



	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-inch Sandwiches with 6 grams of Fat or Less Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Ham	219	280	35	4	1	0	15	700	47	5	6	15	8	20	6	15
Oven Roasted Chicken	226	310	40	4.5	1.5	0	40	560	47	5	8	21	8	20	4	15
Roast Beef	219	290	40	4.5	1.5	0	20	680	46	5	7	17	8	20	6	20
Subway Club®	233	300	40	4.5	1	0	25	840	47	5	7	18	8	20	6	20
Sweet Onion Chicken Teriyaki	269	360	45	4.5	1	0	40	900	57	5	16	23	10	25	6	15
Turkey Breast	219	290	35	4	1	0	20	760	46	5	7	16	8	20	6	20
Turkey Breast & Ham	228	290	40	4	1	0	20	810	47	5	7	17	8	20	6	20
Veggie Delite®	162	230	20	2.5	0.5	0	0	280	44	5	6	8	8	20	4	15

Flatbread Sandwiches with 7 grams Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Ham	228	290	60	6	1.5	0	15	760	45	3	4	15	8	20	10	20
Oven Roasted Chicken	235	320	60	7	1.5	0.2	40	630	45	3	5	21	8	20	8	15
Roast Beef	228	300	60	7	2.0	0	20	750	44	3	4	16	8	20	10	20
Subway Club®	242	310	60	7	1.5	0	25	900	45	3	4	18	8	20	10	20
Sweet Onion Chicken Teriyaki	277	370	60	7	1.5	0	40	990	56	3	13	21	10	25	10	20
Turkey Breast	228	290	60	6	1.0	0	20	820	44	3	4	16	8	20	10	20
Turkey Breast & Ham	237	300	60	6	1.5	0	20	870	45	3	4	17	8	20	10	20
Veggie Delite®	171	240	40	4.5	1.0	0	0	340	42	3	4	8	8	20	8	15

6-inch Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

B.L.T.	151	300	70	8	3	0.0	20	580	43	5	7	15	8	8	4	15
Chicken & Bacon Ranch Melt	270	500	210	23	7	0.4	70	1030	46	5	8	28	8	20	15	15
Chicken Pizzola (with cheese)	284	440	140	15	6	0.3	65	1310	49	6	10	28	15	30	10	15
Cold Cut Combo	233	430	200	20	7	0.1	40	890	47	6	7	17	8	20	6	20
Egg Salad	254	410	160	18	4	0.2	235	510	46	5	7	17	15	20	6	25
Italian B.M.T.®	226	410	150	16	6	0.3	40	1210	47	5	7	19	8	20	6	15
Meatball Marinara	301	480	160	18	7	0.5	30	920	59	8	12	21	25	35	10	25
Pizza Sub (with cheese)	237	450	180	20	8	0.4	40	1410	50	6	10	18	15	25	10	15
Spicy Italian	221	480	220	24	9	0.5	50	1490	46	5	8	20	8	20	6	20
Steak & Cheese	245	380	90	10	4	0.4	50	1030	48	5	9	26	10	20	10	25
Subway Melt®	248	380	90	10	4	0.1	40	1160	48	5	8	23	10	20	10	20
Tuna	237	480	230	25	5	0.3	40	580	44	5	7	20	8	20	4	20

Mini Subs Values include 9-grain wheat bread, spinach, lettuce, tomatoes, onions, green peppers and cucumbers.

Ham	136	180	20	2.5	0.5	0	5	400	31	3	4	9	6	15	4	10
Roast Beef	146	190	25	3	1.0	0	15	460	31	3	5	11	6	15	4	15
Tuna	145	280	120	13	2.5	0	20	330	29	3	4	12	6	15	4	15
Turkey Breast	146	190	25	2.5	0.5	0	15	510	31	3	5	11	6	15	4	10

Deli Subs** Values include deli roll, spinach lettuce, tomatoes, onions, green peppers and cucumbers.

Ham	141	210	25	3.0	0.5	0	5	410	35	2	4	10	6	20	2	15
Roast Beef	151	220	30	3.5	1.0	0	15	470	35	2	4	12	6	20	2	15
Turkey	151	220	30	3.0	1	0	15	520	35	2	5	12	6	20	2	15
BLT	121	220	45	5.0	2	0	10	350	34	2	5	10	6	20	2	15
Pizza (includes processed cheddar cheese)	156	310	115	13.0	5	0	25	860	37	2	6	13	12	25	5	15
Tuna	150	300	120	14.0	2	0	20	350	34	2	4	13	6	20	2	15

6" Limited Time Offer/Regional Subs** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Barbecue Rib Patty	240	490	213	24	8	0	50	760	48	6	9	21	8	20	20	15
Veggie Patty	247	360	45	5	1	0	0	770	58	9	10	20	8	20	4	15

Salads Values do not include salad dressing unless noted.

Ham	328	110	25	2.5	0.5	0	15	490	13	4	4	10	25	45	6	8
Oven Roasted Chicken	335	120	25	3	0.5	0	40	370	9	4	4	15	25	50	6	8
Roast Beef	328	110	30	3	1	0	20	470	11	4	5	11	25	45	6	10
Subway Club®	342	120	30	3	0.5	0	25	630	13	4	5	12	25	45	6	10
Sweet Onion Chicken Teriyaki (includes sweet onion dressing)	399	230	30	3.5	1.0	0	40	770	32	4	22	17	25	50	6	8
Turkey Breast	328	110	25	2.5	0.5	0	20	550	12	4	5	10	25	45	6	10
Turkey Breast & Ham	338	120	25	3	0.5	0	20	600	13	4	5	11	25	45	6	10
Veggie Delite®	271	50	10	1	0	0	0	65	9	4	4	3	25	45	4	6

Salads Values do not include salad dressing unless noted.

BLT	280	90	35	4	1.5	0	10	220	9	4	5	6	25	45	4	8
Chicken & Bacon Ranch	400	440	300	34	9	0.5	75	1030	12	4	7	22	25	50	15	8
Chicken Pizzola	393	260	125	14	6	0	65	1100	15	4	7	22	30	50	10	10
Cold Cut Combo	342	260	185	19	7	0	40	670	12	4	5	11	25	45	6	10
Egg Salad	364	240	145	16	4	0	235	290	11	4	5	12	30	45	6	15
Italian BMT®	335	230	135	15	6	0	40	1000	12	4	5	13	25	45	6	10
Meatball Marinara	410	310	150	17	7	1	30	710	25	6	10	15	40	60	10	15

	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
Pizza Sub	347	280	170	19	8	0	40	1190	15	4	8	12	30	50	10	10
Spicy Italian	330	300	205	23	9	0.5	50	1270	11	4	6	14	25	45	6	10
Steak & Cheese	354	200	75	8	4.0	0	50	810	14	4	6	20	25	45	10	15
Subway Melt™	357	200	80	9	4	0	40	940	14	4	5	17	25	45	10	10
Tuna	346	310	215	24	4	0	40	360	9	4	4	15	25	45	4	10
Salad Dressing																
Fat Free Italian	57	35	0	0	0	0	0	720	7	0	4	1	0	0	2	0
Ranch	57	320	310	30	6	0.5	30	560	3	0	3	1	0	0	0	0
House Sandwich Sauce	57	290	280	31	3.5	0	0	440	4	0	3	0	0	0	0	0
BREAKFAST																
Egg White with 3" Flatbread Values include 3" flatbread, egg white and cheese.																
Bacon, Egg White & Cheese	96	190	60	6	2	0.1	10	560	21	1	1	11	2	0	15	8
B.M.T® Melt	117	230	90	10	3.5	0.2	20	830	22	1	1	13	1	0	15	10
Egg White & Cheese	91	170	45	5	1.5	0.1	5	480	21	1	1	9	2	0	15	8
Ham, Egg White & Cheese	106	180	50	5	2	0.1	10	590	22	1	1	11	2	0	15	8
Mega Melt**	124	310	160	18	7	0.1	30	820	22	1	1	15	2	0	15	10
Sausage, Egg White & Cheese**	120	290	150	17	6	0.1	25	740	21	1	1	13	2	0	15	10
Steak, Egg White & Cheese	108	190	50	6	2	0.1	15	610	22	1	1	13	2	0	15	10
Sunrise Subway Melt®	140	220	60	7	2.5	0.1	20	820	24	1	2	15	4	2	15	10
Turkey, Egg White & Cheese**	110	180	50	5	2.5	0.1	10	640	22	1	1	12	2	0	15	10
Regular Egg with 3" Flatbread Values include 3" flatbread, regular egg and cheese.																
Bacon, Egg & Cheese	96	210	80	8	3	0.1	120	530	21	1	2	11	4	0	8	10
B.M.T® Melt	117	250	110	12	4	0.2	130	800	22	1	2	13	3	0	9	11
Egg & Cheese	91	190	60	7	2.5	0.1	115	460	21	1	2	9	4	0	8	10
Ham, Egg & Cheese	106	200	70	8	2.5	0.1	120	560	22	1	2	11	4	0	8	10
Mega Melt**	124	330	180	20	8	0.1	135	790	21	1	2	15	4	0	8	10
Sausage, Egg & Cheese**	120	310	170	19	7	0.1	135	720	21	1	2	13	4	0	8	10
Steak, Egg & Cheese	108	210	70	8	3	0.2	125	590	22	1	2	13	4	0	8	10
Sunrise Subway Melt®	140	240	80	9	3	0.1	130	800	25	1	2	16	6	2	10	10
Turkey, Egg & Cheese**	110	200	70	8	2	0.1	120	620	25	1	2	12	4	0	8	10
6" Omelet Sandwich (with Egg White) Values include 9-grain wheat bread, egg white and cheese.																
Bacon, Egg White & Cheese	183	360	90	10	4	0.1	20	1050	45	4	2	23	2	0	30	15
B.M.T® Melt	208	450	150	17	6	0.3	35	1590	47	4	2	27	2	0	30	15
Egg White & Cheese	174	320	70	7	3	0.1	10	900	44	4	1	19	2	0	30	15
Ham, Egg White & Cheese	203	350	70	8	3	0.1	15	1110	46	4	1	23	2	0	30	15
Mega Melt**	240	610	300	34	13	0.1	55	1570	45	4	2	30	4	2	30	20
Sausage, Egg White & Cheese**	231	560	280	31	12	0.1	45	1430	45	4	1	27	2	2	30	20
Steak, Egg White & Cheese	217	390	90	10	4	0.3	35	1230	47	4	2	28	2	0	55	20
Sunrise Subway Melt®	284	440	110	12	4.5	0.1	40	1580	50	4	2	32	8	8	30	20
Turkey, Egg White & Cheese**	212	360	80	8	4.5	0.1	25	1220	46	4	0	25	2	0	30	15
6" Omelet Sandwich (with Regular Egg) Values include 9-grain wheat bread, regular egg and cheese.																
Bacon, Egg & Cheese	186	420	140	16	6	0.3	240	900	44	5	6	24	8	0	20	20
B.M.T® Melt	229	500	200	23	9	0.5	260	1440	47	5	7	29	8	0	20	20
Egg & Cheese	177	380	120	13	5	0.3	235	740	44	5	6	20	8	0	20	20
Ham, Egg & Cheese	206	400	130	14	5	0.3	240	950	46	5	6	24	8	0	20	20
Mega Melt**	242	660	360	39	15	0.3	280	1410	45	5	7	31	8	2	20	25
Sausage, Egg & Cheese**	234	620	330	37	14	0.3	270	1260	45	5	6	28	8	2	20	25
Steak, Egg & Cheese	220	440	140	16	6	0.4	256	1070	47	5	7	30	8	0	20	25
Sunrise Subway Melt®	287	490	160	18	7	0.3	265	1430	50	6	8	33	15	8	20	20
Turkey, Egg & Cheese**	215	410	130	14	5	0.3	245	1060	46	5	7	26	15	0	20	20
Omelet on 6" Flatbread (with Egg White) Values include 6" flatbread, egg white and cheese.																
Bacon, Egg White & Cheese	191	370	110	12	4.5	0.1	20	1110	42	2	2	22	2	0	35	15
B.M.T® Melt	208	460	170	16	4.5	0.5	35	1650	56	1	1	23	2	0	35	20
Egg White & Cheese	183	330	90	10	3	0.1	10	960	42	2	2	19	2	0	35	15
Ham, Egg White & Cheese	211	360	90	11	3.4	0.1	15	1170	44	2	2	22	2	0	35	15
Mega Melt**	248	620	320	36	14	0.1	55	1630	43	2	3	29	4	2	35	20
Sausage, Egg White & Cheese**	240	570	300	33	12	0.1	45	1480	43	2	2	26	4	2	35	20
Steak, Egg White & Cheese	225	400	110	12	4	0.3	35	1290	44	2	3	28	2	0	35	21
Sunrise Subway Melt®	292	440	130	14	5	0.1	40	1650	48	2	4	31	8	8	35	20
Turkey, Egg White & Cheese**	221	370	100	11	3	0.1	25	1280	44	2	3	24	2	0	35	20
Omelet on 6" Flatbread (with Regular Egg) Values include 6" flatbread, regular egg and cheese.																
Bacon, Egg & Cheese	194	430	160	18	7	0.3	240	960	42	3	4	23	8	0	25	20
B.M.T® Melt	211	510	220	21	8	0.5	260	1500	55	2	2	24	8	0	25	20
Egg & Cheese	186	380	140	15	5	0.3	235	800	42	3	3	20	8	0	25	20
Ham, Egg & Cheese	214	410	150	16	6	0.3	240	1020	44	3	3	23	8	0	25	20
Mega Melt**	251	670	380	42	16	0.3	280	1480	43	3	4	30	8	2	25	25
Sausage, Egg & Cheese**	242	630	350	39	15	0.3	270	1320	42	3	3	27	8	2	25	25
Steak, Egg & Cheese	228	450	160	18	6	0.4	255	1140	44	3	4	29	8	0	25	25
Sunrise Subway Melt®	295	500	180	20	7	0.3	265	1490	47	3	5	32	25	8	25	25

	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
Olives (3 rings)	3	45	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Spinach	7	2	0	0	0	0	0	5	0	0	0	0	15	4	0	2
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0
Cheese (amount on 6-inch sandwich or salad)																
Cheddar Cheese Product, Processed	11	40	30	3	2	0.2	10	200	0	0	0	2	0	0	6	0
Feta**	14	30	15	2	1.5	0	6	125	0	0	0	2	2	0	2	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0.2	15	90	0	0	0	3	4	0	10	0
Monterey Jack**	11	40	30	3.5	2.5	0.2	10	80	0	0	0	3	0	0	6	0
Mozzarella, Shredded**	14	40	25	3	2	0.1	9	100	0	0	0	3	2	0	8	0
Natural Cheddar**	11	45	35	3.5	2.5	0.2	10	75	0	0	0	3	0	0	6	0
Swiss**	14	50	35	4	3	0.2	10	45	0	0	0	4	0	0	15	0
Individual Meats (amount on 6-inch sandwich or salad)																
Chicken Patty, Roasted	64	80	20	2	1	0	40	290	3	0	2	13	0	0	0	0
Chicken Strips	64	70	20	2	0.5	0	40	310	0	0	0	13	0	2	0	0
Chicken Strips, Teriyaki Glazed	85	95	20	2	1	0	40	570	5	0	2	14	2	6	2	2
Cold Cut Combo Meats	71	210	180	18	6	0	40	610	3	1	1	8	0	0	2	4
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	50	15	1.5	0.5	0	25	560	4	0	0	7	0	0	0	2
Italian B.M.T.® Meats	64	180	130	14	5	0.3	40	930	3	0	1	10	0	0	2	2
Meatball	139	310	150	16	6	0.5	35	910	16	3	6	13	30	25	8	9
Roast Beef	57	60	20	2	1	0	20	410	2	0	1	8	0	0	0	4
Sausage Patty**	57	240	210	24	9	0	35	520	1	0	0	7	0	2	0	4
Seafood Sensation**	71	190	150	17	3	0	15	430	7	0	1	5	2	0	6	1
Steak (no cheese)	71	110	35	4	1.5	0	40	550	4	0	2	15	0	2	0	8
Subway Club® Meats	71	70	20	2	1	0	25	560	4	0	1	10	0	0	2	4
Tuna	74	240	200	23	4	0	35	280	0	0	0	12	0	0	0	6
Turkey Breast	57	60	15	1.5	0	0	10	480	3	0	1	8	0	0	0	4

Nutrition information compiled from the following data: Nutrition analysis from Subway approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference, Release #19. 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.

**Regional and Limited Time Offer subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between restaurants. Nutritional information for these sandwiches is based on the most common formulas and ingredients.