Subway Nutrition Information Sept 2024

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)
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	2.7	9.9	0.8
Honey & Oat Bread	96	983	**235**	2.6	0.5	41	9.1	5.3	9.5	0.5	100	1024	**245**	2.7	0.5	42.2	9.5	5.5	9.9	0.5
Italian Herbs & Cheese Bread	81	816	**195**	3.9	1.6	30	1	1.9	9.3	0.7	100	1007	**241**	4.8	2.0	37.4	1.2	2.3	11.5	0.9
Italian White Bread	70	794	**190**	2.1	0	36	4.2	2.1	7	0.6	100	1134	**271**	3.0	0.0	51.0	6.0	3.0	10.0	0.8
Cheese & Jalapeno Bread	90	987	**236**	5.6	4	36	4	3	8	1.0	100	1097	**262**	6.2	4.4	40.0	4.4	3.3	8.9	1.1
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	50.0	2.7	4.1	7.0	1.3
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																				
Pork & Beef Meatballs (in BBQ sauce)	137	1058	**253**	10	3.1	27	21	3.3	12	2.5	100	772	**185**	7.3	2.3	19.7	15.3	2.4	8.8	1.8
Big Beef Patty	37	332	**80**	5.5	2.8	0.9	0.4	0.8	6	0.2	100	897	**215**	14.7	7.5	2.4	1.2	2.2	15.5	0.6
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
Meatless Meatballs (in marinara sauce)	137	649	**155**	3.9	0.4	14	6.3	6.9	14	1.3	100	473	**113**	2.8	0.3	10.2	4.6	5.0	10.2	0.9
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**	1.42	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 Meatballs (in BBQ sauce)	137	1181	**282**	13	4.0	31	20	2.7	12	2.5	100	862	**206**	9.5	2.9	22.6	14.6	2.0	8.8	1.8
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 Beef Patty	65	585	**140**	10	4.9	2	0.8	1.4	10	0.8	100	900	**215**	14.7	7.5	2.3	1.2	2.2	15.4	1.2
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 Rostisserie Style Chicken	71	380	**91**	2.48	0.4	0	14.0	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
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	1.0
Peppered Cheese	14	189	**45**	3.7	2.4	0.3	0.3	0.2	2.5	0.5	100	1350	**321**	26.4	17.0	2.1	2.1	1.3	17.9	3.2
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
Carrots	7	12	**3**	0	0	0.5	0.3	0.2	0.1	0	100	172	**41**	0.2	0.0	6.8	4.7	2.8	0.9	0.2
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
Mixed 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	0.0
Sweetcorn	7	23	**6**	0.1	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**	0.1	0	0.8	0.8	0.4	0.3	0	100	75	**18**	0.2	0.0	2.7	2.6	1.2	0.9	0.0
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	0.0	24.0	20.0	1.9	0.0	0.0
Chimichurri Sauce	14	194	**46**	5	1	1	0.1	0	0	0.3	100	1386	**329**	33.6	4.3	3.6	0.7	2.4	1.6	2.2
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
Creamy Caesar sauce	14	210	**50**	4.8	0.5	1.2	0.7	0	0.4	0.3	100	1498	**357**	34.3	3.5	8.4	5.1	0.0	2.6	2.4
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	0.0	0.1	100	2379	**570**	60.0	4.3	6	7	0.0	0.0	1.0
Hickory Smoked BBQ sauce	14	100	**24**	0.1	0.0	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 & Wholegrain Mustard sauce	14	122	**29**	1.9	0.1	2.7	2.3	0.2	0.3	0.2	100	870	**208**	13.5	0.9	19.0	16.5	1.7	1.8	1.4
HP Brown sauce	14	71	**17**	0.0	0.0	4.0	3.2	0	0.1	0.2	100	510	**122**	0	0.1	28.3	23.1	0.0	0.9	1.3
Lite Mayonnaise	14	194	**46**	4.9	0.3	0.6	0.6	0	0.0	0.2	100	1384	**329**	34.8	2.4	4.0	4.0	0.0	0.0	1.7
Mango Habanero Sauce	14	95	**23**	0.1	0	5.3	4.8	0.1	0.0	0.3	100	678	**162**	0.5	0.1	38.0	34.0	1.0	0.3	2.3
Salsa	14	27	**6**	0.1	0	1.3	0.8	0.3	0.2	0.0	100	191	**45**	0.9	0.0	9.1	5.4	2.0	1.5	0.0
Sriracha Hot Chilli sauce	14	74	**18**	0.7	0	2.7	1.9	0.1	0.2	0.7	100	531	**127**	5.1	0.4	19.0	13.2	0.7	1.3	5.2
Sticky Sweet Chilli sauce	14	127	**30**	0.1	0	7.5	6.5	0.1	0.1	0.2	100	908	**217**	0.5	0.1	53.8	46.6	0.5	0.4	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	0.0	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	0.0	23.1	22.8	0.0	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	0.0	43.0	0.0	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
Multi-Seed Mix	10	243	**58**	4.7	0.6	0.7	0.2	1.0	2.6	0	100	2430	**580**	47.0	6.0	7.4	1.5	10.0	26.0	0