

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
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.																
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
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	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
Low Fat Footlong™ Sandwiches 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
6" Sandwiches 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
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	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
6" Limited Time Offer/Regional Subs** 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