2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Spicy Italian on Plain Wrap

Steak & Cheese on Plain Wrap

Sweet Onion Chicken Teriyaki on Plain Wrap

Tuna on Plain Wrap

Veggie Delight on Plain Wrap

**Make any Sandwich into a 6" Fresh Melt.**

**Spicy Italian**

**Steak & Cheese (with American cheese and Mayo)**

**Sweet Onion Chicken Teriyaki**

**Vegan Patty on Plain Wrap**

Values include cheese, and all the select vegetables. Double values for footlong nutrition information (one footlong=two 6" servings).

**Spicy Italian**

**Steak & Cheese (with American cheese and Mayo)**

**Sweet Onion Chicken Teriyaki**

**Vegan Patty on Plain Wrap**

**Make any Sandwich into a 6" Fresh Melt Limited Time Offer/Regional Wrap**

**Spicy Italian**

**Steak & Cheese (with American cheese and Mayo)**

**Sweet Onion Chicken Teriyaki**

**Vegan Patty on Plain Wrap**

**Make any Sandwich into a 6" Black Forest Ham, Egg White & Cheese Flatbread**

**Veggie Patty on Plain Wrap**

**B.L.T. on Plain Wrap**

Grilled Chicken on Plain Wrap

Oven Roasted Turkey & Ham on Plain Wrap

Pizza Sub on Plain Wrap

**Make any Sandwich into a 6" Fresh Melt Limited Time Offer/Regional Wrap**

**Big Hot Pastrami**

**Oven Roasted Chicken**

**Make any Sandwich into a Salad**

**Black Forest Ham**

**Buffalo Chicken (with Grilled Chicken)**

**Chicken & Bacon Ranch (with Rotisserie-Style Chicken and Pepper jack Ranch Sauce)**

**Cold Cut Combo**

**Italian B.M.T.**

**Meatball Marinara**

**Oven Roasted Turkey**

**Oven Roasted Turkey & Ham**

**Pizza Sub**

**Veggie Patty**

**Big Hot Pastrami**

**Oven Roasted Chicken**

**Make any Sandwich into a Salad Limited Time Offer/Regional Wrap**

**Big Hot Pastrami**

**B.L.T.**

**Grilled Chicken**

**Oven Roasted Chicken**

**Oven Roasted Turkey & Ham**

**Pizza Sub**

**Veggie Patty**

**Make any Footlong a Protein Bowl**

**Black Forest Ham**

**Buffalo Chicken (with Grilled Chicken)**

**Chicken & Bacon Ranch (with Rotisserie-Style Chicken)**

**Cold Cut Combo**

**Italian B.M.T.**

**Meatball Marinara**

**Oven Roasted Turkey**

**Oven Roasted Turkey & Ham**

**Pizza Sub**

**Veggie Patty**

**Make any Footlong a Protein Bowl Limited Time Offer/Regional**

**Big Hot Pastrami**

**B.L.T.**

**Grilled Chicken**

**Oven Roasted Chicken**

**Oven Roasted Turkey & Ham**

**Pizza Sub**

**Veggie Patty**

**Make any Footlong a Protein Bowl with Regular Egg**

**Veggie Patty**

**Make any Egg White & Cheese Flatbread**

**Make any Egg White & Cheese Flatbread with Egg White**

**Make any Black Forest Ham, Egg White & Cheese Flatbread**

**Make any Egg White & Cheese Flatbread with Egg White**

**Make any 6" Artisan Flatbread (with Egg White)**

**Make any 6" Artisan Flatbread (with Regular Egg)**

**Make any Breakfast & Pizza & Sliders**

**Omelet on 6" Artisan Flatbread (with Egg White)**

**Omelet on 6" Artisan Flatbread (with Regular Egg)**

**SALADS**

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

**Black Forest Ham**

**Buffalo Chicken (with Grilled Chicken)**

**Chicken & Bacon Ranch (with Rotisserie-Style Chicken and Pepperjack Ranch Sauce)**

**Cold Cut Combo**

**Italian B.M.T.**

**Meatball Marinara**

**Oven Roasted Turkey**

**Oven Roasted Turkey & Ham**

**Pizza Sub**

**Veggie Patty**

**Protein Bowls**

Values include footlong meat portion, lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or cheese unless noted.

**Black Forest Ham**

**Buffalo Chicken (with Grilled Chicken)**

**Chicken & Bacon Ranch (with Rotisserie-Style Chicken)**

**Cold Cut Combo**

**Italian B.M.T.**

**Meatball Marinara**

**Oven Roasted Turkey**

**Oven Roasted Turkey & Ham**

**Pizza Sub**

**Veggie Patty**

**Breakfast & Pizza & Sliders**

Values include 6" flatbread, egg white and American cheese. Double values for footlong nutrition information (one footlong=two 6" servings).

**Black Forest Ham**

**Egg White & Cheese Flatbread**

**Bacon, Egg White & Cheese Flatbread**

**Streak, Egg White & Cheese Flatbread**

**Omelet on 6" Artisan Flatbread (with Egg White)**

**Omelet on 6" Artisan Flatbread (with Regular Egg)**
<table>
<thead>
<tr>
<th>Serving Size (g)</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Chol. (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Vit A (% DV)</th>
<th>Vit C (% DV)</th>
<th>Calcium (% DV)</th>
<th>Iron (% DV)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tomatoes (3 wheels)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Onions</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Green Chiles</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Avocado, Sliced</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Spinach Wrap</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Little Cheesesteak (includes American Cheese and Baja Chipotle Sauce)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Nutrition Information

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from approved food manufacturers, independent laboratories and the USDA 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 season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly. Nutrition information for these items is based on the most common formula 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.

#### DESSERTS & SIDES

<table>
<thead>
<tr>
<th>Dessert</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Chol. (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugar (g)</th>
<th>Added Sugar (g)</th>
<th>Protein (g)</th>
<th>Vitamin A (%)</th>
<th>Vitamin C (%)</th>
<th>Calcium (%)</th>
<th>Iron (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate Chip</td>
<td>45</td>
<td>210</td>
<td>10</td>
<td>30</td>
<td>&lt;1</td>
<td>18</td>
<td>18</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oatmeal Raisin</td>
<td>45</td>
<td>200</td>
<td>8</td>
<td>40</td>
<td>0</td>
<td>10</td>
<td>120</td>
<td>30</td>
<td>&lt;1</td>
<td>18</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Raspberry Cheesecake**</td>
<td>45</td>
<td>210</td>
<td>9</td>
<td>50</td>
<td>0</td>
<td>15</td>
<td>150</td>
<td>20</td>
<td>&lt;1</td>
<td>15</td>
<td>2</td>
<td>0</td>
<td>15</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>White Chip Macadamia Nut</td>
<td>45</td>
<td>210</td>
<td>9</td>
<td>50</td>
<td>0</td>
<td>15</td>
<td>150</td>
<td>20</td>
<td>&lt;1</td>
<td>15</td>
<td>2</td>
<td>0</td>
<td>15</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Appetizer**</td>
<td>50</td>
<td>70</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>10</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Biscuit &amp; Gravy**</td>
<td>134</td>
<td>340</td>
<td>18</td>
<td>10</td>
<td>5</td>
<td>1140</td>
<td>39</td>
<td>&lt;1</td>
<td>3</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Cinnamon Rolls**</td>
<td>163</td>
<td>570</td>
<td>20</td>
<td>10</td>
<td>5</td>
<td>630</td>
<td>89</td>
<td>3</td>
<td>31</td>
<td>0</td>
<td>8</td>
<td>8</td>
<td>0</td>
<td>4</td>
<td>15</td>
</tr>
<tr>
<td>Hash Browns**</td>
<td>100</td>
<td>220</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>90</td>
<td>80</td>
<td>4</td>
<td>30</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Muffin, Apple Cinnamon**</td>
<td>113</td>
<td>430</td>
<td>24</td>
<td>4</td>
<td>0</td>
<td>370</td>
<td>53</td>
<td>2</td>
<td>31</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>8</td>
<td>6</td>
<td>10</td>
</tr>
<tr>
<td>Muffin, Blueberry Crumb**</td>
<td>113</td>
<td>410</td>
<td>17</td>
<td>4</td>
<td>0</td>
<td>440</td>
<td>59</td>
<td>2</td>
<td>31</td>
<td>0</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Muffin, Double Chocolate**</td>
<td>113</td>
<td>350</td>
<td>11</td>
<td>8</td>
<td>0</td>
<td>420</td>
<td>61</td>
<td>3</td>
<td>41</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Soup** (8 oz. bowl)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef Chili with Beans**</td>
<td>251</td>
<td>360</td>
<td>22</td>
<td>8</td>
<td>1</td>
<td>70</td>
<td>800</td>
<td>21</td>
<td>4</td>
<td>6</td>
<td>5</td>
<td>3</td>
<td>21</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>Bruschetta Cheddar**</td>
<td>227</td>
<td>200</td>
<td>16</td>
<td>8</td>
<td>0</td>
<td>45</td>
<td>960</td>
<td>16</td>
<td>&lt;1</td>
<td>7</td>
<td>0</td>
<td>9</td>
<td>20</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>Chicken Noodle**</td>
<td>227</td>
<td>70</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>15</td>
<td>1160</td>
<td>6</td>
<td>&lt;1</td>
<td>1</td>
<td>0</td>
<td>7</td>
<td>15</td>
<td>2</td>
<td>20</td>
</tr>
<tr>
<td>Loaded Baked Potato with Bacon**</td>
<td>227</td>
<td>200</td>
<td>14</td>
<td>7</td>
<td>0</td>
<td>45</td>
<td>930</td>
<td>17</td>
<td>4</td>
<td>9</td>
<td>10</td>
<td>15</td>
<td>10</td>
<td>15</td>
<td>10</td>
</tr>
</tbody>
</table>

*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.

**Individual Proteins

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugar (g)</th>
<th>Added Sugar (g)</th>
<th>Protein (g)</th>
<th>Vitamin A (%)</th>
<th>Vitamin C (%)</th>
<th>Calcium (%)</th>
<th>Iron (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Forest Ham</td>
<td>57</td>
<td>70</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>30</td>
<td>490</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>110</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Chicken Patty, Oven Roasted**</td>
<td>71</td>
<td>80</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>45</td>
<td>400</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>110</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Egg Patty (regular)</td>
<td>85</td>
<td>180</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>240</td>
<td>220</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>18</td>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>Egg Patty (waffle)</td>
<td>95</td>
<td>90</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>100</td>
<td>200</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>18</td>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>Grilled Chicken</td>
<td>71</td>
<td>80</td>
<td>2</td>
<td>2</td>
<td>0</td>
<td>50</td>
<td>210</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>18</td>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>Grilled Chicken, Buffalo</td>
<td>99</td>
<td>90</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>50</td>
<td>900</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>18</td>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>Italian B.M.T.MEats</td>
<td>64</td>
<td>180</td>
<td>14</td>
<td>5</td>
<td>0</td>
<td>50</td>
<td>800</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>110</td>
<td>8</td>
<td>2</td>
</tr>
<tr>
<td>Meatballs</td>
<td>139</td>
<td>250</td>
<td>16</td>
<td>6</td>
<td>1</td>
<td>40</td>
<td>700</td>
<td>14</td>
<td>3</td>
<td>5</td>
<td>2</td>
<td>13</td>
<td>10</td>
</tr>
<tr>
<td>Pastrami**</td>
<td>57</td>
<td>130</td>
<td>10</td>
<td>3</td>
<td>0</td>
<td>35</td>
<td>470</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>9</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Peppersoni, (3 slices)</td>
<td>18</td>
<td>80</td>
<td>7</td>
<td>3</td>
<td>0</td>
<td>20</td>
<td>290</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Pepperoni, Oven Roasted**</td>
<td>71</td>
<td>80</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>40</td>
<td>420</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>14</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Rotini, Cheese Sauce</td>
<td>71</td>
<td>90</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>50</td>
<td>400</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Spicy Italian Meat</td>
<td>59</td>
<td>250</td>
<td>22</td>
<td>8</td>
<td>0</td>
<td>60</td>
<td>630</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>11</td>
<td>0</td>
<td>15</td>
</tr>
<tr>
<td>Steak (w/cheese)</td>
<td>71</td>
<td>130</td>
<td>5</td>
<td>2</td>
<td>0</td>
<td>45</td>
<td>400</td>
<td>4</td>
<td>0</td>
<td>1</td>
<td>110</td>
<td>8</td>
<td>0</td>
</tr>
<tr>
<td>Subway Club® MEats</td>
<td>92</td>
<td>110</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>45</td>
<td>700</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>23</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Tuna</td>
<td>74</td>
<td>250</td>
<td>23</td>
<td>2</td>
<td>0</td>
<td>40</td>
<td>330</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>12</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Grape Patti**</td>
<td>85</td>
<td>130</td>
<td>9</td>
<td>1</td>
<td>0</td>
<td>120</td>
<td>17</td>
<td>8</td>
<td>2</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary.