



Subway Product Nutritional & Allergen Information

Updated in February 2024

	Value per 100g											Value per serving (g)											Allergens present in the product											Allergen Declaration		
	Serving Qty. (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Added Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Serving Qty. (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Added Sugar (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Gluten	Crustacean	Milk	Egg	Fish	Nut	Soy	Sulphite	Allergen Declaration					
Sauces																																				
Achari Mayonnaise	100	355	34	6	0	12	6	5	1	0	1380	21	75	7	1	0	3	1	1	0	0	290	#		•					#		Contains milk	May contain wheat, barley, oats, soy.			
Barbeque Sauce	100	106	1	0	0	25	21	7	1	0	786	21	22	0	0	0	5	4	2	0	0	165										No allergens present.	NA.			
Chili Mayonnaise	100	357	33	6	0	13	7	6	1	0	1134	21	75	7	1	0	3	1	1	0	0	238									Contains milk.	May contain wheat, barley, oats, soy.				
Coriander Chutney	100	52	2	0	0	7	1	1	2	0	400	15	8	0	0	0	1	0	0	0	0	60	#		•				#		No allergens present.	NA.				
Honey Mustard Sauce	100	207	11	7	0	25	18	17	3	0	658	21	44	2	1	0	5	4	4	1	0	138			•						Contains milk.	NA.				
Mint Mayonnaise	100	348	34	5	0	9	2	2	1	10	800	21	73	7	1	0	2	0	0	0	0	218									Contains milk.	NA.				
Red Chili Sauce	100	125	1	0	0	26	20	3	0	0	1197	21	26	0	0	0	5	4	4	1	0	251									No allergens present.	NA.				
Southwest Chipotle Mayonnaise	100	433	43	7	0	10	4	3	1	0	702	21	91	9	2	0	2	1	1	0	0	147			•						Contains milk.	NA.				
Sweet Onion Sauce	100	180	0	0	0	43	37	34	1	0	775	21	38	0	0	0	9	8	7	0	0	163									No allergens present.	NA.				
Tandoori Mayonnaise	100	433	41	6	1	14	8	8	2	10	795	21	91	9	1	0	3	2	2	0	2	167									Contains milk.	NA.				
Veg Mayonnaise Regular	100	361	35	6	0	11	6	5	1	0	698	21	76	7	1	0	2	1	1	0	0	147			•						Contains milk.	NA.				
Cheese																																				
Cheese Slice	100	346	28	17	1	5	5	0	20	82	1676	14	49	4	2	0	1	1	0	3	12	238			•						Contains milk, soy.	NA.				
Cheese Sauce	100	210	17	12	0	7	3	0	7	23	593	7	15	1	1	0	0	0	0	0	2	42			•						Contains milk.	NA.				
Mozzarella Cheese	100	284	21	13	1	1	0	0	25	65	640	30	85	6	4	0	0	0	0	0	7	19	192			•					Contains milk.	NA.				
Proteins																																				
Alco Patty	100	172	8	4	0	22	1	0	2	0	436	55	94	5	2	0	12	0	0	1	0	240										No allergens present.	NA.			
Chili Bean Patty	100	287	13	5	0	28	0	0	8	0	606	60	172	8	3	0	17	0	0	5	0	364			•				#	#	Contains wheat, milk.	May contain soy, nuts.				
Corn & Peas (mixed with eggless mayonnaise)	100	163	12	2	0	13	5	2	21	0	245	55	90	6	1	0	7	3	11	11	0	135			•						Contains milk.	NA.				
Paneer Tikka	100	261	13	10	0	17	0	0	16	9	603	60	157	8	6	0	10	0	10	5	362	#		•				•	#		Contains milk, cashew nut.	May contain wheat, soy.				
Veg Shami	100	181	4	0	0	25	7	0	11	0	854	60	109	2	0	0	15	4	0	7	0	513										Contains soy.	NA.			
Chicken Meatball/ Chicken Kofta	100	232	14	4	0	13	0	0	14	15	640	60	139	8	3	0	8	0	0	8	9	384	•		•				#	•	Contains wheat, milk, soy.	May contain nuts.				
Chicken Pepperoni	100	202	9	3	0	39	0	0	20	39	687	14	28	1	0	0	5	0	0	3	5	96	#		•				#	•	Contains soy.	May contain wheat, nuts, milk.				
Chicken Slice	100	107	3	1	0	2	0	0	19	6	710	45	48	1	0	0	1	0	0	9	3	320	#									Contains soy.	May contain wheat.			
Chicken Teriyaki	100	112	1	0	0	10	7	7	15	71	840	60	67	1	0	0	6	4	4	9	4	504	•		#			#	•	Contains wheat, soy.	May contain milk, nuts.					
Egg	100	149	10	0	0	1	0	0	12	425	126	60	89	6	0	0	1	0	0	7	255	76									Contains egg.	NA.				
Black Pepper Chicken	100	111	1	0	0	6	1	1	18	10	1109	60	66	1	0	0	4	1	1	11	6	666	#									Contains soy.	May contain wheat, barley, oats, milk, nuts.			
Peri Peri Chicken	100	202	9	3	0	39	0	0	20	39	687	60	121	6	2	0	23	0	0	12	23	412	#									Contains soy.	May contain wheat, milk.			
Potato Roastie	100	180	9	5	0	21	1	0	3	0	480	60	108	5	3	0	13	1	0	2	0	288	•									Contains wheat.	NA.			
Roasted Chicken Strips	100	102	1	0	0	3	1	1	19	11	739	60	61	1	0	0	2	1	1	11	6	444	•					#	•	Contains soy.	May contain wheat, milk, nuts.					
Spicy Chicken Keema	100	238	14	3	0	10	2	0	15	48	755	60	143	8	2	0	6	1	0	9	29	453	•		•			#	•	Contains wheat, milk, soy.	May contain nuts.					
Tandoori Chicken	100	230	6	2	0	20	0	0	21	13	639	60	138	3	1	0	12	0	0	13	8	383	#		•			•	•	Contains milk, soy, cashew nut.	May contain wheat.					
Tuna (mixed with eggless mayonnaise)	100	213	15	4	0	4	2	2	15	57	362	55	117	8	2	0	2	1	1	8	31	199			•			•			Contains milk, fish.	NA.				
Vegetables																																				
Lettuce	100	14	0	0	0	3	0	0	1	0	10	21	3	0	0	0	1	0	0	0	0	2										No allergens present.	No allergens present.			
Tomato	100	18	0	0	0	4	0	0	1	0	5	36	6	0	0	0	1	0	0	0	0	2										No allergens present.	No allergens present.			
Cucumber	100	15	0	0	0	4	0	0	1	0	2	15	2	0	0	0	1	0	0	0	0	0										No allergens present.	No allergens present.			
Pickles	100	18	0	0	0	3	2	0	1	0	1068	9	2	0	0	0	0	0	0	0	0	96										No allergens present.	No allergens present.			
Green Capsicum	100	20	0	0	0	4	0	0	1	0	3	7	1	0	0	0	0	0	0	0	0	0										No allergens present.	No allergens present.			
Olives	100	128	10	2	0	5	1	0	1	0	880	2	3	0	0	0	0	0	0	0	0	18										No allergens present.	No allergens present.			
Onions	100	40	0	0	0	10	0	0	1	0	4	7	3	0	0	0	1	0	0	0	0	0										No allergens present.	No allergens present.			
Pickled Onions	100	35	0	0	0	9	0	0	1	0	364	8	3	0	0	0	1	0	0	0	0	277										No allergens present.	May contain wheat, barley, oats, milk, soy.			
Jalapenos	100	30	1	0	0	6	6	0	1	0	1653	7	2	0	0	0	0	0	0	0	0	118										No allergens present.	No allergens present.			
Sprinkles																																				
Salt & Pepper	100	50	0	0	0	10	0	0	2	0	32584	1	0	0	0	0	0	0	0	0	0	326	#									No allergens present.	May contain soy, wheat, barley, oats, milk.			
Oregano Spice Mix	100	194	4	0	0	32	0	0	6	0	11132	3	6	0	0	0	1	0	0	0	0	334	#									No allergens present.	May contain soy, wheat, barley, oats, milk.			

Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the National 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 the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Double values for approximate Subway Footlong® sub nutrition values. All products may not be available in all locations.

Dated 27th February '24 Version 2.41

• Allergen present # Allergen maybe present

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