



NUTRITION SURVIVAL GUIDE TO

# SUBWAY

CALORIES AND MACRONUTRIENTS

[PIONEER-PERFORMANCE.COM](http://PIONEER-PERFORMANCE.COM)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## SIX INCH SUBS

|                                | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Chicken & Bacon Ranch Melt     | 503             | 38          | 40                      | -                 | 5.4        | 19.2          | 2.4      |
| Spicy italian                  | 471             | 21          | 38                      | -                 | 5.1        | 25.3          | 2.7      |
| Meatball Marinara              | 435             | 24          | 49                      | -                 | 10.9       | 15.5          | 1.9      |
| Chicken Temptation             | 406             | 27          | 52                      | -                 | 5.3        | 8.7           | 2.3      |
| Italian B.M.T.®                | 396             | 21          | 38                      | -                 | 5.4        | 16.8          | 2.4      |
| Veggie Patty                   | 380             | 22          | 46                      | -                 | 7.9        | 8.7           | 1.6      |
| SUBWAY MeLT™ (includes cheese) | 359             | 28          | 39                      | -                 | 5.9        | 9.3           | 2.2      |
| Tuna                           | 359             | 21          | 39                      | -                 | 4.8        | 12.6          | 1.6      |
| Sweet Onion Chicken Teriyaki   | 354             | 28          | 50                      | -                 | 15.5       | 3.3           | 1.7      |
| Steak & Cheese                 | 343             | 26          | 40                      | -                 | 6.5        | 8.5           | 1.7      |
| Tandoori Chicken               | 315             | 28          | 38.1                    | -                 | 6.3        | 3.7           | 1.6      |
| SUBWAY CLUB®                   | 310             | 29          | 38                      | -                 | 5.4        | 3.4           | 1.7      |
| Chicken Breast                 | 304             | 27          | 39                      | -                 | 5.2        | 3             | 1.2      |
| Chicken Tikka                  | 302             | 27          | 38                      | -                 | 6.8        | 3             | 1.3      |
| Beef                           | 282             | 23          | 38                      | -                 | 5.1        | 3             | 1.7      |
| Turkey Breast & Ham            | 278             | 22          | 38                      | -                 | 5.4        | 3             | 1.6      |
| Ham                            | 269             | 19          | 38                      | -                 | 5.6        | 3.5           | 1.6      |
| Turkey Breast                  | 269             | 22          | 38                      | -                 | 5.1        | 2.2           | 1.4      |
| Veggie DeLiTe®                 | 213             | 9           | 37                      | -                 | 4.8        | 1.6           | 0.6      |

## FOOT LONG SUBS

|                                |      |    |      |   |      |      |     |
|--------------------------------|------|----|------|---|------|------|-----|
| Chicken & Bacon Ranch Melt     | 1006 | 76 | 80   | - | 10.8 | 38.4 | 4.8 |
| Spicy italian                  | 942  | 42 | 76   | - | 10.2 | 50.6 | 5.4 |
| Meatball Marinara              | 870  | 48 | 98   | - | 21.8 | 31   | 3.8 |
| Chicken Temptation             | 812  | 54 | 104  | - | 10.6 | 17.4 | 4.6 |
| Italian B.M.T.®                | 792  | 42 | 76   | - | 10.8 | 33.6 | 4.8 |
| Veggie Patty                   | 760  | 44 | 92   | - | 15.8 | 17.4 | 3.2 |
| SUBWAY MeLT™ (includes cheese) | 718  | 56 | 78   | - | 11.8 | 18.6 | 4.4 |
| Tuna                           | 718  | 42 | 78   | - | 9.6  | 25.2 | 3.2 |
| Sweet Onion Chicken Teriyaki   | 708  | 56 | 100  | - | 31   | 6.6  | 3.4 |
| Steak & Cheese                 | 686  | 52 | 80   | - | 13   | 17   | 3.4 |
| Tandoori Chicken               | 630  | 56 | 76.2 | - | 12.6 | 7.4  | 3.2 |
| SUBWAY CLUB®                   | 620  | 58 | 76   | - | 10.8 | 6.8  | 3.4 |
| Chicken Breast                 | 608  | 54 | 78   | - | 10.4 | 6    | 2.4 |
| Chicken Tikka                  | 604  | 54 | 76   | - | 13.6 | 6    | 2.6 |
| Beef                           | 564  | 46 | 76   | - | 10.2 | 6    | 3.4 |
| Turkey Breast & Ham            | 556  | 44 | 76   | - | 10.8 | 6    | 3.2 |
| Ham                            | 538  | 38 | 76   | - | 11.2 | 7    | 3.2 |
| Turkey Breast                  | 538  | 44 | 76   | - | 10.2 | 4.4  | 2.8 |
| Veggie DeLiTe®                 | 426  | 18 | 74   | - | 9.6  | 3.2  | 1.2 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## EXTRAS

|                    | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| American           | 40              | 2           | 1                       | -                 | 0          | 3.4           | -        |
| Monterey Cheddar   | 57              | 3.5         | 0                       | -                 | 0          | 4.4           | -        |
| Peppered Cheese    | 39              | 2           | 0                       | -                 | 0          | 3.1           | -        |
| Bacon (2 Strips)   | 40              | 3           | 0                       | -                 | 0          | 2.9           | -        |
| Sweet Onion        | 34              | 0           | 8                       | -                 | 7.4        | 0.1           | -        |
| Honey Mustard      | 32              | 0           | 7                       | -                 | 5.9        | 0.2           | -        |
| BBQ                | 37              | 0           | 9                       | -                 | 6.1        | 0.1           | -        |
| Light Mayo         | 56              | 0           | 1                       | -                 | 0          | 6             | -        |
| Chipotle Southwest | 90              | 0           | 2                       | -                 | 1.2        | 9.2           | -        |
| Ranch              | 44              | 0           | 1                       | -                 | 0          | 4.5           | -        |

## BREAKFAST ROLLS

|                       |     |    |    |   |     |      |     |
|-----------------------|-----|----|----|---|-----|------|-----|
| Bacon                 | 271 | 16 | 35 | - | 3   | 6.3  | 1.5 |
| Sausage               | 374 | 20 | 42 | - | 4.3 | 12.6 | 1.8 |
| Egg & Cheese          | 294 | 14 | 36 | - | 3.7 | 9    | 1.2 |
| Bacon, Egg & Cheese   | 330 | 18 | 36 | - | 3.7 | 11.4 | 1.6 |
| Sausage, Egg & Cheese | 470 | 25 | 44 | - | 5   | 20.1 | 2.3 |
| Mega Melt             | 507 | 29 | 44 | - | 5   | 22.5 | 2.7 |

## SALADS

|                              |     |    |    |   |      |     |     |
|------------------------------|-----|----|----|---|------|-----|-----|
| Beef                         | 118 | 16 | 6  | - | 4.5  | 2.4 | 1.1 |
| Chicken Breast               | 139 | 20 | 7  | - | 4.6  | 2.4 | 0.7 |
| Chicken Tikka                | 137 | 20 | 6  | - | 5.1  | 2.4 | 0.8 |
| Ham                          | 104 | 12 | 7  | - | 5    | 2.9 | 1.1 |
| Subway Club                  | 145 | 22 | 7  | - | 4.8  | 2.8 | 1.1 |
| Sweet Onion Chicken Teriyaki | 189 | 21 | 19 | - | 14.9 | 2.6 | 1.2 |
| Turkey Breast                | 104 | 15 | 6  | - | 4.5  | 1.6 | 0.9 |
| Turkey Breast & Ham          | 113 | 16 | 6  | - | 4.8  | 2.3 | 1.1 |
| Veggie Delite                | 49  | 3  | 5  | - | 4.2  | 1   | 0.2 |

## SOUPS

|                             |     |      |      |   |      |      |   |
|-----------------------------|-----|------|------|---|------|------|---|
| Beef goulash                | 199 | 8.3  | 15   | - | 4.5  | 11.8 | - |
| Country Chicken & Vegetable | 168 | 6.8  | 10.5 | - | 1    | 11   | - |
| Carrot and Coriander        | 80  | 2.4  | 14   | - | 6    | 1.8  | - |
| Cream of Chicken            | 160 | 6.8  | 7.8  | - | 0.3  | 11.3 | - |
| Cream of Mushroom           | 150 | 2.5  | 11   | - | 2.3  | 10.8 | - |
| Highland Vegetable          | 73  | 3.8  | 13.8 | - | 0.8  | 0.3  | - |
| Leek and Potato             | 124 | 4.3  | 20   | - | 6.3  | 3    | - |
| Lentil and Potato           | 182 | 11   | 23.3 | - | 2    | 5    | - |
| Minestrone                  | 125 | 4.25 | 19.5 | - | 0.6  | 3    | - |
| Red Pepper & Tomato         | 100 | 3.5  | 15   | - | 10   | 4    | - |
| Thai Style Vegetable        | 87  | 2.8  | 16.8 | - | 12.8 | 1    | - |
| Tomato                      | 103 | 1.9  | 15   | - | 6.3  | 3.8  | - |
| Wild Mushroom               | 101 | 2.5  | 10.3 | - | 1.3  | 5.5  | - |

1-200 CAL

## SIDES & SNACKS

|                         | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Bowl of Meatballs       | 317             | 19          | 19                      | -                 | 10.5       | 19.1          | 1.9      |
| Cheese Toastie          | 210             | 11          | 19                      | -                 | 2          | 9.5           | 0.8      |
| Pepperoni Pizza Toastie | 248             | 11          | 22                      | -                 | 4.2        | 12.5          | 1.4      |
| Melted Cheese Nachos    | 415             | 11          | 36                      | -                 | 2.9        | 24.3          | 2.2      |

201-300 CAL

## TREATS

|                                  |     |     |     |   |      |      |   |
|----------------------------------|-----|-----|-----|---|------|------|---|
| Chocolate Chip Cookie            | 218 | 2   | 30  | - | 18   | 10.3 | - |
| Rainbow Cookie                   | 211 | 2   | 30  | - | 17.5 | 9.7  | - |
| Chocolate Chunk Cookie           | 214 | 2   | 30  | - | 17   | 10.2 | - |
| Double Choc Chip Cookie          | 221 | 2   | 30  | - | 19.7 | 9.5  | - |
| Oatmeal Rasin Cookie             | 196 | 3   | 30  | - | 15.9 | 8.1  | - |
| White Chip Mac Nut Cookie        | 218 | 2   | 28  | - | 17   | 11   | - |
| Chocolate Donut                  | 243 | 4   | 21  | - | 7.8  | 15.5 | - |
| Sugared Donut                    | 207 | 3   | 21  | - | 7.5  | 11.6 | - |
| Blueberry Muffin                 | 352 | 5   | 40  | - | 31.9 | 20.6 | - |
| Chocolate Chunk Muffin           | 394 | 6   | 44  | - | 37.2 | 22.9 | - |
| Double Chocolate Chunk Muffin    | 389 | 6   | 45  | - | 33   | 22   | - |
| Chocolate Chip Candy             | 211 | 2   | 30  | - | 17.5 | 9.7  | - |
| BeAR Pure Fruit Strawberry Yoyos | 27  | 0.2 | 6.3 | - | 4.9  | 0    | - |

301-400 CAL

401-500 CAL

501+ CAL

## DRINKS

|               |     |   |    |   |    |   |   |
|---------------|-----|---|----|---|----|---|---|
| Coca-Cola Cup | 195 | 0 | 49 | - | 49 | 0 | - |
| Sprite Cup    | 127 | 0 | 30 | - | 30 | 0 | - |
| Fanta Cup     | 195 | 0 | 48 | - | 48 | 0 | - |
| Capri Sun     | 76  | 0 | 16 | - | 16 | 0 | - |