

Subway® Nutrition Facts-US

May 2009



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	Suggested Exchange Values ¹
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SANDWICHES

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

Black Forest Ham	224	290	40	4.5	1	0	25	1340	48	5	7	18	8	30	6	15	3 starch, 1 lean meat, 1 veg
Oven Roasted Chicken Breast	238	320	45	5	1.5	0	25	880	49	5	7	23	8	40	6	15	3 starch, 2 lean meat, 1 veg
Roast Beef	238	320	45	5	1.5	0	25	980	46	5	6	26	8	30	6	25	3 starch, 2 lean meat, 1 veg
Subway Club®	255	330	45	5	1.5	0	35	1300	48	5	6	26	8	30	6	20	3 starch, 2 lean meat, 1 veg
Sweet Onion Chicken Teriyaki	281	380	40	4.5	1	0	50	1150	60	5	17	26	10	40	8	20	4 starch, 2 lean meat, 1 veg
Turkey Breast	224	290	35	4	1	0	20	1050	48	5	6	18	8	30	6	20	3 starch, 1 lean meat, 1 veg
Turkey Breast & Black Forest Ham	234	300	40	4.5	1	0	25	1280	48	5	6	19	8	30	6	15	3 starch, 2 lean meat, 1 veg
Veggie Delite®	167	230	25	2.5	0.5	0	0	550	45	5	5	9	8	30	6	15	2.5 starch, 1 veg

Flatbread Sandwiches with 8 grams of Fat or Less Values include flatbread, lettuce, tomatoes, onions, green peppers, pickles and olives.

Black Forest Ham	240	320	70	7	1.5	0	25	1410	47	3	4	18	8	20	3	15	3 starch, 1 lean meat, 1 veg, 1/2 fat
Oven Roasted Chicken Breast	254	350	70	8	1.5	0	25	960	49	3	4	24	8	30	3	15	3 starch, 2 lean meat, 1 veg, 1/2 fat
Roast Beef	254	350	70	8	2	0	25	1050	45	3	3	27	8	20	3	25	3 starch, 1 lean meat, 1 veg, 1/2 fat
Subway Club®	270	360	70	8	2	0	35	1370	47	3	4	26	8	20	4	20	3 starch, 2 lean meat, 1 veg, 1/2 fat
Sweet Onion Chicken Teriyaki	296	410	70	8	1.5	0	50	1220	60	3	14	26	10	30	10	20	4 starch, 2 lean meat, 1 veg, 1/2 fat
Turkey Breast	240	320	60	7	1	0	20	1130	47	3	3	18	8	20	3	20	3 starch, 1 lean meat, 1 veg, 1/2 fat
Turkey Breast & Black Forest Ham	249	330	70	7	1.5	0	25	1350	47	3	4	20	8	20	3	20	3 starch, 2 lean meat, 1 veg, 1/2 fat
Veggie Delite®	183	260	50	5	1	0	0	630	45	3	2	9	8	20	3	15	2.5 starch, 1 veg, 1/2 fat

Low Fat Footlong Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives.

Footlong Black Forest Ham	448	580	80	9	2.5	0	50	2670	95	10	14	35	15	60	10	35	6 starch, 3 lean meat, 2 veg
Footlong Oven Roasted Chicken Breast	477	640	90	10	2.5	0	45	1770	98	11	14	46	15	80	10	30	6 starch, 4 lean meat, 2 veg
Footlong Roast Beef	477	640	90	10	3.5	0	55	1960	92	11	12	53	15	60	10	50	6 starch, 4 lean meat, 2 veg
Footlong Subway Club®	510	650	90	10	3	0	65	2590	95	11	12	52	15	60	10	45	6 starch, 4 lean meat, 2 veg
Footlong Sweet Onion Chicken Teriyaki	562	770	80	9	2.5	0	100	2290	121	11	34	51	15	80	15	35	8 starch, 4 lean meat, 2 veg
Footlong Turkey Breast	448	580	70	8	2	0	40	2110	95	10	11	36	15	60	10	35	6 starch, 3 lean meat, 2 veg
Footlong Turkey Breast & Black Forest	467	600	80	9	2	0	50	2560	96	10	13	38	15	60	10	35	6 starch, 4 lean meat, 2 veg
Footlong Veggie Delite®	335	470	45	5	1	0	0	1100	91	10	10	17	15	60	10	30	6 starch, 2 veg

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

Big Philly Cheesesteak	309.2	520	160	18	9	0.5	90	1710	54	6	7	39	15	30	25	30	3 starch, 4 lean meat, 1 veg, 1 fat
BLT	164	360	120	13	6	0	30	990	45	5	5	17	10	20	10	15	3 starch, 1 med fat protein, 1.5 fat
Chicken & Bacon Ranch	297	580	250	28	10	0.5	95	1330	49	6	6	35	15	35	25	20	3 starch, 4 lean meat, 1 veg, 4 fat
Cold Cut Combo	249	420	150	17	6	0.5	60	1590	48	5	6	21	10	30	15	20	3 starch, 2 med fat, 1 veg, 1.5 fat
Italian B.M.T.®	243	450	180	20	8	0.5	55	1870	48	5	7	22	10	30	15	15	3 starch, 2 med fat meat, 1 veg, 2 fat
Meatball Marinara	377	580	210	23	9	1	40	1660	71	9	16	24	40	60	20	25	4 starch, 2 med fat meat, 1 veg, 3 fat
Spicy Italian	238	530	250	28	11	0.5	65	1960	48	6	7	22	10	30	15	20	3 starch, 2 med fat meat, 1 veg, 3 fat
Steak & Cheese	250	390	90	10	4.5	0	50	1370	50	6	6	26	10	30	10	25	3 starch, 3 lean meat, 1 veg, 1 fat
Subway Melt®	254	390	100	11	5	0	45	1670	49	5	7	25	10	30	15	20	3 starch, 2 lean meat, 1 veg, 1 fat
The Feast (includes cheese)	329	550	200	23	9	0.5	85	2610	51	6	8	39	10	30	15	25	3 starch, 4 med fat meat, 1 veg, 1 fat
Tuna	250	540	270	30	6	0.5	45	1070	46	5	5	21	10	30	10	20	3 starch, 2 lean meat, 1 veg, 5 fat

Subway® Mini Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions and green peppers.

Veggie Delite®	101	150	15	1.5	0	0	0	280	30	3	3	6	6	20	4	10	2 starch, 1 lean meat, 3 fat
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	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	Suggested Exchange Values [†]
Black Forest Ham	129	180	25	2.5	0.5	0	10	670	31	3	4	10	6	20	4	10	2 starch, 1 lean meat
Roast Beef	138	200	25	3	1	0	15	500	30	4	4	15	6	20	4	10	2 starch, 1 lean meat
Turkey Breast	138	190	20	2.5	0.5	0	15	610	31	3	4	12	6	20	8	10	2 starch, 1 lean meat
6-inch Double Subs (Double Meat) Values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives.																	
Double Black Forest Ham	281	350	60	6	2	0	50	2120	50	5	8	27	8	30	6	15	3 starch, 3 lean meat, 1 veg
Double Oven Roasted Chicken	309	410	60	7	2	0	45	1220	53	6	9	38	8	50	6	15	3 starch 4 lean meat, 1 veg
Double Roast Beef	309	400	70	7	2.5	0	55	1410	47	6	6	44	8	30	6	35	3 starch, 4 lean meat, 1 veg
Double Subway Club®	342	420	70	7	2.5	0	65	2040	50	5	7	43	8	30	6	30	3 starch, 4 lean meat, 1 veg
Double Sweet Onion Chick. Teriyaki	373	490	60	7	1.5	0	100	1650	66	5	21	43	10	45	10	20	4.5 starch, 5 lean meat, 1 veg
Double Turkey Breast	281	340	45	5	1	0	40	1550	50	5	6	27	8	30	6	20	3 starch, 3 lean meat, 1 veg
Double Turkey Breast & Ham	300	360	60	6	1.5	0	50	2010	51	5	8	30	8	30	6	20	3 starch, 3 lean meat, 1 veg
Double Chicken & Bacon Ranch (includes cheese)	377	710	300	35	12	0.5	155	1720	50	6	7	55	15	40	30	25	3 starch, 4 med fat meat, 1 veg, 3 fat
Double Cold Cut Combo (includes cheese)	320	560	240	27	10	1	110	2420	51	5	7	31	15	35	20	30	3 starch, 3 med fat meat, 1 veg, 2.5 fat
Double Spicy Italian	297	780	450	50	19	1	120	3170	50	6	8	34	10	30	15	20	3 starch, 4 med fat meat, 1 veg, 6 fat
Double Steak & Cheese	575	500	130	14	6	1	90	1980	54	6	8	41	10	35	15	30	3.5 starch, 4 lean meat, 1 veg, 0.5 fat
Double Italian B.M.T. (includes cheese)	306	630	310	34	13	1	100	2990	50	6	9	34	10	30	15	20	3 starch, 4 med fat meat, 1 veg, 3 fat
Double Meatball Marinara (includes cheese)	575	890	360	40	15	1.5	75	2570	96	12	27	38	70	85	25	35	5.5 starch, 4 med fat meat, 1 veg, 4 fat
Double Subway Melt® (includes cheese)	330	500	150	17	7	0	80	2580	52	5	8	39	10	30	15	20	3.5 starch, 4 lean meat, 1 veg, 1 fat
6" Limited Time Offer/Regional Subs** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives.																	
Barbecue Rib Patty	245	430	160	18	6	0	50	860	48	5	7	19	8	30	6	20	3 starch, 2 med fat meat, 1 veg, 2 fat
Barbecue Chicken	238	320	50	5	1.5	0	35	1150	53	6	14	15	15	190	8	20	3 starch, 1 med fat meat, 1 veg
Buffalo Chicken	274	430	140	16	3	0	55	1540	48	5	7	25	8	35	8	20	3 starch, 2 lean meat, 1 veg, 1 fat
Pastrami (double meat)	270	590	260	29	9	0	15	1920	49	5	4	32	10	20	15	15	3 starch, 3 med fat meat, 1 veg, 3 fat
Subway® Seafood Sensation (includes cheese)	250	460	200	22	5	0	25	1190	53	6	7	15	15	30	15	15	3 starch, 1 lean meat, 1 veg, 4 fat
Tuscan Chicken (includes cheese)	183	370	80	9	3.5	0	61	1180	48	4	5	25	5	25	10	15	3 starch, 2 lean meat, 1 veg, 1 fat
Veggie Patty	252	390	70	8	1	0	10	1070	57	8	7	24	15	30	8	15	3.5 starch, 2 lean meat, 1 veg
SALADS																	
Jared Salads with 6 g of fat or Less Values include lettuce, tomatoes, onions, green peppers, olives, carrots and cucumbers. Values do not include dressing or croutons.																	
Ham	356	110	25	3	1	0	25	850	12	4	6	12	25	50	6	8	2 lean meat, 5 veg.
Oven Roasted Chicken Breast	371	130	25	2.5	0.5	0	50	280	10	4	4	20	25	50	6	10	2 lean meat, 5 veg.
Roast Beef	371	140	30	3.5	1	0	25	500	10	4	5	21	25	50	6	15	2 lean meat, 5 veg.
Subway Club®	387	140	30	3.5	1	0	35	810	12	4	6	20	25	50	6	15	2 lean meat, 5 veg.
Sweet Onion Chicken Teriyaki	413	200	30	3	1	0	50	660	25	4	16	20	25	60	8	10	2 lean meat, 5 veg.
Turkey Breast	356	110	20	2	0.5	0	20	570	12	4	5	12	25	50	6	10	2 lean meat, 5 veg.
Turkey Breast & Ham	366	120	25	3	0.5	0	25	790	12	4	6	14	25	50	6	10	2 lean meat, 5 veg.
Veggie Delite®	300	50	10	1	0	0	0	65	10	4	4	3	25	50	6	8	1 lean meat, 5 veg.
Salad Dressing																	
Fat Free Italian	57	35	0	0	0	0	0	720	7	0	4	1	0	0	2	0	1/2 carbohydrate
Ranch	57	290	270	30	4.5	0.5	15	540	3	0	3	1	0	0	0	0	6 fat
BREADS & CONDIMENTS																	
Breads																	
6" Italian (White) Bread	71	200	20	2	0.5	0	0	390	38	1	5	7	0	15	2	15	2.5 starch



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6" 9-Grain Wheat Bread	78	210	20	2	0.5	0	0	410	41	4	3	8	0	10	4	15	2.5 starch	
6" Parmesan Oregano Bread	75	220	25	2.5	1	0	0	620	41	2	5	8	0	15	4	15	2.5 starch	
6" Honey Oat	89	260	25	3	0.5	0	0	430	49	5	8	9	0	10	4	15	2.5 starch	
6" Hearty Italian Bread	75	220	20	2	1	0	0	390	41	2	5	8	0	15	2	15	3 starch	
6" Monterey Cheddar	82	240	50	5	3	0	10	460	39	1	5	10	2	15	10	15	2.5 starch, 1 fat	
6" Italian Herbs & Cheese	82	250	45	5	2	0	10	590	41	2	5	10	2	15	10	15	2.5 starch, 1 fat	
6" Roasted Garlic	82	230	25	2.5	0.5	0	0	1360	45	2	7	8	4	60	4	15	3 starch	
Flatbread	94	240	45	5	1	0	0	480	41	2	<1	8	0	2	8	15	3 starch, 1 fat	
Mini Italian Bread	47	130	15	1.5	0	0	0	260	26	1	3	5	0	8	2	10	2 starch	
Mini Wheat Bread	52	140	15	1.5	0	0	0	270	28	3	2	5	0	8	2	8	2 starch	
Wrap**	103	310	70	8	2.5	0	0	610	51	1	0	8	0	0	8	15	3 starch, 2 fat	
Sandwich Condiments (amount on 6-inch sub)																		
Bacon (2 strips)	9	45	30	3.5	1.5	0	10	190	0	0	0	3	0	0	0	0	0	1 fat
Chipotle Southwest Sauce	21	100	90	10	1.5	0	10	220	1	0	0	0	0	0	0	0	0	2 fat
Honey Mustard Sauce, Fat Free	21	30	0	0	0	0	0	115	7	0	6	0	0	0	0	0	0	0.5 carbohydrate
Light Mayonnaise (1 T)	15	50	45	5	1	0	5	100	<1	0	0	0	0	0	0	0	0	1 fat
Mayonnaise (1 T)	15	110	110	12	2	0	10	80	0	0	0	0	0	0	0	0	0	2 fat
Mustard yellow or deli brown (2 tsp)	10	5	0	0	0	0	0	115	<1	0	0	0	0	0	0	0	0	free
Olive Oil Blend (1 tsp)	5	45	45	5	0	0	0	0	0	0	0	0	0	0	0	0	0	1 fat
Ranch Dressing	21	110	100	11	1.5	0	5	200	1	0	1	0	0	0	0	0	0	2 fat
Red Wine Vinaigrette, Fat Free**	21	30	3	0	0	0	0	340	6	0	3	0	0	0	0	0	0	0.5 carbohydrate
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	85	9	0	8	0	0	0	0	0	0	0.5 carbohydrate
Vinegar (1 tsp)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	free
Vegetables (amount on 6-inch Sub)																		
Banana Peppers (3 rings)	4	0	0	0	0	0	0	20	0	0	0	0	0	6	0	0	0	free
Cucumbers (3 slices)	17	<5	0	0	0	0	0	0	<1	0	0	0	0	0	0	0	0	free
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	free
Jalapeno Peppers (3 rings)	4	<5	0	0	0	0	0	70	0	0	0	0	0	4	0	0	0	free
Lettuce	21	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	free
Onions	14	5	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	free
Pickles (3 chips)	9	0	0	0	0	0	0	115	0	0	0	0	0	0	0	0	0	free
Olives (3 rings)	3	<5	0	0	0	0	0	25	0	0	0	0	0	0	0	0	0	free
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0	0	free
Cheese (amount on 6-inch sub, wrap or salad)																		
American, Processed	11	40	30	3.5	2	0	10	200	1	0	0	2	2	0	8	0	0	1/2 med fat meat
Monterey Cheddar, Shredded	14	50	40	4.5	3	0	15	90	1	0	0	3	4	0	10	0	0	1 fat
Natural Cheddar**	15	60	45	5	3	0	15	100	0	0	0	4	4	0	8	0	0	1 med fat meat
Pepperjack**	14	50	35	4	2.5	0	15	140	0	0	0	3	4	4	10	0	0	1/2 med fat meat
Provolone**	14	50	35	4	2	0	10	125	0	0	0	4	2	0	10	0	0	1 med fat meat
Swiss**	14	50	35	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0	0	1 med fat meat
Individual Meats (amount on 6-inch sub or salad)																		
Chicken Patty, Roasted	71	90	20	2.5	0.5	0	25	330	4	0	2	15	0	10	0	0	0	2 lean meat
Chicken Strips	71	80	15	1.5	0.5	0	50	210	0	0	0	16	0	4	2	2	2	2 lean meat



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Cold Cut Combo Meats	71	140	100	11	3.5	0	50	830	2	0	1	10	2	2	4	6	1 med fat meat, 1 fat
Egg Patty**	85	110	70	8	2	0	160	360	3	1	0	9	4	0	6	4	1 med fat meat, 1 fat
Ham	57	60	15	2	0.5	0	25	790	2	0	2	9	0	0	0	0	1 lean meat
Italian BMT® Meats	64	180	130	14	5	0	45	1120	2	0	2	11	0	0	0	2	2 med fat meat, 1 fat
Meatballs	198	310	150	17	6	1	30	910	25	4	11	13	30	25	8	10	2 med fat meat, 1 starch, 2 fat
Roast Beef	71	80	20	2.5	1	0	25	430	1	0	1	18	0	0	0	8	2 lean meat
Seafood Sensation**	71	190	150	16	2.5	0	15	430	7	0	1	5	2	0	6	2	1 lean meat, 1/2 starch, 2.5 fat
Steak (no cheese)	71	112	50	4.0	2	0	35	560	4	0	1	15	0	1	2	8	2 lean meat
Subway Club® Meats	87	90	20	2.5	1	0	35	750	2	0	1	17	0	0	0	6	2 lean meat
Tuna	71	260	220	24	4	0	35	310	0	0	0	10	0	0	0	4	1 lean meat, 3 fat
Turkey Breast	57	50	10	1	0	0	20	500	2	0	1	9	0	0	0	2	1 lean meat
Veggie Patty**	85	160	45	5	0.5	0	10	520	12	3	2	15	6	0	2	0	1 med fat meat

Desserts, Sides & Pizza

Cookies & Desserts

Chocolate Chip	45	210	90	10	6	0	15	150	30	1	18	2	6	0	0	6	2 carbohydrate, 2 fat
Chocolate Chunk**	45	220	90	10	5	0	10	100	30	<1	17	2	0	0	0	6	2 carbohydrate, 2 fat
Double Chocolate Chip**	45	209.6	90	10	6	0	15	170	30	1	20	2	8	0	2	4	2 carbohydrate, 2 fat
M & M®**	45	210	90	10	5	0	10	100	32	<1	18	2	0	0	2	6	2 carbohydrate, 2 fat
Oatmeal Raisin	45	200	70	8	4	0	15	170	30	1	17	3	0	0	2	6	2 carbohydrate, 1.5 fat
Peanut Butter**	45	220	110	12	5	0	15	190	26	1	16	4	6	0	2	6	2 carbohydrate, 2 fat
Sugar**	45	220	110	12	6	0	15	140	28	<1	14	2	0	0	0	4	2 carbohydrate, 2 fat
White Chip Macadamia Nut	45	220	100	11	5	0	15	160	29	<1	18	2	6	0	2	4	2 carbohydrate, 2 fat
Apple Pie**	71	250	90	10	2	n/a	0	290	37	1	25	0	0	0	0	3	2.5 carbohydrate, 2 fat

Fresh Fit Sides and Beverages

Apple Slices - 1 package	71	35	0	0	0	0	0	0	9	2	7	0	0	210	4	0	1 carbohydrate
Baked Lay's®	32	130	15	2	0	0	0	200	23	2	2	2	0	2	4	2	1.5 carbohydrate
Yogurt Dannon Light & Fit®	170	80	0	0	0	0	<5	80	16	0	11	5	8	0	15	0	1 carbohydrate
Fountain Soda, Diet - 21 oz, no ice/Bottled Water	21	<10	0	0	0	0	0	<40	0	0	0	0	0	0	0	0	free
Minute Maide® 100% Juice Box	6	100	0	0	0	0	0	15	24	0	21	0	0	100	10	2	2 carbohydrate
Milk, Low Fat ²	12	160	35	3.5	2.5	0	20	180	19	0	17	12	15	6	45	0	1 starch, 1 fat

8" Pizza**

Cheese	293	680	200	22	9	0	40	1070	96	4	7	32	25	4	45	30	6 starch, 4 med fat meat
Cheese & Veggies	381	740	230	25	11	0	50	1210	100	5	9	36	35	30	60	30	6.5 starch, 5 med fat meat
Pepperoni	323	790	290	32	13	0	60	1350	96	4	8	38	30	4	60	30	6 starch, 4 med fat meat, 2 fat
Sausage	336	820	310	34	14	0	70	1420	97	4	8	39	30	4	60	30	6.5 starch, 5 med fat meat, 2 fat

Soup** (10 oz bowl)

	(oz)																
Chicken Tortilla	10	110	20	1.5	0.5	0	10	440	11	3	4	6	20	25	4	8	1 starch, 1 lean meat
Chipotle Chicken Corn Chowder	10	140	30	3	1.5	0	15	900	22	2	4	6	6	0	0	2	1.5 starch, 1 lean meat
Chicken & Dumpling	10	170	45	5	2	0	35	810	23	2	2	8	10	0	4	6	1.5 starch, 1 lean meat
Chili Con Carne	10	340	100	11	5	0	60	950	35	10	7	20	20	0	6	15	2 starch, 3 lean meat
Cream of Potato with Bacon	10	240	120	13	5	0	15	870	26	3	3	5	4	0	10	2	2 starch, 2.5 fat



	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	Suggested Exchange Values ¹
Fire-Roasted Tomato Orzo	10	130	25	1	0.5	0	5	410	24	2	4	6	20	4	10	6	2 starch, 1 lean meat
Golden Broccoli & Cheese	10	180	100	11	5	0	25	990	16	4	3	5	4	0	8	2	1 starch, 2 fat
Minestrone	10	90	10	1	0	0	<5	910	17	3	4	4	25	0	4	4	1 starch
New England Style Clam Chowder	10	150	45	5	1	0	10	990	20	4	2	6	0	0	4	6	1 starch, 1 fat
Roasted Chicken Noodle	10	80	20	2	0.5	0	15	950	12	1	2	6	15	0	2	2	1 starch, 1 lean meat
Rosemary Chicken and Dumpling	10	90	15	1.5	0.5	0	25	810	14	1	3	6	10	2	2	2	1.5 starch, 1 lean meat
Spanish Style Chicken & Rice with Pork	10	110	25	2.5	1	0	5	980	16	1	1	6	2	0	2	2	1 starch, 1 lean meat
Tomato Garden Vegetable w/ Rotini	10	90	5	0.5	0	0	0	820	20	3	8	3	35	4	6	6	1 starch
Vegetable Beef	10	100	20	2	0.5	0	10	960	17	3	5	5	20	0	4	4	1 starch, 1 lean meat
Wild Rice with Chicken	10	230	100	11	3.5	0	50	900	26	1	3	6	10	10	15	2	2 starch, 1 lean meat, 2 fat

BREAKFAST**

Breakfast Sandwiches on 6-inch Bread**

Black Forest Ham & Cheese	216.9	450	170	19	7	0	200	1450	47	5	5	27	10	10	25	20	3 starch, 3 med fat meat, 1 fat
Cheese	189	420	160	18	7	0	190	1060	46	5	4	22	10	10	25	15	3 starch, 2 med fat meat, 2 fat
Double Bacon & Cheese	207	520	220	25	11	0	210	1440	47	5	4	29	10	10	25	20	3 starch, 3 med fat meat, 2 fat
Mega	255	720	400	45	18	0	235	1580	47	5	4	33	10	10	25	25	3 starch, 4 med fat meat, 5 fat
Steak & Cheese	231	490	190	20	8	0.5	210	1400	48	5	5	31	10	10	25	20	3 starch, 3 med fat meat, 1 fat
Western with Cheese	229	450	170	19	7	0	200	1460	48	5	5	27	10	20	25	15	3 starch, 3 med fat meat, 1 fat

Breakfast Flatbread Sandwiches

Black Forest Ham & Cheese	233	480	190	22	8	0	200	1530	46	3	2	27	10	20	25	20	3 starch, 3 med fat meat, 1.5 fat
Cheese	204	460	190	21	7	0	190	1170	45	3	1	23	10	19	22	20	3 starch, 2 med fat meat, 3 fat
Double Bacon & Cheese	223	560	249	28	11	0	210	1540	46	3	2	30	10	19	23	20	3 starch, 3 med fat meat, 3 fat
Mega	270	750	430	48	18	0	235	1650	46	3	2	34	15	20	23	25	3 starch, 4 med fat meat, 6 fat
Steak & Cheese	247	521	220	23	8	1	210	1470	48	3	2	32	10	2	23	25	3 starch, 3 med fat meat, 1.5 fat
Western with Cheese	244	490	190	22	8	0	200	1560	47	3	2	28	10	26	23	20	3 starch, 3 med fat meat, 1.5 fat

A Registered Dietitian compiled this nutrition information 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.

¹The Exchange Lists are the basis of a meal planning system designed by a committee of the American Diabetes Association and the American Dietetic Association. While designed primarily for people with diabetes and others who must follow special diets, the Exchange Lists are based on principles of good nutrition that apply to everyone.

²Values differ in California. See nutrition facts on milk container.