



# CANADA NUTRITION INFORMATION

June 2022

|  | Serving Size (g) | Calories | Total Fat (g) | Sat. Fat (g) | Trans Fat (g)* | Chol. (mg) | Sodium (mg) | Carb. (g) | Dietary Fiber (g) | Sugars (g) | Protein(g) | Calcium % DV | Iron % DV |
|--|------------------|----------|---------------|--------------|----------------|------------|-------------|-----------|-------------------|------------|------------|--------------|-----------|
|--|------------------|----------|---------------|--------------|----------------|------------|-------------|-----------|-------------------|------------|------------|--------------|-----------|

## SANDWICHES

**6" Sandwiches** Values include Multigrain bread, lettuce, tomatoes, onions, green peppers and cucumbers.

|                              |     |     |   |   |   |    |     |    |   |    |    |   |    |
|------------------------------|-----|-----|---|---|---|----|-----|----|---|----|----|---|----|
| Black Forest Ham             | 216 | 260 | 4 | 1 | 0 | 20 | 720 | 43 | 4 | 6  | 15 | 2 | 15 |
| Grilled Chicken              | 226 | 260 | 4 | 1 | 0 | 30 | 650 | 40 | 5 | 6  | 19 | 2 | 10 |
| Sweet Onion Chicken Teriyaki | 265 | 340 | 4 | 1 | 0 | 50 | 780 | 51 | 4 | 13 | 23 | 2 | 15 |
| Turkey Breast                | 217 | 260 | 4 | 1 | 0 | 30 | 700 | 42 | 5 | 6  | 16 | 2 | 10 |
| Veggie Delite®               | 162 | 200 | 2 | 0 | 0 | 0  | 320 | 39 | 4 | 5  | 8  | 2 | 10 |

**6" Sandwiches** Values include Italian bread and select vegetables. Double values for footlong nutrition information (one footlong=two 6" servings).

|  |     |     |    |   |   |    |      |    |   |    |    |   |    |
|--|-----|-----|----|---|---|----|------|----|---|----|----|---|----|
| Chicken Bacon & Peppercorn Ranch   | 265 | 450 | 21 | 7 | 0 | 75 | 1010 | 40 | 2 | 5  | 32 | 8 | 20 |
| Cold Cut Combo   | 220 | 360 | 18 | 6 | 0 | 35 | 910  | 40 | 2 | 4  | 16 | 2 | 15 |
| Crispy Chicken (includes Smoky Honey Mustard)                              | 282 | 510 | 19 | 5 | 0 | 55 | 1260 | 62 | 3 | 7  | 29 | 6 | 20 |
| Italian B.M.T.®  | 209 | 340 | 15 | 6 | 0 | 40 | 1220 | 39 | 2 | 5  | 17 | 2 | 30 |
| Green Goddess Veggie (includes Smashed Avocado)                            | 225 | 390 | 21 | 3 | 0 | 5  | 730  | 44 | 6 | 7  | 9  | 2 | 10 |
| Green Goddess Rotisserie-Style Chicken (includes Smashed Avocado)          | 301 | 500 | 27 | 6 | 0 | 60 | 1230 | 43 | 4 | 5  | 28 | 6 | 15 |
| Maplewood Smoked Bacon & Ham (includes Smoky Honey Mustard and Mayonnaise) | 240 | 450 | 21 | 7 | 0 | 55 | 1380 | 50 | 2 | 11 | 21 | 6 | 15 |
| Meatball Marinara  | 206 | 410 | 17 | 7 | 1 | 45 | 1140 | 46 | 3 | 7  | 23 | 6 | 25 |
| Pizza Sub Melt   | 140 | 380 | 20 | 8 | 0 | 40 | 1470 | 39 | 2 | 5  | 17 | 6 | 50 |
| Smashed Avocado & Turkey (includes Mayonnaise)                             | 271 | 440 | 24 | 6 | 0 | 55 | 1010 | 43 | 4 | 5  | 19 | 6 | 15 |
| Southwest Steak & Avocado (includes Southwest Chipotle Sauce)              | 273 | 470 | 24 | 7 | 0 | 75 | 1210 | 42 | 4 | 5  | 28 | 8 | 15 |
| Stampede BBQ Grilled Chicken   | 245 | 310 | 6  | 3 | 0 | 40 | 950  | 47 | 3 | 11 | 22 | 0 | 10 |
| Steak & Cheese   | 161 | 310 | 10 | 5 | 0 | 50 | 1090 | 38 | 1 | 4  | 23 | 4 | 15 |
| Great Canadian Club (includes Smoky Honey Mustard)                         | 204 | 350 | 14 | 4 | 0 | 45 | 1070 | 41 | 2 | 6  | 19 | 2 | 15 |
| Tuna (includes Mayonnaise)   | 220 | 400 | 22 | 4 | 0 | 40 | 660  | 37 | 1 | 4  | 19 | 2 | 15 |

**6" Limited Time Offer/Regional Subs\*\*** Values include Italian bread (unless another bread is specified) and select vegetables.

|  |     |     |    |   |   |    |      |    |    |    |    |   |    |
|--|-----|-----|----|---|---|----|------|----|----|----|----|---|----|
| B.L.T.   | 150 | 310 | 12 | 6 | 0 | 30 | 900  | 37 | 1  | 3  | 18 | 2 | 15 |
| Maplewood Smoked Bacon & Ham (includes Smoky Honey Mustard and Light Mayonnaise Type Dressing) | 240 | 410 | 16 | 6 | 0 | 60 | 1410 | 51 | 2  | 11 | 21 | 6 | 15 |
| Roast Beef   | 225 | 270 | 5  | 1 | 0 | 20 | 770  | 41 | 4  | 6  | 18 | 2 | 15 |
| Smashed Avocado & Turkey (includes Light Mayonnaise Type Dressing)                             | 271 | 390 | 18 | 5 | 0 | 60 | 1040 | 44 | 4  | 5  | 19 | 6 | 15 |
| Spicy Crispy Chicken (includes Creamy Sriracha)  | 282 | 480 | 16 | 4 | 0 | 50 | 1380 | 61 | 3  | 6  | 29 | 6 | 20 |
| Subway Club  | 234 | 280 | 5  | 1 | 0 | 30 | 830  | 43 | 4  | 6  | 18 | 2 | 15 |
| Tuna Salad (includes Light Mayonnaise Type Dressing)   | 220 | 310 | 11 | 2 | 0 | 50 | 720  | 39 | 2  | 4  | 19 | 2 | 15 |
| Turkey, Bacon & Avocado  | 262 | 380 | 14 | 4 | 0 | 40 | 1000 | 45 | 6  | 7  | 20 | 2 | 15 |
| Veggie Patty   | 247 | 380 | 11 | 1 | 0 | 0  | 640  | 56 | 12 | 7  | 14 | 4 | 20 |

**Kids' Pak Sandwiches on Mini Multigrain** Values include lettuce, tomatoes, onions, green peppers and cucumbers.

|                  |     |     |   |   |   |    |     |    |   |   |    |   |   |
|------------------|-----|-----|---|---|---|----|-----|----|---|---|----|---|---|
| Black Forest Ham | 135 | 160 | 3 | 1 | 0 | 10 | 410 | 28 | 3 | 4 | 9  | 2 | 8 |
| Turkey Breast    | 141 | 170 | 3 | 1 | 0 | 20 | 440 | 27 | 3 | 4 | 10 | 2 | 8 |
| Veggie Delite®   | 108 | 140 | 2 | 0 | 0 | 0  | 210 | 26 | 3 | 3 | 5  | 2 | 8 |

**Grilled Wraps, Regular**

|   |     |     |    |   |   |    |      |    |   |   |    |    |    |
|---|-----|-----|----|---|---|----|------|----|---|---|----|----|----|
| Southwest Steak & Avocado (includes Southwest Chipotle Sauce) | 310 | 610 | 30 | 7 | 0 | 75 | 1440 | 59 | 5 | 5 | 30 | 10 | 25 |
| Turkey, Bacon & Avocado (includes Peppercorn Ranch)           | 290 | 600 | 30 | 7 | 0 | 60 | 1570 | 59 | 5 | 5 | 23 | 10 | 20 |

**Grilled Wraps, Large** Values include select vegetables and footlong meat.

|   |     |     |    |   |   |     |      |    |   |   |    |    |    |
|---|-----|-----|----|---|---|-----|------|----|---|---|----|----|----|
| Southwest Steak & Avocado (includes Southwest Chipotle Sauce) | 381 | 730 | 34 | 9 | 1 | 130 | 1890 | 60 | 6 | 6 | 46 | 10 | 30 |
| Turkey, Bacon & Avocado (includes Peppercorn Ranch)           | 355 | 700 | 36 | 9 | 0 | 100 | 2130 | 62 | 6 | 6 | 34 | 10 | 25 |

**Sidekicks** Values include potato bun, select vegetables and sauces as noted.

|  |     |     |    |   |   |    |     |    |   |   |    |   |    |
|--|-----|-----|----|---|---|----|-----|----|---|---|----|---|----|
| Crispy Chicken Sidekick (includes Smoky Honey Mustard)       | 124 | 250 | 8  | 1 | 0 | 40 | 540 | 32 | 2 | 5 | 13 | 0 | 10 |
| Honey Mustard Ham Sidekick                                   | 124 | 190 | 7  | 2 | 0 | 35 | 610 | 24 | 1 | 5 | 8  | 0 | 8  |
| Italian Aioli Sidekick (includes Garlic Aioli and Sub Sauce) | 105 | 280 | 17 | 5 | 0 | 45 | 840 | 23 | 2 | 5 | 9  | 0 | 20 |
| Savoury Ranch Turkey Sidekick                                | 109 | 190 | 7  | 2 | 0 | 40 | 550 | 23 | 2 | 4 | 9  | 0 | 8  |
| Spicy Crispy Chicken Sidekick (includes Creamy Sriracha)**   | 124 | 240 | 7  | 1 | 0 | 35 | 590 | 32 | 2 | 4 | 13 | 0 | 10 |

## SALADS

Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.

|   |     |     |    |   |   |    |      |    |   |    |    |    |    |
|---|-----|-----|----|---|---|----|------|----|---|----|----|----|----|
| Black Forest Ham                              | 341 | 110 | 3  | 1 | 0 | 20 | 480  | 13 | 4 | 5  | 10 | 4  | 10 |
| Grilled Chicken                               | 351 | 110 | 2  | 1 | 0 | 30 | 410  | 10 | 5 | 5  | 14 | 4  | 8  |
| Sweet Onion Chicken Teriyaki                  | 408 | 220 | 3  | 1 | 0 | 50 | 610  | 30 | 4 | 20 | 18 | 4  | 10 |
| Turkey Breast                                 | 342 | 110 | 3  | 1 | 0 | 30 | 450  | 12 | 4 | 5  | 11 | 4  | 10 |
| Veggie Delite®                                | 287 | 50  | 1  | 0 | 0 | 0  | 75   | 9  | 4 | 5  | 3  | 4  | 8  |
| Chicken Bacon & Peppercorn Ranch              | 410 | 410 | 28 | 8 | 0 | 85 | 830  | 13 | 4 | 6  | 28 | 10 | 15 |
| Cold Cut Combo                                | 351 | 240 | 17 | 6 | 0 | 35 | 620  | 12 | 5 | 5  | 12 | 4  | 15 |
| Crispy Chicken (includes Smoky Honey Mustard) | 442 | 400 | 18 | 4 | 0 | 55 | 980  | 35 | 5 | 8  | 25 | 10 | 20 |
| Italian B.M.T.®                               | 341 | 220 | 15 | 5 | 0 | 40 | 930  | 12 | 4 | 6  | 12 | 4  | 30 |
| Meatball Marinara                             | 429 | 300 | 17 | 7 | 1 | 45 | 860  | 22 | 6 | 10 | 19 | 10 | 20 |
| Pizza Sub Melt                                | 362 | 270 | 19 | 8 | 0 | 40 | 1190 | 15 | 5 | 8  | 13 | 8  | 50 |
| Steak & Cheese                                | 370 | 200 | 9  | 4 | 0 | 50 | 810  | 13 | 4 | 7  | 19 | 8  | 15 |
| Tuna (includes Mayonnaise)                    | 358 | 280 | 21 | 4 | 0 | 40 | 380  | 10 | 4 | 5  | 14 | 4  | 10 |

**6" Limited Time Offer/Regional Salads\*\***

|  |     |     |    |   |   |    |      |    |    |   |    |    |    |
|--|-----|-----|----|---|---|----|------|----|----|---|----|----|----|
| B.L.T.   | 317 | 200 | 12 | 5 | 0 | 30 | 620  | 11 | 4  | 5 | 14 | 4  | 10 |
| Green Goddess Veggie (includes Smashed Avocado)      | 345 | 210 | 17 | 3 | 0 | 10 | 480  | 14 | 6  | 6 | 4  | 4  | 10 |
| Roast Beef   | 344 | 110 | 3  | 1 | 0 | 20 | 480  | 12 | 4  | 5 | 12 | 4  | 15 |
| Spicy Crispy Chicken (includes Creamy Sriracha)      | 442 | 360 | 15 | 4 | 0 | 50 | 1100 | 34 | 5  | 7 | 25 | 10 | 20 |
| Subway Club  | 359 | 130 | 4  | 1 | 0 | 30 | 580  | 13 | 4  | 6 | 13 | 4  | 10 |
| Tuna Salad (includes Light Mayonnaise Type Dressing) | 358 | 190 | 11 | 2 | 0 | 50 | 440  | 12 | 4  | 5 | 14 | 4  | 10 |
| Turkey Bacon Avocado                                 | 387 | 230 | 13 | 4 | 0 | 40 | 760  | 15 | 6  | 6 | 15 | 4  | 10 |
| Veggie Patty   | 372 | 220 | 10 | 1 | 0 | 0  | 390  | 26 | 12 | 7 | 9  | 6  | 20 |

## BREAKFAST

**English Muffin Breakfast Sandwiches\*\*** Values include English Muffin, scrambled egg patty and processed cheddar cheese.

|   | Serving Size (g) | Calories | Total Fat (g) | Sat. Fat (g) | Trans Fat (g)* | Chol. (mg) | Sodium (mg) | Carb. (g) | Dietary Fiber (g) | Sugars (g) | Protein(g) | Calcium % DV | Iron % DV |
|---|------------------|----------|---------------|--------------|----------------|------------|-------------|-----------|-------------------|------------|------------|--------------|-----------|
| Egg & Bacon English Muffin  | 158              | 340      | 18            | 5            | 0              | 237        | 790         | 27        | 2                 | 2          | 17         | 6            | 0         |
| Egg & Cheese English Muffin   | 153              | 310      | 16            | 5            | 0              | 230        | 700         | 26        | 2                 | 2          | 16         | 6            | 10        |
| Egg & Ham English Muffin  | 162              | 320      | 16            | 5            | 0              | 235        | 770         | 27        | 2                 | 3          | 17         | 6            | 10        |
| Egg & Sausage English Muffin  | 182              | 410      | 25            | 8            | 0              | 250        | 900         | 27        | 2                 | 3          | 19         | 6            | 10        |
| <b>6" Breakfast Sandwiches</b>  |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Values include 6" Italian bread scrambled egg patty, Processed Cheddar cheese, Mayonnaise, spinach and tomatoes. Double values for footlong nutrition information (one footlong=two 6" servings). For builds with Light Mayonnaise Type Dressing, subtract 50 calories. |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Egg & Bacon   | 227              | 500      | 31            | 8            | 0              | 255        | 1100        | 39        | 2                 | 4          | 22         | 6            | 15        |
| Egg & Cheese  | 217              | 450      | 27            | 7            | 0              | 240        | 920         | 39        | 2                 | 4          | 18         | 6            | 10        |
| Egg & Ham   | 244              | 480      | 28            | 7            | 0              | 250        | 1120        | 41        | 2                 | 5          | 21         | 6            | 10        |
| Egg & Sausage   | 274              | 650      | 45            | 13           | 0              | 280        | 1320        | 40        | 2                 | 5          | 25         | 6            | 15        |
| <b>Regular Breakfast Wraps</b>  |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Values include wrap, scrambled egg patty, Processed cheddar cheese, Mayonnaise, spinach and tomatoes. For builds with Light Mayonnaise Type Dressing, subtract 50 calories.   |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Egg & Bacon   | 264              | 640      | 37            | 8            | 0              | 255        | 1330        | 55        | 3                 | 4          | 23         | 10           | 20        |
| Egg & Cheese  | 254              | 590      | 33            | 7            | 0              | 240        | 1150        | 55        | 3                 | 4          | 19         | 10           | 20        |
| Egg & Ham   | 281              | 620      | 34            | 7            | 0              | 250        | 1350        | 57        | 3                 | 5          | 23         | 10           | 20        |
| Egg & Sausage   | 311              | 790      | 51            | 13           | 0              | 280        | 1540        | 56        | 3                 | 5          | 27         | 10           | 20        |
| <b>Breakfast Sidekicks</b>  |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Values include potato bun, scrambled egg patty and Canadian cheddar cheese  |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Egg & Bacon Sidekick  | 135              | 350      | 23            | 5            | 0              | 270        | 680         | 23        | 2                 | 4          | 14         | 6            | 15        |
| Egg & Cheese Sidekick   | 130              | 330      | 21            | 5            | 0              | 265        | 590         | 23        | 2                 | 4          | 12         | 6            | 15        |
| Egg & Ham Sidekick  | 135              | 330      | 21            | 5            | 0              | 270        | 620         | 23        | 2                 | 4          | 13         | 6            | 15        |
| Egg & Sausage Sidekick  | 158              | 430      | 30            | 8            | 0              | 285        | 780         | 23        | 2                 | 4          | 16         | 6            | 15        |
| <b>BREADS &amp; CONDIMENTS</b>  |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| <b>Breads</b>   |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Double values for footlong nutrition information (one footlong=two 6" servings)   |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| 6" Italian  | 65               | 160      | 2             | 1            | 0              | 0          | 350         | 34        | 0                 | 2          | 7          | 0            | 10        |
| 6" Multigrain   | 71               | 190      | 2             | 0            | 0              | 0          | 310         | 36        | 3                 | 3          | 7          | 0            | 8         |
| 6" Harvest Grain Bread  | 75               | 210      | 3             | 0            | 0              | 0          | 310         | 37        | 4                 | 3          | 8          | 0            | 10        |
| 6" Flatbread **   | 78               | 220      | 4             | 1            | 0              | 0          | 360         | 40        | 1                 | 2          | 7          | 0            | 15        |
| 6" Italian Herbs & Cheese   | 76               | 200      | 5             | 2            | 0              | 10         | 550         | 36        | 1                 | 2          | 9          | 4            | 10        |
| English Muffin **   | 57               | 120      | 1             | 0            | 0              | 0          | 210         | 23        | 1                 | 1          | 5          | 2            | 10        |
| Gluten Free Bread (as packaged) <sup>1**</sup>  | 113              | 340      | 12            | 7            | 0              | 0          | 790         | 51        | 3                 | 7          | 6          | 0            | 2         |
| Mini Italian Bread  | 43               | 100      | 1             | 0            | 0              | 0          | 230         | 22        | 0                 | 1          | 4          | 0            | 6         |
| Mini Multigrain Bread   | 47               | 120      | 2             | 0            | 0              | 0          | 210         | 24        | 2                 | 2          | 5          | 0            | 6         |
| Potato Bun  | 39               | 110      | 2             | 0            | 0              | 15         | 190         | 20        | 1                 | 3          | 3          | 0            | 6         |
| Wrap  | 102              | 300      | 8             | 1            | 0              | 0          | 580         | 50        | 2                 | 2          | 8          | 4            | 15        |
| <b>Sandwich Condiments &amp; Add ons</b>  |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Values are for amounts on 6-inch sandwich or wrap. Double values for footlong and salad nutrition information (one footlong=two 6" servings).   |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Bacon (2 strips)  | 10               | 50       | 4             | 2            | 0              | 10         | 180         | 0         | 0                 | 0          | 4          | 0            | 2         |
| Chipotle Southwest  | 14               | 60       | 6             | 1            | 0              | 5          | 110         | 1         | 0                 | 0          | 0          | 0            | 0         |
| Creamy Sriracha**   | 14               | 40       | 4             | 1            | 0              | 5          | 240         | 2         | 0                 | 1          | 0          | 0            | 0         |
| Garlic Aioli  | 14               | 70       | 7             | 1            | 0              | 5          | 115         | 1         | 0                 | 1          | 0          | 0            | 0         |
| Green Goddess Dressing  | 14               | 50       | 5             | 1            | 0              | 5          | 160         | 1         | 0                 | 0          | 0          | 0            | 0         |
| House Sandwich Sauce  | 14               | 70       | 8             | 1            | 0              | 0          | 125         | 1         | 0                 | 1          | 0          | 0            | 0         |
| Light Mayonnaise Type Dressing **   | 14               | 50       | 5             | 1            | 0              | 15         | 100         | 1         | 0                 | 0          | 0          | 0            | 0         |
| Mayonnaise  | 14               | 100      | 11            | 2            | 0              | 10         | 70          | 0         | 0                 | 0          | 0          | 0            | 0         |
| Mustard, Yellow   | 14               | 10       | 1             | 0            | 0              | 0          | 170         | 1         | 0                 | 0          | 1          | 0            | 0         |
| Peppercorn Ranch  | 14               | 80       | 8             | 1            | 0              | 10         | 105         | 1         | 0                 | 0          | 0          | 0            | 0         |
| Smoky Honey Mustard   | 14               | 70       | 7             | 1            | 0              | 10         | 110         | 2         | 0                 | 2          | 0          | 0            | 0         |
| Sweet & Smoky BBQ   | 14               | 35       | 0             | 0            | 0              | 0          | 180         | 9         | 0                 | 7          | 0          | 0            | 0         |
| Sweet Onion Sauce   | 18               | 35       | 0             | 0            | 0              | 0          | 75          | 8         | 0                 | 7          | 0          | 0            | 0         |
| Sweet Onion Teriyaki Sauce  | 14               | 30       | 0             | 0            | 0              | 0          | 130         | 7         | 0                 | 8          | 6          | 0            | 0         |
| Pepperoni (3 slices)  | 18               | 80       | 7             | 3            | 0              | 15         | 400         | 1         | 0                 | 1          | 4          | 0            | 20        |
| <b>Seasonings (amount on 6-Inch sub, salad or wrap)</b>   |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Salt  | 0                | 0        | 0             | 0            | 0              | 0          | 160         | 0         | 0                 | 0          | 0          | 0            | 0         |
| Pepper  | 0                | 0        | 0             | 0            | 0              | 0          | 0           | 0         | 0                 | 0          | 0          | 0            | 0         |
| <b>Vegetables (amount on 6-Inch sub or wrap)</b>  |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Avocado, Smashed  | 35               | 70       | 6             | 1            | 0              | 0          | 130         | 3         | 2                 | 0          | 1          | 0            | 0         |
| Banana Peppers  | 4                | 1        | 0             | 0            | 0              | 0          | 65          | 0         | 0                 | 0          | 0          | 0            | 0         |
| Cucumbers   | 14               | 2        | 0             | 0            | 0              | 0          | 0           | 1         | 0                 | 0          | 0          | 0            | 0         |
| Green Peppers   | 7                | 1        | 0             | 0            | 0              | 0          | 0           | 0         | 0                 | 0          | 0          | 0            | 0         |
| Jalapeno Peppers**  | 4                | 1        | 0             | 0            | 0              | 0          | 70          | 0         | 0                 | 0          | 0          | 0            | 0         |
| Lettuce   | 21               | 3        | 0             | 0            | 0              | 0          | 0           | 0         | 0                 | 0          | 0          | 0            | 0         |
| Olives, Black   | 3                | 3        | 0             | 0            | 0              | 0          | 25          | 0         | 0                 | 0          | 0          | 0            | 0         |
| Olives, Green**   | 3                | 5        | 1             | 0            | 0              | 0          | 25          | 0         | 0                 | 0          | 0          | 0            | 0         |
| Onions, Red   | 7                | 3        | 0             | 0            | 0              | 0          | 0           | 1         | 0                 | 0          | 0          | 0            | 0         |
| Pickles   | 10               | 1        | 0             | 0            | 0              | 0          | 115         | 0         | 0                 | 0          | 0          | 0            | 0         |
| Spinach, Baby   | 7                | 2        | 0             | 0            | 0              | 0          | 5           | 0         | 0                 | 0          | 0          | 0            | 2         |
| Tomatoes  | 35               | 5        | 0             | 0            | 0              | 0          | 0           | 1         | 0                 | 1          | 0          | 0            | 0         |
| <b>Cheese (amount on 6-Inch sandwich, salad or wrap)</b>  |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Canadian Cheddar  | 11               | 45       | 4             | 3            | 0              | 10         | 75          | 0         | 0                 | 0          | 3          | 4            | 0         |
| Cheddar, Processed  | 11               | 40       | 3             | 2            | 0              | 10         | 200         | 0         | 0                 | 0          | 2          | 4            | 0         |
| Feta **   | 14               | 45       | 4             | 2            | 0              | 10         | 150         | 0         | 0                 | 0          | 2          | 2            | 0         |
| Monterey Cheddar, Shredded  | 14               | 60       | 5             | 3            | 0              | 15         | 100         | 1         | 0                 | 0          | 3          | 6            | 0         |
| Parmesan, Grated  | 3                | 10       | 1             | 0            | 0              | 5          | 65          | 0         | 0                 | 0          | 1          | 0            | 0         |
| Swiss**   | 14               | 50       | 4             | 3            | 0              | 15         | 35          | 0         | 0                 | 0          | 4          | 8            | 0         |
| <b>Individual Proteins (amount on 6" sub, regular wrap or salad, double values for footlong or large wrap)</b>  |                  |          |               |              |                |            |             |           |                   |            |            |              |           |
| Chicken, Grilled  | 64               | 60       | 1             | 0            | 0              | 30         | 340         | 1         | 1                 | 1          | 11         | 0            | 0         |
| Chicken Strips, Plain   | 71               | 80       | 2             | 1            | 0              | 50         | 210         | 1         | 0                 | 0          | 15         | 0            | 2         |

|                                      | Serving Size (g) | Calories | Total Fat (g) | Sat. Fat (g) | Trans Fat (g)* | Chol. (mg) | Sodium (mg) | Carb. (g) | Dietary Fiber (g) | Sugars (g) | Protein(g) | Calcium % DV | Iron % DV |
|--------------------------------------|------------------|----------|---------------|--------------|----------------|------------|-------------|-----------|-------------------|------------|------------|--------------|-----------|
| Chicken Strips, Teriyaki Glazed      | 85               | 100      | 2             | 1            | 0              | 50         | 380         | 4         | 0                 | 1          | 15         | 0            | 2         |
| Cold Cut Combo Meats                 | 64               | 190      | 16            | 6            | 0              | 35         | 550         | 3         | 1                 | 1          | 9          | 2            | 4         |
| Crispy Chicken                       | 120              | 230      | 7             | 1            | 0              | 40         | 480         | 23        | 1                 | 2          | 19         | 2            | 10        |
| Egg Patty, Regular                   | 85               | 150      | 12            | 3            | 0              | 220        | 290         | 3         | 1                 | 1          | 8          | 0            | 0         |
| Ham, Black Forest                    | 54               | 50       | 2             | 1            | 0              | 25         | 560         | 4         | 0                 | 1          | 7          | 0            | 2         |
| Italian B.M.T.® Meats                | 53               | 170      | 14            | 5            | 0              | 40         | 860         | 2         | 0                 | 1          | 9          | 0            | 20        |
| Meatballs (regular) with Marinara    | 139              | 240      | 15            | 6            | 1              | 45         | 720         | 12        | 2                 | 5          | 15         | 4            | 15        |
| Roast Beef**                         | 57               | 60       | 2             | 1            | 0              | 20         | 410         | 2         | 0                 | 1          | 9          | 0            | 4         |
| Rotisserie-Style Chicken             | 71               | 100      | 3             | 1            | 0              | 45         | 260         | 1         | 0                 | 0          | 17         | 0            | 4         |
| Salami                               | 59               | 230      | 20            | 7            | 1              | 50         | 1070        | 2         | 0                 | 1          | 11         | 0            | 2         |
| Sausage Patty, Breakfast (2 patties) | 57               | 200      | 18            | 7            | 0              | 40         | 400         | 1         | 0                 | 0          | 7          | 0            | 2         |
| Steak (no cheese)                    | 71               | 110      | 5             | 2            | 0              | 40         | 540         | 3         | 0                 | 2          | 14         | 0            | 6         |
| Subway Club® Meats**                 | 72               | 80       | 3             | 1            | 0              | 30         | 510         | 3         | 0                 | 1          | 10         | 0            | 4         |
| Tuna                                 | 71               | 230      | 20            | 3            | 0              | 40         | 310         | 0         | 0                 | 0          | 11         | 0            | 2         |
| Turkey Breast                        | 55               | 60       | 1.5           | 0            | 0              | 30         | 380         | 3         | 0                 | 1          | 8          | 0            | 2         |
| Veggie Patty**                       | 85               | 170      | 9             | 1            | 0              | 0          | 320         | 17        | 8                 | 2          | 6          | 2            | 10        |

## DESSERTS & SIDES

| Cookies & Desserts  |     |     |    |    |   |    |      |    |   |    |    |    |    |
|---|-----|-----|----|----|---|----|------|----|---|----|----|----|----|
| Chocolate Chunk Cookie                                    | 45  | 220 | 10 | 5  | 0 | 10 | 95   | 29 | 1 | 16 | 2  | 0  | 8  |
| Double Chocolate Cookie**                                 | 45  | 210 | 9  | 5  | 0 | 15 | 125  | 29 | 1 | 20 | 2  | 0  | 10 |
| Chocolate Chip with M&M® Candies Cookie                   | 45  | 210 | 9  | 5  | 0 | 10 | 110  | 29 | 1 | 16 | 3  | 0  | 8  |
| Oatmeal Raisin Cookie**                                   | 45  | 200 | 8  | 4  | 0 | 15 | 110  | 30 | 1 | 16 | 3  | 0  | 6  |
| Raspberry Cheesecake Cookie**                             | 45  | 210 | 9  | 5  | 0 | 15 | 115  | 29 | 0 | 16 | 2  | 0  | 6  |
| Smores Cookie**   | 49  | 220 | 9  | 5  | 0 | 15 | 140  | 34 | 1 | 21 | 2  | 0  | 6  |
| White Chip Macadamia Nut Cookie                           | 45  | 210 | 10 | 5  | 0 | 15 | 125  | 28 | 1 | 17 | 2  | 0  | 6  |
| GoGo squeeZ® Apple  | 90  | 50  | 0  | 0  | 0 | 0  | 0    | 12 | 1 | 10 | 0  | 0  | 0  |
| Brownie, Gluten Free**                                    | 80  | 350 | 16 | 2  | 0 | 60 | 180  | 48 | 2 | 34 | 3  | 0  | 0  |
| Potato Bites with Dip (includes Southwest Chipotle sauce) | 112 | 290 | 22 | 5  | 0 | 10 | 550  | 21 | 2 | 2  | 2  | 0  | 0  |
| Soup** ( 8oz/255 ml bowl)                                 |     |     |    |    |   |    |      |    |   |    |    |    |    |
| Beef & Barley   | 100 | 50  | 1  | 0  | 0 | 1  | 350  | 8  | 1 | 2  | 3  | 1  | 2  |
| Beef Chili  | 251 | 360 | 22 | 8  | 1 | 72 | 800  | 21 | 4 | 6  | 21 | 6  | 27 |
| Cream of Broccoli   | 227 | 150 | 7  | 4  | 0 | 23 | 710  | 18 | 2 | 7  | 6  | 10 | 3  |
| Cream of Mushroom   | 243 | 150 | 7  | 4  | 0 | 24 | 850  | 14 | 1 | 6  | 6  | 8  | 3  |
| Chicken Noodle  | 227 | 100 | 3  | 1  | 0 | 25 | 780  | 12 | 1 | 2  | 6  | 1  | 3  |
| Loaded Baked Potato                                       | 227 | 180 | 11 | 6  | 0 | 35 | 770  | 15 | 1 | 3  | 5  | 3  | 1  |
| Mac & Cheese  | 227 | 420 | 25 | 13 | 1 | 69 | 1320 | 34 | 1 | 5  | 14 | 15 | 8  |

Nutrition information compiled from the following data: Nutrition analysis from approved food manufacturers, an independent laboratory 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.

\*Meat and dairy products naturally occurring trans fat.

\*\*Regional and Limited Time Offer 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. Nutritional information for these sandwiches is based on the most common formulas and ingredients.

†The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free.