



U.S. NUTRITION INFORMATION

January 2026

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

SANDWICHES

6" Sandwiches

Double values for footlong nutrition information (one footlong=two 6" servings)

Cheesesteaks

6" Steak Philly	192	510	25	9	1	85	1320	43	2	5	3	28	10	6	90	100
6" Chipotle Philly	198	490	22	9	1	90	1440	44	2	5	4	30	2	6	100	100
6" Cheesy Garlic Steak	199	510	23	6	0	70	1190	49	3	5	4	26	2	30	90	100

Chicken

6" Grilled Chicken	247	510	24	8	1	85	830	43	3	5	3	31	25	10	100	90
6" Chicken & Bacon Ranch	262	580	29	10	0	105	1230	44	3	5	4	35	25	8	100	100
6" Spicy Nacho Chicken	203	440	17	4	0	65	1280	49	3	5	3	24	6	35	90	90
6" Honey Mustard BBQ Chicken	273	510	20	8	0	85	1350	53	3	13	11	30	25	8	100	100
6" Sweet Onion Teriyaki Chicken®	256	430	11	5	0	70	1250	55	4	20	16	29	20	10	10	15

Italians

6" B.M.T.®	240	610	36	12	1	80	1500	44	2	5	3	27	20	15	100	100
6" Spicy Italian	239	680	44	15	1	95	1690	44	3	5	3	27	20	25	100	100
6" 5 Meat Italian	303	680	37	13	1	110	1940	46	3	6	4	40	20	15	100	100
6" Meatball Marinara	239	570	28	12	0	60	1370	53	4	7	4	27	20	15	110	100
6" Meatball Pepperoni	268	690	38	16	1	85	1860	56	4	7	5	33	20	20	110	100

Deli Classics

6" Oven-Roasted Turkey	233	480	23	7	1	55	1150	42	3	5	3	26	20	6	100	100
6" Black Forest Ham	233	490	23	8	0	60	1190	44	2	5	4	25	20	6	100	90
6" Roast Beef	247	500	23	8	0	65	1120	44	2	6	4	31	20	6	100	90
6" Cold Cut Combo®	240	530	29	9	1	75	1320	43	2	5	3	25	20	6	100	100
6" Tuna	236	570	33	9	1	60	950	42	2	4	3	27	20	6	100	90
6" Veggie Delite®	191	320	10	5	0	20	600	41	4	6	4	17	35	15	20	15

Clubs

6" All American Club®	242	540	28	10	1	75	1520	45	3	6	4	27	20	8	90	100
6" Subway Club®	263	500	24	8	1	75	1520	43	4	8	5	31	20	6	10	25

Local Favorites **

6" Big Hot Pastrami **	232	550	30	11	0	90	2070	44	2	5	2	30	15	0	90	110
6" B.L.T. **	171	480	26	7	0	40	800	42	2	5	4	18	15	6	80	90
6" Buffalo Chicken	288	510	19	7	0	80	1780	55	3	7	3	31	35	15	25	35
6" Oven-Roasted Turkey & Ham **	233	480	23	7	1	55	1140	41	4	6	4	27	20	6	20	20
6" Pizza Sub **	177	490	25	11	1	60	1340	45	2	5	3	22	15	20	100	100
6" Veggie Patty **	263	470	19	6	0	20	1100	58	12	9	1	19	35	10	10	15

Fresh Fit®

6" Grilled Chicken & Smashed Avocado	311	470	19	4	0	80	930	44	6	8	4	35	30	15	4	20
6" Grilled Chicken & Fresh Avocado	304	450	16	3	0	80	800	44	6	7	4	35	30	15	4	20
6" Ham & Turkey Stacker	226	290	5	1	0	25	1000	42	4	6	4	20	30	10	4	20
6" Turkey & Ranch Delite	254	380	13	3	1	45	1140	41	5	7	5	26	30	10	4	30
6" Seasoned Steak & Smashed Avocado	297	460	16	5	0	85	1170	45	6	7	5	35	30	10	4	25
6" Seasoned Steak & Fresh Avocado	290	430	14	4	0	85	1040	45	6	7	5	35	30	10	4	25

Kids' Mini Sub

Veggie Delite®	108	140	2	0	0	0	240	27	3	4	2	6	20	10	2	10
Black Forest Ham	137	180	3	1	0	15	480	28	3	4	3	11	20	10	2	10
Oven Roasted Turkey	137	170	3	0	0	15	470	27	3	4	3	12	20	10	2	15

WRAPS

Wraps																

Cheesesteaks

Steak Philly	295	710	35	11	1	140	1970	56	3	5	3	46	10	6	15	30
Chipotle Philly	300	700	32	11	1	145	2090	56	3	5	3	47	0	6	20	30
Cheesy Garlic Steak	302	710	33	7	0	125	1840	62	3	5	3	43	2	30	8	30

Chicken

Grilled Chicken	349	680	31	9	1	135	1240	55	3	5	1	48	25	15	25	20
Chicken & Bacon Ranch	367	830	42	14	1	170	1850	56	3	7	4	56	25	8	20	25
Spicy Nacho Chicken	294	610	24	5	0	115	1730	59	3	6	3	40	6	35	6	25
Honey Mustard BBQ Chicken	363	680	27	9	0	135	1800	63	4	14	11	46	25	8	20	25
Sweet Onion Teriyaki Chicken®	360	620	16	6	0	120	1690	76	3	27	22	45	20	15	15	25

Italians

B.M.T.®	240	610	36	12	1	80	1500	44	2	5	3	27	20	15	100	100
Spicy Italian	318	1010	69	24	1	155	2670	57	3	6	3	39	20	35	25	30
5 Meat Italian	450	1000	56	19	2	195	3230	60	3	8	6	66	20	25	25	40
Meatball Marinara	397	890	49	19	0	95	2140	76	7	12	7	40	30	25	30	30
Meatball Pepperoni	433	1050	63	24	1	135	2730	77	7	12	7	47	30	35	30	35

Deli Classics

Oven-Roasted Turkey	309	610	27	8	1	85	1660	53	3	6	3	38	20	6	20	40
Black Forest Ham	309	630														

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	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Cheesesteaks																
Steak Philly	409	450	35	10	1	95	1080	13	4	6	1	24	80	35	15	15
Chipotle Philly	415	400	28	10	1	95	1260	15	5	7	2	25	70	35	15	15
Cheesy Garlic Steak	434	460	32	8	0	80	1180	21	5	8	2	23	70	80	8	15
Chicken																
Grilled Chicken	415	440	34	9	1	95	590	12	4	6	0	26	80	40	20	10
Chicken & Bacon Ranch	430	490	36	11	1	110	1020	14	5	7	2	30	80	35	20	15
Spicy Nacho Chicken	420	320	19	4	0	65	1220	20	5	8	0	20	80	70	6	10
Honey Mustard BBQ Chicken	454	420	24	8	0	90	1280	31	5	22	17	25	80	35	20	15
Sweet Onion Teriyaki Chicken®	423	300	10	5	0	70	1100	33	4	25	19	23	80	40	15	15
Italians																
B.M.T.®	407	540	46	14	1	90	1250	13	4	6	1	22	80	45	25	15
Spicy Italian	407	610	54	17	1	100	1450	13	4	5	0	22	80	50	25	15
5 Meat Italian	471	610	47	14	1	120	1690	14	4	7	2	35	80	45	25	20
Meatball Marinara with MVP Parmesan Vinaigrette®	484	530	39	14	1	60	1360	25	7	11	4	23	90	50	30	20
Meatball Pepperoni with MVP Parmesan Vinaigrette®	502	610	47	16	1	80	1650	26	7	11	4	26	90	50	30	20
Deli Classics																
Oven-Roasted Turkey	400	410	33	9	1	65	910	11	4	5	1	21	80	35	20	20
Black Forest Ham	400	420	33	9	1	65	950	13	4	6	1	20	80	35	20	10
Roast Beef	415	440	33	9	1	75	880	13	4	6	2	26	80	35	20	10
Cold Cut Combo®	408	470	39	10	1	85	1080	11	4	5	0	20	80	35	25	15
Tuna	390	410	32	8	1	60	640	10	4	5	0	22	80	35	20	10
Veggie Delite®	316	150	9	5	0	20	320	10	4	5	0	10	80	35	20	10
Clubs																
All American Club®	410	480	39	11	1	80	1270	13	4	7	2	22	80	35	15	15
Subway Club®	430	440	34	9	1	85	1310	14	4	7	2	24	80	35	15	20
Local Favorites **																
Big Hot Pastrami **	463	410	30	11	0	90	1930	15	5	7	0	26	80	35	15	25
B.L.T. **	345	420	36	8	0	50	550	11	4	6	1	13	70	35	6	10
Turkey & Ham **	400	420	33	9	1	65	930	12	4	6	1	21	80	35	20	15
Pizza Sub **	380	330	24	10	1	60	1030	15	5	7	1	17	80	50	25	15
Veggie Patty **	395	300	17	5	0	20	820	28	12	8	0	13	80	35	15	10

PROTEIN BOWLS

	Values include footlong meat portion, lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or cheese unless noted															
Cheesesteaks																
Steak Philly	403	630	46	16	1	170	1950	14	3	7	2	43	80	30	20	20
Chipotle Philly	415	600	41	17	1	175	2180	16	4	7	3	46	60	30	25	20
Cheesy Garlic Steak	417	630	42	10	1	140	1670	27	4	8	3	39	60	80	8	20
Chicken																
Grilled Chicken	415	620	44	15	1	170	960	12	3	6	0	48	80	40	35	10
Chicken & Bacon Ranch	445	760	55	19	1	205	1750	14	4	7	2	55	80	30	35	15
Spicy Nacho Chicken	425	510	30	7	0	125	1870	26	5	9	1	35	70	90	8	15
Honey Mustard BBQ Chicken	466	620	36	14	1	170	2010	31	4	22	17	45	80	30	35	15
Sweet Onion Teriyaki Chicken®	432	470	18	10	1	140	1860	41	3	33	26	42	80	40	20	15
Italians																
B.M.T.®	401	820	68	23	2	165	2290	14	3	6	2	40	70	50	40	15
Spicy Italian	396	960	84	29	2	185	2610	14	3	5	1	39	80	60	40	20
5 Meat Italian	528	960	70	24	2	225	3170	17	3	8	4	66	80	50	40	30
Meatball Marinara with MVP Parmesan Vinaigrette®	553	880	65	25	1	120	2340	37	8	14	6	42	90	60	50	25
Meatball Pepperoni with MVP Parmesan Vinaigrette®	589	1040	79	31	1	160	2930	38	8	14	6	48	90	70	50	25
Deli Classics																
Oven-Roasted Turkey	386	560	42	13	2	115	1600	10	3	5	1	38	70	30	35	25
Black Forest Ham	386	580	43	14	1	115	1680	14	3	7	3	36	80	30	35	15
Roast Beef	415	610	42	14	1	130	1540	14	3	7	3	48	80	30	35	15
Cold Cut Combo®	401	670	55	16	1	155	1930	11	3	5	1	35	70	30	45	15
Tuna	394	750	62	17	1	120	1190	9	3	4	0	41	80	30	35	15
Clubs																
All American Club®	405	690	53	18	1	150	2330	15	3	9	3	40	80	30	20	20
Subway Club®	418	410	21	11	1	135	2280	16	3	9	3	44	70	30	20	25
Local Favorites **																
Big Hot Pastrami **	512	740	57	21	1	180	3430	17	4	9	0	46	80	30	25	40
B.L.T. **	276	560	49	13	0	85	890	10	3	7	3	22	60	35	6	15
Turkey & Ham **	386	570	42	14	1	115	1640	12	3	6	2	37	70	30	35	20
Pizza Sub **	372	600	46	20	1	120	1980	18	4	8	2	31	80	60	40	15
Veggie Patty **	404	540	33	10	1	45	1550	44	19	10	0	22	70	30	20	6

BREAKFAST & PIZZA & SLIDERS

	Values include 6" Artisan Italian, regular egg and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings)															
Egg Patty on 6" Artisan Italian **																
6" Bacon, Egg & Cheese	193	550	30	11	0	280	1200	43	2	4	3	26	10	0	100	100
6" Black Forest Ham, Egg & Cheese	207	500	25	9	0	275	1270	43	2	4	3	26	10	0	90	100
6" Egg & Cheese	178	470	24	8	0	265	1020	42	2	4	2	21	10	0	90	100
6" Steak, Egg & Cheese	221	540	26	10	0	295	1300	43	2	4	3	31	10	0	90	100
Egg Patty on 12" Wrap **																
Bacon, Egg & Cheese	325	900	56	16	1	540	1790	57	2	5	2	42	15	0	20	30
Black Forest Ham, Egg & Cheese	351	810	46	12	1	530	1930	58	2	5	2	42	15	0	20	30
Egg & Cheese	295	740	44	12	1	505	1440	55	2	3	1	32	15	0	20	30
Steak, Egg & Cheese	366	860	48	14	1	560	1890	57	2	4	2	48	15	0	20	35
8" Pizza**																
Cheese	293	700	22	9	1	50	1370	95	4	8	3	29	30	8	40	35
Bacon**	308	780	28	12	1	65	1540	96	4	9	3	34	30	10	40	35
Meatball**	330	810	31	13	1	70	1590	98	5	8	3	35	30	8	40	35
Pepperoni	311	780	29	12	1	70	1660	96	5	8	3	33	30	15	40	35
Sliders																
Ham & Jack (includes Pepper Jack Cheese)**	71	160	4	2	0	20	550	21	<1	2	2	10	0	0	45	45
Italian Spice (includes American Cheese and MVP Parmesan Vinaigrette®)**	72	250	15	5	0	30	740	21	<1	2	2	9	2	6	45	45
Little Cheesesteak (includes American Cheese and Baja Chipotle Sauce)**	71	180	7	3	0	20	450	21	1	2	2	8	2	4	45	45
Turkey (includes Pepper Jack Cheese and Mayonnaise)**	88	230	12	4	0	30	690	20	1	2	0	12	6	0	50	50

BREADS & INGREDIENTS

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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)	Added Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Amount on 6" sandwich or Wrap. Double values for footlong nutrition information (one footlong= two 6" servings). Double sauce values for salad dressing portion																
Mini Artisan Italian Bread	47	140	2	1	0	0	250	26	<1	2	2	5	0	0	60	60
Mini Hearty Multigrain Bread	47	130	2	0	0	0	230	24	2	2	2	6	0	0	0	8
Sandwich Condiments and Toppings																
Baja Chipotle	14	70	7	1	0	5	125	1	0	1	0	0	0	0	0	0
BBQ Sauce	14	25	0	0	0	0	115	6	0	5	5	0	0	0	0	0
Cheddar Cheese Sauce	18	30	3	2	0	5	150	1	0	1	0	1	2	25	0	0
Creamy Sriracha	14	40	4	1	0	5	240	2	0	1	0	0	4	2	0	0
Buffalo Sauce **	14	0	0	0	0	0	390	0	0	0	0	0	0	0	0	0
Giardiniera**	28	80	9	2	0	0	340	1	0	1	0	0	0	0	0	0
Honey Mustard	14	60	5	1	0	5	125	3	0	3	3	0	0	0	0	0
Hot Honey Sauce	14	30	0	0	0	0	120	8	0	8	8	0	0	0	0	0
Mayonnaise	14	100	11	2	0	10	65	0	0	0	0	0	0	0	0	0
Mustard, Yellow	14	10	1	0	0	0	170	1	0	0	0	0	0	0	0	2
Olive Oil Blend	5	45	5	0	0	0	0	0	0	0	0	0	0	0	0	0
Olive Oil Blend & Vinegar	9	45	5	0	0	0	0	0	0	0	0	0	0	0	0	0
MVP Parmesan Vinaigrette®	14	60	6	1	0	0	140	1	0	1	1	0	0	0	0	0
Peppercorn Ranch	14	80	8	2	0	5	100	1	0	1	0	0	0	0	0	0
Red Wine Vinegar	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Roasted Garlic Aioli	14	80	9	2	0	5	150	1	0	1	0	0	0	0	0	0
Subkrunch™	11	70	5	0	0	0	45	6	0	0	0	1	0	0	0	0
Sweet Onion Teriyaki	14	30	0	0	0	0	130	7	0	6	6	0	0	0	0	0
Seasonings and Spices																
Pepper, Black	0	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	0
Salt	0	0	0	0	0	0	160	0	0	0	0	0	0	0	0	0
Vegetables																
Amount on 6" sandwich or wrap																
Avocado Sliced **	28	45	4	1	0	0	0	2	2	0	0	1	2	4	0	0
Avocado, Smashed **	35	70	6	1	0	0	130	3	2	0	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	0
Cucumbers (3 slices)	14	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Green Chiles**	14	5	0	0	0	0	95	1	<1	0	0	0	0	0	0	0
Green Peppers (3 strips)	7	0	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	0	2	0	0
Lettuce	21	0	0	0	0	0	0	0	0	0	0	0	0	2	0	0
Olives, Black (3 rings)	3	0	0	0	0	0	25	0	0	0	0	0	0	0	0	0
Onions	7	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Pickles, Crinkle (3 chips)	12	0	0	0	0	0	160	0	0	0	0	0	0	0	0	0
Spinach, Baby	7	0	0	0	0	0	5	0	0	0	0	0	0	15	2	0
Tomatoes (3 wheels)	35	5	0	0	0	0	0	1	0	1	0	0	10	6	0	0
Cheese																
Amount on 6" sandwich, salad or wrap																
American	23	80	7	5	0	20	420	1	0	1	0	4	8	0	8	0
Monterey Cheddar, Shredded	28	110	9	5	0	25	170	1	0	0	0	7	10	0	15	0
Parmesan Grated	1	5	0	0	0	0	25	0	0	0	0	0	0	2	0	0
Pepper Jack	28	100	8	5	0	25	480	1	0	0	0	5	0	0	10	0
Provolone	25	90	7	4	0	20	220	1	0	0	0	6	8	0	15	0
Individual Proteins																
Amount on 6" sub or salad, double values for footlong or wrap																
All-American Club Meats (Ham, Turkey, Bacon)	72	140	8	3	0	45	650	2	0	1	1	15	0	0	0	8
Bacon (2 strips)	15	80	6	3	0	15	170	1	0	1	1	5	0	0	0	2
Black Forest Ham	57	70	2	1	0	30	490	2	0	1	1	10	0	0	0	2
Cold Cut Combo® Meats	64	110	8	1	0	45	620	1	0	1	0	9	0	0	4	4
Egg Patty	85	180	15	4	0	240	220	2	0	0	0	10	4	0	2	6
Genoa Salami (3 slices*)	18	70	6	3	0	20	260	1	0	0	0	3	0	4	0	2
Grilled Chicken	71	80	2	2	0	50	210	1	0	1	0	16	2	4	0	2
Grilled Chicken, Sweet Onion Teriyaki Glazed	85	110	2	1	0	50	350	9	0	8	7	16	0	4	0	2
Meatballs	139	250	18	7	0	35	720	13	2	5	2	12	10	15	4	8
Oven-Roasted Turkey	57	60	2	1	0	25	450	0	0	0	0	11	0	0	0	10
Pastrami**	57	130	10	3	0	35	470	1	0	1	0	9	2	0	0	8
Pepperoni, (3 slices)	18	80	7	3	0	20	290	1	0	0	0	3	0	4	0	2
Roast Beef	71	80	2	1	0	35	420	2	0	2	2	15	0	0	0	2
Rotisserie-Style Chicken	71	90	4	1	0	50	400	0	0	0	0	15	0	0	0	2
Steak (no cheese)	71	110	5	2	0	55	450	2	0	1	1	17	0	0	0	6
Subway Club® Meats (Turkey, Ham, Roast Beef)	92	110	3	1	0	45	690	3	0	2	2	17	0	0	0	10
Tuna	74	250	23	2	0	40	310	0	0	0	0	12	0	0	0	2
Veggie Patty**	85	170	9	1	0	0	320	17	8	2	0	6	0	0	0	0
DESSERTS & SIDES																
Cookies & Sides																
Chocolate Chip Cookie	45	210	10	5	0	10	120	30	<1	18	18	2	0	0	0	10
Double Chocolate Cookie	45	210	9	5	0	15	125	29	1	20	19	2	0	0	2	10
Oatmeal Raisin Cookie	45	200	8	4	0	15	110	30	1	16	10	3	0	0	2	6
Naturally Flavored Raspberry Cheesecake Cookie	45	210	9	5	0	15	115	29	0	16	15	2	0	0	2	6
White Chip Macadamia Nut Cookie	45	210	10	5	0	15	125	28	<1	17	17	2	0	0	2	6
Applesauce**	90	70	0	0	0	0	0	16	3	13	0	0	0	0	0	2
Hash Browns**	108	190	9	3	0	0	600	24	3	1	0	3	0	0	2	60
Cookie, Footlong Chocolate Chip	285	1330	61	32	1	95	690	181	8	101	100	14	0	0	4	50
Soup** (8 oz. bowl)																
Broccoli Cheddar**	227	200	13	8	0	45	960	16	<1	7	0	9	20	15	20	2
Chicken Noodle**	227	70	3	1	0	15	1160	6	<1	1	0	7	15	2	2	0
Loaded Baked Potato with Bacon**	227	200	14	7	0	45	910	17	1	4	0	9	10	15	10	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.

*Number of salami slices varies by build.

**At participating locations.

¹The 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.