

# Subway® Nutrition Guide



Turkey Breast 6" with Lays® Classic chips and 20 oz. fountain drink  
470-800 Cals

[subway.com](http://subway.com)

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

	Serving Size (g)	6" Calories	6"				Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium % DV	Iron % DV	12" Calories
			Total Fat (g)	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)								
<b>Condiments</b> The addition of toppings may increase the calorie values for the sandwiches.														
<b>Sandwich Condiments (amount on 6" Sandwich, Ciabatta or Wrap)</b>														
Bacon (2 strips)	9	40	3	1	0	10	150	0	0	0	3	0	0	80
Caesar	14	80	9	1.5	0.1	5	130	0	0	0	0	0	0	160
Chipotle Southwest	14	60	7	1	0	5	85	1	0	0	0	0	0	120
Garlic Aioli	14	70	7	1	0	5	125	1	0	1	0	0	0	140
House Sandwich Sauce	14	70	8	1	0	0	125	1	0	1	0	0	0	140
Mustard Brown	14	15	1	0	0	0	260	1	0	0	1	0	0	30
Mustard Yellow	14	10	0.5	0	0	0	170	1	0	0	1	0	0	20
Light Mayonnaise	14	50	5	1	0	15	105	1	0	0	0	0	0	100
Mayonnaise	14	100	11	1.5	0	10	75	0	0	0	0	0	0	200
Ranch Dressing	14	70	8	1	0	5	150	1	0	1	0	0	0	140
Smoky Honey Mustard	14	70	7	1	0	10	115	2	0	2	0	0	2	140
BBQ Sauce**	14	25	0	0	0	0	200	6	0	6	0	0	0	50
Buffalo Sauce**	14	0	0	0	0	0	410	1	0	0	0	0	0	0
Creamy Italian**	15	60	5	1	0	0	130	1	0	1	0	0	0	120
Creamy Sriracha**	14	40	4	1	0	5	240	2	0	1	0	0	0	80
Gorgonzola Sauce**	14	70	7	1.5	0	5	140	1	0	0	0	0	0	140
Guacamole	35	70	6	1	0	0	95	3	2	0	1	0	0	140
Hot Sauce**	5	0	0	0	0	0	190	0	0	0	0	0	0	0
Oil**	4	30	3.5	0.2	0	0	0	0	0	0	0	0	0	60
Original Sub Sauce**	14	60	7	1	0	0	80	1	0	1	0	0	0	120
Pepperoni	18	80	7	2.5	0	20	300	1	0	0	3	0	2	160
Pineapple**	20	10	0	0	0	0	0	4	0	3	0	0	0	20
Signature Horseradish Sauce**	14	70	7	1	0	5	140	2	0	1	0	0	0	140
Sweet Onion	18	35	0	0	0	0	75	7	0	7	0	0	0	70
Tzatziki Cucumber Sauce**	14	70	8	1	0	5	80	0	0	0	0	0	0	140
<b>Vegetables (amount on 6" Sandwich, Ciabatta or Wrap)</b>														
Banana Peppers	4	1	0	0	0	0	65	0	0	0	0	0	0	2
Cucumbers	14	2	0	0	0	0	0	1	0	0	0	0	0	4
Green Peppers	7	1	0	0	0	0	0	0	0	0	0	0	0	2
Jalapeño Peppers**	4	1	0	0	0	0	70	0	0	0	0	0	0	2
Lettuce	21	3	0	0	0	0	0	1	0	0	0	0	0	5
Red Onions	7	3	0	0	0	0	0	1	0	0	0	0	0	6
Pickles	10	1	0	0	0	0	115	0	0	0	0	0	0	2
Black Olives	3	3	0	0	0	0	25	0	0	0	0	0	0	6
Baby Spinach	7	2	0	0	0	0	5	0	0	0	0	0	2	4
Tomatoes	35	5	0	0	0	0	0	1	0	1	0	0	0	10
Avocado**	34	60	5	0.5	0	0	0	3	2	0	1	0	2	120
Shredded Carrots**	7	3	0	0	0	0	0	1	0	0	0	0	0	5
Green Olives**	3	4	0	0	0	0	35	0	0	0	0	0	0	10
<b>Cheese (amount on 6" Sandwich, Ciabatta or Wrap)</b>														
Cheddar	11	45	3.5	2.5	0.1	10	80	1	0	0	3	4	0	90
Processed Cheddar	11	40	3	2	0.1	10	200	0	0	0	2	4	0	80
Feta**	14	40	3	2	0.1	10	130	0	0	0	2	0	0	80
Monterey Cheddar (shredded)	14	50	4	2.5	0.1	15	100	0	0	0	3	6	0	100
Monterey Jack**	11	40	3	2	0.1	10	70	1	0	0	3	4	0	80
Mozzarella (shredded)**	14	45	3	2	0.1	15	115	1	0	0	4	6	0	90
Parmesan	1	5	0	0.3	0	0	30	0	0	0	1	2	0	10
Swiss**	14	50	3.5	2.5	0.1	15	50	1	0	0	4	8	0	100

For the most current ingredient, allergy or nutrition information on regional products visit: [subway.com](http://subway.com)

## Food for thought.

No flavour or colour from artificial sources in any sub or salad.

Each 6" sub with 330 cals or less†:

- No artificial trans fat.
- Low saturated fat.
- 24 grams of whole grains, 2 servings of veggies. (1 veggie serving = 1/2 cup raw veggie, 1 cup leafy veggies).

### Informed Dining

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit [www.InformedDining.ca](http://www.InformedDining.ca) or call Dietitian Services at HealthLink BC by dialing 8-1-1.

†Fat and calories refers to subs prepared to standard recipe.

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

	Serving Size (g)	6" Calories	6"				Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium % DV	Iron % DV	12" Calories
			Total Fat (g)	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)								
<b>Side Items</b>														
<b>Soup** (8 oz./255 ml bowl)</b>														<b>12 oz.</b>
Beef & Barley	227	90	2	0.5	0	10	790	15	<1	4	5	2	4	140
Beef Chili with Beans	255	360	22	8	1.5	71	800	20	5	6	21	6	20	540
Black Bean	255	210	1	0	0	0	860	39	15	6	12	8	15	320
Clam Chowder	225	170	9	6	0	35	800	15	1	2	2	6	6	260
Cream of Broccoli	255	150	8	5	0	25	790	16	2	4	4	15	4	230
Cream of Mushroom	243	150	7	4	0	25	850	14	0	4	6	4	4	230
Creamy Chicken & Dumpling	245	150	4.5	2	0	35	740	20	3	3	8	2	6	230
Creamy Chicken and Wild Rice	240	170	11	6	0.5	40	820	16	1	3	7	4	2	260
French Onion (with Cheese and Bread)	218	150	6	3	0.2	15	940	18	1	1	5	20	2	230
Homestyle Chicken Noodle	255	110	3	1.5	0	30	720	14	1	2	8	2	4	170
Loaded Baked Potato with Bacon	255	210	13	7	0	35	800	15	1	4	5	4	2	320
Mediterranean Vegetable	255	110	3	1.5	0	30	720	14	1	2	8	4	4	170
Spicy Chicken Tortilla	227	110	4.5	1	0	10	660	12	2	2	6	6	8	170
Tomato Basil	236	130	6	3.5	0	20	700	15	2	7	4	8	6	200
<b>Breads</b>														
6" White Italian	65	180	2	0.4	0	0	310	34	1	3	6	0	10	360
6" 9-Grain Wheat	71	180	2	0.4	0	0	270	36	4	3	8	2	10	360
6" Flatbread	87	220	4	0.5	0	0	330	41	4	3	8	2	10	440
6" 9-Grain Honey Oat	75	190	2	0.4	0	0	270	39	4	5	8	2	10	380
6" Hearty Italian**	68	200	2	0.4	0	0	310	37	1	3	7	0	10	400
6" Italian Herbs & Cheese	76	220	4.5	2	0	5	510	37	2	3	8	4	15	440
6" Jalapeño Cheese**	79	220	5	2	0	5	660	37	2	3	9	4	15	440
6" Monterey Cheddar**	75	220	5	2.5	0.1	10	380	35	1	3	9	6	10	440
6" Parmesan Oregano**	68	190	2.5	0.4	0	0	460	37	2	3	7	2	15	380
6" Roasted Garlic**	75	210	2.5	0.4	0	0	1230	41	2	4	7	2	15	420
Ciabatta	110	280	3	0.5	0	0	330	53	2	3	10	2	20	
Mini Ciabatta (Used for Mighty Melts)	85	230	3	0.4	0	0	270	43	2	3	8	0	15	
Mini Italian Bread	43	120	1.5	0.3	0	0	210	23	1	2	4	0	8	
Mini 9-Grain Wheat Bread	47	120	1	0.2	0	0	180	24	3	2	5	0	8	
Biscuit**	64	210	10	4.5	0	0	620	27	1	1	4	4	8	
Delic Roll**	57	170	2	0.2	0	0	200	31	1	3	6	0	10	
English Muffin**	65	140	1	0	0	0	220	30	1	1	5	6	10	
Gluten-Free Bread (as packaged)**3	113	340	12	7	0	0	800	52	3	7	6	4	0	
Wrap	102	300	8	1	0	0	580	50	2	2	8	6	15	

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. Nutrition information for these sandwiches is based on the most common formulas and ingredients.

\* Some sandwiches contain trans fat that is found naturally in meat and cheese.

\*\* 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. Nutrition information for these sandwiches is based on the most common formulas and ingredients.

Nutrition information refers to subs prepared to standard recipe on 9-grain wheat bread with lettuce, tomatoes, onions, green peppers and cucumbers.

- 1 Subway Seafood Sensation™ is a processed seafood and crab blend.
- 2 Some restaurants offer a vegetarian (non-vegan) patty. It will be identified on menu board as "containing eggs & milk".
- 3 The Gluten-Free bread is manufactured in a Gluten-Free facility. However, other menu items and ingredients in our restaurants contains gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% Gluten Free.

For the most current ingredient, allergy or nutrition information on regional products visit:

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Serving Size (g)	6" Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium % DV	Iron % DV	12" Calories

## Sandwiches

6" Sandwiches (Less than 330 calories and low in saturated fat)														
Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.														
Black Forest Ham	219	260	4	1	0	20	700	43	5	5	16	4	15	520
Oven Roasted Chicken	226	280	4	1	0	40	560	42	5	7	22	2	15	560
Roast Beef	219	260	4	1	0	20	680	42	5	6	18	2	20	520
Subway Club®	233	270	4	1	0	25	790	43	5	6	19	4	20	540
Sweet Onion Chicken Teriyaki	265	330	4	1	0	50	760	52	5	14	23	4	20	660
Turkey Breast	219	250	3.5	0.5	0	20	690	42	5	6	17	4	20	500
Veggie Delite®	162	200	2	0.4	0	0	280	39	5	5	9	2	15	400

6" Sandwiches														
Values include Italian bread and select vegetables.														
Chicken & Bacon Ranch Melt	347	470	19	6	0.2	70	920	45	6	9	32	10	20	940
Cold Cut Combo	220	400	20	7	0.1	40	920	41	3	5	15	4	20	800
Italian B.M.T.®	213	380	16	6	0.3	45	1140	41	3	5	17	2	15	760
Meatball Marinara	205	430	18	7	1.0	40	1040	48	4	8	20	6	20	860
Pizza Sub Melt	140	400	20	8	0.4	50	1210	40	2	5	16	8	15	800
Steak & Cheese	161	340	10	4.5	0.4	45	1040	39	2	5	23	6	20	680
Tuna	223	450	25	4	0.3	45	630	38	2	5	19	2	20	900

Kids' Meal Sandwiches on Mini 9-Grain Wheat														
Values include lettuce, tomatoes, onions, green peppers and cucumbers.														
Black Forest Ham	137	160	2	0.5	0	10	390	28	3	4	9	2	10	
Roast Beef	146	170	2.5	1	0	10	450	28	3	4	12	2	15	
Turkey Breast	146	170	2.5	0.4	0	15	460	28	3	4	11	2	10	
Veggie Delite®	108	130	1.5	0.3	0	0	180	26	3	4	6	2	10	

Kids' Meal Sandwiches on Mini Ciabatta														
Values include lettuce, tomatoes, onions, green peppers and cucumbers.														
Black Forest Ham	174	270	4.0	1.0	0	10	480	47	2	4	13	4	20	
Roast Beef	184	280	4.5	1.0	0	10	540	47	2	5	15	4	20	
Turkey Breast	184	280	4.0	0.5	0	15	550	47	2	5	14	4	20	
Veggie Delite®	146	240	3.0	0.4	0	0	270	45	2	4	9	4	20	

Ciabattas														
Grilled Cheese & Bacon	170	520	20	10	0.4	60	940	56	3	4	27	20	20	
Garlic Steak & Bacon	246	590	24	8	0.5	75	1310	60	3	7	33	10	25	
Smoky Honey Mustard Chicken & Bacon	265	540	19	6	0.3	75	860	59	3	7	33	15	25	

Wraps, Regular														
Chicken Caesar	266	590	29	7	0.4	70	1170	54	3	4	30	15	20	
Chipotle Steak & Guac	307	610	30	8	0.5	55	1390	60	5	6	27	15	25	
Turkey, Bacon & Guac	291	590	29	6	0.2	45	1590	60	5	6	23	15	20	

Wraps, Signature														
Values include select vegetables and Footlong meat.														
Chicken Caesar	337	690	32	8	0.4	115	1440	54	3	4	47	20	25	
Chipotle Steak & Guac	377	720	35	9	1.0	95	1930	64	5	8	41	15	30	
Turkey, Bacon & Guac	356	690	33	8	0.2	75	2150	64	5	7	34	15	25	

Mighty Melts														
Chicken Mighty Melt	174	370	11	4	0.2	55	690	45	2	4	22	8	20	
Roast Beef Mighty Melt	156	350	11	4	0.2	25	800	46	2	4	17	8	20	
Turkey Mighty Melt	171	380	13	4	0.2	35	910	47	2	4	19	8	20	

6" Limited Time Offer/ Local Sandwiches**														
Values include Italian bread (unless another bread is specified) and select vegetables.														
BBQ Rib	173	470	24	8	0	45	1010	46	2	11	19	4	20	940
BBQ Rib Melt	187	530	28	10	0	60	1110	46	2	12	22	10	20	1060
B.L.T.	153	310	10	4	0	30	730	39	5	6	18	2	15	620
Buffalo Chicken	222	350	12	2	0.1	50	1090	39	3	5	20	2	15	700
Rotisserie-Style Chicken Cordon Bleu	251	380	10	3.5	0.2	65	810	44	2	8	30	15	20	760
Chicken Pizziola Melt	220	420	16	6	0.3	70	1150	41	3	6	28	8	20	840
Chicken Strips	226	270	4	1	0	45	460	40	5	5	22	4	15	540
Egg Salad	150	350	16	4	0.1	265	540	36	1	4	15	4	15	700
Falafel	276	550	24	4	0.3	10	1050	68	13	7	19	4	20	1100
Genoa Salami	222	430	22	8	0.5	50	1350	42	5	7	20	4	15	860
Spicy Italian	208	450	24	9	0.5	60	1340	40	3	5	18	4	20	900
Subway Melt®	235	350	10	4	0.1	45	1140	42	2	6	21	8	15	700
Subway Seafood Sensation™1	220	390	19	3	0.2	20	830	45	3	7	11	4	15	780
Turkey Breast & Black Forest Ham	229	260	4	1	0	25	760	43	5	6	18	4	15	520
Veggie Patty <sup>2</sup>	247	320	5	0.5	0	0	740	54	9	9	21	6	25	640
Veggie Patty (contains eggs & milk) <sup>2</sup>	247	360	10	2.5	0	0	800	47	8	7	22	4	15	720

## Breakfast & Pizza

Omelet on 6" Flatbread (with Regular Egg)**														
Values include 6" Flatbread, Regular Egg and American Cheese.														
Bacon, Egg & Cheese	194	430	18	6	0.3	185	990	44	4	3	24	15	10	860
Egg & Cheese	186	390	15	5	0.3	175	840	44	4	3	20	15	10	780
Ham, Egg & Cheese	214	420	16	5	0.3	185	1050	46	4	3	24	15	10	840
Sausage, Egg & Cheese	242	530	26	9	0.3	205	1350	45	4	3	30	15	15	1060
Breakfast B.M.T.® Melt**	238	520	25	9	0.5	210	1420	47	4	3	28	15	15	1040
Mega Melt**	251	570	29	11	0.3	215	1510	45	4	4	33	15	15	1140
Steak, Egg & Cheese**	228	460	18	6	0.5	195	1160	46	4	4	29	15	15	920
Sunrise Subway Melt®**	295	500	20	7	0.3	210	1470	49	5	5	33	15	15	1000
Turkey, Egg & Cheese**	223	430	16	5	0.3	190	1110	46	4	4	26	15	15	860

Breakfast Sandwiches (Alberta Only)														
Bacon, Egg & Cheese on English Muffin	109	210	5	2	0.2	60	530	27	3	2	13	6	10	420
Egg & Cheese on English Muffin	105	190	4	2	0.2	55	450	26	3	2	12	6	10	380
Ham, Egg & Cheese on English Muffin	119	210	4	2	0.2	60	560	27	3	2	13	6	10	420
Sausage, Egg & Cheese on English Muffin	190	400	20	8	0.2	105	1230	28	3	3	26	6	15	800
Bacon, Egg & Cheese on Flatbread	194	400	13	5	0.4	125	830	44	5	3	26	10	15	800
Egg & Cheese on Flatbread	186	350	10	4	0.4	115	670	44	5	3	22	10	15	700
Ham, Egg & Cheese on Flatbread	214	380	11	5	0.4	125	880	46	5	3	26	10	15	760
Sausage, Egg & Cheese on Flatbread	271	560	27	10	0.4	165	1450	45	5	4	37	15	20	1120

Pizza														
Cheese	292	680	22	10	0	60	1120	90	2	8	13	50	35	
Bacon	315	760	28	13	0.1	80	1370	91	2	8	20	40	35	
Meatball**	329	780	29	13	0.5	80	1330	93	3	8	19	40	35	
Pepperoni	322	800	32	15	0.4	80	1390	90	2	8	20	40	35	
Sausage**	335	820	34	15	0.1	90	1460	91	2	8	21	50	35	

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Serving Size (g)	6" Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium % DV	Iron % DV	12" Calories

## Salads

Salads														
Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.														
Black Forest Ham	344	110	3	1	0	20	500	15	4	6	10	6	10	
Oven Roasted Chicken	351	130	2.5	0.5	0	45	270	11	4	6	16	6	10	
Roast Beef	344	120	3	1	0	20	480	13	4	7	11	4	15	
Subway Club®	358	130	3	0.5	0	25	590	14	4	7	13	6	10	
Sweet Onion Chicken Teriyaki (includes sweet onion sauce)	408	220	3	0.5	0	50	640	32	4	22	17	6	15	
Turkey Breast	344	110	2.5	0.4	0	20	490	14	4	7	11	6	10	
Veggie Delite®	287	60	1	0.2	0	0	75	11	4	6	3	4	8	
Chicken & Bacon Ranch Melt (includes Ranch sauce)	486	400	26	7	0.3	75	870	18	5	10	26	15	15	
Cold Cut Combo	345	260	19	6	0.1	40	720	12	1	6	9	4	10	
Italian B.M.T.®	338	240	15	5	0.3	45	940	12	1	6	11	4	10	
Meatball Marinara	330	290	17	7	1	40	840	20	3	9	14	8	15	
Pizza Sub Melt	265	260	19	8	0.4	50	1010	11	1	6	10	10	10	
Steak & Cheese	286	200	9	4	0.4	45	840	10	0	6	17	8	10	
Tuna	348	310	24	3.5	0.3	45	430	10	1	6	13	4	15	

Salad Dressing (amount mixed into salad)														
Chipotle Southwest	28	130	13	2	0	10	170	2	0	1	0	2	0	
House Sandwich Sauce	28	150	15	2.5	0.2	0	250	2	0	1	0	0	0	
Ranch	28	150	15	2.5	0.2	15	300	2	0	1	0	0	0	
Sweet Onion Sauce	36	60	0	0	0	0	150	16	0	14	0	0	2	

## Side Items

Cookies, Desserts & Sides													
Chocolate Chip Cookie**	45	210	10	5	0.1	10							