



AUSTRALIA NUTRITION INFORMATION

August 2014

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
PER SERVING										
Subway 6-Inch® Sandwiches with 6 g of Fat or Less*										
Values include white bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	215	1150	275	22.1	4.2	1.4	36.7	5.0	3.2	568
Chicken Teriyaki	236	1280	305	22.1	4.3	1.4	43.7	10.5	3.2	762
Ham	203	1070	256	15.0	3.6	1.3	38.2	6.2	3.2	761
Roast Beef	199	1100	262	16.0	4.0	1.5	38.8	7.2	3.2	608
Oven Roasted Chicken	241	1290	307	26.9	4.4	1.4	37.9	5.8	3.2	534
Turkey	196	1070	256	14.1	4.5	1.5	38.1	5.4	3.2	632
Turkey & Ham	207	1100	264	15.7	4.4	1.5	38.4	5.9	3.2	752
Subway Club®	210	1130	270	16.6	4.6	1.6	38.7	6.3	3.2	739
Veggie Delite®	151	867	207	7.8	2.5	0.8	36.6	5.0	3.2	300
Subway 6-Inch® Sandwiches										
Values include white bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken & Bacon Ranch Melt (includes mozzarella)	281	1800	431	31.6	17.3	5.8	38.1	5.5	3.2	1070
Chicken Classic (breaded chicken)	211	1440	344	17.4	11.2	3.5	41.9	5.6	3.2	861
Chicken Parmigiana (includes mozzarella)	305	1960	468	34.4	14.7	5.6	48.6	7.9	3.6	963
Chicken Schnitzel	256	1650	394	28.5	10.2	2.8	45.3	6.1	3.2	706
Italian B.M.T.®	213	1560	373	19.6	14.8	5.8	38.6	6.0	3.2	1070
Meatball Marinara	277	1710	410	18.5	15.3	6.2	48.4	10.1	3.2	753
Pizza Sub (includes cheese)	220	1690	403	18.6	17.9	7.7	40.7	7.1	3.6	1050
Subway Seafood Sensation™	222	1370	328	10.7	10.2	2.4	46.2	7.9	3.2	617
Steak & Cheese (with Diced Steak)	226	1440	343	24.5	8.8	4.3	38.3	5.2	3.2	827
Subway Melt™ (includes cheese)	248	1490	355	23.5	10.8	4.9	39.1	6.2	3.2	1170
Tuna	222	1390	332	19.4	10.9	2.3	37.8	5.0	3.2	576
Veggie Patty	241	1780	424	14.9	8.6	1.3	69.9	9.5	3.2	582
Subway 6-Inch® Flatbread Sandwiches										
Values include flatbread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	236	1460	350	23.1	6.9	1.0	47.2	3.6	2.9	604
Chicken Teriyaki	257	1590	380	23.1	7.0	1.0	54.3	9.0	2.9	797
Ham	223	1380	330	16.0	6.3	1.0	48.7	4.7	2.9	797
Roast Beef	220	1410	337	17.0	6.7	1.1	49.3	5.7	2.9	643
Oven Roasted Chicken	262	1600	382	27.9	7.1	1.0	48.4	4.3	2.9	570
Turkey	217	1380	331	15.1	7.2	1.1	48.6	4.0	2.9	668
Turkey & Ham	227	1420	339	16.6	7.1	1.1	48.9	4.4	2.9	787
Subway Club®	231	1440	345	17.5	7.3	1.2	49.2	4.8	2.9	775
Veggie Delite®	172	1180	282	8.7	5.2	0.5	47.2	3.6	2.9	336
Mini Subs										
Values include mini white bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	163	860	206	19.5	3.4	1.1	24.4	3.3	2.1	468
Ham	125	677	162	8.8	2.2	0.8	25.1	3.9	2.1	431
Roast Beef	131	729	174	10.7	2.7	1.0	25.8	4.7	2.1	405
Turkey	129	712	170	9.4	3.0	1.0	25.3	3.5	2.1	421
Veggie Delite®	99	576	138	5.2	1.7	0.6	24.3	3.3	2.1	200
Salads with 6 g of Fat or Less*										
Values do not include salad dressing.										
Chicken Strips	349	512	122	17.0	2.7	0.7	7.2	4.9	4.0	342
Chicken Teriyaki	371	636	152	17.1	2.8	0.7	14.2	10.3	4.0	536
Ham	337	430	103	10.0	2.1	0.7	8.7	6.0	4.0	535

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PER SERVING										
Oven Roasted Chicken	376	647	155	21.9	2.9	0.7	8.4	5.6	4.0	308
Roast Beef	334	457	109	10.9	2.5	0.8	9.3	7.0	4.0	381
Turkey	331	432	103	9.1	3.0	0.8	8.6	5.2	4.0	406
Turkey & Ham	341	465	111	10.6	2.9	0.8	8.9	5.7	4.0	526
Subway Club®	344	491	117	11.5	3.1	0.9	9.2	6.1	4.0	513
Veggie Delite®	286	227	54	2.7	1.0	0.2	7.1	4.9	4.0	74
Wraps Values include wrap, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	223	1300	311	21.2	7.2	2.9	38.9	4.3	3.1	699
Chicken Teriyaki	244	1390	332	20.6	7.7	3.1	44.5	8.7	3.1	1010
Ham	211	1180	283	13.5	7.0	3.0	39.0	4.4	3.1	1010
Roast Beef	207	1210	289	14.5	7.4	3.2	39.6	5.4	3.1	853
Turkey	204	1180	283	12.6	7.9	3.1	38.9	3.6	3.1	878
Turkey & Ham	215	1220	291	14.1	7.8	3.2	39.2	4.1	3.1	1000
Subway Club®	218	1240	297	15.1	8.0	3.3	39.5	4.5	3.1	985
Veggie Delite®	159	979	234	6.2	5.9	2.5	37.4	3.3	3.1	546
Subway 6-Inch® Breakfast Sandwiches Values on white bread and include cheese, spinach, tomatoes, capsicum and onions.										
Shortcut Bacon, Poached Egg and Cheese	208	1510	361	21.1	13.4	5.6	37.7	5.2	3.0	786
Poached Egg and Cheese	178	1290	309	15.6	10.1	4.2	37.5	5.1	3.0	506
Ham, Poached Egg and Cheese	204	1390	333	19.2	10.6	4.5	38.3	5.6	3.0	736
Subway 6-Inch® Flatbread Breakfast Sandwiches Values on flatbread and include cheese, spinach, tomatoes, capsicum and onions.										
Shortcut Bacon, Poached Egg and Cheese	229	1820	436	22.1	16.1	5.2	48.2	3.8	2.7	821
Poached Egg and Cheese	199	1600	383	16.5	12.7	3.9	48.1	3.6	2.7	541
Ham, Poached Egg and Cheese	224	1710	407	20.2	13.3	4.1	48.8	4.2	2.7	772
Desserts & Sides										
Chocolate Chip	45	900	215	2.0	10.5	5.6	29.7	18.2	1.0	150
Double Chocolate Chip	45	879	210	2.3	9.7	5.6	30.2	20.2	1.0	165
M & M (WA and SA ONLY)	45	887	212	2.1	9.7	4.8	29.8	17.6	0.8	105
Raspberry Cheesecake	45	857	205	2.3	8.7	4.5	29.6	15.8	0.5	179
White Chip Macadamia Nut	45	912	218	2.1	10.8	5.4	28.6	17.7	0.6	163
Yoghurt, Vaalia French Vanilla	150	638	152	7.5	2.1	1.4	24.8	24.5	0	120
Yoghurt, Vaalia Luscious Berries	150	605	144	7.4	2.0	1.2	23.1	22.4	0	120
Breads										
Subway 6-Inch® Wheat Bread	69	796	190	7.8	2.6	0.9	31.8	3.4	3.2	281
Subway 6-Inch® White Bread	67	804	192	7.0	2.4	0.8	34.0	3.3	2.2	296
Subway 6-Inch® Honey Oat	80	943	225	9.6	3.0	1.0	37.3	6.6	3.7	324
Subway 6-Inch® Italian Herbs & Cheese	78	962	230	9.4	4.8	2.4	36.2	3.4	2.3	482
Subway 6-Inch® Multigrain Bread	92	840	201	9.2	2.5	0.6	32.8	3.0	4.2	350
Subway 6-inch® Flatbread	88	1120	267	8.0	5.1	0.4	44.5	1.8	1.8	332
Mini Wheat Bread	47	531	127	5.2	1.7	0.6	21.2	2.3	2.1	187
Mini White Bread	45	536	128	4.7	1.6	0.5	22.7	2.2	1.4	197
Wrap	75	916	219	5.5	5.8	2.5	34.8	1.5	2.1	542
Toppings (amount on Subway 6-Inch® sub)										
Bacon, shortcut (1 strip)	30	221	52.7	5.6	3.3	1.3	0.2	0.2	0.0	280
BBQ Sauce	21	127	30.2	0.2	0.0	0.0	7.2	5.3	0.0	125
Chipotle Southwest Sauce (21 ml)	21	393	94.0	0.6	10.2	1.6	1.2	0.9	0.0	135
Garlic Aioli	21	253	60.5	0.3	5.9	0.9	1.8	0.8	0.0	201
Honey Mustard Sauce (21 ml)	21	125	30.0	0.3	0.3	0.0	6.5	4.4	0.0	96
Hot Chilli Sauce	21	93	22.3	0.4	0.5	0.1	3.8	2.6	0.0	245
Mayonnaise (15 ml)	15	184	43.9	0.1	4.6	0.7	0.6	0.0	0.0	66

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PER SERVING										
Pineapple (VIC and TAS ONLY)	16	38	9.2	0.1	0.1	0.0	1.0	2.0	0.0	2
Ranch Dressing	21	238	56.9	0.3	6.0	0.5	0.6	0.2	0.0	151
Sweet Chilli Sauce	21	171	40.9	0.0	0.1	0.0	9.8	9.2	0.3	242
Sweet Onion Sauce (21 ml)	21	157	37.5	0.1	0.1	0.0	8.7	7.9	0.1	85
Thousand Island (21 ml)	21	302	72.2	0.2	5.8	0.9	5.1	4.4	0.0	85
Tomato Sauce	21	100	23.9	0.2	0.0	0.0	5.2	5.0	0.0	219
Cheese (amount on Subway 6-Inch® sub)										
Cheddar Cheese	11	162	38.8	2.3	3.1	2.1	0.5	0.2	0.0	136
Mozzarella Cheese	14	194	46.4	3.7	3.7	2.6	0.6	0.1	0.0	71
Old English Cheese	11	162	38.8	2.3	3.2	2.2	0.3	0.1	0.0	216
Swiss Cheese, Natural	11	182	43.5	3.0	3.5	2.1	0.0	0.0	0.0	35
Vegetables (amount on Subway 6-Inch® sub)										
Avocado	35	246	58.7	1.2	5.5	0.6	3.5	0	2.0	0.7
Beetroot (SA and NNSW ONLY)	21	49	11.8	0.2	0.0	0.0	2.5	2.3	0.5	52.5
Capsicum (3 strips)	7	5.9	1.4	0.1	0.01	0.00	0.2	0.2	0.1	0.2
Carrots	7	12	3	0.1	0.02	0.00	0.5	0.3	0.2	4.9
Cucumbers (3 slices)	14	8.9	2.1	0.1	0.02	0.00	0.4	0.2	0.1	0.3
Jalapeno (3 rings)	4	7	2	0.1	0.02	0.00	0.1	0.2	0.1	67.6
Lettuce	21	10.7	2.6	0.2	0.04	0.01	0.1	0.1	0.3	1.9
Onions	7	11.3	2.7	0.1	0.01	0.00	0.5	0.3	0.1	0.2
Pickles (3 chips)	10	6.0	1.4	0	0.00	0.00	0.2	0	0	114
Olives (3 rings)	3	14.2	3.4	0.0	0.3	0.05	0.1	0	0.1	23
Spinach	7	6.8	1.6	0.2	0.0	0.0	0.1	0.0	0.2	5.6
Tomatoes (3 wheels)	35	26.2	6.3	0.3	0.1	0.01	1.4	0.9	0.4	1.7
Smoothies										
Banana (small)	420	1140	271	11.4	2.1	1.6	50.7	42.1	0	181
Banana (regular)	600	1620	387	16.3	3.1	2.2	72.4	60.1	0	259
Caribbean (small)	420	996	238	0.7	<0.1	<.01	57.4	49.4	0	41
Caribbean (regular)	600	1450	345	1.1	0.1	<.01	83.5	71.9	0	60
Mango (small)	420	1140	271	5.7	1.9	1.3	56.9	47.4	0	124
Mango (regular)	600	1650	394	8.3	2.8	1.9	82.8	68.9	0	180
Strawberry (small)	420	1210	289	5.8	2.0	1.4	61.1	51.2	0	115
Strawberry (regular)	600	1760	420	8.4	2.9	2.0	88.8	74.4	0	167

*Regular SUBWAY SIX INCH® sub with 6 grams of fat or less prepared according to standard recipes on white or wheat bread without cheese or additional low-fat condiments such as mayonnaise.

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.