

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Avocado, Smashed **	35	70	6	1	0	0	130	3	2	0	0	1	0	0	0	0
Banana Peppers (3 rings)	4	0	0	0	0	0	65	0	0	0	0	0	0	6	0	0
Cucumbers (3 slices)	14	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Green Chiles**	14	5	0	0	0	0	95	1	<1	0	0	0	0	0	0	0
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0
Jalapeno Peppers (3 rings)	4	0	0	0	0	0	70	0	0	0	0	0	0	2	0	0
Lettuce	21	0	0	0	0	0	0	0	0	0	0	2	0	0	0	0
Olives, Black (3 rings)	3	0	0	0	0	0	25	0	0	0	0	0	0	0	0	0
Onions	7	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Pickles, Crinkle (3 chips)	12	0	0	0	0	0	160	0	0	0	0	0	0	0	0	0
Spinach, Baby	7	0	0	0	0	0	5	0	0	0	0	0	15	2	0	2
Tomatoes (3 wheels)	35	5	0	0	0	0	0	1	0	1	0	0	10	6	0	0
Cheese	Amount on 6" sandwich or wrap															
American	11	40	4	2	0	10	210	1	0	0	0	2	4	0	4	0
Monterey Cheddar, Shredded	14	50	5	3	0	15	85	1	0	0	0	3	6	0	0	0
Parmesan Grated	1	5	0	0	0	0	25	0	0	0	0	1	0	0	2	0
Pepper Jack	14	50	4	3	0	15	140	0	0	0	1	3	4	4	10	0
Provolone	14	50	4	2	0	10	125	0	0	0	0	4	4	0	8	0
Individual Proteins	Amount on 6" sub or salad, double values for footlong or wrap															
All-American Club Meats (Ham, Turkey, Bacon)	72	140	8	3	0	45	650	2	0	1	1	15	0	0	0	2
Bacon (2 strips)	15	80	6	3	0	15	170	1	0	1	1	5	0	0	0	2
Black Forest Ham	57	70	2	1	0	30	490	2	0	1	1	10	0	0	0	2
Chicken Salad	149	380	31	6	0	105	800	1	0	1	1	25	0	0	0	4
Cold Cut Combo® Meats	64	110	8	1	0	45	620	1	0	1	0	9	0	0	4	4
Egg Patty	85	180	15	4	0	240	220	2	0	0	0	10	4	0	2	6
Genoa Salami (3 slices*)	18	70	6	3	0	20	260	1	0	0	0	3	0	4	0	2
Grilled Chicken	71	80	2	2	0	50	210	1	0	1	0	16	2	4	0	2
Grilled Chicken, Buffalo	99	90	2	1	0	50	900	2	0	1	0	17	15	4	0	4
Grilled Chicken, Sweet Onion Teriyaki Glazed	85	110	2	1	0	50	350	9	0	8	7	16	0	4	0	2
Meatballs	139	250	18	7	0	35	720	13	2	5	2	12	10	15	4	8
Oven Roasted Turkey	57	60	2	1	0	25	450	0	0	0	0	11	0	0	0	0
Pastrami**	57	130	10	3	0	35	470	1	0	1	0	9	2	0	0	8
Pepperoni, (3 slices)	18	80	7	3	0	20	290	1	0	0	0	3	0	4	0	2
Roast Beef	71	80	2	1	0	35	420	2	0	2	2	15	0	0	0	2
Rotisserie-Style Chicken	71	90	4	1	0	50	400	0	0	0	0	15	0	0	0	2
Steak (no cheese)	71	110	5	2	0	55	450	2	0	1	1	17	0	0	0	6
Subway Club® Meats (Turkey, Ham, Roast Beef)	92	110	3	1	0	45	690	3	0	2	2	17	0	0	0	6
Tuna	74	250	23	2	0	40	310	0	0	0	0	12	0	0	0	2
Veggie Patty**	85	170	9	1	0	0	320	17	8	2	0	6	0	0	0	0

DESSERTS & SIDES

Cookies & Desserts																
Chocolate Chip Cookie	45	210	10	5.0	0	10	120	30	<1	18	18	2	0	0	0	10
Double Chocolate Cookie	45	210	9	5.0	0	15	125	29	1	20	19	2	0	0	2	10
Oatmeal Raisin Cookie	45	200	8	4.0	0	15	110	30	1	16	10	3	0	0	2	6
Naturally Flavored Raspberry Cheesecake Cookie	45	210	9	5.0	0	15	115	29	0	16	15	2	0	0	2	6
White Chip Macadamia Nut Cookie	45	210	10	5	0	15	125	28	<1	17	17	2	0	0	2	6
Applesauce**	90	70	0	0	0	0	0	16	3	13	0	0	0	0	0	2
Hash Browns**	108	190	9	3	0	0	600	24	3	1	0	3	0	0	2	60
Subway Sidekicks																
Churro, Footlong	55	190	9	4	0	15	135	28	0	8	8	1	0	0	2	2
Cookie, Footlong Chocolate Chip	285	1330	61	32	1	95	690	181	8	101	100	14	0	0	4	50
Chicken & Cheese Dipper	148	400	13	5	0	45	960	51	2	4	2	21	8	2	10	20
Double Cheese Dipper	141	470	21	10	1	50	1030	52	2	4	2	19	20	0	15	20
Pepperoni & Cheese Dipper	136	470	22	9	0	50	1250	51	2	4	2	17	8	6	10	20
Pretzel, Footlong	107	330	10	4	0	15	1340	53	7	9	8	10	2	0	2	15
Soup** (8 oz. bowl)																
Broccoli Cheddar**	227	200	13	8	0	45	960	16	<1	7	0	9	20	15	20	2
Chicken Noodle**	227	70	3	1	0	15	1160	6	<1	1	0	7	15	2	2	0
Loaded Baked Potato with Bacon**	227	200	14	7	0	45	910	17	<1	4	0	9	10	15	10	2

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from approved food manufacturers, independent laboratories and the USDA Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly. Nutrition information for these items are based on the most common formulas and ingredients.

*Number of salami slices varies by build.

**At participating locations.

†The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.