

SINGAPORE NUTRITION INFORMATION February 2022

AVG QTY Per Serving	Serving Size (g)							February 2022										
	Serving	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)							
		include igrain	e lettuce bread	e, toma	itoes, ci	ucumb	ers, mix	ed bell	pepper	s and c	onions							
Chicken Ham	214	272	18.9	4.6	1.7	0.0	15	33.4	4.5	4.8	749							
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	214	272	19.8	4.0	1.4	0.0	32	33.7	5.0	4.6	812							
	228	354	14.0	16.9	3.4	0.3	110	31.2	4.6	4.3	469							
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	220	330	20.4	10.5	4.4	0.0	14	33.4	4.5	4.6	892							
Roast Beef	214	281	24.6	3.7	1.4	0.0	27	32.1	4.4	4.9	613							
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)	214	270	20.7	3.7	1.3	0.0	19	33.1	4.5	4.8	732							
Tuna & Mayo	228	455	22.1	24.5	3.9	0.7	34	31.2	4.4	4.4	593							
Turkey Breast	214 226	264 389	19.6 22.0	3.3 16.4	1.0 7.0	0.0	18 13	33.5 33.4	4.5	4.8	783 1034							
Spicy Italian (with Beef Salami and Beef Pepperoni) Subway Veggie Delite™	154	207	10.2	2.2	0.7	0.0	0.0	31.1	4.4	4.5 4.3	278							
			e lettuce	e, toma	itoes, ci	ucumb	ers, mix	ea beii	pepper	s and c	onions							
•		igrain		4.4	4.01	0.0	0.01	00.01	4.01	44.01	05.4							
Chicken Bulgogi Chicken Cutlet	247	328 463	27.1 30.1	4.4 15.8	1.0 6.2	0.0	0.0	38.8 44.9	4.6 12.5	11.2 5.6	854 708							
	247	320	27.2	4.1	0.9	0.0	0.0	38.2	4.4	10.2	789							
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	237	343	30.6	7.9	4.8	0.0	45	32.4	4.4	4.5	726							
	259	381	22.8	12.4	6.1	0.0	22	40.0	5.1	6.6	680							
Roasted Chicken Breast Patty	225	286	24.8	3.7	0.9	0.0	0.0	33.2	4.4	5.5	615							
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and																		
Sliced Old English Style Processed Cheese)	241	326	24.0	7.4	3.6	0.0	25	34.8	5.1	5.2	1087							
	234	407	14.9	12.9	5.9	0.1	0.1	53.7	7.7	6.4	680							
•	alues i	include	e lettuce	e toma	itoes ci	ucumb	ers mix	ed bell	pepper	s and c	nions							
and the second s		igrain		c, torric	11003, 01	ucumb	515, IIIIA	ca bell	pepper	3 and C	71110113							
	209	268	14.4	7.7	3.9	0.0	15	33.4	5.2	9.3	1050							
	209	268	15.3	7.1	3.6	0.0	32	33.7	5.7	9.1	1112							
	223	350	9.5	20.0	5.6	0.3	110	31.1	5.3	8.8	770							
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	215	326	16.0	13.6	6.6	0.0	14	33.4	5.2	9.1	1192							
Roast Beef	209	277	20.1	6.8	3.6	0.0	27	32.0	5.1	9.3	914							
	209	266	16.2	6.8	3.5	0.0	19	33.1	5.2	9.3	1032							
·	223	451	17.6	27.6	6.1	0.7	34	31.2	5.1	8.9	893							
,	209	260	15.1	6.4	3.2	0.0	18	33.5	5.2	9.3	1083							
Spicy Italian (with Beef Salami and Beef Pepperoni)	221	385	17.5	19.5	9.2	0.0	13	33.3	5.1	8.9	1334							
Subway Veggie Delite™	149	203	5.8	5.4	2.9	0.0	0.0	31.1	5.1	8.7	578							
	alues i		e lettuc	e, toma	itoes, ci	ucumb	ers, mix	ed bell	pepper	s and c	nions							
		iaraia																
•	n mult					~ ~	\sim	38.8	5.3	15.7	1154							
Chicken Bulgogi	241	324	22.7	7.5	3.2	0.0	0.0		13.2									
Chicken Bulgogi Chicken Cutlet	241 266	324 459	22.7 25.6	18.9	8.4	0.0	30	44.9		10.0	1009							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki	241 266 241	324 459 316	22.7 25.6 22.7	18.9 7.2	8.4 3.1	0.0	30 0.0	44.9 38.2	5.1	14.7	1089							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	241 266 241 231	324 459 316 339	22.7 25.6 22.7 26.1	18.9 7.2 11.0	8.4 3.1 7.0	0.0 0.0 0.0	30 0.0 45	44.9 38.2 32.3	5.1 5.1	14.7 9.0	1089 1026							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara	241 266 241 231 254	324 459 316 339 377	22.7 25.6 22.7 26.1 18.3	18.9 7.2 11.0 15.5	8.4 3.1 7.0 8.3	0.0 0.0 0.0	30 0.0 45 22	44.9 38.2 32.3 40.0	5.1 5.1 5.8	14.7 9.0 11.0	1089 1026 980							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty	241 266 241 231	324 459 316 339	22.7 25.6 22.7 26.1	18.9 7.2 11.0	8.4 3.1 7.0	0.0 0.0 0.0	30 0.0 45	44.9 38.2 32.3	5.1 5.1	14.7 9.0	1089 1026							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and	241 266 241 231 254 220	324 459 316 339 377 282	22.7 25.6 22.7 26.1 18.3 20.3	18.9 7.2 11.0 15.5 6.8	8.4 3.1 7.0 8.3 3.1	0.0 0.0 0.0 0.0	30 0.0 45 22 0.0	44.9 38.2 32.3 40.0 33.1	5.1 5.1 5.8 5.1	9.0 11.0 10.0	1089 1026 980 915							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese)	241 266 241 231 254 220	324 459 316 339 377 282	22.7 25.6 22.7 26.1 18.3 20.3	18.9 7.2 11.0 15.5 6.8	8.4 3.1 7.0 8.3 3.1 5.8	0.0 0.0 0.0 0.0 0.0	30 0.0 45 22 0.0	44.9 38.2 32.3 40.0 33.1	5.1 5.8 5.1 5.8	9.0 11.0 10.0	1089 1026 980 915 1387							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Mel™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese) Veggie Patty	241 266 241 231 254 220 235 235	324 459 316 339 377 282 322 403	22.7 25.6 22.7 26.1 18.3 20.3 19.5	18.9 7.2 11.0 15.5 6.8 10.5	8.4 3.1 7.0 8.3 3.1 5.8 8.1	0.0 0.0 0.0 0.0 0.0 0.0	30 0.0 45 22 0.0 25 0.1	44.9 38.2 32.3 40.0 33.1 34.8 53.7	5.1 5.8 5.1 5.8 5.1 5.8	9.0 11.0 10.0 9.7 10.9	1089 1026 980 915 1387 981							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese) Veggie Patty	241 266 241 231 254 220 235 229	324 459 316 339 377 282 322 403	22.7 25.6 22.7 26.1 18.3 20.3	18.9 7.2 11.0 15.5 6.8 10.5	8.4 3.1 7.0 8.3 3.1 5.8 8.1	0.0 0.0 0.0 0.0 0.0 0.0	30 0.0 45 22 0.0 25 0.1	44.9 38.2 32.3 40.0 33.1 34.8 53.7	5.1 5.8 5.1 5.8 5.1 5.8	9.0 11.0 10.0 9.7 10.9	1089 1026 980 915 1387 981							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese) Veggie Patty Cold Flat Breads Or	241 266 241 231 254 220 235 229 alues in flat b	324 459 316 339 377 282 322 403 include	22.7 25.6 22.7 26.1 18.3 20.3 19.5 10.4	18.9 7.2 11.0 15.5 6.8 10.5 16.0 e, tomae	8.4 3.1 7.0 8.3 3.1 5.8 8.1	0.0 0.0 0.0 0.0 0.0 0.0	30 0.0 45 22 0.0 25 0.1 ers, mix	38.2 32.3 40.0 33.1 34.8 53.7 ed bell	5.1 5.8 5.1 5.8 5.1 pepper	14.7 9.0 11.0 10.0 9.7 10.9	1089 1026 980 915 1387 981 onions							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese) Veggie Patty Cold Flat Breads Or Chicken Ham	241 266 241 231 254 220 235 229 alues in flat be a second of the	324 459 316 339 377 282 322 403 include oread 316	22.7 25.6 22.7 26.1 18.3 20.3 19.5 10.4 e lettucc	18.9 7.2 11.0 15.5 6.8 10.5 16.0 e, tomae	8.4 3.1 7.0 8.3 3.1 5.8 8.1 stoes, cu	0.0 0.0 0.0 0.0 0.0 0.0	30 0.0 45 22 0.0 25 0.1 ers, mix	38.2 32.3 40.0 33.1 34.8 53.7 ed bell	5.1 5.8 5.1 5.8 5.1 5.8 8.4 pepper	14.7 9.0 11.0 10.0 9.7 10.9 rs and c	1089 1026 980 915 1387 981 pnions							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese) Veggie Patty Vecold Flat Breads Chicken Ham Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	241 266 241 231 254 220 235 229 alues in flat b	324 459 316 339 377 282 322 403 include	22.7 25.6 22.7 26.1 18.3 20.3 19.5 10.4	18.9 7.2 11.0 15.5 6.8 10.5 16.0 e, tomae	8.4 3.1 7.0 8.3 3.1 5.8 8.1	0.0 0.0 0.0 0.0 0.0 0.0 0.1 ucumbo	30 0.0 45 22 0.0 25 0.1 ers, mix	38.2 32.3 40.0 33.1 34.8 53.7 ed bell	5.1 5.8 5.1 5.8 5.1 pepper	14.7 9.0 11.0 10.0 9.7 10.9	1089 1026 980 915 1387 981 onions							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese) Veggie Patty Vecold Flat Breads Chicken Ham Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	241 266 241 231 254 220 235 229 alues in flat II 231 231	324 459 316 339 377 282 322 403 include oread 316 316	22.7 25.6 22.7 26.1 18.3 20.3 19.5 10.4 e lettuce	18.9 7.2 11.0 15.5 6.8 10.5 16.0 e, tomae	8.4 3.1 7.0 8.3 3.1 5.8 8.1 toes, co	0.0 0.0 0.0 0.0 0.0 0.0 0.1 ucumb	30 0.0 45 22 0.0 25 0.1 ers, mix	38.2 32.3 40.0 33.1 34.8 53.7 ed bell 45.5 45.9	5.1 5.8 5.1 5.8 5.1 5.8 8.4 pepper	14.7 9.0 11.0 10.0 9.7 10.9 rs and c	1089 1026 980 915 1387 981 onions 944 1006							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese) Veggie Patty Va Cold Flat Breads Chicken Ham Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami) Egg & Mayo (with Hard Boiled Egg)	241 266 241 231 254 220 235 229 alues a flat 1 231 231 245	324 459 316 339 377 282 403 include pread 316 316 398	22.7 25.6 22.7 26.1 18.3 20.3 19.5 10.4 e lettuce 17.4 18.4 12.5	18.9 7.2 11.0 15.5 6.8 10.5 16.0 e, tomae 7.4 6.7 19.6	8.4 3.1 7.0 8.3 3.1 5.8 8.1 toes, ct	0.0 0.0 0.0 0.0 0.0 0.1 0.1 0.1 0.1	30 0.0 45 22 0.0 25 0.1 ers, mix 15 32 110	34.8 53.7 ed bell 45.5 43.3	5.1 5.8 5.1 5.8 5.1 5.8 8.4 pepper 2.5 3.0 2.6	14.7 9.0 11.0 10.0 9.7 10.9 10.9 4.6 4.5 4.2	1089 1026 980 915 1387 981 onions 944 1006 663							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese) Veggie Patty Va Cold Flat Breads Chicken Ham Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami) Egg & Mayo (with Hard Boiled Egg) Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	241 266 241 231 254 220 235 229 alues in flat 231 231 245 237	324 459 316 339 377 282 403 include oread 316 316 398 374	22.7 25.6 22.7 26.1 18.3 20.3 19.5 10.4 elettuce 17.4 18.4 12.5 19.0	18.9 7.2 11.0 15.5 6.8 10.5 16.0 e, tomae 7.4 6.7 19.6 13.2	8.4 3.1 7.0 8.3 3.1 5.8 8.1 stoes, ct	0.0 0.0 0.0 0.0 0.0 0.1 ucumbo 0.1 0.1 0.4 0.1	30 0.0 45 22 0.0 25 0.1 ers, mix 15 32 110 14	44.9 38.2 32.3 40.0 33.1 34.8 53.7 ed bell 45.5 45.9 43.3 45.5	5.1 5.8 5.1 5.8 5.1 5.8 8.4 pepper 2.5 3.0 2.6 2.5	14.7 9.0 11.0 10.0 9.7 10.9 s and c 4.6 4.5 4.2 4.5	1089 1026 980 915 1387 981 onions 944 1006 663 1086							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese) Veggie Patty Va Cold Flat Breads Chicken Ham Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami) Egg & Mayo (with Hard Boiled Egg) Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni) Roast Beef Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef) Tuna & Mayo	241 266 241 231 254 220 235 229 231 245 231 245	324 459 316 339 377 282 403 include oread 316 316 398 374 325 314 499	22.7 25.6 22.7 26.1 18.3 20.3 19.5 10.4 e lettuce 17.4 18.4 12.5 19.0 23.1 19.2 20.6	18.9 7.2 11.0 15.5 6.8 10.5 16.0 e, toma 7.4 6.7 19.6 13.2 6.4 6.5 27.2	8.4 3.1 7.0 8.3 3.1 5.8 8.1 stoes, cut 2.0 1.6 3.6 4.6 1.5 4.1	0.0 0.0 0.0 0.0 0.0 0.1 ucumbo 0.1 0.1 0.4 0.1	30 0.0 45 22 0.0 25 0.1 ers, mix 15 32 110 14 28 20 34	44.9 38.2 32.3 40.0 33.1 34.8 53.7 ed bell 45.5 45.9 43.3 45.5 44.2 45.3 43.3	5.1 5.8 5.1 5.8 8.4 pepper 2.5 3.0 2.6 2.5 2.4 2.5 2.4	14.7 9.0 11.0 10.0 9.7 10.9 s and c 4.6 4.5 4.2 4.5 4.7	1089 1026 980 915 1387 981 onions 944 1006 663 1086 807 926 787							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese) Veggie Patty Cold Flat Breads Chicken Ham Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami) Egg & Mayo (with Hard Boiled Egg) Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni) Roast Beef Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef) Tuna & Mayo Turkey Breast	241 266 241 231 254 220 235 229 231 245 231	324 459 316 339 377 282 403 include 316 316 398 374 325 314 499 308	22.7 25.6 22.7 26.1 18.3 20.3 19.5 10.4 e lettuce 17.4 18.4 12.5 19.0 23.1 19.2 20.6 18.2	18.9 7.2 11.0 15.5 6.8 10.5 16.0 e, tomae 7.4 6.7 19.6 13.2 6.4 6.5 27.2 6.0	8.4 3.1 7.0 8.3 3.1 5.8 8.1 stoes, cut 2.0 1.6 3.6 4.6 1.5 4.1 1.3	0.0 0.0 0.0 0.0 0.1 0.1 0.1 0.1	30 0.0 45 22 0.0 25 0.1 ers, mix 15 32 110 14 28 20 34 18	44.9 38.2 32.3 40.0 33.1 34.8 53.7 ed bell 45.5 45.9 43.3 45.5 44.2 45.3 43.3 45.7	5.1 5.8 5.1 5.8 8.4 pepper 2.5 3.0 2.6 2.5 2.4 2.5 2.4	14.7 9.0 11.0 10.0 9.7 10.9 s and c 4.6 4.5 4.2 4.5 4.7 4.7 4.2 4.6	1089 1026 980 915 1387 981 onions 944 1006 663 1086 807 926 787							
Chicken Bulgogi Chicken Cutlet Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese) Meatball Marinara Roasted Chicken Breast Patty Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and Sliced Old English Style Processed Cheese) Veggie Patty Cold Flat Breads Chicken Ham Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami) Egg & Mayo (with Hard Boiled Egg) Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni) Roast Beef Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef) Tuna & Mayo Turkey Breast	241 266 241 231 254 220 235 229 231 245 231 245	324 459 316 339 377 282 403 include oread 316 316 398 374 325 314 499	22.7 25.6 22.7 26.1 18.3 20.3 19.5 10.4 e lettuce 17.4 18.4 12.5 19.0 23.1 19.2 20.6	18.9 7.2 11.0 15.5 6.8 10.5 16.0 e, toma 7.4 6.7 19.6 13.2 6.4 6.5 27.2	8.4 3.1 7.0 8.3 3.1 5.8 8.1 stoes, cut 2.0 1.6 3.6 4.6 1.5 4.1	0.0 0.0 0.0 0.0 0.1 0.1 0.1 0.1	30 0.0 45 22 0.0 25 0.1 ers, mix 15 32 110 14 28 20 34	44.9 38.2 32.3 40.0 33.1 34.8 53.7 ed bell 45.5 45.9 43.3 45.5 44.2 45.3 43.3	5.1 5.8 5.1 5.8 8.4 pepper 2.5 3.0 2.6 2.5 2.4 2.5 2.4	14.7 9.0 11.0 10.0 9.7 10.9 s and c 4.6 4.5 4.2 4.5 4.7 4.7 4.7	1089 1026 980 915 1387 981 onions 944 1006 663 1086 807 926 787							

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AVG QTY Per Serving	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	rans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
						uoumb			peppe		
Hot Flat Breads	on flat		e lettuc	e, torric	11065, 0	ucumb	C13, 1111,	ved peli	hehhe	s and c	PHOHS
Chicken Bulgogi	263	372	25.7	7.1	1.2	0.1	0.3	50.9	2.6	11.1	1048
Chicken Cutlet	288	507	28.7	18.6	6.4	0.1	31	57.0	10.5	5.4	903
Chicken Teriyaki	263	364	25.7	6.9	1.2	0.1	0.3	50.3	2.4	10.1	983
Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	253	387	29.1	10.6	5.0	0.1	45	44.5	2.4	4.4	920
Meatball Marinara	276	425	21.3	15.1	6.4	0.1	22	52.1	3.1	6.4	874
Roasted Chicken Breast Patty	242	330	23.3	6.4	1.1	0.1	0.3	45.3	2.4	5.4	809
·	272	000	20.0	0.4	1.1	0.1	0.0	40.0	2.7	0.4	000
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and	0.57	070	00.5	40.4	0.0		0.5	40.0	0.4		1001
Sliced Old English Style Processed Cheese)	257	370	22.5	10.1	3.8	0.1	25	46.9	3.1	5.1	1281
Veggie Patty	251	451	13.4	15.6	6.1	0.1	0.4	65.9	5.7	6.3	874
	Values	includ	e lettuc	e, toma	itoes,cu	ıcumbe	rs, mix	ed bell	pepper	s, onior	ns,
Cold Salads	beetro	ot, carr	ots, pic	kles, ol	ives and	d jalape	nos				
Chicken Ham	295	109	10.7	3.0	1.2	0.0	15	11.2	3.2	6.0	682
Cold Cut Trio (with Turkey Bologna, Turkey Ham and Turkey Salami)	295	110	11.7	2.4	0.8	0.0	32	11.6	3.7	5.8	744
Egg & Mayo (with Hard Boiled Egg)	309	192	5.8	15.3	2.8	0.3	110	9.0	3.3	5.6	401
Italian B.M.T.™ (with Chicken Ham Slice, Beef Salami and Beef Pepperoni)	301	168	12.3	8.9	3.8	0.0	14	11.2	3.2	5.8	824
Roast Beef	295	119	16.4	2.1	0.8	0.0	27	9.9	3.1	6.1	545
Subway Club™ (with Turkey Breast, Chicken Ham Slice, Roast Beef)	295	108	12.5	2.2	0.7	0.0	19	11.0	3.2	6.0	664
Tuna & Mayo	309	293	14.0	22.9	3.3	0.7	34	9.0	3.1	5.6	525
Turkey Breast	295	102	11.5	1.7	0.5	0.0	18	11.4	3.2	6.0	715
Spicy Italian (with Beef Salami and Beef Pepperoni)	307	227	13.9	14.8	6.5	0.0	13	11.2	3.1	5.7	966
Subway Veggie Delite™	235	45	2.1	0.7	0.1	0.0	0.0	8.9	3.1	5.5	210
7 00	Values	includ	o lettuc	o tomo	toes ci	ıcumbe	re miv	ed bell	pepper	s onio	26
Hot Salads			ots, pic					.ca bell	реррег	s, ornor	13,
								10.0	2.2	10 E	706
Chicken Bulgogi	328	166 301	19.0	2.8	0.4	0.0	0.0	16.6 22.7	3.3 11.2	12.5	786
Chicken Cutlet	352		22.0	14.3	5.6					6.8	640
Chicken Teriyaki Chunky Steak & Cheese (with Sliced Old English Style Processed Cheese)	328 318	158 181	19.0 22.4	2.5 6.3	0.4 4.2	0.0	0.0 45	16.0 10.2	3.1 3.1	11.4 5.8	721 658
Meatball Marinara	340	219	14.6	10.8	5.6	0.0	22	17.8	3.8	7.8	612
Roasted Chicken Breast Patty	306	124	16.6	2.1	0.3	0.0	0.0	11.0	3.0	6.7	547
,	300	124	10.0	2.1	0.3	0.0	0.0	11.0	3.1	0.7	347
Subway Melt™ (with Chicken Ham Slice, Turkey Breast, Chicken Bacon and											
Sliced Old English Style Processed Cheese)	322	163	15.9	5.8	3.0	0.0	25	12.6	3.8	6.4	1019
Veggie Patty	315	245	6.8	11.3	5.3	0.1	0.1	31.6	6.4	7.7	612
	Values	includ	e egg o	melette	and sli	ced old	l englis	h style	process	sed che	ese
Breakfast Subway 6-Inch® Subs	on mu	ltigrain	bread								
Chicken Bacon, Egg & Cheese	232	326	21.1	9.3	3.6	0.0	8	32.3	5.0	4.7	625
Chicken Ham, Egg & Cheese	252	357	24.0	11.5	5.0	0.0	7	33.1	4.5	5.0	860
Chicken Sausage, Egg & Cheese	312	493	36.5	19.6	4.5	0.0	0.0	39.0	4.4	4.7	1523
Egg & Cheese	222	325	19.7	10.3	4.5	0.0	0.0	31.9	4.4	4.7	624
	Values	includ	e egg o	melette	and sli	ced old	l englis	h style	process	sed che	ese
Breakfast Flat Breads	on flat	bread									
Chicken Bacon, Egg & Cheese	248	370	19.6	12.1	3.8	0.1	9	44.4	3.0	4.6	819
Chicken Ham, Egg & Cheese	269	401	22.5	14.2	5.2	0.1	8	45.2	2.5	4.8	1054
Chicken Sausage, Egg & Cheese	329	537	35.0	22.4	4.7	0.1	0.3	51.1	2.4	4.6	1717
Egg & Cheese	239	369	18.2	13.0	4.7	0.1	0.3	44.0	2.4	4.6	818
						_			process		
Breakfast 3-Inch Flat Breads	on flat			-noiottic	-and Sil	300 OIL	- onglis	otyle	p. 00000	od one	900
			45.0	0.5	0.01	0.01		04.6	0.01	0.0	F00
Chicken Bacon, Egg & Cheese	205	249	15.3	9.5	3.3	0.0	9		2.2	3.6	522
Chicken Ham, Egg & Cheese	205	245	14.9 21.4	9.7	3.5	0.0		24.3	1.7	3.5	532
Chicken Sausage, Egg & Cheese Egg & Cheese	190	317 229	12.8	13.8 9.1	3.2	0.0	0.2	27.4 23.7	1.7 1.6	3.5 3.4	928 414
	190	229	12.8	9.1	3.2	0.0	0.2	∠3./	1.6	ა.4	414
Total											
Toasties			e shred								
Chicken & Cheese	94.3	200		8.7	4.8	0.3	24		1.0	1.6	502
Egg & Mayo with Cheese	101	238	11.9	14.7	5.5	0.5	71	17.7	1.0	1.4	350
Mushroom & Cheese	99.3	196	10.2	9.5	5.3	0.3	21	21.1	1.6	2.2	381
Soups											
Brocolli & Cheese	240	190	3.8	13.4	8.2	0.0	46	15.1	1.7	3.8	942
Rustic Tomato	240	339	2.0	11.0	3.7	0.0	0.0	14.7	1.1	5.4	891
Wild Mushroom	240	116	1.7	5.4	3.4	0.0	0.0	17.5	0.6	4.0	903

	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
	ving	rgy	tein	To	Fa	ıs f	les	형	ary	ars	<u>ii</u>
AVG QTY Per Serving	Ser	- Ene	rot	⁻at,	sat.	_ra_	Sho	Sar	Şi.	- gi) Sod
	G)				0,	' '				97	U,
Sides											
Hashbrown	82.4	148	2.0	7.2	1.8	0.2	0.0	18.6	2.1	0.2	463
Macaroni & Cheese	150	363	11.5	22.7	12.8	0.0	8	28.4	1.2	3.9	654
Cookies											
Chocolate Chip	45.0	217	2.4	10.4	6.5	0.0	14	28.5	0.9	17.5	161
Double Chocolate Chip	45.0	213	2.5	9.9	6.8	0.0	15	28.4	1.2	18.5	160
Oatmeal Raisin Peanut Butter	45.0 45.0	190 214	2.5 3.6	6.9 11.3	3.4 4.6	0.0	12 12	29.3 25.4	1.4	17.5 15.7	176 152
Raspberry Cheesecake	45.0	204	2.0	8.8	5.0	0.1	12	29.5	0.5	15.8	176
White Chip Macadamia Nut	45.0	218	2.6	11.0	6.3	0.0	18	27.2	0.8	17.3	196
Duanda											
Breads Flatbread	86.4	234	8.0	4.9	0.9	0.1	0.3	39.6	1.5	2.0	467
Subway 6-Inch® Garlic Bread	71.0	194	7.2	2.2	0.9	0.0	0.0	36.2	1.8	2.0	436
Subway 6-Inch® Honey Oat Bread	80.6	228	11.6	2.5	0.7	0.0	0.0	33.8	4.3	6.1	316
Subway 6-Inch® Italian White Bread	67.5	182	7.0	2.0	0.7	0.0	0.0	33.8	1.8	2.2	280
Subway 6-Inch® Multigrain Bread Subway 6-Inch® Parmesan Oregano Bread	70.0 71.0	190 193	9.5 7.1	2.1	0.6	0.0	0.0	27.5 35.8	3.5 1.8	2.1	273 426
Wrap, Multigrain	64.5	186	5.0	5.2	2.8	0.0	0.0	27.5	4.2	6.6	573
Meat, Poultry, Egg, Seafood & Vegetarian	Amour	nt on a	Subway	6-Inch	ı® Sub						
Beef Pepperoni (4 slices)	36.0	91	5.9	7.1	3.2	0.0	6	1.1	0.0	0.0	398
Beef Salami (4 slices) Chicken Bacon (2 Slices)	36.0 30.0	91 40	5.9 5.0	7.0 1.0	3.2 0.3	0.0	7 17	1.2 1.4	0.0 1.2	0.2	358 216
Chicken Bulgogi	92.3	122	16.9	2.1	0.3	0.0	0.0	7.7	0.2	7.0	576
Chicken Cutlet	117.0	256	19.9	13.6	5.5	0.0	30	13.8	8.1	1.3	431
Chicken Ham (sliced) (2 slices)	30.0	32	4.3	1.2	0.5	0.0	7	1.2	0.1	0.3	236
Chicken Sausage (2 pieces) Chicken Teriyaki	90.0	168 113	16.7 16.9	9.4	0.0	0.0	0.0	7.1 7.1	0.0	0.0 5.9	899 511
Chunky Steak	71.0	99	18.1	2.7	2.1	0.0	45	0.6	0.0	0.0	235
Egg & Mayo (with Hard Boiled Egg)	74.0	147	3.7	14.6	2.7	0.3	110	0.0	0.2	0.1	192
Egg (Omelette)	56.7	80	7.2	5.1 10.1	1.8	0.0	0.0	0.2 8.9	0.0	0.2	133 402
Meatball Marinara Roast Beef (4 slices)	105.0	174 74	12.5 14.3	10.1	5.5 0.7	0.0	22 27	1.0	0.7	2.3 0.6	335
Roasted Chicken Breast Patty	71.0	80	14.5	1.4	0.2	0.0	0.0	2.1	0.0	1.2	337
Tuna & Mayo	74.0	248	11.9	22.2	3.2	0.7	34	0.1	0.0	0.1	315
Turkey Bologna (2 slices)	20.0	21 57	3.1 9.4	0.6	0.3	0.0	6 18	0.9 2.4	0.3	0.1 0.5	170 505
Turkey Breast (4 slices) Turkey Ham (2 slices)	20.0	22	3.4	0.6	0.4	0.0	11	0.9	0.1	0.5	181
Turkey Salami (2 slices)	20.0	21	3.1	0.6	0.3	0.0	16	0.8	0.0	0.1	183
Veggie Patty (2 patties)	80.0	200	4.7	10.6	5.2	0.1	0.1	22.6	3.3	2.2	402
Course & Ducosinus			o 1	0.1.1	* O I						
Sauces & Dressings BBQ Sauce	21.3	nt on a 37	Subway 0.2	0.1	.e Sub 0.0	0.0	0.0	8.8	0.2	7.8	170
Bulgogi Sauce	21.3	38	0.2	0.1	0.0	0.0	0.0	7.7	0.2	7.0	216
Chilli Sauce	21.3	34	0.1	0.1	0.0	0.0	0.0	7.8	0.3	7.1	178
Chipotle Southwest Sauce	21.3	101	0.3	10.2	1.8	0.2	0.0	1.9	0.1	1.1	157
Honey Mustard Ketchup	21.3	32 25	0.2	0.2	0.0	0.0	0.0	7.2 5.6	0.3	6.1 4.8	106 170
Mayonnaise	15.0	107	0.2	11.8	1.7	0.4	7	0.0	0.0	0.1	80
Mustard	10.0	50	0.4	0.5	0.1	0.0	0.0	1.1	0.3	0.8	130
Sweet Onion Sauce Jalapeno Cheese Sauce	21.3	38 56	0.1	0.1 4.8	0.0	0.0	0.0	8.9 2.7	0.1	8.2 1.7	75 219
Remoulade	21.3	79	0.6	6.5	0.9	0.0	0.0	5.2	0.1	4.0	161
Sweet Chilli Sauce	21.3	27	0.2	0.1	0.0	0.2	0.0	6.3	0.1	5.6	268
Cheeses			Subway								
Shredded Mozzarella	14.0	44	2.8	3.3	2.1	0.1	10	0.8	0.1	0.2	82
Sliced Old English Style Processed Cheese (2 slices) Vegetables	11.2	38	2.3 Subway	2.9	2.0	0.0	0.0	0.6	0.0	0.3	213
Vegetables Avocado	37.0	it on a 71	Subway 0.7	7.0	1.1 Sub	0.0	0.0	2.5	1.9	0.3	31
Beetroot	7.0	3		0.0	0.0	0.0	0.0	0.7	0.2	0.5	5
Carrots	7.0	3	0.1	0.0	0.0	0.0	0.0	0.7	0.2	0.3	5
Corn	30.0	22	0.8	0.5	0.1	0.0	0.0	3.6	0.9	1.2	20

AVG QTY Per Serving	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Cucumbers (3 slices)	14.0	2	0.1	0.0	0.0	0.0	0.0	0.5	0.1	0.2	0.3
Jalapenos (3 slices)	4.0	1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	62
Lettuce	21.0	3	0.2	0.0	0.0	0.0	0.0	0.6	0.3	0.4	2
Mixed Greens	10.0	2	0.1	0.0	0.0	0.0	0.0	0.3	0.3	0.0	2
Mixed Bell Peppers (3 slices)	7.0	2	0.1	0.0	0.0	0.0	0.0	0.4	0.1	0.3	0.3
Mushrooms (spread)	37.0	29	0.6	2.0	1.1	0.0	5	2.7	0.7	0.8	115
Olives (3 slices)	3.0	4	0.0	0.3	0.1	0.0	0.0	0.2	0.1	0.0	26
Onions (3 slices)	7.0	3	0.1	0.0	0.0	0.0	0.0	0.7	0.1	0.3	0.3
Pickles (3 slices)	9.4	1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	94
Tomatoes (3 slices)	35.0	6	0.3	0.1	0.0	0.0	0.0	1.4	0.4	0.9	2

Nutrition information compiled using nutrition analysis from approved food manufacturers, an 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.