

Subway® Nutrition Facts-Australia

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein(g)	Total Fat (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Sodium (mg)
Subway® 6-inch Sandwiches with 6 grams of Fat or Less Values include white or wheat bread, lettuce, tomatoes, onions, capsicum, pickles & olives.									
Ham	209	1170	279	16.5	4.7	1.6	41.1	5.1	1150
Roast Beef	208	1150	274	16.2	4.7	1.5	40.4	3.2	1110
Roasted Chicken	223	1280	306	23.6	5.1	1.5	39.9	3.6	708
Turkey	203	1160	276	15.0	5.6	1.7	40.1	3.5	980
Turkey & Ham	207	1160	278	15.9	5.1	1.6	40.6	4.5	1080
Subway Club™	221	1210	290	17.9	5.4	1.7	41.0	4.2	1230
Sweet Onion Chicken Teriyaki	266	1540	368	22.9	5.4	1.7	55.2	15.7	1460
Veggie Delite™	159	958	229	8.8	3.7	1.1	38.7	3.2	545
Subway® 6-inch Sandwiches Values include white or wheat bread, lettuce, tomatoes, onions, capsicum, pickles, olives and cheese.									
Cheese Steak	235	1510	360	20.5	11.5	5.9	41.2	3.9	1110
Chicken & Bacon Ranch	276	1890	451	28.5	18.4	6.0	41.6	4.2	1590
Chicken Fillet	231	1644	393	21.6	14.8	7.6	42.0	3.3	1123
Chicken Parmigiana	296	1940	464	26.5	18.2	9.3	48.0	8.3	1330
Chipotle Southwest Cheese Steak	256	1860	444	21.1	19.6	7.2	43.4	5.3	1290
Italian BMT™	228	1820	435	22.6	19.5	8.5	40.9	4.4	1550
Meatball Marinara	331	2080	496	22.6	21.2	9.9	53.5	12.3	1440
Spicy Italian	231	2120	508	25.0	27.0	11.0	41.0	4.0	1640
Tuna	242	1660	398	20.1	16.8	5.2	40.4	3.6	998
Subway Melt™	238	1530	365	21.6	11.9	5.6	41.4	5.2	1460
Deli Style Sandwiches Values include deli roll, lettuce, tomatoes, onions, capsicum, pickles and olives.									
Ham	145	920	220	11.8	3.5	1.2	34.2	3.6	718
Roast Beef	145	909	217	11.6	3.5	1.1	33.9	2.4	694
Tuna (includes cheese)	164	1240	297	14.2	11.3	4.2	33.8	2.7	698
Turkey	142	913	218	10.9	4.0	1.2	33.7	2.6	556
Wraps Values include wrap, lettuce, tomatoes, onions, capsicum, cucumbers and olives.									
Chicken & Bacon Ranch (includes cheese)	260	1890	453	40.0	23.0	8.0	9.8	2.4	1840
Tuna (includes cheese)	209	1450	347	26.4	17.9	4.7	8.4	1.6	1300
Turkey	164	916	219	20.4	6.4	1.1	7.8	1.4	1220
Turkey & Bacon Melt (w/ Chipotle Sauce)	234	1850	442	31.9	25.0	8.8	11.0	3.9	1674
Salads Values do not include salad dressing.									
Roasted Chicken	378	563	135	16.7	2.4	0.6	8.8	5.1	531
Subway Club™	381	533	127	12.9	3.1	0.9	9.6	5.8	759
Tuna	396	956	228	14.3	14.3	4.3	8.9	5.5	532
Veggie Delite™	314	250	60	3.0	1.2	0.2	7.1	5.1	79
Cookies									
Anzac	40	707	169	2.5	9.5	6.5	21.2	11.3	81
Double Chocolate Chip	37	689	165	2.2	7.7	5.0	21.4	8.2	61
M&M	40	711	170	2.0	7.4	4.8	24.4	11.9	69
Oat & Raisin	40	707	169	2.0	7.6	4.8	23.4	13.6	71
Peanut Butter	40	740	177	2.7	8.9	4.7	22.2	11.7	29
White Chip Macadamia Nut	37	860	206	0.9	12.9	6.7	21.5	13.5	87
Breads									
White Bread*	70	896	214	7.9	3.2	1.1	37.9	1.5	364
Wheat Bread*	70	868	207	8.1	3.2	1.0	36.0	1.3	385

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Parmesan Oregano Bread*	74	961	230	9.2	4.2	1.6	38.3	1.9	398
Honey Oat*	81	1050	251	9.6	4.1	1.1	43.6	5.7	405
Italian Herbs & Cheese*	81	1090	260	11.1	6.7	3.2	38.8	1.9	447
Deli Style Roll	60	744	178	6.9	2.6	0.8	31.3	1.3	264
Carb Conscious Wrap	70	690	165	14.6	4.5	0.5	5.0	0.0	741
Sandwich & Salad Condiments (amount on Subway® 6-inch Sandwich)									
Bacon (2 strips)	20	188	45	3.4	3.2	1.4	0.8	0.7	184
Cheddar Cheese	11	177	42	2.3	3.7	2.6	0.0	0.0	200
Honey Mustard Sauce (21 ml)	21	141	34	0.3	0.3	0.0	7.4	6.0	129
Sweet Onion Sauce (21 ml)	21	156	37	0.1	0.1	0.0	8.6	7.8	85
Chipotle Southwest Sauce (21 ml)	21	349	83	0.6	8.1	1.3	2.1	1.5	181
Mayonnaise (15 ml)	15	184	44	0.1	4.6	0.7	0.6	0.0	66
Ranch Dressing	21	250	60	0.3	6.6	0.5	0.4	0.2	208
Thousand Island (21 ml)	21	339	81	0.2	6.8	0.7	5.3	4.9	165
<p>*Subway® 6-inch Breads A 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 #16. 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. Revised June 2005.</p>									