



Eggs	Fish	Milk	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Supplines	Celery	Mustard	Lupin	Molluscs
✓		✓				✓		W,R,O,S,B					
						✓		W,R,O,S,B					
								W,R,O,S,B					
		✓				✓		W,R,O,S,B					
						✓		W,R,O,S,B					
						✓		W,R,O,S,B			✓		
		✓				✓		W,R,O,S,B		✓			
						✓		W,R,O,S,B			✓		
✓	✓			✓		✓		W,R,O,S,B		✓			
						✓		W,R,O,S,B					
						✓		W,R,O,S,B					
✓		✓				✓		W,R,O,S,B		✓			

Big Beef Melt [‡] (includes American Style Processed Cheese)			✓		✓						
Chicken & Bacon Ranch Melt (includes Monterey Jack/Cheddar Shredded Cheese)	✓		✓								
Chicken Breast											
Chicken Tikka			✓								
Ham [‡]											
Italian B.M.T. [®]										✓	
Meatball Marinara			✓		✓		W				
Spicy Italian										✓	
Steak [‡] & Cheese			✓		✓		B,W		✓		
Subway Melt™ (includes American Style Processed Cheese)			✓		✓						
Chicken Teriyaki				✓	✓		W		✓		
Tuna (with Lite Mayonnaise)	✓	✓								✓	
Turkey Breast [‡]											
Turkey Breast [‡] & Ham [‡]											
Veggie Delite ^{®A}											
Veggie Patty ^A	✓		✓		✓		W		✓		

Bread									
9-Grain Honey Oat					✓	W,R,O,S,B			
9-Grain Wheat					✓	W,R,O,S,B			
Hearty Italian					✓	W			
Italian					✓	W			
Italian Herb & Cheese			✓		✓	W			
Flatbread			✓			W,O			

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Cheese									
American Style Processed Cheese			✓						
Monterey Jack/Cheddar Shredded Cheese			✓						
Peppered Sliced Cheese			✓						

Within the normal operating environment, it is not possible to guarantee that Sub and salad ingredients are 100% free from cross-contamination. Store product range may vary from the above selection. Please refer to your Sandwich Artist™ with any questions related to items not shown on this chart.

Cereals which contain Gluten include: W = Wheat, R = Rye, B = Barley, O = Oats, S = Spelt, K = Kamut or their hybrid strains.

Visit www.subway.com

SUBWAY® Nutrition Information

Footnote: Footing nutritional information can be calculated by doubling the 6-inch Sub values. Nutrition information refers to products prepared on 6-inch 9-grain bread or salad to standard recipe, with meat (where applicable), lettuce, cucumber, tomato, green pepper and red onion without sauce or cheese. Customer requests to modify the standard recipes will alter the nutritional information.

*Formed meat. ^o Made with shaved steak strips, green pepper and onion. ^May come in contact with non-vegetarian items.

≠ Beechwood Naturally Smoked Back Bacon with added smoke flavour.

Nutritional and allergen information is correct at the time of print (December 2016), however it may be subject to change.

Additional and allergen information is correct at the time of print (December 2019); however it may be subject to change. For up-to-date information please visit www.subway.com or scan the QR code on display.

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Eggs	Fish	Milk	Peanuts	Sesame	Custard creams	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
✓								w		✓			
✓		✓						w			✓		
									✓		✓		
✓											✓		
✓		✓				✓		w		✓			
✓				✓				w					
						✓			✓				
								w					
									✓				
								w			✓		

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SALADS per portion	Energy (kJ)	Energy (kcal)	Fat (g)	of which Saturates (g)	Sugars (g)	Salt (g)
Big Beef Melt†	979	234	14.0	7.3	7.2	1.1
Chicken & Bacon Ranch Melt	1397	334	18.4	7.5	6.6	1.9
Italian B.M.T.®	1019	244	16.4	6.5	6.7	1.9
Meatball Marinara	1131	270	14.8	6.0	12.9	1.3
Spicy Italian	1312	314	24.9	10.2	6.4	2.3
Steak†& Cheese	777	186	5.7	2.9	8.4	1.2
Subway Melt™ (includes cheese)	856	205	8.9	3.9	7.2	1.8
Tuna (with Lite Mayonnaise)	783	187	10.3	1.0	6.7	1.1
Veggie Patty^	886	212	9.4	2.2	7.4	1.1

SNACKS per portion	Energy (kJ)	Energy (kcal)	Fat (g)	of which Saturates (g)	Sugars (g)	Salt (g)
Bowl of Meatballs	1315	314	19.2	8.6	11.2	1.9
Cheese Toastie	895	214	9.7	5.9	2.5	0.8
Pepperoni Pizza Toastie	1062	254	12.9	6.2	4.6	1.4
Melted Cheese Nachos	1685	403	22.3	6.6	2.9	2.2

