



# AUSTRALIA NUTRITION INFORMATION

April 2013

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein(g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
<b>PER SERVING</b>										
<b>Subway 6-Inch® Sandwiches with 6 g of Fat or Less.*</b>										
Values include wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	217	1140	273	22.9	4.4	1.5	34.6	5.1	4.3	553
Chicken Teriyaki	238	1280	306	23.1	4.5	1.5	42.0	9.5	4.3	749
Ham	205	1070	257	15.9	3.8	1.4	36.9	7.1	4.3	746
Roast Beef	201	1090	260	16.8	4.2	1.6	36.7	7.3	4.3	592
Roasted Chicken	217	1180	282	23.5	4.0	1.3	36.0	6.2	4.3	438
Turkey	198	1060	254	15.0	4.7	1.6	35.9	5.5	4.3	617
Turkey & Ham	209	1100	263	16.5	4.6	1.6	36.7	6.4	4.3	736
Subway Club®	212	1130	269	17.4	4.8	1.7	36.8	6.6	4.3	724
Veggie Delite®	153	859	205	8.6	2.7	0.9	34.5	5.1	4.3	285
<b>Subway 6-Inch® Sandwiches</b>										
Values include wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken & Bacon Ranch Melt (includes mozzarella)	283	1800	429	32.5	17.4	5.9	35.9	5.6	4.3	1050
Chicken Classic (breaded chicken)	213	1430	343	18.2	11.4	3.6	39.7	5.7	4.3	845
Chicken Parma (includes mozzarella)	307	1950	467	35.2	14.9	5.7	46.7	8.2	4.7	947
Chicken Schnitzel	258	1640	393	29.4	10.4	2.9	43.1	6.2	4.3	690
Italian B.M.T.®	215	1560	373	20.5	15.0	5.9	36.8	6.5	4.3	1060
Meatball Marinara	279	1710	408	19.3	15.5	6.3	46.2	10.2	4.3	737
Pizza Sub (includes cheese)	222	1680	402	19.5	18.1	7.8	38.6	7.2	4.7	1030
Seafood Sensation	224	1370	326	11.5	10.4	2.6	44.0	8.0	4.3	601
Steak & Cheese (with Diced Steak)	228	1430	341	25.3	9.0	4.4	36.2	5.3	4.3	811
Subway Melt™ (includes cheese)	250	1490	355	24.3	11.0	5.0	37.4	6.7	4.3	1150
Tuna	224	1380	330	20.2	11.1	2.4	35.6	5.2	4.3	561
Veggy Patty	243	1770	423	15.7	8.7	1.4	67.7	9.6	4.3	567
<b>Mini Subs</b>										
Values include mini wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	165	855	204	20.1	3.5	1.2	23.0	3.4	2.8	458
Ham	127	678	162	9.3	2.3	0.9	24.1	4.4	2.8	420
Roast Beef	134	723	173	11.2	2.8	1.1	24.3	4.8	2.8	395
Turkey	132	707	169	10.0	3.1	1.0	23.9	3.6	2.8	411
Veggie Delite®	102	570	136	5.7	1.8	0.6	22.9	3.4	2.8	190
<b>Salads with 6 g of Fat or Less*</b>										
Values do not include salad dressing.										
Chicken (with chicken strips)	349	512	122	17.0	2.7	0.7	7.2	4.9	4.0	342
Chicken Teriyaki	371	649	155	17.2	2.9	0.7	14.7	9.2	4.0	538
Ham	337	442	106	10.0	2.1	0.7	9.6	6.9	4.0	535
Roast Beef	334	457	109	10.9	2.5	0.8	9.3	7.0	4.0	381
Turkey	331	432	103	9.1	3.0	0.8	8.6	5.2	4.0	406
Turkey & Ham	341	471	113	10.6	2.9	0.8	9.3	6.1	4.0	526
Subway Club®	344	494	118	11.5	3.1	0.9	9.4	6.3	4.0	513
Veggie Delite®	286	227	54	2.7	1.0	0.2	7.1	4.9	4.0	74
<b>Wraps</b>										
Values include wrap, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	223	1300	311	21.2	7.2	2.9	38.9	4.3	3.1	699
Chicken Teriyaki	244	1400	335	20.7	7.8	3.1	45.0	7.6	3.1	1010
Ham	211	1190	285	13.5	7.0	3.0	39.9	5.3	3.1	1010
Roast Beef	207	1210	289	14.5	7.4	3.2	39.6	5.4	3.1	853
Turkey	204	1180	283	12.6	7.9	3.1	38.9	3.6	3.1	878
Turkey & Ham	215	1220	292	14.1	7.8	3.2	39.6	4.5	3.1	1000

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<b>PER SERVING</b>										
Subway Club®	218	1250	298	15.1	8.0	3.3	39.7	4.7	3.1	985
Veggie Delite®	159	979	234	6.2	5.9	2.5	37.4	3.3	3.1	546
<b>Subway 6-Inch® Breakfast Sandwiches</b> Values on wheat bread and include cheese.										
Bacon, Egg Omelette & Cheese	170	1550	370	23.3	14.6	5.2	34.0	4.7	4.1	940
Egg Omelette & Cheese	140	1330	317	17.8	11.2	3.9	33.9	4.6	4.1	664
Ham, Egg Omelette & Cheese	166	1430	343	21.4	11.8	4.2	35.1	5.6	4.1	895
Shortcut Bacon, Poached Egg and Cheese	154	1450	347	21.3	13.4	5.7	33.4	3.9	3.2	762
Poached Egg and Cheese	124	1230	295	15.7	10.1	4.3	33.2	3.8	3.2	483
Ham, Poached Egg and Cheese	150	1340	320	19.4	10.6	4.6	34.4	4.7	3.2	713
<b>Subway® Breakfast Wrap</b> Values on wheat bread and include cheese.										
Shortcut Bacon, Poached Egg and Cheese	160	1570	376	18.9	16.6	7.2	36.3	2.0	2.1	1020
<b>Desserts &amp; Sides</b>										
Chocolate Chip	45	900	215	2.0	10.5	5.6	29.7	18.2	1.0	150
Double Chocolate Chip	45	879	210	2.3	9.7	5.6	30.2	20.2	1.0	165
M & M (WA and SA only)	45	887	212	2.1	9.7	4.8	29.8	17.6	0.8	105
Raspberry Cheesecake	45	857	205	2.3	8.7	4.5	29.6	15.8	0.5	179
White Chip Macadamia Nut	45	912	218	2.1	10.8	5.4	28.6	17.7	0.6	163
Yoghurt, Vaalia French Vanilla	150	638	152	7.5	2.1	1.4	24.8	24.5	0	120
Yoghurt, Vaalia Luscious Berries	150	605	144	7.4	2.0	1.2	23.1	22.4	0	120
<b>Breads</b>										
Subway 6-inch® Wheat Bread	69	796	190	7.8	2.6	0.9	31.8	3.4	3.2	281
Subway 6-inch® White Bread	67	804	192	7.0	2.4	0.8	34.0	3.3	2.2	296
Subway 6-inch® Honey Oat	80	943	225	9.6	3.0	1.0	37.3	6.6	3.7	324
Subway 6-inch® Italian Herbs & Cheese	78	962	230	9.4	4.8	2.4	36.2	3.4	2.3	482
Subway 6-inch® Multigrain Bread	92	840	201	9.2	2.5	0.6	32.8	3.0	4.2	350
Mini Wheat Bread	47	531	127	5.2	1.7	0.6	21.2	2.3	2.1	187
Mini White Bread	45	536	128	4.7	1.6	0.5	22.7	2.2	1.4	197
Wrap	75	916	219	5.5	5.8	2.5	34.8	1.5	2.1	542
<b>Toppings (amount on Subway 6-Inch® sub)</b>										
Bacon, shortcut (1 strip)	30	221	52.7	5.6	3.3	1.3	0.2	0.2	0.0	280
BBQ Sauce	21	127	30.2	0.2	0.0	0.0	7.2	5.3	0.0	125
Chipotle Southwest Sauce (21 ml)	21	393	94.0	0.6	10.2	1.6	1.2	0.9	0.0	135
Honey Mustard Sauce (21 ml)	21	125	30.0	0.3	0.3	0.0	6.5	4.4	0.0	96
Hot Chili Sauce	21	93	22.3	0.4	0.5	0.1	3.8	2.6	0.0	245
Mayonnaise (15 ml)	15	184	43.9	0.1	4.6	0.7	0.6	0.0	0.0	66
Pineapple	16	38	9.2	0.1	0.1	0.0	1.0	2.0	0.0	2
Ranch Dressing	21	238	56.9	0.3	6.0	0.5	0.6	0.2	0.0	151
Sweet Chili Sauce	21	171	40.9	0.0	0.1	0.0	9.8	9.2	0.3	242
Sweet Onion Sauce (21 ml)	21	157	37.5	0.1	0.1	0.0	8.7	7.9	0.1	85
Thousand Island (21 ml)	21	302	72.2	0.2	5.8	0.9	5.1	4.4	0.0	85
Tomato Relish	21	150	35.9	0.1	0.0	0.0	8.6	7.4	0.0	60
Tomato Sauce	21	100	23.9	0.2	0.0	0.0	5.2	5.0	0.0	219
<b>Cheese (amount on Subway 6-Inch® sub)</b>										
Cheddar Cheese	11	162	38.8	2.3	3.1	2.1	0.5	0.2	0.0	136
Mozzarella	14	194	46.4	3.7	3.7	2.6	0.6	0.1	0.0	71
Old English	11	162	38.8	2.3	3.2	2.2	0.3	0.1	0.0	216
Swiss, Natural	11	182	43.5	3.0	3.5	2.1	0.0	0.0	0.0	35
<b>Vegetables (amount on Subway 6-Inch® sub)</b>										
Avocado	35	246	58.8	1.2	5.5	0.6	3.5	0	2.0	0.7
Beetroot	21	53	12.5	0.3	<.1	0	2.6	2.5	0.6	69
Capsicum (3 strips)	7	5.9	1.4	0.1	0.01	0.00	0.2	0.2	0.1	0.2
Carrots	7	12	3	0.1	0.02	0.00	0.5	0.3	0.2	4.9
Cucumbers (3 slices)	14	8.9	2.1	0.1	0.02	0.00	0.4	0.2	0.1	0.3
Jalapeno (3 rings)	4	7	2	0.1	0.02	0.00	0.1	0.2	0.1	67.6

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<b>PER SERVING</b>										
Lettuce	21	10.7	2.6	0.2	0.04	0.01	0.1	0.1	0.3	1.9
Onions	7	11.3	2.7	0.1	0.01	0.00	0.5	0.3	0.1	0.2
Pickles (3 chips)	10	6.0	1.4	0	0.00	0.00	0.2	0	0	114
Olives (3 rings)	3	14.2	3.4	0.0	0.3	0.05	0.1	0	0.1	23
Tomatoes (3 wheels)	35	26.2	6.3	0.3	0.1	0.01	1.4	0.9	0.4	1.7
<b>Smoothies</b>										
Banana (small)	420	1140	271	11.4	2.1	1.6	50.7	42.1	0	181
Banana (regular)	600	1620	387	16.3	3.1	2.2	72.4	60.1	0	259
Caribbean (small)	420	996	238	0.7	<0.1	<.01	57.4	49.4	0	41
Caribbean (regular)	600	1450	345	1.1	0.1	<.01	83.5	71.9	0	60
Mango (small)	420	1140	271	5.7	1.9	1.3	56.9	47.4	0	124
Mango (regular)	600	1650	394	8.3	2.8	1.9	82.8	68.9	0	180
Strawberry (small)	420	1210	289	5.8	2.0	1.4	61.1	51.2	0	115
Strawberry (regular)	600	1760	420	8.4	2.9	2.0	88.8	74.4	0	167

\*Regular SUBWAY SIX INCH® sub with 6 grams of fat or less prepared according to standard recipes on white or wheat bread without cheese or additional low-fat condiments such as mayonnaise.

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.