



# U.S. NUTRITION INFORMATION

November 2021

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

## SANDWICHES

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
2,000 calories a day is used for general nutrition advice, but calorie needs vary.															
SANDWICHES															
6" Sandwiches															
Values include Multigrain bread and all the fresh vegetables. Double values for footlong nutrition information (one footlong=two 6" servings)															
6" All-American Club™	211	350	13	6	0	55	1220	39	1	5	25	15	15	6	20
6" Black Forest Ham	219	270	4	1	0	30	810	41	4	6	18	30	15	2	15
6" Buffalo Chicken (with Grilled Chicken)	248	340	12	3	0	55	1360	39	2	4	24	25	20	2	15
6" Chicken & Bacon Ranch (with Grilled Chicken)	256	510	27	10	0	100	1020	39	2	5	36	25	20	20	15
6" Chicken & Bacon Ranch (with Rotisserie-Style Chicken)	256	530	29	11	0	105	1200	39	2	5	34	25	15	20	15
6" Cold Cut Combo	213	280	10	3	0	45	980	38	2	4	17	15	20	6	15
6" Italian BMT®	213	360	16	6	0	50	1160	39	2	4	19	15	30	4	15
6" Meatball Marinara	205	400	17	7	1	40	1080	46	3	6	20	10	15	6	20
6" Oven Roasted Turkey	218	260	3	1	0	25	790	39	4	6	19	30	15	2	20
6" Roast beef	233	300	5	2	0	40	740	41	4	7	22	30	15	2	20
6" Rotisserie-Style Chicken	233	300	6	2	0	50	710	39	4	5	23	30	15	2	15
6" Spicy Italian	208	430	24	9	0	60	1280	39	2	4	19	15	35	4	15
6" Steak & Cheese (with American cheese)	161	320	10	5	0	65	1020	37	1	3	25	6	15	6	15
6" Subway Club®	255	310	5	2	0	45	1010	42	4	7	26	30	15	2	20
6" Sweet Onion Chicken Teriyaki	265	330	4	1	0	50	800	52	4	14	24	30	20	4	15
6" Tuna	223	430	25	5	0	40	670	37	1	4	19	15	20	2	15
6" Veggie Delite®	162	200	2	0	0	0	320	39	4	5	8	30	15	2	10
6" Limited Time Offer/Regional Subs**															
Values include Italian bread (unless another bread is specified)and select vegetables. Double values for footlong nutrition information (one footlong=two 6" servings)															
6" Baja Steak & Jack	178	390	18	6	0	75	1170	38	1	4	26	0	15	8	15
6" Baja Chicken & Bacon (with Rotisserie-Style Chicken)	256	510	27	11	0	100	1530	39	2	5	32	10	15	15	15
6" *CALI FRESH* Steak (with Smashed Avocado)	273	610	34	9	0	90	1190	44	6	7	33	25	8	8	20
6" *CALI FRESH* Turkey (with Smashed Avocado)	258	550	30	8	0	60	1210	42	6	6	28	25	8	8	20
6" *CALI FRESH* Steak (with Sliced Avocado)	266	580	32	9	0	90	1070	43	6	6	33	25	10	8	20
6" *CALI FRESH* Turkey (with Sliced Avocado)	251	520	28	7	0	60	1080	42	6	6	28	25	10	8	20
6" Big Hot Pastrami**	213	470	26	9	0	80	1780	38	1	4	27	8	8	8	25
6" B.L.T**	151	330	14	5	0	35	700	37	1	4	17	10	15	2	15
6" Chicken Pizziola (with Grilled Chicken)**	231	400	15	6	0	80	1100	40	2	6	31	20	30	10	15
6" Grilled Chicken**	233	280	4	1	0	50	530	40	4	6	24	30	20	2	15
6" Oven Roasted Chicken**	233	280	5	1	0	45	620	41	4	6	21	30	15	2	15
6" Oven Roasted Turkey and Ham**	219	270	4	1	0	25	800	40	4	6	19	30	15	2	15
6" Pizza Sub**	165	420	23	10	1	60	1480	41	0	5	18	15	30	10	15
6" Steak Club**	225	470	26	8	0	75	1270	38	1	4	28	15	15	6	20
6" Turkey Italiano**	192	460	27	9	0	60	1530	38	1	4	22	8	25	8	20
6" Veggie Patty**	247	380	11	1	0	0	640	56	12	7	14	30	15	2	10
Kids' Mini Sub															
Values include mini multigrain bread and all the fresh vegetables															
Veggie Delite®	108	140	2	0	0	0	210	26	3	3	5	20	10	2	8
Black Forest Ham	137	170	3	1	0	15	460	27	3	4	10	20	10	2	8
Oven Roasted Turkey	137	160	2	0	0	10	450	26	3	4	11	20	10	2	10
Roast Beef	146	190	3	1	0	20	440	27	3	4	13	20	10	2	10
Make any Sandwich into a Wrap															
Values include suggested wrap, select fresh vegetables and footlong meat portion															
All-American Club™ on Spinach Wrap	348	630	27	11	0	95	2320	57	3	6	42	35	15	15	35
Black Forest Ham on Tomato Basil Wrap	307	440	12	5	0	55	1720	57	4	6	29	30	25	10	25
Buffalo Chicken Wrap (with Grilled Chicken) on Tomato Basil Wrap	356	550	20	6	0	110	1950	55	4	6	42	30	25	10	25
Chicken & Bacon Ranch (with Grilled Chicken) on Spinach Wrap	400	810	41	16	0	170	1830	56	4	6	59	25	20	30	25
Chicken & Bacon Ranch (with Rotisserie-Style Chicken) on Spinach Wrap	378	840	45	17	0	170	2200	55	4	5	55	25	8	25	25
Cold Cut Combo on Tomato Basil Wrap	314	530	24	7	0	95	1970	54	3	5	27	15	25	15	25
Italian BMT® on Tomato Basil Wrap	314	680	37	14	0	100	2330	57	4	5	32	15	40	10	25
Meatball Marinara on Tomato Basil Wrap	381	770	39	16	2	75	2160	74	8	12	34	20	30	20	35
Oven Roasted Turkey on Spinach Wrap	307	430	10	4	0	50	1740	53	3	4	32	30	15	10	40
Roast Beef on Tomato Basil Wrap	335	500	14	5	0	75	1580	57	4	8	38	30	25	10	35
Rotisserie-Style Chicken on Spinach Wrap	335	500	16	6	0	105	1580	53	4	4	39	30	15	10	25
Spicy Italian on Tomato Basil Wrap	304	810	52	20	1	125	2580	57	4	4	31	15	50	15	30
Steak & Cheese on Spinach Wrap	269	570	20	9	0	120	1900	54	3	4	44	6	8	15	30
Subway Club® on Tomato Basil Wrap	378	530	14	5	0	90	2130	58	4	7	45	30	25	10	40
Sweet Onion Chicken Teriyaki on Spinach Wrap	381	540	12	5	0	95	1610	71	4	15	42	30	35	10	25
Tuna on Spinach Wrap	335	820	54	11	1	75	1410	52	3	3	33	15	15	10	25
Veggie Delite® on Tomato Basil Wrap	285	330	8	4	0	0	750	56	5	6	10	60	45	10	20
Make any Sandwich into a Wrap Limited Time Offer/Regional Wrap															
Values include suggested wrap, select fresh vegetables and footlong meat portion															
Baja Steak & Jack on Tomato Basil Wrap	286	640	28	11	1	130	2000	55	3	5	44	0	20	15	30
Baja Chicken & Bacon (with Rotisserie-Style Chicken)	379	820	44	17	1	170	2470	56	4	6	54	10	20	25	25
"CALI FRESH" Steak on Spinach Wrap (with Sliced Avocado)	382	880	48	16	1	165	2160	58	5	6	56	25	10	15	35
"CALI FRESH" Turkey on Spinach Wrap (with Smashed Avocado)	360	790	44	13	0	100	2330	56	5	5	46	25	8	15	40
"CALI FRESH" Steak on Spinach Wrap (with Smashed Avocado)	389	910	51	17	1	165	2290	59	6	6	56	25	8	15	35
"CALI FRESH" Turkey on Spinach Wrap(with Sliced Avocado)	353	770	42	13	0	100	2210	56	5	5	45	25	10	15	40
Big Hot Pastrami on Tomato Basil Wrap**	363	860	53	17	0	150	3070	55	4	6	46	15	10	15	50
B.L.T on Tomato Basil Wrap**	218	620	33	13	0	65	1420	53	3	6	29	10	20	10	25
Chicken Pizzola (with Grilled Chicken) on Tomato Basil Wrap**	258	590	28	11	0	100	1650	53	3	4	35	15	30	20	25
Grilled Chicken on Spinach Wrap**	335	470	11	5	0	100	1210	53	4	4	42	30	20	10	25
Oven Roasted Chicken on Spinach Wrap**	335	470	13	5	0	90	1390	55	4	5	35	30	15	10	25
Oven Roasted Turkey & Ham on Spinach Wrap**	307	430	11	5	0	50	1760	55	3	5	31	30	15	10	30
Pizza Sub on Tomato Basil Wrap**	238	720	44	18	1	100	2440	58	2	6	26	15	45	20	25
Steak Club on Tomato Basil Wrap**	341	780	41	14	0	135	2280	55	3	6	49	15	20	15	35
Turkey Italiano on Tomato Basil Wrap**	293	780	47	17	1	110	2700	55	3	5	35	8	35	15	35
Veggie Patty on Spinach Wrap**	363	650	26	5	0	0	1430	86	20	8	21	30	15	10	20
Make any Sandwich into a 6" Fresh Melt															
Values include bread, cheese and all the select vegetables. Double values for footlong nutrition information (one footlong=two 6" servings)															
6" All-American Club™	205	420	20	10	0	75	1640	39	<1	5	28	20	15	15	20
6" Black Forest Ham on Artisan Italian	204	450	25	10	1	70	1550	40	<1	5	23	25	15	15	15
6" Buffalo Chicken (with Grilled Chicken)	246	450	22	9	1	90	1990	40	1	5	30	35	15	15	15
6" Chicken & Bacon Ranch (with Grilled Chicken)	277	560	29	12	1	105	1220	39	2	5	40	40	20	30	15

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6" Chicken & Bacon Ranch (with Rotisserie-Style Chicken)	277	570	32	12	1	110	1400	39	2	5	38	40	15	30	15
6" Cold Cut Combo	218	400	20	9	0	80	1610	39	1	5	22	40	20	20	15
6" Italian B.M.T.®	218	470	26	12	1	85	1790	41	1	5	25	40	30	15	15
6" Meatball Marinara	237	510	27	13	2	70	1690	49	3	8	25	25	20	20	20
6" Oven Roasted Turkey	217	380	13	7	0	55	1420	41	4	6	25	40	15	15	20
6" Spicy Italian	207	540	34	15	1	95	1910	40	1	4	24	25	35	15	15
6" Steak & Cheese (with American cheese and Mayo)	198	500	28	11	1	95	1500	39	1	4	29	15	15	15	15
6" Sweet Onion Chicken Teriyaki	264	450	14	7	0	80	1430	53	4	15	30	40	15	15	15
6" Tuna	190	570	37	11	1	75	1060	35	<1	2	30	15	8	25	15
6" Veggie Delite® (on Artisan Italian with Mayo)	169	390	23	9	1	40	1060	38	1	4	13	40	20	15	10
Make any Sandwich into a 6" Fresh Melt Limited Time Offer/Regional	Values include bread, cheese and all the select vegetables. Double values for footlong nutrition information (one footlong=two 6" servings)														
6" Baja Steak & Jack	206	490	26	12	1	100	1650	39	1	4	31	0	15	20	15
6" Baja Chicken & Bacon (with Rotisserie-Style Chicken)	249	560	32	13	1	115	1760	40	1	5	35	10	15	20	15
6" Big Hot Pastrami**	235	550	33	13	0	100	2200	39	1	4	31	15	8	15	25
6" Oven Roasted Chicken**	232	400	15	8	0	75	1250	42	4	7	26	40	15	15	10

## SALADS

Make any Sandwich into a salad	Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.														
All-American Club™	370	230	12	5	0	55	940	12	4	6	20	70	35	10	15
Black Forest Ham	344	120	3	1	0	30	570	12	4	6	13	70	35	4	10
Buffalo Chicken (with Grilled Chicken)	414	300	19	4	0	65	1180	13	5	7	20	80	40	6	15
Chicken & Bacon Ranch (with Grilled Chicken and Peppercorn Ranch Sauce)	430	470	34	11	1	110	840	13	4	7	32	80	40	20	15
Chicken & Bacon Ranch (with Rotisserie-Style Chicken and Peppercorn Ranch Sauce)	430	490	36	12	1	110	1020	13	5	7	30	80	35	20	15
Cold Cut Combo	351	160	9	2	0	45	700	10	4	5	12	70	35	8	15
Italian B.M.T.®	351	240	15	5	0	50	880	12	4	5	14	70	45	6	15
Meatball Marinara	426	290	16	6	1	40	780	22	7	9	15	80	45	10	20
Oven Roasted Turkey	344	110	2	0	0	25	550	10	4	5	14	70	35	4	20
Roast Beef	358	150	4	1	0	40	500	12	4	6	17	70	35	6	20
Rotisserie-Style Chicken	358	150	5	2	0	50	470	10	4	5	18	70	35	6	10
Spicy Italian	347	310	23	9	0	60	1000	12	4	5	14	70	50	6	15
Steak & Cheese	370	210	9	4	0	65	740	12	4	6	22	70	35	10	15
Subway Club® (no olives)	374	150	4	1	0	45	730	12	4	6	21	70	35	4	20
Sweet Onion Chicken Teriyaki	408	210	3	1	0	50	630	30	4	21	19	70	40	6	15
Tuna	362	310	24	4	0	40	390	10	4	5	15	70	35	4	10
Veggie Delite®	287	50	1	0	0	0	75	9	4	5	3	70	35	4	8
Make any Sandwich into a salad Limited Time Offer/Regional	Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted														
Baja Steak & Jack	400	350	24	7	1	80	1020	14	5	7	23	70	35	10	15
Baja Chicken & Bacon (with Rotisserie-Style Chicken)	430	460	34	11	1	110	1370	14	4	7	28	70	35	20	15
"CALI FRESH" Steak (with Smashed Avocado)	425	360	22	7	0	85	880	15	6	7	28	70	35	10	15
"CALI FRESH" Turkey (with Smashed Avocado)	410	300	18	6	0	50	900	14	6	6	23	70	35	10	20
"CALI FRESH" Steak (with Sliced Avocado)	418	330	19	7	0	85	760	15	6	6	28	70	40	10	15
"CALI FRESH" Turkey (with Sliced Avocado)	403	280	16	5	0	50	770	13	6	6	23	70	40	10	20
Big Hot Pastrami**	450	370	26	8	0	80	1670	14	5	7	24	80	35	10	25
B.L.T.**	317	210	14	5	0	35	420	11	4	6	13	70	35	6	10
Chicken Pizziola (with Grilled Chicken)**	419	280	14	6	0	80	820	15	5	8	27	80	50	15	15
Grilled Chicken**	358	130	3	1	0	50	280	10	4	5	19	70	40	6	10
Oven Roasted Chicken**	358	130	4	1	0	45	370	11	4	6	16	70	35	6	10
Oven Roasted Turkey & Ham**	344	110	3	1	0	25	560	11	4	5	14	70	35	4	15
Pizza Sub**	374	310	23	10	1	60	1200	16	4	8	14	80	50	15	15
Steak Club**	377	260	14	6	0	70	920	12	4	6	24	70	35	10	20
Turkey Italiano**	380	350	26	9	0	60	1260	13	4	6	17	70	45	10	15
Veggie Patty**	372	220	10	1	0	0	390	26	12	7	9	70	35	4	8

## Protein Bowls

Make any Footlong a Protein Bowl	Values include footlong meat portion, lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or cheese unless noted														
All-American Club™	359	430	25	11	0	115	1550	12	3	7	40	70	30	20	20
Black Forest Ham	302	170	5	2	0	55	1050	12	3	6	21	60	30	4	10
Buffalo Chicken	414	380	21	4	0	115	2080	13	4	7	36	90	40	6	15
Chicken & Bacon Ranch (with Grilled Chicken)	444	730	51	20	1	205	1380	13	3	8	58	80	40	35	15
Chicken & Bacon Ranch (with Rotisserie-Style Chicken)	444	760	55	21	1	205	1750	13	4	7	55	80	30	35	15
Cold Cut Combo	316	260	16	4	0	95	1310	9	3	5	20	60	30	10	15
Italian B.M.T.®	316	410	29	11	0	100	1670	13	3	5	25	60	45	6	15
Meatball Marinara	469	520	32	13	2	80	1520	33	8	14	28	80	50	15	25
Oven Roasted Turkey	302	150	3	1	0	50	1020	8	3	5	25	60	30	4	25
Roast Beef	330	230	7	2	0	75	920	12	3	7	30	60	30	4	25
Rotisserie-Style Chicken	325	220	8	3	0	105	810	8	3	4	31	60	30	4	10
Spicy Italian	306	550	45	17	1	125	1910	12	3	4	24	60	60	8	15
Steak & Cheese	358	380	19	9	1	140	1150	12	4	5	42	70	30	20	20
Subway Club®	367	250	6	2	0	90	1410	12	2	7	37	60	30	4	25
Sweet Onion Chicken Teriyaki	394	300	5	2	0	95	1020	33	3	22	34	60	35	6	15
Tuna	337	550	47	8	1	75	690	8	3	4	26	60	30	4	10
Make any Footlong a Protein Bowl Limited Time Offer/Regional	Values include footlong meat portion, lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or cheese unless noted														
Baja Steak & Jack	386	500	33	12	1	150	1700	14	3	7	41	60	30	15	20
Baja Chicken & Bacon (with Rotisserie-Style Chicken)	445	720	52	20	1	205	2410	14	3	8	52	60	30	30	15
"CALI FRESH" Steak (with Sliced Avocado)	422	560	33	13	0	165	1420	16	5	7	51	60	35	15	20
"CALI FRESH" Turkey (with Sliced Avocado)	394	440	26	10	0	105	1470	13	4	6	41	60	35	15	30
"CALI FRESH" Steak (with Smashed Avocado)	429	580	36	14	0	165	1550	16	5	7	52	60	30	15	20
"CALI FRESH" Turkey (with Smashed Avocado)	401	470	29	11	0	105	1590	13	5	7	41	60	30	15	30
Big Hot Pastrami**	490	680	52	18	0	165	2670	15	5	7	45	80	30	25	40
B.L.T.**	248	360	26	9	0	65	760	10	3	6	22	60	30	6	10
Chicken Pizziola (with Grilled Chicken)**	451	500	28	12	1	165	1490	17	4	10	49	80	50	25	20
Grilled Chicken**	330	200	4	2	0	100	480	9	3	5	35	60	35	4	10
Oven Roasted Chicken**	330	200	6	2	0	90	660	11	3	6	27	60	30	4	10
Oven Roasted Turkey & Ham**	302	160	4	1	0	50	1040	10	3	6	23	60	30	4	20
Pizza Sub**	372	610	48	22	1	135	1830	18	5	8	30	90	60	40	15
Steak Club**	346	450	28	12	0	130	1280	12	3	6	41	70	30	20	20

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Turkey Italiano**	361	580	45	17	1	125	2000	13	3	5	34	70	45	20	25
Veggie Patty**	358	380	19	2	0	0	700	41	19	8	14	60	30	4	6
BREAKFAST & PIZZA & SLIDERS															
Omelet on 6" Artisan Flatbread (with Egg White)**	Values include 6" flatbread, egg white and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings)														
6" Black Forest Ham, Egg White & Cheese Flatbread	203	390	12	4	0	25	1110	45	2	4	23	4	0	6	15
6" Egg White & Cheese Flatbread	174	350	11	4	0	10	870	44	2	3	18	4	0	6	15
6" Bacon, Egg White & Cheese Flatbread	189	430	17	6	0	30	1040	44	2	4	23	4	0	6	15
6" Steak, Egg White & Cheese Flatbread	217	420	14	5	0	45	1140	45	2	3	28	4	0	6	20
Omelet on 6" Artisan Flatbread (with Regular Egg)**	Values include 6" flatbread, regular egg and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings)														
6" Black Forest Ham, Egg & Cheese Flatbread	203	480	23	6	0	265	1040	44	2	3	23	15	0	8	20
6" Egg & Cheese Flatbread	174	450	22	6	0	250	790	43	1	3	19	15	0	8	20
6" Bacon, Egg & Cheese Flatbread	189	530	28	8	0	270	970	44	1	3	24	15	0	8	20
6" Steak, Egg & Cheese Flatbread	217	520	25	7	0	285	1070	44	2	3	29	15	0	8	25
Flatizza ®**															
Cheese	150	410	17	9	0	40	760	45	2	4	18	2	2	25	15
Pepperoni	162	460	22	11	1	55	960	45	2	4	21	2	6	25	15
Sausage	180	520	27	13	1	70	1080	46	2	4	22	6	2	25	20
Spicy Italian	174	510	26	12	1	65	1130	46	2	4	23	2	8	25	20
Veggie	225	430	17	9	0	40	770	49	3	6	19	15	20	25	15
8" Pizza**															
Cheese	292	720	24	9	0	50	1360	94	4	8	28	0	0	0	0
Bacon**	321	840	34	13	0	75	1620	95	4	9	36	0	0	6	2
Meatball**	343	860	35	14	1.0	80	1660	98	5	8	37	0	0	8	4
Pepperoni	324	850	35	14	0	80	1740	95	4	8	34	0	4	6	2
Sausage**	335	870	37	14	0	85	1740	96	4	8	34	4	0	8	2
Sliders															
Ham & Jack (includes Pepperjack Cheese)**	68	140	4	2	0	20	530	18	0	2	9	0	4	4	6
Italian Spice (includes American Cheese and MVP Parmesan Vinaigrette)**	70	240	15	5	0	30	740	19	0	2	9	2	10	4	8
Little Cheesesteak (includes American Cheese and Baja Chipotle Southwest Sauce)**	68	160	7	3	0	20	430	19	<1	2	8	2	8	2	6
Turkey (includes Pepperjack Cheese and Mayonnaise)**	78	180	9	3	0	25	520	17	0	1	11	8	6	6	10
BREADS & CONDIMENTS															
Breads	Double values for footlong nutrition information (one footlong=two 6" servings)														
6" Artisan Flatbread	78	220	4	1	0	0	360	40	1	2	7	0	0	0	15
6" Artisan Italian Bread	65	160	2	1	0	0	350	34	0	2	7	0	8	0	10
6" Hearty Multigrain Bread	71	190	2	0	0	0	310	36	3	3	7	0	0	0	8
6" Italian Herbs & Cheese	76	200	4	2	0	10	550	36	<1	2	9	4	8	6	10
6" Jalapeno Cheddar Bread**	76	190	4	2	0	10	470	34	<1	2	9	4	10	6	10
Biscuit**	90	290	14	8	0	0	960	35	<1	3	4	0	0	0	0
Gluten-Free Bread(as packaged) <sup>l</sup> **	113	340	12	7	0	0	800	52	3	7	6	0	0	4	0
Spinach Wrap	102	290	8	4	0	0	780	48	2	1	8	0	0	10	15
Tomato Basil Wrap	102	290	8	4	0	0	730	49	2	2	8	0	10	8	15
Mini Artisan Italian Bread	43	100	1	0	0	0	240	22	0	1	4	0	6	0	6
Mini Hearty Multigrain Bread	47	120	2	0	0	0	210	24	2	2	5	0	0	0	6
1/4 Artisan Italian Bread	32	80	1	0	0	0	180	17	0	1	3	0	4	0	4
6" Hero Bread	75	100	5	0	0	0	430	27	26	0	12	0	4	2	6
Sandwich Condiments and Toppings	Amount on 6" sandwich or Wrap. Double values for footlong nutrition information (one footlong=two 6" servings). Double sauce values for salad dressing portion														
Baja Chipotle Southwest Sauce	14	70	7	1	0	5	125	1	0	1	0	0	0	0	0
Barbecue Sauce**	14	25	0	0	0	0	115	6	0	5	0	0	0	0	0
Franks Red Hot Buffalo Sauce**	14	5	0	0	0	0	350	1	0	0	0	6	0	0	0
Caesar	14	80	9	2	0	5	130	0	0	0	0	0	0	0	0
Creamy Sriracha**	14	40	4	1	0	5	240	2	0	1	0	4	2	0	0
Giardiniera**	28	80	9	2	0	0	340	1	0	1	0	0	0	0	0
Honey Mustard**	14	20	0	0	0	0	80	4	0	4	0	0	0	0	0
Hot Pepper Relish**	14	0	0	0	0	0	170	1	0	0	0	0	15	0	0
Lite Mayonnaise	14	50	5	1	0	5	90	1	0	0	0	0	0	0	0
Mayonnaise	14	100	11	2	0	10	65	0	0	0	0	0	0	0	0
Mustard, Yellow**	14	10	1	0	0	0	170	1	0	0	1	0	0	0	0
MVP Parmesan Vinaigrette™	17	70	8	1	0	0	180	1	0	1	0	0	0	0	0
Oil	5	45	5	0	0	0	0	0	0	0	0	0	0	0	0
Oil & Vinegar	9	45	5	0	0	0	0	0	0	0	0	0	0	0	0
Peppercorn Ranch Sauce	14	80	8	2	0	5	100	1	0	1	0	0	0	0	0
Red Wine Vinegar	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sweet Onion Sauce, Fat Free	18	30	0	0	0	0	75	8	0	7	0	0	0	0	0
Sweet Onion Teriyaki Sauce	18	35	0	0	0	0	160	8	0	9	7	0	0	0	0
Seasonings and Spices	Amount on 6" sandiwch or wrap														
Pepper, Black	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oregano**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salt	0	0	0	0	0	0	160	0	0	0	0	0	0	0	0
Vegetables	Amount on 6" sandiwch or wrap														
Avocado, Sliced **	28	45	4	1	0	0	0	2	2	0	1	2	4	0	0
Avocado, Smashed **	35	70	6	1	0	0	130	3	2	0	1	0	0	0	0
Banana Peppers (3 rings)	4	0	0	0	0	0	65	0	0	0	0	0	6	0	0
Cucumbers (3 slices)	14	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Green Chiles**	14	0	0	0	0	0	55	1	0	0	0	0	6	0	2
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	6	0	0
Jalapeno Peppers (3 rings)	4	0	0	0	0	0	70	0	0	0	0	0	2	0	0
Lettuce	21	0	0	0	0	0	0	0	0	0	0	2	0	0	0
Olives, Black (3 rings)	3	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Onions	7	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	10	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Spinach, Baby	7	0	0	0	0	0	5	0	0	0	0	15	2	0	2
Sweet Peppers**	14	15	0	0	0	0	170	3	0	3	0	0	6	0	0
Tomatoes (3 wheels)	35	5	0	0	0	0	0	1	0	1	0	10	4	0	0
Cheese	Amount on 6" sandiwch or wrap														
American	11	40	4	2	0	10	210	1	0	0	2	4	0	4	0
BelGioioso® Fresh Mozzarella	17	40	3	2	0	10	55	0	0	0	3	0	0	5	0
Monterey Cheddar, Shredded	14	50	5	3	0	15	90	0	0	0	3	6	0	8	0
Mozzarella, Shredded**	14	45	4	2	0	10	85	1	0	0	3	0	0	6	0



2,000 calories a day is used for general nutrition advice, but calorie needs vary.

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Parmesan Grated	1	5	0	0	0	0	25	0	0	0	1	0	0	2	0
Pepperjack	14	50	4	3	0	15	140	0	0	0	3	4	4	10	0
Provolone	14	50	4	2	0	10	125	0	0	0	4	4	0	8	0
Swiss**	14	50	5	3	0	15	30	0	0	0	4	4	0	10	0
Individual Proteins	Amount on 6" sub or salad, double values for footlong or wrap														
Bacon (2 strips)	15	80	6	3	0	15	170	1	0	1	5	0	0	0	2
Black Forest Ham	57	70	2	1	0	30	490	2	0	1	10	0	0	0	2
Chicken Patty**	71	80	3	1	0	45	300	2	0	1	13	0	0	0	2
Cold Cut Combo Meats	64	110	8	1	0	45	620	1	0	1	9	0	0	4	4
Egg Patty (regular)	85	180	15	4	0	240	220	2	0	0	10	10	0	2	6
Egg Patty (white)	85	90	4	1	0	0	290	3	0	1	9	0	0	0	0
Grilled Chicken	71	80	2	2	0	50	210	1	0	1	16	2	4	0	2
Grilled Chicken, Buffalo	99	90	2	1	0	50	900	2	0	1	17	15	4	0	4
Grilled Chicken, Teriyaki Glazed	85	100	2	1	0	50	400	5	0	2	16	2	4	0	2
Italian B.M.T.® Meats	64	180	14	5	0	50	800	3	0	1	11	0	8	2	4
Meatballs	139	230	15	6	1	40	700	13	3	5	12	10	10	4	10
Oven Roasted Turkey	57	60	1	1	0	25	480	0	0	0	11	0	0	0	10
Pastrami**	57	130	10	3	0	35	470	1	0	1	9	2	0	0	8
Pepperoni, (3 slices)	18	80	7	3	0	20	290	1	0	0	3	0	4	0	2
Roast Beef	71	90	3	1	0	40	420	2	0	2	14	0	0	0	8
RotisserieStyle Chicken	71	90	4	1	0	50	400	0	0	0	15	0	0	0	2
Spicy Italian Meats	59	250	22	8	0	60	930	2	0	0	11	0	15	2	6
Steak (no cheese)	71	110	5	2	0	55	450	2	0	1	17	0	0	0	6
Subway Club® Meats	78	90	3	3	0	40	560	3	0	1	15	0	0	0	6
Tuna	74	250	23	2	0	40	310	0	0	0	12	0	0	0	2
Veggie Patty**	85	170	9	1	0	0	320	17	8	2	6	0	0	0	0

## DESSERTS & SIDES

Cookies & Desserts															
Chocolate Chip	45	210	10	5.0	0	10	120	30	<1	18	2	0	0	0	10
Oatmeal Raisin	45	200	8	4.0	0	15	110	30	1	16	3	0	0	2	6
Raspberry Cheesecake**	45	210	9	5.0	0	15	115	29	0	16	2	0	0	2	6
White Chip Macadamia Nut	45	210	10	5	0	15	125	28	<1	17	2	0	0	2	6
Applesauce**	90	45	0	0	0	0	0	12	<1	8	0	0	0	0	0
Biscuit & Gravy**	133	340	18	10	0	5	1140	39	<1	3	6	0	0	0	0
Cinnamon Roll**	163	570	20	10	0	5	630	89	3	38	8	8	0	4	15
Hash Browns**	108	190	9	3	0	0	600	24	3	1	3	0	0	2	60
Muffin, Apple Cinnamon**	113	450	24	4	0	60	370	53	2	31	6	0	8	6	10
Muffin, Blueberry Crumb**	113	410	17	4	0	40	440	59	2	33	5	0	0	4	10
Muffin, Double Chocolate**	113	550	31	8	0	65	420	61	3	41	6	0	0	6	20
Soup** (8 oz. bowl)															
Beef Chili with Beans**	251	360	22	8	1	70	800	21	4	6	21	130	15	8	25
Broccoli Cheddar**	227	170	9	5	0	25	690	18	1	4	5	20	30	10	2
Chicken Noodle**	227	100	3	1	0	25	780	12	1	2	6	15	4	2	4
Loaded Baked Potato with Bacon**	227	180	11	6	0	35	770	15	1	3	5	10	10	4	2

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from approved food manufacturers, independent laboratories and the USDA 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 season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly. Nutrition information for these items are based on the most common formulas and ingredients.

\*\*At participating locations.

<sup>1</sup>The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.