

SUBWAY		Nutrition Information November 2025																	
		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)
Subs																			
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
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
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
Poached Egg and Guacamole		217	1589	380	19	4.9	39	5.3	3.5	23	1.4	100	732	175	8.8	2.3	18.0	2.4	1.6
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
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
Big Bombay		303	2365	565	14	5	80	41	4.2	30	2.6	100	781	186	4.6	1.7	26	13.5	1.4
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
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
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
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
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
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
Rotisserie Style Chicken and Guacamole		270	1962	469	25	6.3	43	8.3	3.8	26	2.2	100	727	174	9.3	2.3	15.9	3.1	1.4
Meatball Marinara (Pork & Beef Meatballs)		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
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
The Baller		256	2223	531	25	8.5	56	12	5	25	2.7	100	868	207	9.8	3.3	21.9	4.7	2.0
Taco Beef		189	1477	353	12.0	5.0	44	6.0	3.8	15.0	1.5	100	781	187	6.3	2.6	23.3	3.2	2.0
Mexicana Beef Crunch		279	2195	525	29	8.2	54	7.9	5.5	19	2.7	100	787	188	10.4	2.9	19.4	2.8	2.0
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
Legendary Teriyaki		235	1842	440	13	5.8	50	14	2.9	29	2.6	100	784	187	5.5	2.5	21.3	6.0	1.2
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
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
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
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
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
Notorious B.M.T		229	2004	479	25	7.4	41	7.5	3.5	23	3	100	875	209	10.9	3.2	17.9	3.3	1.5
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
Cheese and Guacamole		131	1298	310	17	2.9	38	5.7	2.8	10	1.3	100	991	237	13.0	2.2	29.0	4.4	2.1
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
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
Ultimate Festive		200	1880	449	16	5.4	49	10	3.9	26	2.2	100	940	225	8.0	2.7	24.5	5.0	2.0
Toasties																			
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
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
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
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
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
Saver Subs																			
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
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
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
Wraps																			
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
Big Bombay		237	2092	500	17	5.7	55	8.3	5.6	29	2.7	100	883	211	7.2	2.4	23.2	3.5	2.4
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
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
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
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
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
The Baller		289	2719	650	32	11	68	9.9	6.8	27	3.5	100	941	225	11.1	3.8	23.5	3.4	2.4
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
Rotisserie Style Chicken and Guacamole		295	2321	555	29	7.1	55	6.7	5.6	25	2.8	100	787	188	9.8	2.4	18.6	2.3	1.9
Meatball Marinara (Pork & Beef Meatballs)		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
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
Taco Beef		214	1836	439	16	5.8	56	4.3	5.6	15	2.2	100	858	205	7.5	2.7	26.2	2.0	2.6
Mexicana Beef Crunch		305	2554	610	33	8.9	66	6.3	7.3	19	3.3	100	837	200	10.8	2.9	21.6	2.1	2.4
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
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
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
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
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
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
Notorious B.M.T		266	2565	613	33	9.9	53	5.7	5.3	25	3.7	100	964	230	12.4	3.7	19.9	2.1	2.0
Legendary Teriyaki		260	2201	526	17	6.6	62	12	4.7	29	3.3	100	847	202	6.5	2.5	23.8	4.6	1.8

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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	
Cheese and Guacamole	156	1657	396	21	3.7	50	4.1	4.6	9.7	2	100	1062	254	13.5	2.4	32.1	2.6	2.9	6.2	1.3	
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	
Ultimate Festive	220	2158	516	19	4.6	57	8.3	4.8	25	2.7	100	981	235	8.6	2.1	25.9	3.8	2.2	11.4	1.2	
Salads																					
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	
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	
Rotisserie Style Chicken and Guacamole	320	1247	299	23	6.4	10	6.6	3.5	20	1.7	100	390	93	7.2	2.0	3.1	2.1	1.1	6.3	0.5	
Meatball Marinara (Pork & Beef Meatballs)	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	
The Baller	298	1793	428	29	11	25	9.4	4.7	22	2.4	100	602	144	9.7	3.7	8.4	3.2	1.6	7.4	0.8	
Taco Beef	190	719	172	10.0	5.1	9.7	2.8	3	9.3	1.0	100	378	91	5.3	2.7	5.1	1.5	1.4	4.9	0.5	
Mexicana Beef Crunch	279	1679	401	33	8.6	21	6	4.3	13	2.7	100	602	144	11.8	3.1	7.5	2.2	1.5	4.7	1.0	
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	
Legendary Teriyaki	278	1314	314	14	6.9	21	13	2.5	23	2.2	100	473	113	5.0	2.5	7.6	4.7	0.9	8.3	0.8	
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	
Notorious B.M.T	307	1655	396	31	9.5	9.3	6.1	3.1	19	2.8	100	539	129	10.1	3.1	3.0	2.0	1.0	6.2	0.9	
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	
Cheese and Guacamole	146	547	131	15	3	3.6	2.7	2	4.1	0.8	100	375	90	10.3	2.1	2.5	1.8	1.4	2.8	0.5	
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	
Ultimate Festive	210	1121	268	14	4	15	11	2.2	19	1.6	100	534	128	6.7	1.9	7.1	5.2	1.0	9.0	0.8	
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	
Baked Beans & Cheese	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	
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	
Rotisserie-Style Chicken with Guac	455	2513	601	33	12	57	4.4	8.6	28	1.8	100	552	132	7.3	2.6	12.5	1.0	1.9	6.2	0.4	
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	
Mexican Beef	465	2745	656	37	14	67	4	10	21	2.2	100	590	141	8.0	3.0	14.4	0.9	2.2	4.5	0.5	
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	
Taco Beef & Cheese	380	2194	524	23	13	58	2	8.4	20	1.4	100	577	138	6.1	3.4	15.3	0.5	2.2	5.3	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	
Avocado & Cheese	359	1827	437	23	10	52	2.4	8	15	1.0	100	509	122	6.4	2.8	14.5	0.7	2.2	4.2	0.3	
Coleslaw & Chese	434	2413	577	31	11	58	7.8	9.6	15	1.3	100	556	133	7.1	2.5	13.4	1.8	2.2	3.5	0.3	
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	
Ultimate Festive	437	2556	611	27	12	60	7.3	8.3	30	2.0	100	585	140	6.2	2.7	13.7	1.7	1.9	6.9	0.5	
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															

SUBWAY		Nutrition Information November 2025																			
		UK and ROI																			
Sage and Onion Stuffing		20	289	70	5.4	0.4	4.2	0.8	0.4	0.4	0.4	100	1445	350	27.0	2	21.0	4.0	2.0	2.0	2
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
Double Chocolate and Orange Cookie		48	912	218	11	6	28	19	2	1.9	0.3	100	1900	454	22.9	11.9	58.3	39.6	3	4.0	0.6