U.S. Subway Nutrition Information (Updated 2026)

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Information are based on official sources with no affiliation with them. Menu items vary by location. © 2026 all rights reserved.

Sandwiches

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
6" subway® series sandwiches (double values for footlong nutrition information (one footlong=two 6" servings))																
#15 Titan Turkey	251	490	23	7	0	65	1310	40	2	5	3	30	20	15	20	10
#17 Garlic Roast Beef	247	480	21	7	0	65	1200	43	2	7	5	30	20	15	20	20
#30 The Beast	317	730	44	14	1	115	2080	45	3	7	5	40	20	25	20	20
#99 Grand Slam Ham	251	500	24	8	0	65	1340	43	2	6	4	28	20	15	20	15
#1 The Philly	192	500	25	9	1	85	1310	41	2	5	3	28	10	15	10	15
#2 The Outlaw®	198	490	22	9	0	90	1230	40	2	5	6	30	8	25	20	15
#3 The Monster	213	580	30	11	1	105	1270	42	2	6	4	36	10	15	4	20
#33 Teriyaki Blitz	207	450	14	7	0	75	1480	53	4	18	16	30	10	15	10	20
#4 Supreme Meats	262	590	32	12	1	85	1810	44	3	7	4	30	20	25	20	20
#6 The Boss	275	670	36	16	0	85	1710	54	4	8	5	31	15	25	20	20
#18 Ultimate B.M.T.®	240	560	30	11	1	75	1570	43	3	6	4	27	20	25	20	15

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
#23 Hotshot Ital-iano	238	620	38	14	1	85	1750	43	3	6	3	26	20	30	20	20
#7 The MexiCali (with Smashed Avocado)	282	540	27	9	0	90	1300	43	5	6	5	29	20	25	20	15
#7 The MexiCali (with Sliced Avo-cado)	275	520	25	9	0	90	1180	43	5	6	5	29	20	25	20	15
#8 The Great Gar-lic	262	570	29	10	0	105	1260	43	3	6	4	34	25	15	4	15
#16 All-Pro Sweet Onion Teriyaki	256	430	11	5	0	70	1260	55	4	20	16	30	20	20	10	15
#20 Elite Chicken & Bacon Ranch	262	570	29	10	0	105	1210	43	3	6	4	34	25	15	4	15
#10 All-American Club®	242	530	28	10	1	75	1510	43	2	7	4	27	20	15	10	15
#11 Subway Club®	263	500	24	8	1	75	1540	43	4	8	5	31	20	15	10	20
#12 Turkey Cal Club™ (with Smashed Avoca-do)	275	600	34	10	1	75	1290	43	6	7	4	32	25	20	10	15

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
#12 Turkey Call Club™ (With Sliced Avocado)	268	580	32	10	1	70	1170	43	6	7	4	32	25	20	10	15
#19 Pickieball Club™	251	500	22	9	0	70	1700	47	2	10	7	27	20	15	10	15
6" build your own sandwiches (double values for footlong nutrition information (one footlong=two 6" servings))																
6" Black Forest Ham	219	280	4	1	0	30	860	42	5	7	4	20	30	25	2	15
6" Buffalo Chick-en (with Grilled Chicken)	254	380	12	3	0	55	1380	42	3	6	3	25	25	20	2	15
6" Cold Cut Com-bo®	219	320	10	3	0	45	1000	41	3	6	3	17	15	20	6	15
6" Grilled Chicken	233	290	4	1	0	50	580	40	5	6	3	27	30	30	4	15
6" Meatball Mari-nara	211	460	20	8	0	40	1110	50	4	8	4	20	10	20	6	20
6" Oven Roasted Turkey	219	270	4	1	0	25	820	40	5	6	4	21	30	25	2	15
6" Roast Beef	233	310	5	2	0	40	790	42	5	8	5	25	30	25	4	25

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
6" Rotis-serie-Style Chick-en	233	310	6	2	0	50	760	40	5	6	4	25	30	25	4	15
6" Steak (Includes American Cheese)	167	360	10	5	0	65	1040	40	2	5	3	26	6	15	6	15
6" Tuna	229	470	25	5	0	40	690	40	2	5	2	20	15	20	2	15
6" Veggie Delite®	162	210	3	0	0	0	370	39	5	6	3	10	30	25	2	15
6" limited time offer/regional subs** (double values for footlong nutrition information (one footlong=two 6" servings))																
6" Big Hot Pastra-mi**	219	510	27	9	0	80	1790	41	2	5	2	27	8	8	8	25
6" B.L.T.**	157	370	15	5	0	35	720	40	2	5	4	18	10	15	2	15
6" Oven Roasted Turkey and Ham**	219	280	4	1	0	25	840	41	5	7	4	20	30	25	2	15
6" Pizza Sub**	171	460	24	10	1	60	1500	44	3	7	3	18	15	30	10	15
6" Veggie Patty**	247	390	11	1	0	0	690	56	13	8	3	16	30	25	2	15
Kids' mini sub (values include mini mulitgrain bread and all the fresh vegetables)																
Veggie Delite®	108	140	2	0	0	0	250	26	3	4	2	7	20	15	2	10

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Black Forest Ham	137	180	3	1	0	15	490	27	3	4	3	12	20	15	2	10
Oven Roasted Turkey	137	170	2	0	0	15	470	26	3	4	2	12	20	15	2	10
Make any build your own sandwich into a wrap (values include plain wrap, select fresh vegetables and footlong meat portion)																
Black Forest Ham Wrap	307	440	11	2	0	55	1570	58	3	6	0	28	30	15	8	25
Buffalo Chicken Wrap (with Grilled Chicken)	356	560	19	4	0	110	1800	56	3	5	2	42	30	15	8	25
Cold Cut Combo® Wrap	314	530	23	5	0	95	1820	55	3	5	2	27	15	15	15	25
Grilled Chicken Wrap	335	470	11	2	0	100	1010	54	3	5	1	42	30	20	8	25
Meatball Marinara Wrap	381	810	43	15	0	75	2040	76	7	11	5	32	20	25	15	30
Oven Roasted Turkey Wrap	307	420	10	2	1	55	1500	54	4	5	0	30	30	15	8	20
Roast Beef Wrap	335	500	14	3	0	75	1440	58	3	7	0	38	30	15	8	35

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Rotisserie-Style Chicken Wrap	335	500	15	3	0	105	1380	54	4	4	0	38	30	15	8	25
Steak Wrap (In-cludes American Cheese)	269	570	20	7	0	120	1700	55	3	4	3	43	6	6	10	30
Tuna Wrap	335	820	54	8	1	75	1210	53	3	4	1	33	15	15	8	20
Veggie Delite® Wrap	285	330	8	1	0	0	600	57	4	6	1	10	60	30	10	20
Make any sandwich into a wrap limited time offer/regional wrap (values include suggested wrap, select fresh vegetables and footlong meat portion)																
Big Hot Pastrami Wrap**	363	860	53	15	0	150	2930	56	3	5	1	46	15	0	15	45
B.L.T. Wrap**	218	620	33	10	0	65	1270	54	3	5	4	29	10	8	8	25
Oven Roasted Turkey & Ham Wrap**	307	430	11	2	0	55	1540	56	4	5	1	29	30	15	8	20
Pizza Sub Wrap**	238	720	44	16	1	100	2290	59	3	5	2	26	15	35	20	25
Veggie Patty Wrap**	363	660	26	3	0	0	1230	87	19	8	1	21	30	15	8	20

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Salads

Menu Item	Serving size (g)	Calories	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein(g)	Vitamin a % dv	Vitamin c % dv	Calcium % dv	Iron % dv
Make any sandwich into a salad (values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. values do not include dressing unless noted.)																
Black Forest Ham	344	120	3	1	0	30	570	12	4	6	1	13	70	35	4	10
Buffalo Chicken (with Grilled Chicken)	414	300	19	4	0	65	1180	13	5	7	1	20	80	40	6	15
Cold Cut Combo®	351	160	9	2	0	45	700	10	4	5	0	12	70	35	8	15
Grilled Chicken	358	130	3	1	0	50	280	10	4	5	0	19	70	40	6	10

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Meatball Marinara	426	300	19	7	0	35	790	23	6	9	2	15	80	50	10	15
Oven Roasted Turkey	344	110	3	0	0	25	530	10	4	5	0	14	70	35	4	8
Roast Beef	358	150	4	1	0	40	500	12	4	6	2	17	70	35	6	20
Rotisserie-Style Chicken	358	150	5	2	0	50	470	10	4	5	0	18	70	35	6	10
Steak (Includes American Cheese)	370	210	9	4	0	65	740	12	4	6	1	22	70	35	10	15
Tuna	362	310	24	4	0	40	390	10	4	5	0	15	70	35	4	10
Veggie Delite®	287	50	1	0	0	0	75	9	4	5	0	3	70	35	4	8
Make any sandwich into a salad limited time offer/regional (values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. values do not include dressing unless noted)																
Big Hot Pastrami**	450	370	26	8	0	80	1670	14	5	7	0	24	80	35	10	25
B.L.T.**	317	210	14	5	0	35	420	11	4	6	1	13	70	35	6	10
Oven Roasted Turkey & Ham**	344	110	3	1	0	25	550	11	4	5	1	13	70	35	4	10
Pizza Sub**	374	310	23	10	1	60	1200	16	5	8	1	14	80	50	15	15

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Veggie Patty**	372	220	10	1	0	0	390	26	12	7	0	9	70	35	4	8

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Protein bowls

Menu Item	Serving size (g)	Calories	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein(g)	Vitamin a % dv	Vitamin c % dv	Calcium % dv	Iron % dv
Make any footlong a protein bowl (values include footlong meat portion, lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. values do not include dressing or cheese unless noted)																
Black Forest Ham	302	170	5	2	0	55	1050	12	3	6	2	21	60	30	4	10
Buffalo Chicken (with Grilled Chicken)	414	380	21	4	0	115	2080	13	4	7	1	36	90	40	6	15
Cold Cut Combo®	316	260	16	4	0	95	1310	9	3	5	1	20	60	30	10	15
Grilled Chicken	330	200	4	2	0	100	480	9	3	5	0	35	60	40	4	10

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Meatball Marinara	469	560	37	14	0	75	1560	34	8	13	4	27	80	60	15	20
Oven Roasted Turkey	302	150	4	1	1	50	970	8	3	5	1	23	60	30	4	6
Roast Beef	330	230	7	2	0	75	920	12	3	7	4	30	60	30	4	25
Rotisserie-Style Chicken	325	220	8	3	0	105	810	8	3	4	0	31	60	30	4	10
Steak (Includes American Cheese)	358	380	19	9	1	140	1150	12	4	5	2	42	70	30	20	20
Tuna	337	550	47	8	1	75	690	8	3	4	0	26	60	30	4	10
Make any footlong a protein bowl limited time offer/regional (values include footlong meat portion, lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. values do not include dressing or cheese unless noted)																
Big Hot Pastrami**	490	680	52	18	0	165	2670	15	5	7	0	45	80	30	25	40
B.L.T.**	248	360	26	9	0	65	760	10	3	6	3	22	60	35	6	10
Oven Roasted Turkey & Ham**	302	160	4	1	0	55	1010	10	3	6	2	22	60	30	4	8
Pizza Sub**	372	610	48	22	1	135	1830	18	5	8	2	30	90	60	40	15
Veggie Patty**	358	380	19	2	0	0	700	41	19	8	0	14	60	30	4	6

Breakfast & pizza & sliders

Menu Item	Serving size (g)	Calories	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein(g)	Vitamin a % dv	Vitamin c % dv	Calcium % dv	Iron % dv
Egg patty on 6" flatbread ** (values include 6" flatbread, regular egg and american cheese. double values for footlong nutrition information (one footlong=two 6" servings))																
6" Black Forest Ham, Egg & Cheese Flatbread	170	400	22	6	0	265	900	28	1	3	2	21	8	0	8	15
6" Egg & Cheese Flatbread	141	360	21	6	0	250	650	27	1	2	1	16	8	0	8	15
6" Bacon, Egg & Cheese Flatbread	156	440	27	8	0	270	820	28	1	3	2	21	8	0	8	15

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
6" Steak, Egg & Cheese Flatbread	184	430	23	7	0	285	920	28	1	3	2	26	8	0	8	20
Egg patty on 6" artisan italian ** (values include 6 artisan italian, regular egg and american cheese. double values for footlong nutrition information (one footlong=two 6" servings))																
6" Black For-est Ham, Egg & Cheese	195	450	21	6	0	265	1050	41	2	5	3	24	8	8	8	20
6" Egg & Cheese	167	420	20	6	0	250	800	40	2	4	2	19	8	8	8	15
6" Bacon, Egg & Cheese	182	500	26	8	0	270	970	40	2	5	3	24	8	8	8	20
6" Steak, Egg & Cheese	209	490	23	7	0	285	1070	41	2	4	3	29	8	8	8	20
Egg patty on plain wrap **																
Black Forest Ham, Egg & Cheese	340	770	42	10	0	520	1720	57	2	4	2	40	10	0	15	30
Egg & Cheese	283	700	40	10	0	495	1230	55	2	3	1	30	10	0	15	30
Bacon, Egg & Cheese	313	860	53	14	0	525	1570	56	2	4	2	40	10	0	15	30

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Steak, Egg & Cheese	354	820	45	12	1	550	1680	56	2	4	2	47	10	0	15	35
8" pizza**																
Cheese	293	700	22	9	1	50	1370	95	4	8	3	29	30	8	40	35
Bacon**	308	780	28	12	1	65	1540	96	4	9	3	34	30	10	40	35
Meatball**	330	810	31	13	1	70	1590	98	5	8	3	35	30	8	40	35
Pepperoni	311	780	29	12	1	70	1660	96	5	8	3	33	30	15	40	35
Sliders																
Ham & Jack (includes Pepper Jack Cheese)**	71	160	4	2	0	20	540	20	<1	2	2	10	0	4	4	6
Italian Spice (includes American Cheese and MVP Parmesan Vinaigrette®)**	72	250	15	5	0	30	730	20	<1	2	2	9	2	10	4	8

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Little Cheesesteak (includes American Cheese and Baja Chipotle Sauce)**	71	180	7	3	0	20	440	20	1	3	2	8	2	8	2	6
Turkey (includes Pepper Jack Cheese and Mayonnaise)**	81	200	9	3	0	25	520	19	<1	2	0	11	8	8	6	6

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Breads & ingredients

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Breads (double values for footlong nutrition information (one footlong=two 6" servings))																
6" Artisan Flat-bread	78	220	4	1	0	0	360	40	1	2	2	7	0	0	0	15
New Flatbread	45	140	3	0	0	0	220	24	<1	2	1	4	0	0	2	8
6" Artisan Italian Bread	71	200	2	1	0	0	370	37	1	3	2	7	0	8	0	10
6" Hearty Multi-grain Bread	71	200	2	0	0	0	360	36	3	4	3	9	0	10	2	10

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
6" Italian Herbs & Cheese Bread	82	240	5	2	0	10	560	40	2	3	2	9	4	8	2	10
6" Jalapeño Ched-dar Bread**	82	230	5	2	0	5	490	37	2	3	2	9	4	10	2	10
New Wrap	90	280	5	1	0	0	440	49	2	3	2	9	0	0	2	15
Wrap	102	300	8	1	0	0	580	50	2	2	1	8	0	0	6	15
Mini Artisan Ital-ian Bread	47	130	1	0	0	0	250	24	<1	2	2	5	0	6	0	6
Mini Hearty Multi-grain Bread	47	130	2	0	0	0	240	24	2	3	2	6	0	6	0	8
Sandwich condiments and toppings (amount on 6 sandwich or wrap. double values for footlong nutrition information (one footlong=two 6" servings). double sauce values for salad dressing portion)																
Baja Chipotle	14	70	7	1	0	5	125	1	0	1	0	0	0	0	0	0
Creamy Sriracha	14	40	4	1	0	5	240	2	0	1	0	0	4	2	0	0
Frank's RedHot® Buffalo Sauce	14	5	0	0	0	0	350	1	0	0	0	0	6	0	0	0
Giardiniera**	28	80	9	2	0	0	340	1	0	1	0	0	0	0	0	0
Honey Mustard	14	60	5	1	0	5	125	3	0	3	3	0	0	0	0	0

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Mayonnaise	14	100	11	2	0	10	65	0	0	0	0	0	0	0	0	0
Mustard, Yellow	14	10	1	0	0	0	170	1	0	0	0	0	0	0	0	2
MVP Parmesan Vinaigrette®	14	60	6	1	0	0	150	1	0	1	1	0	0	0	0	0
Oil	5	45	5	0	0	0	0	0	0	0	0	0	0	0	0	0
Oil & Vinegar	9	45	5	0	0	0	0	0	0	0	0	0	0	0	0	0
Peppercorn Ranch Sauce	14	80	8	2	0	5	100	1	0	1	0	0	0	0	0	0
Red Wine Vinegar	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Roasted Garlic Aioli	14	80	9	2	0	5	150	1	0	1	0	0	0	0	0	0
Sweet Onion Teriyaki Sauce	14	30	0	0	0	0	130	7	0	6	6	0	0	0	0	0
Seasonings and spices (amount on 6" sandiwch or wrap)																
Pepper, Black	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oregano**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Salt	0	0	0	0	0	0	160	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6" sandiwch or wrap)																
Avocado, Sliced **	28	45	4	1	0	0	0	2	2	0	0	1	2	4	0	0
Avocado, Smashed **	35	70	6	1	0	0	130	3	2	0	0	1	0	0	0	0
Banana Peppers (3 rings)	4	0	0	0	0	0	65	0	0	0	0	0	0	6	0	0
Cucumbers (3 slices)	14	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Green Chiles**	14	5	0	0	0	0	95	1	<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	6	0	0
Jalapeno Peppers (3 rings)	4	0	0	0	0	0	70	0	0	0	0	0	0	2	0	0
Lettuce	21	0	0	0	0	0	0	0	0	0	0	0	2	0	0	0
Olives, Black (3 rings)	3	0	0	0	0	0	25	0	0	0	0	0	0	0	0	0
Onions	7	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Pickles, Crinkle (3 chips)	12	0	0	0	0	0	160	0	0	0	0	0	0	0	0	0
Spinach, Baby	7	0	0	0	0	0	5	0	0	0	0	0	15	2	0	2
Tomatoes (3 wheels)	35	5	0	0	0	0	0	1	0	1	0	0	10	6	0	0
Cheese (amount on 6" sandiwch or wrap)																
American	11	40	4	2	0	10	210	1	0	0	0	2	4	0	4	0
BelGioioso® Fresh Mozzarella	17	40	3	2	0	10	55	0	0	0	0	3	0	0	5	0
Monterey Ched-dar, Shredded	14	50	5	3	0	15	85	1	0	0	0	3	6	0	0	0
Mozzarella, Shredded**	14	45	4	2	0	10	85	1	0	0	0	3	0	0	6	0
Parmesan Grated	1	5	0	0	0	0	25	0	0	0	0	1	0	0	2	0
Pepper Jack	14	50	4	3	0	15	140	0	0	0	1	3	4	4	10	0
Provolone	14	50	4	2	0	10	125	0	0	0	0	4	4	0	8	0
Individual proteins (amount on 6" sub or salad, double values for footlong or wrap)																

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
All-American Club Meats (Ham, Turkey, Bacon)	72	140	8	3	0	45	650	2	0	1	1	15	0	0	0	2
Bacon (2 strips)	15	80	6	3	0	15	170	1	0	1	1	5	0	0	0	2
Black Forest Ham	57	70	2	1	0	30	490	2	0	1	1	10	0	0	0	2
Capicola (3 slices)	22	35	2	1	0	15	240	1	0	1	1	4	0	0	0	0
Cold Cut Combo® Meats	64	110	8	1	0	45	620	1	0	1	0	9	0	0	4	4
Egg Patty	85	180	15	4	0	240	220	2	0	0	0	10	4	0	2	6
Genoa Salami (3 slices)	18	70	6	3	0	20	260	1	0	0	0	3	0	4	0	2
Grilled Chicken	71	80	2	2	0	50	210	1	0	1	0	16	2	4	0	2
Grilled Chicken, Buffalo	99	90	2	1	0	50	900	2	0	1	0	17	15	4	0	4
Grilled Chick-en, Sweet Onion Teriyaki Glazed	85	110	2	1	0	50	350	9	0	8	7	16	0	4	0	2
Meatballs	139	250	18	7	0	35	720	13	2	5	2	12	10	15	4	8

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Oven Roasted Turkey	57	60	2	1	0	25	450	0	0	0	0	11	0	0	0	0
Pastrami**	57	130	10	3	0	35	470	1	0	1	0	9	2	0	0	8
Pepperoni, (3 slices)	18	80	7	3	0	20	290	1	0	0	0	3	0	4	0	2
Roast Beef	71	90	3	1	0	40	420	2	0	2	2	14	0	0	0	8
Rotisserie-Style Chicken	71	90	4	1	0	50	400	0	0	0	0	15	0	0	0	2
Steak (no cheese)	71	110	5	2	0	55	450	2	0	1	1	17	0	0	0	6
Subway Club® Meats (Turkey, Ham, Roast Beef)	92	110	3	1	0	45	690	3	0	2	2	17	0	0	0	6
Tuna	74	250	23	2	0	40	310	0	0	0	0	12	0	0	0	2
Veggie Patty**	85	170	9	1	0	0	320	17	8	2	0	6	0	0	0	0

Easy Navigation

Sandwiches | Salads | Protein bowls | Breakfast & pizza & sliders

Breads & ingredients | **Desserts & sides**

Desserts & sides

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Cookies & desserts																
Chocolate Chip Cookie	45	210	10	5	0	10	120	30	<1	18	18	2	0	0	0	10
Double Chocolate Cookie	45	210	9	5	0	15	125	29	1	20	19	2	0	0	2	10
Oatmeal Raisin Cookie	45	200	8	4	0	15	110	30	1	16	10	3	0	0	2	6
Raspberry Cheesecake Cookie	45	210	9	5	0	15	115	29	0	16	15	2	0	0	2	6

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
White Chip Macadamia Nut Cookie	45	210	10	5	0	15	125	28	<1	17	17	2	0	0	2	6
Applesauce**	90	70	0	0	0	0	0	16	3	13	0	0	0	0	0	2
Hash Browns**	108	190	9	3	0	0	600	24	3	1	0	3	0	0	2	60
Muffin, Apple Cin-namon**	113	450	24	4	0	60	370	53	2	31	0	6	0	8	6	10
Muffin, Blueberry Crumb**	113	410	17	4	0	40	440	59	2	33	0	5	0	0	4	10
Muffin, Double Chocolate**	113	550	31	8	0	65	420	61	3	41	0	6	0	0	6	20
Sidekicks																
Churro, Footlong	55	190	9	4	0	15	135	28	0	8	8	1	0	0	2	2
Cookie, Chocolate Chip	285	1330	61	32	1	95	690	181	8	101	100	14	0	0	4	50
Pretzel, Footlong	108	330	10	4	0	15	1330	53	7	9	8	10	2	4	2	15
Soup** (8 oz. bowl)																

Menu Item	Serv-ing size (g)	Calo-ries	Total fat (g)	Sat. fat (g)	Trans fat (g)*	Chol. (mg)	Sodi-um (mg)	Carbo-hy-drate(g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Pro-tein(g)	Vita-min a % dv	Vita-min c % dv	Calci-um % dv	Iron % dv
Broccoli Ched-dar**	227	200	13	8	0	45	960	16	<1	7	0	9	20	15	20	2
Chicken Noodle**	227	70	3	1	0	15	1160	6	<1	1	0	7	15	2	2	0
Loaded Baked Potato with Ba-con**	227	200	14	7	0	45	910	17	1	4	0	9	10	15	10	2

Notes

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from 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. Nutrition information for these items are based on the most common formulas and ingredients.

**At participating locations.

1 The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in Subway restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that Subway menu items are 100% gluten-free.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Information are based on official sources with no affiliation with them. Menu items vary by location. © 2026 all rights reserved.