



Nutrition Information: New Zealand

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein(g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
6-inch Sandwiches with 6 g of Fat or Less.										
Values include white or wheat bread, lettuce, tomatoes, onions, capsicum, pickles and olives.										
Ham	221	1170	281	18	4.5	1.6	36.9	4.6	4.5	1220
Roast Beef	204	1120	267	18	4.0	1.2	37.5	4.9	4.5	911
Roasted Chicken	223	1220	292	23	4.4	1.3	37.6	6.0	4.5	628
Turkey	204	1120	268	14	4.9	1.5	39.1	5.1	4.5	907
Turkey & Ham	220	1180	283	17	4.9	1.6	38.5	5.0	4.5	1140
Subway Club™	220	1190	284	18	4.9	1.6	38.7	5.2	4.5	1090
Sweet Onion Chicken Teriyaki	266	1460	348	22	4.8	1.5	52.1	16.7	4.5	1180
Veggie Delite™	159	900	216	8	3.1	0.9	36.2	4.1	4.5	475
6-inch Sandwiches										
Values include white or wheat bread, lettuce, tomatoes, onions, capsicum, pickles, olives and cheese.										
Chicken & Bacon Ranch	265	1960	468	27.8	21.3	6.6	38.9	4.6	4.5	1390
Chicken Fillet (breaded chicken)	231	1540	367	19.2	14.6	4.9	37.1	4.1	4.5	1200
Italian BMT®	238	1630	390	20.5	15.9	7.6	37.6	4.7	4.5	1600
Meatball Marinara	331	2100	502	21.2	19.6	9.3	57.8	17.1	4.5	1660
Roast Lamb	257	1640	391	21.5	10.7	4.8	49.1	14.4	4.5	1120
Seafood Sensation	242	1590	379	13.4	14.6	4.7	48.6	7.2	4.5	1040
Spicy Italian	231	2060	493	24.2	26.0	10.9	38.5	4.7	4.5	1580
Steak & Cheese (with Diced Steak)	263	1480	353	27.3	9.4	4.5	36.9	4.1	4.5	1140
Subway Melt™	241	1540	368	22.7	11.6	5.5	39.3	5.2	4.5	1520
Tuna	242	1650	394	21.3	16.7	4.7	41.0	4.4	4.5	992
Veggy Patty	261	2050	489	24.0	12.9	5.1	66.0	11.0	4.5	1030
Mini Subs										
Values include mini wheat bread, lettuce, tomatoes, onions, capsicum, pickles and olives.										
Chicken Strips	133	979	234	10.3	9.8	4.9	24.7	2.8	2.9	792
Ham	135	733	175	10.4	2.7	0.9	24.3	2.9	2.9	689
Roast Beef	134	741	177	11.8	2.7	0.8	24.8	3.1	2.9	608
Tuna (includes cheese)	151	1050	252	13.1	10.5	3.6	26.6	2.8	2.9	676
Turkey	134	742	177	9.3	3.2	1.0	25.9	3.3	2.9	605
WRAPS										
Values include wrap, lettuce, tomatoes, onions, capsicum, pickles, olives and cheese.										
Ham	221	1190	285	17.2	4.4	1.5	40.7	4.1	1.2	1300
Roast Beef	204	1140	272	16.8	3.9	1.2	41.3	4.4	1.2	988
Roasted Chicken	223	1260	297	22.2	4.3	1.2	41.4	5.5	1.2	704
Turkey	204	1140	272	13.1	4.8	1.5	42.9	4.6	1.2	983
Turkey & Ham	220	1200	287	16.1	4.8	1.6	42.3	4.5	1.2	1211
Subway Club™	220	1210	288	16.8	4.8	1.5	42.5	4.6	1.2	1171
Sweet Onion Chicken Teriyaki	266	1480	353	21.1	4.7	1.5	55.9	16.2	1.2	1250
Veggie Delite™	159	923	221	7.3	3.1	0.8	40.0	3.6	1.2	551
Salads with 6 g of Fat or Less										
Values do not include salad dressing.										

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Ham	376	512	122	12.9	2.4	0.9	8.1	5.6	4.4	821
Roast Beef	359	456	109	12.5	1.9	0.5	8.7	5.8	4.4	513
Roasted Chicken	378	532	127	16.4	2.3	0.6	8.4	5.1	4.4	500
Turkey	359	458	109	8.8	2.8	0.8	10.2	6.1	4.4	509
Turkey & Ham	375	521	124	11.8	2.9	0.9	9.6	6.0	4.4	737
Subway Club™	374	525	125	12.5	2.8	0.9	9.9	6.1	4.4	696
Sweet Onion Chicken Teriyaki	420	795	190	16.8	2.7	0.8	23.2	17.7	4.4	778
Veggie Delite™	314	242	58	3.0	1.1	0.2	7.3	5.1	4.4	77
6" Breakfast Sandwiches										
Bacon and Egg	136	1340	321	17.9	11.9	4.5	34.2	3.0	3.3	589
Cheese and Egg	138	1320	316	16.9	11.8	5.1	34.1	2.8	3.3	609
Ham and Egg	158	1290	308	19.6	9.1	3.2	34.1	3.1	3.3	781
Steak & Egg	198	1400	334	23.3	9.8	3.5	36.6	3.6	3.3	876
Western & Egg	177	1250	300	17.4	8.9	3.1	35.4	4.0	3.8	596
Omelettes										
Bacon and Egg	103	720	172	13.1	12.5	6.0	2.5	1.5	0.4	457
Cheese and Egg	94	530	127	9.7	9.1	4.4	2.1	1.3	0.4	277
Ham and Egg	125	497	119	12.4	6.4	2.4	2.1	1.6	0.4	448
Sausage & Egg	146	1170	279	19.9	19.9	9.1	5.8	1.9	0.4	527
Steak & Egg	165	774	185	18.4	10.3	5.0	5.0	2.1	0.4	745
Western & Egg	100	996	238	11.2	5.8	1.9	33.5	2.6	3.3	373
Desserts & Sides										
Chocolate Chip	45	872	208	1.9	9.8	5.3	29.2	18.5	1.1	174
Double Chocolate Chip	45	887	212	2.3	10.1	5.4	28.4	19.4	0.6	171
M&M	45	852	204	2.1	9.2	4.7	28.8	17.5	0.8	145
Oat & Raisin	45	775	185	2.3	6.5	3.0	29.6	18.6	1.4	156
White Chip Macadamia Nut	45	916	219	2.4	10.8	4.5	27.0	17.6	0.6	173
Apple Slices	80	177	42	<1	<1	<1	10.0	7.5	0	3.1
Strawberry Yogurt	150	630	151	6.1	1.8	1.3	26.9	24.7	0	78
Breads										
6" Wheat Bread	70	818	196	7.4	2.8	0.8	33.2	2.3	3.3	333
6" White Bread	68	800	191	6.8	2.6	0.8	33.0	2.2	2.0	332
6" Roasted Garlic	79	925	221	7.3	3.0	0.8	39.8	4.9	2.0	1140
6" Honey Oat	81	965	231	9.2	3.2	0.9	38.6	5.5	3.8	376
6" Italian Herbs & Cheese	79	949	227	9.4	4.6	2.1	34.8	2.4	2.2	487
Mini Wheat Bread	47	545	130	4.9	1.8	0.5	22.1	1.5	2.2	222
Mini White Bread	45	533	127	4.5	1.7	0.5	22.0	1.5	1.3	221
Wrap	70	837	200	6.5	2.7	0.8	37.0	1.8	0.0	410
Avocado	28	197	47.1	0.9	4.4	0.5	2.8	0.0	1.6	0.6
Condiments & Sauces (amount on 6-inch sub)										
Bacon (2 strips)	9	190	45.4	3.3	3.4	1.6	0.5	0.2	0.0	180
Barbecue Sauce	21.3	76	18.1	0.2	0.2	0.2	4.2	3.5	0.0	119
Honey Mustard Sauce (21 ml)	21.3	121	29.0	0.2	0.3	0.2	6.3	5.3	0.0	101
Italian Dressing	21.3	338	80.7	0.1	8.3	1.7	1.4	1.3	0.0	174
Red Wine Vinaigrette (21 ml)	21.3	80	19.0	0.3	0.2	0.2	3.9	3.4	0.0	313
Sweet Onion Sauce (21 ml)	21.3	135	32.4	0.2	0.2	0.2	7.7	7.1	0.0	75

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Thousand Island	21.3	262	62.5	0.0	5.6	0.8	2.8	2.0	0.0	161
Chipotle Southwest Sauce (21 ml)	21	410	98.1	0.7	10.3	1.5	1.1	0.9	0.1	213
Mayonnaise (15 ml)	15	189	45.2	0.2	4.9	0.7	2.2	0.2	0.0	96
Ranch Dressing	21	406	97.1	0.6	10.2	1.5	0.7	0.3	0.0	113
Sweet Chil Sauce	21	170	40.7	0.0	0.1	0.0	9.8	9.2	0.3	242
Cheddar Cheese	11	168	40.1	2.3	3.3	2.2	0.4	0.0	0.0	201
Mozzarella Cheees	14	171	40.9	3.8	2.8	2.0	0.1	0.1	0.0	69
Old English	11	166	39.7	2.4	3.2	2.2	0.4	0.2	0.0	197
Swiss, Processed	12	184	44.1	3.6	3.7	2.1	0.3	0.1	0.0	200

A Registered 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.

**Regional and promotional subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between restaurants. Nutritional information for these sandwiches is based on the most common formulas and ingredients.

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