

# Sub Café

## U.S. NUTRITION INFORMATION

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>SANDWICHES</b>																
<b>6" Low Fat Sandwiches with 6 Grams of Fat or Less</b> Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.																
6" Black Forest Ham	219	290	40	4.5	1	0	25	1200	47	5	7	18	8	20	6	15
6" Oven Roasted Chicken	233	320	40	4.5	1	0	25	750	49	5	7	23	8	30	6	15
6" Roast Beef	233	310	40	4.5	1.5	0	25	800	45	5	6	26	8	20	6	25
6" Subway Club®	240	320	45	5	1.5	0	35	1140	47	5	6	26	8	20	6	20
6" Sweet Onion Chicken Teriyaki	276	380	40	4.5	1	0	50	1010	60	5	17	26	8	30	6	20
6" Turkey Breast	219	280	30	3.5	1	0	20	920	47	5	6	18	8	20	6	15
6" Turkey Breast & Black Forest Ham	228	300	35	4	1	0	25	1140	47	5	6	19	8	20	6	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	410	45	5	5	8	8	20	4	15
<b>6" Flatbread Sandwiches with 7 Grams of Fat or Less</b> 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	1240	43	3	4	18	8	20	2	15
Oven Roasted Chicken on Flatbread	242	330	60	7	1.5	0	25	780	45	3	4	23	8	30	2	15
Roast Beef on Flatbread	242	320	60	7	2	0	25	840	42	3	3	26	8	20	2	25
Subway Club® on Flatbread	258	330	70	7	1.5	0	35	1180	44	3	3	26	8	20	2	20
Sweet Onion Chicken Teriyaki on Flatbread	284	390	60	7	1.5	0	50	1050	56	3	14	26	8	30	4	20
Turkey Breast on Flatbread	228	300	50	6	1	0	20	950	43	3	3	18	8	20	2	15
Turkey Breast & Black Forest Ham on Flatbread	237	310	60	7	1.5	0	25	1180	44	3	4	19	8	20	2	15
Veggie Delite® on Flatbread	171	240	45	5	1	0	0	450	41	3	2	8	8	20	2	15
<b>Low Fat Footlong™ Sandwiches</b> Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.																
Footlong Black Forest Ham	438	570	80	9	2.5	0	50	2400	94	10	13	35	15	40	10	30
Footlong Oven Roasted Chicken	466	640	80	9	2.5	0	45	1490	97	11	14	46	15	60	10	30
Footlong Roast Beef	466	630	80	9	3	0	55	1600	91	11	11	52	15	40	10	45
Footlong Subway Club®	481	640	90	10	3	0	65	2270	94	10	12	52	15	40	10	40
Footlong Sweet Onion Chicken Teriyaki	551	760	80	9	2.5	0	100	2020	120	10	34	51	20	60	15	35
Footlong Turkey Breast	438	570	60	7	1.5	0	40	1830	94	10	11	35	15	40	10	35
Footlong Turkey Breast & Black Forest Ham	457	590	70	8	2	0	50	2280	95	10	12	38	15	40	10	35
Footlong Veggie Delite®	325	460	40	5	1	0	0	830	90	10	10	17	15	40	10	30
<b>6" Sandwiches</b> Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, cucumbers and cheese.																
6" Big Philly Cheesesteak	0	520	160	18	9	1	90	1570	53	6	7	39	15	20	25	25
6" BLT	164	360	120	13	6	0	30	990	45	5	5	17	10	8	10	15
6" Chicken & Bacon Ranch	292	570	250	28	10	0.5	95	1190	48	5	6	35	15	25	25	20
6" Cold Cut Combo	244	410	150	16	6	0.5	60	1450	48	5	6	21	10	20	15	20
6" Italian B.M.T.®	237	450	180	20	8	0.5	55	1730	48	5	7	22	10	20	10	15
6" Meatball Marinara	372	580	200	23	9	1	45	1530	70	9	16	24	40	45	20	25
6" Spicy Italian	233	520	250	28	11	0.5	65	1830	47	5	7	22	10	20	10	20
6" Steak & Cheese	245	380	90	10	4.5	0	50	1230	50	5	6	26	10	20	10	20
6" Subway Melt®	249	380	100	11	5	0	45	1530	48	5	7	25	10	20	10	20
6" Tuna	245	530	270	30	6	0.5	45	930	45	5	5	21	10	20	10	20
<b>Kids Meal Sandwiches</b> Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.																
Veggie Delite®	108	150	15	1.5	0	0	0	280	30	3	3	6	6	15	4	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	670	31	3	4	10	6	15	4	10
Roast Beef	146	200	25	3	1	0	15	480	30	4	4	15	6	15	4	10
Turkey Breast	146	190	20	2.5	0.5	0	15	610	31	3	4	12	6	15	4	11
<b>6" Limited Time Offer/Regional Subs**</b> Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.																
6" Barbecue Rib Patty	240	430	160	18	6	0	50	730	48	5	7	19	8	20	6	20
6" Barbecue Chicken	233	310	45	5	1.5	0	35	1010	53	6	14	15	15	180	8	20
6" Buffalo Chicken (with regular Ranch dressing)	268	420	140	15	3	0	55	1290	47	5	7	25	8	25	6	15
6" The Feast	324	540	200	22	9	0.5	85	2450	50	5	8	39	10	20	15	25
6" LOW FAT Buffalo Chicken (with light Ranch)	268	370	60	6	1.5	0	55	1300	54	5	8	25	8	25	6	15
6" Chicken Pizziola (includes cheese)	291	450	140	15	6	0	75	1360	51	6	8	31	20	30	15	20
6" Pastrami, Big (includes cheese)	297	580	260	28	9	0	65	1810	50	5	5	31	10	20	10	15
6" Subway Seafood Sensation® (includes cheese)	245	460	200	22	5	0.5	25	1050	52	5	6	15	15	20	15	15
6" Turkey Bacon Avocado (includes cheese)	268	420	130	15	5	0	40	1310	51	7	6	24	10	25	10	20
6" Veggie Patty	247	390	70	7	1	0	10	930	57	8	7	23	15	20	6	15