



Subway Nutrition Information Jan 2025

MED

	Values Per Portion										Values Per 100g									
	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Subs (15 cm)																				
Meatball Marinara	306	2003	479	20	9	52	8	13	25	2	100	654	156	6	3	17	2	4	8	1
BBQ Pork	257	2041	473	20	7	51	5	17	21	2	100	794	184	8	3	20	2	7	8	1
BBQ Rotisserie-Style Chicken	221	2064	495	20	9.7	46	11	2.1	33	3	100	934	224	9	4	21	5	1	15	1.2
Italian B.M.T	221	1664	398	16	7	41	5	7	21	2	100	753	180	7	3	19	2	3	10	1
Chicken Breast	213	1169	280	3	1	41	4	7	22	1	100	549	131	1	1	19	2	3	10	1
Chicken Tikka	197	1122	269	3	1	41	5	6	19	1	100	569	136	2	1	21	3	3	10	0
Taco Beef Fiesta	279	2432	527	30	8	53	5	8	19	3	100	872	189	11	3	19	2	3	7	1
Tuna	231	1518	363	12	2	42	4	7	21	2	100	657	157	5	1	18	2	3	9	1
Vegan Patty	242	1545	369	10	3	48	8	8	21	2	100	638	153	4	1	20	3	3	9	1
Ham	199	1126	269	4	2	41	5	7	17	1	100	566	135	2	1	21	2	3	9	1
Turkey	214	1148	274	3	1	40	5	7	20	2	100	536	128	2	1	19	2	3	9	1
Chicken Teriyaki	231	1251	299	4	2	44	5	9	22	1	100	541	129	2	1	19	2	4	9	1
Rotisserie-Style Chicken	184	1167	314	9	1	37	3	6	20	1	100	634	171	5	0	20	1	3	11	1
Spicy Italian	205	1724	412	19	8	41	5	6	18	2	100	841	201	9	4	20	2	3	9	1
Steak and Cheese	225	1398	333	8	4	45	5	9	21	2	100	621	148	3	2	20	2	4	9	1
Seafood Sensation	238	1455	348	9	1	49	7	7	14	2	100	611	146	4	1	20	3	3	6	1
Veggie Delite	169	1089	260	6	3	40	4	6	11	1	100	644	154	4	2	24	3	4	7	1
T.L.C Teriyaki	226	1347	322	5	1	49	6	9	18	2	100	596	142	2	1	22	3	4	8	1
Sub Tortilla v Bacon	132	1362	326	11	5	39	4	5	18	2	100	1032	247	8	4	30	3	4	13	1
Sub Tortilla v Jamón	151	1352	323	9	4	39	4	5	20	2	100	894	214	6	3	26	3	3	13	1
SubMelts																				
Supreme Steak & Cheese	199	1891	441	19	7	43	3	9	24	2	100	950	222	9	3	22	1	4	12	1
Master BMT	207	2196	515	26	11	43	3	9	28	3	100	1061	249	13	5	21	1	4	13	1
Tripe Cheese Melt	155	1598	372	14	8	43	2	11	7	1	100	1031	240	9	5	28	2	7	11	1
BBQ Chicken & Bacon SubMelt	210	1881	441	16	7	43	3	10	31	2	100	896	210	8	3	20	1	5	15	1
Daily Deals/Saver Subs																				
Veggie Guacamole	165	1613	341	18	4	42	3	7	11	1	100	978	207	11	2	26	2	4	6	1
BLT	147	1269	303	13	3	34	3	7	14	2.0	100	863	206	9	2	23	2	5	10	1
Chipotle Chicken Bites	72	711	180	8	1	14	1	1	11	1.0	100	987	250	12	2	20	1	1	15	1
Taco Beef	203	1750	407	18	5	46	4	7	16	2.0	100	862	201	9	3	22	2	3	8	1
Salads																				
T.L.C Teriyaki Salad	290	563	133	2	0	10	7	5	15	1	100	194	46	1	0	4	2	2	5	0
Caesar Salad	179	815	195	6	3	3	0	3	31	2	100	456	109	4	2	2	0	1	17	1
Snacks																				
Nacho Chicken Bites (4 pieces)	72	711	180	8	1	14	1	1	11	1	100	987	250	12	2	20	1	1	15	1
Loaded Nachos	206	923	219	28	6	44	4	7	9	2	100	448	106	14	3	21	2	3	4	1
Waffle Fries	172	2015	369	22	2.3	36	6.2	1.9	4.4	2	100	1172	214	13	1.4	21	1.1	3.6	2.6	1
Croissant	602	949	227	13	9	20	1.5	3.6	5.6	0.5	100	1581	378	22	15	34	2.5	5.9	9.4	0.9
Croissant Ham & Cheese	102	1335	319	19	12	21	2	4	15	1	100	1309	313	19	12	21	2	4	14	1
Pepperoni & Cheese Footlong Dipper	137	1812	433	19	7	49	4	3	15	2	100	1323	316	14	5	36	3	2	11	2
Turkey & Cheese Footlong Dipper	157	1665	398	13	5	49	4	4	19	2	100	1060	253	8	3	31	3	2	12	2
Cheesy Footlong Dipper	131	1684	403	16	7	49	4	4	14	2	100	1286	307	12	6	37	3	3	10	2
Taco Beef Dipper	154	1798	430	17	7	53	5	3	15	2	100	1168	279	11	4	34	3	2	10	1
Footlong Nachos (Tex Mex)	122	1915	458	33	8.8	29	4	2.9	10	3	100	1570	375	27	7.2	24	3.2	2.4	8.3	2.1
Footlong Nachos (Chilli)	160	1467	351	21	7.6	30	6.3	3.4	11	2	100	917	219	13	4	19	3.9	2.1	6.7	1.4
Footlong Loaded Taco Beef Nachos (Tex)	178	2381	569	40	12	36	4	3.9	16	3	100	1337	320	22	6.6	20	2.2	2.2	8.8	1.8
Footlong Loaded Taco Beef Nachos (Chilli)	216	1932	462	27	10	37	6.3	4.4	16	3	100	895	214	13	4.8	17	2.9	2.1	7.6	1.4
Desserts																				
Footlong Cookie	265	5623	1344	68	33	164	6	94	15	2	100	2122	507	26	13	62	2	36	6	1
Chocolate Chip Cookie	45	894	214	9.8	5	28	1.5	2.2	0.1		100	1987	475	22	11	63	40	3.4	4.9	0.3
Raspberry Cheesecake Cookie	45	871	208	9.6	5.4	27	1.6	0.2	2.5	0.3	100	1989	478	22	13	64	43	2.4	5.1	1.1
Cookie with white chocolate with	45	900	215	10	5.1	27	1.6	0.5	2.3	0.4	100	2022	483	25	13	59	37	4.9	4.4	0.6
Double Chocolate Cookie Vegan	46	920	220	11	5.7	27	1.7	2.2	2	0.3	100	1936	463	21	12	61	36	0.5	5.5	0.7
Glazed Donut	49	842	201	12	5.4	20	1	6.9	3.5	0.5	100	1719	411	24	11	41	14	2	7.2	1.1