



AUSTRALIA NUTRITION INFORMATION  
November 2019

	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>AVG QTY Per Serve</b>										
<b>Deluxe</b>										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Buffalo Chicken with Blue Cheese Dressing	258	1510	360	23.3	10.6	1.6	42.9	8.4	3.2	1330
Chicken and Bacon Ranch Melt	266	1790	428	29.3	16.9	5.5	39.8	5.7	3.1	934
Chicken Schnitzel	263	1810	433	29.2	13.8	2.4	46.5	5.5	3.0	616
Chipotle Steak Melt	257	1900	455	26.4	20.5	6.5	40.3	6.2	3.1	811
Pesto Chicken (with Feta and Sundried Tomato)	267	1740	416	27.2	15.6	3.6	41.5	6.9	3.8	920
<b>Vegetarian</b>										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Smashed Falafel with Tzatziki	248	1820	435	14.7	13.6	2.7	61.8	7.2	3.0	656
Veggie Delite® with Avo	193	1130	271	9.5	7.6	1.0	41.4	4.7	3.0	249
Veggie Patty	248	1630	391	16.4	10.8	2.5	52.9	6.8	8.0	546
<b>Favourites</b>										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Chicken Classic (breaded chicken)	218	1460	350	18.0	11.0	3.1	43.1	5.3	3.0	809
Chicken Teriyaki	243	1300	310	22.8	4.1	0.9	45.5	10.7	3.0	709
Chicken Strips	222	1170	281	22.8	4.0	0.9	38.5	5.3	3.0	517
Italian B.M.T.®	216	1570	376	20.2	14.8	5.3	39.7	5.7	3.0	1010
Meatball Melt (with Marinara)	297	1920	458	22.0	19.4	8.3	48.3	9.9	4.4	764
Pizza Melt	229	1730	415	19.9	18.2	7.6	41.4	6.6	3.5	929
Tuna & Mayo	222	1360	325	18.6	9.9	1.7	38.9	4.7	3.0	498
<b>Deli Meats</b>										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Carved Turkey with Cranberry Relish	229	1240	295	20.5	3.5	0.7	43.7	9.8	3.3	609
Leg Ham with Seeded Mustard	222	1240	297	16.6	6.8	1.1	41.2	7.8	4.4	927
Roast Beef with Smoky Tomato Chutney	227	1250	300	16.9	4.0	1.2	46.5	11.7	3.4	627
<b>Mini Subs</b>										
Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Carved Turkey	137	752	180	13.6	2.3	0.5	25.3	3.2	2.0	388
Leg Ham	125	680	163	9.1	2.3	0.5	25.8	3.6	2.0	383
Roast Beef	136	742	177	11.1	2.5	0.7	26.0	3.8	2.0	340
Veggie Delite® with Avo	129	763	182	6.4	5.3	0.7	27.6	3.1	2.0	166
<b>Breakfast</b>										
Values include white bread, spinach, tomatoes, onions and capsicum										
BBO Bacon and Egg (with cheese)	225	1700	406	21.6	14.8	6.2	46.0	10.5	2.8	792
Egg and Cheese	184	1420	340	17.8	12.4	5.1	38.1	4.4	2.7	433
Ham, Egg and Cheese	227	1600	383	24.9	13.9	5.6	39.4	5.5	2.7	868
Ham, Tomato and Cheese	183	1330	318	19.2	9.4	4.3	38.6	5.4	2.7	802
<b>Toasties</b>										
Avocado	137	1310	312	9.7	12.6	1.5	42.2	2.7	1.8	239
Cheesy Garlic	123	1540	369	14.5	16.2	6.9	40.6	4.0	2.3	782
Garlic & Herb	93	1130	271	8.2	8.4	1.5	39.4	3.8	2.1	632
<b>Cookies &amp; Sides</b>										
Chocolate Chip	45.0	955	228	2.1	10.8	5.6	31.4	19.3	1.2	165
Chocolate Chip Rainbow	45.0	884	211	2.0	9.7	4.9	29.4	17.2	0.8	103
Double Chocolate Chip	45.0	886	212	2.0	9.5	5.4	30.0	19.9	1.1	165
Raspberry Cheesecake	45.0	853	204	2.0	8.8	5.0	29.5	15.8	0.5	176
Puree & Simple, Apple & Strawberry	90.0	213	51.0	0.7	0.1	0.0	10.9	10.0	1.4	11.0
White Chip Macadamia Nut	45.0	970	232	2.1	11.5	5.7	30.7	18.9	0.7	178
<b>Breads</b>										
Ciabatta	180	2110	505	19.8	3.5	0.5	94.6	0.7	5.3	911
Subway 6-Inch® 9-Grain Wheat Bread (Selected Locations Only)	69.0	773	185	8.6	2.2	0.6	30.4	2.9	3.5	259
Subway 6-Inch® Wheat Bread	69.0	814	195	7.5	2.1	0.3	35.0	2.6	2.7	271
Subway 6-Inch® White Bread	67.0	817	195	7.4	2.1	0.3	35.2	2.7	1.8	239
Subway 6-Inch® Malted Rye Bread	79.0	1020	244	10.1	5.1	0.8	36.6	2.6	3.5	369
Subway 6-Inch® Italian Herbs & Cheese	78.4	976	233	9.4	4.5	2.0	37.4	2.8	2.1	424
Mini Wheat Bread	46.0	542	130	5.0	1.4	0.2	23.3	1.7	1.8	181
Mini White Bread	44.6	544	130	5.0	1.4	0.2	23.4	1.8	1.2	159
Wrap	75.0	908	217	6.1	4.9	2.0	35.5	0.9	2.3	542
Wrap, Gluten Free *	85.0	876	209	4.2	4.6	0.6	35.6	1.4	3.8	310
Wrap, Multigrain	75.0	885	212	7.3	4.7	2.0	33.2	1.6	3.6	416

AVG QTY Per Serve	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>Meat, Poultry &amp; Seafood</b> (Amount on Subway 6-Inch® sub)										
Buffalo Chicken	85.0	348	83.2	14.7	1.8	0.6	3.7	2.9	0.1	900
Chicken Classic	60.0	574	137	9.6	8.7	2.7	5.2	0.6	0.0	560
Chicken Teriyaki	85.0	408	97.5	14.4	1.8	0.6	7.6	5.9	0.0	460
Carved Turkey	50.0	247	58.9	12.1	1.1	0.4	0.3	0.3	0.0	337
Chicken Strips	64.0	285	68.2	14.4	1.7	0.6	0.6	0.5	0.0	269
Chicken Schnitzel	105	923	221	20.8	11.4	2.0	8.6	0.7	0.0	368
Diced Steak	64.0	435	104	14.5	4.5	2.0	0.6	0.5	0.0	358
Falafel	75.0	765	183	6.0	7.5	1.8	22.7	1.6	0.0	320
Leg Ham	43.0	181	43.4	7.1	1.5	0.6	1.3	1.1	0.0	434
Meatball Marinara	125	834	199	10.7	13.4	5.4	9.8	5.1	1.3	446
Pepperoni	18.0	297	71.0	4.1	5.9	2.3	0.6	0.2	0.0	270
Pesto Chicken	85.0	603	144	14.7	9.4	1.2	2.2	1.4	0.2	446
Poached Egg	44.0	275	65.6	5.6	4.4	1.3	0.8	0.2	0.0	66.0
Roast Beef	48.0	229	54.8	8.3	1.5	0.7	1.2	1.0	0.0	261
Salami	18.0	297	71.0	4.1	5.9	2.3	0.6	0.2	0.0	270
Tuna & Mayo	64.0	471	113	10.2	7.6	1.3	1.0	0.0	0.0	249
<b>Toppings</b> (Amount on Subway 6-Inch® sub)										
Bacon, Shortcut (1 strip)	20.0	147	35.1	3.7	2.2	0.9	0.3	0.3	0.0	187
Bacon, Streaky (2 strips)	8.8	187	44.8	3.3	3.3	1.5	0.1	0.1	0.0	198
Blue Cheese Dressing	15.0	268	64.2	0.3	6.5	0.6	1.3	0.8	0.1	180
Chipotle Southwest Sauce	21.0	389	92.9	0.6	10.1	1.6	1.2	0.9	0.0	134
Cranberry Relish	21.0	100	24.0	0.0	0.1	0.0	5.6	4.8	0.3	23.5
Garlic Aioli	21.0	246	58.7	0.3	5.8	0.9	1.6	1.0	0.0	187
Habanero Hot Sauce	15.0	82.5	19.7	0.1	0.0	0.0	4.6	3.7	0.1	320
Honey Mustard Sauce	21.0	124	29.6	0.3	0.3	0.0	6.5	4.4	0.0	94.5
Mayonnaise	15.0	184	43.9	0.1	4.6	0.7	0.6	0.0	0.0	65.8
Marinara	21.0	59.9	14.3	0.3	0.5	0.1	1.8	1.4	0.4	70.4
Pesto Mayo	15.0	227	54.1	0.2	5.5	0.4	1.1	0.6	0.2	127
Pineapple (Selected Locations Only)	20.0	50.2	12.0	0.1	0.0	0.0	3.6	3.2	0.2	1.5
Ranch Dressing	21.0	235	56.2	0.3	6.0	0.5	0.6	0.2	0.0	149
Seeded Mustard	21.0	173	41.5	1.1	3.0	0.2	1.9	1.9	1.4	244
Smoky BBQ Sauce	21.0	131	31.3	0.2	0.2	0.2	7.5	5.7	0.2	172
Smoky Tomato Chutney	21.0	135	32.4	0.3	0.2	0.2	7.4	6.0	0.4	118
Sweet Chili Sauce	21.0	165	39.5	0.0	0.1	0.0	9.6	9.1	0.0	185
Sweet Onion Sauce	21.0	155	38.6	0.1	0.1	0.0	9.1	7.9	0.1	73.5
Tomato Sauce	21.0	96.6	23.1	0.2	0.0	0.0	5.1	4.8	0.0	184
Tzatziki	15.0	165	39.4	0.3	3.8	0.6	1.3	0.9	0.0	87.6
<b>Cheese</b> (Amount on Subway 6-Inch® sub)										
Crumbled Feta	17.0	174	41.6	3.7	2.8	2.0	0.4	0.2	0.0	126
Mozzarella Cheese	14.2	195	46.5	3.0	3.7	2.6	0.6	0.1	0.1	71.0
Natural Cheddar	17.0	280	67.0	4.0	5.7	3.4	0.2	0.2	0.0	121
Old English Style Processed Cheese	11.4	161	38.4	2.3	3.0	2.1	0.6	0.3	0.0	217
<b>Vegetables</b> (Amount on Subway 6-Inch® sub)										
Avocado	35.0	244	58.3	1.2	5.3	0.6	3.5	0.0	0.0	0.0
Beetroot (Selected Locations Only)	21.0	49.3	11.8	0.2	0.0	0.0	2.5	2.3	0.5	52.5
Capsicum (3 strips)	7.0	5.9	1.4	0.1	0.0	0.0	0.2	0.2	0.1	0.2
Carrots	7.0	12.0	2.9	0.1	0.0	0.0	0.5	0.3	0.2	4.8
Cucumbers (3 slices)	14.0	8.8	2.1	0.1	0.0	0.0	0.4	0.2	0.1	0.3
Jalapeno (3 rings)	4.0	6.8	1.6	0.1	0.0	0.0	0.2	0.2	0.1	67.6
Lettuce	21.0	12.3	2.9	0.2	0.0	0.0	0.4	0.4	0.3	2.1
Onions	7.0	11.7	2.8	0.1	0.0	0.0	0.5	0.3	0.1	0.3
Olives (3 rings)	3.0	16.1	3.8	0.0	0.3	0.1	0.2	0.0	0.1	26.4
Pickles (3 wheels)	9.5	5.9	1.4	0.0	0.0	0.0	0.2	0.0	0.1	114
Spinach	7.0	6.4	1.5	0.2	0.0	0.0	0.2	0.0	0.2	5.5
Sundried Tomatoes (3 pieces)	6.6	65.1	15.6	0.4	1.1	0.1	1.0	0.6	0.5	99
Tomatoes (3 wheels)	35.0	26.4	6.3	0.3	0.1	0.0	0.9	0.9	0.4	1.8
<b>Seasonings</b> (Amount on Subway 6-Inch® sub)										
Cracked Pepper	1.0	10.7	2.6	0.1	0.0	0.0	0.6	0.0	0.0	0.4
Italian Herb	1.0	3.2	0.8	0.0	0.0	0.0	0.1	0.0	0.0	293
Rock Salt	1.0	10.7	2.6	0.0	0.0	0.0	0.0	0.0	0.0	391
Zesty Spice	1.0	12.8	3.1	0.1	0.1	0.0	0.3	0.0	0.0	66.7

AVG QTY Per Serve	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>Smoothies</b> (Amount on Subway 6-Inch® sub)										
Caribbean	445	645	154	0.9	1.3	0.4	32.9	30.3	0.0	22.3
Mango	445	703	168	3.6	0.4	0.4	37.8	30.7	1.8	49.0
Mixed Berry	445	712	170	0.9	0.9	0.4	39.2	30.7	2.7	31.2
<b>Promotional Items</b>										
Ultimate Meatball Marinara Subway 6"	311	2870	685	27.8	40.3	20.7	48.8	9.6	4.3	1070
Ultimate Pizza Subway 6"	222	2630	627	25.3	38.6	19.9	40.1	4.9	3.0	1160
Ultimate Garlic Bread Toastie	117	1800	431	13.6	23.2	12.7	36.8	3.1	2.1	613
Garlic Butter Spread (as a Subway 6" extra) **	21.0	588	141	0.2	13.7	7.4	0.2	0.2	0.0	168
Salted Caramel Flavoured Cookie	45.0	849	203	2.2	8.6	4.2	29.0	16.7	0.4	190
<b>Gluten Free Range * (Select Locations Only)</b>										
Gluten Free White Bread *	125	1530	364	3.5	13.0	1.1	56.6	2.4	2.8	436
Gluten Free Chocolate Chip Cookie *	45.0	918	219	1.7	10.2	5.4	29.3	19.4	1.2	211
Gluten Free Double Chocolate Chip Cookie *	45.0	903	216	2.0	10.6	5.7	29.0	21.4	1.2	180

Nutrition information compiled by a Registered Dietitian using nutrition analysis from approved food manufacturers, an independent laboratories and the USDA National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Double values for approximate Subway Footlong® sub nutrition values.

\*Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website - [www.subway.com.au](http://www.subway.com.au) for more information.

\*\*To calculate energy values for Ultimate Cheesy Garlic Bread take the Subway 6-Inch® value and add: three servings of mozzarella cheese and a serving of Garlic Butter Spread



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	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>AVG QTY Per 100g</b>										
<b>Deluxe</b> Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Buffalo Chicken with Blue Cheese Dressing	100	585	139	9.0	4.1	0.6	16.6	3.3	1.2	516
Chicken and Bacon Ranch Melt	100	673	161	11.0	6.4	2.1	15.0	2.1	1.2	352
Chicken Schnitzel	100	688	165	11.1	5.2	0.9	17.7	2.1	1.1	234
Chipotle Steak Melt	100	739	177	10.3	8.0	2.5	15.7	2.4	1.2	315
Pesto Chicken (with Feta and Sundried Tomato)	100	653	156	10.2	5.8	1.3	15.6	2.6	1.4	345
<b>Vegetarian</b> Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Smashed Falafel with Tzatziki	100	734	175	5.9	5.5	1.1	24.9	2.9	1.2	264
Veggie Delite® with Avo	100	585	140	4.9	3.9	0.5	21.5	2.5	1.5	129
Veggie Patty	100	657	157	6.6	4.3	1.0	21.3	2.7	3.2	220
<b>Favourites</b> Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Chicken Classic (breaded chicken)	100	670	160	8.2	5.0	1.4	19.8	2.4	1.4	371
Chicken Teriyaki	100	535	128	9.4	1.7	0.4	18.7	4.4	1.2	292
Chicken Strips	100	527	126	10.3	1.8	0.4	17.4	2.4	1.3	233
Italian B.M.T.®	100	729	175	9.4	6.9	2.5	18.4	2.6	1.4	469
Meatball Melt (with Marinara)	100	646	154	7.4	6.5	2.8	16.3	3.3	1.5	257
Pizza Melt	100	755	181	8.7	8.0	3.3	18.1	2.9	1.5	406
Tuna & Mayo	100	613	146	8.4	4.5	0.7	17.5	2.1	1.3	224
<b>Deli Meats</b> Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Carved Turkey with Cranberry Relish	100	541	129	9.0	1.5	0.3	19.1	4.3	1.4	266
Leg Ham with Seeded Mustard	100	559	134	7.5	3.1	0.5	18.5	3.5	2.0	417
Roast Beef with Smoky Tomato Chutney	100	551	132	7.5	1.8	0.5	20.5	5.2	1.5	276
<b>Mini Subs</b> Values include white bread, lettuce, spinach, tomatoes, onions, capsicum and cucumbers.										
Carved Turkey	100	551	132	9.9	1.7	0.3	18.5	2.4	1.4	284
Leg Ham	100	544	130	7.3	1.8	0.4	20.6	2.9	1.6	306
Roast Beef	100	547	131	8.2	1.9	0.5	19.1	2.8	1.4	251
Veggie Delite® with Avo	100	594	142	5.0	4.1	0.5	21.5	2.4	1.5	129
<b>Breakfast</b> Values include white bread, spinach, tomatoes, onions and capsicum										
BBQ Bacon and Egg (with cheese)	100	756	181	9.6	6.6	2.7	20.4	4.7	1.3	352
Egg and Cheese	100	772	185	9.7	6.7	2.8	20.7	2.4	1.4	236
Ham, Egg and Cheese	100	705	169	11.0	6.1	2.5	17.4	2.4	1.2	382
Ham, Tomato and Cheese	100	727	174	10.5	5.2	2.4	21.1	2.9	1.5	438
<b>Toasties</b>										
Avocado	100	956	228	7.1	9.2	1.1	30.8	2.0	1.3	174
Cheesy Garlic	100	1250	300	11.8	13.1	5.6	33.0	3.2	1.9	636
Garlic & Herb	100	1220	291	8.8	9.0	1.6	42.4	4.1	2.2	680
<b>Cookies &amp; Sides</b>										
Chocolate Chip	100	2120	507	4.7	23.9	12.4	69.8	42.9	2.7	367
Chocolate Chip Rainbow	100	1960	469	4.4	21.6	10.8	65.4	38.3	1.8	230
Double Chocolate Chip	100	1970	471	4.4	21.1	12.0	66.8	44.3	2.5	367
Raspberry Cheesecake	100	1900	453	4.4	19.6	11.1	65.5	35.2	1.1	390
Puree & Simple, Apple & Strawberry	100	237	56.7	0.8	0.1	0.0	12.1	11.1	1.6	12.2
White Chip Macadamia Nut	100	2160	515	4.6	25.5	12.6	68.3	42.1	1.6	395
<b>Breads</b>										
Ciabatta	100	1170	280	11.0	2.0	0.3	52.6	0.4	3.0	506
Subway 6-Inch® 9-Grain Wheat Bread (Selected Locations Only)	100	1120	268	12.4	3.2	0.8	44.1	4.2	5.0	376
Subway® Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
Subway® White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
Subway® Malted Rye Bread	100	1290	309	12.7	6.5	1.0	46.3	3.3	4.4	467
Subway® Italian Herbs & Cheese	100	1240	297	12.0	5.8	2.5	47.6	3.6	2.6	541
Mini Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
Mini White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
Wrap	100	1210	289	8.1	6.5	2.7	47.3	1.2	3.0	722

	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>AVG QTY Per 100g</b>										
Wrap, Gluten Free *	100	1030	246	4.9	5.4	0.7	41.9	1.7	4.5	365
Wrap, Multigrain	100	1180	282	9.7	6.2	2.7	44.3	2.1	4.8	555
<b>Meat, Poultry &amp; Seafood</b>										
Buffalo Chicken	100	410	97.9	17.3	2.2	0.7	4.3	3.4	0.1	1060
Chicken Classic	100	957	229	16.0	14.5	4.5	8.7	1.0	0.0	934
Chicken Teriyaki	100	480	115	16.9	2.1	0.7	8.9	7.0	0.0	542
Carved Turkey	100	493	118	24.2	2.2	0.7	0.5	0.5	0.0	674
Chicken Strips	100	446	107	22.5	2.6	0.9	1.0	0.8	0.0	420
Chicken Schnitzel	100	879	210	19.8	10.9	1.9	8.2	0.7	0.0	350
Diced Steak	100	679	162	22.6	7.0	3.2	1.0	0.8	0.0	560
Falafel	100	1020	244	8.0	10.0	2.4	30.2	2.1	0.0	426
Leg Ham	100	422	101	16.5	3.5	1.3	3.1	2.6	0.0	1010
Meatball Marinara	100	668	160	8.6	10.8	4.3	7.9	4.1	1.0	357
Pepperoni	100	1650	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Pesto Chicken	100	709	169	17.3	11.0	1.4	2.6	1.7	0.3	525
Poached Egg	100	624	149	12.8	10.1	3.0	1.9	0.4	0.0	150
Roast Beef	100	478	114	17.2	3.1	1.4	2.6	2.1	0.0	544
Salami	100	1650	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Tuna & Mayo	100	737	176	16.0	11.9	2.0	1.6	0.0	0.0	389
<b>Toppings</b>										
Bacon, Shortcut	100	735	176	18.5	11.1	4.4	1.7	1.7	0.0	933
Bacon, Streaky	100	2130	509	37.0	38.0	17.6	1.5	1.5	0.0	2250
Blue Cheese Dressing	100	1790	428	1.9	43.3	4.3	8.7	5.4	0.5	1200
Chipotle Southwest Sauce	100	1850	442	2.9	48.0	7.7	5.6	4.4	0.0	636
Cranberry Relish	100	478	114	0.2	0.3	0.1	26.6	22.9	1.4	112
Garlic Aioli	100	1170	280	1.4	27.5	4.2	7.6	4.7	0.0	890
Habanero Hot Sauce	100	550	131	0.6	0.3	0.1	30.8	24.6	0.6	2130
Honey Mustard Sauce	100	590	141	1.3	1.3	0.1	30.8	20.9	0.0	450
Mayonnaise	100	1220	293	0.9	30.5	4.9	4.3	0.0	0.0	439
Marinara	100	285	68.1	1.6	2.5	0.3	8.4	6.9	2.0	335
Pesto Mayo	100	1510	361	1.3	36.6	2.9	7.3	4.2	1.1	844
Pineapple	100	251	60	0.4	0.0	0.0	18.0	16.0	1.0	7.5
Ranch Dressing	100	1120	268	1.4	28.4	2.4	2.8	1.0	0.0	710
Seeded Mustard	100	826	197	5.3	14.2	1.0	9.2	9.2	6.8	1160
Smoky BBQ Sauce	100	623	149	0.8	1.0	1.0	35.8	27.2	0.9	819
Smoky Tomato Chutney	100	645	154	1.4	1.0	1.0	35.0	28.5	1.9	560
Sweet Chili Sauce	100	786	188	0.2	0.3	0.1	45.7	43.1	0.0	880
Sweet Onion Sauce	100	738	184	0.5	0.6	0.1	43.5	37.8	0.4	350
Tomato Sauce	100	460	110	0.9	0.0	0.0	24.4	22.7	0.0	875
Tzatziki	100	1100	263	1.8	25.0	3.9	8.6	5.7	0.0	584
<b>Cheese</b>										
Crumbled Feta	100	1020	245	21.9	16.6	11.7	2.2	1.0	0.0	740
Mozzarella Cheese	100	1370	327	21.0	26.0	18.0	4.0	0.5	0.9	500
Natural Cheddar	100	1650	394	23.8	33.3	20.0	1.0	1.0	0.0	712
Old English Style Processed Cheese	100	1410	337	20.2	26.3	18.3	5.5	2.5	0.0	1900
<b>Vegetables</b>										
Avocado	100	697	167	3.3	15.0	1.7	10.0	0.0	0.0	0.0
Beetroot	100	235	56.2	0.8	0.1	0.0	11.9	10.8	2.2	250
Capsicum	100	83.7	20.0	0.9	0.2	0.1	2.9	2.4	1.7	3.0
Carrots	100	172	41.0	0.9	0.2	0.0	6.8	4.7	2.8	69.0
Cucumbers	100	62.8	15.0	0.7	0.1	0.0	3.1	1.7	0.5	2.0
Jalapeno	100	169	40.4	1.4	0.6	0.1	5.9	5.9	2.8	1690
Lettuce	100	58.6	14.0	0.9	0.1	0.0	1.8	2.0	1.2	10.0
Onions	100	167	40	1.1	0.1	0.0	7.6	4.2	1.7	4.0
Olives	100	536	128	1.0	9.5	1.7	5.1	0.9	2.9	880
Pickles	100	62.4	14.9	0.3	0.2	0.1	2.0	0.0	1.5	1200
Spinach	100	92.0	22.0	2.9	0.4	0.1	3.5	0.4	2.7	79.0
Sundried Tomatoes	100	987	236	5.8	16.9	1.3	15.3	9.4	8.3	1500
Tomatoes	100	75.3	18.0	0.9	0.2	0.0	2.7	2.6	1.2	5.0
<b>Seasonings</b>										
Cracked Pepper	100	1067	255	11.0	3.3	1.0	64.9	0.7	0.0	44.0

	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>AVG QTY Per 100g</b>										
Italian Herb	100	319.0	76.2	2.1	2.7	1.0	10.1	0.5	0.0	29320
Rock Salt	100	1067	255	0.0	0.0	0.0	0.0	0.0	0.0	39140
Zesty Spice	100	1278	305	13.7	12.9	1.1	33.7	4.3	0.0	6670
<b>Smoothies</b>										
Caribbean	100	145	34.7	0.2	0.3	0.1	7.4	6.8	0.0	5.0
Mango	100	158	37.8	0.8	0.1	0.1	8.5	6.9	0.4	11.0
Mixed Berry	100	160	38.2	0.2	0.2	0.1	8.8	6.9	0.6	7.0
<b>Promotional Items</b>										
Ultimate Meatball Marinara	100	923	220	8.9	13.0	6.6	15.7	3.1	1.4	344
Ultimate Pizza	100	1180	283	11.4	17.4	9.0	18.1	2.2	1.4	523
Ultimate Garlic Bread Toastie	100	1540	368	11.6	19.8	10.9	31.5	2.6	1.8	524
<b>Gluten Free Range * (Select Locations Only)</b>										
Garlic Butter Spread	100	2800	669	0.8	65.0	35.0	1.0	1.0	0.0	800
Salted Caramel Flavoured Cookie	100	1890	451	4.9	19.0	9.3	64.4	37.0	0.9	422
Gluten Free White Bread *	100	1220	292	2.8	10.4	0.9	45.3	1.9	2.2	349
Gluten Free Chocolate Chip Cookie *	100	2040	488	3.8	22.7	12.0	65.2	43.2	2.6	468
Gluten Free Double Chocolate Chip Cookie *	100	2010	480	4.5	23.6	12.6	64.5	47.6	2.7	401

Nutrition information compiled by a Registered Dietitian using nutrition analysis from approved food manufacturers, an independent laboratories and the USDA National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Double values for approximate Subway Footlong® sub nutrition values.

\*Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website - [www.subway.com.au](http://www.subway.com.au) for more information.

\*\*To calculate energy values for Ultimate Cheesy Garlic Bread take the Subway 6-Inch® value and add: three servings of mozzarella cheese and a serving of Garlic Butter Spread