



HONG KONG AND MACAU NUTRITION INFORMATION August 2023

AVG QTY PER 100g	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)
Subway 6-Inch® Subs with 6 grams of fat or Less Values include white bread, lettuce, tomato, onion, green bell pepper, cucumber											
Chicken Chilli	100	122	6.6	1.2	0.2	0.0	10	20.9	1.5	6.0	253
Chicken Teriyaki	100	125	7.0	1.1	0.2	0.0	11	21.3	1.3	4.2	282
Ham	100	134	9.2	2.1	0.5	0.0	0	19.2	1.6	2.6	294
Oven Roasted Chicken Breast (patty)	100	132	10.5	1.4	0.3	0.0	23	18.9	1.4	2.9	252
Roast Beef	100	134	10.0	1.8	0.5	0.1	0	18.9	1.4	2.4	199
Subway Club™ (with turkey, ham, roast beef)	100	130	10.2	1.8	0.4	0.0	0	17.8	1.3	2.4	289
Turkey Breast	100	128	9.4	1.5	0.3	0.0	0	18.8	1.3	2.5	297
Turkey Breast & Ham	100	130	9.8	1.8	0.4	0.0	0	18.2	1.4	2.5	312
Veggie Delite	100	139	5.4	1.5	0.2	0.0	0	25.5	1.8	3.1	161
Subway 6-Inch® Subs Values include white bread, lettuce, tomato, onion, green bell pepper, cucumber											
Avocado	100	163	4.2	7.6	1.2	0.0	0	19.4	3.0	2.4	137
BLT (with bacon, lettuce, tomatoes only)	100	193	9.1	5.2	1.5	0.0	0	26.7	1.8	2.8	299
Chicken Cutlet	100	170	9.9	5.6	2.5	0.1	16	19.6	1.0	1.8	285
Egg Mayo	100	191	6.9	9.6	1.7	0.2	3	19.1	1.2	3.1	215
Italian B.M.T.™ (with ham, salami, pepperoni)	100	181	9.7	7.4	2.4	0.0	0	18.6	1.4	2.4	465
Spicy Italian (with salami and pepperoni)	100	214	9.5	11.0	3.8	0.0	0	18.9	1.3	2.3	568
Steak (Diced Beef) & Cheese (cheddar style)	100	156	12.0	4.6	2.0	0.1	0	16.1	1.5	2.2	345
Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)	100	149	10.9	4.0	1.5	0.0	0	17.0	1.3	2.4	380
Tuna & Mayo	100	204	8.9	11.0	1.6	0.3	15	17.2	1.2	2.1	255
Vegan Supreme (patty)	100	166	6.5	4.8	0.9	0.0	0	22.8	3.7	3.0	235
Wraps Values include wrap, lettuce, tomato, onion, green bell pepper, cucumber											
Chicken Chilli	100	115	5.7	2.0	0.5	0.0	10	18.9	1.1	5.4	339
Chicken Teriyaki	100	117	6.2	2.0	0.5	0.0	12	19.3	1.0	3.6	370
Ham	100	127	8.3	3.1	0.8	0.0	0	16.8	1.2	1.9	394
Oven Roasted Chicken Breast (patty)	100	124	9.7	2.4	0.6	0.0	23	16.6	1.1	2.2	345
Roast Beef	100	126	9.1	2.8	0.9	0.0	0	16.4	1.1	1.6	296
Subway Club™ (with turkey, ham, roast beef)	100	122	9.4	2.7	0.7	0.0	0	15.5	1.0	1.7	383
Turkey Breast	100	120	8.5	2.5	0.6	0.0	0	16.4	0.9	1.8	398
Turkey Breast & Ham	100	122	8.9	2.8	0.7	0.0	0	15.9	1.0	1.8	408
Veggie Delite	100	128	4.0	2.9	0.7	0.0	0	22.5	1.3	2.1	294
Avocado	100	157	3.3	8.7	1.6	0.0	0	17.2	2.7	1.7	224
BLT (with bacon, lettuce, tomatoes only)	100	184	7.8	6.9	2.1	0.0	0	23.5	1.2	1.7	450
Chicken Cutlet	100	165	9.2	6.5	2.9	0.0	17	17.7	0.8	1.2	362
Egg Mayo	100	186	6.0	10.7	2.1	0.2	3	16.8	0.9	2.5	305
Italian B.M.T.™ (with ham, salami, pepperoni)	100	175	8.8	8.5	2.8	0.0	0	16.3	1.0	1.7	567
Spicy Italian (with salami and pepperoni)	100	209	8.7	12.3	4.2	0.0	0	16.6	0.9	1.5	677
Steak (Diced Beef) & Cheese (cheddar style)	100	150	11.3	5.5	2.4	0.0	0	14.0	1.2	1.6	431
Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)	100	143	10.2	5.0	1.9	0.0	0	14.8	0.9	1.7	470
Tuna & Mayo	100	199	8.0	12.2	2.0	0.3	16	14.9	0.9	1.4	346
Vegan Supreme (patty)	100	161	5.7	5.8	1.2	0.0	0	20.9	3.5	2.3	319
Salads Values include lettuce, tomato, onion, green bell pepper, cucumber											
Chicken Chilli	100	34.9	2.7	0.2	0.1	0.0	7	5.8	1.1	4.4	106
Chicken Teriyaki	100	36.3	3.1	0.2	0.1	0.0	8	6.1	1.0	3.1	125
Ham	100	35.0	4.1	0.8	0.2	0.0	0	3.4	1.1	2.1	119
Oven Roasted Chicken Breast (patty)	100	36.7	5.1	0.4	0.1	0.0	15	3.8	1.0	2.3	98
Roast Beef	100	35.0	4.6	0.6	0.2	0.0	0	3.2	1.0	1.9	58
Subway Club™ (with turkey, ham, roast beef)	100	36.1	5.0	0.6	0.2	0.0	0	3.2	1.0	1.9	124
Turkey Breast	100	31.0	4.2	0.4	0.1	0.0	0	3.2	0.9	2.0	122
Turkey Breast & Ham	100	34.9	4.6	0.6	0.2	0.0	0	3.2	1.0	2.0	136

AVG QTY PER 100g	Serving Size (g)	Energy (kcal)	Protein (g)	Fat, Total (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)
Veggie Delite	100	16.6	0.9	0.1	0.0	0.0	0	3.7	1.1	2.2	7.1
Avocado	100	59.1	1.1	4.4	0.7	0.0	0	4.4	2.1	1.9	24.6
BLT (with bacon)	100	39.1	2.5	1.9	0.6	0.0	0	3.6	1.0	2.1	69.5
Chicken Cutlet	100	75.5	5.4	3.4	1.7	0.0	11	6.2	0.8	1.6	141
Egg Mayo	100	77.3	2.8	5.8	1.1	0.1	2	4.1	0.9	2.4	76
Italian B.M.T.™ (with ham, salami, pepperoni)	100	67.5	4.5	4.2	1.5	0.0	0	3.4	1.0	1.9	234
Spicy Italian (with salami and pepperoni)	100	87.4	4.4	6.5	2.3	0.0	0	3.4	0.9	1.8	298
Steak (Diced Beef) & Cheese (cheddar style)	100	60.7	6.5	2.6	1.3	0.0	0	3.1	1.1	1.9	173
Subway Melt™ (with ham, turkey, bacon, cheddar style cheese)	100	53.3	5.7	2.2	1.0	0.0	0	3.3	0.9	1.9	192
Tuna & Mayo	100	86.1	4.1	6.7	1.0	0.2	10	2.9	0.9	1.8	102
Vegan Supreme (patty)	100	65.8	2.8	2.7	0.5	0.0	0	7.3	2.6	2.4	96
Breakfast Values include white bread and cheddar style cheese											
Bacon, Egg Mayo & Cheese	100	304	12.7	14.0	4.0	0.2	3	30.7	1.5	3.3	470
Chicken Sausage Patty, Egg Mayo & Cheese	100	236	14.2	10.5	3.2	0.1	24	20.5	1.1	2.1	389
Egg Mayo & Cheese	100	298	11.6	12.9	3.5	0.2	3	32.9	1.6	3.5	429
Ham, Egg Mayo & Cheese	100	264	13.1	11.1	3.1	0.2	2	26.9	1.5	3.1	472
Sides											
Potato Puff	100	889	2.4	11.9	2.8	0.3	2	23.8	3.4	0.5	314
Cookies											
Chocolate Chip Cookie	100	483	5.4	23.0	14.4	0.1	30	63.3	2.0	38.8	357
Chocolate Chip Cookie with M&M'S®	100	473	5.6	21.7	12.0	0.1	0	63.4	2.0	37.2	382
Double Chocolate Chip	100	473	5.6	21.9	15.0	0.1	34	63.1	2.7	41.0	355
Oatmeal Raisin Cookie	100	423	5.6	15.4	7.6	0.1	28	65.0	3.0	38.8	390
White Chip Macadamia Nut Cookie	100	485	5.8	24.4	13.9	0.1	39	60.4	1.7	38.5	436
Breads											
Subway 6-Inch® Honey Oat	100	291	11.3	3.3	0.5	0.1	0	51.9	4.1	5.5	367
Subway 6-Inch® Parmesan Oregano	100	297	11.8	3.7	0.7	0.1	0	52.1	2.8	4.6	332
Subway 6-Inch® Wheat	100	282	10.9	3.0	0.5	0.1	0	50.7	3.9	3.8	393
Subway 6-Inch® White	100	292	11.1	3.2	0.5	0.1	0	52.5	2.7	4.0	356
Wrap	100	283	8.3	6.7	1.7	0.0	0	48.3	1.7	1.7	700
Meat, Poultry, Seafood, Eggs and Vegetarian											
Avocado	100	213	1.9	20.0	3.2	0.0	0	7.0	5.5	0.9	88
Bacon	100	375	27.2	28.3	9.8	0.0	0	2.8	0.0	0.0	998
Breakfast Chicken Sausage Patty	100	156	17.5	7.4	2.7	0.0	52	4.6	0.5	0.3	337
Chicken Breast Patty, Oven Roasted	100	112	20.5	2.0	0.3	0.0	0	2.9	0.0	1.7	475
Chicken Chili	100	93	8.7	0.5	0.2	0.0	28	12.8	0.9	11.1	416
Chicken Cutlet	100	210	15.7	10.9	5.5	0.1	37	11.9	0.1	0.1	445
Chicken Teriyaki	100	98	10.0	0.5	0.2	0.0	31	13.9	0.5	6.1	498
Egg Mayonnaise	100	297	9.9	26.1	4.8	0.5	9	5.9	0.0	3.3	326
Ham	100	122	19.4	3.8	1.1	0.0	0	2.5	1.0	1.4	650
Italian B.M.T.™ Meats (ham, pepperoni, salami)	100	281	19.8	21.3	7.6	0.0	0	2.4	0.4	0.7	1185
Roast Beef	100	122	22.2	2.5	1.3	0.1	0	1.2	0.5	0.5	300
Spicy Italian Meats (pepperoni & salami)	100	400	16.7	33.3	16.7	0.0	0	0.0	0.0	0.0	1600
Steak, Diced Beef	100	162	22.6	7.0	3.2	0.1	0	1.0	1.1	0.8	560
Subway® Club Meats (turkey breast, ham, roast beef)	100	113	14.1	0.0	0.0	0.0	0	0.0	0.0	0.0	563
Subway® Melt Meats (turkey breast, ham, bacon)	100	147	26.7	0.0	0.0	0.0	0	0.0	0.0	0.0	693
Tuna & Mayonnaise	100	338	16.0	30.4	4.4	0.9	46	0.1	0.0	0.2	447
Turkey Breast	100	98	19.3	1.8	0.0	0.0	0	1.8	0.0	1.8	660
Turkey Breast & Ham	100	109	19.7	3.0	0.0	0.0	0	1.5	0.0	1.5	659
Vegan Supreme (patty)	100	212	8.4	10.4	2.0	0.0	0	18.3	6.9	2.8	360
Sauces & Dressings											
BBQ	100	176	0.9	0.4	0.0	0.0	0	41.2	0.8	36.4	798
Caesar	100	338	1.0	34.1	5.7	1.0	0	8.0	0.0	4.2	1131
Chilli	100	158	0.7	0.3	0.1	0.0	0	36.4	1.2	33.1	836
Chipotle Southwest	100	464	1.7	47.6	8.4	0.8	0	7.2	0.4	5.4	735
Honey Mustard	100	149	0.9	1.1	0.1	0.0	0	33.8	0.6	28.3	572
Jalapeno Cheese	100	262	2.6	22.5	4.7	0.0	0	12.6	0.5	8.1	1030
Mayonnaise	100	715	1.1	78.8	11.1	2.3	44	0.3	0.0	0.4	534

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Roasted Sesame	100	393	2.1	34.4	0.0	0.0	0	17.7	0.7	17.6	1260
Sweet Onion	100	172	0.4	0.3	0.0	0.0	0	41.9	0.3	38.3	354
Thousand Island	100	459	0.8	41.0	4.4	1.2	52	21.0	0.3	18.8	1186
Yellow Mustard	100	66	4.2	4.2	0.3	0.1	1	4.5	3.4	0.5	1200
Cheeses											
Cheddar Style, Sliced	100	342	20.1	27.3	17.5	0.0	0	4.6	0.0	1.7	1200
Mozzarella, Shredded	100	265	20.0	20.0	14.0	1.1	54	1.3	0.0	1.3	472
Old English Style, Sliced	100	345	20.5	27.4	18.3	1.2	0	4.0	1.3	2.4	1800
Vegetables											
Avocado	100	213	1.9	20.0	3.2	0.0	0	7.0	5.5	0.9	88
Corn	100	73	2.8	1.5	0.4	0.0	0	12.0	3.0	4.1	66
Cucumber	100	15	0.7	0.1	0.0	0.0	0	3.6	0.5	1.7	2
Green Bell Pepper	100	15	0.7	0.1	0.0	0.0	0	3.6	0.5	1.7	2
Jalapeno Pepper	100	36	1.1	0.7	0.1	0.0	0	4.7	2.2	7.1	2028
Lettuce	100	14	0.9	0.1	0.0	0.0	0	3.0	1.2	2.0	10
Onion	100	128	1.0	9.5	1.7	0.0	0	8.0	2.9	0.9	880
Pickle	100	40	1.1	0.1	0.0	0.0	0	9.3	1.7	4.2	4
Olive	100	4	0.3	0.5	0.1	0.0	0	1.0	1.2	0.1	1200
Tomato	100	18	0.9	0.2	0.0	0.0	0	3.9	1.2	2.6	5
Extras											
Avocado	100	213	1.9	20.0	3.2	0.0	0	7.0	5.5	0.9	88
Bacon	100	375	27.2	28.3	9.8	0.0	0	2.8	0.0	0.0	998
Corn	100	73	2.8	1.5	0.4	0.0	0	12.0	3.0	4.1	66
Egg & Mayonnaise Mixture	100	297	9.9	26.1	4.8	0.5	9	5.9	0.0	3.3	326
Cheddar Style, Sliced	100	342	20.1	27.3	17.5	0.0	0	4.6	0.0	1.7	1200
Mozzarella, Shredded	100	265	20.0	20.0	14.0	1.1	54	1.3	0.0	1.3	472
Old English Style, Sliced	100	345	20.5	27.4	18.3	1.2	0	4.0	1.3	2.4	1800

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.