.3	1.9	12	0.7	100	891	213	13.9	4.2	4.9	1.8	2.7	16.4	1.0
Roast Chicken Breast Strips	71	356	85	1	0.5	1	1.4	0.0	16	0.9	100	502	120	1.4	0.7	2.1	2.0	0.0	22.5	1.2
Breaded Chicken	85	736	176	7	1	14.3	2.7	0.7	14	0.8	100	866	207	8.2	1.2	16.8	3.2	0.8	16.5	0.9
Rotisserie-Style Chicken	56	298	71	2.0	0.3	0	0.1	0.0	12	0.5	100	531	127	3.5	0.5	0.2	0.2	0.0	22.0	0.9
Salami (3 slices)	18	305	73	6.3	2.3	1	0	0	4	0.7	100	1694	405	35.0	12.7	3.5	0.0	0.0	20.0	3.7
Philly Steak	71	359	86	1.4	0.4	8	3.9	0.7	11	0.7	100	506	121	2.0	0.5	11.3	5.5	1.0	14.9	1.0
Tuna (with Lite Mayonaise)	74	606	145	10	0.9	2	1.0	0	12	0.9	100	819	196	13.5	1.1	3.3	1.4	0.0	15.5	1.2
Turkey Breast (2 slices)	38	157	38	0.6	0.1	0	0.4	0.2	8	0.6	100	414	99	1.6	0.3	0.9	1.0	0.5	20.0	1.6
HALAL Meatballs (in marinara sauce)	137	957	229	14	5.9	13	6.7	2.7	14	1	100	698	167	9.9	4.3	9.1	4.9	2.0	10.2	0.7
HALAL Beef Meatballs	72	765	183	13	3.9	8	0	1.4	12	0.8	100	1063	254	18.0	5.4	10.5	0.0	1.9	16.0	1.1
HALAL Roast Chicken Breast Strips	71	356	85	1	0.5	1	1.4	0	16	0.9	100	502	120	1.4	0.7	2.1	2.0	0.0	22.5	1.2
HALAL Breaded Chicken	85	736	176	6.8	1	14.2	2.7	0.68	4.4	0.8	100	866	207	8.0	1.2	16.7	3.2	0.8	5.2	0.9
HALAL Rotisserie Style Chicken	71	380	91	2.5	0.4	0	14	0	15.6	0.6	100	535	128	3.5	0.5	0.2	19.7	0.0	22.0	0.9
HALAL Chicken Tikka	71	374	89	1.4	0.4	2	0.9	1	18	0.6	100	527	126	2.0	0.5	2.5	1.2	1.4	24.9	0.9
HALAL Pepperoni (Beef) (3 slices)	18	305	73	6.3	1.8	0	0	0.4	4.0	0.5	100	1694	405	35.0	10.0	2.3	0.0	2.0	22.0	2.8
HALAL Salami (Beef) (3 slices)	18	305	73	6.3	2.3	1	0	0	3.6	0.7	100	1694	405	35.0	12.7	3.5	0.0	0.0	20.0	4.0
HALAL Steak	71	359	86	1.4	0.6	8	3.9	0.7	11	0.7	100	506	121	2.0	0.8	11.3	5.5	1.0	14.9	1.0
HALAL Turkey Breast (3 slices)	57	258	62	1.4	0.6	1	0.3	0.3	10	1.0	100	452	108	2.5	1.0	1.2	0.5	0.5	17.5	1.7
HALAL Turkey Ham (3 slices)	28	121	29	1.1	0.4	0	0.1	0.1	3.9	0.5	100	431	103	3.9	1.3	1.4	0.5	0.5	14.0	1.8
HALAL Turkey Rashers (2 slices)	19	122	29	1	0.3	0	0	0	4.8	0.4	100	644	154	5.3	1.5	1.1	0.0	0.0	25.0	2.2
HALAL Turkey Sausage Patty	50	295	71	2.5	0.8	3	0.6	0.5	8	0.7	100	590	141	5.0	1.5	6.0	1.2	1.0	16.0	1.3
Falafel Bites	90	945	226	13	1.1	26	1.4	12	6.5	1.2	100	1050	251	14.4	1.2	28.9	1.6	13.3	7.2	1.3
<b>CHEESE</b>																				
American-style Cheese	12	177	42	3.5	2.2	0.4	0.4	0	2.3	0.3	100	1477	353	29.0	18.0	3.5	3.2	0.0	19.5	2.5
Peppered Cheese (ROI)	14	189	45	3.7	2.4	0.3	0.3	0	3	0.5	100	1350	321	26.4	17.0	2.1	2.1	1.3	17.9	3
Grated Mozzarella & Cheddar Cheese	14	187	45	3.4	2.2	0.6	0.1	0	3.2	0.2	100	1339	320	24.5	15.6	4.6	0.8	0.0	23.0	1.4
Vegan CheeZe	10	124	30	2.4	2.1	1.9	0	0	0	0.1	100	1238	296	24.4	20.8	19.0	0.1	0.1	0.1	1.3
<b>VEGETABLES</b>																				
Cucumbers	18	11	3	0	0	0.6	0.3	0.1	0.1	0	100	63	15	0.1	0.0	3.1	1.7	0.5	0.7	0.0
Jalapenos	7	3	1	0	0	0.1	0.1	0.1	0	0.3	100	46	11	0.5	0.1	1.6	0.8	1.4	0.4	4.3
Lettuce	14	6	2	0	0	0.2	0.2	0.2	0.2	0	100	46	11	0.1	0.1	1.4	1.4	1.5	1.2	0.0
Peppers	12	13	3	0	0	0.5	0.3	0.2	0.1	0	100	105	25	0.0	0.0	4.3	2.3	1.8	0.7	0.0
Olives	3	12	3	0	0	0	0	0.1	0	0.1	100	406	97	9.4	1.5	1.1	0.1	3.1	1.0	1.9
Pickles	7.5	3	1	0	0	0.1	0	0.1	0	0.2	100	38	9	0.5	0.1	1.4	0.1	1.1	0.4	2.9
Red onions	7	10	3	0	0	0.6	0.4	0.1	0.1	0	100	150	36	0.2	0.0	7.9	5.6	1.4	1.2	0
Sweetcorn	7	23	6	0	0	0.8	0.4	0.3	0.2	0	100	335	80	1.9	0.5	11.0	5.2	3.8	2.9	0.4
Tomatoes	30	23	5	0	0	0.8	0.8	0.4	0.3	0	100	75	18	0.2	0	2.7	2.6	1.2	0.9	0
<b>SAUCES &amp; CONDIMENTS</b>																				
Chipotle Southwest sauce	14	241	58	5.8	0.4	1.2	0.6	0.1	0.1	0.2	100	1724	412	41.3	3.1	8.8	4.6	0.6	1.0	1.7
Extra Spicy Chipotle sauce	14	251	60	6.1	0.5	1.1	0.7	0.1	0.2	0.3	100	1795	429	43.7	3.4	8.0	5.0	0.7	1.2	1.8
Garlic & Herb Sauce	14	333	80	8.4	0.6	0.9	0.4	0	0	0.1	100	2379	570	60.0	4.3	6	3	0	0	0.7
Hickory Smoked BBQ sauce	14	100	24	0.1	0	5.8	5.2	0.1	0.1	0.2	100	711	170	0.5	0.1	41.6	37.3	0.5	1.0	1.1
Honey Mustard	14	121	29	1.9	0.1	2.7	2.3	0.2	0.3	0.2	100	864	207	13.5	0.9	19.0	16.5	1.6	1.8	1.4
Lite Mayonnaise	14	194	46	4.9	0.3	0.6	0.6	0	0	0.2	100	1384	329	34.8	2.4	4.0	4.0	0	0.0	1.7
Sweet Onion sauce	14	97	23	0.1	0	5.6	4.8	0.1	0.1	0.1	100	693	166	0.5	0.1	40.0	34.0	0.5	0.6	0.7
Sweet Chili Sauce	14	127	30	0.0	0	7.5	6.5	0.0	0.0	0.2	100	907	214	0.0	0.0	53.6	46.4	0.0	0.0	1.4
Teriyaki Sauce	14	101	24	0	0	5.6	4.1	0	0.4	0.5	100	720	172	0.0	0	40.0	29.5	0.2	2.7	3.7
Tomato Ketchup	14	60	14	0	0	3.2	3.2	0	0.2	0.3	100	426	101	0.0	0	23.1	22.8	0	1.1	1.8
<b>TOPPINGS</b>																				
Chilli Flakes	1	16	4	0.1	0	0.4	0	0.2	0.1	0	100	1570	376	14.0	0	43	0	16.0	14.0	0
Crispy Onions	7	171	41	3.0	1.0	2.9	0.6	0.3	0.4	0	100	2443	584	42.9	14.3	41.6	8.9	3.6	6.0	0
<b>OTHER</b>																				
Jacket Potato	270	971	232	1.3	0.0	46.9	1.6	7.0	7.3	0	100	360	86	0.5	0.0	17.4	0.6	2.6	2.7	0
Butter (Salted)	10.4	324	77	8.5	5.4	0.0	0.0	0.0	0.0	0	100	3115	744	81.9	51.9	0.0	0.0	0.0	0.0	1
Heinz Baked Beans	140	457	109	0.3	0.0	18.0	6.6	5.2	6.6	1	100	326	78	0.2	0.0	12.9	4.7	3.7	4.7	1