



U.S. NUTRITION INFORMATION

February 2023

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

SANDWICHES

6" Subway® Series Sandwiches

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

Steak																
#1 The Philly	192	500	25	9	1	85	1310	41	2	5	3	28	10	15	10	15
#2 The Outlaw™	198	490	22	9	0	90	1230	40	2	5	6	30	8	25	20	15
#3 The Monster™	213	580	30	11	1	105	1270	42	2	6	4	36	10	15	4	20
#33 Teriyaki Blitz	207	450	14	7	0	75	1480	53	4	20	16	30	10	15	10	20
Italiano																
#4 Supreme Meats	262	590	32	12	1	85	1810	44	3	7	4	30	20	25	20	20
#6 The Boss	275	650	34	16	2	85	1690	54	4	8	5	32	15	25	20	25
#18 Ultimate B.M.T.	240	560	30	11	1	75	1570	43	3	6	4	27	20	25	20	15
#23 Hotshot Italiano	238	620	38	14	1	85	1750	43	3	6	3	26	20	30	20	20
Chicken																
#7 The MexiCali (with Smashed Avocado)	282	540	27	9	0	90	1300	43	5	6	5	29	20	25	20	15
#7 The MexiCali (with Sliced Avocado)	275	520	25	9	0	90	1180	43	5	6	5	29	20	25	20	15
#8 The Great Garlic	262	570	29	10	0	105	1260	43	3	6	4	34	25	15	4	15
#16 All-Pro Sweet Onion Teriyaki	256	430	11	5	0	70	1260	55	4	23	16	30	20	20	10	15
#20 Elite Chicken & Bacon Ranch	262	570	29	10	0	105	1210	43	3	6	4	34	25	15	4	15
Club																
#10 All-American Club®	242	530	28	10	0	75	1520	43	2	7	4	27	20	15	10	20
#11 Subway Club®	263	500	24	8	0	75	1550	43	4	8	5	32	20	15	10	25
#12 Turkey Cali Club™ (with Smashed Avocado)	275	600	34	10	0	70	1310	43	6	7	4	33	25	15	10	25
#12 Turkey Cali Club™ (with Sliced Avocado)	268	580	32	10	0	70	1190	43	6	7	4	33	25	20	15	25
#19 Slam Dunk Club	251	500	22	9	0	70	1700	47	2	10	7	27	20	15	10	15

6" Build Your Own Sandwiches

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

6" Black Forest Ham	219	280	4	1	0	30	860	42	5	7	4	20	30	25	2	15
6" Buffalo Chicken (with Grilled Chicken)	254	380	12	3	0	55	1380	42	3	6	3	25	25	20	2	15
6" Cold Cut Combo®	219	320	10	3	0	45	1000	41	3	6	3	17	15	20	6	15
6" Grilled Chicken	233	290	4	1	0	50	580	40	5	6	3	27	30	30	4	15
6" Italian B.M.T.®	219	400	16	6	0	50	1180	43	3	6	3	19	15	30	4	15
6" Meatball Marinara	211	440	18	7	1	40	1100	50	4	8	4	20	10	20	6	20
6" Oven Roasted Turkey	219	270	4	1	0	25	840	40	5	6	4	22	30	25	2	25
6" Roast beef	233	310	5	2	0	40	790	42	5	8	5	25	30	25	4	25
6" Rotisserie-Style Chicken	233	310	6	2	0	50	760	40	5	6	4	25	30	25	4	15
6" Spicy Italian	214	470	24	9	0	60	1300	42	3	5	3	19	15	35	4	15
6" Steak (Includes American Cheese)	167	360	10	5	0	65	1040	40	2	5	3	26	6	15	6	15
6" Sweet Onion Chicken Teriyaki	262	350	4	1	0	50	850	55	5	23	16	26	30	30	4	20
6" Tuna	229	470	25	5	0	40	690	40	2	5	2	20	15	20	2	15
6" Veggie Delite®	162	210	3	0	0	0	370	39	5	6	3	10	30	25	2	15

6" Limited Time Offer/Regional Subs**

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

6" Big Hot Pastrami**	219	510	27	9	0	80	1790	41	2	5	2	27	8	8	8	25
6" B.L.T.**	157	370	15	5	0	35	720	40	2	5	4	18	10	15	2	15
6" Oven Roasted Turkey and Ham**	219	280	4	1	0	25	850	41	5	7	4	21	30	25	2	20
6" Pizza Sub**	171	460	24	10	1	60	1500	44	3	7	3	18	15	30	10	15
6" Veggie Patty**	247	390	11	1	0	0	690	56	13	8	3	16	30	25	2	15

Kids' Mini Sub

Values include mini multigrain bread and all the fresh vegetables

Veggie Delite®	108	140	2	0	0	0	250	26	3	4	2	7	20	15	2	10
Black Forest Ham	137	180	3	1	0	15	490	27	3	4	3	12	20	15	2	10
Oven Roasted Turkey	137	170	2	0	0	10	480	26	3	4	2	13	20	15	2	15

Make any Build Your Own Sandwich into a Wrap

Values include Plain wrap, select fresh vegetables and footlong meat portion

Black Forest Ham Wrap	307	440	11	2	0	55	1570	58	3	6	0	28	30	15	8	25
Buffalo Chicken Wrap (with Grilled Chicken)	356	560	19	4	0	110	1800	56	3	5	2	42	30	15	8	25
Cold Cut Combo® Wrap	314	530	23	5	0	95	1820	55	3	5	2	27	15	15	15	25
Grilled Chicken Wrap	335	470	11	2	0	100	1010	54	3	5	1	42	30	20	8	25
Italian B.M.T.® Wrap	314	680	36	11	0	100	2180	58	3	5	3	32	15	30	10	25
Meatball Marinara Wrap	381	780	38	14	2	75	2010	76	7	11	5	34	20	25	15	35
Oven Roasted Turkey Wrap	307	430	10	2	0	50	1540	54	3	4	0	32	30	15	8	35
Roast beef Wrap	335	500	14	3	0	75	1440	58	3	7	0	38	30	15	8	35
Rotisserie-Style Chicken Wrap	335	500	15	3	0	105	1380	54	4	4	0	38	30	15	8	25
Spicy Italian Wrap	304	820	52	17	1	125	2430	58	3	4	1	31	15	40	10	30
Steak Wrap (Includes American Cheese)	269	570	20	7	0	120	1700	55	3	4	3	43	6	6	10	30
Sweet Onion Chicken Teriyaki Wrap	391	590	11	2	0	95	1540	83	4	37	27	41	30	20	10	25
Tuna Wrap	335	820	54	8	1	75	1210	53	3	4	1	33	15	15	8	20
Veggie Delite® Wrap	285	330	8	1	0	0	600	57	4	6	1	10	60	30	10	20

Make any Sandwich into a Wrap Limited Time Offer/Regional Wrap

Values include suggested wrap, select fresh vegetables and footlong meat portion

Big Hot Pastrami Wrap**	363	860	53	15	0	150	2930	56	3	5	1	46	15	0	15	45
B.L.T. Wrap**	218	620	33	10	0	65	1270	54	3	5	4	29	10	8	8	25
Oven Roasted Turkey & Ham Wrap**	307	440	11	2	0	50	1560	56	3	5	1	30	30	15	8	30
Pizza Sub Wrap**	238	720	44	16	1	100	2290	59	3	5	2	26	15	35	20	25
Veggie Patty Wrap**	363	660	26	3	0	0	1230	87	19	8	1	21	30	15	8	20

SALADS

Make any Sandwich into a Salad

Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.

Black Forest Ham	344	120	3	1	0	30	570	12	4	6	1	13	70	35	4	10
Buffalo Chicken (with Grilled Chicken)	414	300	19	4	0	65	1180	13	5	7	1	20	80	40	6	15
Cold Cut Combo®	351	160	9	2	0	45	700	10	4	5	0	12	70	35	8	15
Grilled Chicken	358	130	3	1	0	50	280	10	4	5	0	19	70	40	6	10
Italian B.M.T.®	351	240	15	5	0	50	880	12	4	5	1	14	70	45	6	15
Meatball Marinara	426	290	16	6	1	40	780	22	7	9	2	16	80	50	10	20
Oven Roasted Turkey	344	110	2	0	0	25	550	10	4	5	0	14	70	35	4	20
Roast beef	358	150	4	1	0	40	500	12	4	6	2	17	70	35	6	20
Rotisserie-Style Chicken	358	150	5	2	0	50	470	10	4	5	0	18	70	35	6	10
Spicy Italian	347	310	23	9	0	60	1000	12	4	5	0	14	70	50	6	15
Steak (Includes American Cheese)	370	210	9	4	0	65	740	12	4	6	1	22	70	35	10	15
Sweet Onion Chicken Teriyaki	418	250	4	1	0	50	830	39	4	38	26	19	70	40	6	15
Tuna	362	310	24	4	0	40	390	10	4	5	0	15	70	35	4	10

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	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Veggie Delite®	287	50	1	0	0	0	75	9	4	5	0	3	70	35	4	8
Make any Sandwich into a Salad Limited Time Offer/Regional noted																
Big Hot Pastrami**	450	370	26	8	0	80	1670	14	5	7	0	24	80	35	10	25
B.L.T.**	317	210	14	5	0	35	420	11	4	6	1	13	70	35	6	10
Oven Roasted Turkey & Ham**	344	110	3	1	0	25	560	11	4	5	1	14	70	35	4	15
Pizza Sub**	374	310	23	10	1	60	1200	16	5	8	1	14	80	50	15	15
Veggie Patty**	372	220	10	1	0	0	390	26	12	7	0	9	70	35	4	8

Protein Bowls

Make any Footlong a Protein Bowl																
Values include footlong meat portion, lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or cheese unless noted																
Black Forest Ham	302	170	5	2	0	55	1050	12	3	6	2	21	60	30	4	10
Buffalo Chicken (with Grilled Chicken)	414	380	21	4	0	115	2080	13	4	7	1	36	90	40	6	15
Cold Cut Combo®	316	260	16	4	0	95	1310	9	3	5	1	20	60	30	10	15
Grilled Chicken	330	200	4	2	0	100	480	9	3	5	0	35	60	35	4	10
Italian B.M.T.®	316	410	29	11	0	100	1670	13	3	5	1	25	60	45	6	15
Meatball Marinara	469	530	32	13	2	80	1530	33	8	13	4	28	80	60	15	25
Oven Roasted Turkey	302	150	3	1	0	50	1020	8	3	5	1	25	60	30	4	25
Roast beef	330	230	7	2	0	75	920	12	3	7	4	30	60	30	4	25
Rotisserie-Style Chicken	325	220	8	3	0	105	810	8	3	4	0	31	60	30	4	10
Spicy Italian	306	550	45	17	1	125	1910	12	3	4	0	24	60	60	8	15
Steak (Includes American Cheese)	358	380	19	9	1	140	1150	12	4	5	2	42	70	30	20	20
Sweet Onion Chicken Teriyaki	404	350	5	2	0	95	1170	46	3	47	33	34	60	35	6	15
Tuna	337	550	47	8	1	75	690	8	3	4	0	26	60	30	4	10
Make any Footlong a Protein Bowl Limited Time Offer/Regional																
Values include footlong meat portion, lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or cheese unless noted																
Big Hot Pastrami**	490	680	52	18	0	165	2670	15	5	7	0	45	80	30	25	40
B.L.T.**	248	360	26	9	0	65	760	10	3	6	3	22	60	30	6	10
Oven Roasted Turkey & Ham**	302	160	4	1	0	50	1040	10	3	6	2	23	60	30	4	20
Pizza Sub**	372	610	48	22	1	135	1830	18	5	8	2	30	90	60	40	15
Veggie Patty**	358	380	19	2	0	0	700	41	19	8	0	14	60	30	4	6

BREAKFAST & PIZZA & SLIDERS

Egg Patty on 6" Artisan Flatbread (with Egg White)**																
Values include 6" flatbread, egg white and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings)																
6" Black Forest Ham, Egg White & Cheese Flatbread	203	390	12	4	0	25	1110	45	2	4	3	23	4	0	6	15
6" Egg White & Cheese Flatbread	174	350	11	4	0	10	870	44	2	3	2	18	4	0	6	15
6" Bacon, Egg White & Cheese Flatbread	189	430	17	6	0	30	1040	44	2	4	3	23	4	0	6	15
6" Steak, Egg White & Cheese Flatbread	217	420	14	5	0	45	1140	45	2	3	3	28	4	0	6	20
Egg Patty on 6" Artisan Flatbread (with Regular Egg)**																
Values include 6" flatbread, regular egg and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings)																
6" Black Forest Ham, Egg & Cheese Flatbread	203	480	23	6	0	265	1040	44	2	3	3	23	15	0	8	20
6" Egg & Cheese Flatbread	174	450	22	6	0	250	790	43	1	3	2	19	15	0	8	20
6" Bacon, Egg & Cheese Flatbread	189	530	28	8	0	270	970	44	1	3	3	24	15	0	8	20
6" Steak, Egg & Cheese Flatbread	217	520	25	7	0	285	1070	44	2	3	3	29	15	0	8	25
Egg Patty on 6" Artisan Italian (with Egg White)**																
Values include 6" Artisan Italian, egg white and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings)																
6" Black Forest Ham, Egg White & Cheese	195	360	10	4	0	25	1120	41	2	5	3	23	4	8	6	10
6" Egg White & Cheese	167	330	9	4	0	10	870	40	2	4	2	19	4	8	6	10
6" Bacon, Egg White & Cheese	182	410	16	6	0	30	1040	41	2	5	3	24	4	8	6	10
6" Steak, Egg White & Cheese	209	400	12	5	0	45	1140	41	2	5	3	29	4	8	6	15
Egg Patty on 6" Artisan Italian (with Regular Egg)**																
Values include 6" Artisan Italian, regular egg and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings)																
6" Black Forest Ham, Egg & Cheese	195	450	21	6	0	265	1050	41	1	5	3	24	15	8	8	20
6" Egg & Cheese	167	420	20	6	0	250	800	40	1	4	2	19	15	8	8	15
6" Bacon, Egg & Cheese	182	500	26	8	0	270	970	40	1	5	3	24	15	8	8	20
6" Steak, Egg & Cheese	209	490	23	7	0	285	1070	41	2	4	3	29	15	8	8	20
Egg Patty on Plain Wrap (with Egg White)**																
Black Forest Ham, Egg White & Cheese	340	580	21	5	0	40	1860	59	2	5	2	39	4	0	10	20
Egg White & Cheese	283	510	19	4	0	10	1370	56	2	3	1	29	4	0	10	15
Bacon, Egg White & Cheese	313	670	32	9	0	45	1720	57	2	5	2	39	4	0	15	20
Steak, Egg White & Cheese	354	630	24	6	0	65	1830	58	2	4	2	46	4	0	10	25
Egg Patty on Plain Wrap (with Regular Egg)**																
Black Forest Ham, Egg & Cheese	340	770	42	10	0	520	1720	57	2	4	2	40	25	0	15	30
Egg & Cheese	283	700	40	10	0	490	1230	55	2	3	1	30	25	0	15	30
Bacon, Egg & Cheese	313	860	53	14	0	525	1570	56	2	4	2	40	25	0	15	30
Steak, Egg & Cheese	354	820	45	12	1	550	1680	56	2	4	2	47	25	0	15	35
Flatizza®**																
Cheese	150	410	17	9	0	40	760	45	2	4	3	18	2	4	25	15
Pepperoni	162	470	22	11	1	55	960	45	2	4	3	21	2	6	25	15
Spicy Italian	174	510	26	12	1	65	1130	46	2	4	3	23	2	8	25	15
Veggie	225	430	17	9	0	40	770	49	3	6	3	19	15	25	25	15
8" Pizza**																
Cheese	292	720	24	9	0	50	1360	94	4	8	0	28	0	0	0	0
Bacon**	321	840	34	13	0	75	1620	95	4	9	1	36	0	0	6	2
Meatball**	343	860	35	14	1	80	1660	98	5	8	0	37	0	0	8	4
Pepperoni	324	850	35	14	0	80	1740	95	4	8	0	34	0	4	6	2
Sliders																
Ham & Jack (includes Pepper Jack Cheese)**	71	160	4	2	0	20	540	20	<1	2	2	10	0	4	4	6
Italian Spice (includes American Cheese and MVP Parmesan Vinaigrette®)**	72	250	15	5	0	30	730	20	<1	2	2	9	2	10	4	8
Little Cheesesteak (includes American Cheese and Baja Chipotle Sauce)**	71	180	7	3	0	20	440	20	1	3	2	8	2	8	2	6
Turkey (includes Pepper Jack Cheese and Mayonnaise)**	81	200	9	3	0	25	530	19	<1	2	0	11	8	8	6	10

BREADS & INGREDIENTS

Breads																
Double values for footlong nutrition information (one footlong=two 6" servings)																
6" Artisan Flatbread	78	220	4	1	0	0	360	40	1	2	2	7	0	0	0	15
6" Artisan Italian Bread	71	200	2	1	0	0	370	37	1	3	2	7	0	8	0	10
6" Hearty Multigrain Bread	71	200	2	0	0	0	360	36	3	4	3	9	0	10	2	10
6" Italian Herbs & Cheese Bread	82	240	5	2	0	10	560	40	2	3	2	9	4	8	2	10
6" Jalapeño Cheddar Bread**	82	230	5	2	0	10	490	37	2	3	2	9	4	10	6	10
Gluten-Free Bread (as packaged)***	113	340	12	7	0	0	790	51	3	7	0	6	0	8	2	2
Wrap	102	300	8	1	0	0	580	50	2	2	1	8	0	0	6	15
Mini Artisan Italian Bread	47	130	1	0	0	0	250	24	<1	2	2	5	0	6	0	6
Mini Hearty Multigrain Bread	47	130	2	0	0	0	240	24	2	3	2	6	0	6	0	8

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	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Sandwich Condiments and Toppings	Amount on 6" sandwich or Wrap. Double values for footlong nutrition information (one footlong=two 6" servings). Double sauce values for salad dressing portion															
Baja Chipotle	14	70	7	1	0	5	125	1	0	1	0	0	0	0	0	0
Barbecue Sauce**	14	30	0	0	0	0	135	7	0	6	6	0	0	0	0	0
Creamy Sriracha**	14	40	4	1	0	5	240	2	0	1	0	0	4	2	0	0
Franks® Red Hot Buffalo Sauce	14	5	0	0	0	0	350	1	0	0	0	0	6	0	0	0
Giardiniera**	28	80	9	2	0	0	340	1	0	1	0	0	0	0	0	0
Honey Mustard	14	60	5	1	0	5	125	3	0	3	3	0	0	0	0	0
Mayonnaise	14	100	11	2	0	10	65	0	0	0	0	0	0	0	0	0
Mustard, Yellow	14	10	1	0	0	0	170	1	0	0	0	1	0	0	0	0
MVP Parmesan Vinaigrette®	14	60	6	1	0	0	150	1	0	1	1	0	0	0	0	0
Oil	5	45	5	0	0	0	0	0	0	0	0	0	0	0	0	0
Oil & Vinegar	9	45	5	0	0	0	0	0	0	0	0	0	0	0	0	0
Peppercorn Ranch Sauce	14	80	8	2	0	5	100	1	0	1	0	0	0	0	0	0
Red Wine Vinegar	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Roasted Garlic Aioli	14	80	9	2	0	5	150	1	0	1	0	0	0	0	0	0
Sweet Onion Teriyaki Sauce	14	30	0	0	0	0	130	7	0	8	6	0	0	0	0	0
Seasonings and Spices	Amount on 6" sandiwch or wrap															
Pepper, Black	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oregano**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salt	0	0	0	0	0	0	160	0	0	0	0	0	0	0	0	0
Vegetables	Amount on 6" sandiwch or wrap															
Avocado, Sliced **	28	45	4	1	0	0	0	2	2	0	0	1	2	4	0	0
Avocado, Smashed **	35	70	6	1	0	0	130	3	2	0	0	1	0	0	0	0
Banana Peppers (3 rings)	4	0	0	0	0	0	65	0	0	0	0	0	0	6	0	0
Cucumbers (3 slices)	14	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Green Chiles**	14	5	0	0	0	0	95	1	<1	0	0	0	0	0	0	0
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0
Jalapeno Peppers (3 rings)	4	0	0	0	0	0	70	0	0	0	0	0	0	2	0	0
Lettuce	21	0	0	0	0	0	0	0	0	0	0	0	2	0	0	0
Olives, Black (3 rings)	3	0	0	0	0	0	25	0	0	0	0	0	0	0	0	0
Onions	7	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Pickles, Crinkle (3 chips)	12	0	0	0	0	0	160	0	0	0	0	0	0	0	0	0
Spinach, Baby	7	0	0	0	0	0	5	0	0	0	0	0	15	2	0	2
Tomatoes (3 wheels)	35	5	0	0	0	0	0	1	0	1	0	0	10	4	0	0
Cheese	Amount on 6" sandiwch or wrap															
American	11	40	4	2	0	10	210	1	0	0	0	2	4	0	4	0
BelGioioso® Fresh Mozzarella	17	40	3	2	0	10	55	0	0	0	0	3	0	0	5	0
Monterey Cheddar, Shredded	14	50	5	3	0	15	85	1	0	0	0	3	6	0	0	0
Mozzarella, Shredded**	14	45	4	2	0	10	85	1	0	0	0	3	0	0	6	0
Parmesan Grated	1	5	0	0	0	0	25	0	0	0	0	1	0	0	2	0
Pepperjack	14	50	4	3	0	15	140	0	0	0	1	3	4	4	10	0
Provolone	14	50	4	2	0	10	125	0	0	0	0	4	4	0	8	0
Swiss**	14	60	5	3	0	15	30	0	0	0	0	4	6	0	10	0
Individual Proteins	Amount on 6" sub or salad, double values for footlong or wrap															
Bacon (2 strips)	15	80	6	3	0	15	170	1	0	1	1	5	0	0	0	2
Black Forest Ham	57	70	2	1	0	30	490	2	0	1	1	10	0	0	0	2
Capicola (6 slices)	44	70	4	2	0	25	480	2	0	1	1	7	0	0	0	2
Cold Cut Combo® Meats	64	110	8	1	0	45	620	1	0	1	0	9	0	0	4	4
Egg Patty (regular)	85	180	15	4	0	240	220	2	0	0	0	10	10	0	2	6
Egg Patty (white)	85	90	4	1	0	0	290	3	0	1	0	9	0	0	0	0
Grilled Chicken	71	80	2	2	0	50	210	1	0	1	0	16	2	4	0	2
Grilled Chicken, Buffalo	99	90	2	1	0	50	900	2	0	1	0	17	15	4	0	4
Grilled Chicken, Sweet Onion Teriyaki Glazed	85	110	2	1	0	50	350	9	0	10	7	16	0	4	0	2
Italian B.M.T.® Meats	64	180	14	5	0	50	800	3	0	1	1	11	0	8	2	4
Meatballs	139	240	15	6	1	40	700	13	3	5	2	13	10	15	4	10
Oven Roasted Turkey	57	60	1	1	0	25	480	0	0	0	0	11	0	0	0	10
Pastrami**	57	130	10	3	0	35	470	1	0	1	0	9	2	0	0	8
Pepperoni, (3 slices)	18	80	7	3	0	20	290	1	0	0	0	3	0	4	0	2
Roast Beef	71	90	3	1	0	40	420	2	0	2	2	14	0	0	0	8
Rotisserie-Style Chicken	71	90	4	1	0	50	400	0	0	0	0	15	0	0	0	2
Spicy Italian Meats	59	250	22	8	0	60	920	2	0	0	0	11	0	15	2	6
Steak (no cheese)	71	110	5	2	0	55	450	2	0	1	1	17	0	0	0	6
Subway Club® Meats	92	110	3	1	0	45	700	3	0	2	2	18	0	0	0	10
Tuna	74	250	23	2	0	40	310	0	0	0	0	12	0	0	0	2
Veggie Patty**	85	170	9	1	0	0	320	17	8	2	0	6	0	0	0	0

DESSERTS & SIDES

Cookies & Desserts																
Chocolate Chip	45	210	10	5.0	0	10	120	30	<1	18	18	2	0	0	0	10
Double Chocolate	45	210	9	5.0	0	15	125	29	1	20	19	2	0	0	2	10
Oatmeal Raisin	45	200	8	4.0	0	15	110	30	1	16	10	3	0	0	2	6
Raspberry Cheesecake	45	210	9	5.0	0	15	115	29	0	16	15	2	0	0	2	6
White Chip Macadamia Nut	45	210	10	5	0	15	125	28	<1	17	17	2	0	0	2	6
Applesauce**	90	70	0	0	0	0	0	16	3	13	0	0	0	0	0	2
Hash Browns**	108	190	9	3	0	0	600	24	3	1	0	3	0	0	2	60
Muffin, Apple Cinnamon**	113	450	24	4	0	60	370	53	2	31	0	6	0	8	6	10
Muffin, Blueberry Crumb**	113	410	17	4	0	40	440	59	2	33	0	5	0	0	4	10
Muffin, Double Chocolate**	113	550	31	8	0	65	420	61	3	41	0	6	0	0	6	20
Soup** (8 oz. bowl)																
Beef Chili with Beans**	251	360	22	8	1	70	800	21	4	6	3	21	130	15	8	25
Broccoli Cheddar**	227	200	16	8	0	45	960	16	<1	7	0	9	20	15	20	2
Chicken Noodle**	227	70	3	1	0	15	1160	6	<1	1	0	7	15	2	2	0
Loaded Baked Potato with Bacon**	227	200	14	7	0	45	910	17	1	4	0	9	10	15	10	2

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from approved food manufacturers, independent laboratories and the USDA 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 season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly. Nutrition information for these items are based on the most common formulas and ingredients.

**At participating locations.

¹The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.