



U.K. & Ireland HALAL NUTRITION INFORMATION

May 2013

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	of which saturates(g)	Fibre (g)	Sodium (g)	Salt Equivalents (g)
HALAL											
6" Low Fat Sandwiches with 6 Grams of Fat or Less Values include 9-grain wheat bread, lettuce, tomatoes, green peppers, onions and cucumbers.											
Beef	219	1188	282	23	38	5.1	3.0	1.4	6.5	0.4	1.1
Chicken Breast	233	1279	304	27	39	5.2	3.0	1.1	6.3	0.5	1.2
Chicken Tikka	233	1296	308	27	39	6.8	4.5	1.9	6.3	0.5	1.4
Ham*	219	1143	272	17	38	5.8	3.9	1.4	6.3	0.7	1.8
Subway Club®	252	1302	309	28	38	5.4	4.1	1.7	6.4	0.8	2.0
Sweet Chili Chicken	278	1677	399	27	62	28.1	3.1	1.1	6.4	0.8	2.1
Sweet Onion Chicken Teriyaki	276	1486	354	28	50	15.5	3.3	1.2	6.7	0.8	1.9
Turkey Breast*	219	1123	267	21	38	5.1	3.0	1.2	6.3	0.7	1.8
Turkey Breast & Ham*	228	1170	278	21	38	5.5	3.7	1.4	6.3	0.8	2.0
Veggie Delite™	162	899	213	9	37	4.8	1.6	0.7	6.3	0.3	0.7
6-Inch Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, green peppers, onions and cucumbers.											
Barbecue Rib	256	1736	413	22	48	11.6	13.2	5.3	6.4	0.7	1.8
Beef Patty Melt	240	1714	408	22	39	6.0	16.9	7.8	7.7	0.6	1.6
B.L.T.**	152	1001	237	14	36	4.1	2.9	1.1	5.9	0.4	1.1
Chicken & Bacon Ranch Melt	292	2006	478	37	40	5.2	17.0	7.2	6.3	0.9	2.3
Chicken Pizziola	290	1870	445	33	43	7.9	14.0	6.7	6.8	1.0	2.4
Chicken Temptation®	262	1707	406	27	52	5.3	8.7	3.5	6.3	0.7	1.7
Italian BMT®	226	1709	407	21	38	5.5	17.3	7.8	6.3	1.1	2.7
Meatball Marinara	300	1825	434	24	49	10.9	15.5	6.6	9.3	0.9	2.2
Pizza Sub	243	2155	513	25	41	7.0	25.6	13.0	6.8	1.2	2.9
Spicy Italian	222	2048	488	23	38	5.1	25.9	12.0	6.3	1.3	3.2
Steak* ¹ & Cheese	245	1444	343	26	40	6.5	8.5	4.5	6.7	0.7	1.7
Subway Melt™ (Includes cheese)	249	1403	333	25	39	5.9	7.7	3.8	6.3	1.0	2.5
Tuna	233	1508	359	21	39	4.8	12.6	1.6	6.3	0.6	1.6
Veggie Patty	247	1596	380	22	46	7.9	8.7	2.7	6.3	0.7	1.7
6" Low Fat Flatbread Sandwiches with 6 Grams of Fat or Less Values include flatbread, lettuce, tomatoes, green peppers, onions and cucumbers.											
Beef	226	1202	287	22.4	38.9	3.9	4.0	1.0	3.9	0.5	1.1
Chicken Breast	240	1292	309	26.5	40.0	4.0	4.0	0.7	3.6	0.5	1.2
Chicken Tikka	240	1310	313	26.5	40.0	5.6	5.4	1.5	3.6	0.6	1.4
Ham*	226	1157	277	16.7	39.7	4.6	4.9	1.0	3.6	0.7	1.9
Subway Club®	259	1315	314	27.4	39.5	4.3	5.1	1.3	3.8	0.8	2.1
Sweet Chili Chicken	285	1691	404	26.6	63.6	26.9	4.1	0.7	3.8	0.9	2.1
Sweet Onion Chicken Teriyaki	283	1500	359	27.1	51.5	14.3	4.2	0.7	4.0	0.8	2.0
Turkey Breast*	226	1136	272	20.1	39.0	3.9	4.0	0.8	3.6	0.8	1.9
Turkey Breast & Ham*	235	1184	283	20.3	39.4	4.3	4.7	1.0	3.6	0.8	2.1
Veggie Delite™	169	913	218	8.7	38.3	3.6	2.6	0.2	3.6	0.3	0.7
6" Flatbread Sandwiches Values include flatbread, lettuce, tomatoes, green peppers, onions and cucumbers.											
Barbecue Rib	264	1744	421	30.2	56.2	19.6	21.2	13.3	14.4	8.7	9.8
Beef Patty Melt	248	1722	416	29.7	47.1	14.0	24.9	15.8	15.7	8.6	9.6
B.L.T.**	159	1014	242	13.0	37.2	3.0	3.9	0.7	3.3	0.4	1.1
Chicken & Bacon Ranch Melt	299	1884	450	32.7	44.5	6.7	15.0	6.3	4.2	1.0	2.5
Chicken Pizziola	297	1720	411	26.4	53.3	4.1	9.7	3.0	3.6	0.7	1.8
Chicken Temptation®	269	1720	411	26.4	53.3	4.1	9.7	3.0	3.6	0.7	1.8
Italian BMT®	269	1720	411	26.4	53.3	4.1	9.7	3.0	3.6	0.7	1.8
Meatball Marinara	307	1839	440	23.1	50.3	9.8	16.5	6.2	6.6	0.9	2.3
Pizza Sub	250	2169	518	24.1	42.7	5.9	26.6	12.5	4.2	1.2	3.0
Spicy Italian	229	2062	493	22.1	39.0	3.9	26.9	11.6	3.6	1.3	3.2
Steak* ¹ & Cheese	252	1458	348	24.9	41.4	5.3	9.5	4.0	4.0	0.7	1.8
Subway Melt™ (Includes cheese)	256	1416	339	24.5	40.0	4.7	8.7	3.4	3.6	1.0	2.5
Tuna	240	1522	364	20.1	40.5	3.6	13.6	1.2	3.6	0.6	1.6

HALAL

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Veggie Patty™	254	1610	385	20.9	47.3	6.7	9.7	2.3	3.6	0.7	1.8
6-Inch Wraps	Values include wrap, lettuce, tomatoes, green peppers, onions and										
Beef	242	1725	412	22	62	5.5	8.1	3.7	3.3	0.7	1.7
Chicken Breast	256	1816	434	26	63	5.6	8.1	3.4	3.1	0.7	1.8
Chicken Tikka	256	1834	438	26	63	7.2	9.5	4.2	3.1	0.8	2.0
Ham*	242	1681	402	17	63	6.2	9.0	3.7	3.1	1.0	2.4
Subway Club®	275	1839	439	27	63	5.8	9.2	4.0	3.2	1.0	2.6
Sweet Chili Chicken	301	2214	529	27	87	28.5	8.2	3.4	3.2	1.1	2.7
Sweet Onion Chicken Teriyaki	299	2024	484	27	75	15.9	8.3	3.5	3.5	1.0	2.5
Turkey Breast*	242	1660	397	20	62	5.5	8.1	3.5	3.1	1.0	2.4
Turkey Breast & Ham*	251	1707	408	20	63	5.9	8.8	3.7	3.1	1.0	2.6
Veggie Delite™	185	1436	343	9	62	5.2	6.7	3.0	3.1	0.5	1.2
Barbecue Rib	279	2273	543	21	73	12.0	18.3	7.6	3.2	0.9	2.3
B.L.T.**	175	1538	368	13	61	4.5	8.0	3.4	2.7	0.7	1.6
Chicken & Turkey Rasher Ranch Melt	315	2543	608	36	65	5.6	22.1	9.4	3.1	1.2	2.9
Chicken Pizziola	313	2407	575	33	68	8.3	19.1	9.0	3.6	1.2	3.0
Italian BMT®	249	2246	537	21	63	5.9	22.4	10.1	3.1	1.3	3.3
Meatball Marinara	323	2362	565	23	74	11.3	20.6	8.9	6.1	1.1	2.8
Pizza Sub	266	2692	643	24	66	7.4	30.7	15.2	3.6	1.4	3.5
Spicy Italian	245	2586	618	22	62	5.5	31.0	14.3	3.1	1.5	3.8
Steak* & Cheese	268	1981	474	25	65	6.8	13.6	6.7	3.5	0.9	2.3
Subway Melt™ (Includes cheese)	272	1940	464	24	63	6.3	12.8	6.1	3.1	1.2	3.1
Tuna	256	2046	489	20	64	5.2	17.7	3.9	3.1	0.9	2.1
Veggie Patty™	270	2133	510	21	71	8.3	13.8	5.0	3.1	0.9	2.3
Mini Sandwiches	Values include 9-grain wheat bread, lettuce, tomatoes, green peppers, onions and cucumbers.										
Beef*	156	883	210	16	29	3.9	2.2	1.0	4.9	0.317	0.8
Ham*	147	813	193	11	29	4.1	2.4	0.9	4.8	0.430	1.1
Turkey Breast*	156	840	199	15	29	3.9	2.2	0.9	4.8	0.517	1.3
Veggie Delite™	118	691	164	7	29	3.7	1.2	0.5	4.8	0.203	0.5
Breakfast Sandwiches											
Turkey Rasher	96	964	229	13	35	3.1	2.8	1.1	5.2	0.4	1.1
Turkey Rasher, Egg & Cheese	133	1300	309	16	36	3.7	9.7	3.7	5.4	0.6	1.4
Egg & Cheese	124	1236	294	14	36	3.7	9.0	3.5	5.4	0.5	1.2
Mega Melt	209	2038	485	28	44	5.0	20.8	7.8	6.2	1.0	2.5
Sausage, Egg & Cheese	200	1974	470	25	44	5.0	20.1	7.6	6.2	0.9	2.3
Sausage	154	1574	374	20	42	4.3	12.6	4.8	6.1	0.7	1.8
Breakfast Sandwiches on Flatbread											
Bacon	103	978	234	12.5	36.1	1.9	3.8	0.7	2.6	0.4	1.1
Bacon, Egg & Cheese	140	1314	314	15.4	37.5	2.5	10.7	3.3	2.7	0.6	1.4
Egg & Cheese	131	1250	299	13.1	37.5	2.5	10.0	3.0	2.7	0.5	1.2
Mega Melt	216	2051	490	27.0	45.1	3.8	21.8	7.4	3.6	1.0	2.6
Sausage, Egg & Cheese	207	1988	475	24.7	45.1	3.8	21.1	7.1	3.6	1.0	2.4
Sausage	161	1588	379	19.5	43.6	3.2	13.6	4.3	3.4	0.7	1.8
Salads	Values include lettuce, tomatoes, cucumbers, green peppers, olives and onions. Values do not include salad dressing.										
Beef*	328	492	118	16	6	4.5	2.4	0.9	3.9	0.2	0.6
Chicken Breast	342	583	139	20	7	4.6	2.4	0.6	3.6	0.3	0.7
Chicken Tikka	342	600	143	20	7	5.3	3.8	1.4	3.6	0.3	0.9
Ham*	328	447	107	10	7	5.2	3.3	0.9	3.6	0.5	1.3
Subway Club®	361	606	145	21	7	4.9	3.4	1.2	3.8	0.6	1.5
Sweet Onion Chicken Teriyaki	385	790	189	21	19	14.9	2.6	0.7	4.0	0.6	1.4
Turkey Breast*	328	426	102	14	6	4.5	2.4	0.7	3.6	0.5	1.3
Turkey Breast & Ham*	338	474	113	14	7	4.9	3.1	0.9	3.6	0.6	1.5
Veggie Delite™	271	203	49	3	5	4.2	1.0	0.2	3.6	0.1	0.2
Cookies											
Chocolate Chip	45	910	218	2	30	18.0	10.3	5.4	1.0	0.2	0.4
Chocolate Chip Candy	45	882	211	2	30	17.5	9.7	5.0	0.9	0.1	0.3
Chocolate Chunk	45	894	214	2	30	17.0	10.2	5.3	0.9	0.1	0.3
Double Choc Chip Cookie	45	924	221	2	30	19.7	9.5	5.4	1.1	0.2	0.4
Oatmeal Raisin	45	821	196	3	30	15.9	8.1	3.7	0.5	0.2	0.4
White Chip Mac Nut	45	932	218	2	28	17.0	11.0	5.6	0.5	0.2	0.4

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Breads												
6" Italian (White) Bread	71	803	190	7	36	4.0	1.3	0.6	1.6	0.3	0.7	
6" 9-Grain Wheat Bread	78	836	198	9	35	3.0	1.5	0.6	5.2	0.3	0.7	
6" Parmesan Oregano Bread	75	861	203	8	37	4.1	1.9	1.0	1.9	0.3	0.8	
6" Honey Oat	89	993	237	10	42	7.7	1.9	0.7	5.8	0.3	0.7	
6" Hearty Italian Bread	75	840	201	8	38	4.0	1.5	0.6	2.1	0.3	0.7	
6" Monterey Cheddar	82	965	231	10	36	4.0	4.6	2.7	1.6	0.3	0.8	
6" Italian Herbs & Cheese	82	978	234	10	38	4.1	4.3	2.5	1.9	0.4	0.9	
Mini Italian (White Bread)	50	633	150	5.9	29	3.1	1.1	0.5	1.3	0.2	0.5	
Mini Wheat Bread	53	643	152	6.7	27	2.3	1.1	0.5	4.0	0.2	0.5	
Flatbread	85	850	203	8.0	36	1.9	2.5	0.2	2.6	0.3	0.7	
Wrap	101	1373	328	7.9	59	3.4	6.6	2.9	2.0	0.5	1.2	
Cheese												
Monterey Cheddar Cheese	14	240	57	3.5	0	0.0	4.4	2.7	0.0	0.1	0.2	
Peppered Cheese	11	163	39	2.0	0	0.2	3.1	2.0	0.0	0.1	0.4	
Processed Cheddar Cheese	11	168	40	2	1	0.4	3.4	2.2	0.0	0.1	0.3	
Sandwich Condiments (amount on 6-inch Sub)												
Bacon (2 strips)	9	64	15	2	0	0.0	0.7	0.2	0.0	0.1	0.2	
Barbecue	21	156	37	0	9	6.1	0.1	0.0	0.2	0.1	0.3	
Caesar	21	376	90	1	2	1.4	9.1	0.6	0.1	0.2	0.5	
Chipotle Southwest Sauce	21	378	90	0	2	1.2	9.2	0.7	0.1	0.2	0.4	
Delhi Mustard	21	95	23	1	1	0.3	1.4	0.1	0.8	0.3	0.8	
Honey Mustard Sauce	21	133	32	0	7	5.9	0.2	0.0	0.1	0.1	0.3	
Hot Chili Sauce	21	203	48	0	2	1.2	0.3	0.0	0.3	0.4	1.1	
Sweet Onion Sauce	21	141	34	0	8	7.4	0.1	0.0	0.1	0.1	0.2	
Light Mayonnaise	15	232	56	0	1	0.0	6.0	0.4	0.0	0.1	0.3	
Mayonnaise	15	451	108	0	0	0.0	11.9	1.8	0.0	0.1	0.2	
Ranch	21	183	44	0	1	0.0	4.5	0.3	0.0	0.2	0.5	
Sweet Chili Sauce	21	190	46	0	11	11	0.0	0.0	0.1	0.2	0.4	
Thousand Island**	21	258	62	0	3	2.7	5.4	0.4	0.1	0.2	3.1	
Tomato Ketchup**	21	92	22	0	5	5.0	0.0	0.0	0.1	0.2	5.1	
Donuts and Muffins												
Chocolate Donut	55	1017	243	4	21	7.8	15.5	4.6	1.2	0.3	0.7	
Sugared Donut	49	865	207	3	21	7.5	11.6	3.1	0.5	0.2	0.5	
Blueberry Muffin	111	1472	352	5	40	31.9	20.6	2.9	3.0	0.3	0.8	
Chocolate Chunk Muffin	111	1649	394	6	44	37.2	22.9	4.7	2.9	0.3	0.8	
Double Chocolate Chip Muffin	111	1625	389	6	45	32.9	22.0	4.2	3.1	0.3	0.8	
Snacks and Sides												
Bowl of Meatballs	206	1327	317	19	19	10.5	19.1	8.6	4.1	0.9	2.2	
Cheese Toastie	64	882	210	11	19	2.0	9.5	5.8	0.8	0.3	0.8	
Pepperoni Pizza Toastie	93	1062	253	12	22	4.2	12.7	6.4	1.3	0.6	1.5	
Garden Side Salad	135	88	21	1	3	2.1	0.2	0.0	1.7	0.0	0.0	
Melted Cheese Nachos	126	1737	415	11	36	2.9	24.3	6.8	2.6	0.6	1.5	

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from Subway approved food manufacturers, an independent laboratory and the USDA National Nutrient Database for Standard Reference, Release #19. 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.

*Reformed/Formed Meat

¹Made with shaved steak strips, contains peppers & onions.

**May not be available in all locations.