

# Subway® Nutrition Facts-CANADA

Revised May 2010



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
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## SANDWICHES

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

Black Forest Ham	226	280	36	4	1	0	25	980	48	5	6	16	8	20	6	15
Oven Roasted Chicken	233	310	40	4.5	1.5	0	40	700	48	5	7	22	8	20	4	15
Roast Beef	226	280	35	3.5	1	0	20	970	46	5	5	18	8	20	4	20
Subway Club™	240	290	35	3.5	1	0	25	1060	48	5	6	19	8	21	6	20
Sweet Onion Chicken Teriyaki	276	370	40	4.5	1	0	40	1260	61	6	17	24	8	25	6	20
Turkey Breast	226	282	25	3	0.5	0	20	900	48	5	6	17	8	20	6	20
Turkey Breast & Black Forest Ham	236	290	30	3.5	1	0	25	1020	49	5	6	18	8	20	6	20
Veggie Delite™	169	230	20	2.5	0.5	0	0	410	45	5	5	9	8	20	4	15

**Flatbread Sandwiches with 7 grams of Fat or Less** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Black Forest Ham	242	310	60	7	1.5	0	25	1050	47	3	3	17	8	20	2	15
Oven Roasted Chicken	249	340	70	7	1.5	0.2	40	770	48	3	4	22	8	20	2	16
Roast Beef	242	310	60	7	1.5	0	20	1040	46	3	3	18	8	20	3	20
Subway Club™	256	320	60	7	1.5	0	30	1140	48	3	3	19	8	20	4	20
Sweet Onion Chicken Teriyaki	291	400	70	7	1.5	0	40	1340	60	3	14	24	8	25	4	20
Turkey Breast	242	312	50	6	1.0	0	20	970	48	3	4	17	8	20	4	20
Turkey Breast & Black Forest Ham	251	320	60	6	1	0	25	1090	48	3	3	18	8	20	4	20
Veggie Delite™	185	260	45	5	1	0	0	490	45	3	3	9	8	20	2	16

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

Chicken & Bacon Ranch	277	510	200	23	7	0.5	65	1310	48	6	7	30	8	20	15	20
Chicken Pizziola	291	450	130	15	6	0.3	65	1590	51	6	8	29	15	25	15	20
Cold Cut Combo	252	480	230	24	9	0.2	50	1220	49	6	6	19	9	20	15	20
Italian BMT®	245	450	180	20	8	0.5	55	1610	48	5	6	22	9	20	10	15
Meatball Marinara	379	580	201	22	9	1	40	1520	71	9	16	24	35	45	20	25
Pizza Sub	256	490	210	24	10	0.5	50	1740	52	6	9	21	16	25	20	15
Spicy Italian	240	520	250	28	11	1	65	1830	48	6	7	22	10	20	10	15
Steak & Cheese	252	380	90	10	4	0.4	50	1220	50	6	7	26	9	20	10	20
Subway Melt™	255	370	90	10	4	0.2	45	1360	49	5	7	23	9	20	10	20
Tuna	252	532	270	30	6	0.5	45	920	46	5	5	21	8	20	10	20

**Mini Subs** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

Black Forest Ham	138	180	20	2.5	0.5	0.0	10	560	31	3	4	9	6	15	4	10
Roast Beef	148	190	20	2.5	0.5	0.0	15	650	31	3	4	12	6	15	4	15
Tuna (includes cheese)	157	320	150	17	4.5	0.4	25	630	31	3	4	13	6	15	10	15
Turkey Breast	148	190	20	2.0	0.5	0.0	15	600	32	3	4	11	6	15	4	10

**Salads** (Values do not include salad dressing or croutons.)

Black Forest Ham	356	110	25	2.5	0.5	0	25	630	12	4	5	10	25	50	6	10
Oven Roasted Chicken Breast	364	130	25	2.5	0.5	0	40	520	10	4	4	17	25	50	6	10
Roast Beef	356	110	20	2.5	0.5	0	20	620	11	4	5	12	25	50	6	10
Subway Club®	371	120	20	2.5	0.5	0	25	710	12	4	5	13	25	50	6	10
Sweet Onion Chicken Teriyaki	406	200	30	3	1	0	40	920	25	4	16	18	25	50	8	10
Turkey Breast	356	100	15	1.5	0	0	20	550	12	4	5	11	25	50	6	10
Turkey Breast & Black Forest Ham	366	110	20	2.5	0.5	0	25	670	13	4	5	12	25	50	6	10
Veggie Delite®	300	50	10	1	0	0	0	65	10	4	4	3	25	50	6	8



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<b>Salad Dressing</b>															
Fat Free Italian	57	35	0	0	0	0	720	7	0	4	1	0	0	2	0
Ranch	57	320	310	30	6	0.5	30	560	3	0	3	1	0	0	0
House Sandwich Sauce	57	290	280	31	3.5	0	0	440	4	0	3	0	0	0	0

**BREAKFAST**

<b>Breakfast Sandwiches on English Muffin with Regular Egg</b> <i>(when made on Egg White deduct 20 cal, 2.5 g fat, and 80 mg cholesterol from below values)</i>																
Bacon & Cheese	109	190	70	7	2.5	0.1	90	530	18	5	1	14	4	0	20	8
Cheese	105	170	50	6	2	0.1	85	450	18	5	0	13	2	0	20	8
Ham & Cheese	119	180	60	6	2	0.1	95	590	18	5	0	15	2	0	20	8
Mega	138	310	170	19	7	0.1	110	790	18	5	1	18	4	0	20	10
Sausage & Cheese	134	290	160	18	7	0.1	110	710	18	5	0	16	4	0	20	10

<b>6" Breakfast Sandwiches on 9-Grain Bread</b> <i>(when made on Egg White deduct 60 cal, 6 g fat, and 165 mg cholesterol from below values)</i>																
Bacon & Cheese	186	420	150	17	6	0.3	185	1010	45	5	4	23	8	0	20	20
Cheese	177	380	130	14	5	0.3	180	860	45	5	4	20	8	0	20	20
Ham & Cheese	206	410	140	15	5	0.2	190	1140	46	5	4	24	8	0	20	20
Mega	242	670	370	41	15	0.2	225	1530	46	5	4	31	8	0	20	25
Sausage & Cheese	234	630	340	38	14	0.2	215	1370	45	5	4	27	8	0	20	20
Steak & Cheese*	220	450	150	17	6	0.4	200	1220	47	5	4	29	8	0	20	20

<b>Breakfast Sandwiches on Flatbread with Regular Egg</b> <i>(when made on Egg White deduct 60 cal, 6 g fat, and 165 mg cholesterol from below values)</i>																
Bacon & Cheese	201	450	180	20	6	0.3	185	1080	45	3	1	24	8	0	15	20
Cheese	193	410	160	17	5	0.2	180	930	44	3	1	21	8	0	15	20
Ham & Cheese	221	440	160	18	6	0.2	190	1210	45	3	1	24	8	0	15	20
Mega	258	700	390	44	16	0.2	225	1600	45	3	2	31	8	2	15	25
Sausage & Cheese	250	660	370	41	15	0.2	215	1450	45	3	1	28	8	2	15	25
Steak & Cheese	235	480	180	20	6	0.4	200	1300	47	3	2	30	8	0	15	25

<b>Breakfast Sandwiches on Wrap with Regular Egg</b> <i>(when made on Egg White deduct 60 cal, 6 g fat, and 165 mg cholesterol from below values)</i>																
Bacon & Cheese	211	520	200	23	8	0.5	185	1200	55	2	1	24	8	0	25	20
Cheese	202	480	180	20	7	0.5	180	1050	55	2	0	21	8	0	25	20
Ham & Cheese	231	500	190	21	7	0.5	190	1330	56	2	1	24	8	0	25	20
Mega	267	760	420	46	17	0.5	225	1720	56	2	1	31	8	2	25	25
Sausage & Cheese	259	720	390	43	16	1	215	1570	55	2	1	28	8	2	25	25
Steak & Cheese	245	550	200	22	8	1	200	1420	57	2	1	30	8	0	20	25

**SIDE ITEMS**

<b>Cookies, Desserts &amp; Sides</b>																
Chocolate Chip	45	210	90	10	6	0.1	15	150	30	1	18	2	6	0	0	6
Chocolate Chunk	45	220	90	10	5	0	10	100	30	1	17	2	0	0	0	6
Double Chocolate Chip	45	210	90	10	5	0.1	15	170	30	1	20	2	8	0	0	4
M & M®	45	210	90	10	5	0	10	100	32	1	18	2	0	0	2	6
Oatmeal Raisin	45	200	70	8	4	0	15	170	30	1	17	3	0	0	2	6
Peanut Butter	45	220	110	12	5	0.1	15	200	26	1	16	4	6	0	2	4
Sugar	45	220	110	12	6	0.1	15	140	28	1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0.1	15	160	29	1	18	2	6	0	2	4
Apple Pie**	82	250	90	10	4	0.1	0	195	37	2	14	0	0	0	0	6
Hash Browns, 4 pieces	74	150	80	9	1	0	0	440	17	2	0	1	0	8	0	2



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<b>Fruitle Express** (small)</b>																
Berry Lishus	369	110	0	0	0	0	0	30	28	1	27	1	0	110	0	10
Berry Lishus (with Banana)	396	140	0	0	0	0	0	30	35	2	27	1	2	120	0	10
Pineapple Delight	369	130	0	0	0	0	0	25	33	1	33	1	0	150	0	0
Pineapple Delight ( with banana)	396	160	0	0	0	0	0	25	40	2	33	1	0	150	0	0
Peach Pizzazz	341	100	0	0	0	0	0	25	26	0	26	0	2	110	0	0
Sunrise Refresher	341	120	0	0	0	0	0	20	29	1	28	1	4	210	2	0
<b>Soup** (10 fl oz/295 ml bowl)</b>																
	fl oz															
Chicken w/ White and Wild Rice	10	90	10	1	0.3	0	10	900	15	1	2	6	6	20	2	2
Chili (meat)	10	290	70	8	3.5	0	25	990	35	12	13	19	15	4	10	20
Cream of Broccoli	10	160	50	6	2.5	0	10	920	19	5	5	7	2	15	15	2
Cream of Mushroom	10	170	50	6	2.5	0	15	980	25	4	4	4	0	0	10	2
Cream of Potato with Bacon	10	250	110	12	4.5	0	30	990	30	3	3	5	2	2	10	4
Creamy Garden Cauliflower	10	140	50	6	2.5	0	10	790	15	2	5	4	2	15	8	2
Creole Chicken Gumbo	10	80	10	1	0.2	0	5	950	13	2	3	4	2	2	4	2
Italian Style Wedding	10	160	50	6	3	0.1	15	990	17	1	1	9	0	2	2	10
Minestrone	10	80	0	0	0	0	0	870	15	4	2	3	15	2	4	6
New England Clam Chowder	10	150	45	5	1	0	10	990	19	2	2	4	0	0	8	6
Roasted Chicken Noodle	10	90	10	1	0.5	0	20	920	12	2	2	7	6	0	2	4
Tomato Garden Vegetable with Rotini	10	100	0	0	0	0	0	980	22	3	9	3	15	8	6	8
Vegetable Beef	10	110	20	2	1	0	5	930	18	2	4	5	10	6	2	4
Vegetarian Vegetable	10	90	0	0	0	0	0	930	20	4	9	2	15	4	4	6
<b>BREADS &amp; CONDIMENTS</b>																
<b>Breads</b>																
6" Italian (White) Bread	71	200	20	2	0.5	0	0	390	38	1	5	7	0	0	2	15
6" 9-Grain Wheat Bread	78	210	20	2	0.5	0	0	410	41	4	3	8	0	0	4	15
6" Parmesan Oregano Bread	75	220	25	2.5	1	0	0	620	41	2	5	8	0	0	4	15
6" Honey Oat	89	260	25	3.0	1	0	0	430	49	5	8	9	0	0	4	15
6" Hearty Italian Bread**	75	220	20	2	0.5	0	0	390	41	2	5	8	0	0	2	15
6" Monterey Cheddar**	82	240	50	5	3	0.2	10	460	39	1	5	10	2	0	10	15
6" Italian Herbs & Cheese	82	250	45	5	2.5	0.1	10	590	41	2	5	10	2	0	10	15
6" Roasted Garlic**	82	230	25	2.5	1	0	0	1360	45	2	7	8	4	45	4	15
Flatbread	94	240	45	5	1.0	0	0	480	41	2	<1	8	0	0	8	15
Mini Italian Bread	47	130	15	2	0.5	0	0	260	26	1	3	5	0	0	2	10
Mini Wheat Bread	52	140	15	1	0.3	0	0	270	28	3	2	5	0	0	2	8
Wrap**	103	310	70	8	2.5	0	0	610	51	1	0	8	0	0	8	15
<b>Sandwich Condiments (amount on 6-inch sub)</b>																
Bacon (2 strips)	9	40	25	3	1	0	10	150	0	0	0	3	0	0	0	0
Chipotle Southwest Sauce	21	90	80	9	1.5	0.1	10	220	2	0	1	0	0	0	0	0
Honey Mustard Sauce, Fat Free	21	30	0	0	0	0	0	140	7	0	5	0	0	0	0	0
House Sandwich Sauce	21	110	110	12	1.5	0	0	170	1	0	1	0	0	0	0	0
Mustard yellow or deli brown (2 tsp)	10	5	0	0	0	0	0	115	1	0	0	0	0	0	0	0
Light Mayonnaise-Type Dressing (15 ml)	15	60	50	6	1	0	15	100	1	0	0	0	0	0	0	0
Mayonnaise (15 ml)	15	110	110	12	2	0.2	10	80	0	0	0	0	0	0	0	0
Ranch Dressing	21	120	120	11	2	0.2	6	210	1	0	1	0	0	0	0	0



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Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	100	9	0	8	0	0	0	0	0
<b>Vegetables</b>																
Banana Peppers (3 rings)	4	<5	0	0	0	0	0	65	0	0	0	0	4	4	0	0
Cucumbers (3 slices)	17	<5	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0
Jalapeno Peppers (3 rings)	4	<5	0	0	0	0	0	70	0	0	0	0	4	0	0	0
Lettuce	21	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	14	5	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	9	0	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Olives (3 rings)	3	<5	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0
<b>Cheese (amount on 6-inch sub, wrap or salad)</b>																
Cheddar Cheese Product, Processed	11	40	30	3	2	0.2	10	200	0	0	0	2	0	0	6	0
Feta	14	30	15	2	1.5	0	6	125	0	0	0	2	2	0	2	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0.2	15	90	0	0	0	3	4	0	10	0
Monterey Jack	11	40	30	3.5	2.5	0.2	10	80	0	0	0	3	0	0	8	0
Mozzarella, Shredded	14	40	25	3	2	0.1	9	100	0	0	0	3	2	0	9	0
Natural Cheddar	11	45	35	3.5	2.5	0.2	10	75	0	0	0	3	0	0	6	0
Swiss	14	50	35	4	3	0.2	10	45	0	0	0	4	0	0	15	0
<b>Individual Meats (amount on 6-inch sub or salad)</b>																
Chicken Patty, Roasted	64	80	20	2.0	0.5	0	40	290	3	0	2	13	0	0	0	0
Chicken Strips	64	70	15	1.5	0.5	0	40	290	0	0	0	14	0	0	2	2
Cold Cut Combo Meats	71	210	180	18	6	0	40	610	3	1	1	8	0	0	2	4
Egg Patty, Regular	85	110	70	8	2	0	165	360	3	1	0	9	4	0	6	4
Egg White Patty	85	70	20	2	0	0	0	300	3	0	0	8	0	0	20	2
Ham	57	50	14	2	0.5	0	25	560	3	0	0	7	0	0	0	2
Italian BMT® Meats	64	180	130	14	5	0	45	1000	2	0	1	11	0	0	0	2
Meatball	198	300	160	17	6	1	35	890	25	4	11	13	2	25	8	15
Roast Beef	57	50	12	1.5	0.5	0	20	560	1	0	0	9	0	0	0	4
Sausage Patty**	57	240	210	24	9	0	35	520	1	0	0	7	0	2	0	4
Seafood Sensation**	71	190	140	16	2.5	0.3	15	430	7	0	1	5	2	0	6	2
Steak (no cheese)	71	110	35	4	1.5	0	40	610	4	0	1	15	0	2	0	8
Subway Club™ Meats	71	60	10	1.5	0	0	25	650	3	0	1	10	0	0	0	4
Tuna	71	260	220	24	4	0.5	35	310	0	0	0	10	0	0	0	4
Turkey Breast	57	50	6	0.5	0	0	20	480	3	0	1	8	0	0	0	4

Nutrition information compiled 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.

\*Some sandwiches contain trans fat that is found naturally in meat and cheese. These sandwiches do not contain any artificial trans fat (partially-hydrogenated oil).

\*\*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.