

Nutritional Information

6-inch Low Fat Subs Values based on 9-Grain wheat bread, lettuce, cucumbers, tomatoes, green peppers and onions.

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Beef	219	1188	282	23	38	5.1	3.0	1.4	6.3	0.4	1.1
Chicken Breast	233	1279	304	27	39	5.2	3.0	1.1	6.3	0.5	1.2
Chicken Tikka	233	1270	302	27	38	6.8	3.0	1.0	6.3	0.5	1.3
Ham [†]	219	1132	269	19	38	5.6	3.5	1.3	6.3	0.6	1.6
Chicken Teriyaki	254	1346	320	28	42	8.1	3.2	1.2	6.6	0.7	1.7
Tandoori Chicken	254	1327	315	28	38.1	6.3	3.7	1.3	6.3	0.5	1.2
Turkey Breast*	219	1131	269	22	38	5.1	2.2	0.9	6.3	0.6	1.4
Turkey Breast* & Ham [†]	228	1170	278	22	38	5.4	3.0	1.1	6.3	0.7	1.6
SUBWAY CLUB®	252	1305	310	29	38	5.4	3.4	1.4	6.3	0.7	1.7
VEGGIE DELITE®	162	889	213	9	37	4.8	1.6	0.7	6.3	0.3	0.7

*Reformed meat. †Formed meat.



Nutritional Information

6-inch Regular Subs Values based on 9-Grain wheat bread, lettuce, cucumbers, tomatoes, green peppers and onions.

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
CHICKEN TEMPTATION®	262	1707	406	27	52	5.3	8.7	3.5	6.3	0.7	1.7
Chicken & Bacon Ranch Melt	292	2111	503	38	40	5.4	19.2	8.0	6.3	1.0	2.5
Italian B.M.T.®	226	1663	396	21	38	5.4	16.8	6.9	6.3	0.9	2.4
Meatball Marinara	300	1826	435	24	49	10.9	15.5	6.6	9.3	0.7	1.8
Spicy Italian	222	1980	471	21	38	5.1	25.3	10.6	6.3	1.1	2.7
SUBWAY MELT™ (Includes cheese)	249	1508	359	28	39	5.9	9.3	4.4	6.3	0.9	2.3
Steak [†] & Cheese	245	1443	343	26	40	6.5	8.5	4.5	6.7	0.7	1.7
Tuna	233	1494	355	21	38	5.0	11.8	1.5	6.3	0.6	1.6
Veggie Patty	247	1596	380	22	46	7.9	8.7	2.7	6.3	0.7	1.7
Big Beef Melt	233	1681	399	20	40	6.9	16.7	7.8	4.1	0.6	1.6

[†]Formed meat. [®]Made with shaved steak strips, contains peppers and onions.

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6-inch Low Fat flatbread Sandwiches

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Beef	226	1223	292	22.6	39.5	4.0	4.1	1.0	3.8	0.5	1.1
Chicken Breast	240	1314	314	26.7	40.6	4.1	4.1	0.7	3.8	0.5	1.2
Chicken Tikka	240	1305	312	26.7	39.9	5.9	4.1	0.6	3.8	0.5	1.4
Ham [†]	226	1167	279	18.9	40.3	4.5	4.6	0.9	3.8	0.6	1.6
SUBWAY CLUB®	259	1340	320	28.6	40.0	4.3	4.5	1.0	3.8	0.7	1.7
Chicken Teriyaki	261	1381	330	27.2	44.1	7.0	4.2	0.8	4.1	0.7	1.8
Tandoori Chicken	261	1341	320	27	39	5.1	4.7	0.8	3.6	0.5	1.3
Turkey Breast*	226	1166	279	21.0	39.4	4.0	3.3	0.5	3.8	0.6	1.5
Turkey Breast* & Ham [†]	235	1206	288	22.0	39.9	4.3	4.0	0.7	3.8	0.7	1.7
VEGGIE DELITE®	169	934	223	9.0	38.9	3.7	2.7	0.3	3.8	0.3	0.7

*Reformed meat. †Formed meat.



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6-inch flatbread Sandwiches

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Big Beef Melt	247	1749	418	21.2	41.0	4.9	17.9	7.4	5.2	0.7	1.6
Chicken & Bacon Ranch Melt	299	2147	513	37.3	42.0	4.3	20.3	7.6	3.8	1.0	2.5
CHICKEN TEMPTATION®	269	1742	416	26.7	53.9	4.2	9.8	3.1	3.8	0.7	1.8
Italian B.M.T.®	233	1698	406	20.9	40.0	4.3	17.8	6.5	3.8	1.0	2.4
Meatball Marinara	307	1861	445	23.3	50.9	9.9	16.6	6.1	6.8	0.8	1.9
Spicy Italian	229	2015	482	20.5	39.6	4.0	26.4	10.2	3.8	1.1	2.8
Steak [†] & Cheese	256	1543	369	27.3	40.6	4.8	10.3	4.0	3.8	0.9	2.3
Tuna	240	1529	365	20.2	40.2	3.9	12.9	1.1	3.8	0.7	1.6
Veggie Patty	254	1631	390	21.2	47.9	6.8	9.8	2.3	3.8	0.7	1.8
SUBWAY MELT™ (with cheese)	256	1543	369	27.3	40.6	4.8	10.3	4.0	3.8	0.9	2.3

[†]Formed meat. [®]Made with shaved steak strips, contains peppers and onions.



Nutritional Information

Kids' Pak™ Subs

Values based on 9-Grain wheat bread, lettuce, cucumbers, tomatoes, green peppers and onions.

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Beef	156	883	210	16	29	3.9	2.2	1.0	4.8	0.3	0.8
Ham†	147	807	192	12	29	4.1	2.2	0.8	4.8	0.4	1.0
Turkey Breast*	156	845	201	15	29	3.9	1.6	0.7	4.8	0.4	1.0
VEGGIE DELITE®	118	691	164	7	29	3.7	1.2	0.5	4.8	0.2	0.5

Kids' Pak™ Treats

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
BEAR Pure Fruit Raspberry Yoyos	20	115	27	0.19	6.3	4.9	0.02	0	1.2	0	0
Capri Sun Fruit Crush Apple and Blackcurrant	200ml	320	76.0	0.2	17.0	16.2	0.0	0.0	Trace	0.04	0.1

*Reformed meat. †Formed meat.



Nutritional Information

Breakfast Subs Values based on 9-Grain wheat bread, lettuce, cucumbers, tomatoes, green peppers and onions.

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Bacon	106	1142	271	16	35	3.0	6.3	2.6	5.2	0.6	1.5
Sausage	154	1574	374	20	42	4.3	12.6	4.8	6.1	0.7	1.8
Egg & Cheese	124	1236	294	14	36	3.7	9.0	3.5	5.4	0.5	1.2
Bacon, Egg & Cheese	138	1389	330	18	36	3.7	11.4	4.4	5.4	0.7	1.6
Sausage, Egg & Cheese	200	1974	470	25	44	5.0	20.1	7.6	6.2	0.9	2.3
Mega Melt	214	2127	507	29	44	5.0	22.5	8.5	6.2	1.1	2.8

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Breakfast flatbreads

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Bacon	113	1177	281	15.7	36.6	2.0	7.3	2.2	2.7	0.6	1.6
Sausage	161	1609	385	19.8	44.2	3.2	13.6	4.3	3.6	0.7	1.8
Egg & Cheese	131	1271	304	13.4	38.1	2.6	10.1	3.0	2.9	0.5	1.2
Bacon, Egg & Cheese	145	1424	340	17.1	38.1	2.6	12.5	4.0	2.9	0.7	1.7
Sausage, Egg & Cheese	207	2009	480	25.0	45.7	3.9	21.2	7.1	3.7	0.9	2.4
Mega Melt	221	2162	517	28.7	45.7	3.9	23.6	8.1	3.7	1.1	2.8

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Salads

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Beef	328	492	118	16	6	4.5	2.4	0.9	3.6	0.2	0.6
Chicken Breast	342	583	139	20	7	4.6	2.4	0.6	3.6	0.3	0.7
Chicken Tikka	342	574	137	20	6	5.1	2.4	0.5	3.6	0.3	0.8
Ham [†]	328	436	104	12	7	5.0	2.9	0.8	3.6	0.4	1.1
SUBWAY CLUB [®]	361	608	145	22	7	4.8	2.8	0.9	3.6	0.5	1.2
Chicken Teriyaki	364	650	155	21	11	7.5	2.5	0.7	3.9	0.5	1.2
Turkey Breast	328	435	104	15	6	4.5	1.6	0.4	3.6	0.4	0.9
Turkey Breast* & Ham [†]	338	474	113	16	6	4.8	2.3	0.6	3.6	0.5	1.1
VEGGIE DELITE [®]	271	203	49	3	5	4.2	1.0	0.2	3.6	0.1	0.2

*Reformed meat. [†]Formed meat.



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Soups

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Beef Goulash	250	833	199	8.30	15.0	4.5	11.8	1.5	2.3	0.90	2.30
Country Chicken & Vegetable	250	701	168	6.80	10.5	1.0	11.0	1.8	0.5	0.60	1.60
Carrot and Coriander	250	330	80	2.4	14.0	6.0	1.8	1.0	2.8	0.63	1.57
Cream of Chicken	250	666	160	6.8	7.8	0.3	11.3	1.8	0.0	0.45	1.63
Cream of Mushroom	250	626	150	2.50	11.0	2.3	10.8	1.8	0.8	0.60	1.60
Highland Vegetable	250	310	73	3.80	13.8	0.8	0.3	0.0	2.3	0.60	1.60
Leek and Potato	250	524	124	4.30	20.0	6.3	3.0	0.5	2.8	0.60	1.60
Lentil and Bacon	250	768	182	11.00	23.3	2.0	5.0	1.3	2.8	0.90	2.30
Minestrone	250	525	125	4.25	19.5	0.6	3.0	0.5	2.5	0.80	2.00
Red Pepper & Tomato	250	450	100	3.5	15.0	10.0	4.0	0.6	2.3	0.71	1.75
Thai Style Vegetable	250	370	87	2.80	16.8	12.8	1.0	0.3	2.0	0.90	2.20
Tomato	250	420	103	1.9	15.0	6.3	3.8	1.1	0.8	0.63	1.58
Wild Mushroom	250	421	101	2.5	10.3	1.3	5.5	1.8	0.8	0.90	2.25

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Sides & Snacks

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Bowl of Meatballs	206	1327	317	19	19	10.5	19.1	8.6	4.1	0.7	1.9
Cheese Toastie	64	882	210	11	19	2.0	9.5	5.8	0.8	0.3	0.8
Pepperoni Pizza Toastie	93	1044	248	11	22	4.2	12.5	6.1	1.3	0.6	1.4
Garden Side Salad	135	88	21	1	3	2.1	0.2	0.0	1.7	0.0	0.0
Melted Cheese Nachos	126	1737	415	11	36	2.9	24.3	6.8	2.6	0.6	1.5

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Treats

	serving size (ml)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Chocolate Chip Cookie	45	910	218	2.0	30	18.0	10.3	5.4	1.0	0.2	0.4
Rainbow Cookie	45	882	211	2.0	30	17.5	9.7	5.0	0.9	0.1	0.3
Chocolate Chunk Cookie	45	894	214	2.0	30	17.0	10.2	5.3	0.9	0.1	0.3
Double Choc Chip Cookie	45	924	221	2.0	30	19.7	9.5	5.4	1.1	0.2	0.4
Oatmeal Raisin Cookie	45	821	196	3.0	30	15.9	8.1	3.7	0.5	0.2	0.4
White Chip Macadamia Nut Cookie	45	932	218	2.0	28	17.0	11.0	5.6	0.5	0.2	0.4
Chocolate Donut	55	1017	243	4.0	21	7.8	15.5	4.6	1.2	0.3	0.7
Sugared Donut	49	865	207	3.0	21	7.5	11.6	3.1	0.5	0.2	0.5
Blueberry Muffin	111	1472	352	5.0	40	31.9	20.6	2.9	3.0	0.3	0.8
Chocolate Chunk Muffin	111	1649	394	6.0	44	37.2	22.9	4.7	2.9	0.3	0.8
Double Chocolate Chunk Muffin	111	1625	389	6.0	45	32.9	22.0	4.2	3.1	0.3	0.8
Chocolate Chip Candy	45	882	211	2	30	17.5	9.7	5.0	0.9	0.1	0.3
BEAR Pure Fruit Raspberry Yoyos	20	115	27	0.19	6.3	4.9	0.02	0	1.2	0	0

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Drinks

	-serving size (oz)	energy (kcal)	sugars (g)	fat (g)	of which saturates (g)	salt (g)
Coca-Cola	16	195	49	0.0	0.0	0.0
Diet Coke	16	2.0	0.0	0.0	0.0	Trace
Sprite	16	127	30	0.0	0.0	0.05
Fanta	16	195	48	0.0	0.0	0.0
Capri Sun Fruit Crush Apple and Blackcurrant	200ml	76	16.2	0.0	0.0	0.1

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Bread Types (based on a 6-inch Sub)

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
6-inch Hearty Italian	75	840	201	8.0	38	4.0	1.5	0.6	2.1	0.3	0.7
6-inch 9-Grain Honey Oat	78	836	198	9	35	3.0	1.5	0.6	5.2	0.3	0.7
6-inch Italian Herbs & Cheese	82	978	234	10	38	4.1	4.3	2.5	1.9	0.4	0.9
6-inch Italian (White)	71	803	190	7.0	36	4.0	1.3	0.6	1.6	0.3	0.7
6-inch 9-Grain Wheat	78	836	198	9.0	35	3.0	1.5	0.6	5.2	0.3	0.7
Flatbread	85	850	203	8.0	36	1.9	2.5	0.2	2.6	0.3	0.7

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Bacon & Cheese

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
American	11	168	40	2.0	1.0	0.4	3.4	2.2	0.0	0.1	0.3
Monterey Cheddar	14	240	57	3.5	0.0	0.0	4.4	2.7	0.0	0.1	0.2
Peppered Cheese	11	163	39	2.0	0.0	0.2	3.1	2.0	0.0	0.1	0.4
Bacon (2 strips)	9.0	169	40	3.0	0.0	0.2	2.9	1.1	0.0	0.1	0.3

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Sauces

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
LOW FAT											
Sweet Onion Sauce	21	141	34	0.0	8.0	7.4	0.1	0.0	0.1	0.1	0.2
Honey Mustard Sauce	21	133	32	0.0	7.0	5.9	0.2	0.0	0.1	0.1	0.3
BBQ	21	156	37	0.0	9.0	6.1	0.1	0.0	0.2	0.1	0.3
FULL FLAVOUR											
Light Mayonnaise	15	232	56	0.0	1.0	0.0	6.0	0.4	0.0	0.1	0.3
Chipotle Southwest Sauce	21	378	90	0.0	2.0	1.2	9.2	0.7	0.1	0.2	0.4
Ranch Dressing	21	183	44	0.0	1.0	0.0	4.5	0.3	0.0	0.2	0.5

Nutritional Information – Limited Time Only Products

6-inch Regular Subs Values based on 9-Grain wheat bread, lettuce, cucumbers, tomatoes, green peppers and onions.

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Chicken Avocado	268.6	1525	363	27.9	41.8	5.3	8.5	1.9	8.7	0.5	1.2
Turkey* Avocado	254.0	1378	328	22.2	41.0	5.2	7.7	1.6	8.7	0.6	1.4

6-inch flatbread Sandwich

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
VEGGIE DELITE® Avocado	205	1181	282	9.7	41.9	3.8	8.1	1.0	6.2	0.3	0.7

Salad

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Chicken Breast Salad with Avocado	413	1076	257	21.7	13.2	4.8	13.3	2.1	8.4	0.3	0.7

*Reformed meat.

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Snack

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Nachos with Avocado	162	1983	474	11.9	39.4	3.0	29.7	7.5	5.0	0.6	1.5

Vegetable Topping

	serving size (g)	energy (kJ)	energy (kcal)	protein (g)	carbohydrates (g)	of which sugars (g)	fat (g)	of which saturates (g)	fibre (g)	sodium (g)	salt equiv (g)
Portion of Avocado	35	247	59	0.7	3.0	0.1	5.4	0.8	2.4	0.0	0.0