



"The SUBWAY chain has doubled the number of stores in two years – now over 1,100 open in the UK & Ireland!"

**SUBWAY**  
eat fresh.™

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## menu

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\* Formed meat.

\*\* Reformed meat.

Low in fat.

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Protein (g)	Carb. (g)	of which sugars (g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt Equivalents (g)	
<b>Breads</b>												
6" Italian (White) Bread	75	743	178	7	35	0.7	2.1	1.1	2.0	0.4	0.9	
6" Wheat Bread	80	764	183	8	35	0.6	2.3	1.0	2.8	0.4	1.1	
6" Parmesan Oregano Bread	79	793	190	7	36	0.9	2.7	1.1	2.8	0.4	1.0	
6" Honey Oat	91	936	224	9	41	2.9	3.0	1.2	3.3	0.4	1.1	
6" Hearty Italian Bread	79	791	189	7	37	0.7	2.3	1.1	2.5	0.4	0.9	
6" Italian Herbs & Cheese	86	920	220	9	36	0.9	5.2	2.6	2.8	0.4	1.1	
Mini Italian (White Bread)	50	490	117	4.8	23	0.6	1.2	0.4	1.3	0.3	0.8	
Mini Wheat Bread	53	510	122	4.3	26	0.6	1.6	0.6	1.8	0.3	0.8	
Wrap	101	1372	328	7.9	60	3.4	6.6	2.9	2.0	0.7	1.8	

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<b>6" Lite Subs Values include wheat bread, lettuce, tomatoes, pickles, green peppers, olives and onions.</b>												
Beef	226	1139	272	24	39	2.5	4.1	1.7	4.0	1.0	2.5	
Chicken Breast	240	1209	298	28	40	2.5	4.8	1.6	4.0	1.1	2.6	
Ham*	226	1083	259	19	39	3.3	4.5	1.7	4.0	1.2	3.1	
Subway Club™	259	1250	299	29	39	2.9	5.0	1.9	4.0	1.5	3.7	
Sweet Onion Chicken Teriyaki	283	1436	352	29	51	12.5	5.3	1.7	4.4	1.5	3.7	
Turkey Breast**	226	1073	256	20	39	2.8	4.1	1.5	4.0	1.2	3.1	
Turkey Breast** & Ham*	236	1115	267	21	39	3.1	4.5	1.7	4.0	1.4	3.4	
Veggie Delite™	169	850	203	9	38	2.5	2.6	1.1	4.0	0.6	1.5	

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	Serving Size (g)	Energy (kJ)	Energy (kcal)	Protein (g)	Carb. (g)	of which sugars (g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt Equivalents (g)
<b>6" Subs Values include wheat bread, cheese, lettuce, tomatoes, pickles, green peppers, olives and onions.</b>											
Chicken & Bacon Ranch	299	2012	489	39	41	2.7	20.9	8.4	4.0	1.6	3.9
Italian BMT™	245	1796	429	24	39	3.1	21.2	9.8	4.0	1.7	4.3
Meatball Marinara	382	2174	520	28	57	15.9	22.4	9.2	7.0	1.9	4.7
Spicy Italian	229	1930	461	22	39	2.8	26.1	11.0	4.0	1.5	3.9
Subway Melt™	257	1467	351	27	40	3.2	11.1	5.2	4.0	1.7	4.3
Steak & Cheese	253	1407	336	25	41	3.8	9.8	4.8	4.0	1.4	3.5
Tuna	253	1681	402	22	41	2.5	18.6	4.6	4.0	1.2	2.9
Veggie Patty™	267	1730	414	23	47	5.5	13.3	5.6	4.0	1.2	3.0

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<b>6" Breakfast Subs Values include wheat bread</b>											
Bacon	98	1103	264	15	36	1.0	8.1	3.2	2.8	0.7	1.8
Bacon & Egg (includes cheese)	184	1775	437	22	37	1.4	23.1	8.2	3.1	1.2	3.0
Cheese & Egg	162	1423	352	17	37	1.3	16.5	4.7	3.1	0.9	2.1
Mega Breakfast (includes cheese)	247	2593	574	31	43	2.2	31.8	10.8	4.6	1.5	3.8
Sausage & Egg (includes cheese)	238	2424	533	28	43	2.0	28.9	9.8	4.6	1.4	3.4
Sausage	156	1765	364	19	42	1.4	14.6	6.1	4.2	0.9	2.4

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<b>Mini Subs Values include wheat bread, lettuce, tomatoes, pickles, green peppers, olives and onions.</b>											
Beef 🍴	148	755	181	16	26	1.5	2.7	1.1	2.6	0.7	1.6
Ham* 🍴	138	679	162	11	26	1.9	2.7	1.1	2.6	0.7	1.8
Tuna (with cheese)	158	1070	256	13	27	1.5	11.5	3.7	2.6	0.8	2.0
Turkey Breast** 🍴	148	711	170	13	26	1.7	2.7	1.0	2.6	0.8	2.1

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<b>Salads Values include lettuce, tomatoes, cucumbers, green peppers, olives, onions and carrots. Values do not include salad dressing.</b>											
Beef	371	531	127	18	7	5.1	2.5	0.7	4.4	0.5	1.2
Chicken Breast	385	601	152	22	8	5.1	3.3	0.7	4.4	0.5	1.37
Ham*	371	475	113	13	8	5.9	3.0	0.8	4.4	0.7	1.9
Subway Club™	404	641	153	23	8	5.5	3.4	1.0	4.4	1.0	2.4
Sweet Onion Chicken Teriyaki	427	828	206	23	20	15.1	3.7	0.7	4.8	1.0	2.5
Turkey Breast**	371	465	111	14	7	5.4	2.5	0.6	4.4	0.7	1.9
Turkey Breast** & Ham*	380	507	121	15	8	5.7	3.0	0.8	4.4	0.9	2.1
Veggie Delite™	314	242	58	3	7	5.1	1.1	0.2	4.4	0.1	0.2

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<b>Dressings &amp; Sauces (amount on 6" Sub)</b>												
Bacon (2 strips)	9	169	40	3	0.0	0.2	2.9	1.1	0.0	0.1	0.3	
Chipotle Southwest Sauce	21	367	88	0.0	2	0.8	9.0	1.0	0.2	0.2	0.4	
Honey Mustard Sauce	21	133	32	0.0	7	5.9	0.2	0.0	0.1	0.1	0.3	
Sweet Onion Sauce	21	158	38	0.0	9	7.5	0.2	0.0	0.1	0.1	0.3	
Light Mayonnaise	15	232	56	0.0	1	0.0	6.0	0.4	0.0	0.1	0.3	
Mayonnaise	15	451	108	0.0	0.0	0.0	11.9	1.8	0.0	0.1	0.2	
Processed Cheddar Cheese	12	183	44	2	0.0	0.0	3.6	2.4	0.0	0.2	0.5	
Ranch	21	174	42	0	0	0	4.3	0.3	0	0.2	0.4	

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<b>Cookies (1 cookie)</b>												
Chocolate Chip	45	894	214	2	31	17.9	10.3	5.3	1.2	0.1	0.4	
Chocolate Chip Candy	45	914	218	2	31	17.4	9.7	4.8	1.0	0.1	0.3	
Chocolate Chunk	45	944	226	2	31	16.8	10.1	5.0	1.0	0.1	0.3	
Double Choc Chip Cookie	45	886	212	2	30	19.5	9.5	5.3	1.0	0.2	0.4	
Oatmeal Raisin	45	862	206	3	31	16.5	8.2	3.7	1.4	0.2	0.4	
Sugar Cookie	45	968	231	2	29	13.6	11.8	5.5	0.6	0.1	0.3	
White Chip Mac Nut	45	930	222	2	29	17.0	10.8	5.3	0.7	0.2	0.4	

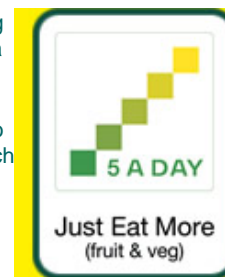
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<b>Donuts &amp; Muffins</b>												
Chocolate Donut	55	1017	243	4	21	7.8	15.5	4.6	1.2	0.3	0.7	
Sugared Donut	49	865	207	3	21	7.5	11.6	3.1	0.5	0.2	0.5	
Blueberry Muffin	111	1472	352	5	40	31.9	20.6	2.9	3.0	0.3	0.8	
Chocolate Chunk Muffin	111	1649	394	6	44	37.2	22.9	4.7	2.9	0.3	0.8	
Double Chocolate Chip Muffin	111	1625	389	6	45	32.9	22.0	4.2	3.1	0.3	0.8	

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For good health, it's important to eat at least five servings of fruit and veg each day. These foods provide plenty of vitamins and minerals and are a good source of fibre and antioxidants, which help keep us healthy. Most fruit and veg are also low in fat and calories, so eating them instead of foods that are high in fat and added sugar may help you reach or keep to a healthy weight. By choosing all the salad ingredients in a SUB sandwich you'll get one of the five daily servings of fruit and veg as recommended by the Department of Health.

The Veggie Delite™ salad counts as TWO of the recommended five daily servings of fruit and veg as recommended by the Department of Health.



The Department of Health's 5 A DAY campaign aims to encourage everyone to increase their consumption of a variety of fruit and vegetables to at least five portions every day. Fresh, frozen, chilled, canned, 100% pure juice/smoothies and dried fruit and vegetables all count.

Eating a variety of fruit and vegetables is key to a healthier lifestyle. Eating five portions a day may even help reduce the risk of heart disease and some cancers.

For more information on 5 A DAY, please visit [www.5aday.nhs.uk](http://www.5aday.nhs.uk)

The items marked with "scales" are menu items which are low in fat. They contain less than 3g fat per 100g. If you add extra ingredients such as cheese or dressing, the nutritional value of your meal will alter.

All nutrition information applies to the UK and Ireland and is correct at the time of going to press. However, it's subject to change without notice due to variations in ingredients used, the supplier, the region of the country and the season of the year.



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 #19. 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.

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