



U.S. NUTRITION INFORMATION January 2020

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

Serving Size (g)	Calories	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).

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

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

Item	Serving Size (g)	Calories	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" Sandwiches															
6" Chicken & Bacon Ranch Melt	285	530	26	10	0.0	100	1100	41	3	6	36	50	25	20	20
6" Cold Cut Combo	213	330	12	3.5	0	45	1060	40	2	5	16	15	15	6	20
6" Italian B.M.T.®	213	380	17	6	0	50	1120	40	2	5	19	15	30	2	15
6" Meatball Marinara	205	430	18	7	1	40	1040	48	4	8	20	15	20	6	20
6" Spicy Italian	208	450	24	9	0	60	1240	40	3	5	18	15	25	4	20
6" Steak & Cheese (with American cheese)	161	340	10	4.5	0	50	1050	39	2	5	23	6	6	6	20
6" Tuna	223	450	25	4.5	0	40	610	38	2	5	19	15	15	2	20

Signature Wraps

Item	Serving Size (g)	Calories	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
Chipotle Southwest Steak & Cheese on Tomato Basil Wrap	381	740	36	12	1	95	2170	63	6	8	41	20	30	20	30
Habenero Roasted Chicken on Habenero Wrap**	370	610	24	8	0	120	1430	56	3	4	45	45	25	20	25
Savory Rotisserie-Style Chicken Caesar on Spinach Wrap	358	680	30	12	0.0	135	1600	52	3	3	53	20	6	20	25
Turkey, Bacon & Guacamole on Tomato Basil Wrap	373	760	39	12	0	100	2340	59	5	7	46	20	35	20	25

Make any Sandwich into a Signature Wrap. Values include suggested wrap, select fresh vegetables and footlong meat.

Item	Serving Size (g)	Calories	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
Black Forest Ham on Tomato Basil Wrap	314	440	12	4.5	0	55	1740	56	4	6	29	60	60	10	25
Oven Roasted Chicken Breast on Spinach Wrap	342	460	11	4	0	85	1360	54	3	5	38	60	20	10	25
Roast Beef on Spinach Wrap	342	490	13	5	0	90	1570	54	4	5	42	60	20	10	40
Rotisserie-Style Chicken on Spinach Wrap	371	550	16	7	0	115	1360	53	3	4	49	60	20	10	25
Subway Club® on Spinach Wrap	356	490	12	5	0	85	1810	55	4	5	42	60	25	10	30
Sweet Onion Chicken Teriyaki on Tomato Basil Wrap	389	540	12	4.5	0	100	1620	70	4	14	42	60	40	15	25
Turkey Breast on Spinach Wrap	314	430	10	4	0	50	1550	54	3	4	31	60	20	10	25
Veggie Delite® on Spinach Wrap	299	330	8	3.5	0	0	810	56	5	5	11	120	35	15	25
Chicken & Bacon Ranch Melt on Tomato Basil Wrap	394	800	39	15	0.0	170	1970	56	4	6	59	50	45	30	25
Cold Cut Combo on Tomato Basil Wrap	321	570	27	9	0.5	90	2240	57	4	5	27	40	30	15	30
Italian B.M.T.® on Tomato Basil Wrap	321	680	36	14	0	100	2340	57	4	5	32	35	60	15	25
Meatball Marinara on Tomato Basil Wrap	381	790	39	16	2	75	2160	77	9	13	34	30	50	20	35
Spicy Italian on Tomato Wrap	311	820	52	20	1	125	2580	57	4	5	31	35	50	15	30
Steak & Cheese on Tomato Basil Wrap	269	560	21	9	1	85	2010	57	3	6	38	6	20	15	30
Tuna on Tomato Basil Wrap	342	820	54	11	0.5	75	1330	53	4	5	33	40	25	10	30

Sliders

Item	Serving Size (g)	Calories	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
Ham & Jack	64	150	5	2	0.0	20	480	17	<1	2	9	2	8	4	6
Italian Spice	65	230	14	5	0.0	30	690	18	<1	1	8	2	6	4	8
Little Cheesesteak	64	180	8	2	0.0	15	430	19	<1	2	7	4	4	4	6
Turkey	74	200	10	3	0.0	25	460	17	<1	1	10	10	0	4	6

Kids' Mini Sub

Item	Serving Size (g)	Calories	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
Veggie Delite®	108	130	1.5	0	0	0	180	26	3	4	6	25	10	2	10
Black Forest Ham	137	160	2.5	0.5	0	15	430	27	3	4	11	25	15	2	10
Roast Beef	146	180	2.5	1	0	25	390	27	4	4	15	25	10	2	15
Turkey Breast	137	160	2	0	0	10	370	27	3	4	11	25	10	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).

Item	Serving Size (g)	Calories	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" BBQ Rib	194	480	24	8	0	45	1010	46	2	12	19	6	2	4	15
6" BBQ Rib Melt	209	530	29	11	0	60	1100	47	2	12	22	10	2	10	15
6" Big Cheesy	113	360	17	10	1.0	45	1010	36	1	3	16	25	0	25	10
6" B.L.T.	151	340	13	4	0	35	810	37	2	5	18	15	15	2	15
6" Buffalo Chicken, with Chicken Strips	219	340	12	2	0	50	1060	39	3	5	22	20	15	2	15
6" Buffalo Chicken, Rotisserie-Style	241	390	14	3.5	0	65	1150	39	3	5	27	20	10	2	15
6" Caesar Chicken Melt, with Chicken Strips	212	410	17	5.0	0	70	780	38	2	4	27	35	10	10	15
6" Chicken Caesar Melt, Rotisserie-Style	276	450	19	6	0	75	810	41	5	6	33	40	15	10	20
6" Chicken Cordon Bleu (with Swiss)	279	420	12	5	0	85	970	43	2	9	36	20	20	15	15
6" Chicken Fingers	220	370	11	2	0	20	750	52	2	5	18	15	15	2	15
6" Chicken Parmesan	179	430	16	4.5	0	35	1020	52	2	5	22	10	8	10	15
6" Chicken Pizziola	230	420	15	6	0	80	1060	41	3	6	31	20	20	10	20
6" Chicken Strips (on 9-grain)	233	280	3.5	1	0	50	490	40	5	5	25	35	20	4	15

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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)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
6" Egg Salad	234	370	16	3.5	0	250	530	40	2	5	15	25	15	4	20
6" Genoa Salami	222	430	22	8	0	60	1150	42	5	6	20	35	30	4	20
6" Malibu Veggie Patty (on 9-grain)	247	350	9	1.5	0	0	780	59	9	7	14	35	15	6	20
6" Mediterranean Chicken (on Flatbread)	294	500	22	6	0	70	1010	46	5	5	30	20	15	8	15
6" Mediterranean Steak (on Flatbread)	294	530	25	7	0.5	60	1340	49	5	7	28	20	15	6	20
6" Pastrami	156	410	20	7	0	45	1360	36	2	4	18	8	0	8	15
6" Pastrami Melt, Big Hot	213	580	35	11	0	80	1930	36	2	5	27	8	0	8	20
6" Pepperoni	198	360	16	6	0.0	40	860	41	5	5	16	35	25	4	20
6" Pizza Sub Melt	165	450	24	10	0.5	60	1420	41	0	6	18	20	25	15	15
6" Subway Melt®	232	370	13	5	0	55	1200	40	2	6	25	20	25	6	15
6" Subway Seafood Sensation™™™	135	380	19	3	0	15	810	42	2	4	11	0	0	4	15
6" Turkey & Bacon	221	330	9	2.5	0	40	940	39	2	6	23	15	20	2	15
6" Turkey & Bacon Avocado	255	390	14	3.5	0	40	940	42	5	6	24	15	20	2	15
6" Turkey & Bacon Guacamole	242	400	15	3.5	0	40	1040	42	4	5	24	35	25	2	15
6" Turkey Breast & Black Forest Ham	219	260	4	1	0	25	710	41	5	6	19	35	20	2	15
6" Turkey Italiano Melt	224	450	23	8	0	60	1370	41	2	6	21	20	20	8	15
6" Veggie Patty	247	360	10	2.5	0	0	800	47	8	7	22	35	15	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	3	1	0	25	580	13	4	7	13	90	45	4	10
Oven Roasted Chicken	358	130	2.5	0.5	0	45	360	12	4	7	17	90	35	6	10
Roast Beef	358	140	3.5	1	0	45	460	12	4	7	19	90	35	4	15
Rotisserie-Style Chicken	372	170	5	2	0	55	360	11	4	6	23	90	35	4	10
Subway Club®	365	140	3	1	0	40	580	12	4	7	19	90	35	4	15
Sweet Onion Chicken Teriyaki (includes Sweet Onion)	408	220	3	0.5	0	50	630	32	4	22	19	90	40	6	15
Turkey Breast	344	110	2	0	0	25	450	12	4	7	14	90	35	4	10
Veggie Delite®	287	60	1	0	0	0	75	11	4	6	3	90	35	4	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	32	11	0.5	105	1000	15	4	8	32	100	45	20	10
Cold Cut Combo	351	180	10	3.5	0	45	830	13	4	7	12	90	35	8	15
Italian B.M.T.®	351	240	15	5	0	50	880	13	4	7	14	90	50	6	10
Meatball Marinara	426	300	17	6	1	40	780	25	7	12	16	100	50	10	20
Spicy Italian	347	310	23	8	0	60	1000	13	4	6	14	90	45	6	15
Steak & Cheese	370	210	9	4.5	0	50	820	15	4	8	19	100	35	10	15
Tuna	362	310	24	4	0	40	380	11	4	6	15	90	35	4	15

Salad Dressings (amount mixed into salad)

Chipotle Southwest	28	160	16	2	0	10	220	2	0	1	1	0	0	0	0
Oil & Vinegar	14	60	7	0	0	0	0	0	0	0	0	0	0	0	0
Ranch Dressing	28	150	15	2.5	0	10	290	2	0	1	0	0	0	0	0
Savory Caesar	28	170	18	3	0	15	260	1	0	1	1	0	0	2	0
Subway® Vinaigrette	28	70	7	1	0	0	220	2	0	1	0	0	0	0	0
Sweet Onion Sauce	36	60	0	0	0	0	150	16	0	14	0	0	0	0	2

BREAKFAST & PIZZA

Omelet on 6" 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	211	370	11	2.5	0	25	1220	45	4	4	25	6	8	8	15
6" Egg White & Cheese Flatbread	183	340	10	2	0	10	980	44	4	3	21	6	0	6	15
6" Bacon, Egg White & Cheese Flatbread	198	410	15	4	0	25	1220	45	4	4	26	6	6	8	15
6" Steak, Egg White & Cheese Flatbread	225	410	12	3	0	35	1300	46	4	4	29	6	0	8	15
6" Breakfast B.M.T.® Flatbread**	270	480	19	6	0	50	1600	47	4	5	30	15	20	8	15
6" Sausage, Egg White & Cheese Flatbread**	240	480	20	6	0	45	1490	45	4	4	30	10	0	8	15
6" Sunrise Subway Melt® Flatbread	290	480	17	4.5	0	55	1660	48	4	5	37	15	20	8	15
6" Turkey, Egg White & Cheese Flatbread	211	370	10	2	0	25	1160	45	4	3	26	6	0	8	15

Omelet on 6" 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	211	410	16	5	0	185	1190	45	4	4	24	15	8	10	10
6" Egg & Cheese Flatbread	183	380	15	4.5	0	170	940	44	4	3	19	15	0	10	10
6" Bacon, Egg & Cheese Flatbread	198	450	20	7	0	190	1190	45	4	4	25	15	6	10	10
6" Steak, Egg & Cheese Flatbread	225	450	18	6	0.5	195	1260	46	4	4	28	15	0	10	15
6" Breakfast B.M.T.® Flatbread**	270	520	25	8	0	210	1560	47	4	5	29	25	20	15	15
6" Sausage, Egg & Cheese Flatbread**	240	520	26	9	0	205	1460	45	4	4	29	20	0	10	15
6" Sunrise Subway Melt® Flatbread**	290	520	22	7	0	215	1630	47	4	5	35	25	20	10	15
6" Turkey, Egg & Cheese Flatbread	211	410	15	5	0	185	1130	44	4	3	25	15	0	10	10

Flatizza®**

Cheese	157	390	16	8	0	35	790	44	4	4	22	15	4	30	10
Pepperoni	181	500	25	11	0.5	65	1190	45	4	4	26	15	10	30	15
Sausage	186	490	25	11	0	55	1040	44	4	4	26	15	4	30	15

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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)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Spicy Italian	181	490	25	11	0.5	60	1160	45	4	4	26	15	10	30	15
Veggie	191	400	16	8	0	35	840	46	5	5	22	15	20	30	15
8" Pizza**															
Cheese	293	720	24	9	0	50	1360	92	2	4	14	0	0	10	8
Bacon	323	830	32	13	0	75	1710	93	2	5	23	2	6	20	10
Meatball**	344	860	34	14	0.5	80	1670	95	3	4	23	2	0	20	10
Pepperoni	325	840	34	13	0	80	1750	93	2	4	21	2	4	20	10
Sausage**	336	860	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	2	0	0	0	310	34	1	3	6	0	0	0	10
6" 9-Grain Wheat	71	180	2	0	0	0	270	36	4	3	8	0	0	2	10
6" Flatbread, Artisan	87	220	4	0.5	0	0	330	41	4	3	8	0	0	2	10
6" 9-Grain Honey Oat**	75	190	2	0	0	0	270	39	4	5	8	0	0	2	10
6" Harvest**	82	230	3	0.5	0	0	280	41	4	5	10	0	0	0	10
6" Hearty Italian**	78	200	2	0	0	0	310	37	1	3	7	0	0	0	10
6" Italian Herbs & Cheese	76	220	4.5	2	0	10	500	37	2	3	8	4	0	6	15
6" Jalapeno Cheese/Cheddar**	79	220	5	2	0	10	660	37	2	3	9	4	2	6	15
6" Monterey Cheddar**	75	220	5	2.5	0	10	370	34	1	3	9	4	0	6	10
6" Parmesan Oregano**	68	190	2.5	0	0	0	460	37	2	3	7	0	0	2	15
6" Roasted Garlic**	75	210	2.5	0	0	0	1230	41	2	4	7	8	40	2	15
6" Sourdough**	78	190	1.5	0	0	0	310	36	1	3	9	0	0	0	15
Wrap, Habenero	102	300	8.0	4	0	0	660	49	2	1	8	0	2	8	15
Wrap, Spinach	102	290	8.0	4	0	0	780	48	2	1	8	0	0	10	15
Wrap Tomato Basil	102	290	8.0	4	0	0	730	49	2	2	8	0	10	8	15
Bagel**	105	290	1.5	0	0	0	560	56	2	1	11	0	0	2	15
Biscuit**	64	210	10	4.5	0	0	620	27	<1	1	4	0	0	4	8
English Muffin**	57	120	1	0	0	0	200	25	<1	1	4	0	0	8	8
Gluten-Free Bread(as packaged)**	113	340	12	7	0	0	800	52	3	7	6	0	0	4	0
Mini Italian Bread	43	120	1.5	0	0	0	210	23	<1	2	4	0	0	0	8
Mini 9-Grain Wheat Bread	47	120	1	0	0	0	180	24	3	2	5	0	0	0	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	6	2	0	15	250	1	0	1	5	0	6	0	0
Chipotle Southwest Sauce	14	80	8	1	0	5	110	1	0	1	0	0	0	0	0
Guacamole	35	70	6	1	0	0	95	3	2	0	1	2	2	0	0
Lite Mayo	14	50	5	1	0	5	90	1	0	0	0	0	0	0	0
Mayo	14	100	11	2	0	10	65	0	0	0	0	0	0	0	0
Mustard, Deli Brown	14	15	1	0	0	0	260	1	0	0	1	0	0	0	0
Mustard, Yellow**	14	10	0.5	0	0	0	170	1	0	0	1	0	0	0	0
Oil	4	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
Pepperoni, (3 slices)	18	80	7	2.5	0	20	290	1	0	0	3	0	4	0	2
Ranch Dressing	14	70	8	1.5	0	5	140	1	0	1	0	0	0	0	0
Savory Caesar	14	80	9	1.5	0	5	130	0	0	0	0	0	0	0	0
Sea Salt & Pepper	0.4	0	0	0	0	0	160	0	0	0	0	0	0	0	0
Sub Spice	0.4	0	0	0	0	0	110	0	0	0	0	0	0	0	0
Subway® Herb Garlic Oil	5	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	75	8	0	7	0	0	0	0	0
Subway® Vinaigrette	14	35	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
Barbecue Sauce**	14	25	0	0	0	0	115	6	0	5	0	2	0	0	0
Buffalo Sauce**	14	0	0	0	0	0	410	1	0	0	0	6	0	0	0
Creamy Sriracha**	14	40	3.5	0.5	0	5	240	2	0	1	0	4	2	0	0
Fire Roasted Tomato Sauce**	14	50	5	1	0	0	140	1	0	0	0	2	0	0	0
Giardiniera**	28	80	9	1.5	0	0	340	1	0	1	0	0	0	0	0
Golden Italian**	14	50	5	1	0	0	130	1	0	1	0	0	0	0	0
Gorgonzola Sauce**	14	70	7	1.5	0	5	140	1	0	0	0	0	0	0	0
Honey Mustard Sauce, Fat Free**	14	20	0	0	0	0	80	4	0	4	0	0	0	0	0
Hot Pepper Relish**	14	0	0	0	0	0	170	1	0	0	0	0	15	0	0
Ketchup**	14	15	0	0	0	0	125	4	0	3	0	2	0	0	0
Signature Horseradish Sauce**	14	70	7	1	0	5	140	2	0	1	0	0	0	0	0
Sweet Chili Sauce**	14	20	0	0	0	0	105	6	0	5	0	0	0	0	0
Sweet Potato Curry**	14	45	4.5	0.5	0	0	135	2	0	0	0	8	0	0	0
Tzatziki Sauce**	14	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	65	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
Green Peppers (3 strips)	7	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	2	0	0
Lettuce	21	0	0	0	0	0	0	1	0	0	0	4	0	0	0

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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)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Onions	7	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	10	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Olives (3 rings)	3	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Spinach	7	0	0	0	0	0	5	0	0	0	0	20	2	0	2
Tomatoes (3 wheels)	35	5	0	0	0	0	0	1	0	1	0	10	4	0	0
Avocado**	34	60	5	1	0	0	0	3	2	0	1	2	4	0	2
Carrots**	14	5	0	0	0	0	10	1	0	1	0	60	0	0	0
Green Chiles**	14	0	0	0	0	0	55	1	0	0	0	0	6	0	0
Mushrooms**	28	5	0	0	0	0	80	1	0	0	0	0	0	0	0
Sweet Peppers**	14	15	0	0	0	0	170	3	0	3	0	0	6	0	0
Cheese (amount on 6-inch sandwich or Signature wrap)															
American	11	40	3.5	2	0	10	200	1	0	0	2	6	0	4	0
Monterey Cheddar, Shredded	14	50	4.5	3	0	15	90	0	0	0	3	6	0	8	0
Cheddar**	14	60	4.5	2.5	0	15	90	0	0	0	4	6	0	8	0
Feta**	14	35	2	1.5	0	5	160	0	0	0	2	2	0	2	0
Mozzarella, Shredded**	14	40	3	2	0	10	100	0	0	0	3	4	0	6	0
Parmesan	1	5	0	0	0	0	30	0	0	0	1	0	0	2	0
Pepperjack**	14	50	4	2.5	0	15	140	0	0	0	3	4	4	10	0
Provolone	14	50	4	2	0	10	125	0	0	0	4	4	0	8	0
Swiss**	14	50	4.5	2.5	0	15	30	0	0	0	4	4	0	10	0
Individual Proteins (amount on 6" sub or salad, double values for footlong or Signature wrap)															
Chicken Patty, Roasted	71	70	1.5	0	0	45	280	1	0	1	14	0	2	0	2
Chicken Strips	71	80	1.5	1.5	0	50	210	0	0	0	16	0	4	2	2
Chicken Strips, Teriyaki Glazed	85	100	2	0.5	0	50	400	5	0	2	16	2	4	2	2
Cold Cut Combo Meats	64	130	10	0.5	0	45	750	2	0	1	9	2	2	4	6
Egg Patty (regular)	85	120	7	3	0	160	410	3	0	0	9	8	0	6	0
Egg Patty (white)	85	80	2	0	0	0	440	3	0	0	11	0	0	2	4
Ham, Black Forest	57	60	2	1.5	0	25	500	2	0	1	10	0	15	0	2
Italian B.M.T.® Meats	64	180	14	5	0	50	800	2	0	1	11	0	15	2	4
Meatballs	139	250	16	6	1	40	700	14	3	5	13	15	20	4	10
Roast Beef	71	90	2.5	1	0	45	390	1	0	1	16	0	0	0	8
Rotisserie-Style Chicken	85	120	4	2	0	55	280	0	0	0	20	0	0	0	2
Spicy Italian Meats	59	250	22	8	0	60	930	2	0	0	11	0	15	2	6
Steak (no cheese)	71	110	5	1	0	40	540	3	0	2	14	0	0	0	6
Subway Club® Meats	78	90	2	2.5	0	40	510	1	0	1	16	0	4	0	6
Tuna	74	250	23	2	0	40	300	0	0	0	12	0	0	0	6
Turkey Breast	57	60	1	0.5	0	25	380	1	0	1	11	0	0	0	2
BBQ Rib Patty**	78	260	22	0	0	45	470	4	0	3	12	2	0	2	4
Chicken Fingers	71	180	9	1.5	0	20	440	14	0	1	11	0	0	0	0
Chicken Salad (not Orchard)**	85	120	6	1.5	0	60	360	1	0	0	15	2	0	2	4
Chicken Strips, Buffalo Chicken**	78	80	1.5	0.5	0	45	600	1	0	0	15	8	2	2	2
Egg Salad**	85	170	14	0	0	250	210	2	0	1	8	10	0	2	6
Malibu Veggie Patty**	85	150	7	1	0	0	500	20	4	2	5	0	0	2	4
Orchard Chicken Salad**	85	140	5	0	0	40	250	10	<1	8	12	2	0	0	4
Pastrami**	57	170	14	2.5	0	35	570	0	0	1	9	2	0	0	4
Seafood Sensation**	71	190	17	2	0	15	500	8	0	2	4	0	0	2	2
Sausage, Breakfast**	57	140	11	2	0	35	520	1	0	1	10	4	0	0	4
Veggie Patty**	85	160	8	2	0	0	520	8	3	2	13	0	0	2	0
DESSERTS & SIDES															
Cookies & Desserts															
Chocolate Chip	45	210	10	5.0	0	10	120	29	1	18	2	10	0	0	10
Chocolate Chunk**	45	210	10	4.5	0	10	95	30	<1	17	2	0	0	0	10
Double Chocolate**	45	210	9	5	0	15	130	30	1	20	2	10	0	2	10
Chocolate Chip with M&M's® Candies**	45	210	10	5	0	15	105	30	<1	18	2	0	0	0	8
Oatmeal Raisin	45	200	8	3.5	0	15	130	30	1	16	3	0	0	2	6
Peanut Butter**	45	220	12	5	0	10	110	26	<1	16	4	10	0	2	10
Raspberry Cheesecake**	45	200	9	4.5	0	10	120	29	0	16	2	10	0	2	4
Sugar**	45	230	12	6	0	15	130	28	<1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	11	5	0	10	130	28	<1	17	2	10	0	2	6
Apple slices**	71	35	0	0	0	0	0	9	2	7	0	0	30	2	2
Applesauce**	90	45	0	0	0	0	5	12	1	8	0	0	2	0	0
Biscuit & Gravy**	107	280	15	7	0	5	810	30	1	1	6	0	0	4	8
Brownie**	86	370	17	6	0	30	125	51	1	32	5	0	0	0	0
Brownie, Gluten Free**	80	350	16	1.5	0	55	170	48	2	34	3	0	0	2	0
Cinnamon Roll**	163	610	27	13	0	5	730	83	3	33	9	8	0	4	15
Hash Browns**	108	220	10	2.5	0	0	640	30	3	0	2	1	1	0	4
Muffin, Apple Cinnamon**	113	440	23	4.5	0	65	390	52	3	24	7	2	20	10	15
Muffin, Banana Nut**	113	480	28	4.5	0	60	390	50	2	24	7	2	0	6	15
Muffin, Blueberry**	113	440	24	4	0	70	360	50	1	23	6	2	0	6	15
Muffin, Carrot**	113	410	18	3	0	65	540	54	2	27	7	30	2	8	15
Muffin, Double Chocolate**	113	460	25	5	0	65	370	50	3	22	7	0	0	8	25

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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)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Soup** (8 oz. bowl)															
Beef & Barley	227	90	2	0.5	0	10	790	15	<1	4	5	40	4	2	4
Beef Chili with Beans	255	360	22	8	1.5	71	800	20	5	6	21	80	20	8	20
Black Bean	255	200	0.5	0	0	0	840	37	15	6	13	10	20	10	15
Broccoli Cheddar	227	170	9	5	0	25	820	18	1	4	5	25	30	15	2
Clam Chowder	225	170	9	6	0	35	800	15	1	2	2	10	8	6	6
Creamy Chicken & Dumplings	245	150	4.5	2	0	35	740	20	3	3	8	20	10	4	6
Creamy Chicken & Wild Rice	240	190	11	6	0.5	40	820	16	1	3	7	30	10	6	2
French Onion (includes bread & cheese)	219	150	6	3.5	0	15	940	19	1	1	5	110	30	25	2
Homestyle Chicken Noodle	255	110	3	1.5	0	30	720	14	1	2	8	15	10	2	4
Loaded Baked Potato with Bacon	255	210	13	7	0	35	800	15	1	4	5	6	4	6	2
Mediterranean Vegetable	255	110	3	1.5	0	30	720	14	1	2	8	15	10	2	4
Spicy Chicken Tortilla	227	110	4.5	1	0	10	660	11	2	2	6	10	35	6	10
Tomato Basil	236	130	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.

***A processed seafood and crab blend.