



AUSTRALIA NUTRITION INFORMATION

Updated March 2011

	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein(g)	Fat, Total (g)	Sat. Fat (g)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
Subway 6-Inch® Sandwiches with 6 g of Fat or Less. Values include wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	217	1140	273	21.3	4.4	1.5	35.8	5.1	4.3	599
Ham	205	1050	252	16.0	3.6	1.2	36.4	6.7	4.3	789
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	1090	261	16.5	4.5	1.5	36.4	6.1	4.3	758
Subway Club®	212	1120	268	17.5	4.8	1.7	36.7	6.5	4.3	734
Sweet Onion Chicken Teriyaki	260	1440	343	21.6	4.7	1.5	51.9	17.4	4.3	880
Veggie Delite®	153	859	205	8.6	2.7	0.9	34.5	5.1	4.3	285
Subway®-6 Inch Sandwiches Values include wheat bread, lettuce, tomatoes, onions, capsicum, cucumbers and cheese.										
Chicken & Bacon Ranch	270	1760	421	27.2	17.8	5.9	37.0	6.1	4.5	1150
Chicken Parmigiana	249	1690	402	22.2	15.6	6.2	41.9	7.0	4.3	1040
Chicken Fillet (breaded chicken)	225	1610	385	20.5	15.1	6.2	39.7	5.8	4.3	1050
Italian BMT®	227	1730	413	22.8	18.6	8.3	36.6	6.3	4.3	1280
Meatball Marinara	325	1950	465	21.9	19.9	9.0	46.5	11.3	4.3	1200
Pizza Sub	222	1690	403	19.4	18.6	8.2	37.3	6.7	4.3	1130
Seafood Sensation	236	1540	369	13.8	14.0	5.1	44.0	8.0	4.3	801
Steak & Cheese (with Diced Steak)	228	1440	345	27.7	9.4	4.8	34.8	5.2	4.3	944
Subway Melt™	241	1460	348	22.2	11.3	5.4	37.2	6.9	4.3	1140
Tuna	236	1600	383	21.6	16.0	5.1	35.8	5.2	4.3	740
Veggy Patty	255	1920	460	17.7	13.6	3.9	61.2	10.0	4.3	620
Mini Subs Values include mini wheat bread, lettuce, tomatoes, onions, capsicum and cucumbers.										
Chicken Strips	165	855	204	18.4	3.5	1.2	24.2	3.4	2.8	504
Ham	128	668	160	9.4	2.3	0.8	23.9	4.1	2.8	442
Roast Beef	134	723	173	11.2	2.8	1.1	24.3	4.8	2.8	395
Tuna (includes cheese)	148	1030	246	13.4	10.3	4.0	23.6	3.4	2.8	517
Turkey	132	707	169	10.0	3.1	1.0	23.9	3.6	2.8	411
Salads with 6 g of Fat or Less Values do not include salad dressing.										
Ham	366	437	104	10.4	2.0	0.5	9.3	6.6	4.4	581
Roast Beef	362	471	113	11.2	2.6	0.9	9.5	7.2	4.4	384
Roasted Chicken	378	526	126	15.7	2.7	0.7	8.6	5.1	4.4	391
Turkey	359	446	107	9.4	3.1	0.8	8.8	5.4	4.4	408
Turkey & Ham	370	475	114	10.9	2.9	0.8	9.3	6.1	4.4	550
Subway Club®	373	503	120	11.8	3.1	0.9	9.5	6.4	4.4	526
Sweet Onion Chicken Teriyaki	420	820	196	16.0	3.0	0.8	24.8	17.3	4.5	672
Veggie Delite®	314	242	58	3.0	1.1	0.2	7.3	5.1	4.4	77
Wraps Values include wrap, lettuce, tomatoes, onions, capsicum and cucumbers.										
Ham	211	1170	281	13.6	6.9	2.8	39.4	4.8	3.1	1050
Roast Beef	207	1210	289	14.5	7.4	3.2	39.6	5.4	3.1	853
Roasted Chicken	223	1300	311	21.2	7.2	2.9	38.9	4.3	3.1	699
Turkey	204	1180	283	12.6	7.9	3.1	38.9	3.6	3.1	878
Turkey & Ham	215	1210	290	14.2	7.7	3.1	39.4	4.3	3.1	1020
Subway Club®	218	1240	297	15.1	8.0	3.2	39.6	4.6	3.1	995
Sweet Onion Chicken Teriyaki	266	1550	372	19.2	7.9	3.1	54.9	15.5	3.2	1141

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Veggie Delite®	159	979	234	6.2	5.9	2.5	37.4	3.3	3.1	546
Subway® 6-Inch Breakfast Sandwiches Values on wheat bread and include cheese.										
Bacon & Egg	166	1580	377	21.5	14.6	5.7	37.7	5.6	3.2	853
Cheese & Egg	145	1390	332	18.1	11.4	4.3	36.9	4.8	3.2	669
Ham & Egg	174	1490	357	22.2	11.9	4.5	38.0	5.7	3.2	946
Mega	231	2230	533	30.0	24.9	10.0	45.6	5.6	3.2	1440
Sausage & Egg	210	2040	488	26.6	21.7	8.7	44.8	4.8	3.2	1260
Desserts & Sides										
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	45	887	212	2.2	9.7	5.1	32.1	17.6	0.8	105
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
Breads										
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
Subwy 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
Sauces (amount on 6-inch sub)										
Bacon (2 strips)	20	188	44.9	3.4	3.2	1.4	0.8	0.7	0.0	184
BBQ Sauce	21	133	31.8	0.2	0.0	0.0	7.3	6.7	0.0	152
Caesar Dressing	21	297	71.0	0.3	5.6	0.5	5.0	3.3	0.0	179
Honey Mustard Sauce (21 ml)	21	125	30.0	0.3	0.3	0.0	6.5	4.4	0.0	96
Sweet Onion Sauce (21 ml)	21	157	37.5	0.1	0.1	0.0	8.7	7.9	0.1	85
Chipotle Southwest Sauce (21 ml)	21	406	97.1	0.6	10.0	1.6	1.1	0.8	0.0	140
Marinara Sauce	21	55	13.2	0.3	0.5	0.1	1.6	1.2	0.0	102
Mayonnaise (15 ml)	15	184	43.9	0.1	4.6	0.7	0.6	0.0	0.0	66
Ranch Dressing	21	253	60.5	0.3	6.6	0.5	0.4	0.2	0.2	208
Sweet Chili Sauce	21	170	40.7	0.0	0.1	0.0	9.8	9.2	0.3	242
Thousand Island (21 ml)	21	343	82.0	0.3	6.7	0.6	5.0	4.6	0.0	218
Tomato Sauce	21	105	25.2	0.3	0.1	0.0	5.4	5.2	0.0	207
Cheese (amount on 6-inch sub)										
Cheddar Cheese	11	177	42.2	2.3	3.7	2.6	0.0	0.0	0.0	200
Mozarella	14	194	46.4	3.7	3.7	2.6	0.6	0.1	0.0	71
Old English	13	181	43.3	2.4	3.5	2.5	0.4	0.4	0.0	211
Swiss, Processed	12	184	44.1	3.6	3.7	2.1	0.3	0.1	0.0	200
Vegetables (amount on 6-inch sub)										
Avocado	28	197	47.1	0.9	4.4	0.5	2.8	0	2	0.6
Capsicum (3 strips)	7	5.9	1.4	0.1	0	0	0.2	0.2	0.1	0.2
Cucumbers (3 slices)	14	8.9	2.1	0.1	0	0	0.4	0.2	0.1	0.3
Lettuce	21	10.7	2.6	0.2	0	0	0.1	0.1	0.3	1.9
Onions	7	11.3	2.7	0.1	0	0	0.5	0.3	0.1	0.2
Pickles (3 chips)	10	6.0	1.4	0	0	0	0.2	0	0	114
Olives (3 rings)	3	14.2	3.4	0.0	0.3	0	0.1	0	0.1	23
Tomatoes (3 wheels)	35	26.2	6.3	0.3	0.1	0	1.4	0.9	0.4	1.7
Smoothies										
Banana (small)	420	1230	294	12.2	4.2	3.8	47.5	43.3	0	197
Banana (regular)	600	1760	421	17.4	6.0	5.4	67.8	61.8	0	282
Caribbean (small)	420	970	232	0.4	<0.1	<.01	57.0	54.0	0	23

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Caribbean (regular)	600	1370	327	0.6	<0.1	<.01	81.0	77.4	0	33
Mango (small)	420	1230	294	5.5	4.2	3.8	55.0	52.0	0	113
Mango (regular)	600	1760	421	7.8	6.0	5.3	78.0	74.4	0	162
Mixed Berry (small)	420	974	233	0.4	<0.1	<.01	55.8	55.0	0	23
Mixed Berry (regular)	600	1390	332	0.6	<0.1	<.01	79.7	81.0	0	33
Strawberry (small)	420	1180	282	5.0	4.2	3.8	54.0	51.0	0	109
Strawberry (regular)	600	1690	404	7.2	6.0	5.4	76.8	72.6	0	156

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.