

Subway Nutrition Information June 2025

UK and ROI

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

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)
BREADS																				
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	27	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	1	100	866	207	1.1	0.2	35.4	1.8	5.8	9.9	0.7
PROTEINS																				
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
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
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	508	121	2.0	0.5	11.3	5.5	1.0	14.9	1.0
Taco Beef	56	466	111	6.7	2.9	7	0	1.0	6	0.7	100	832	198	12.0	5.1	12.0	0.0	1.8	10.0	1.2
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 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 Taco Beef	56	477	114	7.8	3.4	5	0	0.9	5	0.7	100	852	204	13.9	6.0	9.3	0.0	1.6	9.3	1.3
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
CHEESE																				
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
Mozzarella	30	315	75	5.7	3.6	0.3	0.3	6	0	0.3	100	1050	251	19.0	12.0	1.0	1.0	19.0	0.0	1
Peppered Cheese	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
Shredded 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
VEGETABLES																				
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
Guacamole	35	98	24	6	0	0.9	0.4	0.6	0.7	0	100	280	67	17.1	1.0	2.5	1.1	0.7	1.9	0.7
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	0.1	0	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
SAUCES & CONDIMENTS																				
Caramelised Red Onion in Balsamic Vinegar	7.5	36	9	0	0	2	1.5	0	0	0	100	480	115	0	0	24.0	20.0	1.9	0	0
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	1.0	0	0	0.1	100	2379	570	60.0	4.3	6	7	0	0	1.0
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
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
TOPPINGS																				
Chili 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
OTHER																				
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



Subway Nutrition Information June 2025

UK and ROI

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

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)
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	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
Poached Egg and Guacamole	217	1589	380	19	4.9	39	5.3	2.3	23	1.4	100	732	175	8.8	2.3	18.0	2.4	1.6	10.6	0.6
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	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
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
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	296	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	696	167	5.8	2.2	17.1	4.7	1.4	10.9	0.9
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	9.6	0.8
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	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
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	7.9	0.8
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	6.8	1.0
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	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	196	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	0.64	100	582	139	1.5	0.3	25.8	4.0	2.0	5.1	0.4
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	7.6	1.0
Tuna Mayonnaise	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
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	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
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	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
Wraps																				
Big Breakwich	297	2667	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
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
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	886	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
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	16.6	2.3	1.9	8.5	0.9
Meatball Marinara (Pork & Beef Meatballs)	251	1965	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
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	7.0	1.0
Mexicana Beef Crunch	305	2564	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	6.2	1.1
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	496	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
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 Mayonnaise	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
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
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	296	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	328	1059	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	380	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
Taco Beef	190	719	172	10.0	5.1	9.7														