



CANADA NUTRITION INFORMATION June 2013

| | 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 |
|--|------------------|----------|---------------|---------------|--------------|----------------|------------|-------------|-----------|-------------------|------------|------------|----------------|----------------|--------------|-----------|
|--|------------------|----------|---------------|---------------|--------------|----------------|------------|-------------|-----------|-------------------|------------|------------|----------------|----------------|--------------|-----------|

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 | 40 | 4.5 | 1 | 0 | 40 | 930 | 59 | 5 | 16 | 22 | 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 | 10 | 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 | 278 | 370 | 60 | 7 | 1.5 | 0 | 40 | 1000 | 57 | 3 | 13 | 21 | 10 | 25 | 10 | 20 |
| Turkey Breast | 228 | 300 | 60 | 6 | 1.0 | 0 | 20 | 820 | 45 | 3 | 4 | 16 | 8 | 20 | 10 | 20 |
| Turkey Breast & Ham | 237 | 300 | 60 | 7 | 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 | 10 | 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 Pizziola (with cheese) | 284 | 440 | 140 | 15 | 6 | 0.3 | 65 | 1310 | 49 | 6 | 10 | 28 | 15 | 30 | 15 | 15 |
| Cold Cut Combo | 233 | 430 | 200 | 20 | 7 | 0.1 | 40 | 890 | 47 | 6 | 7 | 17 | 8 | 20 | 6 | 20 |
| 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 | 0.5 | 40 | 1410 | 50 | 6 | 10 | 18 | 15 | 25 | 10 | 20 |
| 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 | 8 | 26 | 8 | 20 | 10 | 25 |
| Subway Melt® | 248 | 380 | 90 | 10 | 4 | 0.2 | 40 | 1160 | 48 | 5 | 8 | 23 | 8 | 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, 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 | 15 | 460 | 31 | 3 | 5 | 11 | 6 | 15 | 4 | 15 |
| Tuna | 145 | 280 | 120 | 13 | 3 | 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 |

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 | 30 | 15 |
| Egg Salad | 254 | 410 | 160 | 18 | 4 | 0.2 | 235 | 540 | 46 | 5 | 7 | 17 | 15 | 20 | 35 | 20 |
| 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 | 0.5 | 0 | 40 | 800 | 33 | 4 | 22 | 16 | 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 |

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

English Muffin Sandwiches (with Egg White) Values include light wheat English muffin, egg white and cheese.

| | | | | | | | | | | | | | | | | |
|-------------------------------|-----|-----|-----|-----|-----|-----|----|-----|----|---|---|----|---|---|----|---|
| Bacon, Egg White & Cheese | 109 | 170 | 40 | 4.5 | 2 | 0.1 | 10 | 560 | 24 | 5 | 1 | 13 | 0 | 0 | 25 | 6 |
| B.M.T® Melt | 131 | 220 | 70 | 8 | 3 | 0.2 | 20 | 830 | 25 | 5 | 1 | 16 | 0 | 0 | 25 | 6 |
| Egg White & Cheese | 105 | 150 | 30 | 3 | 1 | 0.1 | 5 | 480 | 24 | 5 | 1 | 12 | 0 | 0 | 25 | 6 |
| Ham, Egg White & Cheese | 119 | 170 | 30 | 3.5 | 1.5 | 0.1 | 10 | 590 | 25 | 5 | 1 | 13 | 0 | 0 | 25 | 6 |
| Mega Melt** | 137 | 290 | 150 | 16 | 6 | 0.1 | 30 | 820 | 24 | 5 | 1 | 17 | 0 | 0 | 25 | 8 |
| Sausage, Egg White & Cheese** | 133 | 270 | 130 | 15 | 6 | 0.1 | 25 | 740 | 24 | 5 | 1 | 15 | 0 | 0 | 25 | 8 |
| Steak, Egg White & Cheese | 122 | 180 | 40 | 4 | 1.5 | 0 | 15 | 610 | 25 | 5 | 1 | 15 | 0 | 0 | 25 | 8 |

| | 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 |
|--|------------------|----------|---------------|---------------|--------------|----------------|------------|-------------|-----------|-------------------|------------|------------|----------------|----------------|--------------|-----------|
| Sunrise Subway Melt® | 154 | 210 | 50 | 5 | 2 | 0.1 | 20 | 820 | 26 | 5 | 1 | 18 | 2 | 2 | 25 | 8 |
| English Muffin Sandwiches (with Regular Egg) Values include light wheat English muffin, regular egg and cheese. | | | | | | | | | | | | | | | | |
| Bacon, Egg & Cheese | 109 | 190 | 60 | 7 | 2.5 | 0.1 | 120 | 540 | 24 | 6 | 2 | 13 | 4 | 0 | 20 | 8 |
| B.M.T® Melt | 131 | 240 | 90 | 10 | 4 | 0.2 | 130 | 800 | 25 | 6 | 2 | 16 | 2 | 0 | 20 | 8 |
| Egg & Cheese | 105 | 170 | 50 | 5 | 2 | 0.1 | 115 | 460 | 24 | 6 | 1 | 12 | 2 | 0 | 20 | 8 |
| Ham, Egg & Cheese | 119 | 190 | 50 | 6 | 2 | 0.1 | 120 | 560 | 25 | 6 | 1 | 13 | 2 | 0 | 20 | 8 |
| Mega Melt** | 137 | 310 | 170 | 19 | 7 | 0.1 | 140 | 800 | 24 | 6 | 2 | 17 | 4 | 0 | 20 | 10 |
| Sausage, Egg & Cheese** | 133 | 290 | 160 | 17 | 7 | 0.1 | 135 | 720 | 24 | 6 | 1 | 15 | 4 | 0 | 20 | 10 |
| Steak, Egg & Cheese | 122 | 200 | 60 | 6 | 2.5 | 0.2 | 125 | 590 | 25 | 6 | 2 | 15 | 2 | 0 | 20 | 10 |
| Sunrise Subway Melt® | 154 | 230 | 70 | 8 | 3 | 0.1 | 130 | 800 | 26 | 6 | 2 | 18 | 4 | 2 | 20 | 10 |
| 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 | 0 | 0 | 20 | 8 |
| B.M.T® Melt | 118 | 230 | 90 | 10 | 3.5 | 0.2 | 20 | 830 | 22 | 1 | 1 | 13 | 0 | 0 | 20 | 10 |
| Egg White & Cheese | 92 | 170 | 45 | 5 | 1.5 | 0.1 | 5 | 480 | 21 | 1 | 1 | 9 | 0 | 0 | 20 | 8 |
| Ham, Egg White & Cheese | 106 | 180 | 50 | 5 | 2 | 0.1 | 10 | 590 | 22 | 1 | 1 | 11 | 0 | 0 | 20 | 8 |
| Mega Melt** | 124 | 310 | 160 | 18 | 7 | 0.1 | 30 | 820 | 22 | 1 | 1 | 15 | 0 | 0 | 20 | 10 |
| Sausage, Egg White & Cheese** | 120 | 290 | 150 | 17 | 6 | 0.1 | 25 | 740 | 21 | 1 | 1 | 13 | 0 | 0 | 20 | 10 |
| Steak, Egg White & Cheese | 109 | 190 | 50 | 6 | 2 | 0.1 | 15 | 610 | 22 | 1 | 1 | 13 | 0 | 0 | 20 | 10 |
| Sunrise Subway Melt® | 141 | 220 | 60 | 7 | 2.5 | 0.1 | 20 | 820 | 24 | 1 | 2 | 15 | 2 | 2 | 20 | 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 | 2 | 0 | 10 | 10 |
| B.M.T® Melt | 118 | 250 | 110 | 12 | 4 | 0.2 | 130 | 800 | 22 | 1 | 2 | 13 | 2 | 0 | 10 | 11 |
| Egg & Cheese | 92 | 190 | 60 | 7 | 2.5 | 0.1 | 115 | 460 | 21 | 1 | 2 | 9 | 2 | 0 | 10 | 10 |
| Ham, Egg & Cheese | 106 | 200 | 70 | 7 | 2.5 | 0.1 | 120 | 560 | 22 | 1 | 2 | 11 | 2 | 0 | 10 | 10 |
| Mega Melt** | 124 | 330 | 180 | 20 | 8 | 0.1 | 135 | 790 | 22 | 1 | 2 | 15 | 2 | 0 | 10 | 10 |
| Sausage, Egg & Cheese** | 120 | 310 | 170 | 19 | 7 | 0.1 | 135 | 720 | 21 | 1 | 2 | 13 | 2 | 0 | 10 | 10 |
| Steak, Egg & Cheese | 109 | 210 | 70 | 8 | 3 | 0.2 | 125 | 590 | 22 | 1 | 2 | 13 | 2 | 0 | 10 | 10 |
| Sunrise Subway Melt® | 141 | 240 | 80 | 9 | 3 | 0.1 | 130 | 800 | 25 | 1 | 2 | 16 | 4 | 2 | 10 | 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 | 0.2 | 20 | 1050 | 45 | 4 | 2 | 23 | 0 | 0 | 30 | 15 |
| B.M.T® Melt | 208 | 450 | 150 | 17 | 6 | 0.4 | 40 | 1590 | 47 | 4 | 2 | 27 | 0 | 0 | 30 | 15 |
| Egg White & Cheese | 174 | 320 | 70 | 7 | 3 | 0.2 | 10 | 900 | 44 | 4 | 1 | 19 | 0 | 0 | 30 | 15 |
| Ham, Egg White & Cheese | 203 | 350 | 70 | 8 | 3 | 0.2 | 15 | 1110 | 46 | 4 | 1 | 23 | 0 | 0 | 30 | 15 |
| Mega Melt** | 240 | 610 | 300 | 34 | 13 | 0.2 | 55 | 1570 | 45 | 4 | 2 | 30 | 2 | 2 | 30 | 20 |
| Sausage, Egg White & Cheese** | 231 | 560 | 280 | 31 | 12 | 0.2 | 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 | 0 | 0 | 60 | 20 |
| Sunrise Subway Melt® | 284 | 440 | 110 | 12 | 4.5 | 0.2 | 40 | 1580 | 50 | 4 | 2 | 32 | 6 | 8 | 30 | 20 |
| 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 | 45 | 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 |
| Omelet on 6" Flatbread (with Egg White) Values include 6" flatbread, egg white and cheese. | | | | | | | | | | | | | | | | |
| Bacon, Egg White & Cheese | 192 | 370 | 110 | 12 | 4.5 | 0.2 | 20 | 1110 | 43 | 2 | 2 | 22 | 0 | 0 | 35 | 15 |
| B.M.T® Melt | 208 | 460 | 170 | 16 | 4.5 | 0.5 | 40 | 1650 | 56 | 1 | 1 | 23 | 0 | 0 | 35 | 20 |
| Egg White & Cheese | 183 | 330 | 90 | 10 | 3 | 0.2 | 10 | 960 | 42 | 2 | 2 | 19 | 0 | 0 | 35 | 15 |
| Ham, Egg White & Cheese | 212 | 360 | 90 | 10 | 3.5 | 0.2 | 15 | 1170 | 44 | 2 | 2 | 22 | 0 | 0 | 35 | 15 |
| Mega Melt** | 249 | 620 | 320 | 36 | 14 | 0.2 | 55 | 1630 | 43 | 2 | 3 | 29 | 2 | 2 | 35 | 20 |
| Sausage, Egg White & Cheese** | 240 | 580 | 300 | 33 | 12 | 0.2 | 45 | 1480 | 43 | 2 | 2 | 26 | 2 | 2 | 35 | 20 |
| Steak, Egg White & Cheese | 226 | 400 | 110 | 12 | 4 | 0.3 | 35 | 1290 | 45 | 2 | 3 | 28 | 0 | 0 | 35 | 21 |
| Sunrise Subway Melt® | 293 | 450 | 130 | 14 | 5 | 0.2 | 40 | 1650 | 48 | 2 | 4 | 31 | 6 | 8 | 35 | 20 |
| Omelet on 6" Flatbread (with Regular Egg) Values include 6" flatbread, regular egg and cheese. | | | | | | | | | | | | | | | | |
| Bacon, Egg & Cheese | 195 | 430 | 160 | 18 | 7 | 0.3 | 240 | 960 | 43 | 3 | 4 | 23 | 8 | 0 | 25 | 20 |
| B.M.T® Melt | 211 | 510 | 220 | 21 | 8 | 0.5 | 260 | 1500 | 56 | 2 | 2 | 24 | 8 | 0 | 45 | 20 |
| Egg & Cheese | 186 | 390 | 140 | 15 | 5 | 0.3 | 235 | 810 | 42 | 3 | 3 | 20 | 8 | 0 | 25 | 20 |
| Ham, Egg & Cheese | 215 | 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 | 1330 | 42 | 3 | 3 | 27 | 8 | 2 | 45 | 25 |
| Steak, Egg & Cheese | 229 | 450 | 160 | 18 | 6 | 0.4 | 255 | 1140 | 45 | 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 | 45 | 20 |
| SIDE ITEMS | | | | | | | | | | | | | | | | |
| Cookies, Desserts & Sides | | | | | | | | | | | | | | | | |
| Chocolate Chip | 45 | 220 | 90 | 10 | 5 | 0.1 | 15 | 130 | 30 | 1 | 18 | 2 | 6 | 0 | 0 | 6 |

| | 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 |
|--|------------------|----------|---------------|---------------|--------------|----------------|------------|-------------|-----------|-------------------|------------|------------|----------------|----------------|--------------|-----------|
| Chocolate Chunk** | 45 | 220 | 90 | 10 | 5 | 0 | 10 | 100 | 30 | <1 | 17 | 2 | 0 | 0 | 0 | 6 |
| Double Chocolate Chip** | 45 | 210 | 80 | 9 | 5 | 0.1 | 15 | 130 | 30 | 1 | 20 | 2 | 6 | 0 | 2 | 4 |
| M & M®** | 45 | 210 | 90 | 10 | 5 | 0 | 15 | 100 | 32 | <1 | 18 | 2 | 0 | 0 | 2 | 6 |
| Oatmeal Raisin | 45 | 200 | 70 | 8 | 4 | 0 | 15 | 130 | 30 | 1 | 16 | 3 | 0 | 0 | 2 | 6 |
| Peanut Butter** | 45 | 220 | 110 | 12 | 5 | 0.1 | 10 | 130 | 26 | 1 | 16 | 4 | 4 | 0 | 2 | 6 |
| Raspberry Cheesecake | 45 | 200 | 80 | 9 | 4.5 | 0.1 | 15 | 120 | 29 | 0 | 16 | 2 | 6 | 0 | 2 | 4 |
| Sugar** | 45 | 220 | 110 | 12 | 6 | 0.1 | 15 | 130 | 28 | <1 | 14 | 2 | 0 | 0 | 0 | 4 |
| White Chip Macadamia Nut | 45 | 220 | 100 | 11 | 5 | 0.1 | 15 | 130 | 29 | <1 | 18 | 2 | 6 | 0 | 2 | 4 |
| Hash Browns, 4 pieces** | 74 | 150 | 80 | 9 | 1 | 0 | 0 | 440 | 17 | 2 | 0 | 1 | 0 | 8 | 0 | 2 |
| Yogurt Parfait** (with granola) | 175 | 200 | 50 | 6 | 2.5 | 0 | 15 | 80 | 27 | 1 | 23 | 9 | 4 | 2 | 25 | 2 |
| Beverages | | | | | | | | | | | | | | | | |
| Coca Cola®, no ice | 21 | 260 | 0 | 0 | 0.0 | 0 | 0 | 15 | 71 | 0 | 71 | 0 | 0 | 0 | 0 | 0 |
| Diet Coke®, no ice | 21 | 0 | 0 | 0 | 0.0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Soup** (8oz/255 ml bowl) | | | | | | | | | | | | | | | | |
| Beef Chili | 255 | 350 | 220 | 24 | 10 | 1.5 | 80 | 730 | 17 | 4 | 7 | 15 | 40 | 4 | 8 | 15 |
| Chicken & Dumpling | 255 | 150 | 40 | 4.5 | 2 | 0 | 35 | 740 | 20 | 3 | 3 | 8 | 20 | 10 | 4 | 6 |
| Chicken Noodle | 255 | 100 | 10 | 1 | 0.5 | 0 | 15 | 720 | 12 | 1 | 1 | 10 | 35 | 4 | 4 | 4 |
| Clam Chowder | 255 | 200 | 100 | 11 | 7 | 0.5 | 30 | 850 | 20 | 2 | 3 | 5 | 0 | 4 | 4 | 4 |
| Cream of Broccoli | 255 | 140 | 60 | 7 | 4 | 0.5 | 20 | 790 | 16 | 3 | 6 | 4 | 6 | 35 | 10 | 2 |
| Cream of Mushroom | 255 | 150 | 80 | 8 | 4 | 0.5 | 25 | 700 | 14 | 1 | 5 | 5 | 0 | 4 | 10 | 2 |
| Creamy Wild and Brown Rice | 255 | 180 | 90 | 10 | 4 | 0.5 | 35 | 820 | 16 | 2 | 4 | 6 | 20 | 4 | 8 | 2 |
| Loaded Baked Potato | 255 | 220 | 100 | 11 | 6 | 0.5 | 40 | 840 | 23 | 2 | 4 | 7 | 0 | 10 | 8 | 4 |
| Minestrone | 255 | 90 | 10 | 1 | 0.5 | 0 | <5 | 740 | 17 | 5 | 4 | 4 | 40 | 4 | 6 | 6 |
| Poblano Corn Chowder | 255 | 150 | 60 | 7 | 4 | 0.5 | 20 | 560 | 18 | 2 | 7 | 5 | 4 | 4 | 10 | 4 |
| Vegetable Beef | 255 | 90 | 15 | 2.0 | 0.5 | 0 | 5 | 730 | 15 | 3 | 3 | 4 | 70 | 4 | 4 | 4 |
| BREADS & CONDIMENTS | | | | | | | | | | | | | | | | |
| Breads | | | | | | | | | | | | | | | | |
| 6" Italian (White) Bread | 71 | 200 | 20 | 2 | 0.5 | 0 | 0 | 270 | 38 | 1 | 5 | 7 | 0 | 0 | 2 | 12 |
| 6" 9-Grain Wheat Bread | 78 | 210 | 20 | 2 | 0.5 | 0 | 0 | 270 | 40 | 4 | 5 | 8 | 0 | 0 | 4 | 15 |
| 6" Parmesan Oregano Bread | 75 | 220 | 25 | 2.5 | 1 | 0 | 0 | 420 | 40 | 2 | 5 | 8 | 0 | 0 | 4 | 15 |
| 6" Honey Oat | 89 | 260 | 25 | 3.0 | 0.5 | 0 | 0 | 290 | 48 | 5 | 9 | 9 | 0 | 0 | 4 | 15 |
| 6" Hearty Italian Bread** | 75 | 210 | 20 | 2.5 | 0.5 | 0 | 0 | 270 | 41 | 2 | 5 | 7 | 0 | 0 | 2 | 15 |
| 6" Monterey Cheddar** | 82 | 240 | 50 | 6 | 2.5 | 0.2 | 10 | 340 | 38 | 2 | 5 | 10 | 2 | 0 | 10 | 15 |
| 6" Italian Herbs & Cheese | 82 | 250 | 45 | 5 | 2.5 | 0.1 | 10 | 470 | 40 | 2 | 5 | 9 | 2 | 0 | 10 | 15 |
| 6" Roasted Garlic** | 82 | 230 | 25 | 2.5 | 0.5 | 0 | 0 | 1240 | 45 | 2 | 7 | 8 | 4 | 45 | 4 | 15 |
| 6" Flatbread | 87 | 220 | 40 | 4.5 | 1 | 0 | 0 | 340 | 38 | 2 | 2 | 7 | 0 | 0 | 8 | 15 |
| Light Wheat English Muffin | 57 | 100 | 5 | 1 | 0 | 0 | 0 | 170 | 22 | 5 | 1 | 6 | 0 | 0 | 2 | 6 |
| Mini Italian Bread | 47 | 130 | 10 | 1.5 | 0 | 0 | 0 | 180 | 25 | 1 | 3 | 5 | 0 | 0 | 2 | 8 |
| Mini Wheat Bread | 52 | 140 | 10 | 1.5 | 0 | 0 | 0 | 180 | 27 | 3 | 3 | 5 | 0 | 0 | 8 | 8 |
| 3" Flatbread | 43 | 110 | 20 | 2 | 0 | 0 | 0 | 170 | 19 | 1 | 1 | 4 | 0 | 0 | 15 | 6 |
| Wrap** | 103 | 310 | 70 | 8 | 2.5 | 0.4 | 0 | 610 | 51 | 1 | 0 | 8 | 0 | 0 | 6 | 15 |
| Sandwich Condiments (amount on 6-inch sandwich) | | | | | | | | | | | | | | | | |
| Bacon (2 strips) | 9 | 40 | 20 | 3 | 1 | 0 | 10 | 150 | 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 |
| House Sandwich Sauce | 21 | 110 | 110 | 12 | 1.5 | 0 | 0 | 170 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Mustard yellow or deli brown (2 tsp) | 10 | 10 | 0 | 0 | 0 | 0 | 0 | 120 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Light Mayonnaise-Type Dressing (15 ml) | 15 | 40 | 40 | 5 | 1 | 0 | 5 | 80 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mayonnaise (15 ml) | 15 | 110 | 109 | 12 | 2 | 0 | 10 | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Ranch Dressing | 21 | 110 | 110 | 12 | 2 | 0.2 | 10 | 210 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Sweet Onion Sauce, Fat Free | 21 | 40 | 0 | 0 | 0 | 0 | 0 | 90 | 9 | 0 | 8 | 0 | 0 | 0 | 0 | 0 |
| Vegetables (amount on 6-inch sandwich) | | | | | | | | | | | | | | | | |
| Avocado** | 35 | 60 | 50 | 5 | 1 | 0 | 0 | 5 | 3 | 2 | 0 | 0 | 0 | 2 | 0 | 0 |
| Banana Peppers (3 rings) | 4 | <5 | 0 | 0 | 0 | 0 | 0 | 65 | 0 | 0 | 0 | 0 | 4 | 4 | 0 | 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 | 14 | 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 |
| 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 |

| | 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 |
|--|------------------|----------|---------------|---------------|--------------|----------------|------------|-------------|-----------|-------------------|------------|------------|----------------|----------------|--------------|-----------|
| 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 |
| 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 | 16 | 2 | 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 | 1 | 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.