



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
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**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" Carved Turkey	247	330	45	5.0	1	0	45	890	45	5	7	25	8	20	30	20
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	44	5	7	25	8	20	30	25
6" Rotisserie-Style Chicken	247	350	55	6	1.5	0	55	540	44	5	7	29	8	20	30	20
6" Subway Club®	240	310	40	4.5	1.5	0	40	840	46	5	7	24	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	760	46	5	7	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" Chicken Bacon Ranch	298	610	270	30	10	0.5	95	1290	47	5	8	38	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" Tuna	237	480	230	25	4.5	0	40	580	44	5	7	20	8	20	30	20
6" Turkey Italiano Melt	254	490	210	24	8.5	1	50	1480	47	5	8	24	10	20	45	20

Kids Meal Sandwiches		Values include 9-grain wheat bread, lettuce, tomatoes, onions, green														
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	29	4	5	14	6	15	20	10
Turkey Breast	136	180	20	2.0	0.5	0	10	430	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														
6" Albuquerque Turkey	298	430	130	14	3.5	0	30	1230	51	8	8	24	10	200	30	20
6" BBQ Chicken Melt	266	380	70	7	3.5	0	60	860	54	5	15	27	12	30	40	20
6" BBQ Rib	163	430	160	18	6	0	50	590	47	5	8	19	8	20	30	20
6" Big Philly Cheesesteak	297	500	150	17	9	1	85	1280	51	6	9	38	15	20	50	25
6" Black Bean	269	390	100	11	2	0	0	1130	60	12	8	18	20	30	35	20
6" B.L.T.	165	380	120	13	4.5	0	20	1130	44	5	7	20	8	10	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 Parmesan	277	480	140	16	4.5	0	35	1000	62	6	9	24	15	25	45	15
6" Chicken Pizziola Melt	293	460	140	16	6	0	80	1140	49	6	9	32	15	30	45	20
6" Chicken Salad, (not Orchard)	247	370	90	10	2	0	45	660	50	6	12	19	10	20	35	20
6" Egg Salad	247	480	230	26	6	0	220	450	45	5	7	17	15	20	30	20
6" Mailbu Garden Veggie Patty (with Fire Roasted Toma	269	460	160	18	3	0	0	990	65	10	9	13	30	35	35	20
6" Orchard Chicken Salad	247	370	70	8	1.5	0	40	530	54	6	14	20	8	20	30	20
6" Pastrami Melt, Big Hot	287	580	250	28	12	0	85	1470	47	5	8	29	10	45	40	25
6" Pizza Sub	195	490	220	24	11	0.5	55	1640	49	5	9	20	15	15	45	15
6" Pulled Pork	276	420	80	9	2	0	45	980	62	5	24	23	8	25	35	15
6" Rotisserie-Style Chicken	280	420	90	10	3.5	0	65	870	52	5	13	32	12	20	40	20
6" Southwest Turkey and Bacon	256	460	170	19	4.5	0	35	1350	48	5	8	24	8	20	30	20
6" Subway Melt®	246	410	110	13	5	0	40	1410	47	5	8	26	10	20	40	20
6" Subway Seafood Sensation™	233	420	170	19	3	0	15	780	51	5	8	13	8	20	35	15
6" Turkey & Bacon Avocado	270	420	130	14	3.5	0	30	1190	50	7	8	24	10	200	30	20
6" Turkey & Black Forest Ham	219	280	40	4	1	0	20	780	46	5	8	18	8	20	30	15
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
Carved Turkey	371	160	35	3.5	1	0	45	690	11	4	5	20	50	50	6	15
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	10	4	5	19	50	50	6	20
Rotisserie-Style Chicken	371	170	40	4.5	1	0	55	340	10	4	5	24	50	50	8	15
Subway Club®	364	140	30	3.5	1	0	40	640	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	560	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.														
Chicken & Bacon Ranch Melt (includes Ranch dressing)	443	540	355	40	12	1	100	1290	14	4	7	32	60	60	30	14

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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
Tuna	360	310	215	24	4	0	40	370	10	4	4	15	50	50	6	14
<b>Salad Dressings (amount mixed into chopped salad)</b>																
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
Ranch	43	220	210	23	3.5	0	10	400	2	0	2	0	0	0	0	0
Subway Vinaigrette	43	110	100	11	1.5	0	0	330	3	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

<b>6" Omelet Sandwich (with Egg White)</b> Values include 9-grain wheat bread, egg white and cheese.																
6" Egg White & Cheese	174	330	70	8	3	0	10	920	44	4	5	20	4	0	40	35
6" Egg White & Cheese (with Ham)	203	360	80	9	3.5	0	25	1180	45	4	6	25	4	0	40	35
6" Bacon, Egg White & Cheese	190	410	120	13	5.0	0	20	1340	45	4	6	26	4	0	40	35
6" Mega Melt**	235	510	180	20	7	0	45	1660	45	4	6	34	2	0	30	40
6" Sausage, Egg White & Cheese**	220	430	140	15	5	0	35	1240	44	4	5	28	2	0	30	40
6" Steak, Egg White & Cheese	217	400	90	10	4	0	35	1250	46	4	6	29	4	0	40	40
6" Turkey, Egg White and Cheese**	203	360	70	8	3	0	20	1160	45	4	5	25	4	0	40	35
<b>6" Omelet Sandwiches (with Regular Egg)</b> Values include 9-grain wheat bread, regular egg and cheese.																
6" Egg & Cheese	174	370	120	13	4.5	0	170	880	44	4	5	19	12	0	40	15
6" Egg & Cheese (with Ham)	203	400	120	14	5	0	185	1150	45	4	6	24	12	0	40	15
6" Bacon, Egg & Cheese	190	450	160	18	7	0	180	1310	44	4	6	25	12	0	40	15
6" Mega Melt**	246	590	260	29	11	0	215	1830	45	4	6	35	14	0	45	20
6" Sausage, Egg & Cheese**	231	510	210	24	9	0	205	1400	45	4	6	29	14	0	40	20
6" Steak, Egg & Cheese	217	440	140	15	6	0	195	1210	46	4	6	28	12	0	40	20
6" Turkey, Egg & Cheese**	203	400	120	13	4.5	0	180	1130	45	4	5	24	12	0	40	15
<b>Omelet on 6" Flatbread (with Egg White)</b> Values include 6" flatbread, egg white and cheese.																
Egg White & Cheese on 6" Flatbread	183	340	90	10	3.5	0	10	980	43	2	2	20	4	8	30	35
Egg White & Cheese (with ham) on 6" Flatbread	211	370	100	11	3.5	0	25	1250	44	2	3	25	4	8	30	35
Bacon, Egg White & Cheese on 6" Flatbread	198	430	140	15	5.0	0	20	1410	44	2	3	26	4	8	30	35
Mega Melt** on 6" Flatbread	244	520	210	23	7.5	0	45	1720	44	2	3	34	2	8	25	40
Sausage, Egg White & Cheese** on 6" Flatbread	229	440	160	18	5.5	0	35	1300	43	2	3	28	2	8	25	40
Steak, Egg White & Cheese on 6" Flatbread	225	410	110	12	4.0	0	35	1320	45	2	3	29	4	8	35	40
Turkey, Egg White & Cheese on 6" Flatbread**	211	370	100	11	3.5	0	20	1230	44	2	3	25	4	8	30	35
<b>Omelet on 6" Flatbread (with Regular Egg)</b> Values include 6" flatbread, regular egg and cheese.																
Egg & Cheese on 6" Flatbread	183	380	140	15	5	0	171	950	42	2	2	19	12	8	35	15
Egg & Cheese (with ham) on 6" Flatbread	211	410	150	16	5	0	184	1210	44	2	3	23	12	8	35	15
Bacon, Egg & Cheese on 6" Flatbread	198	460	190	21	7	0	181	1370	43	2	3	25	12	8	35	15
Mega Melt** on 6" Flatbread	255	600	280	31	11	0	214	1890	44	2	3	34	14	8	40	20
Sausage, Egg & Cheese** on 6" Flatbread	240	520	240	26	9	0	205	1470	44	2	3	29	14	8	35	20
Steak, Egg & Cheese on 6" Flatbread	225	450	160	18	6	0	195	1280	45	2	4	28	12	10	35	20
Turkey, Egg & Cheese on 6" Flatbread**	211	410	140	16	5	0	181	1190	44	2	3	23	12	8	35	15
<b>Breakfast Sides</b>																
Hash Browns**	102	210	90	10	2.5	0	0	610	28	3	0	2	0	0	0	3
<b>Flatizza**</b>																
Cheese	157	400	150	16	8	0	35	810	43	2	3	21	10	12	60	15
Pepperoni	181	500	230	26	12	0	60	1340	44	2	4	26	10	12	60	15
Spicy Italian	181	500	230	25	11	0	60	1290	44	2	4	26	10	12	60	15
Veggie	191	410	150	17	8	0	35	850	45	2	4	22	10	30	60	15
<b>8" Pizza**</b>																
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

<b>Breads</b> All 6-inch breads contain 20% DV calcium (except sourdough).																
6" Italian (White)	71	200	20	2	0.5	0	0	270	38	1	5	7	0	0	30	15
6" 9-Grain Wheat	78	210	20	2	0.5	0	0	270	40	4	5	8	0	0	30	15
6" Parmesan Oregano	75	210	20	2.5	0.5	0	0	420	40	2	5	7	0	0	30	15
6" 9-Grain Honey Oat	82	230	20	3	0.5	0	0	280	43	4	6	8	0	0	30	15
6" Hearty Italian**	75	210	20	2.5	0.5	0	0	270	41	2	5	7	0	0	30	15
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	240	45	5	2.0	0	10	470	41	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" Sourdough**	78	190	15	1.5	0.0	0	0	310	36	1	3	9	0	0	0	15
6" Flatbread, Multigrain**	86	220	45	5.0	1.0	0	0	280	37	6	3	8	0	0	25	10

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6" Flatbread, White	87	230	40	4.5	1.0	0	0	340	39	1	2	7	0	10	24	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	4.0	0	0	550	51	1	0	8	0	0	2	15
<b>Sandwich Condiments (amount on 6-inch sandwich)</b>																
Bacon (2 strips)	15	80	50	5.0	2.0	0	10	420	1	0	1	6	0	0	0	2
Buffalo Sauce	14	5	0	0	0	0	0	400	<1	0	0	0	4	0	0	2
Chipotle Southwest Sauce	21	100	90	10	1.5	0	5	160	1	0	<1	0	0	0	0	0
Guacamole	35	70	55	6	1.0	0	0	100	3	2	1	1	0	4	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	0	5	100	<1	0	0	0	0	0	0	0
Mayonnaise (1 T)	15	110	110	12	2.0	0	10	70	0	0	0	0	0	0	0	0
Mustard yellow or deli brown (2 tsp.)	10	5	5	0	0	0	0	110	<1	0	0	0	0	0	1	0
Olive Oil Blend (1 tsp.)	5	45	45	5	0	0	0	0	0	0	0	0	0	0	0	0
Pepperoni, 3 slices	18	80	65	7	2.5	0	15	400	1	0	<1	4	0	0	0	0
Ranch Dressing	21	110	105	11	1.5	0	5	200	1	0	1	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
Subway® Vinaigrette	15	40	35	4	0.5	0	0	120	1	0	1	0	0	0	0	0
Vinegar (1 tsp.)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Vegetables (amount on 6-inch sandwich)</b>																
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	<5	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	<5	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
<b>Cheese (amount on 6-inch sandwich)</b>																
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	40	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0
<b>Individual Meats (amount on 6" sub or salad)</b>																
Carved Turkey	85	110	25	2.5	0	0	45	610	1	0	1	17	0	0	0	4
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	120	65	7	2	0	160	410	3	0	0	9	8	0	6	2
Egg White Patty	85	80	20	2	0.5	0	0	440	3	0	0	11	0	0	0	22
Ham	57	60	15	2	0.5	0	25	520	2	0	2	9	0	0	0	2
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
Rotisserie-Style Chicken	85	120	30	3.5	1	0	55	270	1	0	0	21	0	0	2	4
Sausage, Breakfast	57	140	100	11	4.5	0	35	520	1	0	1	10	2	0	0	4
Subway Seafood Sensation™**	71	190	150	17	2.5	0	15	500	8	0	2	4	0	0	4	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	560	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	480	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

<b>Cookies &amp; Desserts</b>																
Chocolate Chip	45	200	90	10	5	0	15	130	30	1	18	2	4	0	0	10
Chocolate Chunk**	45	210	90	10	5	0	10	100	30	<1	17	2	0	0	0	8
Double Chocolate Chip**	45	210	80	9	5	0	15	130	30	1	20	2	6	0	2	10
M & M®**	45	210	90	10	5	0	15	100	30	<1	18	2	0	0	2	8
Oatmeal Raisin	45	200	70	8	3.5	0	15	130	30	1	16	3	0	0	2	8
Peanut Butter**	45	220	110	12	5	0	10	130	26	1	16	4	4	0	2	10
Raspberry Cheesecake	45	200	80	9	4.5	0	10	120	29	0	16	2	6	0	2	4
Sugar**	45	230	110	12	6	0	15	130	28	<1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0	15	130	28	<1	17	2	6	0	2	6

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
Gingerbread	45	190	60	7	3	0	15	110	31	<1	17	2	4	0	2	10
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
<b>Chips</b>																
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
<b>Beverages*** (OZ)</b>																
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/Unsweetered 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/Unsweetered 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/Unsweetered 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/Unsweetered 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 Unsweetered, 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
<b>Soup** (8 oz bowl) (OZ)</b>																
Beef Chili	255	350	220	24	10	1.5	80	730	17	4	7	15	40	4	8	15
Black Bean	255	210	10	1	0	0	0	860	39	15	6	12	0	4	10	15
Broccoli & Cheddar	255	170	70	9	5	0	25	630	18	1	4	5	25	30	15	2
Clam Chowder	255	200	100	11	7	0.5	30	850	20	2	3	5	0	4	4	4
Creamy Chicken & Dumpling	245	150	40	4.5	2	0	35	740	20	3	3	8	20	10	4	6
Creamy Chicken and Wild Rice	240	190	90	11	6	0.5	40	820	16	1	3	7	30	10	6	2
Homestyle Chicken Noodle	255	110	30	3	1.5	0	30	720	14	1	2	8	15	10	2	4
Loaded Baked Potato	255	210	120	13	7	0	35	800	15	1	4	5	6	4	6	2
Poblano Corn Chowder	255	150	60	7	4	0.5	20	560	18	2	7	5	4	4	10	4
Thai Coconut	255	210	130	13	3	0	25	680	17	1	7	5	20	35	2	2
Tomato Basil	255	140	60	7	4	0	25	750	15	2	8	5	6	8	15	6

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.

\*\*\*Nutrition information for fountain beverages do not include ice and is based on full cup size. Due to large variety of possible fountain beverage offerings nutrition ranges are provided in this brochure. Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed. Nutrition information for milk in California is different. Check milk container for exact nutrition information.