



Subway®'s 'One You' Menu

With 80% of the entire menu at Subway® stores under 400 calories for breakfast or amounting to less than 600 calories for lunch/dinner* we hope that, as well as finding your favourite, you keep discovering healthier meal choices from Subway®.

400 calories or less options (breakfast)

- Six-inch Sub with omelette on 9-grain and flatbread
 - Bacon≠
 - Bacon≠, Egg and Cheese
 - Egg and Cheese
 - Sausage
- Six-inch Sub with omelette on white bread
 - Bacon≠, egg and cheese
 - Egg and cheese
- Six-inch Sub with poached egg on 9-grain and white
 - Egg and cheese

600 calories or less options (lunch/dinner)

- Low Fat Six-inch Subs on 9-grain, white and flatbread
 - Chicken Breast
 - Chicken Teriyaki
 - Chicken Tikka
 - Ham‡
 - Turkey Breast‡
 - Turkey Breast & Ham‡
 - Veggie Delite®^
- Six-inch Subs on 9-grain, white and flatbread:
 - Chicken Temptation®
 - Steak‡Ø and Cheese
 - Tuna
 - Veggie Patty
- All Low Fat Salads
 - Chicken Breast
 - Chicken Teriyaki
 - Chicken Tikka
 - Ham‡
 - Turkey Breast‡
 - Turkey Breast & Ham‡
 - Veggie Delite®^
- Other Salads
 - Barbeque Pulled Chicken
 - Chicken Temptation®
 - Chipotle Chicken Melt



- Meatball Marinara
- Steak†Ø and Cheese
- Subway Melt™ (includes cheese)
- Tuna
- Veggie Patty^

Additional menu items

- PepsiMax
- Water
- Walkers Cheese & Onion Baked Crisps

*Nutrition information is based on Six-inch standard builds on 9-grain wheat bread and does not include extras.

≠Beechwood Naturally Smoked Back Bacon with added smoke flavour.

†Formed Meat.

^May come in contact with non-vegetarian items.

†Formed Meat. Ø Made with shaved steak strips, contains peppers & onions.