



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" Oven Roasted Chicken	233	320	45	5	1.5	0	45	610	47	5	8	23	8	30	30	15
6" Roast Beef	233	320	40	5	1.5	0	45	660	45	5	7	24	8	20	30	25
6" Subway Club®	240	310	40	4.5	1.5	0	40	800	46	5	7	23	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	670	46	5	7	18	8	20	30	15
6" Turkey Breast & Black Forest Ham	219	280	35	4	1	0	20	730	46	5	8	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" Flatbread Sandwiches with 7 Grams of Fat or Less Values include 6" flatbread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate footlong flatbread nutrition.

Black Forest Ham on Flatbread	228	300	60	7	1.5	0	25	870	44	3	5	17	8	20	30	15
Oven Roasted Chicken on Flatbread	242	330	60	7	1.5	0	45	680	45	3	6	22	8	30	30	15
Roast Beef on Flatbread	242	330	60	7	2	0	45	730	43	3	4	23	8	20	30	25
Subway Club® on Flatbread	249	320	60	7	2	0	40	860	44	3	5	22	8	20	30	20
Sweet Onion Chicken Teriyaki on Flatbread	284	380	60	7	1.5	0	50	900	57	3	13	25	10	30	35	20
Turkey Breast on Flatbread	228	290	50	6	1.5	0	20	730	44	3	4	17	8	20	30	15
Turkey Breast & Black Forest Ham on Flatbread	228	290	60	6	1.5	0	25	800	44	3	5	17	8	20	30	15
Veggie Delite® on Flatbread	171	240	40	4.5	1	0	0	340	42	3	4	8	8	20	30	15

6" Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

6" Big Philly Cheesesteak	297	500	150	17	9	1	85	1280	51	6	8	38	15	20	50	25
6" B.L.T.	153	320	80	9	4	0	20	650	43	5	6	15	8	8	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 & Bacon Ranch Melt	292	570	250	28	10	0.5	95	1050	47	5	8	35	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	8	26	10	20	40	20
6" Subway Melt®	240	370	100	11	5	0	45	1120	47	5	8	23	10	20	40	15
6" Tuna	237	480	220	25	4	0	35	600	44	5	6	20	8	20	30	20

Flatbread Sandwiches Values include flatbread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate footlong flatbread nutrition.

Big Philly Cheesesteak on Flatbread	305	510	170	19	9	1	85	1350	49	4	5	37	15	20	50	25
B.L.T. on Flatbread	161	320	110	12	4.5	0	20	720	41	2	3	15	8	10	30	15
Buffalo Chicken on Flatbread	277	430	160	18	3	0	55	1160	44	3	5	24	12	25	35	20
Chicken & Bacon Ranch on Flatbread	301	580	270	30	10	0.5	95	1120	45	3	5	35	15	25	55	20
Cold Cut Combo on Flatbread	235	360	130	14	4.5	0	45	1090	44	3	4	17	10	20	35	20
Italian B.M.T.® on Flatbread	235	420	170	19	6	0	45	1330	44	3	5	19	8	20	30	15
Meatball Marinara on Flatbread	310	490	180	20	7	0.5	30	990	57	5	9	20	25	35	35	25
Spicy Italian on Flatbread	230	490	240	27	9	0.5	55	1550	43	3	5	19	8	20	30	20
Steak & Cheese	253	390	110	12	4.5	0	50	1100	46	3	5	25	10	20	40	25
Subway Melt® on Flatbread	248	380	120	13	5	0	45	1190	45	3	5	23	10	20	40	20
Tuna on Flatbread	245	490	240	27	4.5	0	35	660	42	3	4	20	8	20	30	20

Kids Meal Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

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	30	4	5	14	6	15	20	10
Turkey Breast	136	180	20	2.0	0.5	0	10	380	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 cucumbers.

6" Barbecue Rib Patty	163	430	160	18	6	0	50	590	47	5	8	19	8	20	30	20
6" Chicken Pizziola Melt	293	460	140	16	6	0	80	1140	49	6	9	32	15	30	45	20
6" Pastrami Melt, Big Hot	285	580	280	31	10	0	60	1330	48	5	7	27	15	20	40	30
6" Subway Seafood Sensation™	233	410	170	19	3	0	15	710	50	5	8	13	10	20	35	15
6" Turkey & Bacon Avocado	264	390	110	13	3.5	0	30	860	49	7	7	22	8	20	30	20
6" Veggie Patty	247	390	70	7	1	0	10	800	56	8	8	23	15	20	35	15

Limited Time Offer/Regional Subs on 6" Flatbread** Values include 6" flatbread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate footlong flatbread nutrition.

Barbecue Rib Patty on Flatbread	172	440	180	20	6	0	50	760	44	3	5	19	8	20	33	20
Chicken Pizziola on Flatbread	302	460	160	18	6	0	75	1390	47	3	7	32	20	30	20	20
Pastrami (Big) on Flatbread	293	590	280	34	10	0	65	1840	46	3	4	26	10	20	15	15
Subway Seafood Sensation® on Flatbread	242	420	190	20	3.5	0	17	880	48	3	5	12	10	20	37	15

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	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
Turkey Bacon Avocado	272	400	133	15	3.5	0	30	1140	47	5	4	21	8	20	33	20
Veggie Patty on Flatbread	256	400	90	10	1.5	0	10	970	54	6	6	23	15	20	10	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
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	11	4	5	19	50	50	6	20
Subway Club®	364	140	30	3.5	1	0	40	590	12	4	5	18	50	50	6	15
Sweet Onion Chicken Teriyaki (includes sweet noon 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	460	12	4	5	12	50	50	6	10
Turkey Breast & Ham	342	110	25	2.5	0.5	0	20	530	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.

Big Philly Cheesesteak	420	330	145	16	8	1	85	1080	17	5	6	32	60	50	25	20
B.L.T.	304	150	75	8	4	0	20	450	10	4	5	10	50	50	6	10
Buffalo Chicken (with regular Ranch dressing)	413	360	230	26	4	0	60	1100	13	4	6	20	50	60	8	15
Chicken & Bacon Ranch Melt (includes Ranch dressing)	437	510	340	38	12	1	100	1050	14	4	7	30	60	60	30	14
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
Subway Melt®	363	200	85	10	5	0	45	920	13	4	6	18	50	50	15	12
Tuna	360	310	210	24	4	0	35	400	10	4	4	15	50	50	6	14

Salad Dressings (amount mixed into chopped salad)

Chipotle Southwest	43	190	180	20	3	0	15	430	2	0	1	0	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
Sweet Onion	43	80	5	0	0	0	0	170	18	0	16	0	0	1	0	0

BREAKFAST & PIZZA

Egg White on 3" Flatbreads Values include 3" Flatbread, egg white and cheese.

Egg White & Cheese	91	170	45	5	1.5	0	5	490	21	1	1	9	2	0	30	8
Egg White & Cheese (with ham)	106	180	50	5	2.0	0	10	620	22	1	1	12	2	0	30	8
Breakfast B.M.T.® Melt	129	230	90	10	3.5	0	20	860	22	1	2	14	4	2	30	8
Bacon, Egg White & Cheese	96	190	60	7	2.5	0	10	580	21	1	1	11	2	0	30	8
Mega Melt**	124	260	110	12	4.5	0	25	840	22	1	1	16	2	0	30	10
Sausage, Egg White & Cheese**	120	240	90	10	4.0	0	20	740	22	1	1	14	2	0	30	10
Steak, Egg White & Cheese	108	190	50	6	2.0	0	15	620	22	1	1	13	2	0	30	10
Sunrise Subway Melt®	136	220	70	8	3.0	0	20	810	23	1	2	16	4	2	30	8

Regular Egg on 3" Flatbreads Values include 3" Flatbread, regular egg and cheese.

Egg & Cheese	91	190	60	7	2.5	0	115	460	21	1	2	9	4	0	20	10
Egg & Cheese (with ham)	106	200	70	8	2.5	0	120	590	22	1	2	12	4	0	20	10
Breakfast B.M.T.® Melt	129	250	110	12	4.0	0	130	830	22	1	3	14	6	2	20	10
Bacon, Egg & Cheese	96	210	80	9	3.5	0	120	560	21	1	2	11	4	0	20	10
Mega Melt**	124	280	130	14	5.5	0	135	810	22	1	2	16	4	0	20	10
Sausage, Egg & Cheese**	120	260	110	13	4.5	0	130	720	22	1	2	14	4	0	20	10
Steak, Egg & Cheese	108	210	70	8	3.0	0	125	590	22	1	2	13	4	0	20	10
Sunrise Subway Melt®	136	240	90	10	3.5	0	130	780	23	1	3	16	6	2	20	10

6" Omelet Sandwich (with Egg White) Values include 9-grain wheat bread, egg white and cheese.

6" Egg White & Cheese	174	320	70	8	3	0	10	910	44	4	5	19	4	0	60	15
6" Egg White & Cheese (with Ham)	203	350	80	9	3.5	0	25	1170	45	4	6	24	4	0	60	15
6" Breakfast B.M.T.® Melt	261	460	160	17	7	0	45	1650	48	5	7	29	10	8	60	15
6" Bacon, Egg White & Cheese	184	370	100	11	4.5	0	20	1090	45	4	5	23	4	0	60	15
6" Mega Melt**	241	510	200	22	9	0	55	1610	46	4	6	32	6	0	60	20
6" Sausage, Egg White & Cheese**	231	460	170	19	7	0	45	1430	45	4	5	29	6	0	60	20
6" Steak, Egg White & Cheese	217	390	90	10	4	0	35	1240	47	4	6	28	4	0	60	20
6" Sunrise Subway Melt	275	430	120	13	5	0	45	1550	48	4	7	32	10	8	60	20

6" Omelet Sandwiches (with Regular Egg) Values include 9-grain wheat bread, regular egg and cheese.

6" Egg & Cheese	174	360	110	12	4.5	0	230	860	44	5	6	19	8	0	40	20
6" Egg & Cheese (with Ham)	202.7	390	120	13	5	0	240	1120	45	5	7	24	8	0	40	20
6" Breakfast B.M.T.® Melt	261	500	200	21.95	8	0	265	1610	47	5	9	29	15	8	45	20
6" Bacon, Egg & Cheese	184	410	140	16	6	0	240	1050	45	5	6	23	8	0	40	20
6" Mega Melt**	240	550	240	27	10	0	275	1560	46	5	7	32	10	0	45	25
6" Sausage, Egg & Cheese**	231	500	210	23	9	0	265	1380	45	5	7	29	10	0	45	20
6" Steak, Egg & Cheese	217	430	130	15	5	0	255	1190	47	5	7	28	8	0	40	20
6" Sunrise Subway Melt®	275	470	160	17	7	0	260	1500	48	5	8	32	15	8	45	20

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Omelet on 6" Flatbread (with Egg White) Values include 6" flatbread, egg white and cheese.																
Egg White & Cheese on 6" Flatbread	183	330	90	10	3.5	0	10	970	42	2	2	19	4	0	60	15
Egg White & Cheese (with ham) on 6" Flatbread	211	360	100	11	3.5	0	25	1230	43	2	3	23	4	0	60	15
Breakfast B.M.T.® Melt on 6" Flatbread	270	470	180	20	7	0	45	1720	45	2	4	28	10	8	60	15
Bacon, Egg White & Cheese on 6" Flatbread	192	380	120	13	5	0	20	1160	43	2	2	22	4	0	60	15
Mega Melt** on 6" Flatbread	249	520	220	24	9	0	55	1680	44	2	3	32	6	0	60	20
Sausage, Egg White & Cheese** on 6" Flatbread	240	470	190	21	8	0	45	1490	43	2	2	28	6	0	60	20
Steak, Egg (White) & Cheese on 6" Flatbread	225	400	110	12	4.5	0	35	1300	45	2	3	28	10	8	60	20
Sunrise Subway Melt® on 6" Flatbread	284	440	140	15	6	0	45	1610	46	2	4	31	4	0	60	20
Omelet on 6" Flatbread (with Regular Egg) Values include 6" flatbread, regular egg and cheese.																
Egg & Cheese on 6" Flatbread	183	370	130	14	5	0	230	920	42	3	3	19	8	0	40	20
Egg & Cheese (with ham) on 6" Flatbread	211	400	140	15	5	0	240	1190	43	3	4	23	8	0	40	20
Breakfast B.M.T.® Melt on 6" Flatbread	270	510	220	24	8	0	265	1670	45	3	6	28	15	8	45	20
Bacon, Egg & Cheese on 6" Flatbread	192	420	160	18	7	0	240	1110	42	3	4	22	8	0	40	20
Mega Melt** on 6" Flatbread	249	560	260	29	11	0	275	1630	43	3	4	32	10	0	45	25
Sausage, Egg & Cheese** on 6" Flatbread	240	510	230	25	9	0	265	1440	43	3	4	28	10	0	45	20
Steak, Egg & Cheese on 6" Flatbread	225	440	150	17	6	0	255	1250	44	3	4	28	8	0	45	25
Sunrise Subway Melt® on 6" Flatbread	284	480	180	20	7	0	260	1570	46	3	6	32	15	8	45	20
Breakfast Sides																
Hash Browns**	102	210	90	10	2.5	0	0	610	28	3	0	2	0	0	0	3
8" Pizza**																
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																
Breads																
6" Italian (White) Bread	71	200	20	2	0.5	0	0	270	38	1	5	7	0	0	30	15
6" 9-Grain Wheat Bread	78	210	20	2	0.5	0	0	270	40	4	5	8	0	0	30	15
6" Parmesan Oregano Bread	75	220	25	2.5	1.0	0	0	420	40	2	5	8	0	0	35	15
6" Honey Oat	82	230	20	3	0.5	0	0	280	43	4	6	8	0	0	30	15
6" Hearty Italian Bread**	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	250	45	5	2.5	0	10	470	40	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" Flatbread	87	220	40	4.5	1.0	0	0	340	38	2	2	7	0	0	30	15
Light Wheat English Muffin	57	100	5	0.5	0.0	0	0	170	22	5	1	6	0	0	10	6
Mini Italian Bread	47	130	10	1.5	0.5	0	0	180	25	1	3	5	0	0	20	8
Mini Wheat Bread	52	140	10	1.5	0.5	0	0	180	27	3	3	5	0	0	20	8
Wrap**	103	310	70	8	2.5	0	0	610	51	1	0	8	0	0	6	15
Sandwich Condiments (amount on 6-inch sandwich)																
Bacon (2 strips)	9	45	30	3.5	1.5	0	10	190	0	0	0	3	0	0	0	0
Balsamic Vinaigrette, Low Fat**	21	25	0	0	0.0	0	0	210	6	0	4	0	0	0	0	0
Buffalo Sauce	14	5	0	0	0	0	0	410	1	0	0	0	4	0	0	2
Chipotle Southwest Sauce	21	100	90	10	1.5	0	10	220	1	0	0	0	0	0	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	5	100	<1	0	0	0	0	0	0	0
Mayonnaise (1 T)	15	110	110	12	2	0	10	80	0	0	0	0	0	0	0	0
Mustard yellow or deli brown (2 tsp.)	10	5	0	0	0	0	0	115	<1	0	0	0	0	0	0	0
Olive Oil Blend (1 tsp.)	5.0	45	45	5	0	0	0	0	0	0	0	0	0	0	0	0
Pepperoni, 3 slices	17.7	80	60	7	2.5	0	15	400	1	0	1	4	0	0	0	0
Ranch Dressing	21	110	100	11	1.5	0	5	200	1	0	1	0	0	0	0	0
Red Wine Vinaigrette, Fat Free**	21	30	3	0	0	0	0	340	6	0	3	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
Vinegar (1 tsp.)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sandwich)																
Avocado**	35	60	50	5	1	0	0	5	3	2	0	0	0	0	2	0
Banana Peppers (3 rings)	4	<5	0	0	0.002	0	0	60	0	0	0	0	0	0	6	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	0	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	0	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
Cheese (amount on 6-inch sandwich)																
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	1	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

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
Creamy Wild and Brown Rice	255	180	90	10	4	0.5	35	820	16	2	4	6	20	4	8	2
Green Chili and Tomato	255	90	20	2	0.5	0	<5	680	14	3	5	2	8	25	4	6
Loaded Baked Potato	255	220	100	11	6	0.5	40	840	23	2	4	7	0	10	8	4
Minestrone	255	90	10	1	0.5	0	<5	740	17	5	4	4	40	4	6	6
Poblano Corn Chowder	255	150	60	7	4	0.5	20	560	18	2	7	5	4	4	10	4
Vegetable Beef	255	90	15	2	0.5	0	5	730	15	3	3	4	70	4	4	4

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.

*Products contain no artificial trans fat (partially-hydrogenated oil). Some products contain naturally occurring trans fat.

**At participating locations. Nutrition information for these items are based on the most common formulas and ingredients.