



HONG KONG AND MACAU NUTRITION INFORMATION August 2023

AVG QTY Per Serve	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)
Subway 6-Inch® Subs with 6 grams of fat or Less											
Values include white bread, lettuce, tomato, onion, green bell pepper, cucumber											
Chicken Chilli	236	289	15.5	2.7	0.4	0.1	0	48.9	3.0	14.1	597
Chicken Teriyaki	236	294	16.7	2.7	0.4	0.1	0	49.8	2.7	9.8	666
Ham	208	280	19.1	4.4	1.0	0.1	0	39.9	3.3	5.5	612
Oven Roasted Chicken Breast (patty)	219	314	27.9	3.2	0.7	0.1	20	42.5	2.7	4.7	426
Roast Beef	208	280	21.8	3.7	1.1	0.1	0	39.2	3.0	4.9	414
Subway Club™ (with turkey, ham, roast beef)	223	289	23.1	3.9	0.9	0.1	0	39.4	2.9	5.3	643
Turkey Breast	208	267	19.6	3.2	0.6	0.1	0	39.0	2.7	5.2	619
Turkey Breast & Ham	218	283	21.2	4.0	0.8	0.1	0	39.5	3.0	5.4	678
Veggie Delite	151	211	8.2	2.3	0.4	0.1	0	38.5	2.7	4.7	243
Subway 6-Inch® Subs											
Values include white bread, lettuce, tomato, onion, green bell pepper, cucumber											
Avocado	225	368	9.6	17.1	2.7	0.1	0	43.6	6.8	5.3	308
BLT (with bacon, lettuce, tomatoes only)	141	272	12.8	7.3	2.1	0.1	0	37.7	2.5	4.0	422
Chicken Cutlet	269	457	26.6	15.1	6.8	0.2	43	52.5	2.8	4.8	766
Egg Mayo	225	431	15.5	21.6	3.9	0.4	7	200.7	2.7	7.1	322
Italian B.M.T.™ (with ham, salami, pepperoni)	216	391	20.8	15.9	5.2	0.1	0	40.0	3.0	5.1	1001
Spicy Italian (with salami and pepperoni)	211	453	20.1	23.2	8.0	0.1	0	39.8	2.7	4.8	1200
Steak (Diced Beef) & Cheese (cheddar style)	248	387	29.6	11.3	5.1	0.2	0	39.8	3.6	5.5	855
Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)	238	355	26.0	9.6	3.7	0.1	0	40.3	3.0	5.6	904
Tuna & Mayo	225	460	20.0	24.8	3.6	0.7	34	38.6	2.7	4.8	574
Vegan Supreme (patty)	241	402	15.7	11.6	2.2	0.1	0	54.9	8.9	7.2	567
Wraps											
Values include wrap, lettuce, tomato, onion, green bell pepper, cucumber											
Chicken Chilli	229	264	13.1	4.6	1.0	0.0	0	42.7	2.2	12.4	778
Chicken Teriyaki	229	269	14.2	4.5	1.0	0.0	0	43.6	1.9	8.1	848
Ham	201	254	16.7	6.3	1.6	0.0	0	33.7	2.5	3.8	793
Oven Roasted Chicken Breast (patty)	212	289	25.4	5.0	1.4	0.0	20	36.4	1.9	3.0	607
Roast Beef	201	255	19.4	5.6	1.7	0.1	0	33.0	2.2	3.3	596
Subway Club™ (with turkey, ham, roast beef)	216	263	20.6	5.8	1.6	0.0	0	33.2	2.1	3.7	824
Turkey Breast	201	242	17.1	5.0	1.2	0.0	0	32.8	1.9	3.6	801
Turkey Breast & Ham	211	257	18.8	5.8	1.5	0.0	0	33.4	2.2	3.8	860
Veggie Delite	144	185	5.7	4.1	1.0	0.0	0	32.3	1.9	3.0	425
Avocado	218	343	7.1	18.9	3.4	0.0	0	37.5	6.0	3.6	490
BLT (with bacon, lettuce, tomatoes only)	134	247	10.4	9.2	2.8	0.0	0	31.5	1.7	2.3	604
Chicken Cutlet	262	432	24.2	16.9	7.5	0.1	43	46.3	2.0	3.1	947
Egg Mayo	218	405	13.0	23.4	4.6	0.3	7	194.5	1.9	5.4	504
Italian B.M.T.™ (with ham, salami, pepperoni)	209	365	18.4	17.8	5.9	0.0	0	33.8	2.2	3.5	1183
Spicy Italian (with salami and pepperoni)	204	427	17.7	25.1	8.6	0.0	0	33.7	1.9	3.1	1381
Steak (Diced Beef) & Cheese (cheddar style)	241	362	27.2	13.2	5.7	0.1	0	33.7	2.8	3.9	1036
Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)	231	330	23.5	11.4	4.3	0.0	0	34.1	2.2	4.0	1085
Tuna & Mayo	218	435	17.5	26.6	4.3	0.7	34	32.4	1.9	3.1	755
Vegan Supreme (patty)	234	376	13.3	13.5	2.9	0.0	0	48.8	8.1	5.5	749
Salads											
Values include lettuce, tomato, onion, green bell pepper, cucumber											
Chicken Chilli	353	123	9.7	0.9	0.1	0.0	0	20.0	3.3	15.4	373
Chicken Teriyaki	353	128	10.8	0.8	0.1	0.0	0	20.9	3.0	11.1	442
Ham	325	114	13.3	2.6	0.7	0.0	0	11.0	3.6	6.7	387
Oven Roasted Chicken Breast (patty)	336	148	22.0	1.3	0.4	0.0	20	13.6	3.0	5.9	202
Roast Beef	325	114	16.0	1.8	0.8	0.1	0	10.2	3.3	6.2	190
Subway Club™ (with turkey, ham, roast beef)	339	122	17.2	2.0	0.6	0.0	0	10.5	3.2	6.6	419
Turkey Breast	325	101	13.7	1.3	0.3	0.0	0	10.1	3.0	6.5	395

	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)
AVG QTY Per Serve											
Turkey Breast & Ham	334	117	15.4	2.1	0.5	0.0	0	10.6	3.3	6.7	454
Veggie Delite	268	44.4	2.3	0.4	0.1	0.0	0	9.5	3.0	5.9	19
Avocado	342	202	3.7	15.2	2.4	0.0	0	14.7	7.1	6.6	84
BLT (with bacon)	286	112	7.2	5.5	1.8	0.0	0	10.0	3.0	5.9	199
Chicken Cutlet	385	291	20.8	13.2	6.5	0.1	43	23.5	3.1	6.0	542
Egg Mayo	342	264	9.6	19.7	3.6	0.3	7	171.8	3.0	8.4	98
Italian B.M.T.™ (with ham, salami, pepperoni)	332	224	15.0	14.0	4.9	0.0	0	11.1	3.3	6.4	777
Spicy Italian (with salami and pepperoni)	328	287	14.3	21.3	7.7	0.0	0	10.9	3.0	6.0	976
Steak (Diced Beef) & Cheese (cheddar style)	364	221	23.8	9.4	4.8	0.1	0	10.9	3.9	6.8	631
Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)	355	189	20.1	7.7	3.4	0.0	0	11.4	3.3	6.9	679
Tuna & Mayo	342	294	14.1	22.9	3.3	0.7	34	9.6	3.0	6.0	350
Vegan Supreme (patty)	358	235	9.9	9.8	1.9	0.0	0	26.0	9.2	8.4	343
Breakfast Values include white bread and cheddar style cheese											
Bacon, Egg Mayo & Cheese	124	378	15.8	17.4	5.0	0.2	3	117.1	1.8	4.1	503
Chicken Sausage Patty, Egg Mayo & Cheese	205	484	29.1	21.5	6.5	0.2	50	121.0	2.3	4.4	717
Egg Mayo & Cheese	115	344	13.4	14.9	4.1	0.2	3	116.8	1.8	4.1	414
Ham, Egg Mayo & Cheese	143	378	18.8	15.9	4.4	0.2	3	117.5	2.1	4.5	596
Sides											
Potato Puff	82.0	729	2.0	9.8	2.3	0.2	2	19.5	2.8	0.4	257
Cookies											
Chocolate Chip Cookie	45.0	217	2.4	10.4	6.5	0.0	14	28.5	0.9	17.5	161
Chocolate Chip Cookie with M&M'S®	45.0	213	2.5	9.8	5.4	0.0	0	28.5	0.9	16.7	172
Double Chocolate Chip	45.0	213	2.5	9.9	6.8	0.0	15	28.4	1.2	18.5	160
Oatmeal Raisin Cookie	45.0	190	2.5	6.9	3.4	0.0	12	29.3	1.4	17.5	176
White Chip Macadamia Nut Cookie	45.0	218	2.6	11.0	6.3	0.0	18	27.2	0.8	17.3	196
Breads											
Subway 6-Inch® Honey Oat	74.0	215	8.3	2.4	0.3	0.1	0	38.4	3.0	4.0	271
Subway 6-Inch® Parmesan Oregano	72.0	214	8.5	2.7	0.5	0.1	0	37.5	2.0	3.3	239
Subway 6-Inch® Wheat	69.0	195	7.5	2.1	0.3	0.1	0	35.0	2.7	2.6	271
Subway 6-Inch® White	67.0	195	7.4	2.1	0.3	0.1	0	35.2	1.8	2.7	239
Wrap	60.0	170	5.0	4.0	1.0	0.0	0	29.0	1.0	1.0	420
Meat, Poultry, Seafood, Eggs and Vegetarian Amount on a Subway 6-Inch® Sub											
Avocado (2 scoops)	74.0	158	1.4	14.8	2.4	0.0	0	5.2	4.1	0.6	65
Bacon (4 slices)	18.0	68	4.9	5.1	1.8	0.0	0	0.5	0.0	0.0	180
Breakfast Chicken Sausage Patty	90.0	140	15.8	6.7	2.4	0.0	47	4.1	0.5	0.3	303
Chicken Breast Patty, Oven Roasted	68.0	76	13.9	1.4	0.2	0.0	0	2.0	0.0	1.2	323
Chicken Chili	85.0	79	7.4	0.5	0.0	0.0	0	10.5	0.3	9.5	354
Chicken Cutlet	117.5	247	18.4	12.8	6.5	0.1	43	14.0	0.1	0.1	523
Chicken Teriyaki	85.0	84	8.5	0.4	0.0	0.0	0	11.3	0.0	5.2	423
Egg Mayonnaise (2 scoops)	74.0	220	7.3	19.3	3.5	0.3	7	162.3	0.0	2.4	79
Ham	56.0	68	10.9	2.1	0.6	0.0	0	1.4	0.6	0.8	364
Italian B.M.T.™ Meats (ham, pepperoni, salami)	64.0	180	12.7	13.6	4.9	0.0	0	1.5	0.3	0.5	758
Roast Beef	57.0	69	13.7	1.4	0.7	0.1	0	0.7	0.3	0.3	171
Spicy Italian Meats (pepperoni & salami)	60.0	240	10.0	20.0	10.0	0.0	0	0.0	0.0	0.0	960
Steak, Diced Beef	85.0	138	19.2	6.0	2.7	0.1	0	0.9	0.9	0.7	476
Subway® Club Meats (turkey breast, ham, roast beef)	71.0	80	10.0	0.0	0.0	0.0	0	0.0	0.0	0.0	400
Subway® Melt Meats (turkey breast, ham, bacon)	75.0	110	20.0	0.0	0.0	0.0	0	0.0	0.0	0.0	520
Tuna & Mayonnaise	74.0	250	11.8	22.5	3.3	0.7	34	0.1	0.0	0.1	331
Turkey Breast	57.0	56	11.0	1.0	0.0	0.0	0	1.0	0.0	1.0	376
Turkey Breast & Ham	66.0	72	13.0	2.0	0.0	0.0	0	1.0	0.0	1.0	435
Vegan Supreme (patty)	90.0	191	7.6	9.4	1.8	0.0	0	16.5	6.2	2.5	324
Sauces & Dressings Amount on a Subway 6-Inch® Sub											
BBQ	21.3	37	0.2	0.1	0.0	0.0	0	8.8	0.2	7.8	170
Caesar	15.0	51	0.2	5.1	0.9	0.2	0	1.2	0.0	0.6	170
Chilli	21.3	34	0.1	0.1	0.0	0.0	0	7.8	0.3	7.1	178
Chipotle Southwest	21.3	101	0.3	10.2	1.8	0.2	0	1.9	0.1	1.1	157
Honey Mustard	21.3	32	0.2	0.2	0.0	0.0	0	7.2	0.3	6.1	106

AVG QTY Per Serve	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)
Jalapeno Cheese	21.3	56	0.6	4.8	1.0	0.0	0	2.7	0.1	1.7	219
Mayonnaise	15.0	107	0.2	11.8	1.7	0.4	7	0.0	0.0	0.1	80
Roasted Sesame	21.3	84	0.4	7.3	0.0	0.0	0	3.8	0.1	3.7	268
Sweet Onion	21.3	38	0.1	0.1	0.0	0.0	0	8.9	0.1	8.2	75
Thousand Island	21.3	98	0.2	8.7	0.9	0.3	11	4.5	0.1	4.0	253
Yellow Mustard	10.0	7	0.4	0.4	0.0	0.0	0	0.5	0.3	0.0	120
Cheeses Amount on a Subway 6-Inch® Sub											
Cheddar Style, Sliced	11.3	39	2.3	3.1	2.0	0.0	0	0.5	0.0	0.2	136
Mozzarella, Shredded	14.0	37	2.8	2.8	2.0	0.2	8	0.2	0.0	0.2	66
Old English Style, Sliced	11.3	39	2.3	3.1	2.1	0.1	0	0.5	0.1	0.3	203
Vegetables Amount on a Subway 6-Inch® Sub											
Avocado (1 scoop)	37.0	79	0.7	7.4	1.2	0.0	0	2.6	2.1	0.3	33
Corn (1 scoop)	30.0	22	0.8	0.5	0.1	0.0	0	3.6	0.9	1.2	20
Cucumber (3 slices)	14.2	2	0.1	0.0	0.0	0.0	0	0.5	0.1	0.2	0
Green Bell Pepper (3 strips)	7.1	1	0.0	0.0	0.0	0.0	0	0.3	0.0	0.1	0
Jalapeno Pepper (3 slices)	3.5	1	0.0	0.0	0.0	0.0	0	0.2	0.1	0.2	71
Lettuce	21.3	3	0.2	0.0	0.0	0.0	0	0.6	0.3	0.4	2
Olive (3 slices)	3.0	4	0.0	0.3	0.1	0.0	0	0.2	0.1	0.0	26
Onion (3 strips)	7.1	3	0.1	0.0	0.0	0.0	0	0.5	0.1	0.3	0
Pickle (3 slices)	9.4	0	0.0	0.0	0.0	0.0	0	0.1	0.1	0.0	113
Tomato (3 slices)	34.7	6	0.3	0.1	0.0	0.0	0	1.4	0.4	0.9	2
Extras Amount on a Subway 6-Inch® Sub											
Avocado (1 scoop)	37.0	79	0.7	7.4	1.2	0.0	0	2.6	2.1	0.3	33
Bacon (2 Strips)	9.0	34	2.4	2.5	0.9	0.0	0	0.3	0.0	0.0	90
Corn (1 scoop)	30.0	22	0.8	0.5	0.1	0.0	0	3.6	0.9	1.2	20
Egg & Mayo (1 scoop)	37.0	110	3.7	9.6	1.8	0.2	3	81.1	0.0	1.2	40
Cheddar Style, Sliced	11.3	39	2.3	3.1	2.0	0.0	0.0	0.5	0.0	0.2	135.6
Mozzarella, Shredded	14.0	37	2.8	2.8	2.0	0.2	8	0.2	0.0	0.2	66
Old English Style, Sliced	11.3	39	2.3	3.1	2.1	0.1	0	0.5	0.1	0.3	203

*Regular Subway 6-Inch® Sub with 6 grams of fat or less prepared according to standard recipes on white bread without cheese or additional sauces & dressings.

**Salads are prepared according to standard recipes without cheese or additional sauces and dressings.

Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Double values for approximate Subway Footlong® Sub nutrition values.



HONG KONG AND MACAU NUTRITION INFORMATION August 2023

	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)
AVG QTY PER 100g											
Subway 6-Inch® Subs with 6 grams of fat or Less	Values include white bread, lettuce, tomato, onion, green bell pepper, cucumber										
Chicken Chilli	100	122	6.6	1.2	0.2	0.0	0	20.7	1.3	6.0	253
Chicken Teriyaki	100	125	7.0	1.1	0.2	0.0	0	21.1	1.1	4.2	282
Ham	100	134	9.2	2.1	0.5	0.0	0	19.2	1.6	2.6	294
Oven Roasted Chicken Breast (patty)	100	143	12.7	1.4	0.3	0.0	9	19.4	1.2	2.1	194
Roast Beef	100	134	10.5	1.8	0.5	0.1	0	18.8	1.4	2.4	199
Subway Club™ (with turkey, ham, roast beef)	100	130	10.4	1.8	0.4	0.0	0	17.7	1.3	2.4	289
Turkey Breast	100	128	9.4	1.5	0.3	0.0	0	18.7	1.3	2.5	297
Turkey Breast & Ham	100	130	9.8	1.8	0.4	0.0	0	18.2	1.4	2.5	312
Veggie Delite	100	139	5.4	1.5	0.2	0.0	0	25.4	1.8	3.1	161
Subway 6-Inch® Subs	Values include white bread, lettuce, tomato, onion, green bell pepper, cucumber										
Avocado	100	163	4.2	7.6	1.2	0.0	0	19.4	3.0	2.4	137
BLT (with bacon, lettuce, tomatoes only)	100	193	9.1	5.2	1.5	0.0	0	26.7	1.8	2.8	299
Chicken Cutlet	100	170	9.9	5.6	2.5	0.1	16	19.5	1.0	1.8	285
Egg Mayo	100	191	6.9	9.6	1.7	0.2	3	89.1	1.2	3.1	143
Italian B.M.T.™ (with ham, salami, pepperoni)	100	181	9.7	7.4	2.4	0.0	0	18.6	1.4	2.4	465
Spicy Italian (with salami and pepperoni)	100	214	9.5	11.0	3.8	0.0	0	18.9	1.3	2.3	568
Steak (Diced Beef) & Cheese (cheddar style)	100	156	12.0	4.6	2.0	0.1	0	16.1	1.5	2.2	345
Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)	100	149	10.9	4.0	1.5	0.0	0	16.9	1.3	2.4	380
Tuna & Mayo	100	204	8.9	11.0	1.6	0.3	15	17.1	1.2	2.1	255
Vegan Supreme (patty)	100	166	6.5	4.8	0.9	0.0	0	22.8	3.7	3.0	235
Wraps	Values include wrap, lettuce, tomato, onion, green bell pepper, cucumber										
Chicken Chilli	100	115	5.7	2.0	0.5	0.0	0	18.6	1.0	5.4	339
Chicken Teriyaki	100	117	6.2	2.0	0.4	0.0	0	19.0	0.8	3.6	370
Ham	100	127	8.3	3.1	0.8	0.0	0	16.8	1.2	1.9	394
Oven Roasted Chicken Breast (patty)	100	136	12.0	2.4	0.6	0.0	10	17.1	0.9	1.4	286
Roast Beef	100	126	9.6	2.8	0.9	0.0	0	16.4	1.1	1.6	296
Subway Club™ (with turkey, ham, roast beef)	100	122	9.6	2.7	0.7	0.0	0	15.4	1.0	1.7	383
Turkey Breast	100	120	8.5	2.5	0.6	0.0	0	16.3	0.9	1.8	398
Turkey Breast & Ham	100	122	8.9	2.8	0.7	0.0	0	15.8	1.0	1.8	408
Veggie Delite	100	128	4.0	2.9	0.7	0.0	0	22.4	1.3	2.1	294
Avocado	100	157	3.3	8.7	1.6	0.0	0	17.2	2.7	1.7	224
BLT (with bacon, lettuce, tomatoes only)	100	184	7.8	6.9	2.1	0.0	0	23.5	1.2	1.7	450
Chicken Cutlet	100	165	9.2	6.5	2.9	0.0	17	17.7	0.8	1.2	362
Egg Mayo	100	186	6.0	10.7	2.1	0.2	3	89.1	0.9	2.5	231
Italian B.M.T.™ (with ham, salami, pepperoni)	100	175	8.8	8.5	2.8	0.0	0	16.2	1.0	1.7	567
Spicy Italian (with salami and pepperoni)	100	209	8.7	12.3	4.2	0.0	0	16.5	0.9	1.5	677
Steak (Diced Beef) & Cheese (cheddar style)	100	150	11.3	5.5	2.4	0.0	0	14.0	1.2	1.6	431
Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)	100	143	10.2	5.0	1.9	0.0	0	14.8	0.9	1.7	470
Tuna & Mayo	100	199	8.0	12.2	2.0	0.3	16	14.8	0.9	1.4	346
Vegan Supreme (patty)	100	161	5.7	5.8	1.2	0.0	0	20.8	3.5	2.3	319
Salads	Values include lettuce, tomato, onion, green bell pepper, cucumber										
Chicken Chilli	100	34.9	2.7	0.2	0.0	0.0	0	5.7	0.9	4.4	106
Chicken Teriyaki	100	36.3	3.1	0.2	0.0	0.0	0	5.9	0.8	3.1	125
Ham	100	35.0	4.1	0.8	0.2	0.0	0	3.4	1.1	2.1	119
Oven Roasted Chicken Breast (patty)	100	44.0	6.6	0.4	0.1	0.0	6	4.1	0.9	1.8	60
Roast Beef	100	35.0	4.9	0.6	0.2	0.0	0	3.1	1.0	1.9	58
Subway Club™ (with turkey, ham, roast beef)	100	36.1	5.1	0.6	0.2	0.0	0	3.1	1.0	1.9	124
Turkey Breast	100	31.0	4.2	0.4	0.1	0.0	0	3.1	0.9	2.0	122
Turkey Breast & Ham	100	34.9	4.6	0.6	0.2	0.0	0	3.2	1.0	2.0	136

AVG QTY PER 100g	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)
Veggie Delite	100	16.6	0.9	0.1	0.0	0.0	0	3.6	1.1	2.2	7.1
Avocado	100	59.1	1.1	4.4	0.7	0.0	0	4.3	2.1	1.9	24.6
BLT (with bacon)	100	39.1	2.5	1.9	0.6	0.0	0	3.5	1.0	2.1	69.5
Chicken Cutlet	100	75.5	5.4	3.4	1.7	0.0	11	6.1	0.8	1.6	141
Egg Mayo	100	77.3	2.8	5.8	1.1	0.1	2	50.2	0.9	2.4	29
Italian B.M.T.™ (with ham, salami, pepperoni)	100	67.5	4.5	4.2	1.5	0.0	0	3.3	1.0	1.9	234
Spicy Italian (with salami and pepperoni)	100	87.4	4.4	6.5	2.3	0.0	0	3.3	0.9	1.8	298
Steak (Diced Beef) & Cheese (cheddar style)	100	60.7	6.5	2.6	1.3	0.0	0	3.0	1.1	1.9	173
Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)	100	53.3	5.7	2.2	1.0	0.0	0	3.2	0.9	1.9	192
Tuna & Mayo	100	86.1	4.1	6.7	1.0	0.2	10	2.8	0.9	1.8	102
Vegan Supreme (patty)	100	65.8	2.8	2.7	0.5	0.0	0	7.3	2.6	2.4	96
Breakfast Values include white bread and cheddar style cheese											
Bacon, Egg Mayo & Cheese	100	304	12.7	14.0	4.0	0.2	3	94.2	1.5	3.3	405
Chicken Sausage Patty, Egg Mayo & Cheese	100	236	14.2	10.5	3.2	0.1	24	58.9	1.1	2.1	349
Egg Mayo & Cheese	100	298	11.6	12.9	3.5	0.2	3	101.3	1.6	3.5	359
Ham, Egg Mayo & Cheese	100	264	13.1	11.1	3.1	0.2	2	82.0	1.5	3.1	416
Sides											
Potato Puff	100	889	2.4	11.9	2.8	0.3	2	23.8	3.4	0.5	314
Cookies											
Chocolate Chip Cookie	100	483	5.4	23.0	14.4	0.1	30	63.3	2.0	38.8	357
Chocolate Chip Cookie with M&M'S®	100	473	5.6	21.7	12.0	0.1	0	63.4	2.0	37.2	382
Double Chocolate Chip	100	473	5.6	21.9	15.0	0.1	34	63.1	2.7	41.0	355
Oatmeal Raisin Cookie	100	423	5.6	15.4	7.6	0.1	28	65.0	3.0	38.8	390
White Chip Macadamia Nut Cookie	100	485	5.8	24.4	13.9	0.1	39	60.4	1.7	38.5	436
Breads											
Subway 6-Inch® Honey Oat	100	291	11.3	3.3	0.5	0.1	0	51.9	4.1	5.5	367
Subway 6-Inch® Parmesan Oregano	100	297	11.8	3.7	0.7	0.1	0	52.1	2.8	4.6	332
Subway 6-Inch® Wheat	100	282	10.9	3.0	0.5	0.1	0	50.7	3.9	3.8	393
Subway 6-Inch® White	100	292	11.1	3.2	0.5	0.1	0	52.5	2.7	4.0	356
Wrap	100	283	8.3	6.7	1.7	0.0	0	48.3	1.7	1.7	700
Meat, Poultry, Seafood, Eggs and Vegetarian											
Avocado	100	213	1.9	20.0	3.2	0.0	0	7.0	5.5	0.9	88
Bacon	100	375	27.2	28.3	9.8	0.0	0	2.8	0.0	0.0	998
Breakfast Chicken Sausage Patty	100	156	17.5	7.4	2.7	0.0	52	4.6	0.5	0.3	337
Chicken Breast Patty, Oven Roasted	100	112	20.5	2.0	0.3	0.0	0	2.9	0.0	1.7	475
Chicken Chili	100	93	8.7	0.5	0.0	0.0	0	12.3	0.4	11.1	416
Chicken Cutlet	100	210	15.7	10.9	5.5	0.1	37	11.9	0.1	0.1	445
Chicken Teriyaki	100	98	10.0	0.5	0.0	0.0	0	13.3	0.0	6.1	498
Egg Mayonnaise	100	297	9.9	26.1	4.8	0.5	9	219.3	0.0	3.3	107
Ham	100	122	19.4	3.8	1.1	0.0	0	2.5	1.0	1.4	650
Italian B.M.T.™ Meats (ham, pepperoni, salami)	100	281	19.8	21.3	7.6	0.0	0	2.4	0.4	0.7	1185
Roast Beef	100	122	24.0	2.5	1.3	0.1	0	1.2	0.5	0.5	300
Spicy Italian Meats (pepperoni & salami)	100	400	16.7	33.3	16.7	0.0	0	0.0	0.0	0.0	1600
Steak, Diced Beef	100	162	22.6	7.0	3.2	0.1	0	1.0	1.1	0.8	560
Subway® Club Meats (turkey breast, ham, roast beef)	100	113	14.1	0.0	0.0	0.0	0	0.0	0.0	0.0	563
Subway® Melt Meats (turkey breast, ham, bacon)	100	147	26.7	0.0	0.0	0.0	0	0.0	0.0	0.0	693
Tuna & Mayonnaise	100	338	16.0	30.4	4.4	0.9	46	0.1	0.0	0.2	447
Turkey Breast	100	98	19.3	1.8	0.0	0.0	0	1.8	0.0	1.8	660
Turkey Breast & Ham	100	109	19.7	3.0	0.0	0.0	0	1.5	0.0	1.5	659
Vegan Supreme (patty)	100	212	8.4	10.4	2.0	0.0	0	18.3	6.9	2.8	360
Sauces & Dressings											
BBQ	100	176	0.9	0.4	0.0	0.0	0	41.2	0.8	36.4	798
Caesar	100	338	1.0	34.1	5.7	1.0	0	8.0	0.0	4.2	1131
Chilli	100	158	0.7	0.3	0.1	0.0	0	36.4	1.2	33.1	836
Chipotle Southwest	100	472	1.5	47.7	8.4	0.9	0	8.8	0.4	5.3	735
Honey Mustard	100	152	0.9	1.0	0.1	0.0	0	33.7	1.2	28.8	499
Jalapeno Cheese	100	262	2.6	22.5	4.7	0.0	0	12.6	0.5	8.1	1030
Mayonnaise	100	715	1.1	78.8	11.1	2.3	44	0.3	0.0	0.4	534

AVG QTY PER 100g	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)
Roasted Sesame	100	393	2.1	34.4	0.0	0.0	0	17.7	0.7	17.6	1260
Sweet Onion	100	178	0.4	0.3	0.0	0.0	0	41.8	0.3	38.4	354
Thousand Island	100	459	0.8	41.0	4.4	1.2	52	21.0	0.3	18.8	1186
Yellow Mustard	100	66	4.2	4.2	0.3	0.1	1	4.5	3.4	0.5	1200
Cheeses											
Cheddar Style, Sliced	100	342	20.1	27.3	17.5	0.0	0	4.6	0.0	1.7	1200
Mozzarella, Shredded	100	265	20.0	20.0	14.0	1.1	54	1.3	0.0	1.3	472
Old English Style, Sliced	100	345	20.5	27.4	18.3	1.2	0	4.0	1.3	2.4	1800
Vegetables											
Avocado	100	213	1.9	20.0	3.2	0.0	0	7.0	5.5	0.9	88
Corn	100	73	2.8	1.5	0.4	0.0	0	12.0	3.0	4.1	66
Cucumber	100	15	0.7	0.1	0.0	0.0	0	3.6	0.5	1.7	2
Green Bell Pepper	100	15	0.7	0.1	0.0	0.0	0	3.6	0.5	1.7	2
Jalapeno Pepper	100	36	1.1	0.7	0.1	0.0	0	4.7	2.2	7.1	2028
Lettuce	100	14	0.9	0.1	0.0	0.0	0	3.0	1.2	2.0	10
Onion	100	128	1.0	9.5	1.7	0.0	0	8.0	2.9	0.9	880
Pickle	100	40	1.1	0.1	0.0	0.0	0	7.6	1.7	4.2	4
Olive	100	4	0.3	0.5	0.1	0.0	0	1.0	1.2	0.1	1200
Tomato	100	18	0.9	0.2	0.0	0.0	0	3.9	1.2	2.6	5
Extras											
Avocado	100	213	1.9	20.0	3.2	0.0	0	7.0	5.5	0.9	88
Bacon	100	375	27.2	28.3	9.8	0.0	0	2.8	0.0	0.0	998
Corn	100	73	2.8	1.5	0.4	0.0	0	12.0	3.0	4.1	66
Egg & Mayonnaise Mixture	100	297	9.9	26.1	4.8	0.5	9	219.3	0.0	3.3	107
Cheddar Style, Sliced	100	342	20.1	27.3	17.5	0.0	0	4.6	0.0	1.7	1200
Mozzarella, Shredded	100	265	20.0	20.0	14.0	1.1	54	1.3	0.0	1.3	472
Old English Style, Sliced	100	345	20.5	27.4	18.3	1.2	0	4.0	1.3	2.4	1800

Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.