



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)
Breakfast						
6" Egg & Cheese Flatbread	400	6	900	28	1	21
Black Forest Ham, Egg & Cheese	360	6	650	27	1	16
Sandwiches - 6"						
Black Forest Ham Sandwich	280	1	860	42	5	20
Classic 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 Teriyaki 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
Wraps (footlong meat toppings and fresh vegetables)						
Grilled Chicken	460	2	860	53	3	42
Oven Roasted Turkey	410	2	1350	53	4	31
Roast Beef	470	2	1300	57	3	41
Rotisserie-Style Chicken	490	3	1240	53	4	39
Veggie Delite	310	1	460	56	4	11

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
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
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
Protein Bowls**						
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
Dressing						
Mayonnaise	100	2	65	0	0	0
Yellow Mustard	10	0	170	1	0	0
Sweet Onion 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 Sauce	60	1	125	3	0	0



All vegetables, except sweet peppers (15 cal) and avocado (60 cal) are under 5 cal. The only vegetable over 100 mg sodium are dill pickles (115 mg) and sweet peppers (170 mg)						
Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Bread						
6" Hearty Multigrain Bread	200	0	360	36	3	9
Mini Hearty Multigrain Bread	130	0	240	24	2	6
*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						

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