



NEW ZEALAND NUTRITION INFORMATION

June 2022

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per Serve										
Subway 6-Inch® Sub										
Values include white bread, lettuce, spinach, tomatoes cucumbers, onions and capsicum										
Buffalo Chicken	243	1240	296	23.1	4.1	1.0	41.4	7.5	4.0	1100
Chicken and Bacon Ranch Melt (with Mozzarella)	266	1920	458	30.1	19.8	6.0	40.0	6.2	4.0	985
Chicken Classic	218	1420	339	17.9	10.3	2.0	41.2	5.2	3.0	639
Chicken Strips	222	1170	281	22.8	4.0	0.9	38.5	5.3	3.9	517
Chicken Teriyaki	243	1310	313	22.9	4.1	0.9	45.9	9.6	3.9	712
Italian B.M.T.® (with Salami, Pepperoni and Leg Ham)	214	1570	374	20.1	14.6	5.2	39.4	5.4	3.0	1010
Leg Ham	198	1060	252	15.4	3.5	0.8	38.5	5.3	3.0	689
Meatball Melt (with Marinara and Mozzarella)	297	1710	409	22.5	12.3	5.3	47.7	9.8	4.5	794
Pizza Melt (with Salami, Pepperoni, Mozzarella and Marinara Sauce)	229	1710	409	20.7	17.4	7.1	40.8	6.6	3.5	928
Pork Riblet with Smoky BBQ Sauce	256	1910	455	19.9	20.0	6.6	47.7	10.6	4.1	1021
Roast Beef	206	1120	267	16.6	3.8	1.0	39.2	5.7	3.0	510
Smashed Falafel	233	1570	375	15.0	8.2	1.3	55.5	8.6	6.2	911
Steak Melt (with Mozzarella Cheese)	236	1490	357	26.6	9.6	4.4	38.6	5.3	3.0	676
Three Pepper Chicken	263	1790	427	29.2	14.1	2.4	47.4	5.5	3.0	858
Tuna & Mayo (with Mayonnaise)	222	1200	288	18.6	4.5	0.8	41.6	7.2	3.0	520
Turkey, Sliced	212	1130	270	19.8	2.8	0.8	39.4	5.2	3.0	607
Veggie Delite® with Avo	193	1130	271	9.5	7.6	1.0	41.4	4.7	3.0	249
Veggie Patty	248	1690	404	16.0	11.7	2.2	54.4	7.3	9.2	573
Mini Subs										
Values include white bread, lettuce, spinach, tomatoes cucumbers, onions and capsicum										
Leg Ham	125	675	161	9.1	2.1	0.4	25.5	3.5	2.0	386
Roast Beef	138	750	179	11.3	2.6	0.7	26.1	3.8	2.0	345
Turkey Sliced	132	709	170	11.3	1.8	0.5	25.8	21.3	2.0	345
Veggie Delite® with Avo	130	766	183	6.4	5.3	0.7	27.7	3.2	2.0	166
Breakfast										
Values include white bread, spinach, tomatoes, onions and capsicum										
Bacon and Egg (with Cheddar Cheese)	202	1540	369	21.1	14.0	5.7	37.9	4.6	2.7	718
Egg and Cheese (Cheddar)	193	1360	324	17.9	10.7	4.2	37.8	4.5	2.7	521
Ham, Egg and Cheese (Cheddar)	233	1520	364	24.9	11.8	4.6	38.4	5.1	2.7	960
Steak, Egg and Cheese (Cheddar)	257	1790	428	32.3	15.1	6.2	38.4	5.0	2.7	879
Snacks										
Avocado Toastie (on White Bread)	137	1310	312	9.7	12.6	1.5	42.2	2.7	1.8	239
Cheesy Garlic Toastie (on White Bread)	123	1500	359	16.4	14.4	5.8	39.3	3.8	2.1	737
Chipotle Quesadilla (on wrap with Mozzarella Cheese)	94.0	1110	266	9.6	16.9	5.0	19.3	2.3	3.5	378
Garlic & Herb Toastie (on White Bread)	93.0	1140	272	8.4	8.5	1.5	39.3	3.8	2.1	590
Ham, Cheese & Tomato Jaffle (on White Bread with Mayonnaise)	127	1040	248	13.8	6.4	2.7	32.5	4.7	1.8	568
Meatball Mozza Pot (with Marinara Sauce)	194	1060	254	11.0	12.2	5.4	14.6	7.6	2.2	746
Cookies										
Chocolate Chip Cookie	45.0	909	217	2.4	10.4	6.5	28.5	17.5	0.9	161
Chocolate Chip Cookie with M&M'S	45.0	891	213	2.5	9.8	5.4	28.5	16.7	0.9	172
Double Chocolate Chip Cookie	45.0	891	213	2.5	9.9	6.8	28.4	18.5	1.2	160
Oatmeal Raisin Cookie	45.0	796	190	2.5	6.9	3.4	29.3	17.5	1.4	176
White Chip Macadamia Nut Cookie	45.0	914	218	2.6	11.0	6.3	27.2	17.3	0.8	196
Baked Goods (available at selected locations)										
Apple & Custard Danish	115	1420	338	6.1	15.5	9.1	42.5	13.9	0.0	357
Apricot & Custard Danish	115	1380	329	5.6	14.8	8.6	42.2	14.3	0.0	344
Boysenberry & Custard Danish	115	1420	338	5.9	36.2	9.1	43.1	13.2	0.0	337

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per Serve										
Sides										
Wattie's Fruit Squirtz, Apple & Blackcurrant Puree	120	370	88.4	0.4	0.2	0.0	20.3	18.4	1.1	20.0
Wattie's Fruit Squirtz, Apple & Peach Puree	120	340	81.3	0.1	0.4	0.1	18.4	16.3	1.6	5.0
Wattie's Fruit Squirtz, Apple & Strawberry Puree	120	340	81.3	0.1	0.4	0.1	18.2	16.1	1.4	5.0
Breads										
Subway 6 Inch® Wheat Bread	69.0	814	195	7.5	2.1	0.3	35.0	2.6	2.7	271
Subway 6-Inch® White Bread	67.0	817	195	7.4	2.1	0.3	35.2	2.7	1.8	239
Subway 6-Inch® Malted Rye Bread	79.0	1020	244	10.6	4.5	0.7	37.8	2.6	4.7	364
Subway 6-Inch® Italian Herbs & Cheese Bread	78.4	976	233	9.4	4.5	2.0	37.4	2.8	2.1	424
Subway 6-Inch® Roasted Garlic Bread	77.6	954	228	7.9	2.3	0.4	42.2	5.1	2.1	867
Mini Wheat Bread	46.0	542	130	5.0	1.4	0.2	23.3	1.7	1.8	181
Mini White Bread	44.7	545	130	5.0	1.4	0.2	23.5	1.8	1.2	159
Wrap, Flour	70.0	833	199	6.0	4.8	0.6	32.1	1.7	6.0	259
Wrap, Gluten Free *	85.0	876	209	4.2	4.6	0.6	35.6	1.4	3.8	310
Meat, Poultry, Egg, Seafood & Vegetarian (Amount on Subway 6-Inch® sub)										
Bacon, Streaky (2 strips)	8.8	187	44.8	3.3	3.3	1.5	0.1	0.1	0.0	198
Buffalo Chicken	85.0	351	83.9	14.7	1.8	0.6	3.5	2.8	1.0	850
Chicken Classic	60.0	529	126	9.5	8.0	1.7	3.3	0.4	0.0	390
Chicken Strips	64.0	285	68.2	14.4	1.7	0.6	0.6	0.5	0.9	269
Chicken Teriyaki	85.0	421	101	14.5	1.8	0.6	8.0	4.8	0.9	463
Egg Omelette	59.0	326	77.8	7.5	5.3	1.8	0.2	0.2	0.0	139
Leg Ham	40.0	167	39.9	7.0	1.2	0.4	0.6	0.6	0.0	440
Meatball Marinara	125	654	156	10.4	7.2	3.0	9.8	5.1	1.5	476
Pepperoni	18.0	297	71.0	4.1	5.9	2.3	0.6	0.2	0.0	270
Pork Riblet	77.0	886	212	11.4	17.5	6.1	2.3	0.2	0.9	601
Roast Beef	48.0	229	54.8	8.3	1.5	0.7	1.2	1.0	0.0	261
Salami	18.0	297	71.0	4.1	5.9	2.3	0.6	0.2	0.0	270
Smashed Falafel	75.0	682	163	6.6	5.9	1.0	17.6	3.8	3.2	662
Steak, Diced	64.0	435	104	14.5	4.5	2.0	0.6	0.5	0.0	358
Three Pepper Chicken	105	899	215	20.8	11.8	2.0	9.5	0.7	0.0	609
Tuna & Mayo (with Mayonnaise)	64.0	315	75.3	10.2	2.2	0.4	3.6	2.4	0.0	271
Turkey, Sliced	54.0	240	57.4	11.4	0.5	0.5	1.5	0.5	0.0	359
Veggie Patty	90.0	803	191.9	7.6	9.4	1.8	16.5	2.5	6.2	324
Sauces & Dressings (Amount on Subway 6-Inch® sub)										
Blue Cheese Dressing	15.0	268	64.2	0.3	6.5	0.6	1.3	0.8	0.1	180
Chipotle Southwest Sauce	21.0	389	92.9	0.6	10.1	1.6	1.2	0.9	0.0	134
Garlic Aioli	21.0	246	58.7	0.3	5.8	0.9	1.6	1.0	0.0	187
Habanero Hot Sauce	15.0	82.5	19.7	0.1	0.0	0.0	4.6	3.7	0.1	320
Honey Mustard Sauce	21.0	124	29.6	0.3	0.3	0.0	6.5	4.4	0.0	94.5
Marinara	21.0	59.9	14.3	0.3	0.5	0.1	1.8	1.4	0.5	70.4
Mayonnaise	15.0	86.1	20.6	0.1	1.2	0.2	2.3	1.5	0.0	79.5
Ranch Dressing	21.0	386	92.4	0.3	9.7	1.6	1.3	0.8	0.1	202
Smoky BBQ Sauce	21.0	131	31.3	0.2	0.2	0.2	7.5	5.7	0.2	172
Spicy Mayonnaise	15.0	157	37.6	0.2	7.4	0.6	1.7	1.4	0.1	153
Sweet Chili Sauce	21.0	165	39.5	0.0	0.1	0.0	9.6	9.1	0.0	185
Sweet Onion Sauce	21.0	155	38.6	0.1	0.1	0.0	9.1	7.9	0.1	73.5
Cheeses (Amount on Subway 6-Inch® sub)										
Cheddar-Style Cheese, (Slice)	11.3	162	38.6	2.3	3.1	2.0	0.5	0.2	0.0	136
Mozzarella Cheese (shredded)	14.2	171	40.9	3.8	2.8	2.0	0.0	0.0	0.0	69.6
Old English-Style Cheese (slice)	11.3	159	38.1	2.3	3.0	2.1	0.6	0.3	0.0	215
Vegetables (Amount on Subway 6-Inch® sub)										
Avocado	35.0	244	58.3	1.2	5.3	0.6	3.5	0.0	0.0	0.0
Beetroot (Selected Locations Only)	21.0	49.3	11.8	0.2	0.0	0.0	2.5	2.3	0.5	52.5
Capsicum (3 strips)	7.0	5.9	1.4	0.1	0.0	0.0	0.2	0.2	0.1	0.2
Carrots	7.0	12.0	2.9	0.1	0.0	0.0	0.5	0.3	0.2	4.8
Cucumbers (3 slices)	14.0	8.8	2.1	0.1	0.0	0.0	0.4	0.2	0.1	0.3
Jalapeno Peppers (3 rings)	4.0	6.7	1.6	0.1	0.0	0.0	0.2	0.2	0.1	67.6

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AVG QTY Per Serve										
Lettuce	21.0	12.3	2.9	0.2	0.0	0.0	0.4	0.4	0.3	2.1
Onions	7.0	11.7	2.8	0.1	0.0	0.0	0.5	0.3	0.1	0.3
Olives (3 rings)	3.0	16.1	3.8	0.0	0.3	0.1	0.2	0.0	0.1	26.4
Pickles (3 wheels)	9.5	5.9	1.4	0.0	0.0	0.0	0.2	0.0	0.1	114
Pineapple (Selected Locations Only)	20.0	50.2	12.0	0.1	0.0	0.0	3.6	3.2	0.2	1.5
Spinach	7.0	6.4	1.5	0.2	0.0	0.0	0.2	0.0	0.2	5.5
Tomatoes (3 wheels)	35.0	26.4	6.3	0.3	0.1	0.0	0.9	0.9	0.4	1.8
Seasonings	(Amount on Subway 6-Inch® sub)									
Pepper	1.0	12.1	2.9	0.1	0.0	0.0	0.4	0.0	0.0	0.3
Salt	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	391
Smoothies										
Blueberry and Mango	425	931	223	2.1	0.6	0.2	55.7	38.6	4.0	2.0
Strawberry	425	785	188	2.2	0.6	0.2	46.6	24.2	4.2	26.0
Tropical	425	846	202	1.6	0.4	0.2	50.6	35.4	3.3	2.0
PROMOTIONAL ITEMS	Values include lettuce, onions, pickles, carrots, BBQ sauce on italian herb & cheese bread									
Subway® BBQ Pulled Pork										
Subway 6-Inch® BBQ Pulled Pork	208	1920	460	24.1	14.9	6.2	56.0	15.6	3.0	1330
Subway® BBQ Pulled Pork with Bacon	Values include lettuce, onions, jalapeno peppers, carrots, spicy mayonnaise, sliced cheddar-style cheese on white bread									
Subway 6-Inch® BBQ Pulled Pork with Bacon	205	2140	512	27.8	26.2	8.4	48.7	11.7	2.5	1410
Meat, Poultry, Egg, Seafood										
Pulled Pork (amount on a Subway 6-Inch® Sub)	64.0	774	185	14.2	10.1	4.0	9.6	6.0	0.0	612

Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA 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.

Double values for approximate Subway Footlong® sub nutrition values.

* Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website – <https://www.subway.com/en-NZ> for more information.



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AVG QTY Per 100g										
Subway 6-Inch® Sub <small>Values include white bread, lettuce, spinach, tomatoes cucumbers, onions and capsicum</small>										
Buffalo Chicken	100	510	122	9.5	1.7	0.4	17.1	3.1	1.7	453
Chicken and Bacon Ranch Melt (with Mozzarella)	100	722	172	11.3	7.4	2.3	15.1	2.3	1.5	371
Chicken Classic	100	651	155	8.2	4.7	0.9	18.9	2.4	1.4	293
Chicken Strips	100	527	126	10.3	1.8	0.4	17.4	2.4	1.7	233
Chicken Teriyaki	100	539	129	9.4	1.7	0.4	18.9	3.9	1.6	293
Italian B.M.T.® (with Salami, Pepperoni and Leg Ham)	100	734	175	9.4	6.8	2.4	18.4	2.5	1.4	472
Leg Ham	100	535	127	7.8	1.8	0.4	19.4	2.7	1.5	348
Meatball Melt (with Marinara and Mozzarella)	100	575	138	7.6	4.1	1.8	16.1	3.3	1.5	267
Pizza Melt (with Salami, Pepperoni, Mozzarella and Marinara Sauce)	100	747	179	9.0	7.6	3.1	17.8	2.9	1.5	405
Pork Riblet with Smoky BBQ Sauce	100	746	178	7.8	7.8	2.6	18.6	4.1	1.6	399
Roast Beef	100	544	130	8.1	1.8	0.5	19.0	2.8	1.4	247
Smashed Falafel	100	674	161	6.4	3.5	0.6	23.8	3.7	2.7	391
Steak Melt (with Mozzarella Cheese)	100	631	151	11.3	4.1	1.9	16.3	2.2	1.3	286
Three Pepper Chicken	100	681	162	11.1	5.3	0.9	18.0	2.1	1.1	326
Tuna & Mayo (with Mayonnaise)	100	541	130	8.4	2.0	0.3	18.7	3.2	1.3	234
Turkey, Sliced	100	533	127	9.3	1.3	0.4	18.6	2.5	1.4	286
Veggie Delite® with Avo	100	585	140	4.9	3.9	0.5	21.5	2.5	1.5	129
Veggie Patty	100	681	163	6.4	4.7	0.9	21.9	2.9	3.7	231
Mini Subs <small>Values include white bread, lettuce, spinach, tomatoes cucumbers, onions and capsicum</small>										
Leg Ham	100	539	129	7.3	1.7	0.3	20.4	2.8	1.6	308
Roast Beef	100	542	130	8.1	1.9	0.5	18.9	2.8	1.4	250
Turkey Sliced	100	536	128	8.5	1.4	0.4	19.5	16.1	1.5	261
Veggie Delite® with Avo	100	588	141	4.9	4.1	0.5	21.3	2.4	1.5	127
Breakfast <small>Values include white bread, spinach, tomatoes, onions and capsicum</small>										
Bacon and Egg (with Cheddar Cheese)	100	762	182	10.4	6.9	2.8	18.8	2.3	1.3	355
Egg and Cheese (Cheddar)	100	704	168	9.2	5.5	2.2	19.6	2.3	1.4	269
Ham, Egg and Cheese (Cheddar)	100	652	156	10.7	5.1	2.0	16.5	2.2	1.1	411
Steak, Egg and Cheese (Cheddar)	100	696	166	12.6	5.9	2.4	14.9	1.9	1.0	342
Snacks										
Avocado Toastie (on White Bread)	100	956	228	7.1	9.2	1.1	30.8	2.0	1.3	174
Cheesy Garlic Toastie (on White Bread)	100	1220	292	13.4	11.7	4.7	31.9	3.1	1.7	599
Chipotle Quesadilla (on wrap with Mozzarella Cheese)	100	1180	283	10.2	17.9	5.3	20.6	2.5	3.7	402
Garlic & Herb Toastie (on White Bread)	100	1230	293	9.0	9.1	1.6	42.2	4.1	2.3	634
Ham, Cheese & Tomato Jaffle (on White Bread with Mayonnaise)	100	816	194	10.8	5.0	2.1	25.5	3.7	1.4	446
Meatball Mozza Pot (with Marinara Sauce)	100	546	131	56.5	6.3	2.8	7.5	3.9	1.2	385
Cookies										
Chocolate Chip Cookie	100	2020	483	5.4	23.0	14.4	63.3	38.8	2.0	357
Chocolate Chip Cookie with M&M'S	100	1980	473	5.6	21.7	12.0	63.4	37.2	2.0	382
Double Chocolate Chip Cookie	100	1980	473	5.6	21.9	15.0	63.1	41.0	2.7	355
Oatmeal Raisin Cookie	100	1770	423	5.6	15.4	7.6	65.0	38.8	3.0	390
White Chip Macadamia Nut Cookie	100	2030	485	5.8	24.4	13.9	60.4	38.5	1.7	436
Baked Goods (available at selected locations)										
Apple & Custard Danish	100	1230	294	5.3	13.5	7.9	36.9	12.1	0.0	310
Apricot & Custard Danish	100	1200	286	4.9	12.9	7.5	36.7	12.4	0.0	299
Boysenberry & Custard Danish	100	1230	294	5.1	31.5	7.9	37.5	11.5	0.0	293
Sides										

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per 100g										
Wattie's Fruit Squirtz, Apple & Blackcurrant Puree	100	308	73.7	0.3	0.2	0.0	16.9	15.3	0.9	16.7
Wattie's Fruit Squirtz, Apple & Peach Puree	100	283	67.7	0.1	0.3	0.1	15.3	13.6	1.3	4.2
Wattie's Fruit Squirtz, Apple & Strawberry Puree	100	283	67.7	0.1	0.3	0.1	15.2	13.4	1.2	4.2
Breads										
Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
Malted Rye Bread	100	1290	308	13.5	5.7	0.9	47.9	3.3	5.9	461
Italian Herb & Cheese Bread	100	1240	297	12.0	5.8	2.5	47.6	3.6	2.6	541
Roasted Garlic Bread	100	1230	294	10.1	3.0	0.5	54.4	6.5	2.7	1120
Mini Wheat Bread	100	1180	282	10.9	3.0	0.5	50.7	3.8	3.9	393
Mini White Bread	100	1220	292	11.1	3.2	0.5	52.5	4.0	2.7	356
Wrap, Flour	100	1190	284	8.5	6.8	0.9	45.8	2.4	8.5	370
Wrap, Gluten Free *	100	1030	246	4.9	5.4	0.7	41.9	1.7	4.5	365
Meat, Poultry, Egg, Seafood & Vegetarian										
Bacon, Streaky (2 strips)	100	2130	509	37.0	38.0	17.6	1.5	1.5	0.0	2250
Buffalo Chicken	100	413	98.7	17.3	2.2	0.7	4.2	3.3	1.2	1000
Chicken Classic	100	881	211	15.8	13.3	2.8	5.5	0.7	0.0	650
Chicken Strips	100	446	107	22.5	2.6	0.9	1.0	0.8	1.4	420
Chicken Teriyaki	100	495	118	17.1	2.2	0.7	9.4	5.7	1.1	545
Egg Omelette	100	552	132	12.7	9.0	3.1	0.3	0.3	0.0	235
Leg Ham	100	417	100	17.5	2.9	1.0	1.5	1.5	0.0	1100
Meatball Marinara	100	522	125	8.3	5.8	2.4	7.8	4.1	1.2	381
Pepperoni	100	1650	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Pork Riblet	100	1150	275	14.8	22.7	7.9	3.0	0.2	1.2	780
Roast Beef	100	478	114	17.2	3.1	1.4	2.6	2.1	0.0	544
Salami	100	1650	394	22.9	32.6	13.0	3.2	1.0	0.0	1500
Smashed Falafel	100	909	217	8.8	7.9	1.3	23.5	5.1	4.3	883
Steak, Diced	100	679	162	22.6	7.0	3.2	1.0	0.8	0.0	560
Three Pepper Chicken	100	856	205	19.8	11.2	1.9	9.0	0.7	0.0	580
Tuna & Mayo (with Mayonnaise)	100	492	118	16.0	3.4	0.7	5.7	3.8	0.0	424
Turkey, Sliced	100	445	106	21.1	1.0	0.9	2.7	0.9	0.0	664
Veggie Patty	100	892	213	8.4	10.4	2.0	18.3	2.8	6.9	360
Sauces & Dressings										
Blue Cheese Dressing	100	1790	428	1.9	43.3	4.3	8.7	5.4	0.5	1200
Chipotle Southwest Sauce	100	1850	442	2.9	48.0	7.7	5.6	4.4	0.0	636
Garlic Aioli	100	1170	280	1.4	27.5	4.2	7.6	4.7	0.0	890
Habanero Hot Sauce	100	550	131	0.6	0.3	0.1	30.8	24.6	0.6	2130
Honey Mustard Sauce	100	590	141	1.3	1.3	0.1	30.8	20.9	0.0	450
Marinara	100	285	68.1	1.6	2.5	0.3	8.4	6.9	2.3	335
Mayonnaise	100	574	137	0.9	8.0	1.2	15.2	10.2	0.0	530
Ranch Dressing	100	1840	440	1.5	46.0	7.5	6.3	3.9	0.5	960
Smoky BBQ Sauce	100	623	149	0.8	1.0	1.0	35.8	27.2	0.9	819
Spicy Mayonnaise	100	1050	251	1.3	49.4	4.0	11.3	9.1	0.4	1020
Sweet Chili Sauce	100	786	188	0.2	0.3	0.1	45.7	43.1	0.0	880
Sweet Onion Sauce	100	738	184	0.5	0.6	0.1	43.5	37.8	0.4	350
Cheeses										
Cheddar-Style Cheese, (Slice)	100	1430	342	20.1	27.3	17.5	4.6	1.7	0.0	1200
Mozzarella Cheese (shredded)	100	1210	288	26.7	19.9	14.3	0.1	0.1	0.0	490
Old English-Style Cheese (slice)	100	1410	337	20.2	26.3	18.3	5.5	2.5	0.0	1900
Vegetables										
Avocado	100	697	167	3.3	15.0	1.7	10.0	0.0	0.0	0.0
Beetroot (Selected Locations Only)	100	235	56.2	0.8	0.1	0.0	11.9	10.8	2.2	250
Capsicum	100	83.7	20.0	0.9	0.2	0.1	2.9	2.4	1.7	3.0
Carrots	100	172	41.0	0.9	0.2	0.0	6.8	4.7	2.8	69.0
Cucumbers	100	62.8	15.0	0.7	0.1	0.0	3.1	1.7	0.5	2.0
Jalapeno Peppers	100	167	40.0	1.4	0.6	0.0	5.9	5.9	2.8	1690
Lettuce	100	58.6	14.0	0.9	0.1	0.0	1.8	2.0	1.2	10.0
Onions	100	167	40.0	1.1	0.1	0.0	7.6	4.2	1.7	4.0

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Sodium (mg)
AVG QTY Per 100g										
Olives	100	536	128	1.0	9.5	1.7	5.1	0.9	2.9	880
Pickles	100	62.4	14.9	0.3	0.2	0.1	2.0	0.0	1.5	1200
Pineapple (Selected Locations Only)	100	251	60.0	0.4	0.0	0.0	18.0	16.0	1.0	7.5
Spinach	100	92.0	22.0	2.9	0.4	0.1	3.5	0.4	2.7	79.0
Tomatoes	100	75.3	18.0	0.9	0.2	0.0	2.7	2.6	1.2	5.0
Seasonings										
Pepper	100	1210	289	8.8	2.7	0.1	42.1	0.6	0.0	25.0
Salt	100	0.0	0	0.0	0.0	0.0	0.0	0.0	0.0	39100
Smoothies										
Blueberry and Mango	100	219	52.4	0.5	0.1	0.0	13.1	9.1	0.9	0.5
Strawberry	100	185	44.1	0.5	0.1	0.0	11.0	5.7	1.0	6.1
Tropical	100	199	47.6	0.4	0.1	0.0	11.9	8.3	0.8	0.5
PROMOTIONAL ITEMS										
Subway® BBQ Pulled Pork	Values include lettuce, onions, pickles, carrots, BBQ sauce on italian herb & cheese bread									
Subway® BBQ Pulled Pork	100	923	221	11.6	7.2	3.0	27.0	7.5	1.4	640
Subway® BBQ Pulled Pork with Bacon	Values include lettuce, onions, jalapeno peppers, carrots, spicy mayonnaise, sliced cheddar-style cheese on white bread									
Subway® BBQ Pulled Pork with Bacon	100	1040	250	13.2	13.7	4.6	21.8	5.3	1.2	635
Meat, Poultry, Egg, Seafood										
Pulled Pork	100	1210	289	22.2	15.8	6.2	15.0	9.4	0.0	956

Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA 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.

* Our gluten free products are manufactured in a gluten free facility. However, other menu items and ingredients in our restaurants contain gluten. Although we take steps to reduce the chances of cross contamination, we prepare our items on shared equipment so we cannot guarantee our menu items are gluten free. If you have food allergies, sensitivities or special dietary needs, please visit our website – <https://www.subway.com/en-NZ> for more information.