

Subway® Nutrition Facts-CANADA

Revised January 2005

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
6-inch Sandwiches with 6 grams of Fat or Less Values include Italian or wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives.																
Honey Mustard Ham	245	320	45	5	1.5	0	20	1220	52	5	12	18	6	35	6	25
Oven Roasted Chicken Breast	231	300	50	5	1.5	0	40	800	47	4	8	22	4	30	6	25
Roast Beef	224	280	45	5	2	0	20	1040	44	4	7	19	4	30	6	25
Savory Turkey Breast	224	280	40	4.5	1.5	0	10	960	46	4	8	17	4	30	6	25
Savory Turkey Breast & Ham	234	290	45	5	1.5	0	15	1100	46	4	8	19	4	30	6	25
Subway Club®	238	290	45	5	1.5	0	20	1130	46	4	7	20	4	30	6	25
Sweet Onion Chicken Teriyaki	274	370	45	5	1.5	0	45	1200	59	4	18	25	6	40	8	25
Veggie Delite®	167	230	30	3	1	0	0	520	44	4	7	9	4	30	6	25
6-inch Hot Sandwiches Values include Italian or wheat bread, lettuce, tomatoes, onions, green peppers, pickles, olives and cheese.																
Cheese Steak	250	360	90	10	4.5	0	35	1090	47	5	9	24	6	30	15	45
Chicken & Bacon Ranch	275	470	179	20	7	0	70	1250	46	5	7	31	6	35	15	25
Chipotle Southwest Cheese Steak	271	450	180	20	6	0	45	1300	48	6	9	25	6	30	15	45
Meatball Marinara	377	560	220	24	10	1.0	45	1600	63	7	12	24	8	50	20	40
Turkey Breast, Ham & Bacon Melt	254	380	110	12	5	0	45	1610	48	4	8	25	8	30	15	25
6-inch Cold Sandwiches Values based on standard formula and includes selected vegetables and cheese.																
Classic Tuna	250	530	270.0	31	7	0.5	45	1020	44	4	7	22	6	30	10	30
Cold Cut Combo	249	460	220	23	9	0	60	1450	48	4	7	20	6	30	15	25
Italian BMT®	243	450	180	20	8	0	50	1690	46	4	8	23	6	30	10	25
Subway® Seafood Sensation	250	450	200	22	5	0	25	1140	51	5	8	16	6	30	15	25
Deli Style Sandwiches																
Classic Tuna	161	350	160	18	5	0	25	740	35	3	3	14	4	15	10	25
Ham	142	210	35	4	1.5	0	10	670	35	3	3	11	4	20	6	20
Roast Beef	152	220	40	4.5	1.5	0	15	740	34	3	3	13	4	15	6	20
Savory Turkey Breast	152	210	35	4	1.5	0	10	690	36	3	4	12	4	15	6	25
Wraps																
Chicken & Bacon Ranch (with cheese)	249	430	230.0	26	9	0	85	1610	18	9	2	39	10	15	30	15
Tuna (with cheese)	212	450	300	34	7	0.5	50	1190	16	9	1	28	5	10	20	15
Turkey Breast & Bacon Melt (w/ Chipotle Sauce)	242	430	250	28	9	0	55	1780	20	9	3	33	10	10	30	15
Turkey Breast	184	180	60	6	1	0	10	1240	18	9	2	22	4	10	10	15
Salads Values do not include salad dressing or croutons.																
Grilled Chicken	378	130	24	2.5	0.5	0	45	370	11	4	5	18	60	50	6	10
Tuna Salad (with Cheese)	396	360	260	30	6	0.5	45	600	12	4	5	16	60	45	10	15
Subway Club®	385	130	30	3.5	1	0	20	690	13	4	6	14	60	45	6	10
Veggie Delite® Salad	314	60	10	1	0	0	0	80	11	4	5	3	60	45	6	10
Salad Dressing																
Atkins Honey Mustard	57	200	200	22	3	0	0	510	1	0	0	1	0	0	0	0
Greek Vinaigrette	57	200	190	21	3	0	0	590	3	0	2	1	0	0	0	0
Kraft Fat Free Italian	57	35	0	0	0	0	0	720	7	0	4	1	0	0	2	0
Kraft Ranch	57	200	200	22	3.5	0	10	550	1	0.5	0	1	0	0	0	0
Zesty Italian	57	290	280	31	3.5	0	0	440	4	0	3	0	0	0	0	0
6-inch Limited Time Offer/Regional Subs*																
Bacon, Turkey & Ham Double Cheese Melt	280	470	150	17	8	0	55	1550	54	5	13	28	6	35	25	25
Cookies & Desserts																
Chocolate Chip	45	210	90	10	4	1	15	160	30	1	18	2	4	0	0	6

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Oatmeal Raisin	45	200	70	8	2.5	2.5	15	170	30	2	16	3	0	0	0	6
Peanut Butter	45	220	110	12	4	1	10	200	26	1	16	4	4	0	0	6
M & M®	45	210	90	10	3.5	2.5	15	105	30	1	17	2	0	0	0	6
White Chip Macadamia Nut	45	220	100	11	3.5	1	15	160	28	1	17	2	6	0	0	6
Sugar	45	230	110	12	3.5	3.5	15	135	28	0	14	2	0	0	0	6
Chocolate Chunk	45	220	90	10	3.5	2.5	10	105	30	1	17	2	0	0	0	6
Double Chocolate Chip	45	210	90	10	4	1	15	170	30	1	20	2	6	0	0	6
Apple Pie**	71	245	90	10	2	n/a	0	290	37	1	25	0	0	0	0	3
Fruit Roll Up (1)	14	50	5	1	0	0	0	55	12	0	7	0	0	25	0	0
Fruizle Express** (small)																
Berry Lishus	369	110	0	0	0	0	0	30	28	1	27	1	0	110	0	10
Berry Lishus (with Banana)	396	140	0	0	0	0	0	30	35	2	27	1	2	120	0	10
Pineapple Delight	369	130	0	0	0	0	0	25	33	1	33	1	0	150	0	0
Pineapple Delight (with banana)	396	160	0	0	0	0	0	25	40	2	33	1	0	150	0	0
Peach Pizzazz	341	100	0	0	0	0	0	25	26	0	26	0	2	110	0	0
Sunrise Refresher	341	120	0	0	0	0	0	20	29	1	28	1	4	210	2	0
Soup** (1 cup)																
Chicken and Dumpling	240	130	40	4.5	2.5	0	30	1030	16	1	2	7	20	0	2	4
Chicken w/ White and Wild Rice	240	70	20	2	0.5	0	5	910	8	<1	0	4	2	60	2	2
Chili Con Carne	240	240	90	10	5	0	15	860	23	8	14	15	15	0	6	10
Cream of Broccoli	240	130	50	6	2	0	10	860	15	2	0	5	4	20	15	0
Cream of Mushroom	240	140	70	8	3	0	10	1010	15	1	4	4	0	0	8	2
Cream of Potato with Bacon	240	200	100	11	4	0	15	840	21	2	3	4	6	0	8	2
Creamy Garden Cauliflower	240	150	90	10	4	0	10	970	12	2	3	3	0	10	6	0
Minestrone	240	90	35	4	1	0	20	1180	7	1	1	7	40	6	2	4
Roasted Chicken Noodle	240	60	15	1.5	0.5	0	10	940	7	1	1	6	15	2	0	0
Tomato Garden Vegetable w/ Rotini	240	100	5	0.5	0	0	0	2340	20	2	7	3	80	2	4	2
Vegetable Beef	240	90	10	1	0.5	0	5	1050	15	3	3	5	15	0	2	4
Vegetarian Vegetable	240	70	10	1	0	0	0	1130	14	3	7	2	4	15	4	25
Breads																
6" Italian (White) Bread	71	200	25	2.5	1.5	0	0	340	38	3	5	7	0	8	4	10
6" Wheat Bread	78	200	25	2.5	1	0	0	360	40	3	5	8	0	15	4	20
6" Parmesan Oregano Bread	79	210	30	3.5	1.5	0	0	500	40	3	5	8	0	8	4	15
6" Honey Oat	88	250	30	3.5	1	0	0	380	48	4	9	10	0	15	6	20
6" Hearty Italian Bread	78	210	25	2.5	1.5	0	0	340	41	3	5	8	0	8	4	10
6" Monterey Cheddar	85	240	50	6	3.5	0	10	400	39	3	5	10	2	8	10	10
6" Italian Herbs & Cheese	96	240	45	6	3	0	10	490	40	3	5	10	2	8	10	15
Deli Style Roll	71	170	25	2.5	1	0	0	280	32	3	2	6	0	6	4	20
Carb Conscious Wrap	70	120	40	4.5	0	0	0	680	13	8	0	14	0	0	8	10
Sandwich Condiments (amount on 6-inch sub)																
Bacon (2 strips)	9	40	25	3	1.0	0	10	150	0	0	0	3	0	0	0	1
Chipotle Southwest Sauce	21	100	90	10	2	0	8	220	1	0	1	0	0	0	0	0
Fat Free Honey Mustard Sauce	21	30	0	0	0	0	0	140	7	0	5	0	0	0	0	0
Fat Free Sweet Onion Sauce	21	40	0	0	0	0	0	100	9	0	8	0	0	0	0	0
House Sandwich Sauce (Zesty Italian)	21	110	105	12	1	0	0	170	1	0	1	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

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Light Mayonnaise-Type Dressing (15 ml)	15	60	50	6	3	1	10	105	1	0	0	0	0	0	0	0
Mayonnaise (1 T)	15	110	110	12	3	0	10	80	0	0	0	0	0	0	0	0
Ranch Dressing	21	75	73	8	1	0	4	205	0	0	0	0	0	0	0	0
Vegetables																
Banana Peppers (3 rings)	4	0	0	0	0	0	0	20	0	0	0	0	0	6	0	0
Cucumbers (3 slices)	17	0	0	0	0	0	0	0	0	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	0	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	14	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	125	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
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0
Cheese (amount on 6-inch sub, wrap or salad)																
Cheddar, Processed	11	40	30	3	2	0	10	200	0.5	0	0	2	0	0	6	0
Monterey Cheddar, Shredded	28	110	80	9	6	0	30	180	<1	0	0	7	6	0	20	0
Monterey Jack	11	40	30	3.5	2.5	0	9	80	0	0	0	3	0	0	8	0
Natural Cheddar	11	45	35	3.5	2.5	0	10	75	0	0	0	3	0	0	6	0
Provolone	11	40	25	3	2	0	8	95	0	0	0	3	0	0	8	0
Swiss	14	50	40	4	3	0	10	45	0	0	0	4	0	0	15	0
Individual Meats (amount on 6" sub or salad)																
Turkey Breast	57	50	15	1.5	0	0	10	450	2	0	1	8	0	0	2	2
Ham	57	60	15	1.5	0.5	0	20	560	2	0	0	9	0	2	0	0
Roast Beef	57	50	20	2.0	1	0	20	530	0	0	0	10	0	0	0	0
Turkey Breast, Ham & Roast Beef	71	70	20	2.0	1	0	20	610	2	0	1	11	0	0	0	2
Tuna	71	260	220	24	4	0	35	310	0	0	0	10	0	0	0	4
Seafood Sensation	71	190	140	16	2.5	0	15	430	7	0	1	5	0	0	6	2
Cold Cut Combo Meats	71	200	170	16	6	0	55	730	4	0	0	9	0	0	2	4
Italian BMT® Meats	64	180	130	14	5	0	40	970	2	0	1	11	0	2	0	2
Meatball	198	300	160	18	7	1	35	890	19	3	6	13	2	25	6	15
Steak (no cheese)	71	90	30	3.5	1	0	25	370	3	1	2	13	0	0	2	20
Roasted Chicken	64	80	20	2.0	0.5	0	40	290	3	0	2	13	0	0	0	0
Chicken Strips	64	70	15	1.5	0	0	45	290	0	0	0	15	0	4	2	2

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 #17. 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 Limited Time Offer 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.