



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

**6-inch Sandwiches with 6 grams of Fat or Less** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Ham	219	280	35	4	1	0	15	730	47	5	6	15	8	20	6	15
Oven Roasted Chicken	226	310	40	4.5	1.5	0	40	600	47	5	8	21	8	20	4	15
Roast Beef	219	290	40	4.5	1.5	0	20	720	46	5	7	17	8	20	6	20
Subway Club®	233	300	35	4	1	0	25	870	47	5	7	18	8	20	6	20
Sweet Onion Chicken Teriyaki	269	370	40	4.5	1	0	40	1000	59	5	18	22	8	25	6	15
Turkey Breast	219	280	25	3	1	0	20	790	46	5	7	16	8	20	6	20
Turkey Breast & Ham	228	290	30	3.5	1	0	20	840	47	5	7	17	8	20	6	20
Veggie Delite®	162	230	20	2.5	0.5	0	0	310	44	5	6	8	8	20	4	15

**Flatbread Sandwiches with 7 grams of Fat or Less** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Ham	228	290	60	6	1.5	0	15	870	45	3	4	15	8	20	8	15
Oven Roasted Chicken	235	320	60	7	1.5	0.2	40	740	45	3	5	21	8	20	8	15
Roast Beef	228	300	60	7	2	0	20	860	44	3	4	16	8	20	10	20
Subway Club®	242	310	60	6	1.5	0	25	1010	45	3	4	18	8	20	10	20
Sweet Onion Chicken Teriyaki	277	380	60	7	1.5	0	40	1140	56	3	16	21	8	25	10	15
Turkey Breast	228	290	50	5	1	0	20	930	44	3	4	16	8	20	10	20
Turkey Breast & Ham	237	300	50	6	1.5	0	20	980	45	3	4	17	8	20	10	20
Veggie Delite®	171	240	40	4.5	1	0	0	450	42	3	4	8	8	20	8	15

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

B.L.T.	151	300	70	8	3	0	20	610	43	5	7	15	8	8	4	15
Chicken & Bacon Ranch Melt	270	500	210	23	7	0.5	65	1060	46	5	8	28	8	20	15	15
Chicken Pizziola (with cheese)	284	440	140	15	6	0.3	65	1340	49	6	10	28	15	30	15	15
Cold Cut Combo	233	430	200	20	7	0.1	40	920	47	6	7	17	8	20	6	20
Italian B.M.T.®	226	410	150	16	6	0.3	40	1240	47	5	7	19	8	20	6	15
Meatball Marinara	301	480	160	18	7	0.5	30	950	59	8	12	21	25	35	10	25
Pizza Sub (with cheese)	249	490	210	24	10	0.5	50	1640	50	6	10	21	15	25	20	20
Spicy Italian	221	480	220	24	9	0.5	50	1520	46	5	8	20	8	20	6	20
Steak & Cheese	245	380	90	10	4	0.4	50	1060	48	5	8	26	8	20	10	25
Subway Melt®	248	370	90	10	4	0.2	40	1190	48	5	8	23	8	20	10	20
Tuna	233	470	210	24	4	0.4	35	620	44	5	6	20	8	20	4	20

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

Ham	136	180	20	2.5	0.5	0	5	420	31	3	4	9	6	15	4	10
Roast Beef	146	190	25	3	1	0	15	480	31	3	5	11	6	15	4	15
Tuna	143	270	110	12	2	0.2	15	360	29	3	4	11	6	15	4	15
Turkey Breast	146	190	20	2	0.5	0	15	530	31	3	5	11	6	15	4	10

**6" Limited Time Offer/Regional Subs\*\*** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Barbecue Rib Patty	240	490	220	24	8	0	50	760	47	6	9	19	8	20	30	15
Diablo Chicken (with cheese)	277	450	90	17	5	0	50	1020	49	6	9	25	15	30	45	20
Veggie Patty	247	360	45	5	1	0	0	770	58	9	10	20	8	20	4	15

**Salads** Values do not include salad dressing or croutons.

Ham	328	110	25	2.5	0.5	0	15	490	13	4	4	10	25	45	6	8
Oven Roasted Chicken	335	120	25	3	0.5	0	40	370	9	4	4	15	25	50	6	8
Roast Beef	328	110	30	3	1.0	0	20	470	11	4	5	11	25	45	6	10
Subway Club®	342	120	25	2.5	0.5	0	25	630	13	4	5	12	25	45	6	10
Sweet Onion Chicken Teriyaki	378	190	30	3.5	1	0	40	760	24	4	16	16	25	50	6	8
Turkey Breast	328	100	15	1.5	0	0	20	550	12	4	5	10	25	45	6	10
Turkey Breast & Ham	338	110	20	2	0.5	0	20	600	13	4	5	11	25	45	6	10
Veggie Delite®	271	50	10	1	0	0	0	65	9	4	4	3	25	45	4	6

**Salad Dressing**

Fat Free Italian	57	35	0	0	0	0	0	720	7	0	4	1	0	0	2	0
Ranch	57	320	310	30	6	0.5	30	560	3	0	3	1	0	0	0	0
House Sandwich Sauce	57	290	280	31	3.5	0	0	440	4	0	3	0	0	0	0	0

**BREAKFAST**

**English Muffin Sandwiches (with Egg White)** Values include light wheat English muffin, egg white and cheese.

Bacon, Egg White & Cheese	109	170	40	4.5	2	0.1	10	560	24	5	1	13	0	0	25	6
B.M.T® Melt	131	220	70	8	3	0.2	20	830	25	5	1	16	0	0	25	6
Egg White & Cheese	105	150	30	3	1	0.1	5	480	24	5	1	12	0	0	25	6
Ham, Egg White & Cheese	119	170	30	3.5	1.5	0.1	10	590	25	5	1	13	0	0	25	6
Mega**	137	290	150	16	6	0.1	30	820	24	5	1	17	0	0	25	8
Sausage, Egg White & Cheese**	133	270	130	15	6	0.1	25	740	24	5	1	15	0	0	25	8
Steak, Egg White & Cheese	122	180	40	4	1.5	0	15	610	25	5	1	15	0	0	25	8
Sunrise Subway Melt®	154	210	45	5	2	0.1	20	820	26	5	1	18	2	2	25	8

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>English Muffin Sandwiches (with Regular Egg)</b> Values include light wheat English muffin, regular egg and cheese.																
Bacon, Egg & Cheese	109	190	60	7	2.5	0.1	120	540	24	6	2	13	4	0	20	8
B.M.T® Melt	131	240	90	10	4	0.2	130	800	25	6	2	16	2	0	20	8
Egg & Cheese	105	170	50	5	2	0.1	115	460	24	6	1	12	2	0	20	8
Ham, Egg & Cheese	119	190	50	6	2	0.1	120	560	25	6	1	13	2	0	20	8
Mega**	137	310	170	19	7	0.1	140	800	24	6	2	17	4	0	20	10
Sausage, Egg & Cheese**	133	290	160	17	7	0.1	135	720	24	6	1	15	4	0	20	10
Steak, Egg & Cheese	122	200	60	6	2.5	0.2	125	590	25	6	2	15	2	0	20	10
Sunrise Subway Melt®	154	230	70	7	3	0.1	130	800	26	6	2	18	4	2	20	10
<b>Mornin' Flatbread Sandwiches (with Egg White)</b> Values include 3" flatbread, egg white and cheese.																
Bacon, Egg White & Cheese	96	190	60	6	2	0.1	10	610	21	1	1	11	0	0	20	8
B.M.T® Melt	117	230	90	10	3.5	0.2	20	880	22	1	1	13	0	0	20	8
Egg White & Cheese	91	170	45	5	1.5	0.1	5	540	21	1	1	9	0	0	20	8
Ham, Egg White & Cheese	106	180	50	5	2	0.1	10	640	22	1	1	11	0	0	20	8
Mega**	124	310	160	18	7	0.1	30	870	22	1	1	15	0	0	20	10
Sausage, Egg White & Cheese**	120	290	150	17	6	0.1	25	800	21	1	1	13	0	0	20	10
Steak, Egg White & Cheese	108	190	50	6	2	0	15	670	22	1	1	13	0	0	20	10
Sunrise Subway Melt®	140	220	60	7	2.5	0.1	20	880	24	1	2	15	2	2	20	10
<b>Mornin' Flatbread Sandwiches (with Regular Egg)</b> Values include 3" flatbread, regular egg and cheese.																
Bacon, Egg & Cheese	96	210	80	9	3	0.1	120	590	21	1	2	11	4	0	10	10
B.M.T® Melt	117	250	110	12	4	0.2	128	860	22	1	2	13	2	0	10	10
Egg & Cheese	91	190	60	7	2.5	0.1	115	510	21	1	2	9	2	0	10	10
Ham, Egg & Cheese	106	200	70	7	2.5	0.1	120	620	22	1	2	11	2	0	10	10
Mega**	124	330	180	20	8	0.1	140	850	22	1	2	15	4	0	10	10
Sausage, Egg & Cheese**	120	310	170	19	7	0.1	135	780	21	1	2	13	4	0	10	10
Steak, Egg & Cheese	108	210	70	8	3	0.2	124	640	22	1	2	13	2	0	10	10
Sunrise Subway Melt®	140	240	80	9	3	0.1	130	860	25	1	2	16	4	2	10	10
<b>6" Omelet Sandwich (with Egg White)</b> Values include 9-grain wheat bread, egg white and cheese.																
Bacon, Egg White & Cheese	183	360	90	10	4	0.2	20	1080	45	4	5	23	0	0	30	15
B.M.T® Melt	208	450	150	16	6	0.5	40	1620	56	1	1	23	0	0	60	15
Egg White & Cheese	174	320	70	7	3	0.2	10	930	44	4	5	19	0	0	30	15
Ham, Egg White & Cheese	203	350	70	8	3	0.2	15	1140	46	4	5	23	0	0	30	15
Mega**	240	610	300	34	13	0.2	55	1600	45	4	5	30	2	2	30	20
Sausage, Egg White & Cheese**	231	560	280	31	12	0.2	45	1430	45	4	5	27	2	2	30	20
Steak, Egg White & Cheese	217	390	90	10	4	0.3	35	1260	47	4	5	28	0	0	60	20
Sunrise Subway Melt®	284	430	100	11	4.5	0.2	40	1620	50	4	7	32	6	8	30	20
<b>6" Omelet Sandwich (with Regular Egg)</b> Values include 9-grain wheat bread, regular egg and cheese.																
Bacon, Egg & Cheese	186	420	140	16	6	0.3	240	930	45	5	6	24	8	0	20	20
B.M.T® Melt	211	500	200	21	8	0.6	260	1470	56	2	2	24	8	0	20	20
Egg & Cheese	177	380	120	13	5	0.3	235	770	44	5	6	20	8	0	20	20
Ham, Egg & Cheese	206	400	130	14	5	0.3	240	990	46	5	6	24	8	0	20	20
Mega**	242	660	360	39	15	0.3	280	1450	45	5	7	31	8	2	20	25
Sausage, Egg & Cheese**	234	620	330	37	14	0.3	270	1290	45	5	6	28	8	2	20	25
Steak, Egg & Cheese	220	440	140	16	6	0.4	256	1110	47	5	7	30	8	0	20	25
Sunrise Subway Melt®	287	490	160	18	7	0.3	260	1420	50	6	7	32	15	8	20	20
<b>Omelet on 6" Flatbread (with Egg White)</b> Values include 6" flatbread, egg white and cheese.																
Bacon, Egg White & Cheese	191	370	110	12	4.5	0.2	20	1220	43	2	2	22	0	0	35	15
B.M.T® Melt	208	460	170	16	4.5	0.5	40	1770	56	1	1	23	0	0	60	15
Egg White & Cheese	183	330	90	10	3	0.2	10	1070	42	2	2	19	0	0	35	15
Ham, Egg White & Cheese	211	360	90	10	3.5	0.2	15	1280	44	2	2	22	0	0	35	15
Mega**	248	620	320	36	14	0.2	55	1740	43	2	3	29	2	2	35	20
Sausage, Egg White & Cheese**	240	570	300	33	12	0.2	45	1590	43	2	2	26	2	2	35	20
Steak, Egg White & Cheese	225	400	108	12	4	0.3	35	1400	45	2	3	28	0	0	35	20
Sunrise Subway Melt®	292	440	120	14	5	0.2	40	1760	48	2	4	31	6	8	35	20
<b>Omelet on 6" Flatbread (with Regular Egg)</b> Values include 6" flatbread, regular egg and cheese.																
Bacon, Egg & Cheese	194	430	160	18	7	0.3	240	1070	43	3	4	23	8	0	25	20
B.M.T® Melt	211	510	220	21	8	0.6	260	1610	56	2	2	24	8	0	25	20
Egg & Cheese	186	380	140	15	5	0.3	235	920	42	3	3	20	8	0	25	20
Ham, Egg & Cheese	214	410	150	16	6	0.3	240	1130	44	3	3	23	8	0	25	20
Mega**	251	670	380	42	16	0.3	280	1590	43	3	4	30	8	2	25	25
Sausage, Egg & Cheese**	242	630	350	39	15	0.3	270	1440	42	3	3	27	8	2	25	25
Steak, Egg & Cheese	228	450	160	18	6	0.4	255	1250	44	3	4	29	8	0	25	25
Sunrise Subway Melt®	295	500	180	20	7	0.3	260	1560	48	3	5	32	25	8	25	20
<b>SIDE ITEMS</b>																
<b>Cookies, Desserts &amp; Sides</b>																
Chocolate Chip	45	220	90	10	5	0.1	15	130	30	1	18	2	6	0	0	6
Chocolate Chunk**	45	220	90	10	5	0	10	100	30	<1	17	2	0	0	0	6

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Double Chocolate Chip**	45	210	80	9	5	0.1	15	130	30	1	20	2	6	0	2	4
M & M®**	45	210	90	10	5	0	15	100	32	<1	18	2	0	0	2	6
Oatmeal Raisin	45	200	70	8	4	0	15	130	30	1	16	3	0	0	2	6
Peanut Butter**	45	220	110	12	5	0.1	10	130	26	1	16	4	4	0	2	6
Raspberry Cheesecake	45	200	80	9	5	0.1	15	120	29	0	16	2	6	0	2	4
Sugar**	45	220	110	12	6	0.1	15	130	28	<1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0.1	15	130	29	<1	18	2	6	0	2	4
Apple Pie**	82	250	90	10	4	0	0	200	37	2	14	0	0	0	0	6
Hash Browns, 4 pieces**	74	150	80	9	1	0	0	440	17	2	0	1	0	8	0	2
Yogurt Parfait** (with granola)	164	150	20	2.5	1	0	10	50	28	2	19	5	0	20	2	8
Yogurt Parfait** (without granola)	155.5	120	15	1.5	1	0	10	50	22	1	18	4	0	20	2	6
<b>Soup** (10 fl oz/295 ml bowl)</b>																
Chicken with White and Wild Rice	304	90	10	1	0	0	10	1000	15	1	1	6	7	25	2	2
Chili	313	280	70	8	3.5	0	25	860	34	9	9	18	2	4	6	20
Cream of Broccoli	300	140	50	5	2	0	10	920	17	5	5	6	2	15	15	2
Cream of Mushroom	300	160	50	6	2	0	10	990	23	3	3	5	0	0	10	2
Cream of Potato with Bacon	315	250	130	14	5	0	25	940	26	3	4	6	8	2	10	4
Creamy Garden Cauliflower	300	140	60	7	3	0	10	790	15	2	6	5	2	15	8	2
Fire Roasted Tomato Orzo	318	130	10	1	0.5	0	5	410	24	2	4	6	20	4	10	6
Home Style Vegetable Beef	312	100	20	2	0.5	0	10	950	15	3	5	6	20	0	4	4
Italian Style Minestrone w/Penne	298	90	<5	0.5	0	0	0	800	16	4	5	4	10	2	4	8
Italian Style Wedding	304	160	50	6	3	0	15	970	17	1	1	9	0	2	2	10
New England Clam Chowder	311	150	50	5	1	0	10	970	20	3	2	5	0	0	4	6
Roasted Chicken Noodle	304	100	20	2	0.5	0	25	860	15	1	1	7	10	0	2	6
Tomato Garden Vegetable with Rotini	314	90	0	0	0	0	0	870	20	2	7	3	10	4	4	6
Vegetarian Vegetable	304	80	0	0	0	0	0	930	18	3	9	2	10	8	4	4

## BREADS & CONDIMENTS

### Breads

6" Italian (White) Bread	71	200	20	2	0.5	0	0	290	38	1	5	7	0	0	2	12
6" 9-Grain Wheat Bread	78	210	20	2	0.5	0	0	310	40	4	5	8	0	0	4	15
6" Parmesan Oregano Bread	75	220	25	2.5	1	0	0	440	40	2	5	8	0	0	4	15
6" Honey Oat	89	260	25	3.0	0.5	0	0	330	48	5	9	9	0	0	4	15
6" Hearty Italian Bread**	75	210	20	2.5	0.5	0	0	290	41	2	5	7	0	0	2	15
6" Monterey Cheddar**	82	240	50	6	2.5	0.2	10	360	38	2	5	10	2	0	10	15
6" Italian Herbs & Cheese	82	250	45	5	2.5	0.1	10	490	40	2	5	9	2	0	10	15
6" Roasted Garlic**	82	230	25	2.5	0.5	0	0	1260	45	2	7	8	4	45	4	15
6" Flatbread	87	220	40	4.5	1	0	0	450	38	2	2	7	0	0	8	15
Light Wheat English Muffin	57	100	5	1	0	0	0	170	22	5	1	6	0	0	2	6
Mini Italian Bread	47	130	10	1.5	0	0	0	190	25	1	3	5	0	0	2	8
Mini Wheat Bread	52	140	10	1.5	0	0	0	200	27	3	3	5	0	0	8	8
Mornin' Flatbread	43	110	20	2	0	0	0	220	19	1	1	4	0	0	4	6
Wrap**	103	310	70	8	2.5	0.4	0	610	51	1	0	8	0	0	6	15

### Sandwich Condiments (amount on 6-inch sandwich)

Bacon (2 strips)	9	40	25	3	1	0	10	150	0	0	0	3	0	0	0	0
Chipotle Southwest Sauce	21	90	80	9	1.5	0	10	220	2	0	1	0	0	0	0	0
Honey Mustard Sauce, Fat Free	21	30	2	0	0	0	0	140	7	0	5	0	0	0	0	0
House Sandwich Sauce	21	110	110	12	1.5	0	0	170	1	0	1	0	0	0	0	0
Mustard yellow or deli brown (2 tsp)	10	5	0	0	0	0	0	115	1	0	0	0	0	0	0	0
Light Mayonnaise-Type Dressing (15 ml)	15	60	50	6	1	0	15	100	1	0	0	0	0	0	0	0
Mayonnaise (15 ml)	15	110	110	12	2	0.2	10	80	0	0	0	0	0	0	0	0
Ranch Dressing	21	110	100	11	2	0	5	200	1	0	1	0	0	0	0	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	90	9	0	8	0	0	0	0	0

### Vegetables (amount on 6-inch sandwich)

Banana Peppers (3 rings)	4	<5	0	0	0	0	0	65	0	0	0	0	4	4	0	0
Cucumbers (3 slices)	17	<5	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	<5	0	0	0	0	0	70	0	0	0	0	0	4	0	0
Lettuce	21	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	14	5	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	<5	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0

### Cheese (amount on 6-inch sandwich or salad)

Cheddar Cheese Product, Processed	11	40	30	3	2	0.2	10	200	0	0	0	2	0	0	6	0
Feta**	14	30	15	2	1.5	0	6	125	0	0	0	2	2	0	2	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0.2	15	90	0	0	0	3	4	0	10	0
Monterey Jack**	11	40	30	3.5	2.5	0.2	10	80	0	0	0	3	0	0	6	0
Mozzarella, Shredded**	14	40	25	3	2	0.1	9	100	0	0	0	3	2	0	8	0
Natural Cheddar**	11	45	35	3.5	2.5	0.2	10	75	0	0	0	3	0	0	6	0

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Swiss**	14	50	35	4	3	0.2	10	45	0	0	0	4	0	0	15	0
<b>Individual Meats (amount on 6-inch sandwich or salad)</b>																
Chicken Patty, Roasted	64	80	20	2	1	0	40	290	3	0	2	13	0	0	0	0
Italian B.M.T.® Meats	64	180	130	14	5	0.3	40	930	3	0	1	10	0	0	2	2
Meatball	139	310	150	16	6	0.5	35	910	16	3	6	13	30	25	8	9
Roast Beef	57	60	20	2	1	0	20	410	2	0	1	8	0	0	0	4
Sausage Patty**	57	240	210	24	9	0	35	520	1	0	0	7	0	2	0	4
Seafood Sensation**	71	190	150	16	2.5	0	15	430	7	0	1	5	2	0	6	2
Steak (no cheese)	71	110	35	4	1.5	0	40	550	4	0	1	15	0	2	0	8
Subway Club® Meats	71	70	15	1.5	0.5	0	25	560	4	0	1	10	0	0	2	4
Tuna	71	239	220	21	3	0	35	310	0	0	0	11	0	0	0	4
Turkey Breast	57	50	5	0.5	0	0	20	480	3	0	1	8	0	0	0	4

Nutrition information compiled from the following data: Nutrition analysis from Subway approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference, Release #19. 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.

\*\*Regional and Limited Time Offer subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between restaurants. Nutritional information for these sandwiches is based on the most common formulas and ingredients.