SUBWAY® U.S. NUTRITION INFORMATION July 2014

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
SANDWICHES																
6" Low Fat Sandwiches with 6 Grams of Fat or Less	Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate footlong nutrition values.															
6" Black Forest Ham	219	290	40	4.5	1	0	25	800	46	5	8	18	8	20	30	15
6" Oven Roasted Chicken	233	320	45	5	1.5	0	45	610	45	5	7	23	8	30	30	15
6" Roast Beef	233	320	40	5	1.5	0	45	660	45	5	7	24	8	20	30	25
6" Subway Club®	240	310	40	4.5	1.5	0	40	800	46	5	7	23	8	20	30	20
6" Sweet Onion Chicken Teriyaki	269	370	40	4.5	1	0	50	770	57	5	16	25	10	25	35	20
6" Turkey Breast	219	280	30	3.5	1	0	20	670	46	5	7	18	8	20	30	15
6" Turkey Breast & Black Forest Ham	219	280	35	4	1	0	20	730	46	5	8	18	8	20	30	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	280	44	5	6	8	8	20	30	15
6" Sandwiches	Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.															
6" Big Philly Cheesesteak	297	500	150	17	9	1	85	1280	51	6	9	38	15	20	50	25
6" B.L.T.	153	320	80	9	4	0	20	650	43	5	6	15	8	8	30	15
6" Buffalo Chicken (with regular Ranch dressing)	269	420	140	16	3	0	55	1100	46	6	8	25	10	25	35	20
6" Chicken & Bacon Ranch Melt	292	570	250	28	10	0.5	95	1050	47	5	8	35	15	25	50	20
6" Cold Cut Combo	226	360	110	12	4	0	45	1030	46	5	7	17	8	20	35	20
6" Italian B.M.T.®	226	410	150	16	6	0	45	1260	46	5	8	20	8	20	30	15
6" Meatball Marinara	301	480	160	18	7	0.5	30	920	59	8	12	21	25	35	35	25
6" Spicy Italian	222	480	220	24	9	0.5	50	1490	46	5	8	20	8	20	30	20
6" Steak & Cheese	245	380	90	10	4.5	0	50	1030	48	5	9	26	10	20	40	20
6" Subway Melt®	240	370	100	11	5	0	45	1120	47	5	8	23	10	20	40	15
6" Tuna	237	480	230	25	4.5	0	40	580	44	5	7	20	8	20	30	20
Kids Meal Sandwiches	Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.															
Veggie Delite®	108	150	15	1.5	0.0	0	0	190	29	3	4	6	6	15	20	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	450	30	3	5	10	6	15	20	10
Roast Beef	146	200	25	3.0	1.0	0	25	390	30	4	5	14	6	15	20	10
Turkey Breast	136	180	20	2.0	0.5	0	10	380	30	3	5	10	6	15	20	10
6" Limited Time Offer/Regional Subs**	Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.															
6" Barbecue Rib Patty	163	430	160	18	6	0	50	590	47	5	8	19	8	20	30	20
6" Chicken Pizziola Melt	293	460	140	16	6	0	80	1140	49	6	9	32	15	30	45	20
6" Pastrami Melt, Big Hot	287	580	250	28	11	0	85	1470	47	5	8	29	10	45	40	25
6" Subway Seafood Sensation™	233	420	170	19	3	0	20	690	51	5	8	13	10	20	35	15
6" Turkey & Bacon Avocado	264	390	110	13	3.5	0	30	860	49	7	7	22	10	200	30	20
6" Veggie Patty	247	390	70	7	1	0	10	800	56	8	8	23	15	20	35	15
SALADS																
Chopped Salads with 6 g of fat or Less	Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.															
Black Forest Ham	342	110	25	3.0	1	0	25	600	12	4	6	12	50	50	6	10
Double Chicken	427	220	40	4.5	1.5	0	100	490	10	4	4	36	50	60	8	15
Oven Roasted Chicken Breast	356	130	25	2.5	0.5	0	50	280	10	4	4	19	50	60	8	10
Roast Beef	356	140	30	3.5	1	0	45	460	11	4	5	19	50	50	6	20
Subway Club®	364	140	30	3.5	1	0	40	590	12	4	5	18	50	50	6	15
Sweet Onion Chicken Teriyaki (includes sweet onion dre	420	240	30	3.0	1	0	50	720	34	4	22	20	50	60	8	15
Turkey Breast	342	110	20	2.0	0.5	0	20	460	12	4	5	12	50	50	6	10
Turkey Breast & Ham	342	110	25	2.5	0.5	0	20	530	12	4	5	12	50	50	6	10
Veggie Delite®	286	50	10	1.0	0	0	0	80	9	4	4	3	50	50	6	8
Chopped Salads	Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.															
Big Philly Cheesesteak	420	330	145	16	8	1	85	1080	17	5	7	32	60	50	25	20
B.L.T.	304	150	75	8	4	0	20	450	10	4	5	10	50	50	6	10
Buffalo Chicken (with regular Ranch dressing)	413	360	230	26	4	0	60	1100	13	4	6	20	50	60	8	15
Chicken & Bacon Ranch Melt (includes Ranch dressing)	437	510	340	38	12	1	100	1050	14	4	7	30	60	60	30	14
Cold Cut Combo	349	180	95	11	4	0	45	820	12	4	5	12	50	50	10	14
Italian B.M.T.®	349	230	135	15	6	0	45	1060	12	4	6	14	50	50	6	12
Meatball Marinara	424	310	150	17	7	1	30	720	25	6	10	16	60	70	10	18
Spicy Italian	345	310	205	23	9	1	50	1280	11	4	6	15	50	50	8	12
Steak & Cheese	368	210	75	8	4	0	50	830	14	4	6	20	50	50	15	16
Subway Melt®	363	200	85	10	5	0	45	920	13	4	6	18	50	50	15	12
Tuna	360	310	215	24	4	0	40	370	10	4	4	15	50	50	6	14
Salad Dressings (amount mixed into chopped salad)																
Chipotle Southwest	43	190	180	20	3.5	0	15	330	2	0	1	1	2	2	0	0
Honey Mustard	43	60	5	1	0	0	0	240	13	0	11	0	0	2	0	0
Oil & Vinegar	43	190	190	21	1.5	0	0	0	0	0	0	0	0	0	0	0

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Ranch	43	220	210	23	3.5	0	10	400	2	0	2	0	0	0	0	0
Sweet Onion	43	80	5	0	0	0	0	170	18	0	16	0	0	2	0	0
BREAKFAST & PIZZA																
Egg White on 3" Flatbreads	Values include 3" Flatbread, egg white and cheese.															
Egg White & Cheese	91	170	45	5	1.5	0	5	490	21	1	1	9	2	0	30	8
Egg White & Cheese (with ham)	106	180	50	5	2.0	0	10	620	22	1	1	12	2	0	30	8
Bacon, Egg White & Cheese	96	190	60	7	2.5	0	10	580	21	1	1	11	2	0	30	8
Mega Melt**	124	260	110	12	4.5	0	25	840	22	1	1	16	2	0	30	10
Sausage, Egg White & Cheese**	120	240	95	10	4.0	0	20	740	22	1	1	14	2	0	30	10
Steak, Egg White & Cheese	108	190	55	6	2.0	0	15	620	22	1	1	13	2	0	30	10
Turkey, Egg White & Cheese**	106	180	45	5	2.0	0	10	580	22	1	1	12	2	0	30	8
Regular Egg on 3" Flatbreads	Values include 3" Flatbread, regular egg and cheese.															
Egg & Cheese	91	190	60	7	2.5	0	115	460	21	1	2	9	4	0	20	10
Egg & Cheese (with ham)	106	200	70	8	2.5	0	120	590	22	1	2	12	4	0	20	10
Bacon, Egg & Cheese	96	210	80	9	3.5	0	120	560	21	1	2	11	4	0	20	10
Mega Melt**	124	280	130	14	6	0	135	810	22	1	2	16	4	0	20	10
Sausage, Egg & Cheese**	120	260	110	13	4.5	0	130	720	22	1	2	14	4	0	20	10
Steak, Egg & Cheese	108	210	70	8	3.0	0	125	590	22	1	2	13	4	0	20	10
Turkey, Egg and Cheese**	106	200	70	8	2.5	0	120	560	22	1	2	12	4	0	20	10
6" Omelet Sandwich (with Egg White)	Values include 9-grain wheat bread, egg white and cheese.															
6" Egg White & Cheese	174	320	70	8	3	0	10	910	44	4	5	19	4	0	60	15
6" Egg White & Cheese (with Ham)	203	350	80	9	4	0	25	1170	45	4	6	24	4	0	60	15
6" Bacon, Egg White & Cheese	184	370	100	11	5	0	20	1090	45	4	5	23	4	0	60	15
6" Mega Melt**	241	510	200	22	9	0	55	1610	46	4	6	32	6	0	60	20
6" Sausage, Egg White & Cheese**	231	460	170	19	8	0	45	1430	45	4	5	29	6	0	60	20
6" Steak, Egg White & Cheese	217	390	90	10	4	0	35	1240	47	4	6	28	4	0	60	20
6" Turkey, Egg White and Cheese**	203	350	70	8	3	0	20	1100	45	4	5	24	4	0	60	15
6" Omelet Sandwiches (with Regular Egg)	Values include 9-grain wheat bread, regular egg and cheese.															
6" Egg & Cheese	174	360	110	12	4.5	0	230	860	44	5	6	19	8	0	40	20
6" Egg & Cheese (with Ham)	203	390	120	13	5	0	240	1120	45	5	7	24	8	0	40	20
6" Bacon, Egg & Cheese	184	410	140	16	6	0	240	1050	45	5	6	23	8	0	40	20
6" Mega Melt**	240	550	240	27	10	0	275	1560	46	5	7	32	10	0	45	25
6" Sausage, Egg & Cheese**	231	500	210	23	9	0	265	1380	45	5	7	29	10	0	45	20
6" Steak, Egg & Cheese	217	430	130	15	5	0	255	1190	47	5	7	28	8	0	40	20
6" Turkey, Egg & Cheese**	203	390	110	13	5	0	240	1050	45	5	6	24	8	0	40	20
Omelet on 6" Flatbread (with Egg White)	Values include 6" flatbread, egg white and cheese.															
Egg White & Cheese on 6" Flatbread	183	330	90	10	3.5	0	10	970	42	2	2	19	4	0	60	15
Egg White & Cheese (with ham) on 6" Flatbread	211	360	100	11	3.5	0	25	1230	43	2	3	23	4	0	60	15
Bacon, Egg White & Cheese on 6" Flatbread	192	380	120	13	5	0	20	1160	43	2	2	22	4	0	60	15
Mega Melt** on 6" Flatbread	249	520	220	24	10	0	55	1680	44	2	3	32	6	0	60	20
Sausage, Egg White & Cheese** on 6" Flatbread	240	470	190	21	8	0	45	1490	43	2	2	28	6	0	60	20
Steak, Egg White & Cheese on 6" Flatbread	225	400	110	12	4.5	0	35	1300	45	2	3	28	4	0	60	20
Turkey, Egg White & Cheese on 6" Flatbread**	211	360	90	11	3.5	0	20	1160	43	2	2	23	4	0	60	15
Omelet on 6" Flatbread (with Regular Egg)	Values include 6" flatbread, regular egg and cheese.															
Egg & Cheese on 6" Flatbread	183	370	130	14	5	0	230	920	42	3	3	19	8	0	40	20
Egg & Cheese (with ham) on 6" Flatbread	211	400	140	15	5	0	242	1190	43	3	4	23	8	0	40	20
Bacon, Egg & Cheese on 6" Flatbread	192	420	160	18	7	0	240	1110	42	3	4	22	8	0	40	20
Mega Melt** on 6" Flatbread	249	560	260	29	11	0	273	1630	43	3	4	32	10	0	45	25
Sausage, Egg & Cheese** on 6" Flatbread	240	510	230	25	9	0	263	1440	43	3	4	28	10	0	45	20
Steak, Egg & Cheese on 6" Flatbread	225	440	150	17	6	0	253	1250	44	3	5	28	8	0	45	25
Turkey, Egg & Cheese on 6" Flatbread**	211	400	140	15	5	0	240	1120	43	3	4	23	8	0	45	20
Breakfast Sides																
Hash Browns**	102	210	90	10	2.5	0	0	610	28	3	0	2	0	0	0	3
Flatizza																
Cheese	157	390	140	16	8	0	35	810	42	2	3	21	10	2	60	15
Pepperoni	181	500	230	26	12	0	60	1340	43	2	4	26	10	4	70	15
Spicy Italian	181	490	220	25	11	0	60	1290	43	2	4	25	10	4	70	15
Veggie	191	410	150	17	8	0	35	850	44	3	4	21	10	25	70	15
8" Pizza**																
Cheese	293	680	200	22	9	0	40	1070	96	4	7	32	25	4	45	30
Cheese & Veggies	381	740	230	25	11	0	50	1270	100	5	9	36	35	30	60	30
Pepperoni	323	790	290	32	13	0	60	1350	96	4	8	38	30	4	60	30
Sausage	336	820	310	34	14	0	70	1420	97	4	8	39	30	4	60	30
BREADS & CONDIMENTS																
Breads																
6" Italian (White) Bread	71	200	20	2	0.5	0	0	270	38	1	5	7	0	0	30	15
6" 9-Grain Wheat Bread	78	210	20	2	0.5	0	0	270	40	4	5	8	0	0	30	15
6" Parmesan Oregano Bread	75	220	25	2.5	1.0	0	0	420	40	2	5	8	0	0	35	15
6" Honey Oat 9-Grain Wheat Bread	82	230	20	3	0.5	0	0	280	43	4	6	8	0	0	30	15
6" Hearty Italian Bread**	75	210	20	2.5	0.5	0	0	270	41	2	5	7	0	0	30	15

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6" Monterey Cheddar**	82	240	50	6.0	2.5	0	10	340	38	2	5	10	2	0	40	15
6" Italian Herbs & Cheese	82	250	45	5	2.5	0	10	470	40	2	5	9	2	0	40	15
6" Roasted Garlic**	82	230	25	2.5	0.5	0	0	1240	45	2	7	8	4	45	35	15
6" Flatbread	87	220	40	4.5	1.0	0	0	340	38	2	2	7	0	0	30	15
Mini Italian Bread	47	130	10	1.5	0	0	0	180	25	1	3	5	0	0	20	8
Mini Wheat Bread	52	140	10	1.5	0	0	0	180	27	3	3	5	0	0	20	8
Wrap**	103	310	70	8	2.5	0	0	610	51	1	0	8	0	0	6	15
Sandwich Condiments (amount on 6-inch sandwich)																
Bacon (2 strips)	9	45	30	3.5	1.5	0	10	190	0	0	0	3	0	0	0	0
Balsamic Vinaigrette, Low Fat**	21	25	0	0	0.0	0	0	210	6	0	4	0	0	0	0	0
Buffalo Sauce	14	5	0	0	0	0	0	410	1	0	0	0	4	0	0	2
Chipotle Southwest Sauce	21	100	90	10	1.5	0	10	160	1	0	<1	0	0	0	0	0
Honey Mustard Sauce, Fat Free	21	30	0	0	0	0	0	120	7	0	6	0	0	0	0	0
Light Mayonnaise (1 T)	15	50	45	5	1	0	5	100	<1	0	0	0	0	0	0	0
Mayonnaise (1 T)	15	110	110	12	2	0	10	70	0	0	0	0	0	0	0	0
Mustard yellow or deli brown (2 tsp.)	10	5	0	0	0	0	0	115	<1	0	0	0	0	0	0	0
Olive Oil Blend (1 tsp.)	5.0	45	45	5	0	0	0	0	0	0	0	0	0	0	0	0
Pepperoni, 3 slices	17.7	80	60	7	2.5	0	15	400	1	0	1	4	0	0	0	0
Ranch Dressing	21	110	100	11	1.5	0	5	200	1	0	1	0	0	0	0	0
Red Wine Vinaigrette, Fat Free**	21	30	3	0	0	0	0	340	6	0	3	0	0	0	0	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	85	9	0	8	0	0	0	0	0
Vinegar (1 tsp.)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sandwich)																
Avocado**	35	60	50	5	1	0	0	<5	3	2	0	1	0	180	4	2
Banana Peppers (3 rings)	4	<5	0	0	0	0	0	60	0	0	0	0	0	6	0	0
Cucumbers (3 slices)	17	<5	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0
Jalapeno Peppers (3 rings)	4	<5	0	0	0	0	0	70	0	0	0	0	0	4	0	0
Lettuce	21	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	7	<5	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	9	0	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Olives (3 rings)	3	<5	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Spinach**	7	2	0	0	0	0	0	15	0	0	0	0	15	3	1	4
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0
Cheese (amount on 6-inch sandwich)																
American, Processed	11	40	30	3.5	2	0	10	200	1	0	0	2	2	0	8	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0	15	90	0	0	0	3	4	0	10	0
Mozzarella, Shredded**	14	40	25	3	2	0	10	100	0	0	0	3	2	0	8	0
Natural Cheddar**	15	60	45	5	3	0	15	100	0	0	0	4	4	0	8	0
Pepperjack**	14	50	35	4	2.5	0	15	140	0	0	0	3	4	4	10	0
Provolone	14	50	35	4	2	0	10	125	0	0	0	4	2	0	10	0
Swiss**	14	50	35	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0
Individual Meats (amount on 6" sub or salad)																
Chicken Patty, Roasted	71	90	20	2.5	0.5	0	45	330	2	0	1	15	0	10	0	0
Chicken Strips, Plain	71	80	15	1.5	0.5	0	50	210	0	0	0	16	0	4	2	2
Chicken Strips, Buffalo Chicken	85	90	15	2.0	0.5	0	50	620	1	0	0	16	4	4	2	4
Chicken Strips, Teriyaki Glazed	85	100	15	2	0.5	0	50	400	5	0	2	16	2	8	2	2
Cold Cut Combo Meats	64	130	90	10	3	0	45	750	2	0	1	9	0	2	4	6
Egg Patty (regular)	85	110	60	7	2	0	220	380	3	1	1	9	4	0	6	4
Egg White Patty	85	70	20	2	0.5	0	0	430	3	0	0	9	0	0	20	2
Ham	57	60	15	2	0.5	0	25	520	2	0	2	9	0	0	0	0
Italian B.M.T.® Meats	64	180	130	14	5	0	45	990	2	0	2	11	0	0	0	2
Meatballs	139	260	140	16	6	0.5	30	640	16	3	6	13	15	15	6	8
Roast Beef	71	90	20	2.5	1	0	45	390	1	0	1	16	0	0	0	8
Sausage, Breakfast	57	140	100	11	4.5	0	35	520	1	0	1	10	2	0	0	4
Seafood Sensation**	71	190	150	17	2.5	0	20	420	7	0	1	5	2	0	6	2
Steak (no cheese)	71	110	35	4	1.5	0	40	550	4	0	2	15	0	2	0	8
Subway Club® Meats	78	90	20	2.5	1	0	40	520	2	0	1	15	0	0	0	6
Tuna	74	250	210	23	4.0	0	40	300	0	0	0	12	0	0	0	6
Turkey Breast	57	50	10	1	0.5	0	20	390	2	0	1	9	0	0	0	2
Veggie Patty**	85	160	45	5	0.5	0	10	520	12	3	2	15	6	0	2	0
DESSERTS, SIDES & BEVERAGES																
Cookies & Desserts																
Chocolate Chip	45	220	90	10	5	0	15	130	30	1	18	2	6	0	0	6
Chocolate Chunk**	45	220	90	10	5	0	10	100	30	<1	17	2	0	0	0	6
Double Chocolate Chip**	45	210	80	9	5	0	15	130	30	1	20	2	6	0	2	4
M & M®**	45	210	90	10	5	0	15	100	32	<1	18	2	0	0	2	6
Oatmeal Raisin	45	200	70	8	4	0	15	130	30	1	16	3	0	0	2	6
Peanut Butter**	45	220	110	12	5	0	10	130	26	1	16	4	4	0	2	6
Raspberry Cheesecake	45	200	80	9	4.5	0	15	120	29	0	16	2	6	0	2	4
Sugar**	45	220	110	12	6	0	15	130	28	<1	14	2	0	0	0	4

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
White Chip Macadamia Nut	45	220	100	11	5	0	15	130	29	<1	18	2	6	0	2	4
Gingerbread	45	200	60	7	3	0	15	140	32	<1	17	2	6	0	2	6
Apple Pie**	71	250	90	10	2	n/a	0	290	37	1	25	0	0	0	0	2
Apple Slices - 1 package	71	35	0	0	0	0	0	0	9	2	7	0	0	30	4	0
Chips																
Baked Lay's®	32	130	15	2	0	0	0	200	23	2	2	2	0	2	4	2
Baked Lay's®** Sour Cream & Onion	32	140	30	3.5	0.5	0	0	240	24	2	3	3	0	4	4	2
Doritos Nacho	50	250	120	13	2.5	0	<5	310	30	2	2	4	0	0	8	2
Lays® Classic	43	230	140	15	1.5	0	0	270	23	2	0	3	0	15	0	2
Sunchips Harvest Cheddar	43	210	80	9	1.5	0	0	240	29	3	3	4	0	0	2	2
Chips, 1 bag	25-57	130-340	0-220	0-22	0-4.5	0	0-35	150-940	13-36	0-3	0-9	0-7	0-20	0-20	0-15	0-10
Beverages* **	(oz)															
Bottled Juice/Drink	15	0-300	0	0	0	0	0	40-160	54-68	0	48-64	0	0	0-200	0	0
Fountain Drink/Sweetened Tea, Regular - 16 oz, no ice	16	120-240	0	0	0	0	0	0-110	34-66	0	34-66	0	0	0-210	0	0
Fountain Drink, Diet/Unsweetened Tea - 16 oz, no ice	16	0-10	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 21 oz, no ice	21	160-320	0	0	0	0	0	0-140	45-87	0	45-87	0	0	0-270	0	0
Fountain Drink, Diet/Unsweetened Tea - 21 oz, no ice	21	0-15	0	0	0	0	0	0-80	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 30 oz, no ice	30	230-460	0	0	0	0	0	0-200	65-120	0	65-120	0	0	0-380	0	0
Fountain Drink, Diet/Unsweetened Tea - 30 oz, no ice	30	0-25	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 40 oz, no ice	40	0-620	0	0	0	0	0	0-260	90-160	0	90-160	0	0	0-500	0	0
Fountain Drink, Diet/Unsweetened Tea - 40 oz, no ice	40	0-30	0	0	0	0	0	0-100	0	0	0	0	0	0	0	0
Coca Cola®. no ice	21	260	0	0	0	0	0	15	71	0	71	0	0	0	0	0
Diet Coke® , no ice	21	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0
FUZE Brewed Black Tea Lemon Sweet, no ice	21	170	0	0	0	0	0	0	43	0	43	0	0	15	0	0
FUZE Brewed Green Tea Sweet, no ice	21	140	0	0	0	0	0	0	37	0	36	0	0	15	0	0
FUZE Brewed Raspberry Tea Sweet, no ice	21	150	0	0	0	0	0	0	58	0	58	0	0	15	0	0
FUZE Brewed Sweet Tea, no ice	21	170	0	0	0	0	0	0	44	0	44	0	0	15	0	0
FUZE Brewed Tea Unsweetened, no ice	21	0	0	0	0	0	0	0	1	0	0	0	0	15	0	0
Minute Maid® Light Lemonade, no ice	21	15	0	0	0	0	0	15	3	0	3	0	0	0	0	0
Sprite®, no ice	21	260	0	0	0	0	0	60	68	0	68	0	0	0	0	0
Juice Box	6	100	0	0	0	0	0	15	24	0	21	0	0	100	10	2
Milk, Low Fat***	8	100	20	2.5	1.5	0	10	120	12	0	12	8	10	4	30	0
Milk, Chocolate Flavored Reduced Fat***	8	200	45	5	3.5	0	25	200	32	<1	29	10	10	4	30	2
Soup (8 oz bowl)**	(oz)															
Beef Chili	255	350	220	24	10	1.5	80	730	17	4	7	15	40	4	8	15
Chicken & Dumpling	255	150	40	4.5	2	0	35	740	20	3	3	8	20	10	4	6
Chicken Noodle	255	100	10	1	0.5	0	15	720	12	1	1	10	35	4	4	4
Clam Chowder	255	200	100	11	7	0.5	30	850	20	2	3	5	0	4	4	4
Creamy Broccoli & Cheese	255	160	70	10	6	0	20	830	12	3	1	6	25	25	10	4
Creamy Wild and Brown Rice	255	180	90	10	4	0.5	35	820	16	2	4	6	20	4	8	2
Green Chili and Tomato	255	90	20	2	0.5	0	<5	680	14	3	5	2	8	25	4	6
Loaded Baked Potato	255	220	100	11	6	0.5	40	840	23	2	4	7	0	10	8	4
Minestrone	255	90	10	1	0.5	0	<5	740	17	5	4	4	40	4	6	6
Poblano Corn Chowder	255	150	60	7	4	0.5	20	560	18	2	7	5	4	4	10	4
Thai Coconut	255	220	130	15	10	0	25	720	19	5	7	5	20	40	2	2
Vegetable Beef	255	90	15	2	0.5	0	5	730	15	3	3	4	70	4	4	4

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from Subway® approved food manufacturers, independent laboratories and the USDA 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 season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

**At participating locations. Nutrition information for these items are based on the most common formulas and ingredients.