

Subway

Sandwiches include hearty multigrain bread, lettuce, tomatoes, onions, green peppers, spinach, and cucumbers.

**Double values for footlong nutrition information
(one footlong=two 6" servings)**

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast						
6" Egg White & Cheese Flatbread	350	6	870	44	2	18
Black Forest Ham, Egg White & Cheese Flatbread	390	4	1110	45	2	23
Sandwiches - 6"						
Black Forest Ham - 6"	280	1	790	43	5	18
Classic Tuna 6"	470	4.5	610	38	2	19
Roast Beef 6"	310	2	790	42	5	25
Rotisserie-Style Chicken 6"	310	2	760	40	5	25
Sweet Onion Chicken Teriyaki	350	1	850	55	5	26
Oven Roasted Turkey 6"	270	1	840	40	5	22
Veggie Delite® 6"	210	0	370	39	5	10
Grilled Chicken	290	1	580	40	5	30
Salads*						
Black Forest Ham Salad	120	1	570	12	4	13
Roast Beef Salad	150	1	500	12	4	17
Rotisserie-Style Chicken Salad	150	2	470	10	4	18
Sweet Onion Chicken Teriyaki Salad	250	1	830	39	4	19
Tuna Salad	310	4	390	10	4	15
Oven Roasted Turkey Salad	110	1	560	11	4	14
Veggie Delite® Salad	50	0	75	9	4	3
Grilled Chicken	130	1	280	10	4	19
Protein Bowls**						
Black Forest	170	2	1050	12	3	21
Oven Roasted Turkey	150	1	1020	8	3	25
Rotisserie-Style Chicken	220	3	810	8	3	31
Sweet Onion Chicken Teriyaki	350	2	1070	46	3	38
Grilled Chicken	200	2	480	8	3	35

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Condiments						
Lite Mayonnaise (1 T)	50	1	100	1	0	0
Yellow Mustard (2 tsp)	10	0	170	1	0	0
Sweet Onion Sauce (Fat Free)	30	0	130	7	0	0
Red Wine Vinegar (1 tsp)	0	0	0	0	0	0
Avocado Smashed	70	1	130	3	2	1
Honey Mustard Sauce	60	1	125	3	0	0
Vegetables						
All vegetables, except for sweet peppers (15 cal.) and avocado (60 cal.), are under 5 cal. The only vegetables over 100 mg sodium are dill pickles (115 mg) and sweet peppers (170 mg).						
Bread						
6" Hearty Multigrain	200	0	360	36	3	9
Mini Hearty Multigrain	130	0	240	24	2	6

Notes

* All salads include sandwich veggies plus olives

** Protein Bowl values include footlong meat portion, lettuce, spinach, tomatoes, onions, green peppers, cucumbers, and olives. The values do not include dressing or cheese.

No wraps were included as they all exceed Fork Friendly sodium criteria

