



AUSTRALIA NUTRITION INFORMATION

Mar 2021

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per Serve										
Subway 6-Inch® Subs										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
BLT	143	1100	262	10.9	7.2	2.3	36.7	4.2	2.5	452
Buffalo Chicken	243	1240	296	23.1	4.1	1.0	41.6	7.6	4.0	1150
Chicken and Bacon Ranch Melt	277	1840	440	29.0	18.6	5.9	39.9	5.8	4.0	947
Chicken Classic	218	1460	350	18.0	11.0	3.1	43.1	5.3	3.0	809
Chicken Schnitzel	263	1810	433	29.2	13.8	2.4	46.5	5.5	3.0	616
Chicken Strips	222	1170	281	22.8	4.0	0.9	38.5	5.3	3.9	517
Chicken Teriyaki	243	1300	310	22.8	4.1	0.9	45.5	10.7	3.9	709
Italian B.M.T.®	216	1570	376	20.2	14.8	5.3	39.7	5.7	3.0	1010
Leg Ham	201	1070	256	15.5	3.8	0.9	39.2	5.9	3.0	683
Meatball Melt (with Marinara)	297	1920	458	22.0	19.4	8.3	48.3	9.9	4.4	764
Pizza Melt (with Marinara)	229	1730	415	19.9	18.2	7.6	41.4	6.6	3.5	929
Roast Beef	206	1120	267	16.6	3.8	1.0	39.2	5.7	3.0	510
Seafood Sensation™	229	1420	338	11.4	10.7	2.0	47.0	5.7	3.0	665
Steak Melt	236	1520	364	24.1	10.4	4.4	40.4	5.5	3.4	850
Smashed Falafel	233	1570	375	15.0	8.2	1.3	55.5	8.6	6.2	911
Tuna & Mayo	222	1360	325	18.6	9.9	1.7	38.9	4.7	3.0	498
Turkey	210	1100	263	17.2	3.3	0.7	39.1	5.6	3.2	548
Veggie Delite® with Avo	193	1130	271	9.5	7.6	1.0	41.4	4.7	3.0	249
Veggie Patty	248	1690	404	16.0	11.7	2.2	54.4	7.3	9.2	573
Mini Subs										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Turkey	130	695	166	10.0	2.1	0.4	25.7	3.5	2.1	315
Leg Ham	125	680	163	9.1	2.3	0.5	25.8	3.6	2.0	383
Roast Beef	136	742	177	11.1	2.5	0.7	26.0	3.8	2.0	340
Veggie Delite® with Avo	129	763	182	6.4	5.3	0.7	27.6	3.1	2.0	166
Breakfast										
Values include white bread, spinach, tomatoes, onions and capsicum										
Bacon and Egg (with cheese)	204	1660	397	20.8	17.4	7.1	38.3	4.7	2.7	643
Egg and Cheese	184	1420	340	17.8	12.4	5.1	38.1	4.4	2.7	433
Ham, Egg and Cheese	227	1600	383	24.9	13.9	5.6	39.4	5.5	2.7	868
Ham, Tomato and Cheese	183	1330	318	19.2	9.4	4.3	38.6	5.4	2.7	802
Toasties & Snacks										
Avocado Toastie	137	1310	312	9.7	12.6	1.5	42.2	2.7	1.8	239
Cheesy Garlic Toastie	123	1540	369	14.5	16.2	6.9	40.6	4.0	2.3	782
Chipotle Quesadilla	94	1150	276	8.2	18.0	6.4	20.7	1.9	1.6	513
Garlic & Herb Toastie	93	1130	271	8.2	8.4	1.5	39.4	3.8	2.1	632
Ham, Cheese & Tomato Jaffle	130	1180	281	13.2	10.9	3.8	32.1	3.5	1.9	619
Meatball Mozza Pot	194	1350	322	17.5	22.0	9.4	15.0	7.6	2.0	702
Cookies & Sides										
Chocolate Chip Cookie	45.0	955	228	2.1	10.8	5.6	31.4	19.3	1.2	165
Chocolate Chip Rainbow Cookie (except WA)	45.0	884	211	2.0	9.7	4.9	29.4	17.2	0.8	103
Chocolate Chip M&M Cookie (WA only)	45.0	891	213	2.5	9.8	5.4	28.5	16.7	0.9	172
Double Chocolate Chip	45.0	886	212	2.0	9.5	5.4	30.0	19.9	1.1	165
Raspberry Cheesecake	45.0	853	204	2.0	8.8	5.0	29.5	15.8	0.5	176
White Chip Macadamia Nut	45.0	970	232	2.1	11.5	5.7	30.7	18.9	0.7	178
Puree & Simple, Apple & Strawberry	90.0	213	51.0	0.7	0.1	0.0	10.9	10.0	1.4	11.0
Breads										
Subway 6-Inch® Wheat Bread	69.0	814	195	7.5	2.1	0.3	35.0	2.6	2.7	271
Subway 6-Inch® White Bread	67.0	817	195	7.4	2.1	0.3	35.2	2.7	1.8	239
Subway 6-Inch® Malted Rye Bread	79.0	1020	244	10.6	4.5	0.7	37.8	2.6	4.7	364
Subway 6-Inch® Italian Herbs & Cheese	78.4	976	233	9.4	4.5	2.0	37.4	2.8	2.1	424
Mini Wheat Bread	46.0	542	130	5.0	1.4	0.2	23.3	1.7	1.8	181
Mini White Bread	44.6	544	130	5.0	1.4	0.2	23.4	1.8	1.2	159
Wrap (regular)	75.0	908	217	6.1	4.9	2.0	35.5	0.9	2.3	542
Wrap (large)	85.0	1080	258	7.1	6.5	3.5	41.3	1.1	1.8	429
Wrap, Gluten Free *	85.0	876	209	4.2	4.6	0.6	35.6	1.4	3.8	310
Wrap, Multigrain	75.0	885	212	7.3	4.7	2.0	33.2	1.6	3.6	416
Meat, Poultry & Seafood										
(Amount on Subway 6-Inch® sub)										
Bacon, Smoky	20.0	240	57.4	3.0	5.0	2.0	0.2	0.2	0.0	210
Buffalo Chicken	85.0	348	83.2	14.7	1.8	0.6	3.7	2.9	1.0	900
Chicken Classic	60.0	574	137	9.6	8.7	2.7	5.2	0.6	0.0	560
Chicken Teriyaki	85.0	408	97.5	14.4	1.8	0.6	7.6	5.9	0.9	460
Carved Turkey	50.0	247	58.9	12.1	1.1	0.4	0.3	0.3	0.0	337
Chicken Strips	64.0	285	68.2	14.4	1.7	0.6	0.6	0.5	0.9	269
Chicken Schnitzel	105	923	221	20.8	11.4	2.0	8.6	0.7	0.0	368
Diced Steak	64.0	443	106	12.8	4.5	1.5	2.0	0.7	0.3	531
Falafel	75.0	682	163	6.6	5.9	1.0	17.6	3.8	3.2	662
Leg Ham	43.0	181	43.4	7.1	1.5	0.6	1.3	1.1	0.0	434

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per Serve										
Meatball Marinara	125	834	199	10.7	13.4	5.4	9.8	5.1	1.3	446
Pepperoni	18.0	297	71.0	4.1	5.9	2.3	0.6	0.2	0.0	270
Poached Egg	44.0	275	65.6	5.6	4.4	1.3	0.8	0.2	0.0	66.0
Roast Beef	48.0	229	54.8	8.3	1.5	0.7	1.2	1.0	0.0	261
Salami	18.0	297	71.0	4.1	5.9	2.3	0.6	0.2	0.0	270
Seasfood Sensation™	71.0	528	126	3.0	8.4	1.6	9.1	0.9	0.0	416
Sliced Turkey	52.0	210	50	8.8	1.0	0.3	1.2	0.8	0.3	300
Tuna & Mayo	64.0	471	113	10.2	7.6	1.3	1.0	0.0	0.0	249
Veggie Patty	90.0	803	192	7.6	9.4	1.8	16.5	2.5	6.2	324
Toppings (Amount on Subway 6-Inch® sub)										
Bacon, Smoky	20.0	240	57.4	3.0	5.0	2.0	0.2	0.2	0.0	210
Blue Cheese Dressing	15.0	268	64.2	0.3	6.5	0.6	1.3	0.8	0.1	180
Chipotle Southwest Sauce	21.0	389	92.9	0.6	10.1	1.6	1.2	0.9	0.0	134
Cranberry Relish	21.0	100	24.0	0.0	0.1	0.0	5.6	4.8	0.3	23.5
Garlic Aioli	21.0	246	58.7	0.3	5.8	0.9	1.6	1.0	0.0	187
Habanero Hot Sauce	15.0	82.5	19.7	0.1	0.0	0.0	4.6	3.7	0.1	320
Honey Mustard Sauce	21.0	124	29.6	0.3	0.3	0.0	6.5	4.4	0.0	94.5
Mayonnaise	15.0	184	43.9	0.1	4.6	0.7	0.6	0.0	0.0	65.8
Marinara	21.0	59.9	14.3	0.3	0.5	0.1	1.8	1.4	0.4	70.4
Pineapple (Selected Locations Only)	20.0	50.2	12.0	0.1	0.0	0.0	3.6	3.2	0.2	1.5
Ranch Dressing	21.0	235	56.2	0.3	6.0	0.5	0.6	0.2	0.0	149
Smoky BBQ Sauce	21.0	131	31.3	0.2	0.2	0.2	7.5	5.7	0.2	172
Sweet Chili Sauce	21.0	165	39.5	0.0	0.1	0.0	9.6	9.1	0.0	185
Sweet Onion Sauce	21.0	155	38.6	0.1	0.1	0.0	9.1	7.9	0.1	73.5
Thousand Island Dressing	21.0	298	71.3	0.2	5.7	0.9	5.0	4.3	0.1	94.5
Tomato Sauce	21.0	96.6	23.1	0.2	0.0	0.0	5.1	4.8	0.0	184
Tzatziki	15.0	165.0	39.4	0.3	3.8	0.6	1.3	0.9	0.0	88
Cheese (Amount on Subway 6-Inch® sub)										
Mozzarella Cheese	14.0	192	45.8	2.9	3.6	2.5	0.6	0.1	0.1	70.0
Natural Cheddar	17.0	280	67.0	4.0	5.7	3.4	0.2	0.2	0.0	121
Old English Style Processed Cheese	11.4	161	38.4	2.3	3.0	2.1	0.6	0.3	0.0	217
Vegetables (Amount on Subway 6-Inch® sub)										
Avocado	35.0	244	58.3	1.2	5.3	0.6	3.5	0.0	0.0	0.0
Beetroot (Selected Locations Only)	21.0	49.3	11.8	0.2	0.0	0.0	2.5	2.3	0.5	52.5
Capsicum (3 strips)	7.0	5.9	1.4	0.1	0.0	0.0	0.2	0.2	0.1	0.2
Carrots	7.0	12.0	2.9	0.1	0.0	0.0	0.5	0.3	0.2	4.8
Cucumbers (3 slices)	14.0	8.8	2.1	0.1	0.0	0.0	0.4	0.2	0.1	0.3
Jalapeno (3 rings)	4.0	6.7	1.6	0.1	0.0	0.0	0.2	0.2	0.1	67.6
Lettuce	21.0	12.3	2.9	0.2	0.0	0.0	0.4	0.4	0.3	2.1
Onions	7.0	11.7	2.8	0.1	0.0	0.0	0.5	0.3	0.1	0.3
Olives (3 rings)	3.0	16.1	3.8	0.0	0.3	0.1	0.2	0.0	0.1	26.4
Pickles (3 wheels)	9.5	5.9	1.4	0.0	0.0	0.0	0.2	0.0	0.1	114
Pineapple (Selected Locations Only)	20.0	50.2	12.0	0.1	0.0	0.0	3.6	3.2	0.2	1.5
Spinach	7.0	6.4	1.5	0.2	0.0	0.0	0.2	0.0	0.2	5.5
Sundried Tomatoes (3 pieces)	6.6	65.1	15.6	0.4	1.1	0.1	1.0	0.6	0.5	99
Tomatoes (3 wheels)	35.0	26.4	6.3	0.3	0.1	0.0	0.9	0.9	0.4	1.8
Seasonings (Amount on Subway 6-Inch® sub)										
Pepper	1.0	12.1	2.9	0.0	0.0	0.0	0.4	0.0	0.0	0.3
Salt	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	391
Gluten Free Range * (Select Locations Only)										
Gluten Free White Bread *	125	1530	364	3.5	13.0	1.1	56.6	2.4	2.8	436
Promotional Items										
Subway 6-Inch® Chicken Satay Sub** (selected locations only)	229	1310	313	23.0	4.7	1.3	44.7	9.9	4.2	777
Chicken Satay Mix ** (Subway 6-Inch® portion) (selected locations only)	85	423	101	14.7	2.4	1.0	6.7	5.2	1.3	526
Spicy Mayonnaise	15	158	37.6	0.2	7.4	0.6	1.7	1.4	0.1	153

Nutrition information compiled by a Registered Dietitian using nutrition analysis from approved food manufacturers, an independent laboratories and the USDA National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Double values for approximate Subway Footlong® sub nutrition values.

*Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website - www.subway.com.au for more information.

** Our satay sauce is not made with peanuts. If you have food allergies, sensitivities or special dietary requirements please visit our website www.subway.com.au for more information.



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	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per 100g										
Subway 6-Inch® Subs										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
BLT	100	769	183	7.7	5.1	1.6	25.7	3.0	1.7	316
with Blue Cheese Dressing	100	510	122	9.5	1.7	0.4	17.1	3.1	1.6	473
Chicken and Bacon Ranch Melt	100	664	159	10.5	6.7	2.1	14.4	2.1	1.5	342
Chicken Classic	100	670	160	8.2	5.0	1.4	19.8	2.4	1.4	371
Chicken Schnitzel	100	688	165	11.1	5.2	0.9	17.7	2.1	1.1	234
Chicken Strips	100	527	126	10.3	1.8	0.4	17.4	2.4	1.7	233
Chicken Teriyaki	100	535	128	9.4	1.7	0.4	18.7	4.4	1.6	292
Italian B.M.T.®	100	729	175	9.4	6.9	2.5	18.4	2.6	1.4	469
Leg Ham	100	532	127	7.7	1.9	0.5	19.5	2.9	1.5	340
Meatball Melt (with Marinara)	100	646	154	7.4	6.5	2.8	16.3	3.3	1.5	257
Pizza Melt (with Marinara)	100	755	181	8.7	8.0	3.3	18.1	2.9	1.5	406
Roast Beef	100	544	130	8.1	1.8	0.5	19.0	2.8	1.4	247
Seafood Sensation™	100	620	148	5.0	4.7	0.9	20.5	2.5	1.3	290
Steak Melt	100	644	154	10.2	4.4	1.9	17.1	2.3	1.4	360
Smashed Falafel	100	674	161	6.4	3.5	0.6	23.8	3.7	2.7	391
Tuna & Mayo	100	613	146	8.4	4.5	0.7	17.5	2.1	1.3	224
Turkey	100	524	125	8.2	1.6	0.3	18.6	2.7	1.5	261
Veggie Delite® with Avo	100	585	140	4.9	3.9	0.5	21.5	2.5	1.5	129
Veggie Patty	100	681	163	6.4	4.7	0.9	21.9	2.9	3.7	231
Mini Subs										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Turkey	100	536	128	7.7	1.6	0.3	19.9	2.7	1.6	243
Leg Ham	100	544	130	7.3	1.8	0.4	20.6	2.9	1.6	306
Roast Beef	100	547	131	8.2	1.9	0.5	19.1	2.8	1.4	251
Veggie Delite® with Avo	100	594	142	5.0	4.1	0.5	21.5	2.4	1.5	129
Breakfast										
Values include white bread, spinach, tomatoes, onions and capsicum										
BBQ Bacon and Egg (with cheese)	100	814	195	10.2	8.5	3.5	18.8	2.3	1.3	315
Egg and Cheese	100	772	185	9.7	6.7	2.8	20.7	2.4	1.4	236
Ham, Egg and Cheese	100	705	169	11.0	6.1	2.5	17.4	2.4	1.2	382
Ham, Tomato and Cheese	100	727	174	10.5	5.2	2.4	21.1	2.9	1.5	438
Toasties & Snacks										
Avocado	100	956	228	7.1	9.2	1.1	30.8	2.0	1.3	174
Cheesy Garlic	100	1250	300	11.8	13.1	5.6	33.0	3.2	1.9	636
Chipotle Quesadilla	100	1220	293	8.8	19.2	6.8	22.0	2.1	1.7	546
Garlic & Herb	100	1220	291	8.8	9.0	1.6	42.4	4.1	2.2	680
Ham, Cheese & Tomato Jaffle	100	910	217	10.1	8.4	2.9	24.7	2.7	1.5	477
Meatball Mozza Pot	100	700	166	9.0	11.3	4.8	7.7	3.9	1.0	362
Cookies & Sides										
Chocolate Chip Cookie	100	2120	507	4.7	23.9	12.4	69.8	42.9	2.7	367
Chocolate Chip Rainbow Cookie	100	1960	469	4.4	21.6	10.8	65.4	38.3	1.8	230
Chocolate Chip M&M Cookie	100	1980	473	5.6	21.7	12.0	63.4	37.2	2.0	382
Double Chocolate Chip	100	1970	471	4.4	21.1	12.0	66.8	44.3	2.5	367
Raspberry Cheesecake	100	1900	453	4.4	19.6	11.1	65.5	35.2	1.1	390
White Chip Macadamia Nut	100	2160	515	4.6	25.5	12.6	68.3	42.1	1.6	395
Puree & Simple, Apple & Strawberry	100	237	56.7	0.8	0.1	0.0	12.1	11.1	1.6	12.2
Breads										
Subway® Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
Subway® White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
Subway® Malted Rye Bread	100	1290	308	13.5	5.7	0.9	47.9	3.3	5.9	461
Subway® Italian Herbs & Cheese	100	1240	297	12.0	5.8	2.5	47.6	3.6	2.6	541
Mini Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
Mini White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
Wrap (regular)	100	1210	289	8.1	6.5	2.7	47.3	1.2	3.0	722
Wrap (large)	100	1270	304	8.4	7.7	4.1	48.6	1.3	2.1	505
Wrap, Gluten Free *	100	1030	246	4.9	5.4	0.7	41.9	1.7	4.5	365
Wrap, Multigrain	100	1180	282	9.7	6.2	2.7	44.3	2.1	4.8	555
Meat, Poultry & Seafood										
Bacon, Smoky	100	1200	287	15.0	25.0	10.0	1.2	1.2	0.1	1050
Buffalo Chicken	100	410	97.9	17.3	2.2	0.7	4.3	3.4	1.2	1060
Chicken Classic	100	957	229	16.0	14.5	4.5	8.7	1.0	0.0	934
Chicken Teriyaki	100	480	115	16.9	2.1	0.7	8.9	7.0	1.1	542
Carved Turkey	100	493	118	24.2	2.2	0.7	0.5	0.5	0.0	674
Chicken Strips	100	446	107	22.5	2.6	0.9	1.0	0.8	1.4	420
Chicken Schnitzel	100	879	210	19.8	10.9	1.9	8.2	0.7	0.0	350
Diced Steak	100	692	165	20.0	7.0	2.4	3.1	1.1	0.4	830
Falafel	100	910	217	8.8	7.9	1.3	23.5	5.1	4.3	883
Leg Ham	100	422	101	16.5	3.5	1.3	3.1	2.6	0.0	1010

	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per 100g										
Meatball Marinara	100	668	160	8.6	10.8	4.3	7.9	4.1	1.0	357
Pepperoni	100	1650	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Poached Egg	100	624	149	12.8	10.1	3.0	1.9	0.4	0.0	150
Roast Beef	100	478	114	17.2	3.1	1.4	2.6	2.1	0.0	544
Salami	100	1650	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Seasfood Sensation™	100	740	178	4.3	11.8	2.3	12.8	1.3	0.0	590
Sliced Turkey	100	400	97	17.0	2.0	0.6	2.3	1.6	0.5	580
Tuna & Mayo	100	737	176	16.0	11.9	2.0	1.6	0.0	0.0	389
Veggie Patty	100	892	213	8.4	10.4	2.0	18.3	2.8	6.9	360
Toppings										
Bacon, Smoky	100	1200	287	15.0	25.0	10.0	1.2	1.2	0.1	1050
Blue Cheese Dressing	100	1790	428	1.9	43.3	4.3	8.7	5.4	0.5	1200
Chipotle Southwest Sauce	100	1850	442	2.9	48.0	7.7	5.6	4.4	0.0	636
Cranberry Relish	100	478	114	0.2	0.3	0.1	26.6	22.9	1.4	112
Garlic Aioli	100	1170	280	1.4	27.5	4.2	7.6	4.7	0.0	890
Habanero Hot Sauce	100	550	131	0.6	0.3	0.1	30.8	24.6	0.6	2130
Honey Mustard Sauce	100	590	141	1.3	1.3	0.1	30.8	20.9	0.0	450
Mayonnaise	100	1220	293	0.9	30.5	4.9	4.3	0.0	0.0	439
Marinara	100	285	68.1	1.6	2.5	0.3	8.4	6.9	2.0	335
Pineapple	100	251	60	0.4	0.0	0.0	18.0	16.0	1.0	7.5
Ranch Dressing	100	1120	268	1.4	28.4	2.4	2.8	1.0	0.0	710
Smoky BBQ Sauce	100	623	149	0.8	1.0	1.0	35.8	27.2	0.9	819
Sweet Chili Sauce	100	786	188	0.2	0.3	0.1	45.7	43.1	0.0	880
Sweet Onion Sauce	100	738	184	0.5	0.6	0.1	43.5	37.8	0.4	350
Thousand Island Dressing	100	1420	339	0.8	27.1	4.3	23.9	20.5	0.6	450
Tomato Sauce	100	460	110	0.9	0.0	0.0	24.4	22.7	0.0	875
Tzatziki	100	1100	263	1.8	25.0	3.9	8.6	5.7	0.0	584
Cheese										
Mozzarella Cheese	100	1370	327	21.0	26.0	18.0	4.0	0.5	0.9	500
Natural Cheddar	100	1650	394	23.8	33.3	20.0	1.0	1.0	0.0	712
Old English Style Processed Cheese	100	1410	337	20.2	26.3	18.3	5.5	2.5	0.0	1900
Vegetables										
Avocado	100	697	167	3.3	15.0	1.7	10.0	0.0	0.0	0.0
Beetroot	100	235	56.2	0.8	0.1	0.0	11.9	10.8	2.2	250
Capsicum	100	83.7	20.0	0.9	0.2	0.1	2.9	2.4	1.7	3.0
Carrots	100	172	41.0	0.9	0.2	0.0	6.8	4.7	2.8	69.0
Cucumbers	100	62.8	15.0	0.7	0.1	0.0	3.1	1.7	0.5	2.0
Jalapeno	100	167	40.0	1.4	0.6	0.0	5.9	5.9	2.8	1690
Lettuce	100	58.6	14.0	0.9	0.1	0.0	1.8	2.0	1.2	10.0
Onions	100	167	40	1.1	0.1	0.0	7.6	4.2	1.7	4.0
Olives	100	536	128	1.0	9.5	1.7	5.1	0.9	2.9	880
Pickles	100	62.4	14.9	0.3	0.2	0.1	2.0	0.0	1.5	1200
Pineapple	100	251	60	0.4	0.0	0.0	18.0	16.0	1.0	7.5
Spinach	100	92.0	22.0	2.9	0.4	0.1	3.5	0.4	2.7	79.0
Sundried Tomatoes	100	987	236	5.8	16.9	1.3	15.3	9.4	8.3	1500
Tomatoes	100	75.3	18.0	0.9	0.2	0.0	2.7	2.6	1.2	5.0
Seasonings										
Pepper	100	1210	289	0.0	2.7	0.1	42.1	0.6	0.0	25.0
Salt	100	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	39100
Gluten Free Range * (Select Locations Only)										
Gluten Free White Bread *	100	1220	292	2.8	10.4	0.9	45.3	1.9	2.2	349
Promotional Items **										
Subway 6-Inch® Chicken Satay Sub** (selected locations only)	100	570	137	10.0	2.0	0.6	19.5	4.3	1.8	339
Chicken Satay Mix ** (selected locations only)	100	498	119	17.3	2.8	1.2	7.9	6.2	1.5	619
Spicy Korean BBQ Sauce	100	1050	251	1.3	49.4	4.0	11.3	9.1	0.4	1020

Nutrition information compiled by a Registered Dietitian using nutrition analysis from approved food manufacturers, an independent laboratories and the USDA National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Double values for approximate Subway Footlong® sub nutrition values.

*Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website - www.subway.com.au for more information.

** Our satay sauce is not made with peanuts. If you have food allergies, sensitivities or special dietary requirements please visit our website www.subway.com.au for more information.