



# U.S. NUTRITION INFORMATION July 2011

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	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
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## SANDWICHES

6" Low Fat Sandwiches with 6 Grams of Fat or Less		Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.														
6" Black Forest Ham	219	290	40	4.5	1	0	25	830	46	5	8	18	8	20	30	15
6" Oven Roasted Chicken	233	320	45	5	1.5	0	25	640	47	5	8	23	8	30	30	15
6" Roast Beef	233	320	40	5	1.5	0	45	700	45	5	7	24	8	20	30	25
6" Subway Club®	240	310	40	4.5	1.5	0	40	880	46	5	7	23	8	20	30	20
6" Sweet Onion Chicken Teriyaki	276	380	40	4.5	1	0	50	900	59	5	18	26	8	30	35	20
6" Turkey Breast	219	280	30	3.5	1	0	20	810	46	5	7	18	8	20	30	15
6" Turkey Breast & Black Forest Ham	219	280	35	4	1	0	20	820	46	5	8	18	8	20	30	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	310	44	5	6	8	8	20	30	15

6" Flatbread Sandwiches with 7 Grams of Fat or Less		Values include 6" flatbread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate footlong flatbread nutrition.														
Black Forest Ham on Flatbread	228	300	60	7	1.5	0	25	980	44	3	5	17	8	20	10	15
Oven Roasted Chicken on Flatbread	242	330	60	7	1.5	0	25	790	45	3	6	22	8	30	10	15
Roast Beef on Flatbread	242	330	60	7	2.0	0	45	840	43	3	4	23	8	20	10	25
Subway Club® on Flatbread	249	320	60	7	2	0	40	1030	44	3	5	22	8	20	10	20
Sweet Onion Chicken Teriyaki on Flatbread	284	390	60	7	1.5	0	50	1050	57	3	16	25	8	30	10	20
Turkey Breast on Flatbread	228	290	50	6	1.5	0	20	950	44	3	4	17	8	20	10	15
Turkey Breast & Black Forest Ham on Flatbread	228	290	60	6	1.5	0	25	970	44	3	5	17	8	20	10	15
Veggie Delite® on Flatbread	171	240	40	4.5	1	0	0	450	42	3	4	8	8	20	8	15

Low Fat Footlong™ Sandwiches		Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.														
Footlong Black Forest Ham	438	570	80	9	2.5	0	50	1670	92	10	16	35	15	40	60	30
Footlong Oven Roasted Chicken	466	640	90	10	2.5	0	45	1290	95	11	17	46	15	60	60	30
Footlong Roast Beef	466	630	80	10	3.5	0	90	1390	90	11	14	48	15	40	60	45
Footlong Subway Club®	481	630	80	9	3	0	80	1770	92	10	15	46	15	40	60	40
Footlong Sweet Onion Chicken Teriyaki	551	750	80	9	2.5	0	100	1810	117	10	37	51	20	60	70	35
Footlong Turkey Breast	438	560	60	7	2	0	40	1620	92	10	14	35	15	40	60	35
Footlong Turkey Breast & Black Forest Ham	438	570	70	8	2	0	45	1650	92	10	15	35	15	40	60	35
Footlong Veggie Delite®	325	460	40	4.5	1	0	0	620	87	10	13	17	15	40	60	30

6" Sandwiches		Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, cucumbers and cheese.														
6" Big Philly Cheesesteak	304	520	160	18	9	1	90	1370	52	6	8	39	15	20	50	30
6" BLT	164	360	120	13	6	0	30	890	44	5	6	17	10	8	35	15
6" Buffalo Chicken (with regular Ranch dressing)	280	460	170	19	5	0	65	1390	47	5	9	27	10	25	40	20
6" Chicken & Bacon Ranch		570	250	28	10	0.5	95	1080	47	5	8	35	15	25	50	20
6" Cold Cut Combo	244	410	150	16	6	0.5	60	1340	47	5	7	21	15	20	40	20
6" Italian B.M.T.®	237	450	180	20	8	0.5	55	1500	47	5	8	22	10	20	40	15
6" Meatball Marinara	372	580	200	23	9	1	45	1420	69	9	18	24	40	45	45	25
6" Spicy Italian	233	520	250	28	11	0.5	65	1720	46	5	8	22	10	20	40	20
6" Steak & Cheese	245	380	90	10	4.5	0	50	1060	48	5	8	26	10	20	40	20
6" Subway Melt®	240	370	100	11	5	0	45	1210	47	5	8	23	10	20	40	15
6" Tuna	245	530	270	30	6	0.5	45	830	44	5	7	21	10	20	35	20

Kids Meal Sandwiches		Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.														
Veggie Delite®	108	150	15	1.5	0	0	0	210	29	3	4	6	6	15	20	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	470	30	3	5	10	6	15	20	10
Roast Beef	146	200	25	3	1	0	25	410	30	4	5	14	6	15	20	10
Turkey Breast	136	180	20	2	0.5	0	10	460	30	3	5	10	6	15	20	10

6" Limited Time Offer/Regional Subs**		Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.														
6" Barbecue Rib Patty	163	430	160	18	6	0	50	620	47	5	8	19	8	20	30	20
6" Barbecue Chicken	233	310	45	5	1.5	0	35	900	52	6	15	15	15	180	35	20
6" Chicken Pizziola (includes cheese)	291	450	140	15	6	0	75	1250	50	6	10	31	20	30	40	20
6" Orchard Chicken	236	370	70	4	1.5	0	50	560	51	5	9	25	8	15	30	20
6" Pastrami, Big (includes cheese)	297	580	260	28	9	0	65	1700	49	5	7	31	12	20	40	15
6" Pulled Pork	318	570	150	17	6	0	95	1340	68	5	11	56	8	20	30	25
6" Subway Seafood Sensation® (includes cheese)	245	460	200	22	5	0.5	25	950	51	5	8	15	15	20	45	15
6" Turkey Bacon Avocado (includes cheese)	268	420	130	15	5	0	40	1200	49	7	8	24	12	25	40	20
6" Veggie Patty	247	390	70	7	1	0	10	830	56	8	8	23	15	20	35	15

## SALADS

Salads with 6 g of fat or Less		Values include lettuce, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or croutons.														
Black Forest Ham	328	110	25	3	1	0	25	590	11	4	6	12	25	45	6	8
Oven Roasted Chicken Breast	342	130	25	2.5	0.5	0	50	270	9	4	4	19	25	50	6	10

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Roast Beef	342	140	30	3.5	1	0	45	450	10	4	5	18	25	45	6	15
Subway Club®	349	140	30	3.5	1	0	40	640	11	4	5	17	25	45	6	15
Sweet Onion Chicken Teriyaki	385	200	25	3	1	0	50	660	24	4	16	20	25	50	6	10
Turkey Breast	328	110	20	2	0.5	0	20	570	11	4	5	12	25	45	6	10
Turkey Breast & Ham	328	110	25	2.5	0.5	0	20	580	11	4	5	12	25	45	6	8
Veggie Delite®	271	50	10	1	0	0	0	65	9	4	4	3	25	45	4	6
Grilled Chicken & Baby Spinach	286	130	25	2.5	0.5	0	50	330	10	3	4	20	170	80	10	20
<b>Salad Dressing</b>																
Fat Free Italian	57	35	0	0	0	0	0	720	7	0	4	1	0	0	2	0
Ranch	57	290	270	30	4.5	0.5	15	540	3	0	3	1	0	0	0	0

## BREAKFAST & PIZZA

<b>Egg Muffin Melts (with Egg White)</b> Values include light wheat English muffin, egg white and cheese.																
Egg White & Cheese	105	150	30	3.5	1.5	0	5	480	24	5	1	12	2	0	25	6
Egg White & Cheese (with ham)	119	170	35	4	1.5	0	10	610	24	5	1	14	2	0	25	6
Breakfast B.M.T.®	142	220	70	8	3	0	20	860	25	5	2	16	4	2	25	6
Bacon, Egg (White) & Cheese	110	180	45	5	2	0	10	580	24	5	1	13	2	0	25	6
Mega**	138	300	150	17	7	0	30	840	24	5	1	17	2	0	25	8
Sausage, Egg (White) & Cheese**	133	270	140	15	6	0	25	740	24	5	1	15	2	0	25	8
Steak, Egg (White) & Cheese	122	180	40	4	1.5	0	15	620	25	5	1	15	2	0	25	8
Sunrise Melt	149	210	50	6	2.5	0	20	830	26	5	2	18	4	2	25	8
<b>Egg Muffin Melts (with Regular Egg)</b> Values include light wheat English muffin, regular egg and cheese.																
Egg & Cheese	105	170	50	6	2	0	115	460	24	6	1	12	4	0	20	8
Egg & Cheese (with ham)	119	190	50	6	2	0	120	590	24	6	2	14	4	0	20	8
Breakfast B.M.T.®	142	240	90	10	4	0	130	830	25	6	2	16	6	2	20	8
Bacon, Egg & Cheese	110	200	70	7	3	0	120	550	24	6	1	13	4	0	20	8
Mega**	138	320	170	19	7	0	140	810	24	6	2	17	4	0	20	10
Sausage, Egg & Cheese**	133	290	160	17	7	0	130	720	24	6	1	15	4	0	20	10
Steak, Egg & Cheese	122	200	60	6	2.5	0	125	610	25	6	2	15	4	0	20	10
Sunrise Melt	149	230	70	8	3	0	130	810	26	6	2	18	6	2	20	8
<b>Egg Whites on Mornin' Flatbreads</b> Values include mornin' flatbread, egg white and cheese.																
Egg White & Cheese	91	170	45	5	1.5	0	5	540	21	1	1	9	2	0	20	8
Egg White & Cheese (with ham)	106	180	50	5	2	0	10	670	22	1	1	12	2	0	20	8
Breakfast B.M.T.®	129	230	90	10	3.5	0	20	910	22	1	2	14	4	2	20	8
Bacon, Egg White & Cheese	96	190	60	7	2.5	0	10	630	21	1	1	11	2	0	20	8
Mega**	124	310	170	19	7	0	30	830	22	1	1	15	2	0	20	10
Sausage, Egg White & Cheese**	120	290	150	17	6	0	25	800	21	1	1	13	2	0	20	10
Steak, Egg White & Cheese	108	190	50	6	2	0	15	670	22	1	1	13	2	0	20	10
Sunrise Melt	136	220	70	8	3	0	20	890	23	1	2	16	4	2	20	8
<b>Regular Egg on Mornin' Flatbreads</b> Values include mornin' flatbread, regular egg and cheese.																
Egg & Cheese	91	190	60	7	2.5	0	115	520	21	1	2	9	4	0	10	10
Egg & Cheese (with ham)	106	200	70	8	2.5	0	120	650	22	1	2	12	4	0	10	10
Breakfast B.M.T.®	129	250	110	12	4	0	130	890	22	1	3	14	6	2	10	10
Bacon, Egg & Cheese	96	210	80	9	3.5	0	120	610	21	1	2	11	4	0	10	10
Mega**	124	330	190	21	8	0	140	870	22	1	2	15	4	0	10	12
Sausage, Egg & Cheese**	120	310	170	19	7	0	135	770	21	1	2	13	4	0	10	10
Steak, Egg & Cheese	108	210	70	8	3	0	125	650	22	1	2	13	4	0	10	10
Sunrise Melt	136	240	90	10	3.5	0	130	870	23	1	3	16	6	2	10	10
<b>6" Omelet Sandwich (with Egg White)</b> Values include 9-grain wheat bread, egg white and cheese.																
6" Egg White & Cheese	174	320	70	8	3	0	10	940	44	4	5	19	4	0	60	15
6" Egg White & Cheese (with Ham)	203	350	80	9	3.5	0	25	1200	45	4	6	24	4	0	60	15
6" Breakfast B.M.T.®	261	460	160	17	7	0	45	1680	48	5	7	29	10	8	60	15
6" Bacon, Egg White & Cheese	184	370	100	11	4.5	0	20	1120	45	4	5	23	4	0	60	15
6" Mega**	240	610	310	35	14	0	55	1640	45	4	5	30	4	2	60	20
6" Sausage, Egg White & Cheese**	231	570	280	31	12	0	45	1460	45	4	5	26	4	2	60	20
6" Steak, Egg White & Cheese	217	390	90	10	4	0	35	1300	47	4	6	28	4	0	60	20
6" Sunrise Melt	275	430	120	13	5	0	45	1640	48	4	7	32	10	8	60	20
<b>6" Omelet Sandwiches (with Regular Egg)</b> Values include 9-grain wheat bread, regular egg and cheese.																
6" Egg & Cheese	174	360	110	12	4.5	0	230	890	44	5	6	19	8	0	40	20
6" Egg & Cheese (with Ham)	202.7	390	120	13	5	0	240	1150	45	5	7	24	8	0	40	20
6" Breakfast B.M.T.®	261	500	200	21.95	8	0	265	1640	47	5	9	29	15	8	45	20
6" Bacon, Egg & Cheese	184	410	140	16	6	0	240	1080	45	5	6	23	8	0	40	20
6" Mega**	240	650	350	39	15	0	275	1600	45	5	7	30	8	2	45	25
6" Sausage, Egg & Cheese**	231	610	320	36	14	0	265	1410	45	5	6	26	8	2	40	20
6" Steak, Egg & Cheese	217	430	130	15	5	0	255	1260	47	5	7	28	8	0	40	20
6" Sunrise Melt	275	470	160	17	7	0	260	1600	48	5	8	32	15	8	45	20
<b>Omelet on 6" Flatbread (with Egg White)</b> Values include 6" flatbread, egg white and cheese.																
Egg White & Cheese on 6" Flatbread	183	330	90	10	3.5	0	10	1080	42	2	2	19	4	0	35	15
Egg White & Cheese (with ham) on 6" Flatbread	211	360	100	11	3.5	0	25	1340	43	2	3	23	4	0	35	15
Breakfast B.M.T.® on 6" Flatbread	270	470	180	20	7	0	45	1830	45	2	4	28	10	8	35	15
Bacon, Egg White & Cheese on 6" Flatbread	192	380	120	13	5	0	20	1270	43	2	2	22	4	0	35	15
Mega** on 6" Flatbread	249	620	330	37	14	0	60	1790	43	2	2	29	4	2	35	20

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Sausage, Egg White & Cheese** on 6" Flatbread	240	570	300	34	13	0	45	1600	43	2	2	26	4	2	35	20
Steak, Egg (White) & Cheese on 6" Flatbread	225	400	110	12	4.5	0	35	1450	45	2	3	28	4	0	35	20
Sunrise Melt on 6" Flatbread	284	440	140	15	6	0	45	1780	46	2	4	31	10	8	35	20
<b>Omelet on 6" Flatbread (with Regular Egg)</b>	Values include 6" flatbread, regular egg and cheese.															
Egg & Cheese on 6" Flatbread	183	370	130	14	5	0	230	1030	42	3	3	19	8	0	20	20
Egg & Cheese (with ham) on 6" Flatbread	211	400	140	15	5	0	240	1290	43	3	4	23	8	0	20	20
Breakfast B.M.T.@ on 6" Flatbread	270	510	220	24	8	0	265	1780	45	3	6	28	15	8	20	20
Bacon, Egg & Cheese on 6" Flatbread	192	420	160	18	7	0	240	1220	42	3	4	22	8	0	20	20
Mega** on 6" Flatbread	249	660	370	42	16	0	275	1740	43	3	4	29	8	2	20	25
Sausage, Egg & Cheese** on 6" Flatbread	240	610	340	38	14	0	265	1550	43	3	4	26	8	2	20	20
Steak, Egg & Cheese on 6" Flatbread	225	440	150	17	6	0	255	1363	44	3	4	28	8	0	20	25
Sunrise Melt on 6" Flatbread	284	480	180	20	7	0	260	1730	46	3	6	32	13	8	20	20
<b>Breakfast Sides</b>																
Hash Browns (4 pc)**	74	150	80	9	1	0	0	440	17	2	0	1	0	8	0	2
<b>8" Pizza**</b>																
Cheese	293	680	200	22	9	0	40	1070	96	4	7	32	25	4	45	30
Cheese & Veggies	381	740	230	25	11	0	50	1270	100	5	9	36	35	30	60	30
Pepperoni	323	790	290	32	13	0	60	1350	96	4	8	38	30	4	60	30
Sausage	336	820	310	34	14	0	70	1420	97	4	8	39	30	4	60	30
<b>BREADS &amp; CONDIMENTS</b>																
<b>Breads</b>																
6" Italian (White) Bread	71	200	20	2	0.5	0	0	290	38	1	5	7	0	0	30	15
6" 9-Grain Wheat Bread	78	210	20	2	0.5	0	0	310	40	4	5	8	0	0	30	15
6" Parmesan Oregano Bread	75	220	25	2.5	1	0	0	440	40	2	5	8	0	0	35	15
6" Honey Oat	89	260	25	3	0.5	0	0	330	48	5	9	9	0	0	30	15
6" Hearty Italian Bread**	75	210	20	2.5	0.5	0	0	290	41	2	5	7	0	0	30	15
6" Monterey Cheddar**	82	240	50	6	2.5	0	10	360	38	2	5	10	2	0	40	15
6" Italian Herbs & Cheese	82	250	45	5	2.5	0	10	490	40	2	5	9	2	0	40	15
6" Roasted Garlic**	82	230	25	2.5	0.5	0	0	1260	45	2	7	8	4	45	35	15
6" Wheat Bread with Omega-3 ALA (CA only)**	82	230	19	3	0.5	0	0	310	44	4	3	9	0	0	30	20
6" Flatbread	87	220	40	4.5	1	0	0	450	38	2	2	7	0	0	8	15
Light Wheat English Muffin	57	100	5	0.5	0	0	0	170	22	5	1	6	0	0	12	6
Mini Italian Bread	47	130	10	1.5	0	0	0	190	25	1	3	5	0	0	20	8
Mini Wheat Bread	52	140	10	1.5	0	0	0	200	27	3	3	5	0	0	20	8
Wrap**	103	310	70	8	2.5	0	0	610	51	1	0	8	0	0	6	15
<b>Sandwich Condiments (amount on 6-inch sub or flatbread)</b>																
Bacon (2 strips)	9	45	30	3.5	1.5	0	10	190	0	0	0	3	0	0	0	0
Chipotle Southwest Sauce	21	100	90	10	1.5	0	10	220	1	0	0	0	0	0	0	0
Honey Mustard Sauce, Fat Free	21	30	0	0	0	0	0	120	7	0	6	0	0	0	0	0
Light Mayonnaise (1 T)	15	50	45	5	1	0	5	100	<1	0	0	0	0	0	0	0
Mayonnaise (1 T)	15	110	110	12	2	0	10	80	0	0	0	0	0	0	0	0
Mustard yellow or deli brown (2 tsp)	10	5	0	0	0	0	0	115	<1	0	0	0	0	0	0	0
Olive Oil Blend (1 tsp)	5	45	45	5	0	0	0	0	0	0	0	0	0	0	0	0
Pepperoni, 3 slices	18	80	60	7	2.5	0	15	400	1	0	1	4	0	0	0	0
Ranch Dressing	21	110	100	11	1.5	0	5	200	1	0	1	0	0	0	0	0
Red Wine Vinaigrette, Fat Free**	21	30	3	0	0	0	0	340	6	0	3	0	0	0	0	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	85	9	0	8	0	0	0	0	0
Vinegar (1 tsp)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Vegetables (amount on 6-inch sub or 6" flatbread)</b>																
Avocado**	35	70	60	7	1	0	0	0	3	2	0	1	0	4	0	0
Banana Peppers (3 rings)	4	0	0	0	0	0	0	20	0	0	0	0	0	0	6	0
Cucumbers (3 slices)	17	<5	0	0	0	0	0	0	<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	10	0	0
Jalapeno Peppers (3 rings)	4	<5	0	0	0	0	0	70	0	0	0	0	0	4	0	0
Lettuce	21	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	7	<5	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	9	0	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Olives (3 rings)	3	<5	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0
<b>Cheese (amount on 6-inch sub, 6" flatbread or salad)</b>																
American, Processed	11	40	30	3.5	2	0	10	200	1	0	0	2	2	0	8	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0	15	90	1	0	0	3	4	0	10	0
Mozzarella, Shredded	14	40	25	2	1	0	10	100	0	0	0	2	2	0	8	0
Natural Cheddar**	15	60	45	5	3	0	15	100	0	0	0	4	4	0	8	0
Pepperjack**	14	50	35	4	2.5	0	15	140	0	0	0	3	4	4	10	0
Provolone**	14	50	35	4	2	0	10	125	0	0	0	4	2	0	10	0
Swiss**	14	50	35	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0
<b>Individual Meats (amount on 6" sub or salad)</b>																
Chicken Patty, Roasted	71	90	20	2.5	0.5	0	25	330	4	0	2	15	0	10	0	0
Chicken Strips	71	80	15	1.5	0.5	0	50	210	0	0	0	16	0	4	2	2
Cold Cut Combo Meats	71	140	100	11	3.5	0	50	830	2	0	1	10	2	2	4	6

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	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
Egg Patty (regular)	85	110	60	7	2	0	220	380	3	1	1	9	4	0	6	4
Egg White Patty	85	70	20	2	0	0	0	430	3	0	0	9	0	0	20	2
Ham	57	60	15	2	0.5	0	25	520	2	0	2	9	0	0	0	0
Italian B.M.T.® Meats	64	180	130	14	5	0	45	990	2	0	2	11	0	0	0	2
Meatballs	198	310	150	17	6	0.5	30	910	25	4	11	13	30	25	8	10
Roast Beef	71	90	20	2.5	1	0	45	390	1	0	1	16	0	0	0	8
Sausage, Breakfast	57	240	210	24	9	0	35	520	1	0	0	7	0	2	0	4
Seafood Sensation**	71	190	150	16	2.5	0	15	430	7	0	1	5	2	0	6	2
Steak (no cheese)	71	110	40	2	1.5	0	40	550	1	0	1	16	0	2	0	8
Subway Club® Meats	78	90	20	2.5	1	0	39	570	2	0	1	15	0	0	0	6
Tuna	71	260	220	24	4	0	35	310	0	0	0	10	0	0	0	4
Turkey Breast	57	50	10	1	0	0	20	500	2	0	1	9	0	0	0	2
Veggie Patty**	85	160	45	5	0.5	0	10	520	12	3	2	15	6	0	2	0

## DESSERTS, SIDES & BEVERAGES

### Cookies & Desserts

Chocolate Chip	45	210	90	10	6	0	15	150	30	1	18	2	6	0	0	6
Chocolate Chunk**	45	220	90	10	5	0	10	100	30	<1	17	2	0	0	0	6
Double Chocolate Chip**	45	210	90	10	6	0	15	170	30	1	20	2	8	0	2	4
M & M®**	45	210	90	10	5	0	10	100	32	<1	18	2	0	0	2	6
Oatmeal Raisin	45	200	70	8	4	0	15	170	30	1	17	3	0	0	2	6
Peanut Butter**	45	220	110	12	5	0	15	190	26	1	16	4	6	0	2	6
Raspberry Cheesecake	45	210	80	9	4.5	0	13	180	29	0	16	2	6	0	2	4
Sugar**	45	220	110	12	6	0	15	140	28	<1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0	15	160	29	<1	18	2	6	0	2	4
Apple Pie**	71	250	90	10	2	n/a	0	290	37	1	25	0	0	0	0	3
Apple Slices - 1 package	71	35	0	0	0	0	0	0	9	2	7	0	0	30	4	0
Yogurt Dannon Light & Fit®	170	80	0	0	0	0	<5	80	16	0	11	5	8	0	15	0
Yogurt Parfait**	164.4	160	20	2	1.004	0	10	75	30	2	24	6	2	20	15	2

### Chips

Baked Lay's®	32	130	15	2	0	0	0	200	23	2	2	2	0	2	4	2
Baked Lay's®** Sour Cream & Onion	32	140	30	3.5	0.5	0	0	240	24	2	3	3	0	4	4	2
Doritos Nacho	50	250	120	13	2.5	0	<5	310	30	2	2	4	0	0	8	2
Lays® Classic	43	230	140	15	1.5	0	0	270	23	2	0	3	0	15	0	2
Sunchips Harvest Cheddar	43	210	80	9	1.5	0	0	240	29	3	3	4	0	0	2	2
Chips, 1 bag	25-57	75-340	0-220	0-22	0-4.5	0	0-35	150-940	13-36	0-3	0-9	0-7	0-20	0-20	0-15	0-10

### Beverages<sup>z</sup>

	(oz)															
Bottled Juice/Drink	15	0-300	0	0	0	0	0	40-160	54-68	0	48-64	0	0	0-200	0	0
Fountain Drink/Sweetened Tea, Regular - 16 oz, no ice	16	120-240	0	0	0	0	0	0-110	34-66	0	34-66	0	0	0-210	0	0
Fountain Drink, Diet/Unsweetened Tea - 16 oz, no ice	16	0-10	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 21 oz, no ice	21	160-320	0	0	0	0	0	0-140	45-87	0	45-87	0	0	0-270	0	0
Fountain Drink, Diet/Unsweetened Tea - 21 oz, no ice	21	0-15	0	0	0	0	0	0-80	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 30 oz, no ice	30	230-460	0	0	0	0	0	0-200	65-120	0	65-120	0	0	0-380	0	0
Fountain Drink, Diet/Unsweetened Tea - 30 oz, no ice	30	0-25	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 40 oz, no ice	40	310-620	0	0	0	0	0	0-260	90-160	0	90-160	0	0	0-500	0	0
Fountain Drink, Diet/Unsweetened Tea - 40 oz, no ice	40	0-30	0	0	0	0	0	0-100	0	0	0	0	0	0	0	0
Juice Box	6	100	0	0	0	0	0	15	24	0	21	0	0	100	10	2
Milk, Low Fat***	12	160	35	3.5	2.5	0	20	180	19	0	17	12	15	6	45	0
Milk, Chocolate Flavored Reduced Fat***	12	300	70	8	5	0	35	300	43	<1	43	15	15	6	45	4
Milk, Strawberry Flavored Reduced Fat**	12	300	70	7	4.5	0	35	220	44	0	42	15	15	6	50	0

### Soup\*\* (10 oz bowl)

Chicken Tortilla	10	110	20	1.5	0.5	0	10	440	11	3	4	6	20	25	4	8
Chipotle Chicken Corn Chowder	10	140	30	3	1.5	0	15	900	22	2	4	6	6	0	0	2
Chicken & Dumpling	10	170	45	5	2	0	35	810	23	2	2	8	10	0	4	6
Chili Con Carne	10	340	100	11	5	0	60	950	35	10	7	20	20	0	6	15
Cream of Potato with Bacon	10	240	120	13	5	0	15	870	26	3	3	5	4	0	10	2
Fire-Roasted Tomato Orzo	10	130	10	1	0.5	0	5	410	24	2	4	6	20	4	10	6
Golden Broccoli & Cheese	10	180	100	11	5	0	25	990	16	4	3	5	4	0	8	2
Minestrone	10	90	10	1	0	0	<5	910	17	3	4	4	25	0	4	4
New England Style Clam Chowder	10	150	45	5	1	0	10	990	20	4	2	6	0	0	4	6
Roasted Chicken Noodle	10	80	20	2	0.5	0	15	950	12	1	2	6	15	0	2	2
Rosemary Chicken and Dumpling	10	90	15	1.5	0.5	0	25	810	14	1	3	6	10	2	2	2
Spanish Style Chicken & Rice with Pork	10	110	25	2.5	1	0	5	980	16	1	1	6	2	0	2	2
Tomato Garden Vegetable w/ Rotini	10	90	5	0.5	0	0	0	820	20	3	8	3	35	4	6	6
Vegetable Beef	10	100	20	2	0.5	0	10	960	17	3	5	5	20	0	4	4
Wild Rice with Chicken	10	230	100	11	3.5	0	50	900	26	1	3	6	10	10	15	2

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from Subway® 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 fountain beverages do not include ice and is based on full cup size. Due to large variety of possible fountain beverage offerings nutrition ranges are provided in this brochure. Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed. Nutrition information for milk in California is different. Check milk container for exact nutrition information.