



NUTRITION SURVIVAL GUIDE TO
SUBWAY

CALORIES AND MACRONUTRIENTS

2020

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

ALL SANDWICHES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Breast	302	25	40	4.8	7	3.6	1.4
Chicken Teriyaki	319	25	43	4.9	9	3.7	2.2
Chicken Tikka	296	25	41	2.4	6.4	3.3	1.3
Rotisserie-Style Chicken	216	8.6	39	4.9	5.6	2.2	0.57
Chicken & Bacon Melt	374	30	42	2.5	7.4	9.3	2.1
Chicken Pizziola	455	32	46	3.4	9.4	16	2.8
Subway Melt™	358	25	41	2.8	6.9	9.6	2.3
Turkey Breast	273	20	39	4.8	5.9	3.1	1.4
Turkey Breast and Ham	288	22	40	5.1	6.2	3.8	1.6
Ham	453	26	40	7	6.8	19	2.1
B.L.T.	282	14	38	4.5	5.5	7.4	1.3
Italian B.M.T.®	387	20	41	2.7	6	15	2.6
Spicy Italian	450	19	41	2.4	5.6	23	3.1
Meatball Marinara	496	24	58	4.8	11	19	2
Steak & Cheese	362	24	51	2.4	8.3	6.7	1.7
Tuna	445	24	41	6.8	6.9	19	1.6
Veggie Delite®	437	16	44	7.3	9.3	21	1.9
Meatless Meatball Marinara	469	26	52	13	10	15	2.1
Vegan Patty Sub	425	19	48	6.5	8.2	16	1.8

SALADS

Chicken Breast	142	18	9.3	3.2	7.2	2.6	1
Chicken Tikka	128	20	7.8	2.6	5.9	1.8	0.67
Ham	153	16	7.9	3.3	5.9	5.9	1.5
Italian B.M.T.®	277	18	9.1	3.9	6.5	18	3.3
Thai Chicken Salad	197	19	17	3.4	13	5.2	2.3
Tuna	193	14	9.4	3	6.6	11	1
Tuna Niçoise Salad	308	22	13	3.8	6.7	18	1.4
Turkey Breast	106	14	8	3	6	1.5	0.82
Turkey Breast & Ham	118	15	7.4	3	5.7	2.6	1.1
Vegan Patty Salad	197	14	14	6.7	7.3	8.1	1.1

SIGNATURE WRAPS

BBQ Chicken & Bacon	578	45	59	4.7	14	17	3.8
Chipotle Steak & Cheese	616	39	62	8.1	12	23	3.9
Vegan	704	32	65	15	10	32	3.6

The Real Deal Sides

Cheesy Pepperoni	392	19	42	5.3	7.6	16	1.8
Bowl of Meatballs	288	18	17	3.7	8.7	17	1.5
Meat Feast	459	24	46	6.5	46	19	2.9
Cheesy Garlic Bread	400	15	45	1.6	4.7	18	1.2
Hash Browns	153	2.2	19	2.7	1.1	6.8	0.78
Nachos	382	11	39	5	4.1	20	1.6

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

BREAKFAST

Bacon	275	14	40	1.5	6.9	6.2	1.7
Bacon, Egg & Cheese	329	16	41	1.7	7.6	10	2
Egg & Cheese	294	13	41	1.7	7.5	8.2	1.6
Sausage	383	17	48	2.3	7.6	13	1.9
Sausage, Poached Egg & Cheese	471	23	49	2.6	8.3	20	2.6
Mega Melt	506	27	49	2.6	8.4	22	3

201-300 CAL

301-400 CAL

KIDS' PAK™

Chicken Breast	192	15	26	3.2	4.5	2.2	0.87
Ham	173	11	25	3.2	3.5	2.5	0.84
Turkey Breast	182	13	26	3.2	3.9	2	0.91

401-500 CAL

501+ CAL