



# Subway

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

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

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Breakfast</b>						
Egg & Cheese Flatbread / Black	400	6	900	28	1	21
Black Forest Ham, Egg & Cheese	360	6	650	27	1	16
<b>Sandwiches - 6"</b>						
Black Forest Ham Sandwich	280	1	860	42	5	20
Tuna Sandwich	470	5	690	40	2	20
Roast Beef Sandwich	310	2	790	42	5	25
Rotisserie-Style Chicken Sandwich	310	2	760	40	5	25
Sweet Onion Chicken Teryaki Sandwich	430	5	1260	55	4	30
Oven Roasted Turkey Sandwich	270	1	820	40	5	21
Veggie Delite Sandwich	210	0	370	39	5	10
Grilled Chicken Sandwich	290	1	580	40	5	27
<b>Wraps (plain wrap, footlong meat portion, and fresh vegetables)</b>						
Grilled Chicken	470	2	1010	54	3	42
Oven Roasted Turkey	420	2	1500	54	4	30
Roast Beef	500	3	1440	58	3	38
Rotisserie-Style Chicken	500	3	1380	54	4	38
Veggie Delite	330	1	600	57	4	10

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Salads* (dressing not included)</b>						
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
Tuna Salad	310	4	390	10	4	15
Oven Roasted Turkey Salad	110	0	530	10	4	14
Veggie Delite Salad	50	0	75	9	4	3
Grilled Chicken Salad	130	1	280	10	4	19
<b>Protein Bowls** (dressing not included)</b>						
Black Forest Ham Protein Bowl	170	2	1050	12	3	21
Oven Roasted Turkey Protein Bowl	150	1	970	8	3	23
Rotisserie-Style Protein Bowl	220	3	810	8	3	31
Grilled Chicken Protein Bowl	200	2	480	8	3	35
<b>Dressing</b>						
Mayonnaise	100	2	65	0	0	0
Yellow Mustard	10	0	170	1	0	0
Sweet Onion Teriyaki Sauce	30	0	130	7	0	0
Red Wine Vinegar	0	0	0	0	0	0
Avocado Smashed	70	1	130	3	2	1
Honey Mustard	60	1	125	3	0	0
<b>All vegetables, except sliced avocado (45 cal) and smashed avocado (70 cal) are under 5 cal. The only vegetable over 100 mg sodium are crinkle pickles (160 mg) and smashed avocado (130 mg)</b>						

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Bread</b>						
6" Hearty Multigrain Bread	200	0	360	36	3	9
Mini Hearty Multigrain Bread	130	0	240	24	2	6
New Flatbread	140	0	220	24	2	4
New Wrap	280	1	440	49	3	9
*Salad values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers, and olives. The values do not include dressing.						
**Protein Bowl values include footlong meat portion, lettuce, spinach, tomatoes, onions, green peppers, cucumbers, and olives. The values do not include dressing or cheese.						

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