

 INDIA NUTRITION INFORMATION July 2020										
	Per serving					Per 100gr				
	Serving Size (g)	Calories (kcal)	Total Fat (g)	Carb. (g)	Protein(g)	Serving Size (g)	Calories (kcal)	Total Fat (g)	Carb. (g)	Protein(g)
6-inch Sandwiches Values include 6" multigrain bread, lettuce, tomatoes, onions, green peppers and cucumbers.										
Aloo Patty	219	366	7.0	64	11	100	167	3.2	29	5.2
Chatpata Chana Filling	224	317	5.2	57	12	100	142	2.3	25	5.5
Chatpata Chana (with patty)	238	442	13	69	14	100	186	5.4	29	5.8
Chicken Kofta	224	379	11	54	17	100	169	4.8	24	7.7
Chicken Slices	209	290	3.7	47	18	100	139	1.8	22	8.6
Chicken Teriyaki	224	310	2.9	50	21	100	138	1.3	22	9.4
Corn and Peas	219	359	12	53	10	100	164	5.7	24	4.8
Hara Bhara Kebab	221	391	10	62	14	100	177	4.5	28	6.5
Italian BMT®	242	351	7.7	48	23	100	145	3.2	20	9.4
Mexican Patty	221	414	8.7	70	15	100	187	4.0	31	6.8
Oven Roasted Chicken	224	301	3.2	48	20	100	134	1.4	21	9.1
Paneer Tikka	224	394	15	50	16	100	176	6.6	22	7.1
Peri Peri Chicken	224	312	3.1	48	24	100	139	1.4	21	11
Subway Club™	248	343	6.0	49	24	100	138	2.4	20	10
Tandoori Chicken Tikka	224	341	8.1	48	20	100	152	3.6	21	9.0
Tandoori Tofu	224	338	9.2	50	15	100	151	4.1	22	6.8
Tuna	219	385	14	48	18	100	176	6.4	22	8.2
Turkey Breast	209	288	3.4	47	18	100	138	1.6	23	8.6
Turkey Breast & Chicken Slices	224	305	3.9	47	21	100	136	1.7	21	9.3
Veg Seekh	224	365	6.8	60	15	100	163	3.0	27	6.8
Veg Shammi Kebab	224	365	6.2	63	15	100	163	2.8	28	6.8
Veggie Delite™	164	242	2.6	46	9	100	148	1.6	28	5.7
Salads Values include lettuce, tomatoes, green peppers, cucumbers, onions and olives. Values do not include salad dressing or croutons, unless noted.										
Aloo Patty	328	175	5.3	28	5	100	53	1.6	8.5	1.4
Chatpata Chana Filling	333	127	3.5	21	5	100	38	1.1	6.3	1.6
Chatpata Chana (with patty)	347	252	11	33	7	100	72	3.2	10	2.0
Chicken Kofta	333	189	9.1	18	10	100	57	2.7	5.4	3.1
Chicken Slices	318	100	2.1	11	11	100	31	0.6	3.4	3.5
Chicken Teriyaki	333	119	1.2	14	14	100	36	0.4	4.3	4.3
Corn and Peas	328	169	11	17	3.6	100	51	3.3	5.1	1.1
Hara Bhara Kebab	330	200	8.3	26	7.5	100	61	2.5	7.9	2.3
Italian BMT®	351	160	6.1	12	16	100	46	1.7	3.5	4.5
Mexican Patty	330	223	7.1	34	8.1	100	68	2.1	10	2.5
Oven Roasted Chicken	333	110	1.6	12	14	100	33	0.5	3.6	4.1
Paneer Tikka	333	203	13	14	9.0	100	61	4.0	4.1	2.7
Peri Peri Chicken	333	121	1.4	12	17	100	36	0.4	3.6	5.1
Subway Club™	357	152	4.3	13	17	100	43	1.2	3.6	4.8
Tandoori Chicken Tikka	333	151	6.4	12	13	100	45	1.9	3.5	4.0
Tandoori Tofu	333	148	7.5	14	8.4	100	44	2.3	4.3	2.5
Tuna	328	194	12	12	11	100	59	3.7	3.6	3.4
Turkey Breast	318	98	1.7	11	11	100	31	0.5	3.5	3.5
Turkey Breast & Chicken Slices	333	114	2.2	11	14	100	34	0.7	3.4	4.2
Veg Seekh	333	175	5.1	24	8.4	100	52	1.5	7.2	2.5
Veg Shammi Kebab	333	175	4.5	27	8.4	100	52	1.4	8.1	2.5
Veggie Delite™	273	52	0.9	10	2.4	100	19	0.3	3.7	0.9
Signature Wraps Values include 11.5" multigrain wrap, lettuce, tomatoes, onions, green peppers and cucumbers.										
Aloo Patty	291	535	12	91	13	100	184	4.3	31	4.3
Chatpata Chana Filling	301	437	8.9	78	14	100	145	3.0	26	4.7
Chatpata Chana Patty	255	487	14	79	13	100	191	5.5	31	4.9
Chicken Kofta	301	561	20	72	24	100	186	6.7	24	8.0
Chicken Slices	271	383	5.9	58	25	100	141	2.2	21	9.4
Chicken Teriyaki	301	423	4.2	64	32	100	140	1.4	21	11
Corn and Peas	291	521	23	69	11	100	179	8.0	24	3.6
Hara Bhara Kebab	295	584	18	88	18	100	198	6.3	30	6.2
Italian BMT®	337	504	14	61	35	100	150	4.1	18	10
Mexican Patty	295	630	16	103	20	100	214	5.4	35	6.6
Oven Roasted Chicken	301	404	5.0	60	30	100	134	1.7	20	10
Paneer Tikka	301	590	28	63	21	100	196	9.4	21	7.1
Peri Peri Chicken	301	427	4.7	60	37	100	142	1.6	20	12
Subway Club™	349	487	10	62	38	100	140	3.0	18	11

Tandoori Chicken Tikka	301	485	15	59	30	100	161	4.9	20	10
Tandoori Tofu	301	479	17	64	20	100	159	5.6	21	6.7
Tuna	291	571	26	59	26	100	196	9.1	20	8.8
Turkey Breast	271	379	5.2	58	26	100	140	1.9	21	9.5
Turkey Breast & Chicken Slices	301	412	6.2	58	31	100	137	2.1	19	10
Veg Seekh	301	533	12	84	20	100	177	4.0	28	6.7
Veg Shammi Kebab	301	533	11	90	20	100	177	3.6	30	6.7
Veggie Delite™	181	287	3.6	56	8.1	100	159	2.0	31	4.5
6" Breakfast Sandwiches										
Values include 6" multigrain bread and American Cheese.										
Cheese & Egg	154	366	13	44	19	100	237	8.3	29	12
Chicken Slice, Egg & Cheese	184	398	14	45	24	100	216	7.3	24	13
Western Egg & Cheese	198	402	14	46	25	100	203	6.8	23	12
SubWraps										
Values include 8" multigrain wrap, lettuce, tomatoes and onions without sauce, unless noted.										
Chatpata Chana	109	220	8.1	31	5.0	100	202	7.4	29	4.6
Chicken Kofta	112	211	8.4	25	8.1	100	189	7.5	22	7.3
Chicken Strips	132	182	3.3	20	17	100	138	2.5	15	13
Veg Shammi Kebab	132	243	6.5	37	8.8	100	184	4.9	28	6.7
Chhota Subs										
Values include multigrain bread, lettuce, tomatoes, peppers, cucumber and onions without sauce, unless noted.										
Chicken Slice	137	193	2.5	31	12	100	140	1.8	23	8.7
Corn & Peas	135	219	6.6	34	6.8	100	163	4.9	25	5.0
Hara Bhara Kebab	136	235	5.4	39	8.7	100	173	4.0	28	6.4
Egg & Cheese	128	290	12	30	16	100	228	9.4	23	12
Toasties										
Values include White bread and mozzarella.										
Pepperoni Toastie	77	166	6.8	21	11	100	217	8.9	28	14
Veggie Toastie	71	134	4.8	21	7.7	100	190	6.8	30	11
Flatizzas										
Values include footlong flatbread, marinara sauce and mozzarella.										
Paneer Tikka*	222	595	30	51	31	100	269	13	23	14
Pepperoni	194	494	20	50	28	100	255	10	26	15
Peri Peri Chicken	222	514	18	49	39	100	232	8.1	22	17
Veggie	230	465	18	51	25	100	203	7.8	22	11
Cookies, Desserts & Sides										
Cookie, Dark Chunk Chocolate	50	246	13	29	2.8	100	492	26	59	5.5
Cookie, Double Dark Chocolate Chunk	50	242	6.0	29	2.4	100	483	12	59	4.8
Cookie, Oatmeal Raisin	50	223	9.0	33	2.7	100	446	18	66	5.5
Dessert, Rich Chocolate Cake	90	422	24	47	4.7	100	469	27	52	5.2
Cornitos, Nachos BBQ	33	159	6.6	23	2.3	100	481	20	69	7.0
Cornitos, Nachos Cheese & Herbs	33	168	8.3	21	2.5	100	509	25	63	7.6
Cornitos, Nachos Peri Peri	33	158	6.7	22	2.6	100	480	20	66	8.0
Cornitos, Nachos Sizzlin Jalapenos	33	159	6.5	23	2.5	100	482	20	69	7.6
Breads										
Italian Bread, 6"	75	172	3.3	39	7.7	100	229	4.4	52	10
Multigrain Bread, 6"	80	227	2.4	43	8.5	100	284	3.1	53	11
Flatbread, 6"	44	130	2.4	22	4.7	100	299	5.5	51	11
Parmesan Oregano, Italian White, 6"	89	230	5.9	45	11	100	258	6.6	50	12
Honey Oat, Multigrain, 6"	94	283	3.0	54	9.1	100	301	3.2	58	10
Roasted Garlic, Italian White, 6"	89	210	3.9	47	8.3	100	236	4.4	53	9.3
Wrap, Multigrain 8"	35	112	2.8	18	2.5	100	320	8.1	52	7.0
Wrap, Multigrain 11.5"	97	272	3.5	53	7.4	100	280	3.6	54	7.6
Wrap, Spinach 11.5"	97	311	6.0	57	7.3	100	321	6.2	59	7.5
Toppings										
Barbecue Sauce	21	28	0.3	6.7	0.3	100	133	1.3	32	1.3
Chipotle Southwest Sauce	21	94	10	0.7	0.3	100	447	48	3.5	1.5
Honey Mustard	21	39	2.4	4.1	0.2	100	187	12	20	1.2
Marinara Sauce	21	22	0.4	4.2	0.3	100	103	1.9	20	1.4
Mayonnaise, Eggless	21	106	11	1.5	0.2	100	504	53	7.0	1.0
Mayonnaise, Mint	21	72	7.1	1.9	0.2	100	344	34	9.0	1.0
Mayonnaise, Tandoori	21	89	8.6	2.7	0.3	100	426	41	13	1.3
Red Chili Sauce	21	24	0.4	6.5	0.8	100	116	2.0	31	4.0
Sweet Onion Sauce	21	33	0.0	8.0	0.0	100	159	0.0	38	0.0
Cheeses										
American Cheese	14	50	4.0	0.7	3	100	350	28	4.7	19
Mozzarella Cheese	15	43	3.1	0.1	4	100	284	21	0.5	25
Vegetables										
Cucumber	14	2.1	0.0	0.5	0.1	100	15	0.1	3.6	0.7
Green Pepper	7.0	1.4	0.0	0.3	0.1	100	20	0.2	4.6	0.9
Jalapenos	4.0	1.2	0.0	0.2	0.1	100	30	0.6	5.9	1.4
Lettuce	21	2.9	0.0	0.6	0.2	100	14	0.1	3.0	0.9
Olives	2.6	3.3	0.2	0.1	0.0	100	128	10	5.1	1.0
Onions	7.0	2.8	0.0	0.7	0.1	100	40	0.1	9.3	1.1
Pickles	10	1.4	0.0	0.2	0.0	100	15	0.0	2.0	0.5
Tomato	35	6.3	0.1	1.4	0.3	100	18	0.2	3.9	0.9

Nutrition information compiled by a Registered Dietitian 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.

*May not be available in all locations