



# U.S. NUTRITION INFORMATION

July 2023

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

## SANDWICHES

### 6" Subway® Series Sandwiches

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

	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
<b>Deli Heroes</b>																
#15 Titan Turkey	251	490	23	7	0	65	1310	40	2	5	3	30	20	15	20	25
#17 Garlic Roast Beef	247	480	21	7	0	65	1200	43	2	7	5	30	20	15	20	20
#30 The Beast	317	730	44	14	1	115	2080	45	3	7	5	40	20	25	20	25
#99 Grand Slam Ham	251	500	24	8	0	65	1340	43	2	6	4	28	20	15	20	15
<b>Cheesesteaks</b>																
#1 The Philly	192	500	25	9	1	85	1310	41	2	5	3	28	10	15	10	15
#2 The Outlaw™	198	490	22	9	0	90	1230	40	2	5	6	30	8	25	20	15
#3 The Monster™	213	580	30	11	1	105	1270	42	2	6	4	36	10	15	4	20
#33 Teriyaki Blitz	207	450	14	7	0	75	1480	53	4	18	16	30	10	15	10	20
<b>Italians</b>																
#4 Supreme Meats	262	590	32	12	1	85	1810	44	3	7	4	30	20	25	20	20
#6 The Boss	275	650	34	16	2	85	1690	54	4	8	5	32	15	25	20	25
#18 Ultimate B.M.T.	240	560	30	11	1	75	1570	43	3	6	4	27	20	25	20	15
#23 Hotshot Italiano	238	620	38	14	1	85	1750	43	3	6	3	26	20	30	20	20
<b>Chicken</b>																
#7 The MexiCali (with Smashed Avocado)	282	540	27	9	0	90	1300	43	5	6	5	29	20	25	20	15
#7 The MexiCali (with Sliced Avocado)	275	520	25	9	0	90	1180	43	5	6	5	29	20	25	20	15
#8 The Great Garlic	262	570	29	10	0	105	1260	43	3	6	4	34	25	15	4	15
#16 All-Pro Sweet Onion Teriyaki	256	430	11	5	0	70	1260	55	4	20	16	30	20	20	10	15
#20 Elite Chicken & Bacon Ranch	262	570	29	10	0	105	1210	43	3	6	4	34	25	15	4	15
<b>Clubs</b>																
#10 All-American Club®	242	530	28	10	0	75	1520	43	2	7	4	27	20	15	10	20
#11 Subway Club®	263	500	24	8	0	75	1550	43	4	8	5	32	20	15	10	25
#12 Turkey Cali Club™ (with Smashed Avocado)	275	600	34	10	0	70	1310	43	6	7	4	33	25	15	10	25
#12 Turkey Cali Club™ (with Sliced Avocado)	268	580	32	10	0	70	1190	43	6	7	4	33	25	20	15	25
#19 Pickleball Club™	251	500	22	9	0	70	1700	47	2	10	7	27	20	15	10	15

### 6" Build Your Own Sandwiches

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

6" Black Forest Ham	219	280	4	1	0	30	860	42	5	7	4	20	30	25	2	15
6" Buffalo Chicken (with Grilled Chicken)	254	380	12	3	0	55	1380	42	3	6	3	25	25	20	2	15
6" Cold Cut Combo®	219	320	10	3	0	45	1000	41	3	6	3	17	15	20	6	15
6" Grilled Chicken	233	290	4	1	0	50	580	40	5	6	3	27	30	30	4	15
6" Italian B.M.T.®	219	400	16	6	0	50	1180	43	3	6	3	19	15	30	4	15
6" Meatball Marinara	211	440	18	7	1	40	1100	50	4	8	4	20	10	20	6	20
6" Oven Roasted Turkey	219	270	4	1	0	25	840	40	5	6	4	22	30	25	2	25
6" Roast beef	233	310	5	2	0	40	790	42	5	8	5	25	30	25	4	25
6" Rotisserie-Style Chicken	233	310	6	2	0	50	760	40	5	6	4	25	30	25	4	15
6" Spicy Italian	214	470	24	9	0	60	1300	42	3	5	3	19	15	35	4	15
6" Steak (Includes American Cheese)	167	360	10	5	0	65	1040	40	2	5	3	26	6	15	6	15
6" Sweet Onion Chicken Teriyaki	262	350	4	1	0	50	850	55	5	19	16	26	30	30	4	20
6" Tuna	229	470	25	5	0	40	690	40	2	5	2	20	15	20	2	15
6" Veggie Delite®	162	210	3	0	0	0	370	39	5	6	3	10	30	25	2	15

### 6" Limited Time Offer/Regional Subs\*\*

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

6" Big Hot Pastrami**	219	510	27	9	0	80	1790	41	2	5	2	27	8	8	8	25
6" B.L.T.**	157	370	15	5	0	35	720	40	2	5	4	18	10	15	2	15
6" Oven Roasted Turkey and Ham**	219	280	4	1	0	25	850	41	5	7	4	21	30	25	2	20
6" Pizza Sub**	171	460	24	10	1	60	1500	44	3	7	3	18	15	30	10	15
6" Veggie Patty**	247	390	11	1	0	0	690	56	13	8	3	16	30	25	2	15

### Kids Mini Sub

Values include mini multigrain bread and all the fresh vegetables

Veggie Delite®	108	140	2	0	0	0	250	26	3	4	2	7	20	15	2	10
Black Forest Ham	137	180	3	1	0	15	490	27	3	4	3	12	20	15	2	10
Oven Roasted Turkey	137	170	2	0	0	10	480	26	3	4	2	13	20	15	2	15

### Make any Build Your Own Sandwich into a Wrap

Values include Plain wrap, select fresh vegetables and footlong meat portion

Black Forest Ham Wrap	307	440	11	2	0	55	1570	58	3	6	0	28	30	15	8	25
Buffalo Chicken Wrap (with Grilled Chicken)	356	560	19	4	0	110	1800	56	3	5	2	42	30	15	8	25
Cold Cut Combo® Wrap	314	530	23	5	0	95	1820	55	3	5	2	27	15	15	15	25
Grilled Chicken Wrap	335	470	11	2	0	100	1010	54	3	5	1	42	30	20	8	25
Italian B.M.T.® Wrap	314	680	36	11	0	100	2180	58	3	5	3	32	15	30	10	25
Meatball Marinara Wrap	381	780	38	14	2	75	2010	76	7	11	5	34	20	25	15	35
Oven Roasted Turkey Wrap	307	430	10	2	0	50	1540	54	3	4	0	32	30	15	8	35
Roast beef Wrap	335	500	14	3	0	75	1440	58	3	7	0	38	30	15	8	35
Rotisserie-Style Chicken Wrap	335	500	15	3	0	105	1380	54	4	4	0	38	30	15	8	25
Spicy Italian Wrap	304	820	52	17	1	125	2430	58	3	4	1	31	15	40	10	30
Steak Wrap (Includes American Cheese)	269	570	20	7	0	120	1700	55	3	4	3	43	6	6	10	30
Sweet Onion Chicken Teriyaki Wrap	391	590	11	2	0	95	1540	83	4	31	27	41	30	20	10	25
Tuna Wrap	335	820	54	8	1	75	1210	53	3	4	1	33	15	15	8	20
Veggie Delite® Wrap	285	330	8	1	0	0	600	57	4	6	1	10	60	30	10	20

### Make any Sandwich into a Wrap Limited Time Offer/Regional Wrap

Values include suggested wrap, select fresh vegetables and footlong meat portion

Big Hot Pastrami Wrap**	363	860	53	15	0	150	2930	56	3	5	1	46	15	0	15	45
B.L.T. Wrap**	218	620	33	10	0	65	1270	54	3	5	4	29	10	8	8	25
Oven Roasted Turkey & Ham Wrap**	307	440	11	2	0	50	1560	56	3	5	1	30	30	15	8	30
Pizza Sub Wrap**	238	720	44	16	1	100	2290	59	3	5	2	26	15	35	20	25
Veggie Patty Wrap**	363	660	26	3	0	0	1230	87	19	8	1	21	30	15	8	20

## 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.

Black Forest Ham	344	120	3	1	0	30	570	12	4	6	1	13	70	35	4	10
Buffalo Chicken (with Grilled Chicken)	414	300	19	4	0	65	1180	13	5	7	1	20	80	40	6	15
Cold Cut Combo®	351	160	9	2	0	45	700	10	4	5	0	12	70	35	8	15
Grilled Chicken	358	130	3	1	0	50	280	10	4	5	0	19	70	40	6	10
Italian B.M.T.®	351	240	15	5	0	50	880	12	4	5	1	14	70	45	6	15
Meatball Marinara	426	290	16	6	1	40	780	22	7	9	2	16	80	50	10	20
Oven Roasted Turkey	344	110	2	0	0	25	550	10	4	5	0	14	70	35	4	20
Roast beef	358	150	4	1	0	40	500	12	4	6	2	17	70	35	6	20
Rotisserie-Style Chicken	358	150	5	2	0	50	470	10	4	5	0	18	70	35	6	10
Spicy Italian	347	310	23	9	0	60	1000	12	4	5	0	14	70	50	6	15
Steak (Includes American Cheese)	370	210	9	4	0	65	740	12	4	6	1	22	70	35	10	15
Sweet Onion Chicken Teriyaki	418	250	4	1	0	50	830	39	4	31	26	19	70	40	6	15
Tuna	362	310	24	4	0	40	390	10	4	5	0	15	70	35	4	10
Veggie Delite®	287	50	1	0	0	0	75	9	4	5	0	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



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
<b>Oil &amp; Vinegar</b>																
Peppercorn Ranch Sauce	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
Sweet Onion Teriyaki Sauce	14	30	0	0	0	0	130	7	0	6	6	0	0	0	0	0
<b>Seasonings and Spices</b>	Amount on 6 sandwich or wrap															
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
<b>Vegetables</b>	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	0	6	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	2	0	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	15	2	0	2
Tomatoes (3 wheels)	35	5	0	0	0	0	0	1	0	1	0	0	10	4	0	0
<b>Cheese</b>	Amount on 6 sandwich or wrap															
American	11	40	4	2	0	10	210	1	0	0	0	2	4	0	4	0
BelGioioso® Fresh Mozzarella	17	40	3	2	0	10	55	0	0	0	0	3	0	0	5	0
Monterey Cheddar, Shredded	14	50	5	3	0	15	85	1	0	0	0	3	6	0	0	0
Mozzarella, Shredded**	14	45	4	2	0	10	85	1	0	0	0	3	0	0	6	0
Parmesan Grated	1	5	0	0	0	0	25	0	0	0	0	1	0	0	2	0
Pepper Jack	14	50	4	3	0	15	140	0	0	0	1	3	4	4	10	0
Provolone	14	50	4	2	0	10	125	0	0	0	0	4	4	0	8	0
Swiss**	14	60	5	3	0	15	30	0	0	0	0	4	6	0	10	0
<b>Individual Proteins</b>	Amount on 6 sub or salad, double values for footlong or wrap															
All-American Club Meats	72	140	8	3	0	45	660	2	0	1	1	16	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
Capicola (3 slices)	22	35	2	1	0	15	240	1	0	1	1	4	0	0	0	0
Cold Cut Combo® Meats	64	110	8	1	0	45	620	1	0	1	0	9	0	0	4	4
Egg Patty (regular)	85	180	15	4	0	240	220	2	0	0	0	10	4	0	2	6
Egg Patty (white)	85	90	4	1	0	0	290	3	0	1	0	9	0	0	0	0
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, Buffalo	99	90	2	1	0	50	900	2	0	1	0	17	15	4	0	4
Grilled Chicken, Sweet Onion Teriyaki Glazed	85	110	2	1	0	50	350	9	0	8	7	16	0	4	0	2
Italian B.M.T.® Meats	64	180	14	5	0	50	800	3	0	1	1	11	0	8	2	4
Meatballs	139	240	15	6	1	40	700	13	3	5	2	13	10	15	4	10
Oven Roasted Turkey	57	60	1	1	0	25	480	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	90	3	1	0	40	420	2	0	2	2	14	0	0	0	8
Rotisserie-Style Chicken	71	90	4	1	0	50	400	0	0	0	0	15	0	0	0	2
Spicy Italian Meats	59	250	22	8	0	60	920	2	0	0	0	11	0	15	2	6
Steak (no cheese)	71	110	5	2	0	55	450	2	0	1	1	17	0	0	0	6
Subway Club® Meats	92	110	3	1	0	45	700	3	0	2	2	18	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
<b>DESSERTS &amp; SIDES</b>																
<b>Cookies &amp; Desserts</b>																
Chocolate Chip Cookie	45	210	10	5.0	0	10	120	30	<1	18	18	2	0	0	0	10
Double Chocolate Cookie	45	210	9	5.0	0	15	125	29	1	20	19	2	0	0	2	10
Oatmeal Raisin Cookie	45	200	8	4.0	0	15	110	30	1	16	10	3	0	0	2	6
Raspberry Cheesecake Cookie	45	210	9	5.0	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
Muffin, Apple Cinnamon**	113	450	24	4	0	60	370	53	2	31	0	6	0	8	6	10
Muffin, Blueberry Crumb**	113	410	17	4	0	40	440	59	2	33	0	5	0	0	4	10
Muffin, Double Chocolate**	113	550	31	8	0	65	420	61	3	41	0	6	0	0	6	20
<b>Soup** (8 oz. bowl)</b>																
Beef Chili with Beans**	251	360	22	8	1	70	800	21	4	6	3	21	130	15	8	25
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.

\*\*At participating locations.

†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.