



# U.S. NUTRITION INFORMATION November 2018

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, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for footlong nutrition information (one footlong=two 6" servings).

6" Subway Fresh Fit® Sandwiches																
6" Black Forest Ham	219	290	40	4.5	1	0	25	800	46	5	8	18	8	20	4	15
6" Oven Roasted Chicken	233	320	45	5	1.5	0	45	610	46	5	8	23	8	30	6	15
6" Roast Beef	233	320	40	5	1.5	0	45	660	45	5	7	25	8	20	4	25
6" Rotisserie-Style Chicken	247	350	50	6	1.5	0	55	660	45	5	7	29	10	20	6	20
6" Subway Club®	240	310	40	4.5	1.5	0	40	840	46	5	8	23	8	20	4	20
6" Sweet Onion Chicken Teriyaki	269	370	40	4.0	1	0	50	770	58	5	16	25	10	25	6	20
6" Turkey Breast	219	280	30	3.5	1	0	20	760	46	5	7	18	8	20	6	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	280	44	5	7	8	8	20	4	15

Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for footlong nutrition information (one footlong=two 6" servings).

6" Sandwiches																
6" Chicken & Bacon Ranch Melt	298	610	270	30	10	0.5	95	1290	47	5	8	38	15	25	30	20
6" Cold Cut Combo	226	360	110	12	3.5	0	45	1030	46	5	7	17	10	20	10	20
6" Italian B.M.T.®	226	410	150	16	6	0	45	1260	46	5	8	20	8	20	6	15
6" Meatball Marinara	301	480	160	18	7	0.5	40	1000	60	8	12	21	25	35	10	25
6" Spicy Italian	222	480	220	24	9	0.5	50	1490	46	5	8	20	8	20	6	20
6" Steak & Cheese	245	380	90	10	4.5	0	50	1030	49	5	9	26	10	20	10	20
6" Tuna	237	480	230	25	4.5	0	40	580	44	5	7	20	10	20	4	20

### Signature Wraps

Chipotle Southwest Steak on Tomato Basil Wrap	389	760	330	37	12	1.0	100	2250	65	6	8	43	15	45	25	35
Rotisserie-Style Chicken Caesar on Spinach Wrap	365	730	300	34	10	0.5	135	1900	54	3	4	55	15	10	30	30
Turkey, Bacon & Guacamole on Tomato Basil Wrap	380	810	380	42	13	0.5	75	2960	62	5	6	43	10	30	25	25

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

Make any Sandwich into a Signature Wrap																
Black Forest Ham on Tomato Basil Wrap	307	430	110	12	5	0	50	1780	57	4	6	27	20	40	15	20
Oven Roasted Chicken Breast on Spinach Wrap	335	500	120	13	5	0	90	1460	56	4	5	38	20	45	15	20
Roast Beef on Spinach Wrap	335	500	110	13	5	0	90	1560	54	4	5	42	20	25	15	35
Rotisserie-Style Chicken on Spinach Wrap	364	550	140	15	5	0	110	1560	54	3	4	51	25	25	15	30
Subway Club® on Spinach Wrap	349	490	110	13	5	0	75	1920	56	4	5	39	20	25	15	30
Sweet Onion Chicken Teriyaki on Tomato Basil Wrap	385	550	110	12	4	0	100	1630	71	4	14	42	25	60	15	25
Turkey Breast on Spinach Wrap	307	430	90	10	4	0	40	1760	57	3	4	28	20	25	15	25
Veggie Delite® on Spinach Wrap	285	330	70	8	3	0	0	800	56	4	5	10	45	45	15	20
Chicken & Bacon Ranch Melt on Tomato Basil Wrap	394	850	380	42	16	1.0	155	2380	56	4	5	60	15	45	35	25
Cold Cut Combo on Tomato Basil Wrap	314	570	240	27	10	0.5	90	2230	57	3	4	27	10	40	20	30
Italian B.M.T.® on Tomato Basil Wrap	314	670	330	36	14	0.5	90	2700	57	4	6	32	10	35	15	25
Meatball Marinara on Tomato Basil Wrap	381	820	360	40	16	2.0	80	2200	81	8	12	34	30	50	25	35
Spicy Italian on Tomato Wrap	304	820	470	52	20	1.0	105	3140	56	4	6	32	10	40	15	25
Steak & Cheese on Tomato Basil Wrap	269	570	170	19	9	1.0	90	2030	59	3	5	41	4	30	20	30
Tuna on Tomato Basil Wrap	335	820	490	54	11	0.5	75	1330	53	3	3	33	10	35	15	30

### Kids' Meal Sandwiches

Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.																
Veggie Delite®	108	150	15	1.5	0.0	0	0	190	29	3	4	6	6	15	4	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	450	30	3	5	10	6	15	4	10
Roast Beef	146	200	25	3.0	1.0	0	25	390	30	4	5	14	6	15	4	15
Turkey Breast	136	180	20	2.0	0.5	0	10	430	30	3	5	10	6	15	4	10

Values include 9-grain wheat bread (unless another bread is specified), lettuce, tomatoes, onions, green peppers and cucumbers. Double values for footlong nutrition information (one footlong=two 6" servings).

6" Limited Time Offer/Regional Subs**																
6" Applewood Pulled Pork	276	420	80	9	2	0	45	980	62	5	24	23	8	25	6	15
6" BBQ Rib Melt	255	550	260	29	11	0	60	840	49	5	10	24	15	20	15	20
6" Big Cheesy	126	390	150	17	10	0.5	45	980	43	4	5	18	15	0	30	15
6" B.L.T.	165	380	120	13	4.5	0	20	1130	44	5	7	20	8	10	4	15
6" Buffalo Chicken, with Chicken Strips	269	420	140	16	3	0	55	1100	46	6	8	25	15	25	6	20
6" Buffalo Chicken, Rotisserie-Style	283	460	160	17	3	0	60	1270	47	6	8	29	15	20	6	20
6" Caesar Chicken Melt, with Chicken Strips	268	490	200	22	6	0.5	75	800	46	5	7	29	15	25	15	20
6" Chicken Caesar Melt, Rotisserie Style	283	520	210	24	6	0.5	75	1010	46	5	8	34	10	20	20	20
6" Chicken Parmesan	277	480	140	16	5	0.5	35	1000	63	6	10	24	20	25	20	15
6" Chicken Pizziola Melt	293	460	140	15	6	0.5	80	1140	50	6	10	32	20	30	20	20
6" Chicken Salad, (not Orchard)	170	370	90	10	2	0	45	660	51	6	12	19	10	20	6	20
6" Chicken Strips	233	310	40	4	1	0	50	490	44	5	7	25	10	25	6	15
6" Corned Beef Reuben	328	490	130	15	5	0.5	85	1720	52	7	13	39	10	35	20	25
6" Crunchy Chicken Enchilada	303	580	240	26	7	0.5	20	1120	60	7	10	26	15	30	20	25
6" Cubano	307	460	130	14	4.5	0	70	1430	48	5	9	32	15	20	10	15
6" Egg Salad	247	480	230	26	5	0	255	450	45	5	7	17	15	20	10	20
6" Falafel	276	580	220	24	4	0.5	10	1050	73	13	8	18	10	20	6	20
6" Italian Hero	266	550	260	29	9	0.5	75	1470	47	5	9	26	10	20	15	15

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6" Italian Hero Supreme	302	570	240	27	11	0.5	90	1660	54	5	14	29	15	20	25	15
6" Malibu Garden Vegan Patty	247	380	90	10	2	0	0	780	64	9	8	13	30	35	6	20
6" Mediterranean Chicken	283	490	180	20	6	0	70	930	46	5	7	30	10	25	10	15
6" Mediterranean Steak	283	520	200	22	7	0.5	60	1270	49	5	9	29	10	20	10	25
6" Orchard Chicken Salad	247	370	70	8	1.5	0	40	530	54	6	15	20	10	20	6	20
6" Pastrami	230	420	150	17	7	0	50	980	46	5	8	20	10	30	10	20
6" Pastrami Melt, Big Hot	287	580	250	28	11	0	85	1470	47	5	8	29	10	45	10	25
6" Pepperoni	198	390	150	17	6	0.5	30	1080	45	5	8	16	10	20	6	15
6" Pizza Sub Melt	195	490	220	24	10	0.5	55	1640	49	5	9	20	15	15	20	15
6" Sea Salt & Pepper Fish	286	600	170	19	4.5	0.0	40	1130	74	7	8	21	15	25	6	20
6" Subway Melt®	246	410	110	13	5	0.5	40	1410	48	5	9	26	10	20	10	20
6" Subway Seafood Sensation™	233	420	170	19	3	0	15	780	51	5	8	13	10	20	10	15
6" Turkey & Bacon	234	360	80	9	3	0	30	1190	47	5	8	23	8	20	6	20
6" Turkey & Bacon Avocado	270	420	130	14	3.5	0	30	1190	50	7	8	24	10	200	6	20
6" Turkey & Bacon Guacamole	270	440	140	15	4	0	30	1280	50	7	8	24	10	25	6	20
6" Turkey Breast & Black Forest Ham	219	280	40	4	1	0	20	780	46	5	8	18	8	20	4	15
6" Turkey Italiano Melt	252	480	210	23	8	0.5	50	1560	48	5	9	22	10	20	10	20
6" Veggie Patty	247	390	90	10	3	0	0	800	52	8	9	21	10	20	8	15

## SALADS

Subway Fresh Fit® Chopped Salads		Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.														
Black Forest Ham	344	110	25	3.0	1	0	25	600	13	4	8	12	50	50	6	10
Oven Roasted Chicken	358	150	30	3.5	1.0	0	45	410	13	4	7	17	50	60	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	40	4.5	1	0	55	460	12	4	6	23	50	50	8	15
Subway Club®	365	140	30	3.0	1	0	40	640	13	4	7	18	50	50	6	15
Sweet Onion Chicken Teriyaki (includes Sweet Onion)	415	230	25	3.0	1	0	50	650	34	4	23	19	60	60	8	10
Turkey Breast	344	110	20	2.0	0.5	0	20	560	13	4	7	12	50	50	6	10
Veggie Delite®	287	60	10	1.0	0	0	0	80	11	4	6	3	50	50	6	8
Chopped 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)	445	540	360	40	12	1	100	1290	15	4	9	32	60	50	30	15
Cold Cut Combo	351	180	90	10	4	0	45	830	13	4	7	12	50	50	10	15
Italian B.M.T.®	351	230	140	15	6	0	45	1060	13	4	8	14	50	50	6	10
Meatball Marinara	426	310	150	17	7	1	40	790	27	6	12	15	70	60	10	15
Spicy Italian	347	310	210	23	9	0.5	50	1290	13	4	8	14	50	50	8	10
Steak & Cheese	370	210	75	8	4	0	50	830	16	4	8	20	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 chopped salad)																
Chipotle Southwest	43	190	180	20	3.5	0	15	330	2	0	1	1	2	2	0	0
Oil & Vinegar	43	190	190	21	1.5	0	0	0	0	0	0	0	0	0	0	0
Ranch Dressing	43	220	210	23	3.5	0	10	400	2	0	2	0	0	0	0	0
Subway® Vinaigrette	43	110	100	11	1.5	0	0	330	3	0	2	0	0	0	0	0
Sweet Onion Sauce	43	80	5	0	0	0	0	170	18	0	16	0	0	2	0	0

## BREAKFAST & PIZZA

6" Omelet Sandwich (with Egg White)		Values include 9-grain wheat bread, egg white and cheese. Double values for footlong nutrition information (one footlong=two 6" servings).														
6" Black Forest Ham, Egg White & Cheese	203	360	80	9	2.5	0	25	1180	45	4	6	25	4	0	10	20
6" Egg White & Cheese	174	330	70	8	2	0	10	920	44	4	5	20	4	0	10	15
6" Bacon, Egg White & Cheese	190	410	120	13	4	0	20	1340	45	4	6	26	4	0	10	20
6" Steak, Egg White & Cheese	217	400	90	10	3	0	35	1250	46	4	6	29	4	0	10	20
6" Breakfast B.M.T.®**	261	470	160	17	6	0	45	1670	47	5	7	30	10	8	10	20
6" Mega Melt**	246	550	210	24	9	0	55	1860	46	4	6	36	6	0	10	25
6" Sausage, Egg White & Cheese**	231	470	170	18	7	0	45	1440	45	4	5	30	6	0	10	20
6" Sunrise Subway Melt®**	281	470	130	15	5	0	40	1850	48	5	8	36	10	8	10	20
6" Omelet Sandwiches (with Regular Egg)		Values include 9-grain wheat bread, regular egg and cheese. Double values for footlong nutrition information (one footlong=two 6" servings).														
6" Black Forest Ham, Egg & Cheese	203	400	120	14	5	0	185	1150	45	4	6	24	10	0	15	15
6" Egg & Cheese	174	370	120	13	4.5	0	170	880	44	4	5	19	10	0	15	15
6" Bacon, Egg & Cheese	190	450	160	18	7	0	180	1310	44	4	6	25	10	0	15	20
6" Steak, Egg & Cheese	217	440	140	15	6	0	195	1210	46	4	6	28	10	0	15	20
6" Breakfast B.M.T.®**	261	500	200	23	8	0	205	1630	47	5	7	29	20	8	15	20
6" Mega Melt**	246	590	260	29	11	0	215	1830	45	4	6	35	15	0	15	20
6" Sausage, Egg & Cheese**	231	510	210	24	9	0	205	1400	45	4	6	29	15	0	15	20
6" Sunrise Subway Melt®**	281	510	180	20	7	0	205	1810	48	5	8	34	20	8	15	20
Omelet on 6" Flatbread (with Egg White)		Values include 6" flatbread, egg white and cheese. Double values for footlong nutrition information (one footlong=two 6" servings).														
6" Black Forest Ham, Egg White & Cheese Flatbread	211	370	100	11	2.5	0	25	1250	44	4	3	25	4	8	30	20
6" Egg White & Cheese Flatbread	183	340	90	10	2.5	0	10	980	43	4	2	20	4	8	30	15

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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
6" Bacon, Egg White & Cheese Flatbread	198	430	140	15	5	0	20	1410	44	4	3	26	4	8	30	20
6" Steak, Egg White & Cheese Flatbread	225	410	110	12	3	0	35	1320	45	4	3	29	4	8	35	20
6" Breakfast B.M.T@ Flatbread**	270	480	180	20	6	0	45	1730	46	4	5	30	10	15	35	20
6" Mega Melt Flatbread	255	560	240	26	9	0	55	1930	45	4	3	36	6	8	35	25
6" Sausage, Egg White & Cheese Flatbread**	240	480	190	21	7	0	45	1500	44	4	3	30	6	8	35	20
6" Sunrise Subway Melt® Flatbread	290	490	150	17	5	0	40	1910	47	4	5	35	10	15	35	20
Values include 6" flatbread, regular egg and cheese. Double values for footlong nutrition information (one footlong=two 6" servings).																
<b>Omelet on 6" Flatbread (with Regular Egg)</b>																
6" Black Forest Ham, Egg & Cheese Flatbread	211	410	150	16	5	0	185	1210	44	4	3	23	10	8	35	15
6" Egg & Cheese Flatbread	183	380	140	15	5	0	170	950	42	4	2	19	10	8	35	15
6" Bacon, Egg & Cheese Flatbread	198	460	190	21	7	0	180	1370	43	4	3	25	10	8	35	20
6" Steak, Egg & Cheese Flatbread	225	450	160	18	6	0	195	1280	45	4	4	28	10	10	35	20
6" Breakfast B.M.T@ Flatbread**	270	520	230	25	8	0	205	1690	46	5	5	28	20	15	35	20
6" Mega Melt Flatbread**	255	600	280	31	11	0	215	1890	44	4	3	34	15	8	40	20
6" Sausage, Egg & Cheese Flatbread**	240	520	240	26	9	0	205	1470	44	4	3	29	15	8	35	20
6" Sunrise Subway Melt® Flatbread**	290	530	200	22	7	0	205	1880	47	4	5	34	20	15	40	20
<b>Breakfast Sides</b>																
Hash Browns**	108	220	90	10	3	0	0	640	30	3	0	2	0	2	0	4
<b>Flatizza**</b>																
Cheese	157	400	150	16	8	0	35	810	43	4	3	21	10	10	60	15
Pepperoni	181	500	230	26	12	0	60	1340	44	4	4	26	10	10	60	15
Spicy Italian	181	500	230	25	11	0	60	1290	44	4	4	26	10	10	60	15
Veggie	191	410	150	17	8	0	35	850	45	5	4	22	10	30	60	15
<b>8" Pizza**</b>																
Cheese	293	720	200	23	9	0.5	50	1530	97	4	7	28	20	15	40	40
Bacon	323	840	270	31	12	0.5	70	2060	98	4	8	37	20	15	50	40
Meatball	344	860	290	33	14	1.0	80	1840	100	5	7	37	20	15	50	45
Pepperoni	323	840	290	33	13	1.0	70	1800	97	4	8	35	20	15	50	40
Sausage	336	860	310	35	14	0.5	80	1870	98	4	8	35	20	15	50	40
<b>BREADS &amp; CONDIMENTS</b>																
<b>Breads</b> Double values for footlong nutrition information (one footlong=two 6" servings).																
6" Italian (White)	71	200	20	2.5	0.5	0	0	340	38	1	3	7	0	0	0	15
6" 9-Grain Wheat	78	210	20	2	0.5	0	0	270	40	4	5	8	0	0	4	15
6" Flatbread, Artisan	87	230	40	4.5	1.0	0	0	340	39	4	2	7	0	10	25	15
6" 9-Grain Honey Oat**	82	230	20	2.5	0.5	0	0	280	43	4	6	8	0	0	4	15
6" Harvest**	82	230	30	3.0	0.5	0	0	280	41	4	5	10	0	0	0	10
6" Hearty Italian**	75	210	20	2.5	0.5	0	0	340	40	2	3	7	0	0	2	15
6" Italian Herbs & Cheese	82	240	45	5	2.0	0	8	530	41	2	3	9	2	0	8	15
6" Jalapeno Cheese/Cheddar**	85	240	45	5	2.0	0	8	690	40	2	3	9	2	0	8	15
6" Monterey Cheddar**	82	240	50	6	2.5	0	10	410	38	2	3	10	2	0	10	15
6" Parmesan Oregano**	75	210	25	2.5	0.5	0	0	490	40	2	3	7	0	0	0	15
6" Roasted Garlic**	82	230	25	2.5	0.5	0	0	1260	44	2	4	8	4	60	4	15
6" Rye**	78	190	30	2.5	0.0	0	0	330	34	4	4	8	0	0	0	10
6" Sourdough**	78	190	15	1.5	0.0	0	0	310	36	1	3	9	0	0	0	15
Wrap, Spinach	102	300	70	8.0	3.5	0	0	780	48	2	1	8	0	0	10	15
Wrap, Habanero**	102	300	70	8.0	3.5	0	0	690	50	0	1	9	0	0	0	15
Wrap, Tomato Basil	102	300	70	8.0	3.5	0	0	730	49	2	1	8	0	20	10	15
Bagel**	105	290	15	1.5	0.0	0	0	560	56	2	1	11	0	0	0	15
Biscuits**	64	210	90	10	4.5	0	0	620	27	1	1	4	0	0	4	10
English Muffin**	57	120	10	1.0	0.0	0	0	200	25	1	1	4	0	0	10	10
Gluten-Free Bread** (as packaged)**	113	340	110	12	7.0	0	0	800	52	3	7	6	0	0	4	0
Mini Italian Bread	47	130	15	2	0.5	0	0	230	25	1	2	5	0	0	0	8
Mini Wheat Bread	52	140	15	2	0.5	0	0	180	27	3	3	5	0	0	2	8
<b>Sandwich Condiments (amount on 6-inch sandwich or wrap)</b> Double values for footlong nutrition information (one footlong=two 6" servings).																
Bacon (2 strips)	15	80	50	5	2	0	10	420	1	0	1	6	0	0	0	2
Chipotle Southwest Sauce	21	100	90	10	1.5	0	5	160	1	0	1	0	0	0	0	0
Guacamole	35	70	60	6	1	0	0	100	3	2	0	1	0	4	0	0
Light Mayonnaise (1 T)	15	50	45	5	1	0	5	100	1	0	0	0	0	0	0	0
Mayonnaise (1 T)	15	110	110	12	2	0	10	70	0	0	10	0	0	0	0	0
Mustard, yellow or deli brown (2 tsp.)	10	5	5	0	0	0	0	110	1	0	0	0	0	0	0	0
Oil (1 tsp.)	5	45	45	5	0.5	0	0	0	0	0	0	0	0	0	0	0
Pepperoni, 3 slices	18	80	60	7	2.5	0	15	400	1	0	1	4	0	0	0	0
Ranch Dressing	21	110	100	11	1.5	0	5	200	1	0	1	0	0	0	0	0
Savory Caesar	21	130	120	14	2.5	0	10	220	1	0	1	1	0	0	2	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	90	9	0	8	0	0	0	0	0
Subway® Vinaigrette	15	40	35	4	0.5	0	0	120	1	0	1	0	0	0	0	0
Vinegar (1 tsp.)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Barbecue Sauce**	21	35	0	0	0	0	0	170	9	0	9	0	0	4	2	2
Buffalo Sauce**	14	5	0	0	0	0	0	400	1	0	0	0	4	0	0	2
Creamy Italian**	21	80	60	7	1.0	0	0	180	4	0	4	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

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
Fire Roasted Tomato Sauce**	21	80	70	8	1.0	0	0	210	1	0	1	0	2	0	0	0
Giardiniera**	28	80	80	9	1.5	0	0	340	1	0	1	0	0	0	0	0
Golden Italian**	21	80	70	8	1.5	0	0	190	2	0	2	0	0	0	0	0
Gorgonzola Sauce**	21	100	100	11	2	0	10	210	1	0	1	1	0	0	2	0
Honey Mustard Sauce, Fat Free**	21	30	0	0	0	0	0	120	7	0	6	0	0	0	0	0
Hot Pepper Relish**	14	<5	0	0	0	0	0	170	1	0	0	0	0	20	0	0
Ketchup**	21	20	0	0	0	0	0	190	6	0	5	0	2	2	0	0
Signature Horseradish Sauce**	21	110	100	11	2	0	5	210	3	0	2	0	0	0	0	0
Sweet Chili Sauce**	21	30	0	0	0	0	0	160	9	0	8	0	0	2	0	0
Sweet Potato Curry**	21	70	60	7	1	0	0	210	2	0	1	0	8	2	0	0
Thousand Island Dressing**	21	80	60	7	1	0	10	150	3	0	2	0	0	0	0	0
Tzatziki Sauce**	21	110	110	12	2	0	10	130	1	0	0	0	0	0	0	0
<b>Vegetables (amount on 6-inch sub or wrap)</b>	Double values for footlong nutrition information (one footlong=two 6" servings).															
Banana Peppers (3 rings)	4	0	0	0	0	0	0	60	0	0	0	0	0	6	0	0
Cucumbers (3 slices)	17	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	4	0	0
Lettuce	21	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	7	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	9	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	15	0	0	0	0	15	3	1	4
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0
Avocado**	35	60	50	5	1	0	0	0	3	2	0	1	0	180	0	0
Carrots**	14	5	0	0	0	0	0	10	1	0	1	0	35	0	0	0
Green Chiles**	14	0	0	0	0	0	0	20	1	0	0	0	0	0	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
<b>Cheese (amount on 6-inch sandwich/wrap)</b>	Double values for footlong nutrition information (one footlong=two 6" servings).															
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	5	0.5	0.5	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	120	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
<b>Individual Meats (amount on 6" sub or salad)</b>	Double values for footlong or wrap nutrition information (one footlong=two 6" servings).															
Chicken Patty, Roasted	71	90	20	2.5	0.5	0	45	330	2	0	1	15	0	10	0	0
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	0.5	0	50	400	5	0	2	16	2	8	2	2
Cold Cut Combo Meats	64	130	85	9.5	1	0.5	45	750	2	0	1	9	0	2	4	6
Egg Patty (regular)	85	120	65	7.0	3	0	160	410	3	0	0	9	8	0	6	2
Egg Patty (white)	85	80	20	2.0	0.5	0	0	440	3	0	0	11	0	0	2	4
Ham	57	60	15	2.0	1.5	0	25	520	2	0	2	9	0	0	0	2
Italian B.M.T.® Meats	64	180	125	14.0	1	0.5	45	990	2	0	2	11	0	0	0	2
Meatballs	139	260	140	15.5	0	1	40	720	16	3	6	13	16	15	6	8
Roast Beef	71	90	20	2.5	6	0	45	390	1	0	1	16	0	0	0	8
Rotisserie-Style Chicken	85	120	30	3.5	0	0	55	380	1	0	0	21	0	0	2	4
Steak (no cheese)	71	110	35	4.0	1	0.5	40	550	4	0	2	15	0	2	0	8
Subway Club® Meats	78	90	20	2.5	3	0	40	560	2	0	1	15	0	0	0	6
Tuna	74	250	205	23	2	0.5	40	300	0	0	0	12	0	0	0	6
Turkey Breast	57	50	10	1	0.5	0	20	480	2	0	1	9	0	0	0	2
BBQ Pulled Pork**	113	200	60	6	4.0	0	45	700	18	0	18	15	0	6	2	2
BBQ Rib Patty**	78	260	200	22	0.5	0	45	470	4	0	3	12	0	0	2	4
Chicken Enchilada**	85	120	40	4	0	0	0	410	7	1	2	12	2	6	2	6
Chicken Salad (not Orchard)**	8	140	70	8	0	0	45	380	7	1	5	11	2	0	2	2
Chicken Strips, Buffalo Chicken**	85	90	20	2	0	0	50	620	1	0	0	16	4	4	2	4
Corned Beef	99	150	30	3	3.0	0	65	1070	4	0	4	26	0	0	0	8
Egg Salad**	85	250	210	23	0.0	0	255	170	1	0	1	8	8	0	4	4
Falafel**	85	200	50	6	2.5	0	0	0	28	8	1	9	0	0	0	4
Fish Filet	90	190	70	8	1.5	0	30	630	18	1	1	11	0	0	2	4
Italian Hero Meats**	85	230	160	18	5.5	0.5	65	1070	3	0	2	14	0	0	0	2
Orchard Chicken Salad**	85	140	50	5	0	0	40	250	10	1	8	12	0	0	2	4
Pastrami**	57	150	100	11	2.5	0	40	490	1	0	1	9	0	15	0	4
Seafood Sensation**	71	190	150	17	2.0	0	15	500	8	0	2	4	0	0	4	2
Sausage, Breakfast**	57	140	100	11	2.0	0	35	520	1	0	1	10	2	0	0	4
Veggie Patty**	85	160	70	8	2.0	0	0	520	8	3	2	13	0	0	2	0

## DESSERTS & SIDES

Cookies & Desserts

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
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&Ms®**	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	110	12	5	0	10	130	26	1	16	4	4	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 - 1 package	71	35	0	0	0	0	0	0	9	2	7	0	0	30	2	2
Biscuits & Gravy**	107	280	140	15	7	0	5	810	30	1	1	6	0	0	6	10
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 Rolls**	163	610	230	27	13	0	5	730	83	3	33	9	8	0	4	15
Croissant**	85	260	100	11	7	0	30	300	34	1	4	5	8	0	4	10
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
<b>Soup** (8 oz. bowl)</b>	<b>(oz.)</b>															
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	255	170	70	9	5	0	25	630	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.