

Subway

Nutrition Information

	Calories	Kilojoules	Protein (g)	Fat (g)	Carbohydrates (g)
6" SUBS (that are 350 calories & 6 grams of fat or less)					
Veggie Delite	232	970	8.9	2.8	43
Turkey Breast	275	1150	17	3.7	44
Roast Beef	277	1160	19	4.0	44
Turkey Breast & Ham	286	1200	17	4.1	44
Subway® Club	292	1220	20	4.3	44
Ham	296	1240	17	4.5	44
Roasted Chicken Breast	336	1410	24	6.0	48

6" COLD SUBS					
Includes Italian or Wheat Bread, Meat/Poultry or Seafood, Onions, Lettuce, Tomatoes, Pickles, Green Peppers, Olives					
Veggie Delite	232	970	8.9	2.8	43
Turkey Breast	275	1150	17	3.7	44
Roast Beef	277	1160	19	4.0	44
Turkey Breast & Ham	286	1200	17	4.1	44
Subway® Club	292	1220	20	4.3	44
Ham	296	1240	17	4.5	44
Subway's Seafood & Crab (a processed seafood & crab blend) *made with light mayonnaise-type dressing	352	1470	14	10	51
Cold Cut Trio	430	1800	18	16	47
Tuna *made with light mayonnaise-type dressing	404	1690	16	17	46
Classic Italian BMT®	451	1890	21	21	45

6" HOT SUBS					
Includes Italian or Wheat Bread, Meat/Poultry or Seafood, Onions, Lettuce, Tomatoes, Pickles, Green Peppers, Olives					
Roasted Chicken	336	1410	24	6.0	48
Steak & Cheese †	360	1510	24	9.5	47
Subway Melt †	371	1550	22	11	45
Meatball	427	1790	18	16	52

SALADS					
Includes Meat/Poultry or Seafood, Onions, Lettuce, Tomatoes, Pickles, Green Peppers, Olives. Values do not include Salad Dressing.					
Veggie Delite	51	210	2.3	0.8	9.7
Turkey Breast	95	400	11	1.6	10
Roast Beef	96	400	12	1.9	10
Turkey Breast & Ham	105	440	11	2.1	10
Subway® Club	111	470	13	2.2	10
Ham	115	480	11	2.5	10
Roasted Chicken Breast	155	650	17	4.0	14
Steak & Cheese †	179	750	18	7.5	14
Subway® Seafood & Crab (a processed seafood & crab blend) *made with light mayonnaise-type dressing	171	720	7.2	8.2	18
Subway Melt †	190	790	15	9.3	11
Meatball	246	1030	12	14	19
Cold Cut Trio	249	1040	11	14	13
Tuna *made with light mayonnaise-type dressing	223	930	10	15	12
Classic Italian BMT®	270	1130	14	19	11

DELI STYLE SANDWICHES					
Includes Deli Style Roll, Meat/Poultry or Seafood, Onions, Lettuce, Tomatoes, Pickles, Green Peppers, Olives					
Turkey Breast	214	890	12	2.8	34
Roast Beef	215	900	13	3.0	34
Ham	217	910	11	3.1	34
Tuna Made with light mayonnaise type dressing	271	1130	10	9.2	35
Bologna	274	1150	9.7	10	35

Fresh Value Meal

Make any one of these sandwiches a Fresh Value Meal with only 8 grams of fat or less when you add Original Flavor Baked Lay's Potato Crisps (2g) and a 21 oz. drink (0g).

Low-Fat menu items include Italian or Wheat Bread, Meat, Onions, Lettuce, Tomatoes, Pickles, Green Peppers, and Olives. These items contains 3 grams of fat or less per a 100 gram serving and derive less than 30% of calories from fat.

Nutrient values in this guide have been rounded to the nearest whole number and do not include the addition of cheese condiments (e.g., mayonnaise) or salad dressings unless otherwise indicated. If you regularly purchase a footlong sandwich, simply multiply the 6" values of your preferred sandwich listing by 2.

Please keep in mind that, although the nutritional information has been based on the most widely used brands offered to our franchisees, products and nutrient values may vary from region to region. This nutrition information is only valid in Canada.

At SUBWAY® restaurants, we are proud of our role as a leader in the restaurant industry and hope to serve you for many years to come.

This data for this nutrition guide was compiled by a nutritionist from the following:

Nutrition analyses supplied by SUBWAY® restaurants' approved food manufacturers.

Canadian Guide to Food Labeling and Advertising, March 1996, Amended February 1998

SUBWAY® Database

Canadian Produce Marketing Association

For further information

Doctor's Associates Inc.,
Research and Development/Nutrition Division
325 Bic Drive
Milford, CT 06460
1-800-888-4848
www.subway.com

Subway

continued

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WRAPS

All subs can be made into a wrap. To determine the nutrient content of such a selection please note the differences in the nutrient content of a tortilla and a 6" wheat bread.

Steak & Cheese †	377	1490	23	12	47
Turkey Breast & Bacon	378	1490	21	14	45

SUPER SUBS

Super Subs follow the 6" formula with the addition of a double portion of meat.

Subway Club	353	1480	31	5.7	45
Cold Cut Trio	628	2630	27	28	51
Classic Italian BMT*	670	2800	32	39	46

BREADS/WRAPS

6" White Bread	190	800	7.0	1.0	38
6" Wheat Bread	210	880	8.0	2.5	39
Deli Style Roll	170	710	6.0	2.0	31
10½" Tortilla	228	950	6.5	5.3	38

SALAD DRESSINGS

Serving size = 1 Tbsp. – One (2 oz.) packet contains approximately 4 servings.

Lite Italian	17	70	0.1	1.6	0.5
Thousand Island	59	250	0.1	5.8	1.5
House Italian	71	300	0.1	7.4	1.1
Caesar	79	330	0.4	8.0	1.4
Ranch	80	330	0.2	8.4	4.8

CONDIMENTS & EXTRAS

Values are only suggested serving sizes. Individual amounts may vary.

Vinegar (1 tsp)	1	4	0.0	0.0	0.0
Mustard (2 tsp)	7	30	0.4	0.4	0.6
Cheese (2 triangles)	38	160	2.2	3.2	1.1
Bacon (2 strips)	47	200	2.4	4.1	0.0
Olive Oil Blend (1 tsp)	43	180	0.0	4.7	0.0
Light Mayonnaise-Type Dressing (1 tsp)	18	80	0.1	1.8	0.3

COOKIES

Serving size = 1 cookie

Low-Fat Oatmeal Raisin	128	540	2.2	2.2	25
Oatmeal Raisin	161	670	1.7	6.8	23
M&M*	161	670	1.9	7.2	22
Sugar	166	690	1.9	8.5	20
Brazil Nut	164	690	1.8	7.9	22
Double Chocolate Chunk	166	700	2.0	8.3	21
Chocolate Chunk	172	720	1.9	8.7	22
Peanut Butter	173	720	3.4	9.6	19
White Chunk Macadamia Nut	181	760	1.9	11	19

STANDARD VEGETABLES

Onions	Get your 5 A Day From SUBWAY*!
Lettuce	The Canadian Produce Marketing Association recommends
Tomatoes	that you get 5 to 10 servings of fruits and vegetables every day.
Pickles	One Vegetable Serving = 1 cup of leafy greens or ½ cup cooked or
Green Peppers	cut up raw vegetables
Olives	Subway Salads = 3 servings
	Subway 6" Subs = 1 serving

Sandwich and Salad values do not include cheese, condiments (e.g. mayonnaise) or salad dressing.
Cheese included only in items indicated by †. Addition of ingredients from the standard formula may alter nutrition content.