



Nutrition information

SANDWICHES

6" SUBWAY FRESH FIT® Sandwiches with 6 Grams of Fat or Less

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

	Serving size (g)	Cal.	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)	Vit. A % DV	Vit. C % DV	Calcium % DV	Iron % DV
6" Black Forest Ham	219	290	40	4.5	1	0	25	800	46	5	8	18	8	20	30	15
6" Carved Turkey	247	330	45	5	0.5	0	45	890	45	5	8	25	8	20	30	20
6" Oven Roasted Chicken	233	320	45	5	1.5	0	45	610	46	5	8	23	8	30	30	15
6" Roast Beef	233	320	40	5	1.5	0	45	660	45	5	7	25	8	20	30	25
6" Rotisserie-Style Chicken	247	350	55	6	1.5	0	55	540	45	5	7	29	10	20	30	20
6" Subway Club®	240	310	40	4.5	1.5	0	40	840	46	5	8	23	8	20	30	20
6" Sweet Onion Chicken Teriyaki	269	370	40	4	1	0	50	770	58	5	16	25	10	25	35	20
6" Turkey Breast	219	280	30	3.5	1	0	20	760	46	5	7	18	8	20	30	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	280	44	5	7	8	8	20	30	15

Other Favorite 6" Sandwiches

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

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

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	190	29	3	4	6	6	15	20	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	450	30	3	5	10	6	15	20	10
Roast Beef	146	200	25	3	1	0	25	390	30	4	5	14	6	15	20	15
Turkey Breast	136	180	20	2	0.5	0	10	430	30	3	5	10	6	15	20	10

6" Limited Time Offer/Regional Subs**

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

6" BBQ Rib	240	430	160	18	6	0	50	590	47	5	8	19	10	20	30	20
6" Big Philly Cheesesteak	297	500	150	17	9	1	85	1280	51	6	10	38	15	20	50	25
6" B.L.T.	165	380	120	13	4.5	0	20	1130	44	5	7	20	8	10	30	15
6" Buffalo Chicken (with regular Ranch dressing)	269	420	140	16	3	0	55	1100	46	6	8	25	15	25	35	20
6" Chicken Pizzola Melt	293	460	140	15	6	0	80	1140	50	6	10	32	20	30	45	20
6" Pastrami Melt, Big Hot	287	580	250	28	12	0	85	1470	47	5	8	29	10	45	40	25
6" Subway Melt®	246	410	110	13	5	0	40	1410	48	5	9	26	10	20	40	20
6" Subway Seafood Sensation®	233	420	170	19	3	0	15	780	51	5	8	13	10	20	35	15
6" Turkey & Bacon Avocado	270	420	130	14	3.5	0	30	1190	50	7	8	24	10	200	30	20
6" Turkey Breast & Black Forest Ham	219	280	40	4	1	0	20	780	46	5	8	18	8	20	30	15
6" Veggie Patty	247	390	70	7	1	0	10	800	56	8	9	23	15	20	35	15

CHOPPED SALADS

Salads with 6 g of fat or Less

Values include lettuce, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or croutons.

Black Forest Ham	342	110	25	3	1	0	25	600	13	4	8	12	50	50	6	10
Carved Turkey	371	160	30	3.5	1	0	45	690	12	4	7	20	50	50	6	15
Oven Roasted Chicken Breast	356	130	25	2.5	0.5	0	50	290	11	4	6	19	50	50	8	10
Roast Beef	356	140	30	3.5	1	0	45	460	12	4	7	19	50	50	6	15
Rotisserie-Style Chicken	371	170	40	4.5	1	0	55	340	12	4	6	23	50	50	8	15
Subway Club®	364	140	30	3.0	1	0	40	640	13	4	7	18	50	50	6	15
Sweet Onion Chicken Teriyaki (includes sweet onion dressing)	413	230	25	3	1	0	50	650	34	4	23	19	60	60	8	10
Turkey Breast	342	110	20	2	0.5	0	20	560	13	4	7	12	50	50	6	10
Veggie Delite®	286	50	10	1	0	0	0	80	11	4	6	3	50	50	6	8

Salad Dressing (amount mixed into chopped salad)

Chipotle Southwest	43	190	180	20	3.5	0	15	330	2	0	1	1	2	2	0	0
Honey Mustard	43	60	5	1	0	0	0	240	13	0	11	0	0	2	0	0
Oil & Vinegar	43	190	190	21	1.5	0	0	0	0	0	0	0	0	0	0	0
Ranch	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	43	80	5	0	0	0	0	170	18	0	16	0	0	2	0	0

BREAKFAST

6" Omelet Sandwich (with Egg White)

Values include 9-grain wheat bread, egg white and cheese.

6" Egg (White) & Cheese	174	330	70	8	3	0	10	920	44	4	5	20	4	0	40	35
6" Egg (White) & Cheese (with ham)	203	360	80	9	3.5	0	25	1180	45	4	6	25	4	0	40	35
6" Bacon, Egg (White) & Cheese	190	410	120	13	5	0	20	1340	45	4	6	26	4	0	40	35
6" Sausage, Egg (White) & Cheese**	220	430	140	15	5	0	35	1240	44	4	5	28	2	0	30	40
6" Steak, Egg (White) & Cheese	217	400	90	10	4	0	35	1250	46	4	6	29	4	0	40	40
6" Turkey, Egg (White) & Cheese**	203	360	70	8	3	0	20	1160	45	4	5	25	4	0	40	35

6" Omelet Sandwiches (with Regular Egg)

Values include 9-grain wheat bread, regular egg and cheese.

6" Egg & Cheese	174	370	120	13	4.5	0	170	880	44	4	5	19	12	0	40	15
6" Egg & Cheese (with ham)	203	400	120	14	5	0	185	1150	45	4	6	24	12	0	40	15
6" Bacon, Egg & Cheese	190	450	160	18	7	0	180	1310	44	4	6	25	12	0	40	15
6" Sausage, Egg & Cheese**	231	510	210	24	9	0	205	1400	45	4	6	29	14	0	40	20
6" Steak, Egg & Cheese	217	440	140	15	6	0	195	1210	46	4	6	28	12	0	40	20
6" Turkey, Egg & Cheese**	203	400	120	13	4.5	0	180	1130	45	4	5	24	12	0	40	15