

Subway® Nutrition Facts-New Zealand

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein(g)	Total Fat (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Sodium (mg)
<b>Subway® 6-inch Sandwiches with 6 grams of Fat or Less</b> Values include white or wheat bread, lettuce, tomatoes, onions, capsicum, pickles & olives.									
Ham	204	1170	279	16.4	4.8	1.5	40.7	4.5	1170
Roast Beef	219	1190	283	18.4	4.4	1.3	41.1	4.3	1280
Roasted Chicken	223	1280	305	23.1	5.1	1.5	40.2	4.4	775
Turkey	204	1190	283	16.1	5.7	1.7	40.4	3.2	865
Turkey & Ham	219	1250	298	18.7	5.8	1.8	41.1	4.1	1110
Subway Club™	224	1250	300	19.4	5.6	1.7	41.3	4.0	1180
Sweet Onion Chicken Teriyaki	266	1520	363	22.3	5.8	2.0	54.4	15.9	1500
Veggie Delite™	159	958	229	8.8	3.7	1.1	38.7	3.2	545
<b>6-inch Sandwiches</b> Values include white or wheat bread, lettuce, tomatoes, onions, capsicum, pickles, olives and cheese.									
Cheese Steak	235	1354	324	18.9	8.5	4.2	41.4	3.9	1170
Chicken Fillet	231	1650	394	19.9	15.5	5.4	39.2	3.2	1270
Chicken & Bacon Ranch	265	2160	515	28.1	26.0	7.2	41.0	3.8	1520
Chicken Parmigiana	296	1920	466	24.8	18.0	6.6	45.2	8.2	1460
Chipotle Southwest Cheese Steak	256	1730	414	18.9	17.6	5.5	43.3	5.5	1320
Italian BMT™	237	1652	395	24.1	14.3	7.6	40.8	4.1	1620
Meatball Marinara	331	2161	517	21.8	20.5	9.9	60.0	16.2	1730
Spicy Italian	231	2120	508	25.0	27.0	11.0	41.0	4.0	1640
Tuna	242	1674	400	20.2	17.4	5.2	39.4	3.9	1060
Subway Melt™	240	1600	382	24.4	12.5	5.3	41.6	4.4	1470
<b>Deli Style Sandwiches</b> Values include deli roll, lettuce, tomatoes, onions, capsicum, pickles and olives.									
Ham	147	939	224	12.4	3.7	1.2	34.2	3.3	726
Roast Beef	157	952	227	13.7	3.4	1.1	34.5	3.2	860
Tuna (includes cheese)	164	1250	298	14.2	11.6	4.2	33.3	2.8	729
Turkey	147	951	227	12.2	4.3	1.3	34.0	2.4	585
<b>Wraps</b> Values include wrap, lettuce, tomatoes, onions, capsicum, cucumbers and olives.									
Chicken & Bacon Ranch (Includes cheese)	249	2110	520	39.7	29.1	8.1	9.2	2.0	1760
Tuna (includes cheese)	209	1450	347	26.4	17.9	4.7	8.4	1.6	1300
Turkey	172	973	233	22.4	6.8	1.2	8.3	1.1	1170
Turkey & Bacon Melt (w/ Chipotle Sauce)	230	1920	459	33.3	26.2	8.6	11.0	3.3	1620
<b>Salads</b> Values do not include salad dressing.									
Roasted Chicken	378	555	133	16.0	2.8	0.7	8.5	5.1	577
Subway Club™	399	623	149	16.7	3.3	1.0	10.5	6.3	957
Tuna	396	956	228	14.3	14.3	4.3	8.9	5.5	532
Veggie Delite™	314	250	60	3.0	1.2	0.2	7.1	5.1	79
<b>Cookies</b>									
Anzac	40	707	169	2.5	9.5	6.5	21.2	11.3	81
Double Chocolate Chip	37	689	165	2.2	7.7	5.0	21.4	8.2	61
M&M	40	711	170	2.0	7.4	4.8	24.4	11.9	69
Oat & Raisin	40	707	169	2.0	7.6	4.8	23.4	13.6	71
Peanut Butter	40	740	177	2.7	8.9	4.7	22.2	11.7	29
White Chip Macadamia Nut	37	860	206	0.9	12.9	6.7	21.5	13.5	87
<b>Breads</b>									
White Bread*	70	896	214	7.9	3.2	1.1	37.9	1.5	364
Wheat Bread*	70	868	207	8.1	3.2	1.0	36.0	1.3	385

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Parmesan Oregano Bread*	74	961	230	9.2	4.2	1.6	38.3	1.9	398
Honey Oat*	81	1050	251	9.6	4.1	1.1	43.6	5.7	405
Italian Herbs & Cheese*	81	1090	260	11.1	6.7	3.2	38.8	1.9	447
Deli Style Roll	60	744	178	6.9	2.6	0.8	31.3	1.3	264
Carb Conscious Wrap	70	690	165	14.6	4.5	0.5	5.0	0.0	741
<b>Sandwich &amp; Salad Condiments (amount on Subway® 6-inch Sandwich)</b>									
Bacon (2 strips)	9	173	41	3.4	3.1	1.0	0.5	0.3	153
Cheddar Cheese	11	177	42	2.3	3.7	2.6	0.0	0.0	200
Honey Mustard Sauce	21	112	27	0.3	0.3	0.0	5.9	5.9	115
Sweet Onion Sauce	21	142	34	0.2	0.2	0.2	8.1	8.0	83
Chipotle Southwest Sauce	21	349	83	0.6	8.1	1.3	2.1	1.5	181
Mayonnaise	15	189	45	0.2	4.9	0.7	0.2	0.2	96
Ranch	21	544	130	0.5	14.0	2.0	0.5	0.2	125
*Subway® 6-inch Breads A Dietitian compiled this nutrition information from the following data: Nutrition analysis from Subway approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference, Release #16. 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. Revised June 2005.									