



SUBWAY Subway Product Nutritional & Allergen Information Updated in December 2024

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		Value per serving (g)											Allergens present in the product (●Present #May be present)								
	Veg/ Non-veg	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)	^Cereal containing Gluten	Crustacean	Milk	Egg	Fish	Nut	Soy	Sulphite	
Recommended Dietary Allowance			2000.0	67.0	22.0	2.0		50.0				2000.0									
Hot & Cheesy- Nutritional calculated using 6-inch bread, vegetables, sauce and protein curated to make fixed builds.																					
Potato Chilli Cheese	●	238	518	22	10	0	62	6	3	17	23	1207	●		●				●		
Contribution in % to RDA per serve			26	33	46	18		11			60										
Cheesy Paneer Melt	●	299	678	37	20	0	55	8	5	33	85	1502	●		●				●		
Contribution in % to RDA per serve			34	54	89	12		16			75										
Cheesy Mexican	●	281	597	27	12	0	70	8	4	19	19	1486	●		●				●		
Contribution in % to RDA per serve			30	40	53	21		15			74										
Cheesy Chicken Tikka	▲	299	654	22	9	0	70	7	5	40	34	1572	●		●			●	●		
Contribution in % to RDA per serve			33	32	42	12		14			79										
Cheesy American BBQ	▲	230	457	16	7	0	47	7	4	30	45	1507	●		●			#	●		
Contribution in % to RDA per serve			23	24	31	12		14			75										
Chicken Keema Melt	▲	233	569	26	9	0	53	8	4	28	62	1353	●		●			#	●		
Contribution in % to RDA per serve			28	39	41	13		16			68										
Egg'n Chicken Melt	▲	292	525	23	7	0	46	5	4	34	302	1295	●		●	●		#	●		
Contribution in % to RDA per serve			26	34	30	22		10			65										
Cheesy Lamb Pepperoni	▲	227	503	23	8	0	50	6	4	24	61	1552	●		●			#	●		
Contribution in % to RDA per serve			25	34	38	11		13			78										
^Breakfast Subs- Nutrition values calculated using 6-inch bread, vegetables, sauce and protein curated to make fixed builds.																					
Chicken N' Cheese	▲	173	410	16	6	0	44	5	4	23	42	1196	●		●			#	●		
Contribution in % to RDA per serve			21	24	27	9		10			60										
Cheesy Omelette	▲	233	526	28	6	0	44	6	4	27	524	843	●		●	●		#	●		
Contribution in % to RDA per serve			26	41	25	8		11			42										
Cheesy Potato Delight	●	195	466	19	8	0	60	5	3	13	14	1110	●		●				●		
Contribution in % to RDA per serve			23	28	37	12		9			56										
*Sub Cravers- Nutrition values calculated using 4-inch bread, vegetables, sauce and protein curated to make fixed builds.																					
Classic Veggie	●	167	346	12	3	0	42	4	1	10	0	594	●		●			#	●		
Contribution in % to RDA per serve			17	19	12	7		8			30										
Tandoori Paneer	●	150	340	17	2	0	29	4	1	12	0	457	●		●			#	●		
Contribution in % to RDA per serve			17	25	11	5		7			23										
Classic Chicken	▲	127	251	10	3	0	23	4	1	14	121	700	●		●			#	●		
Contribution in % to RDA per serve			13	14	11	7		8			35										
Chicken Seekh	▲	111	241	9	3	0	23	4	1	12	7	663	●		●			#	●		
Contribution in % to RDA per serve			12	14	13	1		7			33										
Spicy Chicken	▲	125	265	11	3	0	23	5	2	14	121	630	●		●			#	●		
Contribution in % to RDA per serve			13	17	13	4		10			31										
Subs (6 inch)- Nutritional calculated using 6-inch multigrain bread, standard vegetables, recommended sauce and 6-inch product portion of protein as applicable.																					
Aloo Patty	●	269	451	16	7	0	58	5	3	12	5	1410	●		●				●		
Contribution in % to RDA per serve			23	24	30	6		9			71										
Chilli Bean Patty	●	274	541	20	7	0	63	5	4	16	5	1571	●		●			#	●		
Contribution in % to RDA per serve			27	30	34	14		10			79										
Corn & Peas	●	248	392	13	5	0	52	7	4	12	5	1183	●		●				●		
Contribution in % to RDA per serve			20	19	22	3		14			59										
Paneer Tikka	●	274	529	20	10	0	57	6	5	20	10	1581	●		●			#	●		
Contribution in % to RDA per serve			26	30	48	4		12			79										
Veg Shammii	●	274	465	14	5	0	61	9	3	17	5	1683	●		●			#	●		
Contribution in % to RDA per serve			23	21	22	3		17			84										
Veggie Delight	●	214	378	14	5	0	47	5	4	11	5	1190	●		●				●		
Contribution in % to RDA per serve			19	20	23	3		11			60										
Italian BMT (Chicken)	▲	295	485	17	6	0	56	5	4	26	17	1760	●		●			#	●		
Contribution in % to RDA per serve			24	26	28	4		11			88										
Chicken Meatball	▲	274	512	21	7	0	55	6	5	19	14	1603	●		●			#	●		
Contribution in % to RDA per serve			26	31	33	4		12			80										
Chicken Slice	▲	259	394	10	5	0	50	8	7	20	8	1501	●		●			#	●		
Contribution in % to RDA per serve			20	15	25	4		16			75										
Chicken Teriyaki	▲	274	407	7	4	0	59	16	14	20	9	1710	●		●			#	●		
Contribution in % to RDA per serve			20	10	17	4		32			86										
Double Egg n' Cheese Omelette	▲	234	525	27	6	0	45	5	4	26	524	1247	●		●	●			●		
Contribution in % to RDA per serve			26	40	25	8		10			62										
Peri Peri Chicken	▲	274	490	18	6	0	70	5	4	23	28	1619	●		●			#	●		
Contribution in % to RDA per serve			25	27	29	14		10			81										
Roast Chicken	▲	274	430	13	5	0	48	6	5	22	11	1651	●		●			#	●		
Contribution in % to RDA per serve			22	20	22	14		12			83										
Spicy Chicken Keema	▲	274	494	22	7	0	54	7	4	20	34	1719	●		●			#	●		
Contribution in % to RDA per serve			25	32	31	4		13			86										
Tandoori Chicken	▲	274	511	16	6	0	59	6	5	23	13	1603	●		●			●	●		
Contribution in % to RDA per serve			26	24	28	4		12			80										
Tuna	▲	269	496	22	7	0	49	7	5	19	36	1389	●		●		●		●		
Contribution in % to RDA per serve			25	33	32	5		13			69										
Italian BMT (Lamb)	▲	298	482	17	6	0	49	5	4	25	23	1779	●		●				●		
Contribution in % to RDA per serve			24	26	28	4		11			89										
Lamb Pepperoni	▲	264	460	17	6	0	49	5	4	19	38	1493	●		●				●		
Contribution in % to RDA per serve			23	26	27	6		11			75										
Subs (6 inch) Cheese Pull- Nutritional calculated using 6-inch multigrain bread, standard vegetables, recommended sauce, mozzarella cheese and 6-inch product portion of protein as applicable.																					
Aloo Patty Cheese Pull	●	285	469	20	8	1	59	4	3	15	12	1456	●		●						
Contribution in % to RDA per serve			23	29	39	61		9			73										
Chilli Bean Patty Cheese Pull	●	290	559	24	9	1	64	5	4	19	12	1617	●		●			#	#		
Contribution in % to RDA per serve			28	36	42	69		9			81										
Corn & Peas Cheese Pull	●	264	410	16	7	1	52	7	4	15	12	1228	●		●						
Contribution in % to RDA per serve			21	24	30	58		13			61										
Paneer Tikka Cheese Pull	●	290	547	24	12	1	58	6	5	23	17	1626	●		●			#	#		
Contribution in % to RDA per serve			27	35	56	59		11			81										
Veg Shammii Cheese Pull	●	290	483	18	7	1	62	8	3	20	12	1729	●		●				●		
Contribution in % to RDA per serve			24	26	30	58		16			86										
Veggie Delight Cheese Pull	●	230	396	17	7	1	47	5	4	14	12	1236	●		●						
Contribution in % to RDA per serve			20	26	31	58		10			62										
Italian BMT (Chicken) Cheese Pull	▲	311	503	21	8	1	57	5	4	29	24	1806	●		●			#	●		
Contribution in % to RDA per serve			25	31	36	59		10			90										
Chicken Meatball Cheese Pull	▲	290	530	24	9	1	56	6	5	22	21	1649	●		●			#	●		
Contribution in % to RDA per serve			26	36	42	59		11			82										
Chicken Slice Cheese Pull	▲	275	412	13	7	1	51	8	7	23	15	1547	●		●			#	●		
Contribution in % to RDA per serve			21	20	33	58		15			77										
Chicken Teriyaki Cheese Pull	▲	290	425	10	6	1	60	16	14	23	16	1756	●		●			#	●		
Contribution in % to RDA per serve			21	16	26	58		31			88										
Peri Peri Chicken Cheese Pull	▲	290	508	22	8	1	71	5	4	26	35	1665	●		●			#	●		
Contribution in % to RDA per serve			25	32	38	69		9			83										
Roast Chicken Cheese Pull	▲	290	448	17	7	1	49	5	5	25	18	1696	●		●			#	●		
Contribution in % to RDA per serve			22	25	30	69		11			85										
Spicy Chicken Keema Cheese Pull	▲	290	538	25	9	1	54	7	4	23	41	1780	●		●			#	●		
Contribution in % to RDA per serve			27	38	40	59		13			89										
Tandoori Chicken Cheese Pull	▲	290	529	20	8	1	60	6	5	26	19	1648									

