



U.S. NUTRITION INFORMATION January 2019

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

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
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SANDWICHES

Values include 9-grain wheat bread and all the fresh vegetables. Double values for footlong nutrition information (one footlong=two 6" servings).

6" Fresh Fit® Sandwiches

6" Black Forest Ham	219	260	35	4	1.0	0	25	780	41	5	6	19	20	45	4	15
6" Oven Roasted Chicken	233	270	30	3.5	0.5	0	45	560	40	5	6	23	20	25	4	15
6" Roast Beef	233	290	40	4.5	1.5	0	45	660	40	5	6	25	20	25	4	25
6" Rotisserie-Style Chicken	247	310	60	6	2.5	0	55	560	40	5	6	29	20	25	4	15
6" Subway Club®	240	290	35	4	1	0	40	780	41	5	6	24	20	30	4	20
6" Sweet Onion Chicken Teriyaki	265	330	35	4	1	0	50	750	52	5	14	25	25	30	6	20
6" Turkey Breast	219	250	25	3	0.5	0	25	650	40	5	6	18	20	25	4	15
6" Veggie Delite®	162	200	15	2	0	0	0	280	39	5	5	9	20	25	4	15

6" Sandwiches

Values include Italian bread and select vegetables. Double values for footlong nutrition information (one footlong=two 6" servings).

6" Chicken & Bacon Ranch Melt	285	530	230	26	10	0.5	100	1100	41	3	6	36	30	35	25	20
6" Cold Cut Combo	213	330	110	12	3.5	0	45	1060	40	2	5	16	10	20	6	20
6" Italian B.M.T.®	213	380	150	17	6	0	50	1120	40	2	5	19	8	40	4	15
6" Meatball Marinara	205	430	160	18	7	1	40	1040	48	4	8	20	8	25	8	20
6" Spicy Italian	208	450	220	24	9	0	60	1240	40	3	5	18	8	40	4	20
6" Steak & Cheese (with American cheese)	161	340	90	10	4.5	0	50	1050	39	2	5	23	4	10	8	20
6" Tuna	223	450	230	25	4.5	0	40	610	38	2	5	19	10	20	2	20

Signature Wraps

Chipotle Southwest Steak & Cheese on Tomato Basil Wrap	381	740	310	35	12	1	95	2170	63	6	8	41	15	45	25	30
Habenero Roasted Chicken on Habenero Wrap**	370	610	200	22	8	0	120	1430	56	3	4	45	25	40	25	25
Savory Rotisserie-Style Chicken Caesar on Spinach Wrap	358	680	270	30	12	0.5	135	1610	52	3	3	53	15	8	25	25
Turkey, Bacon & Guacamole on Tomato Basil Wrap	373	760	350	39	12	0	100	2340	59	5	7	42	10	50	25	25

Make any Sandwich into a Signature Wrap

Values include suggested wrap, select fresh vegetables and double meat.

Black Forest Ham on Tomato Basil Wrap	314	440	110	12	4.5	0	55	1740	56	4	6	29	35	90	15	25
Oven Roasted Chicken Breast on Spinach Wrap	342	460	100	11	4	0	85	1360	54	3	5	38	35	35	15	25
Roast Beef on Spinach Wrap	342	490	110	13	5	0	90	1570	54	4	5	42	35	30	15	40
Rotisserie-Style Chicken on Spinach Wrap	371	550	150	16	7	0	115	1360	53	3	4	49	35	25	15	25
Subway Club® on Spinach Wrap	356	490	110	12	5	0	85	1810	55	4	5	40	35	40	15	30
Sweet Onion Chicken Teriyaki on Tomato Basil Wrap	389	540	110	12	4.5	0	100	1620	70	4	14	42	40	60	15	25
Turkey Breast on Spinach Wrap	314	430	90	10	4	0	50	1550	54	3	4	28	35	25	15	25
Veggie Delite® on Spinach Wrap	299	330	70	8	3.5	0	0	810	56	5	5	11	70	50	15	25
Chicken & Bacon Ranch Melt on Tomato Basil Wrap	394	800	350	39	15	0.5	170	1970	56	4	6	59	30	70	35	25
Cold Cut Combo on Tomato Basil Wrap	321	570	240	27	9	0.5	90	2240	57	4	5	27	25	45	20	30
Italian B.M.T.® on Tomato Basil Wrap	321	680	330	36	14	0	100	2340	57	4	5	32	20	90	15	25
Meatball Marinara on Tomato Basil Wrap	381	790	360	39	16	2	75	2160	77	9	13	34	15	70	25	35
Spicy Italian on Tomato Wrap	311	820	470	52	20	1	125	2580	57	4	5	31	20	80	20	30
Steak & Cheese on Tomato Basil Wrap	269	560	190	21	9	1	85	2010	57	3	6	38	4	30	20	30
Tuna on Tomato Basil Wrap	342	820	490	54	11	0.5	75	1330	53	4	5	33	25	40	15	30

Kids' Meal Sandwiches

Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Veggie Delite®	108	130	10	1.5	0	0	0	180	26	3	4	6	15	15	2	10
Black Forest Ham	137	160	20	2.5	0.5	0	15	430	27	3	4	11	15	25	2	10
Roast Beef	146	180	25	2.5	1	0	25	390	27	4	4	15	15	15	2	15
Turkey Breast	137	160	15	2	0	0	10	370	27	3	4	11	15	15	2	10

6" Limited Time Offer/Regional Subs**

Values include Italian bread (unless another bread is specified) and select vegetables. Double values for footlong nutrition information (one footlong=two 6" servings).

6" BBQ Rib	194	480	220	24	8	0	45	1010	46	2	12	19	4	4	4	15
6" BBQ Rib Melt	209	530	260	29	11	0	60	1100	47	2	12	22	8	4	15	15
6" Big Cheesy	113	360	150	17	10	0.5	45	1010	36	1	3	16	15	0	30	10
6" B.L.T.	151	340	120	13	4	0	35	810	37	2	5	18	8	25	2	15
6" Buffalo Chicken, with Chicken Strips	219	340	100	12	2	0	50	1060	39	3	5	22	15	20	4	15
6" Buffalo Chicken, Rotisserie-Style	241	390	130	14	3.5	0	65	1150	39	3	5	27	15	20	2	15
6" Caesar Chicken Melt, with Chicken Strips	212	410	150	17	4.5	0	70	800	38	2	4	27	20	15	15	15
6" Chicken Caesar Melt, Rotisserie-Style	276	450	170	19	6	0	75	830	41	5	6	33	25	25	15	15
6" Chicken Cordon Bleu (with Swiss)	279	420	110	12	5	0	85	970	43	2	9	36	10	30	15	15
6" Chicken Fingers	220	370	100	11	2	0	20	750	52	2	5	18	8	20	2	15
6" Chicken Parmesan	179	430	140	16	4.5	0	35	1020	52	2	5	22	6	10	15	15
6" Chicken Pizziola	230	420	140	15	6	0	80	1060	41	3	6	31	10	30	15	20
6" Chicken Strips (on 9-grain)	233	280	30	3.5	1	0	50	490	40	5	5	25	20	25	4	15
6" Egg Salad	234	370	150	16	3.5	0	250	530	40	2	5	15	15	20	6	20
6" Genoa Salami	222	430	200	22	8	0	60	1150	42	5	6	20	20	40	6	20
6" Malibu Veggie Patty (on 9-grain)	247	350	90	9	1.5	0	0	780	59	9	7	14	45	40	6	20
6" Mediterranean Chicken (on Flatbread)	294	500	200	22	6	0	70	1010	46	5	5	30	10	25	10	15
6" Mediterranean Steak (on Flatbread)	294	530	230	25	7	0.5	60	1340	49	5	7	28	10	20	8	20

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6" Pastrami	156	410	180	20	7	0	45	1360	36	2	4	18	4	0	10	15
6" Pastrami Melt, Big Hot	213	580	310	35	11	0	80	1930	36	2	5	27	4	0	10	20
6" Pepperoni	198	360	150	16	6	0.0	40	860	41	5	5	16	20	35	6	20
6" Pizza Sub Melt	165	450	220	24	10	0.5	60	1420	41	0	6	18	10	35	15	15
6" Subway Melt®	232	370	120	13	5	0	55	1200	40	2	6	24	10	40	8	15
6" Subway Seafood Sensation™™™	135	380	170	19	3	0	15	810	42	2	4	11	0	0	4	15
6" Turkey & Bacon	221	330	80	9	2.5	0	40	940	39	2	6	22	8	30	2	15
6" Turkey & Bacon Avocado	255	390	130	14	3.5	0	40	940	42	5	6	22	10	35	2	15
6" Turkey & Bacon Guacamole	242	400	140	15	3.5	0	40	1040	42	4	5	22	20	35	4	15
6" Turkey Breast & Black Forest Ham	219	260	30	4	1	0	25	710	41	5	6	18	20	35	4	15
6" Turkey Italiano Melt	224	450	210	23	8	0	60	1370	41	2	6	20	10	30	10	15
6" Veggie Patty	247	360	80	10	2.5	0	0	800	47	8	7	22	20	25	6	15

SALADS

Fresh Fit® Salads

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

Black Forest Ham	344	120	25	3	1	0	25	580	13	4	7	13	50	70	6	10
Oven Roasted Chicken	358	130	25	2.5	0.5	0	45	360	12	4	7	17	50	50	6	10
Roast Beef	358	140	30	3.5	1	0	45	460	12	4	7	19	50	50	6	15
Rotisserie-Style Chicken	372	170	45	5	2	0	55	360	11	4	6	23	50	50	6	10
Subway Club®	365	140	30	3	1	0	40	580	12	4	7	18	50	60	6	15
Sweet Onion Chicken Teriyaki (includes Sweet Onion)	408	220	25	3	0.5	0	50	630	32	4	22	19	60	60	8	15
Turkey Breast	344	110	20	2	0	0	25	450	12	4	7	12	50	50	6	10
Veggie Delite®	287	60	10	1	0	0	0	75	11	4	6	3	50	50	6	8

Salads

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

Chicken & Bacon Ranch Melt (includes Ranch)	430	460	290	32	11	0.5	105	1000	15	4	8	32	60	60	30	10
Cold Cut Combo	351	180	90	10	3.5	0	45	830	13	4	7	12	50	50	10	15
Italian B.M.T.®	351	240	140	15	5	0	50	880	13	4	7	14	50	70	8	10
Meatball Marinara	426	300	150	17	6	1	40	780	25	7	12	16	60	80	10	20
Spicy Italian	347	310	210	23	8	0	60	1000	13	4	6	14	50	70	8	15
Steak & Cheese	370	210	80	9	4.5	0	50	820	15	4	8	19	60	50	15	15
Tuna	362	310	220	24	4	0	40	380	11	4	6	15	50	50	6	15

Salad Dressings (amount mixed into salad)

Chipotle Southwest	28	160	120	13	2	0	10	220	2	0	1	0	2	0	0	0
Oil & Vinegar	14	60	60	7	0	0	0	0	0	0	0	0	0	0	0	0
Ranch Dressing	28	150	140	15	2.5	0	10	290	2	0	1	0	0	0	0	0
Savory Caesar	28	170	160	18	3	1	15	290	2	0	1	1	0	0	2	0
Subway® Vinaigrette	28	70	60	7	1	0	0	220	2	0	1	0	0	0	0	0
Sweet Onion Sauce	36	60	0	0	0	0	0	150	16	0	14	0	0	0	0	2

BREAKFAST & PIZZA

Values include 6" flatbread, egg white and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings).

6" Omelet on 6" Flatbread (with Egg White)**																
6" Black Forest Ham, Egg White & Cheese Flatbread	211	370	100	11	2.5	0	25	1220	45	4	4	25	4	10	8	15
6" Egg White & Cheese Flatbread	183	340	90	10	2	0	10	980	44	4	3	21	4	0	8	15
6" Bacon, Egg White & Cheese Flatbread	198	410	140	15	4	0	25	1220	45	4	4	26	4	8	8	15
6" Steak, Egg White & Cheese Flatbread	225	410	110	12	3	0	35	1300	46	4	4	29	4	0	8	15
6" Breakfast B.M.T.® Flatbread**	270	480	180	19	6	0	50	1600	47	4	5	30	10	25	10	15
6" Sausage, Egg White & Cheese Flatbread**	240	480	190	20	6	0	45	1490	45	4	4	30	6	0	10	15
6" Sunrise Subway Melt® Flatbread	290	480	150	17	4.5	0	55	1660	48	4	5	36	10	25	10	15
6" Turkey, Egg White & Cheese Flatbread	211	370	90	10	2	0	25	1160	45	4	3	25	4	0	8	15

Values include 6" flatbread, regular egg and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings).

6" Omelet on 6" Flatbread (with Regular Egg)**																
6" Black Forest Ham, Egg & Cheese Flatbread	211	410	150	16	5	0	185	1190	45	4	4	24	10	10	15	10
6" Egg & Cheese Flatbread	183	380	140	15	4.5	0	170	940	44	4	3	19	10	0	15	10
6" Bacon, Egg & Cheese Flatbread	198	450	190	20	7	0	190	1190	45	4	4	25	10	10	15	10
6" Steak, Egg & Cheese Flatbread	225	450	160	18	6	0.5	195	1260	46	4	4	28	10	0	15	15
6" Breakfast B.M.T.® Flatbread**	270	520	230	25	8	0	210	1560	47	4	5	29	20	25	15	15
6" Sausage, Egg & Cheese Flatbread**	240	520	230	26	9	0	205	1460	45	4	4	29	15	0	15	15
6" Sunrise Subway Melt® Flatbread**	290	520	200	22	7	0	215	1630	47	4	5	34	20	25	15	15
6" Turkey, Egg & Cheese Flatbread	211	410	140	15	5	0	185	1130	44	4	3	24	10	0	15	10

Flatizza®**

Cheese	157	390	140	16	8	0	35	790	44	4	4	22	8	6	35	10
Pepperoni	181	500	230	25	11	0.5	65	1190	45	4	4	26	8	15	35	15
Sausage	186	490	230	25	11	0	55	1040	44	4	4	26	8	6	40	15
Spicy Italian	181	490	220	25	11	0.5	60	1160	45	4	4	26	8	15	35	15
Veggie	191	400	150	16	8	0	35	840	46	5	5	22	10	25	35	15

8" Pizza**

Cheese	293	720	220	24	9	0	50	1360	92	2	4	14	0	0	10	8
Bacon	323	830	290	32	13	0	75	1710	93	2	5	23	2	8	20	10

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	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Meatball**	344	860	310	34	14	0.5	80	1670	95	3	4	23	2	0	20	10
Pepperoni	325	840	310	34	13	0	80	1750	93	2	4	21	2	6	20	10
Sausage**	336	860	330	36	14	0	80	1700	93	2	4	21	2	0	20	10

BREADS & CONDIMENTS

Breads	Double values for footlong nutrition information (one footlong=two 6" servings)															
6" Italian (White)	65	180	20	2	0	0	0	310	34	1	3	6	0	0	0	10
6" 9-Grain Wheat	71	180	15	2	0	0	0	270	36	4	3	8	0	0	2	10
6" Flatbread, Artisan	87	220	40	4	0.5	0	0	330	41	4	3	8	0	0	2	10
6" 9-Grain Honey Oat**	75	190	20	2	0	0	0	270	39	4	5	8	0	0	2	10
6" Harvest**	82	230	30	3	0.5	0	0	280	41	4	5	10	0	0	0	10
6" Hearty Italian**	68	200	20	2	0	0	0	310	37	1	3	7	0	0	0	10
6" Italian Herbs & Cheese	76	220	45	4.5	2	0	10	500	37	2	3	8	2	0	8	15
6" Jalapeno Cheese/Cheddar**	79	220	45	5	2	0	10	660	37	2	3	9	2	2	8	15
6" Monterey Cheddar**	75	220	50	5	2.5	0	10	370	34	1	3	9	2	0	8	10
6" Parmesan Oregano**	68	190	20	2.5	0	0	0	460	37	2	3	7	0	0	2	15
6" Roasted Garlic**	75	210	20	2.5	0	0	0	1230	41	2	4	7	4	60	4	15
6" Sourdough**	78	190	15	1.5	0	0	0	310	36	1	3	9	0	0	2	15
Wrap, Spinach Signature	102	290	70	8	3.5	0	0	780	48	2	1	8	0	0	10	15
Wrap, Habanero Signature**	102	300	70	8	3.5	0	0	660	49	2	1	8	0	2	10	15
Wrap, Tomato Basil Signature	102	290	70	8	3.5	0	0	730	49	2	2	8	0	20	10	15
Bagel**	105	290	15	1.5	0	0	0	560	56	2	1	11	0	0	2	15
Biscuit**	64	210	90	10	4.5	0	0	620	27	<1	1	4	0	0	4	8
English Muffin**	57	120	10	1	0	0	0	200	25	<1	1	4	0	0	8	8
Gluten-Free Bread(as packaged)**	113	340	110	12	7	0	0	800	52	3	7	6	0	0	4	0
Mini Italian Bread	43	120	15	1.5	0	0	0	210	23	<1	2	4	0	0	0	8
Mini 9-Grain Wheat Bread	47	120	10	1	0	0	0	180	24	3	2	5	0	0	2	8

Sandwich Condiments (amount on 6-inch sandwich or Signature wrap) Double values for footlong nutrition information (one footlong=two 6" servings). Double sauce values for salad dressing portion.

Bacon (2 strips)	15	70	50	6	2	0	15	250	1	0	1	5	0	8	0	0
Chipotle Southwest Sauce	14	80	60	7	1	0	5	110	1	0	1	0	0	0	0	0
Guacamole	35	70	60	6	1	0	0	95	3	2	0	1	0	4	0	0
Light Mayo	14	50	45	5	1	0	5	90	1	0	0	0	0	0	0	0
Mayo	14	100	100	11	2	0	10	65	0	0	0	0	0	0	0	0
Mustard, Deli Brown	14	15	10	1	0	0	0	260	1	0	0	1	0	0	0	0
Mustard, Yellow**	14	10	5	0.5	0	0	0	170	1	0	0	1	0	0	0	0
Mustard Seed Spread**	24	40	10	1	0	0	0	135	7	<1	6	1	2	0	2	2
Oil	4	30	30	3.5	0	0	0	0	0	0	0	0	0	0	0	0
Oregano	0.4	0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0
Pepperoni, 3 slices	18	80	60	7	2.5	0	20	290	1	0	0	3	0	6	0	2
Provençal Herbs	0.4	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Ranch Dressing	14	70	70	8	1.5	0	5	140	1	0	1	0	0	0	0	0
Savory Caesar	14	80	80	9	1.5	0	5	150	1	0	0	1	0	0	2	0
Sea Salt & Pepper	0.4	0	0	0	0	0	0	160	0	0	0	0	0	0	0	0
Sub Spice	0.4	0	0	0	0	0	0	110	0	0	0	0	0	0	0	0
Subway® Herb Garlic Oil	5	40	40	4	0	0	0	25	0	0	0	0	0	0	0	0
Sweet Onion Sauce, Fat Free	18	30	0	0	0	0	0	75	8	0	7	0	0	0	0	0
Subway® Vinaigrette	14	35	30	3.5	0.5	0	0	110	1	0	1	0	0	0	0	0
Vinegar (1 tsp.)	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Barbecue Sauce**	14	25	0	0	0	0	0	115	6	0	5	0	2	2	0	0
Buffalo Sauce**	14	0	0	0	0	0	0	410	1	0	0	0	4	0	0	0
Creamy Italian**	15	60	45	5	1	0	0	130	1	0	1	0	0	0	0	0
Creamy Sriracha**	14	40	30	3.5	0.5	0	5	240	2	0	1	0	2	4	0	0
Fire Roasted Tomato Sauce**	14	50	45	5	1	0	0	140	1	0	0	0	0	0	0	0
Giardiniera**	28	80	80	9	1.5	0	0	340	1	0	1	0	0	0	0	0
Golden Italian**	14	50	45	5	1	0	0	130	1	0	1	0	0	0	0	0
Gorgonzola Sauce**	14	70	70	7	1.5	0	5	140	1	0	0	0	0	0	2	0
Honey Mustard Sauce, Fat Free**	14	20	0	0	0	0	0	80	4	0	4	0	0	0	0	0
Hot Pepper Relish**	14	0	0	0	0	0	0	170	1	0	0	0	0	20	0	0
Ketchup**	14	15	0	0	0	0	0	125	4	0	3	0	2	0	0	0
Signature Horseradish Sauce**	14	70	70	7	1	0	5	140	2	0	1	0	0	0	0	0
Smoky Honey Mustard	14	70	60	7	1	0	5	110	2	0	2	0	0	0	0	0
Sweet Chili Sauce**	14	20	0	0	0	0	0	105	6	0	5	0	0	2	0	0
Sweet Potato Curry**	14	45	40	4.5	0.5	0	0	135	2	0	0	0	6	0	0	0
Thousand Island Dressing**	14	50	35	5	1	0	5	95	2	0	2	0	0	0	0	0
Tzatziki Sauce**	14	70	70	8	1.5	0	5	85	0	0	0	0	0	0	0	0

Vegetables (amount on 6-inch sub or Signature wrap)

Banana Peppers (3 rings)	4	0	0	0	0	0	0	65	0	0	0	0	0	10	0	0
Cucumbers (3 slices)	14	0	0	0	0	0	0	0	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	10	0	0
Jalapeno Peppers (3 rings)	4	0	0	0	0	0	0	70	0	0	0	0	0	2	0	0
Lettuce	21	0	0	0	0	0	0	0	1	0	0	0	2	0	0	0

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

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g) *	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Onions	7	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	10	0	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Olives (3 rings)	3	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Spinach	7	0	0	0	0	0	0	5	0	0	0	0	15	4	0	2
Tomatoes (3 wheels)	35	5	0	0	0	0	0	0	1	0	1	0	6	8	0	0
Avocado**	34	60	45	5	1	0	0	0	3	2	0	1	0	6	0	2
Carrots**	14	5	0	0	0	0	0	10	1	0	1	0	35	2	0	0
Green Chiles**	14	0	0	0	0	0	0	55	1	0	0	0	0	8	0	0
Mushrooms**	28	5	0	0	0	0	0	80	1	0	0	0	0	0	0	0
Sweet Peppers**	14	15	0	0	0	0	0	170	3	0	3	0	0	10	0	0
Cheese (amount on 6-inch sandwich or Signature wrap)																
American	11	40	30	3.5	2	0	10	200	1	0	0	2	4	0	6	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0	15	90	0	0	0	3	4	0	10	0
Cheddar**	14	60	40	4.5	2.5	0	15	90	0	0	0	4	4	0	10	0
Feta**	14	35	15	2	1.5	0	5	160	0	0	0	2	2	0	2	0
Mozzarella, Shredded**	14	40	25	3	2	0	10	100	0	0	0	3	2	0	8	0
Parmesan	1	5	0	0	0	0	0	30	0	0	0	1	0	0	2	0
Pepperjack**	14	50	35	4	2.5	0	15	140	0	0	0	3	4	4	10	0
Provolone	14	50	35	4	2	0	10	125	0	0	0	4	2	0	10	0
Swiss**	14	50	40	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0
Individual Proteins (amount on 6" sub or salad, double values for footlong or Signature wrap)																
Chicken Patty, Roasted	71	70	15	1.5	0	0	45	280	1	0	1	14	0	4	0	2
Chicken Strips	71	80	15	1.5	1.5	0	50	210	0	0	0	16	0	4	2	2
Chicken Strips, Teriyaki Glazed	85	100	15	2	0.5	0	50	400	5	0	2	16	2	8	2	2
Cold Cut Combo Meats	64	130	90	10	0.5	0	45	750	2	0	1	9	0	2	4	6
Egg Patty (regular)	85	120	70	7	3	0	160	410	3	0	0	9	8	0	6	0
Egg Patty (white)	85	80	20	2	0	0	0	440	3	0	0	11	0	0	2	4
Ham, Black Forest	57	60	15	2	1.5	0	25	500	2	0	1	10	0	20	0	2
Italian B.M.T.® Meats	64	180	130	14	0.5	0	50	800	2	0	1	11	0	25	2	4
Meatballs	139	250	140	16	6	1	40	700	14	3	5	13	8	25	6	10
Roast Beef	71	90	20	2.5	6	0	45	390	1	0	1	16	0	0	0	8
Rotisserie-Style Chicken	85	120	40	4	2	0	55	280	0	0	0	20	0	0	0	2
Spicy Italian Meats	59	250	200	22	8	0	60	930	2	0	0	11	0	20	2	6
Steak (no cheese)	71	110	45	5	1	0	40	540	3	0	2	14	0	0	0	6
Subway Club® Meats	78	90	20	2	2.5	0	40	510	1	0	1	15	0	6	0	6
Tuna	74	250	210	23	2	0	40	300	0	0	0	12	0	0	0	6
Turkey Breast	57	60	10	1	0.5	0	25	380	1	0	1	9	0	0	0	2
BBQ Rib Patty**	78	260	200	22	0	0	45	470	4	0	3	12	0	0	2	4
Chicken Fingers	71	180	80	9	1.5	0	20	440	14	0	1	11	0	0	0	0
Chicken Salad (not Orchard)**	85	120	50	6	1.5	0	60	360	1	0	0	15	2	0	2	4
Chicken Strips, Buffalo Chicken**	78	80	15	2	0.5	0	45	600	1	0	0	15	4	4	2	2
Egg Salad**	85	170	130	14	0	0	250	210	2	0	1	8	8	0	4	6
Malibu Veggie Patty**	85	150	70	7	1	0	0	500	20	4	2	5	20	15	2	4
Orchard Chicken Salad**	85	140	50	5	0	0	40	250	10	<1	8	12	0	0	2	4
Pastrami**	57	170	130	14	2.5	0	35	570	0	0	1	9	0	0	2	4
Seafood Sensation**	71	190	150	17	2	0	15	500	8	0	2	4	0	0	4	2
Sausage, Breakfast**	57	140	100	11	2	0	35	520	1	0	1	10	2	0	0	4
Veggie Patty**	85	160	70	8	2	0	0	520	8	3	2	13	0	0	2	0
DESSERTS & SIDES																
Cookies & Desserts																
Chocolate Chip	45	210	90	10	5	0	10	120	29	1	18	2	8	0	2	10
Chocolate Chunk**	45	210	90	10	4.5	0	10	95	30	<1	17	2	0	0	2	10
Double Chocolate**	45	210	80	9	5	0	15	130	30	1	20	2	6	0	2	10
Chocolate Chip with M&M's® Candies**	45	210	90	10	5	0	15	105	30	<1	18	2	0	0	2	8
Oatmeal Raisin	45	200	70	8	3.5	0	15	130	30	1	16	3	0	0	2	6
Peanut Butter**	45	220	100	12	5	0	10	110	26	<1	16	4	6	0	2	10
Raspberry Cheesecake**	45	200	80	9	4.5	0	10	120	29	0	16	2	6	0	2	4
Sugar**	45	230	110	12	6	0	15	130	28	<1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0	10	130	28	<1	17	2	6	0	2	6
Apple slices**	71	35	0	0	0	0	0	0	9	2	7	0	0	30	2	2
Applesauce**	90	45	0	0	0	0	0	5	12	1	8	0	0	2	0	0
Biscuit & Gravy**	107	280	140	15	7	0	5	810	30	1	1	6	0	0	4	8
Brownie**	86	370	150	17	6	0	30	125	51	1	32	5	0	0	0	0
Brownie, Gluten Free**	80	350	140	16	1.5	0	55	170	48	2	34	3	0	0	2	0
Cinnamon Roll**	163	610	230	27	13	0	5	730	83	3	33	9	8	0	4	15
Hash Browns**	108	220	90	10	3	0	0	640	30	3	0	2	0	2	0	4
Muffin, Apple Cinnamon Pecan**	113	480	230	25	5	0	65	380	57	2	35	6	2	0	6	15
Muffin, Banana Bread**	113	460	230	25	3.5	0	40	330	53	2	29	6	0	2	8	15
Muffin, Blueberry Crumb**	113	410	150	17	5	0	45	410	60	1	34	5	0	0	6	15
Muffin, Chocolate Chunk**	113	510	240	27	8	0	75	380	63	2	40	5	2	0	6	20
Muffin, Triple Berry**	113	400	150	17	4.5	0	50	430	55	5	30	7	0	6	6	8

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Soup** (8 oz. bowl)	(oz.)															
Beef & Barley	227	90	20	2	0.5	0	10	790	15	<1	4	5	40	4	2	4
Beef Chili with Beans	255	360	220	22	8	1.5	71	800	20	5	6	21	80	20	8	20
Black Bean	255	210	10	1	0	0	0	860	39	15	6	12	0	4	10	15
Broccoli Cheddar	227	170	70	9	5	0	25	820	18	1	4	5	25	30	15	2
Clam Chowder	225	170	70	9	6	0	35	800	15	1	2	2	10	8	6	6
Creamy Chicken & Dumplings	245	150	40	4.5	2	0	35	740	20	3	3	8	20	10	4	6
Creamy Chicken & Wild Rice	240	190	90	11	6	0.5	40	820	16	1	3	7	30	10	6	2
French Onion (includes bread & cheese)	219	150	60	6	3.5	0	15	940	19	1	1	5	110	30	25	2
Homestyle Chicken Noodle	255	110	30	3	1.5	0	30	720	14	1	2	8	15	10	2	4
Loaded Baked Potato with Bacon	255	210	120	13	7	0	35	800	15	1	4	5	6	4	6	2
Mediterranean Vegetable	255	110	30	3	1.5	0	30	720	14	1	2	8	15	10	2	4
Spicy Chicken Tortilla	227	110	40	4.5	1	0	10	660	12	2	3	6	10	35	8	10
Tomato Basil	236	130	60	6	3.5	0	20	700	15	2	7	4	6	20	10	6

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.

*The 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.