



NEW ZEALAND NUTRITION INFORMATION

October 2025

AVG QTY Per Serve	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Subway 6-Inch® Subs Double values for approximate Subway Footlong® sub nutrition values										
BBQ Southern Style Chicken (old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce, toasted on Italian herbs & cheese bread)	229	1910	456	20.8	15.3	6.4	56.4	12.3	4.3	1320
Chicken & Bacon Ranch (chicken strips, bacon, processed cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing, toasted on white bread)	242	1770	422	26.2	17.7	5.3	39.7	5.9	3.7	878
Chicken Classic (old English-style processed cheese, lettuce tomato, cucumber, onion, garlic aioli, toasted on Italian herbs & cheese bread)	248	2010	481	22.2	22.1	6.2	45.6	6.7	3.8	1240
Chicken Strips (processed cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise on wheat bread)	236	1410	336	25.0	8.1	3.1	40.6	6.8	4.5	764
Chipotle Steak Melt (old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle sauce, toasted on Italian herbs & cheese bread)	205	2020	483	26.9	22.6	6.9	41.1	5.3	2.9	1270
Honey Mustard Leg Ham (processed cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard on malted rye bread)	228	1530	366	20.8	9.2	3.1	47.6	9.7	5.6	1040
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise on Italian herbs & cheese bread)	236	1980	474	25.7	21.2	9.0	43.3	7.0	3.2	1380
Italian Meatball (beef meatball in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli, toasted on Italian herbs & cheese bread)	291	2140	513	24.5	21.3	7.4	51.2	10.6	5.1	1220
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce, toasted on Italian herbs & cheese bread)	201	1860	445	22.2	20.0	8.7	42.1	6.2	3.4	1150
Pork Riblet (processed cheddar cheese, lettuce, tomato, onion, carrot, smoky bbq sauce on white bread)	246	2000	478	21.4	22.2	8.8	45.8	10.8	4.8	1010
Roast Beef (processed cheddar cheese, lettuce, spinach, tomato, onion, mayonnaise on roasted garlic bread)	222	1490	356	19.3	8.2	3.2	48.3	9.4	3.0	1350
Smashed Falafel (processed cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli on wheat bread)	253	2010	481	17.6	17.6	3.8	57.9	9.9	7.7	1280
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce, toasted on white bread)	257	1600	382	26.6	7.1	3.0	53.0	15.8	3.6	847
Three Pepper Chicken (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli, toasted on Italian herbs & cheese bread)	269	2250	537	25.5	23.2	5.7	54.5	7.1	3.9	1470
Tuna Mayo (tuna in mayonnaise, processed cheddar cheese, lettuce, tomato, onion, pickle on wheat bread)	217	1350	322	20.6	7.5	2.8	41.2	6.9	3.6	796
Veggie Delite® with Avo (processed cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot on malted rye bread)	216	1500	359	15.0	13.0	3.3	44.8	5.0	8.1	514
Veggie Patty (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli, toasted on wheat bread)	306	2370	567	20.0	22.6	5.5	66.6	16.7	9.6	1030

	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per Serve										
Wraps (on regular flour wrap)										
BBQ Southern Style Chicken (old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce)	221	1740	415	18.3	15.3	6.7	51.7	13.0	5.8	1150
Chicken & Bacon Ranch (chicken strips, bacon, processed cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing)	245	1750	419	25.7	20.1	7.2	37.0	6.9	5.6	912
Chicken Classic (old English-style processed cheese, lettuce, tomato, cucumber, onion, garlic aioli)	239	1840	440	19.7	22.1	6.5	40.8	7.5	5.3	1070
Chicken Strips (processed cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise)	237	1400	334	24.4	10.6	5.0	38.2	7.9	5.5	766
Chipotle Steak Melt (old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle sauce)	197	1850	442	24.4	22.5	7.2	36.3	6.1	4.4	1100
Honey Mustard Leg Ham (processed cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard)	219	1320	315	17.1	9.1	4.6	42.4	10.8	4.6	952
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise)	228	1810	432	23.2	21.2	9.4	38.5	7.7	4.7	1210
Italian Meatball (beef meatball in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli)	282	1970	471	22.0	21.3	7.8	46.5	11.3	6.6	1050
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce)	193	1690	403	19.7	19.9	9.0	37.3	6.9	4.9	980
Pork Riblet (processed cheddar cheese, lettuce, tomato, onion, carrot, smoky bbq sauce)	249	1990	475	20.9	24.6	10.7	43.2	11.9	6.7	1050
Roast Beef (processed cheddar cheese, lettuce, spinach, tomato, onion, honey mustard)	220	1380	329	18.5	9.5	4.9	42.9	10.9	4.7	774
Smashed Falafel (processed cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli)	254	2000	478	17.0	20.0	5.7	55.5	10.9	8.7	1280
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce)	260	1590	379	26.1	9.4	4.9	50.4	16.8	5.5	881
Three Pepper Chicken (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli)	260	2070	496	23.0	23.1	6.1	49.7	7.9	5.4	1300
Tuna Mayo (tuna in mayonnaise, processed cheddar cheese, lettuce, tomato, onion, pickle)	218	1340	320	20.1	9.9	4.7	38.8	8.0	4.6	798
Veggie Delite® with Avo (processed cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot)	207	1290	308	11.3	13.0	4.8	39.6	6.1	7.1	423
Veggie Patty (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli)	307	2360	565	19.4	25.0	7.4	64.2	17.8	10.6	1040
Salads (regular with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)										
BBQ Southern Style Chicken (old English-style processed cheese, smoky bbq sauce)	272	1030	245	12.5	11.3	4.6	22.0	12.1	3.7	800
Chicken & Bacon Ranch (chicken strips, bacon, processed cheddar cheese, ranch dressing)	285	1030	247	19.8	16.0	5.1	6.9	5.2	3.3	680
Chicken Classic (old English-style processed cheese, garlic aioli)	272	1120	268	13.8	18.0	4.3	10.8	5.9	3.1	840
Chicken Strips (processed cheddar cheese, mayonnaise)	270	679	162	18.6	6.5	2.8	8.2	6.2	3.3	533
Chipotle Steak Melt (old English-style processed cheese, chipotle sauce)	276	1160	277	18.9	18.5	5.1	7.4	5.9	2.5	760
Honey Mustard Leg Ham (processed cheddar cheese, honey mustard)	252	598	143	11.3	5.1	2.5	12.3	9.2	2.4	719

	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per Serve										
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, mayonnaise)	265	1080	258	17.4	16.9	7.2	8.5	6.2	2.4	960
Italian Meatball (beef meatball in marinara sauce, mozzarella cheese, garlic aioli)	340	1250	299	16.2	17.0	5.6	16.8	10.3	4.5	792
Pizza Melt (salami, pepperoni, mozzarella cheese, marinara sauce)	251	969	231	14.1	15.6	6.8	7.7	5.8	2.9	728
Pork Riblet (processed cheddar cheese, smoky bbq sauce)	289	1270	303	15.0	20.5	8.6	13.1	10.2	4.4	817
Roast Beef (processed cheddar cheese, mayonnaise)	254	623	149	12.4	6.3	2.9	8.8	6.7	2.4	526
Smashed Falafel (mozzarella cheese, garlic aioli)	290	1280	306	12.4	15.6	3.6	24.6	9.0	6.2	980
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, sweet onion sauce)	300	869	208	20.1	5.4	2.7	20.2	15.4	3.3	650
Three Pepper Chicken (old English-style processed cheese, garlic aioli)	300	1350	323	17.2	19.1	3.9	19.6	6.2	3.1	1070
Tuna Mayo (tuna in mayonnaise, processed cheddar cheese)	255	623	149	14.3	5.8	2.5	8.9	6.6	2.4	456
Veggie Delite® with Avo (processed cheddar cheese)	226	551	132	5.2	8.9	2.7	8.8	4.2	4.5	185
Veggie Patty (mozzarella cheese, garlic aioli, sweet chilli)	326	1630	389	13.2	21.0	5.2	33.4	15.8	8.0	798
Salads (large with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)										
BBQ Southern Style Chicken (old English-style processed cheese, smoky bbq sauce)	445	1990	477	24.1	22.4	9.1	42.2	22.2	6.1	1590
Chicken & Bacon Ranch (chicken strips, bacon, processed cheddar cheese, ranch dressing)	470	2010	479	38.8	31.9	10.1	12.1	8.5	5.4	1350
Chicken Classic (old English-style processed cheese, garlic aioli)	445	2180	522	26.8	35.9	8.7	19.7	9.8	5.1	1670
Chicken Strips (processed cheddar cheese, mayonnaise)	441	1300	311	36.2	12.9	5.6	14.6	10.5	5.4	1060
Chipotle Steak Melt (old English-style processed cheese, chipotle sauce)	453	2260	540	36.8	37.0	10.1	12.9	9.8	3.9	1510
Honey Mustard Leg Ham (processed cheddar cheese, honey mustard)	405	1140	272	21.7	10.0	5.0	22.9	16.3	3.6	1430
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, mayonnaise)	430	2100	501	33.8	33.6	14.3	15.2	10.4	3.6	1900
Italian Meatball (beef meatball in marinara sauce, mozzarella cheese, garlic aioli)	580	2450	585	31.5	33.8	11.1	31.9	18.7	7.8	1570
Pizza Melt (salami, pepperoni, mozzarella cheese, marinara sauce)	402	1880	449	27.2	31.1	13.7	13.6	9.6	4.6	1450
Pork Riblet (processed cheddar cheese, smoky bbq sauce)	479	2480	592	29.2	40.9	17.1	24.4	18.4	7.7	1620
Roast Beef (processed cheddar cheese, mayonnaise)	409	1190	284	23.9	12.6	5.8	15.8	11.4	3.6	1040
Smashed Falafel (mozzarella cheese, garlic aioli)	480	2500	598	23.9	31.1	7.1	47.5	16.1	11.2	1950
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, sweet onion sauce)	500	1680	402	39.3	10.6	5.4	38.6	28.9	5.4	1290
Three Pepper Chicken (old English-style processed cheese, garlic aioli)	501	2650	633	33.5	38.1	7.8	37.4	10.4	5.1	2120
Tuna Mayo (tuna in mayonnaise, processed cheddar cheese)	411	1190	284	27.6	11.5	5.0	16.1	11.2	3.6	902
Veggie Delite® with Avo (processed cheddar cheese)	353	1040	249	9.5	17.7	5.3	15.8	6.4	7.9	360
Veggie Patty (mozzarella cheese, garlic aioli, sweet chilli)	552	3200	764	25.6	41.8	10.5	65.0	29.6	14.9	1590

	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per Serve										
Mini Subs	Values include white bread, lettuce, spinach, tomato, cucumber, onion, capsicum									
Leg Ham	125	675	161	9.1	2.1	0.4	25.5	3.5	2.0	386
Roast Beef	138	750	179	11.3	2.6	0.7	26.1	3.8	2.0	345
Veggie Delite® with Avo	130	766	183	6.4	5.3	0.7	27.7	3.2	3.5	166
Breakfast Subway 6-Inch® Subs	Double values for approximate Subway Footlong® sub nutrition values									
BLT with Egg & Cheese (bacon, lettuce, tomato, egg omelette, old English-style cheese, garlic aioli, toasted on white bread)	223	1780	425	19.1	20.5	6.0	39.5	5.8	3.2	855
Classic Ham & Egg (leg ham, egg omelette, old English-style cheese, mayonnaise, toasted on white bread)	192	1560	373	24.4	12.9	4.8	38.7	5.3	2.0	1100
Steak & Egg Brekkie (diced steak, egg omelette, mozzarella cheese, lettuce, tomato, onion, BBQ sauce, toasted on Italian herbs & cheese bread)	299	2110	503	36.0	17.2	7.8	48.3	12.4	3.1	1224
BreakfastWraps										
Mexican-Style Brekkie (leg ham, egg omelette, mozzarella cheese, avocado, tomato, onion, jalapeno pepper, chipotle sauce, toasted on regular white flour wrap)	285	2170	519	27.1	29.5	7.9	40.1	7.1	6.5	1140
Spinach & Egg (egg omelette, mozzarella cheese, spinach, tomato, multigrain wrap)	185	1330	318	18.7	12.7	6.1	33.9	4.8	4.3	487
Sides & Snacks										
Smashed Avo on Toast (on white bread) previously Avocado Toastie	137	1310	312	9.7	12.6	1.5	42.2	2.7	6.1	239
Creamy Garlic Cheese Bread (mozzarella cheese, garlic aioli, parmesan oregano topping on white bread) previously Cheesy Garlic Toastie	123	1540	368	16.4	15.0	5.4	39.9	4.1	2.7	747
Chipotle Quesadilla (mozzarella cheese, chipotle southwest sauce on white flour wrap (regular size))	94.0	1120	268	9.8	17.0	5.1	19.9	3.6	2.3	400
Creamy Garlic Herb Bread (garlic aioli, parmesan oregano topping on white bread) previously Garlic & Herb Toastie	93.0	1180	281	8.4	9.1	1.1	39.9	4.1	2.7	600
Ham, Cheese & Tomato Toastie (mozzarella cheese, mayonnaise on white bread) previously Ham, Cheese & Tomato Jaffle	127	1040	248	13.8	6.4	2.7	32.5	4.7	1.8	568
Meatball Mozza Pot (with Marinara Sauce)	194	1060	254	109.7	12.2	5.4	14.6	7.6	2.2	746
Southern Style Chicken Bites (no sauce)	120	1140	272	16.3	15.1	4.8	16.8	1.3	1.9	674
Cookies										
Chocolate Chip Cookie	45.0	932	223	2.3	10.7	6.0	29.4	18.5	1.0	137
Chocolate Chip Cookie with M&M'S®	45.0	894	214	2.2	9.9	5.3	28.8	17.3	0.9	120
Double Chocolate Chip Cookie	45.0	881	211	2.2	9.3	5.7	29.4	19.3	1.1	150
Oatmeal Raisin Cookie	45.0	796	190	2.5	6.9	3.4	29.3	17.5	1.4	176
White Chip Macadamia Nut Cookie	45.0	933	223	2.2	11.2	6.0	28.3	18.4	0.7	153
Baked Goods	Selected locations only									
Apple & Custard Danish	115	1420	338	6.1	15.5	9.1	42.5	13.9	0.0	357
Apricot & Custard Danish	115	1380	329	5.6	14.8	8.6	42.2	14.3	0.0	344
Boysenberry & Custard Danish	115	1420	338	5.9	36.2	9.1	43.1	13.2	0.0	337
Smoothies	Availability of flavours vary at locations									
Blueberry and Mango	425	931	223	2.1	0.6	0.2	55.7	38.6	4.0	2.0
Mango	480	754	180	1.6	0.8	0.2	44.8	42.4	3.2	2.2
Mixed Berry Banana	480	844	202	1.9	0.7	0.1	36.2	36.2	5.3	2.2
Strawberry	425	785	188	2.2	0.6	0.2	46.6	24.2	4.2	26.0
Tropical	480	829	198	1.7	0.6	0.2	50.4	39.8	3.9	2.1

	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per Serve										
Breads										
Subway 6-Inch® Wheat Bread	69.0	814	195	7.5	2.1	0.3	35.0	2.6	2.7	271
Subway 6-Inch® White Bread	67.0	817	195	7.4	2.1	0.3	35.2	2.7	1.8	239
Subway 6-Inch® Malted Rye Bread	79.0	1020	244	10.6	4.5	0.7	37.8	2.6	4.7	364
Subway 6-Inch® Italian Herbs & Cheese Bread	78.4	977	234	9.4	4.5	1.9	37.3	3.0	2.2	444
Subway 6-Inch® Roasted Garlic Bread	77.6	954	228	7.9	2.3	0.4	42.2	5.1	2.1	867
Mini Wheat Bread	46.0	542	130	5.0	1.4	0.2	23.3	1.7	1.8	181
Mini White Bread	44.7	545	130	5.0	1.4	0.2	23.5	1.8	1.2	159
Wrap, Flour	70.0	804	192	6.9	4.5	2.2	32.6	3.7	3.7	273
Wrap, Gluten Free *	80.0	537	128	4.1	5.1	3.0	23.0	3.4	11.4	414
Meat, Poultry, Egg, Seafood & Vegetarian Items										
Amount on Subway 6-Inch® Sub, wrap, regular salad										
Bacon, Streaky (2 strips)	8.8	150	35.8	1.0	3.5	1.3	0.1	0.1	0.0	73
Chicken Classic	60.0	529	126	9.5	8.0	1.7	3.3	0.4	0.0	390
Chicken Pepperoni Meats (chicken strips, pepperoni)	82.0	582	139	18.5	7.5	2.9	1.2	0.7	0.9	539
Chicken Strips	64.0	285	68.2	14.4	1.7	0.6	0.6	0.5	0.9	269
Chicken Teriyaki	85.0	421	101	14.5	1.8	0.6	8.0	4.8	0.9	463
Deli Supreme Meats (salami, pepperoni, leg ham, roast beef)	72.0	750	180	14.5	12.8	5.1	1.9	1.0	0.0	850
Egg Omelette	59.0	326	77.8	7.5	5.3	1.8	0.2	0.2	0.0	139
Italian B.M.T.® Meats (salami, pepperoni, leg ham)	56.0	680	161.9	11.7	12.3	4.9	1.5	0.7	0.0	760
Leg Ham	40.0	167	39.9	7.0	1.2	0.4	0.6	0.6	0.0	440
Meatball (beef) with Marinara Sauce	125	654	156	10.4	7.2	3.0	9.8	5.1	1.5	476
Pepperoni	18.0	297	71.0	4.1	5.9	2.3	0.6	0.2	0.0	270
Pizza Melt Meats (salami, pepperoni)	36.0	590	142.0	8.2	11.7	4.7	1.2	0.4	0.0	540
Pork Riblet	77.0	832	199	10.9	16.9	6.5	0.5	0.2	1.9	465
Roast Beef	48.0	229	54.8	8.3	1.5	0.7	1.2	1.0	0.0	261
Salami	18.0	297	71.0	4.1	5.9	2.3	0.6	0.2	0.0	270
Smashed Falafel	75.0	682	163	6.6	5.9	1.0	17.6	3.8	3.2	662
Southern Style Chicken Bites	60.0	568	136	8.2	7.6	2.4	8.4	0.7	1.0	337
Steak, Diced	64.0	435	104	14.5	4.5	2.0	0.6	0.5	0.0	358
Three Pepper Chicken	88.0	760	182	12.8	9.1	1.2	12.1	0.7	0.0	616
Tuna & Mayo (with Mayonnaise)	64.0	315	75.3	10.2	2.2	0.4	3.6	2.4	0.0	271
Veggie Patty	90.0	860	205.6	7.4	11.1	2.6	16.8	1.9	5.0	302
Sauces & Dressings										
Amount on Subway 6-Inch® Sub, wrap, regular salad										
Chipotle Southwest Sauce	21.0	416	99.4	0.3	10.4	0.9	1.5	1.1	0.0	148
Garlic Aioli	21.0	284	67.9	0.3	6.4	0.5	2.2	1.2	0.6	197
Habanero Hot Sauce	15.0	82.5	19.7	0.1	0.0	0.0	4.6	3.7	0.1	320
Honey Mustard	21.0	124	29.6	0.3	0.3	0.0	6.5	4.4	0.0	94.5
Marinara	21.0	59.9	14.3	0.3	0.5	0.1	1.8	1.4	0.5	70.4
Mayonnaise	15.0	86.1	20.6	0.1	1.2	0.2	2.3	1.5	0.0	79.5
Ranch Dressing	21.0	290	69.3	0.4	7.2	1.2	0.9	0.4	0.0	153
Smoky BBQ Sauce	21.0	149	35.7	0.3	0.0	0.0	8.4	7.2	0.1	210
Spicy Mayonnaise	15.0	303	72.4	0.2	7.3	0.6	1.6	1.4	0.2	148
Sweet Chili Sauce	21.0	169	40.4	0.1	0.1	0.0	9.6	8.7	0.0	181
Sweet Onion Sauce	21.0	134	32.1	0.1	0.2	0.0	7.4	6.6	0.0	69.1
Cheeses										
Amount on Subway 6-Inch® Sub, wrap, regular salad										
Mozzarella Cheese (shredded)	14.0	169	40.4	3.7	2.8	2.0	0.0	0.0	0.0	68.6
Old English-Style Processed Cheese (slices)	11.3	163	38.9	2.3	3.1	2.1	0.5	0.3	0.1	203
Processed Cheddar Cheese (slices)	11.3	162	38.6	2.3	3.1	2.0	0.5	0.2	0.0	136
Vegetables										
Amount on Subway 6-Inch® Sub, wrap, regular salad										
Avocado	35.0	244	58.3	1.2	5.3	0.6	3.5	0.0	2.1	0.0
Capsicum (3 strips)	7.0	5.9	1.4	0.1	0.0	0.0	0.2	0.2	0.1	0.2
Carrot	7.0	12.0	2.9	0.1	0.0	0.0	0.5	0.3	0.2	4.8
Cucumber (3 slices)	14.0	8.8	2.1	0.1	0.0	0.0	0.4	0.2	0.1	0.3
Jalapeno Pepper (3 rings)	4.0	6.7	1.6	0.1	0.0	0.0	0.2	0.2	0.1	67.6
Lettuce	21.0	12.3	2.9	0.2	0.0	0.0	0.4	0.4	0.3	2.1
Onion	7.0	11.7	2.8	0.1	0.0	0.0	0.5	0.3	0.1	0.3
Olive (3 rings)	3.0	16.1	3.8	0.0	0.3	0.1	0.2	0.0	0.1	26.4
Pickle (3 wheels)	9.5	5.9	1.4	0.0	0.0	0.0	0.2	0.0	0.1	114
Pineapple (Selected Locations Only)	20.0	68.0	16.3	0.1	0.0	0.0	3.7	3.7	0.0	0.6
Spinach	7.0	6.4	1.5	0.2	0.0	0.0	0.2	0.0	0.2	5.5
Tomato (3 wheels)	35.0	26.4	6.3	0.3	0.1	0.0	0.9	0.9	0.4	1.8

AVG QTY Per Serve	Serving Size (g)	Energy (kJ)	Energy (kCal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Seasonings										
Amount on Subway 6-Inch® Sub, wrap, regular salad										
Pepper	1.0	12.1	2.9	0.1	0.0	0.0	0.4	0.0	0.0	0.25
Salt	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	391
New										
Double values for approximate Subway Footlong® sub nutrition values										
Chicken Caesar Subway 6-Inch® Sub (chicken strips, bacon, egg, mozzarella cheese, lettuce, tomato, onion, Caesar dressing on white bread)	297	2170	520	35.1	24.7	6.8	39.4	5.7	3.7	943
Chicken Caesar Wrap (Regular) (chicken strips, bacon, egg, mozzarella cheese, lettuce, tomato, onion, Caesar dressing on white flour wrap)	300	2160	517	34.6	27.1	8.7	36.7	6.7	5.6	977
Chicken Pepperoni Subway 6-Inch® Sub (chicken strips, mozzarella cheese, spinach, tomato, onion, olive, marinara sauce, garlic aioli toasted on Italian herbs & cheese bread)	268	2130	510	32.9	22.2	7.4	44.4	7.6	5.0	1350
Deli Supreme Subway 6-Inch® Sub (pepperoni, salami, leg ham, roast beef, processed cheddar cheese, lettuce, tomato, onion, mayonnaise on malted rye bread)	240	2070	495	28.1	21.7	8.0	44.3	7.0	5.5	1430
Philly-Style Three-Cheese Steak Subway 6-Inch® Sub (diced steak, processed cheddar cheese, old English-style processed cheese, mozzarella cheese, capsicum, onion, jalapeno pepper, garlic aioli toasted on white bread)	207	2050	491	30.7	22.0	8.9	40.0	5.6	2.9	1270
Ultimate Cheesy Garlic Bread Snack (white bread, garlic spread, mozzarella)	116	1680	401	15.3	20.8	8.7	36.9	2.8	2.0	545
Amount on Subway 6-Inch® Sub, wrap, regular salad										
Caesar Dressing	21.0	374	90.1	0.4	9.2	0.8	1.4	0.5	0.2	151
Chicken Pepperoni Meats (chicken strips, pepperoni)	82.0	582	139	18.5	7.5	2.9	1.2	0.7	0.9	539
Deli Supreme Meats (salami, pepperoni, leg ham, roast beef)	72.0	750	180	14.5	12.8	5.1	1.9	1.0	0.0	850
Philly-Style Three-Cheese (mozzarella, processed cheddar, old English-style processed cheeses)	36.6	493	118	8.3	9.0	6.0	1.0	0.5	0.1	408
Ultimate Cheesy Garlic Spread	49.0	861	206	7.9	18.7	8.4	1.8	0.1	0.2	310

Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories 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.

* Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website – www.subway.com.nz for more information.



NEW ZEALAND NUTRITION INFORMATION October 2025

AVG QTY Per 100g	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Subway® Subs										
BBQ Southern Style Chicken (old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce, toasted on Italian herbs & cheese bread)	100	833	199	9.1	6.7	2.8	24.6	5.4	1.9	576
Chicken & Bacon Ranch (chicken strips, bacon, processed cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing, toasted on white bread)	100	731	174	10.8	7.3	2.2	16.4	2.4	1.5	363
Chicken Classic (old English-style processed cheese, lettuce tomato, cucumber, onion, garlic aioli, toasted on Italian herbs & cheese bread)	100	811	194	9.0	8.9	2.5	18.4	2.7	1.5	501
Chicken Strips (processed cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise on wheat bread)	100	597	142	10.6	3.4	1.3	17.2	2.9	1.9	323
Chipotle Steak Melt (old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle sauce, toasted on Italian herbs & cheese bread)	100	984	235	13.1	11.0	3.4	20.0	2.6	1.4	619
Honey Mustard Leg Ham (processed cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard on malted rye bread)	100	670	160	9.1	4.0	1.4	20.9	4.3	2.5	456
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise on Italian herbs & cheese bread)	100	837	200	10.9	9.0	3.8	18.3	3.0	1.3	584
Italian Meatball (beef meatball in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli, toasted on Italian herbs & cheese bread)	100	736	176	8.4	7.3	2.6	17.6	3.6	1.7	420
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce, toasted on Italian herbs & cheese bread)	100	923	221	11.0	9.9	4.3	20.9	3.1	1.7	571
Pork Riblet (processed cheddar cheese, lettuce, tomato, onion, carrot, smoky bbq sauce on white bread)	100	812	194	8.7	9.0	3.6	18.6	4.4	2.0	410
Roast Beef (processed cheddar cheese, lettuce, spinach, tomato, onion, mayonnaise on roasted garlic bread)	100	671	160	8.7	3.7	1.4	21.8	4.3	1.4	608
Smashed Falafel (processed cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli on wheat bread)	100	794	190	6.9	6.9	1.5	22.9	3.9	3.0	505
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce, toasted on white bread)	100	623	149	10.3	2.8	1.2	20.6	6.1	1.4	330
Three Pepper Chicken (old English-Style processed cheese, lettuce, tomato, onion, carrot, garlic aioli, toasted on Italian herbs & cheese bread)	100	837	200	9.5	8.6	2.1	20.3	2.7	1.4	547
Tuna Mayo (tuna in mayonnaise, processed cheddar cheese, lettuce, tomato, onion, pickle on wheat bread)	100	623	149	9.5	3.4	1.3	19.0	3.2	1.7	367
Veggie Delite® with Avo (processed cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot on malted rye bread)	100	693	166	6.9	6.0	1.5	20.7	2.3	3.7	238
Veggie Patty (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli, toasted on wheat bread)	100	775	185	6.5	7.4	1.8	21.8	5.4	3.1	337

	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per 100g										
Wraps (on regular flour wrap)										
BBQ Southern Style Chicken (old English-style processed cheese, spinach, tomato, onion, pickle, smoky bbq sauce)	100	788	188	8.3	6.9	3.0	23.4	5.9	2.6	521
Chicken & Bacon Ranch (chicken strips, bacon, processed cheddar cheese, lettuce, tomato, carrot, onion, ranch dressing)	100	714	171	10.5	8.2	2.9	15.1	2.8	2.3	372
Chicken Classic (old English-style processed cheese, lettuce, tomato, cucumber, onion, garlic aioli)	100	769	184	8.2	9.2	2.7	17.1	3.1	2.2	447
Chicken Strips (processed cheddar cheese, lettuce, tomato, cucumber, carrot, mayonnaise)	100	590	141	10.3	4.4	2.1	16.1	3.3	2.3	323
Chipotle Steak Melt (old English-style processed cheese, spinach, capsicum, onion, pickle, chipotle sauce)	100	940	224	12.4	11.4	3.7	18.5	3.1	2.2	559
Honey Mustard Leg Ham (processed cheddar cheese, lettuce, tomato, cucumber, carrot, honey mustard)	100	602	143	7.8	4.2	2.1	19.3	4.9	2.1	434
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, lettuce, tomato, onion, capsicum, olive, mayonnaise)	100	794	190	10.2	9.3	4.1	16.9	3.4	2.1	531
Italian Meatball (beef meatball in marinara sauce, mozzarella cheese, spinach, tomato, onion, olive, garlic aioli)	100	698	167	7.8	7.5	2.8	16.5	4.0	2.3	372
Pizza Melt (salami, pepperoni, mozzarella cheese, olive, tomato, capsicum, onion, marinara sauce)	100	876	209	10.2	10.3	4.7	19.3	3.6	2.6	508
Pork Riblet (processed cheddar cheese, lettuce, tomato, onion, carrot, smoky bbq sauce)	100	798	191	8.4	9.9	4.3	17.3	4.8	2.7	421
Roast Beef (processed cheddar cheese, lettuce, spinach, tomato, onion, honey mustard)	100	626	149	8.4	4.3	2.2	19.5	5.0	2.1	351
Smashed Falafel (processed cheddar cheese, lettuce, spinach, tomato, onion, carrot, garlic aioli)	100	786	188	6.7	7.9	2.2	21.8	4.3	3.4	503
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, spinach, tomato, cucumber, onion, capsicum, sweet onion sauce)	100	612	146	10.0	3.6	1.9	19.4	6.5	2.1	339
Three Pepper Chicken (old English-style processed cheese, lettuce, tomato, onion, carrot, garlic aioli)	100	795	190	8.8	8.9	2.3	19.1	3.0	2.1	499
Tuna Mayo (tuna in mayonnaise, processed cheddar cheese, lettuce, tomato, onion, pickle)	100	615	147	9.2	4.5	2.1	17.8	3.7	2.1	366
Veggie Delite® with Avo (processed cheddar cheese, lettuce, spinach, tomato, cucumber, onion, carrot)	100	622	148	5.5	6.3	2.3	19.1	3.0	3.4	204
Veggie Patty (mozzarella cheese, lettuce, spinach, tomato, cucumber, onion, carrot, garlic aioli, sweet chilli)	100	769	184	6.3	8.2	2.4	20.9	5.8	3.4	339
Salads (regular with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)										
BBQ Southern Style Chicken (old English-style processed cheese, smoky bbq sauce)	100	378	90	4.6	4.1	1.7	8.1	4.4	1.3	294
Chicken & Bacon Ranch (chicken strips, bacon, processed cheddar cheese, ranch dressing)	100	361	87	7.0	5.6	1.8	2.4	1.8	1.2	238
Chicken Classic (old English-style processed cheese, garlic aioli)	100	411	98	5.1	6.6	1.6	3.9	2.2	1.2	309
Chicken Strips (processed cheddar cheese, mayonnaise)	100	251	60	6.9	2.4	1.0	3.0	2.3	1.2	197
Chipotle Steak Melt (old English-style processed cheese, chipotle sauce)	100	420	100	6.8	6.7	1.8	2.7	2.1	0.9	275
Honey Mustard Leg Ham (processed cheddar cheese, honey mustard)	100	237	57	4.5	2.0	1.0	4.9	3.6	1.0	285

	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per 100g										
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, mayonnaise)	100	408	97	6.6	6.4	2.7	3.2	2.3	0.9	362
Italian Meatball (beef meatball in marinara sauce, mozzarella cheese, garlic aioli)	100	367	88	4.8	5.0	1.6	4.9	3.0	1.3	233
Pizza Melt (salami, pepperoni, mozzarella cheese, marinara sauce)	100	386	92	5.6	6.2	2.7	3.1	2.3	1.1	290
Pork Riblet (processed cheddar cheese, smoky bbq sauce)	100	439	105	5.2	7.1	3.0	4.5	3.5	1.5	282
Roast Beef (processed cheddar cheese, mayonnaise)	100	245	59	4.9	2.5	1.1	3.5	2.6	0.9	207
Smashed Falafel (mozzarella cheese, garlic aioli)	100	441	106	4.3	5.4	1.2	8.5	3.1	2.1	338
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, sweet onion sauce)	100	290	69	6.7	1.8	0.9	6.7	5.1	1.1	217
Three Pepper Chicken (old English-style processed cheese, garlic aioli)	100	450	108	5.7	6.4	1.3	6.5	2.1	1.0	356
Tuna Mayo (tuna in mayonnaise, processed cheddar cheese)	100	244	58	5.6	2.3	1.0	3.5	2.6	0.9	179
Veggie Delite® with Avo (processed cheddar cheese)	100	244	58	2.3	3.9	1.2	3.9	1.8	2.0	82
Veggie Patty (mozzarella cheese, garlic aioli, sweet chilli)	100	500	119	4.1	6.4	1.6	10.2	4.8	2.5	245
Salads (large with lettuce, spinach, tomato, cucumber, capsicum, onion, carrot, olive)										
BBQ Southern Style Chicken (old English-style processed cheese, smoky bbq sauce)	100	448	107	5.4	5.0	2.0	9.5	5.0	1.4	358
Chicken & Bacon Ranch (chicken strips, bacon, processed cheddar cheese, ranch dressing)	100	427	102	8.2	6.8	2.1	2.6	1.8	1.1	287
Chicken Classic (old English-style processed cheese, garlic aioli)	100	490	117	6.0	8.1	1.9	4.4	2.2	1.1	376
Chicken Strips (processed cheddar cheese, mayonnaise)	100	295	70	8.2	2.9	1.3	3.3	2.4	1.2	241
Chipotle Steak Melt (old English-style processed cheese, chipotle sauce)	100	499	119	8.1	8.2	2.2	2.9	2.2	0.9	334
Honey Mustard Leg Ham (processed cheddar cheese, honey mustard)	100	282	67	5.4	2.5	1.2	5.7	4.0	0.9	353
Italian B.M.T.® (salami, pepperoni, leg ham, mozzarella cheese, mayonnaise)	100	488	117	7.9	7.8	3.3	3.5	2.4	0.8	442
Italian Meatball (beef meatball in marinara sauce, mozzarella cheese, garlic aioli)	100	422	101	5.4	5.8	1.9	5.5	3.2	1.3	271
Pizza Melt (salami, pepperoni, mozzarella cheese, marinara sauce)	100	468	112	6.8	7.7	3.4	3.4	2.4	1.1	361
Pork Riblet (processed cheddar cheese, smoky bbq sauce)	100	518	124	6.1	8.6	3.6	5.1	3.8	1.6	338
Roast Beef (processed cheddar cheese, mayonnaise)	100	291	69	5.9	3.1	1.4	3.9	2.8	0.9	255
Smashed Falafel (mozzarella cheese, garlic aioli)	100	521	125	5.0	6.5	1.5	9.9	3.4	2.3	406
Sweet Onion Chicken Teriyaki (chicken strips in teriyaki glaze, mozzarella cheese, sweet onion sauce)	100	336	80	7.9	2.1	1.1	7.7	5.8	1.1	258
Three Pepper Chicken (old English-style processed cheese, garlic aioli)	100	529	126	6.7	7.6	1.6	7.5	2.1	1.0	423
Tuna Mayo (tuna in mayonnaise, processed cheddar cheese)	100	290	69	6.7	2.8	1.2	3.9	2.7	0.9	220
Veggie Delite® with Avo (processed cheddar cheese)	100	295	71	2.7	5.0	1.5	4.5	1.8	2.2	102
Veggie Patty (mozzarella cheese, garlic aioli, sweet chilli)	100	580	138	4.6	7.6	1.9	11.8	5.4	2.7	288

	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per 100g										
Mini Subs	Values include white bread, lettuce, spinach, tomato, cucumber, onion, capsicum									
Leg Ham	100	539	129	7.3	1.7	0.3	20.4	2.8	1.6	308
Roast Beef	100	542	130	8.1	1.9	0.5	18.9	2.8	1.4	250
Veggie Delite® with Avo	100	588	141	4.9	4.1	0.5	21.3	2.4	2.7	127
Breakfast Subs										
BLT with Egg & Cheese (bacon, lettuce, tomato, egg omelette, old English-style cheese, garlic aioli, toasted on white bread)	100	798	191	8.6	9.2	2.7	17.7	2.6	1.4	383
Classic Ham & Egg (leg ham, egg omelette, old English-style cheese, mayonnaise, toasted on white bread)	100	811	194	12.7	6.7	2.5	20.1	2.7	1.0	572
Steak & Egg Brekkie (diced steak, egg omelette, mozzarella cheese, lettuce, tomato, onion, BBQ sauce, toasted on Italian herbs & cheese bread)	100	705	168	12.0	5.8	2.6	16.1	4.2	1.0	409
Breakfast Wraps										
Mexican-Style Brekkie (leg ham, egg omelette, mozzarella cheese, avocado, tomato, onion, jalapeno pepper, chipotle sauce, toasted on regular white flour wrap)	100	761	182	9.5	10.3	2.8	14.1	2.5	2.3	400
Spinach & Egg (egg omelette, mozzarella cheese, spinach, tomato, multigrain wrap)	100	719	172	10.1	6.9	3.3	18.3	2.6	2.3	263
Sides & Snacks										
Smashed Avo on Toast (on white bread) previously Avocado Toastie	100	956	228	7.1	9.2	1.1	30.8	2.0	4.5	174
Creamy Garlic Cheese Bread (mozzarella cheese, garlic aioli, parmesan oregano topping on white bread) previously Cheesy Garlic Toastie	100	1250	299	13.4	12.2	4.4	32.5	3.3	2.2	607
Chipotle Quesadilla (mozzarella cheese, chipotle southwest sauce on white flour wrap (regular size))	100	1190	286	10.5	18.1	5.4	21.2	3.8	2.4	426
Creamy Garlic Herb Bread (garlic aioli, parmesan oregano topping on white bread) previously Garlic & Herb Toastie	100	1270	303	9.0	9.7	1.2	42.9	4.4	2.9	645
Ham, Cheese & Tomato Toastie (mozzarella cheese, mayonnaise on white bread) previously Ham, Cheese & Tomato Jaffle	100	816	194	10.8	5.0	2.1	25.5	3.7	1.4	446
Meatball Mozza Pot (with Marinara Sauce)	100	546	131	56.5	6.3	2.8	7.5	3.9	1.2	385
Southern Style Chicken Bites (no sauce)	100	950	226	13.6	12.6	4.0	14.0	1.1	1.6	562
Cookies										
Chocolate Chip Cookie	100	2070	495	5.1	23.7	13.4	65.4	41.2	2.3	305
Chocolate Chip Cookie with M&M'S®	100	1990	475	5.0	22.0	11.7	64.1	38.5	1.9	267
Double Chocolate Chip Cookie	100	1960	468	4.8	20.7	12.8	65.3	42.8	2.5	334
Oatmeal Raisin Cookie	100	1770	423	5.6	15.4	7.6	65.0	38.8	3.0	390
White Chip Macadamia Nut Cookie	100	2070	495	4.9	25.0	13.3	62.9	41.0	1.6	340
Baked Goods	Selected locations only									
Apple & Custard Danish	100	1230	294	5.3	13.5	7.9	36.9	12.1	0.0	310
Apricot & Custard Danish	100	1200	286	4.9	12.9	7.5	36.7	12.4	0.0	299
Boysenberry & Custard Danish	100	1230	294	5.1	31.5	7.9	37.5	11.5	0.0	293
Smoothies	Availability of flavours vary at locations									
Blueberry and Mango	100	219	52.4	0.5	0.1	0.0	13.1	9.1	0.9	0.5
Mango	100	157	37.5	0.3	0.2	0.0	9.3	8.8	0.7	0.4
Mixed Berry Banana	100	176	42.0	0.4	0.1	0.0	7.5	7.5	1.1	0.4
Strawberry	100	185	44.1	0.5	0.1	0.0	11.0	5.7	1.0	6.1
Tropical	100	173	41.3	0.4	0.1	0.0	10.5	8.3	0.8	0.4

	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per 100g										
Breads										
Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
Malted Rye Bread	100	1290	308	13.5	5.7	0.9	47.9	3.3	5.9	461
Italian Herbs & Cheese Bread	100	1250	298	12.0	5.8	2.4	47.6	3.8	2.8	566
Roasted Garlic Bread	100	1230	294	10.1	3.0	0.5	54.4	6.5	2.7	1120
Mini Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
Mini White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
Wrap, Flour	100	1150	275	9.9	6.4	3.2	46.5	5.3	5.3	390
Wrap, Gluten Free *	100	671	160	5.1	6.3	3.7	28.8	4.2	14.2	518
Meat, Poultry, Egg, Seafood & Vegetarian Items										
Bacon, Streaky (2 strips)	100	1700	406	11.8	39.5	14.4	1.3	1.2	0.0	830
Chicken Classic	100	881	211	15.8	13.3	2.8	5.5	0.7	0.0	650
Chicken Pepperoni Meats (chicken strips, pepperoni)	100	710	170	22.6	9.2	3.5	1.5	0.9	1.1	657
Chicken Strips	100	446	107	22.5	2.6	0.9	1.0	0.8	1.4	420
Chicken Teriyaki	100	495	118	17.1	2.2	0.7	9.4	5.7	1.1	545
Deli Supreme Meats (salami, pepperoni, leg ham, roast beef)	100	1040	250	20.1	17.8	7.1	2.6	1.4	0.0	1180
Egg Omelette	100	552	132	12.7	9.0	3.1	0.3	0.3	0.0	235
Italian B.M.T. ® Meats (salami, pepperoni, leg ham)	100	1210	289	21.0	22.0	8.7	2.6	1.2	0.0	1357
Leg Ham	100	417	100	17.5	2.9	1.0	1.5	1.5	0.0	1100
Meatball (beef) with Marinara Sauce	100	522	125	8.3	5.8	2.4	7.8	4.1	1.2	381
Pepperoni	100	1650	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Pizza Melt Meats (salami, pepperoni)	100	1640	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Pork Riblet	100	1080	258	14.1	21.9	8.4	0.6	0.2	2.5	604
Roast Beef	100	478	114	17.2	3.1	1.4	2.6	2.1	0.0	544
Salami	100	1650	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Smashed Falafel	100	909	217	8.8	7.9	1.3	23.5	5.1	4.3	883
Southern Style Chicken Bites	100	947	226	13.6	12.6	4.0	14.0	1.1	1.6	562
Steak, Diced	100	679	162	22.6	7.0	3.2	1.0	0.8	0.0	560
Three Pepper Chicken	100	864	207	14.6	10.3	1.4	13.8	0.8	0.0	700
Tuna & Mayo (with Mayonnaise)	100	492	118	16.0	3.4	0.7	5.7	3.8	0.0	424
Veggie Patty	100	956	228	8.2	12.3	2.9	18.6	2.1	5.6	335
Sauces & Dressings										
Chipotle Southwest Sauce	100	1980	473	1.6	49.5	4.1	7.2	5.3	0.0	707
Garlic Aioli	100	1350	323	1.4	30.4	2.4	10.7	5.9	2.8	940
Habanero Hot Sauce	100	550	131	0.6	0.3	0.1	30.8	24.6	0.6	2130
Honey Mustard	100	590	141	1.3	1.3	0.1	30.8	20.9	0.0	450
Marinara	100	285	68.1	1.6	2.5	0.3	8.4	6.9	2.3	335
Mayonnaise	100	570	137	0.9	8.0	1.2	15.2	10.2	0.0	530
Ranch Dressing	100	1380	330	1.8	34.4	5.6	4.2	2.1	0.0	730
Smoky BBQ Sauce	100	711	170	1.2	0.1	0.0	39.8	34.1	0.7	1000
Spicy Mayonnaise	100	2020	483	1.2	48.8	3.8	10.7	9.2	1.4	985
Sweet Chili Sauce	100	804	192	0.2	0.7	0.2	45.6	41.2	0.0	861
Sweet Onion Sauce	100	639	153	0.5	0.8	0.2	35.3	31.5	0.0	329
Cheeses										
Mozzarella Cheese (shredded)	100	1210	288	26.7	19.9	14.3	0.1	0.1	0.0	490
Old English-Style Processed Cheese (slices)	100	1440	345	20.5	27.4	18.3	4.0	2.4	1.3	1800
Processed Cheddar Cheese (slices)	100	1430	342	20.1	27.3	17.5	4.6	1.7	0.0	1200
Vegetables										
Avocado	100	697	167	3.3	15.0	1.7	10.0	0.0	6.1	0.0
Capsicum	100	83.7	20.0	0.9	0.2	0.1	2.9	2.4	1.7	3.0
Carrot	100	172	41.0	0.9	0.2	0.0	6.8	4.7	2.8	69.0
Cucumber	100	62.8	15.0	0.7	0.1	0.0	3.1	1.7	0.5	2.0
Jalapeno Pepper	100	167	40.0	1.4	0.6	0.0	5.9	5.9	2.8	1690
Lettuce	100	58.6	14.0	0.9	0.1	0.0	1.8	2.0	1.2	10.0
Onion	100	167	40.0	1.1	0.1	0.0	7.6	4.2	1.7	4.0
Olive	100	536	128	1.0	9.5	1.7	5.1	0.9	2.9	880
Pickle	100	62.4	14.9	0.3	0.2	0.1	2.0	0.0	1.5	1200
Pineapple (Selected Locations Only)	100	340	81.3	0.4	0.1	0.0	18.5	18.5	0.0	3.0
Spinach	100	92.0	22.0	2.9	0.4	0.1	3.5	0.4	2.7	79.0
Tomato	100	75.3	18.0	0.9	0.2	0.0	2.7	2.6	1.2	5.0

	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per 100g										
Seasonings										
Pepper	100	1210	289	8.8	2.7	0.1	42.1	0.6	0.0	25.0
Salt	100	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	39100
New										
Chicken Caesar Sub (chicken strips, bacon, egg, mozzarella cheese, lettuce, tomato, onion, Caesar dressing on white bread)	100	731	175	11.8	8.3	2.3	13.3	1.9	1.2	318
Chicken Caesar Wrap (chicken strips, bacon, egg, mozzarella cheese, lettuce, tomato, onion, Caesar dressing on white flour wrap)	100	720	172	11.5	9.0	2.9	12.3	2.2	1.9	326
Chicken Pepperoni Sub (chicken strips, mozzarella cheese, spinach, tomato, onion, olive, marinara sauce, garlic aioli toasted on Italian herbs & cheese bread)	100	794	190	12.3	8.3	2.8	16.6	2.8	1.8	503
Deli Supreme Sub (pepperoni, salami, leg ham, roast beef, processed cheddar cheese, lettuce, tomato, onion, mayonnaise on malted rye bread)	100	861	206	11.7	9.0	3.3	18.4	2.9	2.3	595
Philly-Style Three-Cheese Steak Sub (diced steak, processed cheddar cheese, old English-style processed cheese, mozzarella cheese, capsicum, onion, jalapeno pepper, garlic aioli toasted on white bread)	100	992	238	14.9	10.7	4.3	19.4	2.7	1.4	615
Ultimate Cheesy Garlic Bread Snack (white bread, garlic spread, mozzarella)	100	1450	346	13.2	17.9	7.5	31.9	2.4	1.8	470
Caesars										
Caesar Dressing	100	1780	429	2.0	44.0	3.9	6.6	2.5	0.8	719
Chicken Pepperoni Meats (chicken strips, pepperoni)	100	710	170	22.6	9.2	3.5	1.5	0.9	1.1	657
Deli Supreme Meats (salami, pepperoni, leg ham, roast beef)	100	1040	250	20.1	17.8	7.1	2.6	1.4	0.0	1180
Philly-Style Three-Cheese (mozzarella, processed cheddar, old English-style processed cheeses)	100	1350	322	22.7	24.5	16.5	2.7	1.3	0.4	1110
Ultimate Cheesy Garlic Spread	100	1760	420	16.1	38.1	17.1	3.6	0.2	0.5	633

Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories 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.

* Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website – www.subway.com.nz for more information.