SUBWAY: IND											
	Per serving					Per 100ar					
					ize (g) (g) (g) (g)						
	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	lettuce	, tomato	es, onic	grain bre ons, gree							
Aloo Patty	pepper 219	s and cu 366	7.0	s. 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) Chicken Kofta	238 224	442 379	13 11	69 54	14 17	100 100	186 169	5.4 4.8	29 24	5.8 7.7	
Chicken Slices	209	290	3.7	47	18	100	139	1.8	22	8.6	
Chicken Teriyaki Corn and Peas	224	310	2.9	50	21	100	138	1.3	22	9.4	
Corn and Peas Hara Bhara Kebab	219 221	359 391	12 10	53 62	10 14	100 100	164 177	5.7 4.5	24 28	4.8 6.5	
Italian BMT®	242	351	7.7	48	23	100	145	3.2	20	9.4	
Mexican Patty Oven Roasted Chicken	221 224	414 301	8.7 3.2	70 48	15 20	100 100	187 134	4.0 1.4	31 21	6.8 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 [™] Tandoori Chicken Tikka	248 224	343 341	6.0 8.1	49 48	24 20	100 100	138 152	2.4 3.6	20 21	10 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 Breach & Chiefran Cliege	209 224	288 305	3.4 3.9	47 47	18 21	100 100	138 136	1.6 1.7	23 21	8.6 9.3	
Turkey Breast & Chicken Slices 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 Values	242 include	2.6 ettuce.	46 tomato	9 es.	100	148	1.6	28	5.7	
Salads	green p	eppers,	cucumb	ers, onio	ons						
Salaus	salad di										
				oris, orite	-33						
Aloo Pattu	noted.	_				100	53	1.6	8.5	1.4	
Aloo Patty Chatpata Chana Filling	noted. 328 333	175 127	5.3 3.5	28 21	5 5	100	53 38	1.6 1.1	8.5 6.3	1.4 1.6	
Chatpata Chana Filling Chatpata Chana (with patty)	328 333 347	175 127 252	5.3 3.5 11	28 21 33	5 5 7	100 100	38 72	1.1 3.2	6.3 10	1.6 2.0	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta	328 333 347 333	175 127 252 189	5.3 3.5 11 9.1	28 21 33 18	5 5 7 10	100 100 100	38 72 57	1.1 3.2 2.7	6.3 10 5.4	1.6 2.0 3.1	
Chatpata Chana Filling Chatpata Chana (with patty)	328 333 347	175 127 252	5.3 3.5 11	28 21 33	5 5 7	100 100	38 72	1.1 3.2	6.3 10	1.6 2.0	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas	328 333 347 333 318 333 328	175 127 252 189 100 119 169	5.3 3.5 11 9.1 2.1 1.2	28 21 33 18 11 14 17	5 7 10 11 14 3.6	100 100 100 100 100	38 72 57 31 36 51	1.1 3.2 2.7 0.6 0.4 3.3	6.3 10 5.4 3.4 4.3 5.1	1.6 2.0 3.1 3.5 4.3 1.1	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab	328 333 347 333 318 333 328 330	175 127 252 189 100 119 169 200	5.3 3.5 11 9.1 2.1 1.2 11 8.3	28 21 33 18 11 14 17 26	5 7 10 11 14 3.6 7.5	100 100 100 100 100 100	38 72 57 31 36 51 61	1.1 3.2 2.7 0.6 0.4 3.3 2.5	6.3 10 5.4 3.4 4.3 5.1 7.9	1.6 2.0 3.1 3.5 4.3 1.1 2.3	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas	328 333 347 333 318 333 328	175 127 252 189 100 119 169	5.3 3.5 11 9.1 2.1 1.2	28 21 33 18 11 14 17	5 7 10 11 14 3.6	100 100 100 100 100	38 72 57 31 36 51	1.1 3.2 2.7 0.6 0.4 3.3	6.3 10 5.4 3.4 4.3 5.1	1.6 2.0 3.1 3.5 4.3 1.1	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken	328 333 347 333 318 333 328 330 351 330	175 127 252 189 100 119 169 200 160 223 110	5.3 3.5 11 9.1 2.1 1.2 11 8.3 6.1 7.1	28 21 33 18 11 14 17 26 12 34	5 5 7 10 11 14 3.6 7.5 16 8.1	100 100 100 100 100 100 100 100	38 72 57 31 36 51 61 46 68	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Ittalian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka	328 333 347 333 318 333 328 330 351 330 333 333	175 127 252 189 100 119 169 200 160 223 110 203	5.3 3.5 11 9.1 2.1 1.2 11 8.3 6.1 7.1 1.6	28 21 33 18 11 14 17 26 12 34 12	5 5 7 10 11 14 3.6 7.5 16 8.1 14 9.0	100 100 100 100 100 100 100 100 100 100	38 72 57 31 36 51 61 46 68 33	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10 3.6 4.1	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken	328 333 347 333 318 333 328 330 351 330	175 127 252 189 100 119 169 200 160 223 110	5.3 3.5 11 9.1 2.1 1.2 11 8.3 6.1 7.1	28 21 33 18 11 14 17 26 12 34	5 5 7 10 11 14 3.6 7.5 16 8.1	100 100 100 100 100 100 100 100	38 72 57 31 36 51 61 46 68	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club TM Tandoori Chicken Tikka	328 333 347 333 318 338 328 330 351 330 333 333 333 357 333	175 127 252 189 100 119 169 200 160 223 110 203 121 152	5.3 3.5 11 9.1 2.1 12 11 8.3 6.1 7.1 1.6 13 1.4 4.3	28 21 33 18 11 14 17 26 12 34 12 14 12 13	5 5 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 17 13	100 100 100 100 100 100 100 100 100 100	38 72 57 31 36 51 61 46 68 33 61 36 43	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10 3.6 4.1 3.6 3.6	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 5.1 4.8	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club TM Tandoori Chicken Tikka Tandoori Tofu	328 333 347 333 318 338 328 330 351 330 333 333 333 357 333 333	175 127 252 189 100 119 169 200 160 223 110 203 121 152 151	5.3 3.5 9.1 9.1 1.2 11 8.3 6.1 7.1 1.6 13 1.4 4.3 6.4 7.5	28 21 33 18 11 14 17 26 12 34 12 14 12 13 13	5 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 17 13 8.4	100 100 100 100 100 100 100 100 100 100	38 72 57 31 36 51 61 46 68 33 61 36 43 45	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2 1.9	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10 3.6 4.1 3.6 3.6 3.5 4.3	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 5.1 4.8 4.0 2.5	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club TM Tandoori Chicken Tikka	328 333 347 333 318 338 328 330 351 330 333 333 333 357 333	175 127 252 189 100 119 169 200 160 223 110 203 121 152	5.3 3.5 11 9.1 2.1 12 11 8.3 6.1 7.1 1.6 13 1.4 4.3	28 21 33 18 11 14 17 26 12 34 12 14 12 13	5 5 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 17 13	100 100 100 100 100 100 100 100 100 100	38 72 57 31 36 51 61 46 68 33 61 36 43	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10 3.6 4.1 3.6 3.6	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 5.1 4.8	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club TM Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast & Chicken Slices	328 333 347 333 318 333 351 330 331 333 333 357 333 333 333 333 333	175 127 252 189 100 119 169 200 160 223 110 203 121 151 148 194 98	5.3 3.5 11 9.1 1.2 11 8.3 6.1 7.1 1.6 1.3 1.4 4.3 6.4 7.5 12 1.7	28 21 33 18 11 14 17 26 12 34 12 14 12 14 12 14 12 14	5 5 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 17 13 8.4 11 11	100 100 100 100 100 100 100 100 100 100	38 72 57 31 36 51 46 68 33 31 45 44 59	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 4.0 1.9 2.3 3.7 0.5 0.5	6.3 10 5.4 4.3 5.1 7.9 9.3.5 10 3.6 4.1 3.6 3.5 4.3 3.6 3.5 4.3	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 4.8 4.0 2.5 3.4 3.5 4.2	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club TM Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast Turkey Breast Veg Seekh	328 333 347 333 318 333 351 330 331 333 333 357 333 328 318 333 357 333 333 333 333 333 333	175 127 252 189 100 100 119 200 160 223 110 203 121 152 151 148 194 98 114 175	5.3 3.5 11 9.1 2.1 11 8.3 6.1 1.6 4.3 1.4 4.3 6.4 1.7 7.5 1.2 1.2 1.2 1.1 1.2 1.1 1.1 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0	28 21 33 18 11 14 17 26 12 14 12 13 12 14 12 11 11 11	5 5 7 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 13 8.4 11 11 11 14 8.4	100 100 100 100 100 100 100 100 100 100	38 72 57 31 36 51 61 46 68 33 61 36 43 45 45 45 45 52	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2 1.9 2.3 3.7 0.5	6.3 10 5.4 4.3 5.1 7.9 7.9 3.5 10 3.6 4.1 3.6 3.6 3.5 3.6 3.5 3.6 3.6 3.5 4.7	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 5.1 4.8 4.0 2.5 3.4 4.2 2.5	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club TM Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast & Chicken Slices	328 333 347 333 318 333 351 330 331 333 333 357 333 333 333 333 333	175 127 252 189 100 119 169 200 160 223 110 203 121 151 148 194 98	5.3 3.5 11 9.1 1.2 11 8.3 6.1 7.1 1.6 1.3 1.4 4.3 6.4 7.5 12 1.7	28 21 33 18 11 14 17 26 12 34 12 14 12 14 12 14 12 14	5 5 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 17 13 8.4 11 11	100 100 100 100 100 100 100 100 100 100	38 72 57 31 36 51 46 68 33 31 45 44 59	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 4.0 1.9 2.3 3.7 0.5 0.5	6.3 10 5.4 4.3 5.1 7.9 9.3.5 10 3.6 4.1 3.6 3.5 4.3 3.6 3.5 4.3	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 4.8 4.0 2.5 3.4 3.5 4.2	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club TM Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast Turkey Breast & Chicken Slices Veg Seekh Veg Shammi Kebab	328 333 347 333 318 333 328 330 331 333 333 357 333 333 333 333 333	175 127 127 127 189 100 119 169 200 120 213 110 203 121 152 151 148 194 98 114 175 52 include	5.3.5 3.5.5 111 9.1.1 2.1.1 8.3.3 1.4.6 1.3.1 1.4.4 4.3.3 1.4.7 1.5.1 1.7.	28 21 33 38 18 11 14 17 26 12 2 13 34 12 14 12 14 12 11 11 11 24 27 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 5 7 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 17 13 8.4 11 11 14 8.4 8.4 8.4 8.4 8.4	100 100 100 100 100 100 100 100 100 100	38 72 57 31 36 51 61 46 68 33 31 45 44 59 31 34 52	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2 1.9 2.3 3.7 0.5 0.7	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10 3.6 4.1 3.6 3.6 3.5 4.3 3.5 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 5.1 4.8 4.0 2.5 3.4 4.0 2.5 4.2 2.5 4.2 2.5	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club™ Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast Turkey Breast Veg Seekh Veg Shammi Kebab	328 333 347 333 328 330 351 330 357 333 333 333 333 333 333 333	175 127 127 127 189 100 119 169 200 120 213 110 203 121 152 151 148 194 98 114 175 52 include	5.3.3.5.5.111 9.1.122.1 11.8.3.3.6.1.1 1.6.6.1 1.3.14.4 1.3.14.4 1.5.5.1 1.4.5.1 1.7.1 1.6.6.1 1.7.1 1	28 21 33 18 11 14 17 26 12 2 11 13 12 14 12 12 11 11 24 27 7	5 5 7 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 17 13 8.4 11 11 14 8.4 8.4 8.4 8.4 8.4	100 100 100 100 100 100 100 100 100 100	38 72 57 31 36 51 61 46 68 33 31 45 44 59 31 34 52	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2 1.9 2.3 3.7 0.5 0.7	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10 3.6 4.1 3.6 3.6 3.5 4.3 3.5 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 5.1 4.8 4.0 2.5 3.4 4.0 2.5 4.2 2.5 4.2 2.5	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club™ Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast Turkey Breast & Chicken Slices Veg Seekh Veg Shammi Kebab Veggie Delite™ Signature Wraps Aloo Patty	328 333 347 333 318 333 328 330 351 330 333 333 333 333 328 333 333 333 273 Values lettuce pepper	175 127 252 189 100 119 169 200 160 223 111 152 151 148 194 175 175 175 175 175 175 175 175 175 175	5.3.3.5.5.11.1.8.3.3.5.1.1.2.1.1.2.1.1.2.1.1.2.1.1.2.1.1.1.2.1.1.1.1.2.1	28 21 33 18 11 14 17 26 12 12 14 12 13 12 14 12 11 11 11 12 14 27 17 10 10 10 10 10 10 10 10 10 10 10 10 10	5 5 7 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 13 8.4 11 11 14 8.4 8.4 2.4 Wrap, 50	100 100 100 100 100 100 100 100 100 100	38 72 57 31 36 61 46 68 33 43 45 44 59 31 34 52 52 19	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2 1.9 2.3 3.7 0.5 0.5 1.7 1.9 2.3 3.7 0.5 4.0 0.5 4.0 4.0 4.0 4.0 4.0 4.0 4.0 4.0	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10 3.6 4.1 3.6 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 5.1 4.8 4.0 2.5 3.4 3.5 4.5 2.5 0.9	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club TM Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast Turkey Breast Veg Seekh Veg Shammi Kebab Veggie Delite TM Signature Wraps Aloo Patty Chatpata Chana Filling	328 333 347 333 318 333 351 330 351 333 333 333 333 333 333 333	175 127 127 128 189 100 119 169 200 100 223 110 203 121 152 151 148 194 98 114 175 175 52 include tomatic	5.3.3.5.5.3.5.5.3.5.5.3.5.5.6.1.1.1.2.1.1.2.1.1.2.1.1.1.2.1.1.1.2.1	28 21 33 38 18 11 14 17 26 6 21 22 14 12 13 34 12 12 11 11 11 24 27 10 oltigram one, green s. s.	5 5 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 17 13 8.4 11 11 14 8.4 8.4 2.4 wrap, in	100 100 100 100 100 100 100 100 100 100	38 72 57 31 36 51 46 68 33 45 44 59 31 31 32 52 19	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2 1.9 2.3 3.7 0.5 1.7 1.9 2.3 3.7 0.5 4.0 0.4 1.2 1.9 1.9 1.9 1.9 1.9 1.9 1.9 1.9	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10 3.6 4.1 3.6 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 5.1 4.8 4.0 2.5 3.4 3.5 4.5 2.5 0.9	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club™ Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast Turkey Breast Turkey Breast & Chicken Slices Veg Seekh Veg Shammi Kebab Veggie Delite™ Signature Wraps Aloo Patty	328 333 347 333 318 333 328 330 351 330 333 333 333 333 328 333 333 333 273 Values lettuce pepper	175 127 252 189 100 119 169 200 160 223 111 152 151 148 194 175 175 175 175 175 175 175 175 175 175	5.3.3.5.5.11.1.8.3.3.5.1.1.2.1.1.2.1.1.2.1.1.2.1.1.2.1.1.1.2.1.1.1.1.2.1	28 21 33 18 11 14 17 26 12 12 14 12 13 12 14 12 11 11 11 12 14 27 17 10 10 10 10 10 10 10 10 10 10 10 10 10	5 5 7 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 13 8.4 11 11 14 8.4 8.4 2.4 Wrap, 50	100 100 100 100 100 100 100 100 100 100	38 72 57 31 36 61 46 68 33 43 45 44 59 31 34 52 52 19	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2 1.9 2.3 3.7 0.5 0.5 1.7 1.9 2.3 3.7 0.5 4.0 0.5 4.0 4.0 4.0 4.0 4.0 4.0 4.0 4.0	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10 3.6 4.1 3.6 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 3.5 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3 4.3	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 5.1 4.8 4.0 2.5 3.4 3.5 4.5 2.5 0.9	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club TM Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast Turkey Breast & Chicken Slices Veg Seekh Veg Shammi Kebab Veggie Delite TM Signature Wraps Aloo Patty Chatpata Chana Patty Chicken Kofta Chicken Kofta Chicken Slices	328 333 347 333 328 330 351 330 351 333 333 333 333 333 333 333 333 333	175 127 252 189 100 119 169 200 160 223 110 203 121 152 151 175 175 52 include tomatos and cut 535 437 487 561 383	5.3 3.5 5.3 3.5 5.3 3.5 5.4 5.4 5.4 5.4 5.4 5.4 5.4 5.4 5.4 5	28 21 33 18 11 14 17 26 12 2 13 34 12 14 12 13 12 14 12 15 11 11 24 27 16 17 18 17 18 18 18 18 18 18 18 18 18 18 18 18 18	5 5 7 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 17 13 8.4 11 11 14 8.4 8.4 8.4 8.4 8.4 8.4 8.4 8.	100 100 100 100 100 100 100 100 100 100	38 72 57 31 61 61 66 63 33 61 36 43 45 49 31 34 52 52 19 184 145 191 186 141	1.1 3.2 2.7 0.6 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2 1.9 2.3 3.5 0.7 1.5 1.4 0.3 4.3 3.5 6.7 2.2	6.3 10 5.4 3.4 3.5 5.1 7.9 3.5 10 6.4 1.3 6.6 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5	1.6 2.0 3.1 3.5 3.4 3.3 1.1 2.3 3.4 5.5 4.1 2.7 5.1 4.8 4.0 2.5 3.4 4.2 2.5 0.9 4.3 4.7 9.8 0.9 9.4	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club TM Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast Turkey Breast & Chicken Slices Veg Shammi Kebab Veggie Delite TM Signature Wraps Aloo Patty Chatpata Chana Filling Chatpata Chana Patty Chicken Kofta Chicken Slices Chicken Slices Chicken Slices Chicken Teriyaki	328 333 347 333 328 330 351 330 357 333 333 333 333 333 273 Values 291 301 271 301	175 127 252 189 100 119 169 200 160 203 1110 203 121 152 151 148 114 175 175 575 175 551 561 383 423 423	5.3 3.5 5.3 111 12 1.1 12 1.1 12 1.1 12 1.1 1.1 1.1	28 28 21 33 18 11 14 14 17 26 12 2 13 34 12 14 12 13 12 14 17 17 26 17 17 18 17 17 18 17 18 17 18 18 18 18 18 18 18 18 18 18 18 18 18	5 5 7 7 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 13 8.4 11 11 14 8.4 8.4 8.4 8.1 11 11 11 14 16 17 17 18 18 18 18 18 18 18 18 18 18	100 100 100 100 100 100 100 100 100 100	38 72 57 31 61 46 68 33 31 45 45 49 59 19 184 145 191 186 141	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2 1.9 2.3 3.7 0.5 0.7 1.5 1.4 0.3 4.3 3.0 5.5 6.7 2.1 1.4	6.3 10 5.4 4.3 5.1 7.9 3.5 10 3.6 4.1 4.3 6 3.6 3.5 3.5 3.6 3.5 3.7 2.8 1.3 7.2 8.1 3.7	1.6 2.0 3.1 3.5 4.3 4.5 2.5 4.1 2.7 5.1 4.8 4.0 2.5 3.4 5.2 5.5 4.2 2.5 0.9	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club TM Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast Turkey Breast & Chicken Slices Veg Seekh Veg Shammi Kebab Veggie Delite TM Signature Wraps Aloo Patty Chatpata Chana Patty Chicken Kofta Chicken Kofta Chicken Slices	328 333 347 333 328 330 351 330 351 333 333 333 333 333 333 333 333 333	175 127 252 189 100 119 169 200 160 223 110 203 121 152 151 175 175 52 include tomatos and cut 535 437 487 561 383	5.3 3.5 5.3 3.5 5.3 3.5 5.4 5.4 5.4 5.4 5.4 5.4 5.4 5.4 5.4 5	28 21 33 18 11 14 17 26 12 2 13 34 12 14 12 13 12 14 12 15 11 11 24 27 16 17 18 17 18 18 18 18 18 18 18 18 18 18 18 18 18	5 5 7 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 17 13 8.4 11 11 14 8.4 8.4 8.4 8.4 8.4 8.4 8.4 8.	100 100 100 100 100 100 100 100 100 100	38 72 57 31 61 61 66 63 33 61 36 43 45 49 31 34 52 52 19 184 145 191 186 141	1.1 3.2 2.7 0.6 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2 1.9 2.3 3.5 0.7 1.5 1.4 0.3 4.3 3.5 6.7 2.2	6.3 10 5.4 3.4 3.5 5.1 7.9 3.5 10 6.4 1.3 6.6 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 5.1 4.8 4.0 2.5 3.4 4.2 2.5 2.5 0.9	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club™ Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast Turkey Breast Veg Seekh Veg Shammi Kebab Veggie Delite™ Signature Wraps Aloo Patty Chatpata Chana Patty Chicken Silces Chicken Silces Chicken Silces Chicken Silces Chatpata Chana Patty Chicken Kofta Chicken Silces Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT®	328 333 347 333 318 333 328 330 351 330 331 333 333 333 333 328 318 3333 333 333 333 333 273 Values letuce pepper 291 301 255 301 271 301 291 295 337	175 127 127 127 189 100 119 169 200 100 223 110 203 121 152 151 148 194 98 114 175 52 include tomatcus s and cu 535 437 487 561 383 423 521 584 504	5.3.3.5.5.3.5.5.3.5.5.3.5.5.6.1.1.1.2.1.1.2.1.1.2.1.1.1.2.1.1.1.2.1.1.1.2.1	28 21 33 38 18 11 14 17 26 26 12 2 34 12 12 14 12 12 13 12 14 12 17 10 11 17 17 10 11 17 18 17 18 18 18 18 18 18 18 18 18 18 18 18 18	5 5 7 7 10 11 14 3.6 8.1 14 9.0 17 17 13 8.4 11 11 14 8.4 8.4 2.4 Wrap, en	100 100 100 100 100 100 100 100	38 72 57 31 36 61 46 68 33 61 43 45 44 59 31 34 52 52 19 184 145 191 184 141 140 179 198 150	1.1 3.2 2.7 0.6 0.4 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2 1.9 2.3 3.7 0.5 1.7 1.9 2.3 3.7 0.5 1.7 2.1 1.9 2.3 3.7 0.5 1.7 2.1 1.9 2.3 3.7 0.5 1.7 1.7 1.9 1.9 1.9 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10 3.6 4.1 3.6 3.6 3.5 3.7 3.7 3.7 3.7 3.7 3.7 3.7 3.7	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 5.1 4.8 4.0 2.5 3.4 3.5 4.2 5 2.5 0.9 0.9	
Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club™ Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast & Chicken Slices Veg Seakh Veg Sehammi Kebab Veggie Delite™ Signature Wraps Aloo Patty Chicken Kofta Chicken Slices Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty	328 333 347 333 318 333 351 351 351 351 351 351 351 351 351	175 127 127 127 128 100 119 169 200 160 223 110 203 121 152 151 148 194 175 175 175 52 include tomatcus and customatcus and cu	5.3.3.5.5.111.9.1.12.1.12.1.12.1.13.1.14.1.14.1.14.1.15.11.12.1.17.12.1.17.12.17.17.17.17.17.17.17.17.17.17.17.17.17.	28 21 33 38 18 11 14 17 26 12 27 21 14 12 11 11 11 24 27 10 10 11 11 17 88 79 72 58 64 46 98 88 61 103	5 5 7 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 17 17 13 8.4 11 11 14 8.4 8.4 2.4 2.5 32 11 18 25 20 20 20 20 20 20 20 20 20 20	100 100 100 100 100 100 100 100	38 72 57 31 36 51 61 46 68 33 61 34 59 31 34 59 31 34 59 19 19 184 145 191 186 141 140 179 179 179 179 179 179 179 179 179 179	1.1 3.2 2.7 0.6 0.4 3.3 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.9 2.3 3.7 0.5 0.7 1.5 1.4 0.3 4.3 3.0 5.5 6.7 2.2 1.4 6.3 6.7 6.7 6.7 6.7 6.7 6.7 6.7 6.7	6.3 10 5.4 3.4 4.3 5.1 7.9 3.5 10 3.6 4.1 3.6 3.5 3.5 3.7 7.9 3.5 3.6 3.7 3.7 3.7 3.7 3.7 3.7 3.7 3.7 3.7 3.7	1.6 2.0 3.1 3.5 4.3 1.1 2.3 4.5 2.5 4.1 2.7 5.1 4.8 4.0 2.5 3.4 4.3 5.5 4.2 2.5 0.9 4.3 4.7 4.9 8.0 9.4 11 3.6 6.2 10 6.6	
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Chatpata Chana Filling Chatpata Chana (with patty) Chicken Kofta Chicken Slices Chicken Teriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken Paneer Tikka Peri Peri Chicken Subway Club™ Tandoori Chicken Tikka Tandoori Tofu Tuna Turkey Breast Turkey Breast & Chicken Slices Veg Seakh Veg Shammi Kebab Veggie Delite™ Signature Wraps Aloo Patty Chatpata Chana Patty Chicken Slices Chicken Slices Chicken Sices Chicken Feriyaki Corn and Peas Hara Bhara Kebab Italian BMT® Mexican Patty Oven Roasted Chicken	328 333 347 333 338 359 351 330 351 333 333 333 357 333 333 333 333 333 333	175 127 252 189 100 119 169 200 1600 223 110 203 121 152 151 148 194 175 175 52 161 183 33 423 521 584 630 404	5.3 3.5 3.5	28 21 33 31 8 11 14 17 26 12 2 13 34 12 14 12 11 11 24 12 11 11 24 17 10 10 10 10 10 10 10 10 10 10 10 10 10	5 5 7 7 10 11 14 3.6 7.5 16 8.1 14 9.0 17 17 13 8.4 11 11 14 8.4 8.4 11 11 14 8.4 8.4 11 11 14 8.5 16 17 18 18 18 18 18 18 18 18 18 18	100 100 100 100 100 100 100 100 100 100	38 72 57 31 61 61 66 63 33 61 36 43 45 45 52 52 19 184 141 140 179 186 141 140 179 180 191 191 191 191 191 191 191 19	1.1 3.2 2.7 0.6 3.3 2.5 1.7 2.1 0.5 4.0 0.4 1.2 1.9 2.3 3.7 0.5 0.7 1.5 1.4 0.3 4.3 3.0 5.5 6.7 2.2 1.4 8.0 6.3 4.0 6.3 6.4 6.7 6.7 6.7 6.7 6.7 6.7 6.7 6.7	6.3 10 5.4 3.4 3.5 10 7.9 3.5 10 3.6 3.5 3.6 3.5 3.6 3.5 3.7 2.6 3.7 3.7 3.7 3.7 3.7 3.7 3.7 3.7 3.7 3.7	1.6 2.0 3.1 3.5 4.5 2.5 4.1 2.7 5.1 4.8 4.0 2.5 3.4 5.5 4.2 2.5 0.9 4.3 4.7 4.9 4.9 4.9 4.0 0.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1	

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
	301	412	6.2	58	31	100	137	2.1	19	10
Turkey Breast & Chicken Slices										
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		include (grain bre	ead and					
o Breamase sanamenes	America	an Chee	se.							
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
	Values	include	8" multig	grain wr	ap,					
SubWraps		tomato		onions v	vithout					
		ınless n								
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
	lottuco	tomato	nottigra	nore eu	ı,					
Chhota Subs		ons with								
	noted	OIIS WILI	ioot sao	ce, orne	33					
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
		include \				200		7.→	23	12
Toasties	mozzar			and dire						
Pepperoni Toastie	77	166	6.8	21	11	100	217	8.9	28	14
	71	134	4.8	21	7.7	100	190	6.8	30	11
Veggie Toastie		nclude i				100	190	0.8	30	11
Flatizzas		a sauce			au,					
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
Corritos, Nacrios Sizztiri Sataperios	33	139	0.5	23	2.5	100	402	20	09	7.0
Breads										
Italian Bread, 6"	75	172	3.3	39	7.7	100	229	4.4	52	10
Multigrain Bread, 6"	_		2.4	43	8.5				53	
	80	227				100	284	3.1		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	F0	7.0
Wrap, Multigrain 11.5"	97							0.1	52	7.0
i i i ap, i i ottogram i i i o	7/	272	3.5	53	7.4	100	280	3.6	54	
Wrap, Spinach 11.5"	97	272 311	3.5 6.0	53 57	7.4 7.3					7.6
Wrap, Spinach 11.5"						100	280	3.6	54	7.6
1. 3						100	280	3.6	54	7.6
Wrap, Spinach 11.5"						100	280	3.6	54	7.6 7.5
Wrap, Spinach 11.5" Toppings Barbecue Sauce	97 21	311	0.3	57 6.7	7.3 0.3	100 100	280 321 133	3.6 6.2 1.3	54 59 32	7.6 7.5 1.3
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce	97 21 21	311 28 94	0.3 10	6.7 0.7	7.3 0.3 0.3	100 100 100 100	280 321 133 447	3.6 6.2 1.3 48	54 59 32 3.5	7.6 7.5 1.3 1.5
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard	97 21 21 21	311 28 94 39	0.3 10 2.4	6.7 0.7 4.1	7.3 0.3 0.3 0.2	100 100 100 100 100	280 321 133 447 187	3.6 6.2 1.3 48 12	54 59 32 3.5 20	7.6 7.5 1.3 1.5 1.2
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce	97 21 21 21 21	311 28 94 39 22	0.3 10 2.4 0.4	6.7 0.7 4.1 4.2	7.3 0.3 0.3 0.2 0.3	100 100 100 100 100 100	280 321 133 447 187 103	3.6 6.2 1.3 48 12 1.9	54 59 32 3.5 20	7.6 7.5 1.3 1.5 1.2
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless	97 21 21 21 21 21	311 28 94 39 22 106	0.3 10 2.4 0.4 11	6.7 0.7 4.1 4.2 1.5	7.3 0.3 0.3 0.2 0.3 0.2	100 100 100 100 100 100	280 321 133 447 187 103 504	3.6 6.2 1.3 48 12 1.9 53	32 3.5 20 20 7.0	7.6 7.5 1.3 1.5 1.2 1.4 1.0
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint	97 21 21 21 21 21 21	311 28 94 39 22 106 72	0.3 10 2.4 0.4 11 7.1	6.7 0.7 4.1 4.2 1.5	7.3 0.3 0.2 0.3 0.2 0.2	100 100 100 100 100 100 100	280 321 133 447 187 103 504 344	3.6 6.2 1.3 48 12 1.9 53	32 3.5 20 20 7.0 9.0	7.6 7.5 1.3 1.5 1.2 1.4 1.0
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori	97 21 21 21 21 21 21 21	311 28 94 39 22 106 72 89	0.3 10 2.4 0.4 11 7.1 8.6	6.7 0.7 4.1 4.2 1.5 1.9 2.7	7.3 0.3 0.2 0.3 0.2 0.2 0.2	100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 344 426	1.3 48 12 1.9 53 34 41	32 3.5 20 7.0 9.0	7.6 7.5 1.3 1.5 1.2 1.4 1.0 1.0
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint	97 21 21 21 21 21 21	311 28 94 39 22 106 72	0.3 10 2.4 0.4 11 7.1	6.7 0.7 4.1 4.2 1.5	7.3 0.3 0.2 0.3 0.2 0.2	100 100 100 100 100 100 100	280 321 133 447 187 103 504 344	3.6 6.2 1.3 48 12 1.9 53	32 3.5 20 20 7.0 9.0	7.6 7.5 1.3 1.5 1.2 1.4 1.0 1.0 1.3
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori	97 21 21 21 21 21 21 21	311 28 94 39 22 106 72 89	0.3 10 2.4 0.4 11 7.1 8.6	6.7 0.7 4.1 4.2 1.5 1.9 2.7	7.3 0.3 0.2 0.3 0.2 0.2 0.2	100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 344 426	1.3 48 12 1.9 53 34 41	32 3.5 20 7.0 9.0	7.6 7.5 1.3 1.5 1.2 1.4 1.0 1.0 1.3
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori Red Chili Sauce Sweet Onion Sauce	21 21 21 21 21 21 21 21 21	311 28 94 39 22 106 72 89 24	0.3 10 2.4 0.4 11 7.1 8.6 0.4	6.7 0.7 4.1 4.2 1.5 1.9 2.7 6.5	7.3 0.3 0.2 0.3 0.2 0.2 0.2 0.3 0.8	100 100 100 100 100 100 100 100 100	133 447 187 103 504 344 426 116	1.3 48 12 1.9 53 34 41 2.0	32 3.5 20 20 7.0 9.0 13 31	7.6 7.5 1.3 1.5 1.2 1.4 1.0 1.0 1.3
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori Red Chili Sauce	21 21 21 21 21 21 21 21 21	311 28 94 39 22 106 72 89 24	0.3 10 2.4 0.4 11 7.1 8.6 0.4	6.7 0.7 4.1 4.2 1.5 1.9 2.7 6.5	7.3 0.3 0.2 0.3 0.2 0.2 0.2 0.3 0.8	100 100 100 100 100 100 100 100 100	133 447 187 103 504 344 426 116	1.3 48 12 1.9 53 34 41 2.0	32 3.5 20 20 7.0 9.0 13 31	7.6 7.5 1.3 1.5 1.2 1.4 1.0 1.0 1.3
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori Red Chili Sauce Sweet Onion Sauce	21 21 21 21 21 21 21 21 21	311 28 94 39 22 106 72 89 24	0.3 10 2.4 0.4 11 7.1 8.6 0.4	6.7 0.7 4.1 4.2 1.5 1.9 2.7 6.5	7.3 0.3 0.2 0.3 0.2 0.2 0.2 0.3 0.8	100 100 100 100 100 100 100 100 100	133 447 187 103 504 344 426 116	1.3 48 12 1.9 53 34 41 2.0	32 3.5 20 20 7.0 9.0 13 31	7.6 7.5 1.3 1.5 1.2 1.4 1.0 1.0 1.3 4.0
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori Red Chili Sauce Sweet Onion Sauce Cheeses	97 21 21 21 21 21 21 21 21 21	28 94 39 22 106 72 89 24	0.3 10 2.4 0.4 11 7.1 8.6 0.4	6.7 0.7 4.1 4.2 1.5 1.9 2.7 6.5	7.3 0.3 0.2 0.3 0.2 0.2 0.3 0.8 0.0	100 100 100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 344 426 116	3.6 6.2 1.3 48 12 1.9 53 34 41 2.0 0.0	54 59 32 3.5 20 7.0 9.0 13 31	7.6 7.5 1.3 1.5 1.2 1.4 1.0 1.0 0.0
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Tandoori Red Chili Sauce Sweet Onion Sauce Cheeses American Cheese Mozzarella Cheese	97 21 21 21 21 21 21 21 21 21 21 21 21 21	28 94 39 22 106 72 89 24 33	0.3 10 2.4 0.4 11 7.1 8.6 0.4 0.0	6.7 0.7 4.1 4.2 1.5 1.9 2.7 6.5 8.0	7.3 0.3 0.3 0.2 0.3 0.2 0.2 0.3 0.8 0.0	100 100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 344 426 116 159	3.6 6.2 1.3 48 12 1.9 53 34 41 2.0 0.0	54 59 32 3.5 20 20 7.0 9.0 13 31 38	7.6 7.5 1.3 1.5 1.2 1.4 1.0 1.0 0.0
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori Red Chill Sauce Sweet Onion Sauce Cheeses American Cheese	97 21 21 21 21 21 21 21 21 21 21 21 21 21	28 94 39 22 106 72 89 24 33	0.3 10 2.4 0.4 11 7.1 8.6 0.4 0.0	6.7 0.7 4.1 4.2 1.5 1.9 2.7 6.5 8.0	7.3 0.3 0.3 0.2 0.3 0.2 0.2 0.3 0.8 0.0	100 100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 344 426 116 159	3.6 6.2 1.3 48 12 1.9 53 34 41 2.0 0.0	54 59 32 3.5 20 20 7.0 9.0 13 31 38	7.6 7.5 1.3 1.5 1.2 1.4 1.0 1.0 0.0
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Tandoori Red Chili Sauce Sweet Onion Sauce Cheeses American Cheese Mozzarella Cheese	97 21 21 21 21 21 21 21 21 21 21 21 21 21	28 94 39 22 106 72 89 24 33	0.3 10 2.4 0.4 11 7.1 8.6 0.4 0.0	6.7 0.7 4.1 4.2 1.5 1.9 2.7 6.5 8.0	7.3 0.3 0.3 0.2 0.3 0.2 0.2 0.3 0.8 0.0	100 100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 344 426 116 159	3.6 6.2 1.3 48 12 1.9 53 34 41 2.0 0.0	54 59 32 3.5 20 20 7.0 9.0 13 31 38	7.6 7.5 1.3 1.5 1.2 1.4 1.0 1.0 1.3 4.0 0.0
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori Red Chili Sauce Sweet Onion Sauce Cheeses American Cheese Mozzarella Cheese Vegetables	97 21 21 21 21 21 21 21 21 21 14	311 28 94 39 22 106 72 89 24 33 50 43	6.0 0.3 10 2.4 0.4 11 7.1 8.6 0.4 0.0 4.0 3.1	57 0.7 4.1 4.2 1.5 1.9 2.7 6.5 8.0	7.3 0.3 0.3 0.2 0.3 0.2 0.2 0.3 0.8 0.0	100 100 100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 344 426 116 159	3.6 6.2 1.3 48 12 1.9 53 34 41 2.0 0.0	54 59 32 3.5 20 7.0 9.0 13 31 38	7.6 7.5 1.3 1.5 1.2 1.4 1.0 1.0 0.0 19 25
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Tandoori Red Chili Sauce Sweet Onion Sauce Cheeses American Cheese Mozzarella Cheese Vegetables Cucumber Green Pepper	97 21 21 21 21 21 21 21 21 21 21 21 21 21	311 28 94 39 22 106 72 89 24 33 50 43	0.3 10 2.4 0.4 11 7.1 8.6 0.4 0.0 4.0 3.1	6.7 0.7 4.1 4.2 1.5 1.9 2.7 6.5 8.0 0.7 0.1	7.3 0.3 0.2 0.3 0.2 0.2 0.3 0.8 0.0 3 4	100 100 100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 344 426 116 159 350 284	3.6 6.2 1.3 48 12 1.9 53 34 41 2.0 0.0 28 21	54 59 32 3.5 20 20 7.0 9.0 13 31 38 4.7 0.5	7.6 7.5 1.3 1.5 1.2 1.4 1.0 1.0 0.0 1.3 1.5 1.2 1.4 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori Red Chili Sauce Sweet Onion Sauce Cheeses American Cheese Mozzarella Cheese Vegetables Cucumber Green Pepper Jalapenos	97 21 21 21 21 21 21 21 21 21 21 21 21 21	311 28 94 39 22 106 72 89 24 33 50 43 2.1 1.4	0.3 10 2.4 0.4 11 7.1 8.6 0.4 0.0 3.1	57 6.7 0.7 4.1 1.5 1.9 2.7 6.5 8.0 0.7 0.1 0.5 0.3 0.2	7.3 0.3 0.2 0.3 0.2 0.3 0.8 0.0 3 4 0.1 0.1 0.1	100 100 100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 344 426 116 159 350 284	3.6 6.2 1.3 48 12 1.9 53 34 41 2.0 0.0 28 21 0.1 0.2	54 59 32 3.5 20 20 7.0 9.0 13 31 38 4.7 0.5	7.6.7.5 1.3.3.1.5.5 1.2.2.1.4 1.0.0.0 1.3.3.4.0 0.0.0 1.9.2.5 0.7.0.9 1.4.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori Red Chili Sauce Sweet Onion Sauce Cheeses American Cheese Mozzarella Cheese Vegetables Cucumber Green Pepper Jalapenos Lettuce	97 21 21 21 21 21 21 21 21 21 21 21 21 44 15 40 4.0	28 94 39 22 106 72 89 24 33 50 43 11 14 12 29	6.0 0.3 10 2.4 0.4 11 7.1 8.6 0.4 0.0 3.1 0.0 0.0 0.0 0.0	57 6.7 0.7 4.1 4.2 1.5 1.9 2.7 6.5 8.0 0.7 0.1 0.5 0.3 0.2 0.6	7.3 0.3 0.2 0.3 0.2 0.3 0.2 0.3 0.4 0.1 0.1 0.1 0.2	100 100 100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 344 426 116 159 350 284 15 20 30 14	3.6 6.2 1.3 48 12 1.9 53 34 41 2.0 0.0 28 21 0.1 0.2 0.6 0.1	54 59 32 3.5 20 7.0 9.0 13 31 38 4.7 0.5	7.6.7.5 7.5.5 1.3.1.5 1.2.1.4 1.0.0 0.0 1.3.1.3 4.0.0 0.0 1.9.1.2 0.7.7 0.9.9 1.4.4 0.9.9
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori Red Chili Sauce Sweet Onion Sauce Cheeses American Cheese Mozzarella Cheese Vegetables Cucumber Green Pepper Jalapenos Lettuce Olives	97 21 21 21 21 21 21 21 21 21 21 21 21 21	28 94 39 22 106 72 89 24 33 50 43 21 14 12 29 33 3	0.3 10 2.4 0.4 11 7.1 8.6 0.4 0.0 3.1 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.2	6.7 0.7 4.1 4.2 1.5 1.9 2.7 6.5 8.0 0.7 0.1 0.5 0.3 0.3 0.6 0.1	7.3 0.3 0.3 0.2 0.3 0.2 0.3 3.4 0.1 0.1 0.1 0.2 0.0	100 100 100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 344 426 116 159 350 284 15 20 30 14 128	3.6 6.2 1.3 48 12 1.9 53 34 41 2.0 0.0 28 21 0.1 0.2 0.6 0.1	54 59 32 3.5 20 7.0 9.0 13 31 31 38 4.7 0.5	7.6.7.5 1.3.7.5 1.5.1.2 1.4.1.0 1.0.0 1
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori Red Chil Sauce Sweet Onion Sauce Cheeses American Cheese Mozzarella Cheese Vegetables Cucumber Green Pepper Jalapenos Lettuce Olives Onions	97 21 21 21 21 21 21 21 21 21 21 21 21 21	28 94 39 22 106 72 89 24 33 50 43 21 14 22 9 33 3 28	0.3 10 2.4 0.4 11 7.1 8.6 0.4 0.0 3.1 0.0 0.0 0.0 0.0 0.0 0.0	6.7 0.7 4.1 4.2 1.5 1.9 2.7 6.5 8.0 0.7 0.1 0.5 0.3 0.2 0.6 0.1 0.7	7.3 0.3 0.3 0.2 0.3 0.2 0.2 0.3 0.8 0.0 3 4 0.1 0.1 0.1 0.2 0.0 0.1	100 100 100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 426 116 159 350 284 15 20 30 14 128 40	3.6 6.2 1.3 48 12 1.9 53 34 41 2.0 0.0 0.0 28 21 0.1 0.2 0.6 0.1 10 0.1	32 3.5 20 7.0 9.0 13 31 38 4.7 0.5 3.6 4.6 5.9 3.0 5.1	7.6.7.5 1.3.7.5 1.5.5 1.2.1.4 1.0.0 1.0
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori Red Chili Sauce Sweet Onion Sauce Cheeses American Cheese Mozzarella Cheese Vegetables Cucumber Green Pepper Jalapenos Lettuce Olives Onions Pickles	21 21 21 21 21 21 21 21 21 21 21 21 21 2	311 28 94 39 22 106 72 89 24 33 50 43 21 14 12 29 3.3 28 14	0.3 10 2.4 0.4 11 7.1 8.6 0.4 0.0 3.1 0.0 0.0 0.0 0.0 0.0 0.0 0.0	6.7 0.7 4.1 4.2 1.5 1.9 2.7 6.5 8.0 0.7 0.1 0.5 0.3 0.2 0.6 0.1 0.7 0.7	7.3 0.3 0.3 0.2 0.3 0.2 0.2 0.3 0.8 0.0 3 4 0.1 0.1 0.1 0.1 0.1 0.1 0.1	100 100 100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 426 116 159 350 284 15 20 30 14 128 40	3.6 6.2 1.3 48 12 1.9 5.3 3.4 41 2.0 0.0 28 21 0.1 0.2 0.6 0.1 10 0.1	54 59 32 3.5 20 20 7.0 9.0 13 31 38 4.7 0.5 3.6 4.6 5.9 3.0 5.1 1 9.3	7.6.7.5 7.5.7.5 1.3.1.5 1.2.1.4.4 1.0.0.0 1.3.3 4.0.0.0 1.9.7 2.5 0.7.7 0.9.9 1.4.4 0.9.9 1.9.1 0.0.1 0.0.1 0.0.1 0.0.1 0.0.1 0.0.1 0.0.1 0.0.1 0.0.1 0.0.1
Wrap, Spinach 11.5" Toppings Barbecue Sauce Chipotle Southwest Sauce Honey Mustard Marinara Sauce Mayonnaise, Eggless Mayonnaise, Mint Mayonnaise, Tandoori Red Chil Sauce Sweet Onion Sauce Cheeses American Cheese Mozzarella Cheese Vegetables Cucumber Green Pepper Jalapenos Lettuce Olives Onions	97 21 21 21 21 21 21 21 21 21 21 21 21 21	28 94 39 22 106 72 89 24 33 3 50 43 11 14 12 2.9 3.3 3 2.8 8 14 4 6.3	0.3 10 2.4 11 7.1 1 10 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	57 0.7 4.1 4.2 1.5 1.9 2.7 6.5 8.0 0.7 0.1 0.5 0.3 0.2 0.6 0.1 0.7 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	7.3 0.3 0.3 0.2 0.3 0.2 0.2 0.3 0.8 0.0 0.1 0.1 0.1 0.1 0.1 0.1	100 100 100 100 100 100 100 100 100 100	280 321 133 447 187 103 504 426 116 159 350 284 15 20 30 14 128 40	3.6 6.2 1.3 48 12 1.9 53 34 41 2.0 0.0 0.0 28 21 0.1 0.2 0.6 0.1 10 0.1	32 3.5 20 7.0 9.0 13 31 38 4.7 0.5 3.6 4.6 5.9 3.0 5.1	7.6 7.5 1.3 1.5 1.2 1.4 1.0 0.0 0.0 1.9 1.9 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0

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