

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	380	4.5	950	44	4	19
Black Forest Ham, Egg White & Cheese Flatbread	410	5	1180	45	4	24
Sandwiches - 6"						
Black Forest Ham - 6"	260	1.5	720	42	5	18
Classic Tuna 6"	450	4.5	610	38	2	19
Oven Roasted Chicken 6"	260	1	520	42	5	23
Roast Beef 6"	280	1.5	630	40	6	25
Rotisserie-Style Chicken 6"	310	2.5	520	40	5	28
Sweet Onion Chicken Teriyaki	340	1	790	54	4	24
Oven Roasted Turkey 6"	250	0.5	690	41	5	20
Veggie Delite® 6"	190	0.5	240	39	5	9
Salads*						
Black Forest Ham Salad	120	1	550	12	4	13
Roast Beef Salad	140	1	460	10	4	19
Rotisserie-Style Chicken Salad	170	2	360	10	4	23
Subway Club Salad	140	1	610	11	4	19
Sweet Onion Chicken Teriyaki Salad	210	0.5	620	30	4	19
Tuna Salad	310	4	370	10	4	15
Oven Roasted Turkey Salad	110	0	520	11	4	14
Veggie Delite® Salad	50	0	75	9	4	3
Protein Bowls**						
Black Forest	170	2	1050	12	3	21
Oven Roasted Turkey	150	1	1020	8	3	25

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

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Rotisserie-Style Chicken	220	3	810	8	3	31
Sweet Onion Chicken Teriyaki	330	2	1090	41	3	24
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	20	0	80	4	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	190	0	310	36	3	7

Notes

- * All salads include sandwich veggies plus olives
- * No wraps were included as they all exceed Fork Friendly sodium criteria

Fall 2022