



# AUSTRALIA NUTRITION INFORMATION

August 2022

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>AVG QTY Per Serve</b>										
<b>Subway 6-Inch® Subs</b>										
Values include white bread, lettuce, spinach, tomatoes cucumbers, onions and capsicum										
Buffalo Chicken	243	1240	296	23.1	4.1	1.0	41.4	7.5	4.0	1100
Chicken and Bacon Ranch Melt (with Mozzarella Cheese)	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	245	1650	395	25.6	11.8	2.0	45.0	5.3	3.0	553
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.® (with Salami, Pepperoni and Leg Ham)	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 Mozzarella and Marinara Sauce)	297	1920	458	22.0	19.4	8.3	48.3	9.9	4.6	764
Pizza Melt (with Salami, Pepperoni, Mozzarella and Marinara Sauce)	229	1730	415	19.9	18.2	7.6	41.4	6.6	3.6	929
Roast Beef	206	1120	267	16.6	3.8	1.0	39.2	5.7	3.0	510
Seafood Sensation™ (with Mayonnaise)	229	1420	338	11.4	10.7	2.0	47.0	5.7	3.0	665
Smashed Falafel	233	1570	375	15.0	8.2	1.3	55.5	8.6	6.2	911
Steak Melt (with Mozzarella Cheese)	236	1520	364	24.1	10.4	4.4	40.4	5.5	3.4	850
Tuna & Mayo (with Mayonnaise)	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
<b>BLT (with Bacon)</b>										
Values include white bread, lettuce and tomatoes										
BLT (with Bacon)	143	1100	262	10.9	7.2	2.3	36.7	4.2	2.5	452
<b>Mini Subs</b>										
Values include white bread, lettuce, spinach, tomatoes, cucumbers, onions and capsicum										
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
<b>Breakfast</b>										
Values include white bread, spinach, tomatoes, onions and capsicum										
Bacon and Egg (with Cheddar Cheese)	201	1620	387	20.1	16.5	6.5	38.3	4.6	2.7	624
Egg and Cheese (Cheddar)	181	1380	329	17.1	11.5	4.5	38.1	4.4	2.7	414
Ham, Egg and Cheese (Cheddar)	224	1570	376	23.6	13.2	5.1	39.4	5.5	2.7	848
Ham, Tomato and Cheese (Cheddar)	180	1290	307	18.6	8.5	3.8	38.6	5.3	2.7	782
<b>Snacks</b>										
Avocado Toastie (on White Bread)	137	1310	312	9.7	12.6	1.5	42.2	2.7	1.8	239
Cheesy Garlic Toastie (on White Bread)	123	1540	369	14.5	16.2	6.9	40.6	4.0	2.3	782
Chipotle Quesadilla (on Wrap with Mozzarella Cheese)	94.0	1180	281	8.4	18.5	7.0	21.2	1.9	1.2	431
FitChips® (selected locations only)	190	1170	279	6.5	7.0	0.6	44.7	2.5	5.3	106
Garlic & Herb Toastie (on White Bread)	93.0	1130	271	8.2	8.4	1.5	39.4	3.8	2.1	632
Ham, Cheese & Tomato Jaffle (on White Bread with Mayonnaise)	129	1170	278	13.0	10.8	3.8	31.8	3.5	1.9	553
Meatball Mozza Pot (with Marinara Sauce)	194	1350	322	17.5	22.0	9.4	15.0	7.6	2.3	702
<b>Cookies &amp; Sides</b>										
Chocolate Chip Cookie	45.0	955	228	2.1	10.8	5.6	31.4	19.3	1.2	165
Chocolate Chip Rainbow Cookie	45.0	884	211	2.0	9.7	4.9	29.4	17.2	0.8	103

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>AVG QTY Per Serve</b>										
Double Chocolate Chip Cookie	45.0	886	212	2.0	9.5	5.4	30.0	19.9	1.1	165
Raspberry Cheesecake Cookie	45.0	853	204	2.0	8.8	5.0	29.5	15.8	0.5	176
White Chip Macadamia Nut Cookie	45.0	970	232	2.1	11.5	5.7	30.7	18.9	0.7	178
Fruit Powerz Apple & Strawberry Puree	90.0	196	47	0.5	0.2	0.1	9.5	8.3	2.1	4.5
Puree & Simple, Apple & Strawberry	90.0	213	51.0	0.7	0.1	0.0	10.9	10.0	1.4	11.0
<b>Breads</b>										
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 Bread	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	44.7	545	130	5.0	1.4	0.2	23.5	1.8	1.2	159
Wrap, Flour (regular)	75.0	952	228	6.3	5.8	3.1	36.5	0.9	1.6	379
Wrap, Flour (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
<b>Meat, Poultry, Egg, Seafood &amp; Vegetarian</b>										
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	351	83.9	14.7	1.8	0.6	3.5	2.8	1.0	848
Chicken Classic	60.0	574	137	9.6	8.7	2.7	5.2	0.6	0.0	560
Chicken Schnitzel	87.0	765	183	17.2	9.5	1.7	7.1	0.6	0.0	305
Chicken Strips	64.0	285	68.2	14.4	1.7	0.6	0.6	0.5	0.9	269
Chicken Teriyaki	85.0	408	97.5	14.4	1.8	0.6	7.6	5.9	0.9	460
Leg Ham	43.0	181	43.4	7.1	1.5	0.6	1.3	1.1	0.0	434
Meatball with Marinara Sauce	125	834	199	10.7	13.4	5.4	9.8	5.1	1.5	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
Seafood Sensation™ (with Mayonnaise)	71.0	528	126	3.0	8.4	1.6	9.1	0.9	0.0	416
Smashed Falafel	75.0	682	163	6.6	5.9	1.0	17.6	3.8	3.2	662
Steak, Diced	64.0	443	106	12.8	4.5	1.5	2.0	0.7	0.3	531
Tuna & Mayo (with Mayonnaise)	64.0	471	113	10.2	7.6	1.3	1.0	0.0	0.0	249
Turkey, Sliced	52.0	211	50.5	8.8	1.0	0.3	1.2	0.8	0.3	300
Veggie Patty	90.0	803	192	7.6	9.4	1.8	16.5	2.5	6.2	324
<b>Sauces &amp; Dressings</b>										
Amount on Subway 6-Inch® sub										
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
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
Marinara Sauce	21.0	59.9	14.3	0.3	0.5	0.1	1.8	1.4	0.5	70.4
Mayonnaise	15.0	184	43.9	0.1	4.6	0.7	0.6	0.0	0.0	65.8
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
Spicy Mayonnaise	15.0	157	37.6	0.2	7.4	0.6	1.7	1.4	0.1	153
Sweet Chilli 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	101.8	24.3	0.3	0.0	0.0	5.4	5.1	0.0	187
<b>Cheeses</b>										
Amount on Subway 6-Inch® sub										
Mozzarella Cheese (shredded)	14.0	192	45.8	2.9	3.6	2.5	0.6	0.1	0.1	70.0

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>AVG QTY Per Serve</b>										
Natural Cheddar Cheese (slices)	14.3	236	56.4	3.4	4.8	2.9	0.1	0.1	0.0	102
Old English Style Processed Cheese (slices)	11.4	164	39.3	2.3	3.1	2.1	0.5	0.3	0.1	205
<b>Vegetables</b> Amount on Subway 6-Inch® sub										
Avocado	35.0	244	58.3	1.2	5.3	0.6	3.5	0.0	0.0	0.00
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	0.21
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	0.28
Jalapeno Peppers (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	0.28
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
Tomatoes (3 wheels)	35.0	26.4	6.3	0.3	0.1	0.0	0.9	0.9	0.4	1.8
<b>Seasonings</b> Amount on Subway 6-Inch® sub										
Pepper	1.0	12.1	2.9	0.1	0.0	0.0	0.4	0.0	0.0	0.25
Salt	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	391
<b>PROMOTIONAL ITEMS</b>										
Subway® SubDog Values include white bread, mozzarella cheese, jalapeno peppers, tomato sauce and mustard										
Subway 6-Inch® SubDog	156	1560	373	18.4	14.1	5.7	41.9	5.7	2.0	1230
<b>Meat, Poultry, Egg, Seafood</b>										
SubDog Sausage (amount on a Subway 6-Inch® sub)	53.0	463	111	7.4	7.7	2.8	3.2	0.3	0.0	625
<b>Sauces &amp; Dressings</b>										
Mustard (amount on a SubDog)	9.0	38.7	9.2	0.5	0.6	0.0	0.4	0.3	0.0	145
Tomato Sauce (amount on a SubDog)	9.0	43.6	10.4	0.1	0.0	0.0	2.3	2.2	0.0	80.1
<b>Subway® BBQ Pulled Pork Range</b>										
Subway® BBQ Pulled Pork Values include lettuce, onions, pickles, carrots, BBQ sauce on italian herb & cheese bread										
Subway 6-Inch® BBQ Pulled Pork	208	1920	460	24.1	14.9	6.2	56.0	15.6	3.0	1330
<b>Subway® BBQ Pulled Pork with Bacon</b> Values include lettuce, onions, jalapeno peppers, carrots, spicy mayonnaise, sliced cheddar cheese on white bread										
Subway 6-Inch® BBQ Pulled Pork with Bacon	222	2310	553	29.3	30.4	10.3	48.5	11.7	2.6	1410
<b>Meat, Poultry, Egg, Seafood</b>										
Pulled Pork (amount on a Subway 6-Inch® Sub)	64.0	774	185	14.2	10.1	4.0	9.6	6.0	0.0	612

Nutrition information compiled using nutrition analysis from approved food manufacturers, 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](http://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)
<b>AVG QTY Per 100g</b>										
<b>Subway 6-Inch® Subs</b>										
Values include white bread, lettuce, spinach, tomatoes cucumbers, onions and capsicum										
Buffalo Chicken	100	510	122	9.5	1.7	0.4	17.1	3.1	1.6	453
Chicken and Bacon Ranch Melt (with Mozzarella Cheese)	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	673	161	10.5	4.8	0.8	18.4	2.2	1.2	226
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.® (with Salami, Pepperoni and Leg Ham)	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 Mozzarella and Marinara Sauce)	100	646	154	7.4	6.5	2.8	16.3	3.3	1.5	257
Pizza Melt (with Salami, Pepperoni, Mozzarella and Marinara Sauce)	100	755	181	8.7	8.0	3.3	18.1	2.9	1.6	406
Roast Beef	100	544	130	8.1	1.8	0.5	19.0	2.8	1.4	247
Seafood Sensation™ (with Mayonnaise)	100	620	148	5.0	4.7	0.9	20.5	2.5	1.3	290
Smashed Falafel	100	674	161	6.4	3.5	0.6	23.8	3.7	2.7	391
Steak Melt (with Mozzarella Cheese)	100	644	154	10.2	4.4	1.9	17.1	2.3	1.4	360
Tuna & Mayo (with Mayonnaise)	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
Values include white bread, lettuce and tomatoes										
BLT (with Bacon)	100	769	183	7.7	5.1	1.6	25.7	3.0	1.7	316
<b>Mini Subs</b>										
Values include white bread, lettuce, spinach, tomatoes, cucumbers, onions and capsicum										
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
<b>Breakfast</b>										
Values include white bread, spinach, tomatoes, onions and capsicum										
Bacon and Egg (with Cheddar Cheese)	100	805	192	10.0	8.2	3.2	19.0	2.3	1.3	310
Egg and Cheese (Cheddar)	100	761	182	9.4	6.3	2.5	21.0	2.4	1.5	228
Ham, Egg and Cheese (Cheddar)	100	700	168	10.5	5.9	2.3	17.6	2.5	1.2	378
Ham, Tomato and Cheese (Cheddar)	100	715	170	10.3	4.7	2.1	21.4	3.0	1.5	434
<b>Snacks</b>										
Avocado Toastie (on White Bread)	100	956	228	7.1	9.2	1.1	30.8	2.0	1.3	174
Cheesy Garlic Toastie (on White Bread)	100	1250	300	11.8	13.1	5.6	33.0	3.2	1.9	636
Chipotle Quesadilla (on Wrap with Mozzarella Cheese)	100	1260	299	8.9	19.7	7.4	22.6	2.1	1.3	458
FitChips® (selected locations only)	100	620	147	3.4	3.7	0.3	23.5	1.3	2.8	56.0
Garlic & Herb Toastie (on White Bread)	100	1220	291	8.8	9.0	1.6	42.4	4.1	2.2	680
Ham, Cheese & Tomato Jaffle (on White Bread with Mayonnaise)	100	910	216	10.1	8.4	3.0	24.7	2.7	1.5	429
Meatball Mozza Pot (with Marinara Sauce)	100	700	166	9.0	11.3	4.8	7.7	3.9	1.2	362
<b>Cookies &amp; Sides</b>										
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
Double Chocolate Chip Cookie	100	1970	471	4.4	21.1	12.0	66.8	44.3	2.5	367

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>AVG QTY Per 100g</b>										
Raspberry Cheesecake Cookie	100	1900	453	4.4	19.6	11.1	65.5	35.2	1.1	390
White Chip Macadamia Nut Cookie	100	2160	515	4.6	25.5	12.6	68.3	42.1	1.6	395
Fruit Powerz Apple & Strawberry Puree	100	220	52	0.6	0.2	0.1	10.5	9.2	2.3	5.0
Puree & Simple, Apple & Strawberry	100	237	56.7	0.8	0.1	0.0	12.1	11.1	1.6	12.2
<b>Breads</b>										
Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
Malted Rye Bread	100	1290	308	13.5	5.7	0.9	47.9	3.3	5.9	461
Italian Herbs & Cheese Bread	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, Flour (regular)	100	1270	304	8.4	7.7	4.1	48.6	1.2	2.1	505
Wrap, Flour (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
<b>Meat, Poultry, Egg, Seafood &amp; Vegetarian</b>										
Bacon, Smoky	100	1200	287	15.0	25.0	10.0	1.2	1.2	0.1	1050
Buffalo Chicken	100	413	98.7	17.3	2.2	0.7	4.2	3.3	1.2	1000
Chicken Classic	100	957	229	16.0	14.5	4.5	8.7	1.0	0.0	934
Chicken Schnitzel	100	879	210	19.8	10.9	1.9	8.2	0.7	0.0	350
Chicken Strips	100	446	107	22.5	2.6	0.9	1.0	0.8	1.4	420
Chicken Teriyaki	100	480	115	16.9	2.1	0.7	8.9	7.0	1.1	542
Leg Ham	100	422	101	16.5	3.5	1.3	3.1	2.6	0.0	1010
Meatball with Marinara Sauce	100	668	160	8.6	10.8	4.3	7.9	4.1	1.2	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
Seafood Sensation™ (with Mayonnaise)	100	740	178	4.3	11.8	2.3	12.8	1.3	0.0	590
Smashed Falafel	100	910	217	8.8	7.9	1.3	23.5	5.1	4.3	880
Steak, Diced	100	692	165	20.0	7.0	2.4	3.1	1.1	0.4	830
Tuna & Mayo (with Mayonnaise)	100	737	176	16.0	11.9	2.0	1.6	0.0	0.0	389
Turkey, Sliced	100	406	97.0	17.0	2.0	0.6	2.3	1.6	0.5	576
Veggie Patty	100	892	213	8.4	10.4	2.0	18.3	2.8	6.9	360
<b>Sauces &amp; Dressings</b>										
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
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
Marinara Sauce	100	285	68.1	1.6	2.5	0.3	8.4	6.9	2.3	335
Mayonnaise	100	1220	293	0.9	30.5	4.9	4.3	0.0	0.0	439
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
Spicy Mayonnaise	100	1050	251	1.3	49.4	4.0	11.3	9.1	0.4	1020
Sweet Chilli 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	485	116	1.3	0.1	0.0	25.5	24.3	0.0	890
<b>Cheeses</b>										
Mozzarella Cheese (shredded)	100	1370	327	21.0	26.0	18.0	4.0	0.5	0.9	500
Natural Cheddar Cheese (slices)	100	1650	394	23.8	33.3	20.0	1.0	1.0	0.0	712
Old English Style Processed Cheese (slices)	100	1440	345	20.5	27.4	18.3	4.0	2.4	1.3	1800

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>AVG QTY Per 100g</b>										
<b>Vegetables</b>										
Avocado	100	697	167	3.3	15.0	1.7	10.0	0.0	0.0	0.0
Beetroot (Selected Locations Only)	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 Peppers	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 (Selected Locations Only)	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
Tomatoes	100	75.3	18.0	0.9	0.2	0.0	2.7	2.6	1.2	5.0
<b>Seasonings</b>										
Pepper	100	1210	289	8.8	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
<b>PROMOTIONAL ITEMS</b>										
Subway® SubDog	Values include white bread, mozzarella cheese, jalapeno peppers, tomato sauce and mustard									
Subway® SubDog	100	1000	239	11.8	9.0	3.7	26.8	3.7	1.3	788
<b>Meat, Poultry, Egg, Seafood</b>										
SubDog Sausage	100	873	209	13.9	14.5	5.3	6.0	0.5	0.0	1180
<b>Sauces &amp; Dressings</b>										
Mustard	100	430	103	5.4	6.2	0.4	4.5	3.2	0.0	1610
Tomato Sauce	100	485	116	1.3	0.1	0.0	25.5	24.3	0.0	890
<b>Subway® BBQ Pulled Pork Range</b>										
Subway® BBQ Pulled Pork	Values include lettuce, onions, pickles, carrots, BBQ sauce on italian herb & cheese bread									
Subway® Pulled Pork	100	923	221	11.6	7.2	3.0	27.0	7.5	1.4	640
<b>Subway® BBQ Pulled Pork with Bacon</b>										
Subway® Pulled Pork with Bacon	100	1040	250	13.2	13.7	4.6	21.8	5.3	1.2	635
<b>Meat, Poultry, Egg, Seafood</b>										
Pulled Pork	100	1210	289	22.2	15.8	6.2	15.0	9.4	0.0	956

Nutrition information compiled using nutrition analysis from approved food manufacturers, 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.

\*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](http://www.subway.com.au) for more information.