SUBWAY® Nutrition Information

Low Fat Subs

Per 6-inch Sub	kJ	kcal	fat(g)	saturates(g)	sugars(g)	salt(g)
Beef	1188	282	3.0	1.4	5.1	1.1
Chicken Breast	1279	304	3.0	1.1	5.2	1.2
Chicken Tikka	1296	308	4.5	1.9	5.9	1.4
Ham†	1132	269	3.5	1.3	5.6	1.6
Turkey Breast*	1134	269	2.5	0.9	5.1	1.4
Turkey Breast* & Ham†	1172	278	3.2	1.1	5.4	1.6
Chicken Teriyaki	1346	320	3.2	1.2	8.1	1.7
Subway Club®	1306	311	3.7	1.4	5.4	1.7
Veggie Delite®	899	213	1.6	0.7	4.8	0.7

Subs

Per 6-inch Sub	kJ	kcal	fat(g)	saturates(g)	sugars(g)	salt(g)
Big Beef Melt	1714	408	16.9	7.8	6.0	1.6
Chicken & Bacon Ranch Melt	2110	502	18.8	8.0	6.2	2.4
Italian B.M.T.®	1663	396	16.8	6.9	5.4	2.4
Meatball Marinara	1826	435	15.5	6.6	10.9	1.8
Spicy Italian	1980	471	25.3	10.6	5.1	2.7
Steak†º & Cheese	1459	347	6.4	3.4	7.1	1.7
Subway Melt™	1510	359	9.5	4.4	5.9	2.3
Tuna	1465	348	11.0	1.5	5.4	1.6
Veggie Patty	1568	373	10.1	2.7	6.1	1.6

Kids' Pak

Mini Sub, Capri Sun Fruit Crush or water and BEAR Pure Fruit Yoyos

Per 4-inch Sub	kJ	kcal	fat(g)	saturates(g)	sugars(g)	salt(g)
Turkey Breast*	847	201	1.9	0.7	3.9	1.0
Ham†	807	192	2.2	0.8	4.1	1.0
Beef	883	210	2.2	1.0	3.9	0.8
Veggie Delite®	691	164	1.2	0.5	3.7	0.5

Low Fat Flatbread

Per 6-inch flatbread	kJ	kcal	fat(g)	saturates(g)	sugars(g)	salt(g)
Beef	1223	292	4.1	1.0	4.0	1.1
Chicken Breast	1314	314	4.1	0.7	4.1	1.2
Chicken Tikka	1332	318	5.5	1.5	4.8	1.4
Ham†	1167	279	4.6	0.9	4.5	1.6
Turkey Breast*	1169	279	3.6	0.5	4.0	1.5
Turkey Breast* & Ham†	1207	289	4.3	0.7	4.3	1.7
Chicken Teriyaki	1381	330	4.2	0.8	7.0	1.8
Subway Club®	1342	321	4.7	1.0	4.3	1.7
Veggie Delite®	934	223	2.7	0.3	3.7	0.7

Flatbread

Per 6-inch flatbread	kJ	kcal	fat(g)	saturates(g)	sugars(g)	salt(g)
Big Beef Melt	1749	418	17.9	7.4	4.9	1.6
Chicken & Bacon Ranch Melt	2145	513	19.9	7.5	5.2	2.5
Italian B.M.T.®	1698	406	17.8	6.5	4.3	2.4
Meatball Marinara	1861	445	16.6	6.1	9.9	1.9
Spicy Italian	2015	482	26.4	10.2	4.0	2.8
Steak†º & Cheese	1494	357	7.5	3.0	6.0	1.8
Subway Melt™	1545	369	10.5	4.0	4.8	2.3
Tuna	1500	359	12.1	1.1	4.3	1.6
Veggie Patty	1603	383	11.2	2.3	5.0	1.6

Heart Research supports your choice of a **Low Fat Option**

100% taste. Less than 3g of fat per 100g. Under 400 calories.

Look out for the **heart** symbol on our menu.

LOW FAT

Breakfast Subs

Per 6-inch Sub	kJ	kcal	fat(g)	saturates(g)	sugars(g)	salt(g)
Bacon	1142	271	6.3	2.6	3.0	1.5
Sausage	1574	374	12.6	4.8	4.3	1.8
Egg & Cheese	1236	294	9.0	3.5	3.7	1.2
Bacon, Egg & Cheese	1389	330	11.4	4.4	3.7	1.6
Sausage, Egg & Cheese	1974	470	20.1	7.6	5.0	2.3
Mega Melt	2127	507	22.5	8.5	5.0	2.8

Low Fat Salads

	kJ	kcal	fat(g)	saturates(g)	sugars(g)	salt(g)
Beef	492	118	2.4	0.9	4.5	0.6
Chicken Breast	583	139	2.4	0.6	4.6	0.7
Chicken Tikka	600	143	3.8	1.4	5.3	0.9
Ham†	436	104	2.9	0.8	5.0	1.1
Subway Club®	610	146	3.0	0.9	4.8	1.2
Chicken Teriyaki	650	155	2.5	0.7	7.5	1.2
Turkey Breast*	438	105	1.9	0.4	4.5	0.9
Turkey Breast* & Ham†	476	114	2.5	0.6	4.8	1.1
Veggie Delite®	203	49	1.0	0.2	4.2	0.2

Breakfast Flatbread

Per 6-inch flatbread	kJ	kcal	fat(g)	saturates(g)	sugars(g)	salt(g)
Bacon	1177	281	7.3	2.2	2.0	1.6
Sausage	1609	385	13.6	4.3	3.2	1.8
Egg & Cheese	1271	304	10.1	3.0	2.6	1.2
Bacon, Egg & Cheese	1424	340	12.5	4.0	2.6	1.7
Sausage, Egg & Cheese	2009	480	21.2	7.1	3.9	2.4
Mega Melt	2162	517	23.6	8.1	3.9	2.8

Reference Intakes

8400kJ 20g saturates
2000kcal 90g sugars
70g fat 6g salt

Footlong nutritional information can be calculated by doubling the 6-inch Sub or flatbread figures

Nutritional values are based on a 6-inch Sub build including 9-Grain Wheat bread or flatbread with meat (where applicable), lettuce, cucumbers, tomatoes, green peppers and onions. For complete, up-to-date nutritional values please visit .www.subway.com. Nutritional values included on poster are correct at time of print (Dec. 2014). LOW FAT refers to sandwiches on Italian or 9-Grain Wheat bread or flatbread prepared according to standard recipe with meat (where applicable), red onion, lettuce, tomatoes, green peppers and cucumbers, which contain no more than 3g of fat per 100g. Customer requests to modify the standard recipes or add cheese or condiments may increase fat or calorie content. ♥ indicates Heart Research supports your choice of a low fat option. *Reformed meat. †Formed meat. ºMade with shaved steak strips, contains peppers and onions.

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Nutrition and allergen values are subject to change. Ask restaurant staff for the most recent version or scan the QR code on display. (Print date: 13/12/2014)

Within the normal operating environment, it is not possible to guarantee that sandwich, vegetable and salad ingredients are 100% free from cross contamination.

Ingredient Information for People with Food Allergies and Sensitivities

Ingredient Information for People with Food Allergies and Sensitivities
(Revised 21 October 2014)

Our products are made in plants, which handle nuts.

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
Subs▲ 9-Grain wheat bread with lettuce, tomatoes, green peppers, cucumbers and red onions.														
Beef			✓				✓		W,R,O,S,B					
Big Beef Melt			✓				✓		W,R,O,S,B					
Chicken & Bacon Ranch Melt (includes Monterey Jack/Cheddar Shredded Cheese)	✓		✓				✓		W,R,O,S,B					
Chicken Breast							✓		W,R,O,S,B					
Chicken Tikka			✓				✓		W,R,O,S,B					
Chicken Tandoori			✓				✓		W,R,O,S,B					
Ham			✓				✓		W,R,O,S,B					
Italian B.M.T.®			✓				✓		W,R,O,S,B			✓		
Meatball Marinara	✓		✓				✓		W,R,O,S,B					
Spicy Italian							✓		W,R,O,S,B			✓		
Steak & Cheese			✓				✓		W,R,O,S,B		✓			
Subway Club®			✓				✓		W,R,O,S,B					
Subway Melt™ (includes American Style Processed Cheese)			✓				✓		W,R,O,S,B					
Chicken Teriyaki					✓		✓		W,R,O,S,B		✓			
Tuna	✓	✓					✓		W,R,O,S,B			✓		
Turkey Breast							✓		W,R,O,S,B					
Turkey Breast & Ham			✓				✓		W,R,O,S,B					
Veggie Delite®							✓		W,R,O,S,B					
Veggie Patty	✓		✓				✓		W,R,O,S,B		✓			
Salads▲ with lettuce, tomatoes, green peppers, cucumbers and red onions														
Beef			✓											
Beef Patty							✓							
Chicken & Bacon Ranch Melt (includes Monterey Jack/Cheddar Shredded Cheese)	✓		✓											
Chicken Tikka			✓						W					
Chicken Breast														
Chicken Tandoori			✓											
Ham			✓											
Italian B.M.T.®			✓									✓		
Meatball Marinara	✓		✓				✓		W					
Spicy Italian												✓		
Steak & Cheese (with American Style Processed Cheese)			✓				✓		B,W		✓			
Subway Club®			✓											
Subway Melt™ (includes American Style Processed Cheese)			✓				✓							
Chicken Teriyaki					✓		✓		W		✓			
Tuna Mayo	✓	✓										✓		
Turkey Breast														
Turkey Breast & Ham			✓											
Veggie Delite®														
Veggie Patty	✓		✓				✓		W		✓			
Bread														
9-Grain Honey Oat							✓		W,R,O,S,B					
9-Grain Wheat							✓		W,R,O,S,B					
Hearty Italian							✓		W					
Italian							✓		W					
Italian Herbs and Cheese			✓				✓		W					
Flatbread			✓						W,O					
Meat, Poultry, Seafood, Eggs and Veggie Patty														
Bacon Strips (Streaky & Back)														
Beef			✓											
Beef Patty							✓							
Chicken Breast														
Chicken, teriyaki glazed					✓		✓		W		✓			
Chicken Tikka			✓						W					
Chicken Tandoori			✓											
Egg Omelette	✓		✓											
Ham			✓											
Meatballs	✓		✓				✓		W					
Sausage									W					
Pepperoni												✓		
Salami												✓		
Steak							✓		B,W		✓			
Tuna (with Mayo)	✓	✓										✓		
Turkey Breast														
Veggie Patty	✓		✓				✓		W		✓			

Ingredient Information for People with Food Allergies and Sensitivities
(Revised 21 October 2014)

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
Cheese														
American Style Processed Cheese			✓											
Monterey Jack/Cheddar Shredded Cheese			✓											
Peppered Sliced Cheese			✓				✓							
Parmesan Style Cheese			✓											
Condiments & Toppings														
Barbecue Sauce											✓	✓		
Caesar	✓		✓						W					
Chipotle Southwest Sauce	✓		✓						W			✓		
Honey Mustard Sauce										✓		✓		
Hot Chili Sauce														
Light Mayonnaise	✓											✓		
Ranch Dressing	✓		✓											
Sweet Onion Sauce (contains poppy seeds)												✓		
Teriyaki Glaze					✓		✓		W		✓			
Thousand Island	✓								W					
Marinara Sauce							✓							
Jalapenos										✓				
Sweet Corn														
Olives														
Pickles														
Sweet Chili Sauce									W					
Yellow Mustard												✓		
Brown Mustard												✓		
Ketchup											✓			
HP Sauce									B,R					
Salad Cream	✓											✓		
Oregano														
Fresh Vegetables - lettuce, carrots, tomatoes, cucumbers, green peppers and red onions														
Cookies, Donuts & Muffins**														
Chocolate Chip Cookie Dough	✓		✓				✓	**	W					
Rainbow	✓		✓				✓	**	W					
Chocolate Chunk	✓		✓				✓	**	W					
Double Chocolate	✓		✓				✓	**	W					
Oatmeal Raisin	✓		✓					**	W,O					
Raspberry Cheese Cake Cookie Dough	✓		✓				✓	**	W					
White Chip Macadamia Nut	✓		✓				✓	M	W					
Blueberry Muffin	✓		✓				✓		W					
Triple Chocolate Muffin	✓		✓				✓		W					
Chocolate Donut			✓				✓		W					
Sugar Donut			✓				✓		W					
Maple Pecan Plait	✓		✓					Pe	W					
Vanilla Crown	✓		✓						W					
Apricot Crown	✓		✓						W					
Cinnamon Swirl	✓		✓						W					
Apple Coronet	✓								W					
Apple Crown	✓							A	W					
SOUPS														
Carrot & Coriander	✓		✓											
Country Chicken and Vegetable	✓		✓						B		✓			
Cream of Chicken	✓		✓						B					
Leek & Potato			✓								✓			
Lentil & Bacon											✓	✓		
Minestrone	✓		✓						W,B		✓			
Red Pepper and Tomato			✓						B					
Cream of Tomato			✓						W					
Wild Mushroom			✓						W					
Beef Goulash									W			✓		
Thai Style Vegetables			✓					Ch						
Cream of Mushroom	✓		✓								✓			
Miscellaneous Items & Drinks														
Nachos														
Salsa														
Coffee Flavour Syrup Vanilla														
Coffee Flavour Syrup Hazelnut								H						
Coffee Flavour Syrup Caramel														
Coffee Flavour Syrup Chocolate														
Fountain drinks														
Hot chocolate			✓											
White coffee			✓											
White Tea			✓											

▲=Allergen info for additional condiments and breads are listed separately on this chart.

✓=CONTAINS

**=Due to the nature of how the cookies are stored cookies may come in contact with other nut containing cookies.

Within the normal operating environment, it is not possible to guarantee that sandwich, vegetable and salad ingredients are 100% free from cross contamination.

Please refer to your Sandwich Artist with any questions related to items not shown on this chart.

Nuts - Include - Almond, Hazelnut, Walnut, Cashew, Pecan nut, Brazil nut, Pistachio, Macadamia nut, Queensland nut.

Almonds - A Brazil nut - Bn Walnut - W Macadamia nut - M Pecan nut - Pe
Hazelnut - H Pistachio - Pi Cashew - C Queensland nut - Q Water Chestnut - Ch

Cereals which contain Gluten include W=Wheat, R=Rye, B=Barley, O=Oats, S=Spelt ,K=Kamut or their hybrid strains.

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