Subway Product Nutritional & Allergen Information

Updated in April 2025

		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*	*13*		*13*				*78*								
^Breakfast Subs- Nutrition values calculated using bread, vegetables, sauce and protein curated to make fixed builds.																				
Chicken N' Cheese (6-inch)		173	410	16	6	0	44	5	4	23	42	1196	•		•			#	•	
Contribution in % to RDA per serve			*21*	*24*	*27*	*9*		*10*				*60*								
Chicken N' Cheese (4-inch)		111	224	9	4	0	19	2	2	17	37	819	•		•			#	•	
Contribution in % to RDA per serve			*11*	*14*	*16*	*6*		*5*				*41*								
^Chicken N' Cheese (4-inch) with 7 Grain Multigrain		114	239	10	4	0	20	2	2	17	37	819	•		•			#	•	
Contribution in % to RDA per serve			*12*	*15*	*17*	*6*		*5*				*41*								
Cheesy Omelette (6-inch)		233	526	28	6	0	44	6	4	27	524	843	•		•	•		#	•	
Contribution in % to RDA per serve			*26*	*41*	*25*	*2*		*11*				*42*								
Cheesy Omelette (4-inch)		125	254	14	3	0	19	3	2	13	264	432	•		•	•		#	•	
Contribution in % to RDA per serve			*13*	*21*	*14*	*6*		*6*				*22*								
^Cheesy Omelette (4-inch) with 7 Grain Multigrain		128	269	15	3	0	20	3	2	14	264	432	•		•	•		#	•	
Contribution in % to RDA per serve			*13*	*23*	*14*	*6*		*6*				*22*								
Cheesy Potato Delight (6-inch)		195	466	19	8	0	60	5	3	13	14	1110	•		•				•	
Contribution in % to RDA per serve			*23*	*28*	*37*	*12*		*9*				*56*								
Cheesy Potato Delight (4-inch)		144	253	11	5	0	31	3	1	7	9	625	•		•				•	
Contribution in % to RDA per serve			*13*	*17*	*23*	*8*		*6*				*31*								
^Cheesy Potato Delight (4-inch) with 7 Grain Multigrain		147	294	14	5	0	33	3	1	8	9	836	•		•				•	
Contribution in % to RDA per serve			*15*	*21*	*25*	*8*		*6*				*42*								
^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*	*2*		*2*				*30*								
Tandoori Paneer		150	340	17	2	0	29	4	1	12	0	457	•		•			#	•	
Contribution in % to RDA per serve			*17*	*25*	*11*	*1*		*7*				*23*								
Classic Chicken		127	251	10	3	0	23	4	1	14	121	700	•		•			#	•	
Contribution in % to RDA per serve			*13*	*14*	*11*	*2*		*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 Shammi		274	465	14	5	0	61	3	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*	*2*		*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	2	5	19	36	1389	•		•		•		•	#
Contribution in % to RDA per serve			*25*	*33*	*32*	*1*		*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 Shammi 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	539	20	8	1	60	6	5	26	19	1648	•		•			•	•	#
Contribution in % to RDA per serve			*26*	*29*	*37*	*59*		*11*				*82*								
Tuna Cheese Pull		285	513	26	9	1	50	6	5	22	43	1435	•		•		•		•	#
Contribution in % to RDA per serve			*26*	*38*	*40*	*60*		*13*				*72*								
Italian BMT (Lamb) Cheese Pull		328	568	23	10	0	49	5	4	33	42	1971	•		•				•	#
Contribution in % to RDA per serve			*28*	*33*	*45*	*14*		*11*				*99*								
Lamb Pepperoni Cheese Pull		294	546	23	10	0	50	5	4	27	57	1685	•		•				•	#
Contribution in % to RDA per serve			*27*	*35*	*45*	*16*		*11*				*84*								
***Wraps- Nutritional calculated using multigrain wrap, standard vegetables, recommended sauce and 12-inch product portion of protein as applicable. Contains polyols. Polyols may have laxative effect.**																					
Aloo Patty		339	577	24	9	0	80	3	1	12	7	1716	•		•				•	#
Contribution in % to RDA per serve			*29*	*35*	*41*	*9*		*6*				*86*								
Chilli Bean Patty		349	750	32	11	0	90	3	1	20	5	1943	•		•			#	•	#
Contribution in % to RDA per serve			*38*	*47*	*49*	*5*		*6*				*97*								
Corn & Peas		318	494	20	6	0	69	7	2	12	5	1347	•		•				•	#
Contribution in % to RDA per serve			*25*	*30*	*28*	*3*		*15*				*67*								
Paneer Tikka		349	719	33	16	0	77	4	2	29	17	1958	•		•			#	•	#
Contribution in % to RDA per serve			*36*	*46*	*75*	*15*		*8*				*98*								
Veg Shammi		349	605	19	5	0	86	11	1	23	7	2261	•		•				•	#
Contribution in % to RDA per serve			*30*	*29*	*24*	*3*		*22*				*113*								
Veggie Delight		333	413	15	5	0	61	4	2	10	5	1451	•		•				•	#
Contribution in % to RDA per serve			*21*	*22*	*23*	*3*		*8*				*73*								
Italian BMT (Chicken)		391	604	22	7	0	75	3	2	41	29	2356	•		•			#	•	#
Contribution in % to RDA per serve			*30*	*32*	*33*	*5*		*7*				*118*								
Chicken Meatball		349	684	32	10	0	72	4	2	26	25	2003	•		•			#	•	#
Contribution in % to RDA per serve			*34*	*48*	*46*	*15*		*5*				*100*								
Chicken Slice		319	455	12	6	0	61	6	4	27	11	1845	•		•			#	•	#
Contribution in % to RDA per serve			*23*	*18*	*27*	*4*		*12*				*92*								
Chicken Teriyaki		349	487	8	4	0	75	18	15	28	14	2239	•		•			#	•	#
Contribution in % to RDA per serve			*24*	*12*	*19*	*4*		*36*				*112*								
Peri Peri Chicken		349	648	27	9	0	103	3	1	33	52	2041	•		•			#	•	#
Contribution in % to RDA per serve			*32*	*41*	*41*	*5*		*6*				*102*								
Roast Chicken Strips		349	528	18	6	0	60	4	2	32	18	2103	•		•			#	•	#
Contribution in % to RDA per serve			*26*	*26*	*26*	*5*		*9*				*105*								
Spicy Chicken Keema		349	675	31	9	0	69	6	2	28	62	2212	•		•			#	•	#
Contribution in % to RDA per serve			*34*	*46*	*40*	*5*		*13*				*111*								
Tandoori Chicken		349	682	23	8	0	80	4	2	35	22	2002	•		•			•	•	#
Contribution in % to RDA per serve			*34*	*34*	*36*	*15*		*8*				*100*								
Tuna		340	635	32	10	0	61	6	4	27	73	1693	•		•		•		•	#
Contribution in % to RDA per serve			*32*	*47*	*45*	*11*		*12*				*85*								
Italian BMT (Lamb)		397	599	22	7	0	61	3	2	39	40	2393	•		•				•	#
Contribution in % to RDA per serve			*30*	*33*	*33*	*5*		*7*				*120*								
Lamb Pepperoni		325	510	19	6	0	59	3	2	26	25	1888	•		•				•	#
Contribution in % to RDA per serve			*25*	*28*	*29*	*4*		*7*				*94*								
Salads- Nutritional calculated using salad portion vegetables, recommended sauce and 6-inch portion of protein as applicable.																					
Aloo Patty		406	299	20	4	0	28	2	1	5	4	1384			•				•	#
Contribution in % to RDA per serve			*15*	*29*	*20*	*3*		*4*				*69*								
Chilli Bean Patty		411	413	27	6	0	33	3	1	8	0	1467	•		•			#	•	#
Contribution in % to RDA per serve			*21*	*40*	*27*	*1*		*6*				*73*								
Corn & Peas		364	149	7	1	0	19	4	1	4	0	948			•				•	#
Contribution in % to RDA per serve			*7*	*11*	*6*	*0*		*8*				*47*								
Paneer Tikka		411	397	25	8	0	28	4	3	13	9	1504	#		•			#	•	#
Contribution in % to RDA per serve			*20*	*38*	*38*	*22*		*9*				*75*								
Veg Shammi		411	313	17	2	0	31	6	1	10	4	1657	•		•				•	#
Contribution in % to RDA per serve			*16*	*26*	*11*	*0*		*12*				*83*								
Veggie Delight		351	210	15	3	0	17	4	2	3	0	1102			•				•	#
Contribution in % to RDA per serve			*11*	*23*	*12*	*0*		*7*				*55*								
Italian BMT (Chicken)		432	317	19	4	0	26	4	2	19	12	1672	#		•			#	•	#
Contribution in % to RDA per serve			*16*	*28*	*17*	*1*		*7*				*84*								
Chicken Meatball		411	380	26	5	0	26	4	3	12	13	1526	•		•			#	•	#
Contribution in % to RDA per serve			*19*	*35*	*23*	*22*		*9*				*76*								
Chicken Slice		396	194	6	3	0	23	8	7	13	3	1404	#		•			#	•	#
Contribution in % to RDA per serve			*10*	*9*	*15*	*0*		*17*				*70*								
Chicken Teriyaki		411	201	1	0	0	36	21	18	12	4	1638	•		•			#	•	#
Contribution in % to RDA per serve			*30*	*2*	*1*	*0*		*41*				*82*								
Peri Peri Chicken		411	362	24	5	0	39	3	1	15	23	1516	#		•			#	•	#
Contribution in % to RDA per serve			*18*	*37*	*23*	*1*		*6*				*76*								
Roast Chicken		411	302	20	3	0	18	4	2	15	6	1547	#		•			#	•	#
Contribution in % to RDA per serve			*15*	*29*	*15*	*1*		*7*				*77*								
Spicy Chicken Keema		411	351	23	4	0	23	5	3	13	29	1738	•		•			#	•	#
Contribution in % to RDA per serve			*18*	*34*	*20*	*1*		*11*				*87*								
Tandoori Chicken		411	379	21	4	0	30	4	3	16	12	1526	#		•			•	•	#
Contribution in % to RDA per serve			*19*	*32*	*19*	*22*		*9*				*76*								
Tuna		406	328	24	5	0	19	5	3	12	31	1301			•		•		•	#
Contribution in % to RDA per serve			*16*	*35*	*21*	*2*		*10*				*65*								
Italian BMT (Lamb)		435	314	19	4	0	19	4	2	18	18	1691			•				•	#
Contribution in % to RDA per serve			*16*	*28*	*17*	*1*		*7*				*85*								
Lamb Pepperoni		399	290	20	4	0	20	4	2	10	28	1428			•				•	#
Contribution in % to RDA per serve			*15*	*29*	*18*	*0*		*7*				*71*								
***New Salads- Nutritional calculated using salad portion vegetables, recommended sauce and protein as applicable.**																					
Aloo Patty		392	340	22	5	0	32	2	1	5	4	1500			•				•	#
Contribution in % to RDA per serve			*17*	*33*	*24*	*4*		*5*				*75*								
Chilli Bean Patty		399	469	30	9	0	43	4	1	7	0	1459	•		•			#	•	#
Contribution in % to RDA per serve			*23*	*44*	*39*	*0*		*7*				*73*								
Corn & Peas		350	188	10	2	0	22	5	1	4	0	1013			•				•	#
Contribution in % to RDA per serve			*9*	*15*	*8*	*0*		*10*				*51*								
Paneer Tikka		399	470	29	11	0	32	4	3	18	12	1680	#		•			#	•	#
Contribution in % to RDA per serve			*24*	*44*	*51*	*22*		*7*				*84*								
Veg Shammi		399	361	19	3	0	37	8	1	13	4	1909	•		•				•	#
Contribution in % to RDA per serve			*18*	*28*	*12*	*0*		*17*				*95*								
Veggie Delight		351	210	15	3	0	17	4	2	3	0	1102			•				•	#
Contribution in % to RDA per serve			*11*	*23*	*12*	*0*		*7*				*55*								
Italian BMT (Chicken)		434	372	21	4	0	30	4	2	27	19	1977	#		•			#	•	#
Contribution in % to RDA per serve			*19*	*31*	*20*	*1*		*7*				*99*								
Chicken Meatball		409	467	32	7	0	29	4	3	17	19	1778	•		•			#	•	#
Contribution in % to RDA per serve			*28*	*47*	*31*	*22*		*9*				*89*								
Chicken Slice		384	220	7	4	0	23	8	7	18	5	1613	#		•			#	•	#
Contribution in % to RDA per serve			*11*	*11*	*16*	*1*		*17*				*81*								
Chicken Teriyaki		409	240	2	0	0	38	23	21	18	7	1969	•		•			#	•	#
Contribution in % to RDA per serve			*12*	*2*	*1*	*1*		*47*				*98*								
Peri Peri Chicken		399	416	27	6	0	50	3	1	21	35	1718	#		•			#	•	#
Contribution in % to RDA per serve			*21*	*41*	*27*	*1*		*6*				*86*								
Roast Chicken		409	337	20	3	0	18	4	2	22	11	1838	#		•			#	•	#
Contribution in % to RDA per serve			*17*	*30*	*16*	*1*		*8*				*92*								
Spicy Chicken Keema		399	421	28	6	0	24	7	3	17	43	1620	•		•			#	•	#
Contribution in % to RDA per serve			*21*	*42*	*25*	*1*		*13*				*81*								
Tandoori Chicken		399	442	23	5	0	34	4	3	22	16	1713	#		•			•	•	#

Contribution in % to RDA per serve			*22*	*34*	*22*	*22*		*9*				*86*							
Tuna		392	380	28	6	0	19	5	4	16	47	1396			•		•		•	#
Contribution in % to RDA per serve			*19*	*41*	*26*	*3*		*11*				*70*								
Italian BMT (Lamb)		439	367	21	4	0	19	4	2	25	29	2008			•				•	#
Contribution in % to RDA per serve			*18*	*32*	*20*	*1*		*7*				*100*								
Lamb Pepperoni		381	324	22	4	0	20	4	2	12	42	1587			•				•	#
Contribution in % to RDA per serve			*16*	*32*	*20*	*1*		*7*				*79*								
***Rice Bowls- Nutritional calculated using basmati rice, mixed beans, vegetables, recommended sauce and protein as applicable.**																				
Aloo Patty		399	558	28	6	0	69	8	4	13	4	2015			•				•	•
Contribution in % to RDA per serve			*28*	*42*	*28*	*24*		*15*				*101*								
Chilli Bean Patty		404	636	31	7	0	74	8	4	16	4	2139	•		•			#	•	•
Contribution in % to RDA per serve			*32*	*47*	*31*	*22*		*15*				*107*								
Corn & Peas		399	554	30	5	0	65	10	5	13	4	1914			•				•	•
Contribution in % to RDA per serve			*28*	*45*	*24*	*21*		*21*				*96*								
Paneer Tikka		404	621	31	10	0	67	8	4	21	10	2137	#		•			#	•	•
Contribution in % to RDA per serve			*31*	*47*	*45*	*22*		*15*				*107*								
Veg Shammi		404	573	26	4	0	72	12	4	18	4	2288	•		•				•	•
Contribution in % to RDA per serve			*29*	*39*	*20*	*21*		*24*				*114*								
Veggie Delight		344	464	24	4	0	57	8	4	11	4	1775			•				•	•
Contribution in % to RDA per serve			*23*	*36*	*19*	*21*		*15*				*89*								
Chicken 65		404	579	31	7	0	60	9	4	22	37	2237	#		•		#	#	•	•
Contribution in % to RDA per serve			*29*	*46*	*30*	*21*		*17*				*112*								
Chicken Meatball		400	649	32	7	0	67	11	8	28	18	2199	•		•			#	•	•
Contribution in % to RDA per serve			*32*	*48*	*31*	*22*		*21*				*110*								
Chicken Teriyaki		404	531	24	4	0	63	12	8	21	9	2279	•		•			#	•	•
Contribution in % to RDA per serve			*27*	*36*	*20*	*21*		*23*				*114*								
Pepper Chicken		404	576	30	6	0	60	8	4	22	38	2231	#		•		#	#	•	•
Contribution in % to RDA per serve			*29*	*45*	*29*	*21*		*17*				*112*								
Peri Peri Chicken		404	585	29	6	0	81	8	4	23	28	2188	#		•			#	•	•
Contribution in % to RDA per serve			*29*	*44*	*27*	*22*		*15*				*109*								
Roast Chicken		404	522	24	4	0	59	8	4	22	15	2219	#		•			#	•	•
Contribution in % to RDA per serve			*26*	*38*	*20*	*22*		*17*				*111*								
Spicy Chicken Keema		404	607	32	6	0	63	9	4	21	33	2228	•		•			#	•	•
Contribution in % to RDA per serve			*30*	*48*	*28*	*22*		*18*				*111*								
Tandoori Chicken		404	602	27	6	0	69	8	4	24	12	2159	#		•			•	•	•
Contribution in % to RDA per serve			*30*	*41*	*26*	*22*		*15*				*108*								
Sides																				
Dark Chunk Cookie (eggless)		45	204	9	5	0	29	17	16	2	1	116	•		•				•	
Contribution in % to RDA per serve			*10*	*13*	*22*	*4*		*33*				*6*								
Double Dark Chunk Cookie (eggless)		45	204	9	5	0	27	14	14	3	3	136	•		•				•	
Contribution in % to RDA per serve			*10*	*14*	*23*	*4*		*29*				*7*								
Oatmeal & Raisins Cookie (eggless)		45	195	7	4	0	31	15	11	3	3	119	•		•				#	
Contribution in % to RDA per serve			*10*	*10*	*17*	*3*		*29*				*6*								
Veggie Toastie with Dip		162	314	11	5	0	42	3	3	12	12	829	•		•					
Contribution in % to RDA per serve			*16*	*16*	*24*	*10*		*7*				*41*								
Veg Kebab with Dip		121	254	11	1	0	27	7	0	11	2	1022	•		•				•	
Contribution in % to RDA per serve			*13*	*17*	*7*	*0*		*15*				*51*								
Chicken Meatball with Dip		121	305	21	5	0	15	0	0	14	17	808	•		•			#	•	
Contribution in % to RDA per serve			*15*	*31*	*24*	*1*		*1*				*40*								
Crispers		93	127	3	1	0	22	0	0	3	11	1138	#		#				#	
Contribution in % to RDA per serve			*6*	*4*	*6*	*5*		*1*				*57*								
Classic Aloo Tikki/Hashbrown		55	94	5	2	0	12	0	0	1	0	240	#		#				#	
Contribution in % to RDA per serve			*5*	*7*	*10*	*3*		*1*				*12*								
Carriers																				
White Italian Bread		70	202	3	1	0	36	3	3	7	0	300	•							
Parmesan Oregano Bread		84	261	6	2	0	42	3	3	10	0	832	•		•				#	
Roasted Garlic Bread		84	242	4	1	0	44	5	5	8	0	1624	•		#				#	
Mexican Rice		150	195	7	1	0	34	2	1	4	0	720								•
Multigrain Bread		75	213	2	1	0	40	3	3	8	0	347	•							
Multigrain Honey Oats Bread		89	267	3	1	0	51	9	9	9	0	347	•		#				#	
7 Grain Multigrain		85	264	5	2	0	45	3	3	10	0	348	•		#				#	
Spinach Wrap *(Contains polyols. Polyols may have laxative effect)*		90	289	6	3	0	53	5	1	7	0	348	•							
Multigrain Wrap *(Contains polyols. Polyols may have laxative effect)*		90	252	3	2	0	49	1	0	7	0	387	•							
Sauces																				
Barbeque Sauce		21	22	0	0	0	5	4	1	0	0	165								
Biryani Sauce		21	36	2	0	0	4	2	1	1	0	210			•					
Chilli Mayonnaise / Piri Piri Mayonnaise		21	77	8	1	0	2	2	1	0	0	68	#		•				#	
Garlic Mayonnaise		10	30	3	0	0	1	0	0	0	0	72			•					
Honey Mustard Sauce		21	43	2	1	0	5	4	4	1	0	138			•					
Mint Mayonnaise		21	54	5	1	0	1	0	0	0	0	127			•					
Red Chilli Sauce		21	39	1	0	0	7	4	3	1	0	247								
Southwest Chipotle Mayonnaise		21	67	6	1	0	2	1	1	0	0	164			•					
Super Delight Sauce		21	42	4	2	0	0	0	0	1	2	84			•					
Sweet Onion Sauce		21	34	0	0	0	8	7	7	0	0	159								
Tandoori Mayonnaise		21	70	6	1	0	3	2	2	0	0	50			•					
Veg Mayonnaise Regular		21	76	7	1	0	2	1	1	0	0	147			•					
Cheese																				
Processed Cheese Slice		11	38	3	2	0	1	1	0	2	9	184			•				•	
Mozzarella Cheese		30	85	6	4	0	0	0	0	8	20	192			•					
Proteins																				
Aloo Patty/Baked Aloo Patty		55	94	5	2	0	12	0	0	1	0	240								
Chilli Bean Patty/Mexican Bean Patty		60	172	8	3	0	17	0	0	5	0	364	•		•			#	#	
Corn & Peas (mixed with eggless mayonnaise)		55	90	6	1	0	7	3	1	1	0	135			•					
Mixed Beans		88	114	4	1	0	16	3	2	6	4	264			•				#	#
Paneer Tikka		60	157	8	6	0	10	0	0	10	5	362	#		•			#	•	
Veg Shami		60	109	2	0	0	15	4	0	7	0	513	•						•	
Chicken 65		60	115	7	3	0	3	1	0	11	32	462	#		•		#	#	•	#
Chicken Meatball/ Chicken Kofta		60	139	8	3	0	8	0	0	8	9	384	•		•			#	•	
Chicken Pepperoni		14	28	1	0	0	5	0	0	3	5	96	#		#			#	•	
Chicken Slice		45	48	1	0	0	1	0	0	9	3	320	#						•	
Chicken Teriyaki		60	67	1	0	0	6	4	4	9	4	504	•		#			#	•	
Chicken Tikka		60	138	3	1	0	12	0	0	13	8	383	#		•			•	•	
Egg		60	89	6	0	0	1	0	0	7	255	76			#	•		#		
Pepper Chicken		60	112	6	2	0	3	1	0	11	34	456	#		#			#	•	#
Peri Peri Chicken		60	121	6	2	0	23	0	0	12	23	412	#		#			#	•	
Roasted Chicken Strips		60	61	1	0	0	2	1	1	11	6	444	#		#			#	•	
Spicy Chicken Keema		60	143	8	2	0	6	1	0	9	29	453	•		•			#	•	
Tuna (mixed with eggless mayonnaise)		55	117	8	2	0	2	1	1	8	31	199			•		•			
Lamb Pepperoni		48	80	4	1	0	3	0	0	6	28	326			•				•	
Vegetables																				
Lettuce		21	19	0	0	0	1	0	0	0	0	4								
Tomato		36	6	0	0	0	1	0	0	0	0	2								
Cucumber		15	12	0	0	0	1	0	0	0	0	1								
Pickles		9	1	0	0	0	0	0	0	0	0	109								
Green Capsicum		7	2	0	0	0	0	0	0	0	0	0								
Olives		2	3	0	0	0	0	0	0	0	0	18								
Onions		7	3	0	0	0	1	0	0	0	0	0								
Jalapenos		7	2	0	0	0	0	0	0	0	0	118								#
Sprinkles																				
Salt & Pepper		1	0	0	0	0	0	0	0	0	0	326	#		#				#	

Beverages																				
Americano		200	0	0	0	0	0	0	0	0	0	0								
Contribution in % to RDA per serve			*0*	*0*	*0*	*0*		*0*				*0*								
Cappuccino		230	84	4	3	0	7	7	0	5	7	0			•					
Contribution in % to RDA per serve			*4*	*6*	*13*	*0*		*13*				*0*								
Classic Cold Coffee		230	230	8	5	0	34	31	21	7	36	100			•					
Contribution in % to RDA per serve			*12*	*11*	*22*	*0*		*62*				*5*								
Mango Smoothie		200	174	3	2	0	34	30	24	3	8	138			•					
Contribution in % to RDA per serve			*9*	*4*	*8*	*0*		*60*				*7*								

Disclaimer: Nutrition information is derived from tests conducted at accredited labs, published resources and from approved food manufacturers and the National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly. Formulations may change without notice due to external factors including those mentioned above. The information provided is for the purpose of helping our guests and may change without prior notice at anytime.

Double values for approximate Subway Footlong® Sub nutrition values.

[1,2,3,4] All products may not be available in all locations.

*Contains polyols. Polyols may have laxative effect.

[d] Contains sesame seeds and may contain mustard and celery

^May contain one or all cereal containing gluten namely wheat, rye, barley, oats.

All Paneer & Cheese products in our menu contain real dairy-based "Paneer" And " Cheese", compliant with FSSAI standards"

Veg Non-Veg