



## CANADA NUTRITION INFORMATION October 2018

	Serving Size (g)	Calories	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)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>SANDWICHES</b>																
<b>6-inch Sandwiches with 6 grams of Fat or Less</b> Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.																
Black Forest Ham	219	280	35	4	1	0	15	700	48	5	7	15	8	20	6	15
Oven Roasted Chicken	226	310	40	4.5	1.5	0	40	560	47	5	8	21	8	20	4	15
Roast Beef	219	290	40	4.5	1.5	0	20	680	46	5	7	17	8	20	4	20
Subway Club®	233	300	40	4.5	1	0	25	790	47	5	7	18	8	20	6	20
Sweet Onion Chicken Teriyaki	269	370	40	4.0	1	0	50	770	58	5	16	23	10	25	6	20
Turkey Breast	219	290	35	4	1	0	20	690	47	5	8	16	8	20	6	20
Turkey Breast & Ham	228	290	40	4	1	0	20	760	48	5	7	17	8	20	6	20
Veggie Delite®	162	230	20	2.5	0.5	0	0	280	44	5	7	8	8	20	4	15
<b>6-inch Sandwiches</b> Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.																
Chicken & Bacon Ranch Melt	277	530	220	24	7	0.4	75	950	47	5	8	32	15	20	15	20
Cold Cut Combo	233	430	180	20	7	0.1	40	890	47	6	7	17	8	20	6	20
Italian B.M.T.®	226	410	150	16	6	0.3	40	1210	47	5	8	19	8	20	6	15
Meatball Marinara	301	480	160	18	7	0.5	40	1000	60	8	12	21	25	35	10	25
Pizza Sub Melt	237	450	180	20	8	0.4	40	1410	50	6	10	18	20	25	10	15
Steak & Cheese	245	380	90	10	4	0.4	50	1030	49	5	9	26	10	20	10	25
Tuna	237	480	230	25	5	0.3	40	580	44	5	7	20	10	20	4	20
<b>Mini Subs</b> Values include 9-grain wheat bread, spinach, lettuce, tomatoes, onions, green peppers and cucumbers.																
Black Forest Ham	136	180	20	2.5	0.5	0	5	400	31	3	4	9	6	15	4	10
Roast Beef	146	190	25	3	1.0	0	10	460	31	3	5	11	6	15	4	15
Turkey Breast	146	190	25	2.5	0.5	0	15	460	31	3	5	11	6	15	4	10
Veggie Delite®	108	150	15	1.5	0.5	0	0	190	29	3	4	6	6	15	4	10
<b>Paninis (Made on Ciabatta bread)</b>																
Grilled Cheese & Bacon	169	520	190	21	10.5	0.5	60	900	56	3	5	27	10	0	25	20
Montreal Steak & Provolone	258	530	170	18	6	1	55	1240	63	4	7	29	22	20	10	25
Sweet & Smoky Bacon	267	570	180	21	7	0	75	1030	63	3	10	34	10	20	10	25
<b>6" Limited Time Offer/Regional Subs**</b> Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.																
BBQ Rib Patty	240	490	220	25	8	0	45	750	48	6	10	21	10	25		20
BBQ Pulled Pork	276	430	90	9	2.5	0	50	1100	57	5	19	25	10	25	6	15
B.L.T.	160	350	100	11	4	0	30	730	44	5	7	18	8	10	4	15
Buffalo Chicken	261	410	140	15	3	0.2	50	1070	46	6	8	21	15	25	5	20
Chicken Cordon Bleu Melt	283	420	90	10	4.0	0.2	65	750	52	5	13	32	10	20	20	20
Chicken Pizzola Melt	291	470	150	16	6	0.3	70	1230	50	6	10	32	20	25	10	20
Crispy Chicken	250	450	120	14	3	0.1	35	770	61	6	7	20	10	20	6	20
Crispy Chicken Parmigiana	291	520	160	18	5	0.2	45	1120	66	6	10	23	20	25	10	20
Egg Salad	254	410	160	18	4	0.2	270	510	46	5	7	17	15	20	8	20
Falafel	276	580	220	24	4	0.3	10	1050	73	13	8	18	10	20	6	20
Genoa Salami	222	460	200	22	8	0.5	50	1350	46	5	8	20	8	20	6	20
Italian Sausage Parmigiana	261	410	110	12	4.5	0.2	50	900	53	7	10	24	15	25	10	15
Rotisserie-Style Chicken (with cheese and honey mustard)	266	400	80	9	3.5	0.1	55	820	52	5	13	28	10	20	10	20
Spicy Italian®	221	480	220	24	9	0.5	50	1490	46	5	8	20	8	20	6	20
Subway Melt®	248	380	90	10	4	0.1	40	1110	49	5	8	23	10	20	8	20
Subway Seafood Sensation™	233	420	170	19	3	0.2	15	780	51	5	8	13	10	20	8	15
Veggie Patty (vegan) <sup>†</sup>	247	360	45	5	1	0	0	740	58	9	10	20	25	20	8	25
Veggie Patty (vegetarian) <sup>†</sup>	247	390	85	10	3	0	0	800	52	8	9	21	10	20	5	15
<b>Salads</b> Values do not include salad dressing unless noted.																
Ham	330	110	25	2.5	0.5	0	15	500	15	4	6	10	50	50	6	10
Oven Roasted Chicken	337	130	20	3	0.5	0	45	270	11	4	6	16	50	50	8	10
Roast Beef	330	120	25	3	1	0	20	480	13	4	7	11	50	50	6	15
Subway Club®	344	130	30	3	0.5	0	25	590	14	4	7	13	50	50	6	10
Sweet Onion Chicken Teriyaki (includes sweet onion dressing)	401	230	25	3.0	0.5	0	50	660	34	4	24	17	60	60	8	10
Turkey Breast	330	110	25	2.5	0.5	0	20	490	14	4	7	11	50	50	6	10
Turkey Breast & Ham	339	120	25	3	0.5	0	20	560	15	4	7	12	50	50	8	10
Veggie Delite®	273	60	10	1	0	0	0	75	11	4	6	3	50	50	6	8
<b>Salads</b> Values do not include salad dressing unless noted.																
Chicken & Bacon Ranch Melt (includes ranch dressing)	409	470	310	35	9	0.5	85	960	15	4	9	27	60	50	15	15
Cold Cut Combo	344	260	170	19	7	0	40	690	14	4	7	11	50	50	10	15
Italian B.M.T.®	337	230	130	15	6	0	40	1010	14	4	7	13	50	50	8	10
Meatball Marinara	412	310	150	17	7	1	40	790	27	6	12	15	70	60	10	15

	Serving Size (g)	Calories	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)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Pizza Sub Melt	348	280	170	19	8	0	40	1210	17	4	10	13	60	60	10	10
Steak & Cheese	355	210	70	8	4	0	50	820	16	4	8	20	60	50	10	15
Tuna	348	310	220	24	4	0	40	380	11	4	6	15	50	50	6	15
<b>Salad Dressing (Amount mixed into salad)</b>																
Chipotle Sauce	43	190	180	20	3.5	0.5	15	330	2	0	1	1	2	0	0	0
House Sandwich Sauce	43	220	210	23	3.5	0.5	0	370	3	0	2	0	0	0	0	0
Ranch Dressing	43	220	210	23	4	0.5	15	420	2	0	2	0	0	0	0	0
Sweet Onion Sauce	43	80	0	0	0	0	0	170	18	0	16	0	0	2	0	0
<b>BREAKFAST &amp; PIZZA</b>																
<b>Omelet on 6" Flatbread (with Egg White)</b>								Values include 6" flatbread, egg white and cheese.								
Bacon, Egg White & Cheese	191	380	110	13	4.0	0.1	20	1110	42	1	3	24	2	0	10	15
Egg White & Cheese	183	340	90	10	3.0	0.1	10	960	42	1	2	20	2	0	10	15
Ham, Egg White & Cheese	211	370	90	11	3.5	0.1	15	1170	43	1	2	24	2	0	10	15
Sausage, Egg White & Cheese	240	580	300	33	12	0.1	45	1480	42	2	2	28	4	2	10	20
Breakfast B.M.T®**	235	470	170	19	7	0.3	35	1650	44	2	3	28	2	0	10	20
Mega**	248	630	320	36	13	0.1	55	1630	43	2	3	31	4	2	10	20
Steak, Egg White & Cheese**	225	410	110	12	4.0	0.3	35	1290	44	2	3	29	2	0	10	20
Subway Sunrise Melt®**	292	460	130	15	4.5	0.1	40	1600	47	2	4	33	8	8	10	20
Turkey, Egg White & Cheese**	221	380	100	11	3.0	0.1	25	1230	44	1	3	26	2	0	10	20
<b>Omelet on 6" Flatbread (with Regular Egg)</b>								Values include 6" flatbread, regular egg and cheese.								
Bacon, Egg & Cheese	194	440	170	19	7	0.3	185	970	42	2	3	23	10	0	20	15
Egg & Cheese	186	400	150	16	5	0.3	175	820	41	2	2	20	10	0	20	15
Ham, Egg & Cheese	214	420	150	17	6	0.3	180	1030	43	2	2	23	10	0	20	15
Sausage, Egg & Cheese	242	640	360	40	15	0.3	210	1330	42	2	2	27	15	2	20	20
Breakfast B.M.T®**	238	520	230	26	9	0.5	205	1510	44	2	3	28	10	0	20	20
Mega**	251	680	380	43	16	0.3	220	1490	42	2	3	30	15	2	20	20
Steak, Egg & Cheese**	228	460	170	19	6	0.5	200	1150	44	2	3	29	10	0	20	20
Subway Sunrise Melt®**	295	510	190	21	7	0.3	205	1450	47	2	4	32	20	8	20	20
Turkey, Egg & Cheese	223	430	150	17	6	0.3	190	1090	43	2	3	25	10	0	20	20
<b>Pizza</b>																
Cheese	292	680	300	22	10	0.0	60	1120	90	2	8	13	0	25	50	35
Bacon	315	760	350	28	13	0.1	80	1370	91	2	8	20	0	25	60	35
Meatball	329	780	360	29	13	0.5	80	1330	93	3	8	19	0	25	50	35
Pepperoni	322	800	390	32	15	0.4	80	1390	90	2	8	20	0	25	60	35
Sausage	335	820	400	34	15	0.1	90	1460	91	2	8	21	0	25	60	35
<b>SIDE ITEMS</b>																
<b>Cookies, Desserts &amp; Sides</b>																
Chocolate Chip	45	210	90	10	5.0	0.1	10	120	29	1	18	2	8	0	2	10
Chocolate Chunk**	45	210	90	10	4.5	0.1	10	95	30	0	17	2	0	0	2	10
Double Chocolate**	45	210	80	9	5	0.2	15	130	30	1	20	2	6	0	2	10
Chocolate Chip with M&M's®**	45	210	90	10	5	0.1	15	105	30	0	18	2	0	0	2	8
Oatmeal Raisin	45	200	70	8	3.5	0.1	15	130	30	1	16	3	0	0	2	6
Peanut Butter**	45	220	110	12	5	0.1	10	130	26	1	16	4	4	0	2	10
Raspberry Cheesecake**	45	200	80	9	4.5	0.1	10	120	29	0	16	2	6	0	2	4
Sugar**	45	230	110	12	6	0.1	15	130	28	0	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5.0	0.1	10	130	28	1	17	2	6	0	2	6
Apple Slices - 1 package**	71	35	0	0	0	0	0	0	9	2	7	0	0	30	4	0
Apple Banana BuddyFruit®**	90	50	0	0	0	0	0	10	13	1	12	0	0	4	0	2
Brownie**	80	350	140	16	1.5	0	55	170	48	2	34	3	0	0	2	0
Brownie, Gluten Free**	80	350	140	16	1.5	0	55	170	48	2	34	3	0	0	2	0
Cinnamon Roll**	163	610	230	27	13	0	5	730	83	3	33	9	8	0	4	15
Hash Browns, 6 pieces**	108	220	90	10	3	0	0	640	30	3	0	2	0	2	0	4
Muffin, Banana Nut**	113	480	230	28	4.5	0.2	60	390	50	2	24	7	2	0	6	15
Muffin, Blueberry**	113	440	220	24	4	0.2	70	360	50	1	23	6	2	0	6	15
Muffin, Carrot**	113	410	250	18	3	0.2	65	540	54	2	27	7	30	2	8	15
Muffin, Double Chocolate**	113	460	230	25	5.0	0.2	65	370	50	3	22	7	0	0	8	25
Muffin, Apple Cinnamon**	113	440	210	23	4.5	0.2	65	390	52	3	24	7	2	20	10	15
Muffin, Triple Berry**	113	380	140	16	4.5	0.2	40	330	52	5	29	7	0	6	25	10
Yogurt**	175	150	0	0	0	0.0	0	55	23	1	21	14	0	4	15	0
<b>Soup** ( 8oz/255 ml bowl)</b>																
Beef & Barley	227	90	20	2	0.5	0	10	790	15	<1	4	5	40	4	2	4
Beef Chili	255	360	220	22	8	1.5	71	800	20	5	6	21	80	20	8	20
Black Bean	255	210	10	1	0	0	0	860	39	15	6	12	0	4	10	15
Cream of Broccoli	255	150	60	8	5	0	25	790	16	2	4	4	30	4	10	4
Cream of Mushroom	243	150	70	8	4	0	25	850	15	0	4	6	4	4	15	2

	Serving Size (g)	Calories	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)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Creamy Chicken & Dumpling	245	150	40	4.5	2	0	35	740	20	3	3	8	20	10	4	6
Creamy Chicken and Wild Rice	240	170	90	11	6	0.5	40	820	16	1	3	7	30	10	6	2
French Onion(with Cheese and Bread)	219	150	50	6	3	0.2	15	950	19	1	1	5	110	30	15	2
Homestyle Chicken Noodle	255	110	30	3	1.5	0	30	720	14	1	2	8	15	10	2	4
Loaded Baked Potato	255	210	120	13	7	0	35	800	15	1	4	5	6	4	6	2
Mediterranean Vegetable	255	110	30	3	1.5	0	30	720	14	1	2	8	15	10	2	4
Spicy Chicken Tortilla	227	110	40	4.5	1	0	10	660	12	2	3	6	10	40	8	8
Tomato Basil	236	130	60	6	3.5	0	20	700	15	2	7	4	6	20	10	6

## BREADS & CONDIMENTS

### Breads

6" Italian (White)	71	200	20	2.5	0.5	0	0	340	38	1	3	7	0	0	2	15
6" 9-Grain Wheat	78	210	20	2	0.5	0	0	270	40	4	5	8	0	0	4	15
6" Harvest	82	230	30	3	0.5	0	0	280	41	4	5	10	0	0	0	10
6" Parmesan Oregano	75	210	25	2.5	0.5	0	0	490	40	2	3	7	0	0	2	15
6" 9-Grain Honey Oat	82	230	20	2.5	0.5	0	0	280	43	4	6	8	0	0	4	15
6" Hearty Italian**	75	210	20	2.5	0.5	0	0	340	40	2	3	7	0	0	2	15
6" Jalapeno Cheddar**	82	240	50	5.5	2.5	0	10	410	38	2	3	10	2	0	8	15
6" Monterey Cheddar**	82	240	45	5	2	0	10	530	40	2	3	9	2	0	6	15
6" Italian Herbs & Cheese	85	240	45	5	2	0	10	690	40	2	3	9	2	2	6	15
6" Roasted Garlic**	82	230	25	2.5	0.5	0	0	1260	44	2	4	8	4	60	4	15
6" Flatbread	87	230	40	4.5	1	0	0	320	38	4	2	7	0	0	4	15
Ciabatta Bread	115	300	50	6	0.5	0	0	330	53	2	4	10	0	0	0	15
Mini Italian Bread	47	130	15	1.5	0.5	0	0	230	25	1	2	5	0	0	0	10
Mini 9-Grain Wheat	52	140	15	1.5	0.5	0	0	180	27	3	3	5	0	0	2	10
Biscuit**	64	210	90	10	4.5	0	0	620	27	1	3	4	0	0	4	10
Deli Roll**	57	170	20	2	0	0	0	200	31	1	2	6	0	8	0	10
English Muffin**	57	130	5	1	0	0	0	230	25	2	7	5	0	8	0	10
Gluten-Free Bread (as packaged)***	113	340	110	12	7	0	0	800	52	3	1	6	0	0	4	0
Wrap**	62	180	40	4.5	0.5	0	0	340	32	1	0	5	0	0	2	10

### Sandwich Condiments (amount on 6-inch sandwich)

Bacon (2 strips)	9	40	20	3	1	0	10	150	0	0	0	3	0	0	0	0
Chipotle Southwest Sauce	21	100	90	10	1.5	0.1	5	160	1	0	1	0	0	0	0	0
Garlic Aioli	14	70	70	8	1.0	0.1	5	120	1	0	1	0	0	0	0	0
House Sandwich Sauce	21	110	110	12	2	0.2	0	190	1	0	1	0	0	0	0	0
Mustard yellow or deli brown	10	5	0	0	0	0	0	120	1	0	0	0	0	0	0	0
Light Mayonnaise-Type Dressing	15	50	50	6	1	0.1	15	100	1	0	0	0	0	0	0	0
Mayonnaise	15	110	110	12	2	0.2	10	70	0	0	0	0	0	0	0	0
Ranch Dressing	21	110	110	12	2.5	0.4	10	220	1	0	1	1	0	0	2	0
Smoky Honey Mustard	14	70	60	7	2	0.2	5	210	3	2	2	0	0	0	0	0
Sweet Onion Sauce	21	40	0	0	2	0.2	10	130	1	0	0	0	0	0	0	0
BBQ Sauce**	21	40	0	0	0	0.0	0	170	9	0	9	0	0	4	2	2
Buffalo**	14	5	0	0	0	0	0	410	1	0	0	0	4	0	0	2
Creamy Italian**	21	80	60	7	1	0	0	180	4	0	4	0	0	0	0	0
Gorgonzola Sauce**	21	100	100	11	2	0	10	210	1	0	1	1	0	0	2	0
Guacamole**	35	70	60	6	1	0	0	100	3	0	0	1	0	4	0	0
Hot Sauce**	5	0	0	0	0	0	0	190	0	0	0	0	4	0	0	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	90	9	0	8	0	0	0	0	0
Oil**	5	40	40	5	0.5	0	0	0	0	0	0	0	0	0	0	0
Pineapple**	20	10	0	0	0	0	0	0	4	0	3	0	0	2	0	0
Savory Caesar Sauce**	21	130	110	12	2	0.2	10	210	1	0	1	0	0	0	0	0
Signature Horseradish**	21	110	100	11	2	0.2	5	210	3	0	2	0	0	0	0	0
Tzatziki Cucumber Sauce**	21	110	110	12	2	0.2	10	130	1	0	0	0	0	0	0	0

### Vegetables (amount on 6-inch sandwich)

Banana Peppers (3 rings)	4	1	0	0	0	0	0	60	0	0	0	0	0	4	0	0
Cucumbers (3 slices)	14	2	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Green Peppers (3 strips)	7	1	0	0	0	0	0	0	0	0	0	0	0	10	0	0
Jalapeno Peppers (3 rings)	4	1	0	0	0	0	0	70	0	0	0	0	0	2	0	0
Lettuce	21	3	0	0	0	0	0	0	1	0	0	0	2	0	0	0
Onions, Red	7	5	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	10	1	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Olives,Black (3 rings)	3	3	2	0	0	0	0	25	0	0	0	0	0	0	0	0
Spinach, Baby	7	2	0	0	0	0	0	5	0	0	0	0	15	4	0	2
Tomatoes (3 wheels)	35	5	1	0	0	0	0	0	1	0	0	0	5	8	0	0
Avocado**	35	60	50	5	1	0	0	5	3	2	1	1	2	180	0	2

	Serving Size (g)	Calories	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)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Carrots**	7	3	0	0	0	0	0	5	1	0	0	0	15	0	0	0
Olives, Green** (3 rings)	3	4	3	0	0	0	0	35	0	0	0	0	0	0	0	0
<b>Cheese (amount on 6-inch sandwich or salad)</b>																
Cheddar	11	45	30	3.5	2.5	0.1	10	80	1	0	0	3	0	0	6	0
Cheddar Cheese Product, Processed	11	40	30	3.0	2	0.1	10	200	0	0	0	2	2	0	4	0
Feta**	14	40	30	3.0	2	0.1	10	135	0	0	0	2	2	0	0	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0.2	15	90	0	0	0	3	4	0	10	0
Monterey Jack**	11	40	25	3	2	0.1	10	75	1	0	0	3	0	0	6	0
Mozzerella, Shredded**	14	40	25	3	2	0.1	10	105	1	0	0	4	0	0	8	0
Parmesan	1	5	5	0.5	0.5	0	0	30	0	0	0	1	0	0	2	0
Swiss**	14	50	35	3.5	2.5	0.1	15	45	1	0	0	4	2	0	10	0
<b>Individual Meats (amount on 6-inch sandwich or salad)</b>																
Chicken Cutlette, Oven Roasted	64	80	20	2	1.0	0.2	40	290	3	0	2	13	0	0	0	0
Chicken Strips,	64	70	10	1.5	0	0	45	190	1	0	0	13	0	4	2	2
Chicken Strips, Buffalo**	78	80	10	1.5	1	0	45	600	1	0	0	13	4	4	2	4
Chicken Strips, Teriyaki Glazed	85	100	20	2.0	1	0	50	410	5	0	2	14	2	8	2	2
Cold Cut Combo Meats	71	210	160	18.0	6	0	40	610	3	1	1	8	0	0	2	4
Crispy Chicken**	88	220	100	11.5	2	0	35	490	17	1	1	12	0	0	2	6
Egg Patty, Regular	85	120	70	7.0	3	0	160	410	3	0	0	9	8	0	6	2
Egg Patty, White	85	80	20	2.0	1	0	0	440	3	0	0	11	0	0	2	4
Egg Salad**	92	180	140	15.0	4	0	270	230	2	0	1	9	8	0	4	6
Falafel**	85	200	50	6.0	1	0	0	600	28	8	1	9	0	0	0	4
Ham	57	50	20	1.5	1	0	25	560	4	0	0	7	0	0	0	2
Italian B.M.T.® Meats	64	180	130	14.0	5	0	40	930	3	0	1	10	0	0	2	2
Meatball	139	260	140	15.5	6	1	40	720	16	3	6	13	16	14	6	8
Prime Rib	85	150	60	7.0	1	0	15	530	2	0	1	18	0	0	0	4
Rib Patty**	78	260	200	22.0	8	0	45	470	4	1	3	12	2	4	2	6
Roast Beef	57	60	20	2	1	0	20	410	2	0	1	9	0	0	0	4
Rotisserie-Style Chicken	71	100	30	3	0.5	0	45	220	1	0	0	17	0	0	0	4
Sausage Patty, Breakfast**	57	240	210	24	9.0	0	35	520	1	0	0	7	0	2	0	4
Seafood Sensation**	71	190	150	17	2.5	0.2	15	500	8	0	2	4	0	0	4	2
Steak (no cheese)	71	110	35	4	1.5	0.3	40	550	4	0	2	15	0	2	0	8
Subway Club® Meats	71	70	20	2	0.5	0	25	510	4	0	1	10	0	0	0	4
Tuna	74	250	210	23	4.0	0.3	40	300	0	0	0	12	0	0	0	6
Turkey Breast	57	60	10	1.5	0.0	0	20	410	3	0	1	8	0	0	0	4
Veggie Patty (vegan)**	85	130	20	2.5	0.5	0	0	460	14	4	3	12	15	0	4	10
Veggie Patty (vegetarian)**	85	160	70	8.0	2.0	0	0	520	8	3	2	13	0	0	2	0
<b>Beverages (oz)</b>																
7Up®	21	280	0	0	0	0	0	70	73	0	73	0	0	0	0	0
Brisk® Lemon Iced Tea	21	140	0	0	0	0	0	270	38	0	38	0	0	0	0	0
Brisk® Lemonade**	21	190	0	0	0	0	0	110	47	0	47	0	0	0	0	0
Crush Orange®**	21	320	0	0	0	0	0	45	84	0	84	0	0	0	0	0
Diet Pepsi® **	21	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Dole® Strawberry Kiwi**	21	350	0	0	0	0	0	80	88	0	88	0	0	0	0	0
Dr Pepper®**	21	250	0	0	0	0	0	300	66	0	66	0	0	0	0	0
Gatorade G2® Fruit Punch**	21	60	0	0	0	0	0	80	14	0	14	0	0	0	0	0
Mountain Dew®	21	300	0	0	0	0	0	80	80	0	80	0	0	0	0	0
Mug®**	21	250	0	0	0	0	0	25	68	0	68	0	0	0	0	0
Pepsi® With Real Sugar	21	260	0	0	0	0	0	80	73	0	73	0	0	0	0	0
Schweppes Ginger Ale®**	21	210	0	0	0	0	0	80	56	0	56	0	0	0	0	0

Nutrition information compiled from the following data: Nutrition analysis from approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference, Release #19. 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.

\*\*Regional and Limited Time Offer subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between restaurants. Nutritional information for these sandwiches is based on the most common formulas and ingredients.

<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.

<sup>2</sup>Some restaurants offer a vegetarian (non-vegan) patty. It will be identified on menu board as "containing eggs & milk".