

# BREADS & TOPPINGS

## Cheeses

Swiss  
Cheddar  
Old English

## Breads

White  
Wheat  
Parmesan Oregano  
Honey Oat  
Italian Herb/Cheese

## Salads

Lettuce  
Tomato  
Cucumber  
Pickles  
Capsicum  
Olives  
Onion



## Sauces

Chipotle Southwest  
Honey Mustard  
Sweet Onion  
BBQ  
Mayonnaise  
Ranch Dressing  
Sweet Chilli  
Thousand Island  
Tomato  
Caesar



## Extras

Bacon  
Double Meat  
Extra Cheese  
Avocado

# BREAKFAST

Cheese & Egg  
Bacon & Egg  
Ham & Egg  
Western Egg  
Steak & Egg



Served daily until 11am.

# MINI SUBS

Turkey  
Ham  
Roast Beef  
Tuna  
Chicken Strips



**SUBWAY FRESH FIT. Option\***

\*SUBWAY FRESH FIT options do not include cookies or chips.

# CLASSIC SUBS



Meatball  
Italian B.M.T.™  
Chicken & Bacon Ranch  
Steak & Cheese  
Spicy Italian  
Subway Melt™

available as SUBWAY SIX INCH® sub and SUBWAY FOOT LONG® sub  
Make any SUBWAY SIX INCH® Sub a Wrap



# MORE CLASSIC SUBS

Subway Seafood Sensation™  
Chicken Fillet  
Tuna  
Chicken Strips  
Pizza Sub  
Veggie Patty



available as SUBWAY SIX INCH® sub and SUBWAY FOOT LONG® sub  
Make any SUBWAY SIX INCH® Sub a Salad

# SALADS

Veggie Delite™  
Roasted Chicken  
Subway Club™  
Tuna



# LOW FAT CHOICES

available as SUBWAY SIX INCH® sub and SUBWAY FOOT LONG® sub



SUBWAY FRESH FIT® is not a diet program. Please consult your doctor before commencing any exercise or weight loss program to ensure that your own individual health circumstances are taken into account. The customer must make their own choice with their own individual needs in mind. SUBWAY FRESH FIT® program and their options should not be relied upon in making decisions about your health. \*Regular SUBWAY SIX INCH® Subs with 6 grams of fat or less prepared according to standard recipes on white or wheat bread without cheese or non-low fat condiments (eg mayonnaise). Customer requests to modify standard sandwich recipes or add cheese or sauces may increase fat or calorie content.



Veggie Delite™  
Ham  
Roast Beef  
Turkey  
Turkey & Ham  
Subway Club®  
Sweet Onion Chicken Teriyaki  
Roasted Chicken

Whilst the apple gives a general guide to healthier choices, the customer must make its choice with its own individual health circumstances taken into account.

# DRINKS, SIDES & KIDS



## Drinks

Post Mix  
Tea/Coffee  
600ml Coke  
600ml Water  
500ml Juice  
Reduced Fat Milk  
Water Mini Pump  
Juice Box

# MAKE IT A MEAL

## Meals

SUBWAY FRESH FIT® Meal Apple Slices or Yoghurt & Reg. Drink or Water

## Drink Options

Make it a Meal 2 cookies & Reg. Drink

SUBWAY FRESH FIT® for Kids Meal

Mini Sub, Apple Slices or Yoghurt & Mini Pump or Milk



## Sides

Cookies

Apple Slices  
Yoghurt

# NUTRITION

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	Serving Size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Sodium (mg)
<b>SUBWAY SIX INCH® subs with 6 grams of Fat or Less</b>										
Values include wheat bread, lettuce, tomatoes, onions, capsicum, pickles and olives.										
Ham	211	1100	263	15.6	4.1	1.2	38.1	5.6	4.5	979
Roast Beef	207	1130	271	16.4	4.6	1.5	38.3	6.2	4.5	782
Roasted Chicken	223	1240	296	23.4	4.4	1.3	38.0	6.0	4.5	803
Turkey	204	1110	265	14.6	5.1	1.5	37.6	4.5	4.5	807
Turkey & Ham	215	1140	272	16.1	4.9	1.4	38.1	5.1	4.5	948
SUBWAY CLUB™	218	1170	278	17.0	5.2	1.6	38.3	5.4	4.5	924
Sweet Onion Chicken Teriyaki	266	1470	352	21.2	4.8	1.3	53.2	17.6	4.5	1080
Veggie Delite™	159	904	216	8.2	3.1	0.9	36.2	4.1	4.5	475
<b>SUBWAY SIX INCH® subs</b>										
Values include wheat bread, lettuce, tomatoes, onions, capsicum, pickles, olives and cheese.										
Chicken & Bacon Ranch	276	1810	432	26.8	17.8	5.7	38.7	5.2	4.7	1380
Chicken Fillet (breaded chicken)	231	1650	395	20.1	15.5	6.1	41.4	4.8	4.5	1240
ITALIAN B.M.T.™	233	1770	423	22.4	19.0	8.3	38.3	5.3	4.5	1470
Meatball Marinara	331	2000	478	21.6	20.5	9.0	48.6	10.8	4.5	1530
Subway Seafood Sensation™	242	1580	377	16.3	14.5	5.1	44.3	6.1	4.5	1030
Spicy Italian	231	2070	495	24.2	26.4	11.2	38.1	4.8	4.5	1580
Steak & Cheese (with diced steak)	235	1490	356	27.3	9.8	4.8	36.5	4.2	4.5	1130
SUBWAY MELT™	247	1500	359	21.8	11.8	5.4	38.9	5.9	4.5	1330
Tuna	242	1650	393	21.2	16.5	5.1	37.5	4.2	4.5	930
Veggie Patty	261	1970	470	17.3	14.0	3.9	62.8	8.9	4.5	810
<b>Mini Subs</b>										
Values include wheat bread, lettuce, tomatoes, onions, capsicum, pickles and olives.										
Chicken Strips	168	883	211	18.1	3.4	1.0	25.2	2.7	2.9	632
Ham	130	696	166	9.1	2.6	0.7	24.9	3.4	2.9	569
Roast Beef	136	751	180	10.9	3.1	1.0	25.4	4.0	2.9	522
Tuna (includes cheese)	151	1060	253	13.1	10.6	4.0	24.6	2.7	2.9	645
Turkey	134	735	176	9.7	3.4	1.0	24.9	2.9	2.9	539
<b>Salads with 6 grams of Fat or Less</b>										
Values do not include salad dressing.										
Ham	366	437	104	10.4	2.0	0.5	9.3	6.6	4.4	581
Roast Beef	362	471	113	11.2	2.6	0.9	9.5	7.2	4.4	384
Roasted Chicken	378	527	126	15.7	2.4	0.6	8.6	5.1	4.4	391
Turkey	359	446	107	9.4	3.1	0.8	8.8	5.4	4.4	408
Turkey & Ham	370	475	114	10.9	2.9	0.8	9.3	6.1	4.4	550
SUBWAY CLUB™	373	503	120	11.8	3.1	0.9	9.5	6.4	4.4	526
Sweet Onion Chicken Teriyaki	420	811	194	16.0	2.7	0.6	24.4	18.6	4.5	679
Veggie Delite™	314	242	58	3.0	1.1	0.2	7.3	5.1	4.4	77
<b>Cookies &amp; Desserts</b>										
Choc Chip	45	900	215	2.0	10.5	5.6	29.7	18.2	1.0	150
Double Chocolate Chip	45	879	210	2.3	9.5	5.4	30.2	20.2	1.0	166
M&M	45	887	212	2.2	9.7	5.1	32.1	17.6	0.8	105
White Chocolate & Macadamia Nut	45	912	218	2.3	10.7	5.3	28.7	17.8	0.6	165
Apple Slices	80	196	47	<1	<1	<1	10.2	10.0	1.6	0.8
<b>Breads</b>										
SUBWAY SIX INCH® Wheat Bread	70	818	196	7.4	2.8	0.8	33.2	2.3	3.3	333
SUBWAY SIX INCH® White Bread	68	800	191	6.8	2.6	0.8	33.0	2.2	2.0	332
SUBWAY SIX INCH® Parmesan Oregano Bread	72	851	203	7.1	2.9	1.0	34.8	2.3	2.2	480
SUBWAY SIX INCH® Honey Oat	81	965	231	9.2	3.2	0.9	38.6	5.5	3.8	376
SUBWAY SIX INCH® Italian Herbs & Cheese	79	960	230	9.2	4.9	2.4	34.9	2.4	2.2	530
Mini Wheat Bread	47	545	130	4.9	1.8	0.5	22.1	1.5	2.2	222
Mini White Bread	45	533	127	4.5	1.7	0.5	22.0	1.5	1.3	221
Wrap	75	915	219	5.5	5.8	2.5	34.8	1.5	2.1	542
<b>Condiments &amp; Sauces</b>										
Amount on SUBWAY 6-INCH® sandwich										
Avocado (1 level scoop)	28	197	47	0.9	4.5	0.5	2.8	0.7	1.6	1
Bacon (2 strips)	20	188	45	3.4	3.2	1.4	0.8	0.7	0	184
Cheddar Cheese	11	177	42	2.3	3.7	2.6	0.0	0.0	0	200
Honey Mustard Sauce (21 ml)	21	141	34	0.3	0.3	0.0	7.4	6.0	0	129
Sweet Onion Sauce (21 ml)	21	157	38	0.1	0.1	0.0	8.7	7.9	0.1	85
Chipotle Southwest Sauce (21 ml)	21	410	98	0.7	10.3	1.5	1.1	0.9	0.1	213
Mayonnaise (15 ml)	15	184	44	0.1	4.6	0.7	0.6	0.0	0	66
Ranch Dressing (21 ml)	21	253	60	0.3	6.6	0.5	0.4	0.2	0.2	208
Thousand Island (21 ml)	21	343	82	0.3	6.7	0.6	5.0	4.6	0	218

The nutrition listed here is based on standard recipes and product formulation, however, slight variations may occur due to season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly. Regional and Promotional subs and menu items are only available in certain regions or at certain times of the year and ingredients and formulas may vary between restaurants. Information only valid in Australia. For further information, ingredients or allergen information, please visit [www.subway.com.au](http://www.subway.com.au) or call SUBWAY® restaurants Customer Care 1800 630 355.

# TAKE-OUT MENU



**SUBWAY**  
eat fresh.®



**SUBWAY**