HONG KONG NUTRITION INFORMATION

July 2020

Per Serving	Serving Size (g)	Energy (kcal)	Protein(g)	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)
6-inch Sandwiches with 6 grams of Fat or Less	Values include white bread, lettuce, tomatoes, onions, green peppers and cucumbers.									
BLT	132	238	10	3	0	0	37	2	4	332
Chicken Teriyaki	236	309	23	3	1	24	46	3	10	739
Chicken Chili	236	312	23	3	1	24	46	3	12	742
Ham	208	278	18	4	1	28	41	3	6	716
Oven Roasted Chicken Breast	229	307	26	4	1	32	41	3	6	583
Roast Beef	208	278	22	4	1	36	39	3	5	553
Subway Club	211	275	19	4	1	28	40	3	5	695
Turkey Breast	194	252	15	3	1	15	40	3	5	604
Turkey Breast & Ham	208	267	17	4	1	22	41	3	6	745
Veggie Delite	151	211	8	2	0	0	39	3	5	243
6-inch Sandwiches	Values include white bread, lettuce, tomatoes, onions, green peppers and cucumbers.									
Avocado	241	375	10	17	3	0	45	7	6	507
Egg Mayo	225	671	16	20	4	7	39	3	5	405
Italian BMT	215	397	20	17	6	48	41	3	6	1071
Spicy Italian	211	465	20	25	9	57	41	3	6	1228
Steak & Cheese	233	365	26	10	5	0	40	3	5	776
Subway Melt (includes cheese)	228	345	23	10	4	24	42	3	6	957
Tuna	225	461	20	25	4	34	39	3	5	558
Vegan Supreme	241	389	16	11	3	0	54	8	7	540
6-inch Breakfast Sandwiches on White Bread	Values include white bread, lettuce, tomatoes, onions, green peppers and cucumbers.									
Bacon, Egg & Cheese	208	513	17	15	4	3	40	3	5	549
Egg & Cheese	199	479	14	14	4	3	39	3	5	460
Ham, Egg & Cheese	227	508	18	15	4	15	41	3	6	718
Steak, Egg & Cheese	234	536	22	17	5	3	40	3	5	656
Salads	Values include lettuce, tomatoes, onions, green peppers, cucumbers and olives.									
BLT	283	86	5	2	0	0	11	3	6	162
Chicken Teriyaki	359	151	18	2	0	24	18	4	12	567
Chicken Chili	359	154	18	2	0	24	18	4	13	570
Ham	331	120	12	3	1	28	13	3	7	545
Oven Roasted Chicken Breast	352	148	20	3	1	32	13	3	7	412
Roast Beef	331	120	17	3	1	36	11	4	7	382
Subway Club	333	117	14	3	1	28	12	4	7	523
Turkey Breast	316	93	9	2	0	15	12	3	6	433
Turkey Breast & Ham	331	109	11	2	1	22	13	3	7	574
Veggie Delite	274	52	2	1	0	0	11	3	6	72
Avocado	364	216	4	16	3	0	16	8	7	336
Egg Mayo	348	512	10	18	4	7	11	3	6	234
Italian BMT	338	239	14	15	6	48	13	4	7	899
Spicy Italian	334	307	14	23	9	57	13	4	7	1057
Steak & Cheese	356	206	21	9	4	0	12	3	7	605
Subway Melt (includes cheese)	351	186	17	8	4	24	13	4	7	786
Tuna	348	302	14	23	3	34	11	3	6	387
Vegan Supreme	364	230	10	9	2	0	26	9	8	369
Cookies										
Chocolate Chip	45	206	2	10	5	12	28	1	17	131
Double Chocolate Chip	45	200	2	9	5	14	28	1	19	130
Oatmeal Raisin	45	200	2	8	4	14	30	1	16	130
Raspberry Cheesecake	45	203	2	9	5	12	29	0	16	121
White Chip Macadamia Nut	45	217	2	11	5	15	28	1	18	143
Breads										
6" Italian (White) Bread	67	195	7	2	0	0	35	2	3	239
6" Wheat Bread	69	195	8	2	0	0	35	3	3	271
6" Honey Oat	74	213	8	2	0	0	38	3	5	291
6" Parmesan Oregano Bread	72	212	8	3	0	0	37	2	3	449
Wrap	65	198	5	5	3	0	33	1	2	526
Sandwich Toppings (Amount on 6-inch Sub)										
BBQ	7	12	0	0	0	0	3	0	3	56
Chipotle Southwest Sauce	8	38	0	4	1	0	1	0	0	59
Honey Mustard Sauce, Fat Free	11	17	0	0	0	0	4	0	3	55
Hot Chili Sauce	10	16	0	0	0	0	4	0	3	84
Mayonnaise	9	64	0	7	1	4	0	0	0	48
Mustard yellow or deli brown	7	5	0	0	0	0	0	0	0	84
Ranch Dressing	9	41	0	4	1	0	1	0	0	80
Sweet Onion Sauce, Fat Free	10	18	0	0	0	0	4	0	4	35
Thousand Island Dressing	9	41	0	4	0	5	2	0	2	107
Meat, Poultry, Seafood, Eggs and Veggie Patty (amount on a 6")										
Bacon (2 Strips)	9	34	2	1	0	0	0	0	0	90
Chicken Strips, Plain	71	77	16	1	0	26	1	0	1	363
Chicken Strips, Hot Chili Sauce	85	102	15	1	0	24	8	0	7	499
Chicken Strips, Teriyaki Glazed Mixture	85	99	15	1	0	24	7	0	6	496
Chicken, Oven Roasted	78	96	17	2	1	32	2	0	1	340
Egg & Mayonnaise Mixture	74	460	8	18	3	7	1	0	1	162
Ham (Black forest)	57	67	10	2	1	28	2	0	1	473
Italian B.M.T.™ Meats (Ham, Pepperoni, Salami)	64	186	12	14	5	48	2	0	1	828
Roast Beef	57	67	14	2	1	36	1	0	1	310
Spicy Italian meats (Pepperoni & Salami)	60	254	11	22	8	57	2	0	1	985
Steak, Diced	71	115	16	5	2	0	1	0	1	398
Tuna & Mayonnaise Mixture	74	250	12	22	3	34	0	0	0	315
Turkey Breast	43	41	7	1	0	15	1	0	0	361
Vegan Patty	90	178	8	8	2	0	15	5	2	297
Cheeses (Amount on 6-inch Sub)										
Mozzarella, Shredded	10	25	2	2	1	6	0	0	0	41
Triangle Sliced Cheese	11	39	2	3	2	0	1	0	0	136
Vegetables (Amount on 6-inch Sub)										
Avocado	35	79	1	7	1	0	3	2	0	33
Cucumbers (3 slices)	14	2	0	0	0	0	1	0	0	0
Green Peppers (3 strips)	7	1	0	0	0	0	0	0	0	0
Jalapeno Peppers (3 rings)	4	1	0	0	0	0	0	0	0	59
Lettuce	21	3	0	0	0	0	1	0	0	2
Onions	7	3	0	0	0	0	1	0	0	0
Pickles (3 chips)	9	1	0	0	0	0	0	0	0	113
Olives (3 rings)	3	4	0	0	0	0	0	0	0	26
Tomatoes (3 wheels)	35	6	0	0	0	0	1	0	1	2

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Per 100g	Serving Size (g)	Energy (kcal)	Protein(g)	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)
6-inch Sandwiches with 6 grams of Fat or Less										
BLT	100	181	8	2	0	0	28	2	3	252
Chicken Teriyaki	100	131	10	1	0	10	19	1	4	313
Chicken Chili	100	132	10	1	0	10	20	1	5	314
Ham	100	134	9	2	1	14	20	1	3	345
Oven Roasted Chicken Breast	100	134	11	2	0	14	18	1	3	255
Roast Beef	100	134	11	2	1	17	19	1	3	266
Subway Club	100	131	9	2	0	13	19	1	3	330
Turkey Breast	100	130	8	2	0	8	21	1	3	312
Turkey Breast & Ham	100	129	8	2	0	11	20	1	3	359
Veggie Delite	100	140	5	2	0	0	26	2	3	161
6-inch Sandwiches										
Avocado	100	155	4	7	1	0	18	3	2	210
Egg Mayo	100	298	7	9	2	3	17	1	2	180
Italian BMT	100	185	9	8	3	22	19	1	3	497
Spicy Italian	100	221	9	12	4	27	19	1	3	582
Steak & Cheese	100	156	11	4	2	0	17	1	2	333
Subway Melt (includes cheese)	100	151	10	4	2	11	18	1	3	420
Tuna	100	205	9	11	2	15	17	1	2	248
Vegan Supreme	100	161	7	4	1	0	22	3	3	224
6-inch Breakfast Sandwiches										
Bacon, Egg & Cheese	100	246	8	7	2	2	19	1	2	264
Egg & Cheese	100	240	7	7	2	2	20	1	3	231
Ham, Egg & Cheese	100	224	8	7	2	7	18	1	3	316
Steak, Egg & Cheese	100	229	9	7	2	1	17	1	2	280
Salads										
BLT	100	30	2	1	0	0	4	1	2	57
Chicken Teriyaki	100	42	5	1	0	7	5	1	3	158
Chicken Chili	100	43	5	1	0	7	5	1	4	159
Ham	100	36	4	1	0	9	4	1	2	165
Oven Roasted Chicken Breast	100	42	6	1	0	9	4	1	2	117
Roast Beef	100	36	5	1	0	11	3	1	2	115
Subway Club	100	35	4	1	0	8	4	1	2	157
Turkey Breast	100	29	3	1	0	5	4	1	2	137
Turkey Breast & Ham	100	33	3	1	0	7	4	1	2	174
Veggie Delite	100	19	1	0	0	0	4	1	2	26
Avocado	100	59	1	4	1	0	4	2	2	92
Egg Mayo	100	147	3	5	1	2	3	1	2	67
Italian BMT	100	71	4	5	2	14	4	1	2	266
Spicy Italian	100	92	4	7	3	17	4	1	2	317
Steak & Cheese	100	58	6	3	1	0	3	1	2	170
Subway Melt (includes cheese)	100	53	5	2	1	7	4	1	2	224
Tuna	100	87	4	7	1	10	3	1	2	111
Vegan Supreme	100	63	3	3	1	0	7	2	2	101
Cookies										
Chocolate Chip	100	458	4	22	11	26	62	2	38	291
Double Chocolate Chip	100	443	5	20	11	30	62	2	41	289
Oatmeal Raisin	100	444	5	18	8	31	66	3	35	289
Raspberry Cheesecake	100	451	4	20	10	27	64	1	35	268
White Chip Macadamia Nut	100	482	5	24	12	33	63	1	39	318
Breads										
Italian (White) Bread	100	292	11	3	1	0	53	3	4	356
Wheat Bread	100	282	11	3	1	0	51	4	4	393
Honey Oat	100	288	11	3	1	0	51	4	6	393
Parmesan Oregano Bread	100	295	12	4	1	0	52	3	4	623
Wrap	100	307	8	8	4	0	51	2	3	816
Sandwich Toppings										
BBQ	100	176	1	0	0	0	41	1	36	798
Chipotle Southwest Sauce	100	472	2	48	8	0	9	0	5	735
Honey Mustard Sauce, Fat Free	100	152	1	1	0	0	34	1	29	499
Hot Chili Sauce	100	158	1	0	0	0	36	1	33	836
Mayonnaise	100	715	1	79	11	44	0	0	0	534
Mustard yellow or deli brown	100	66	4	4	0	1	5	3	0	1200
Ranch Dressing	100	455	2	46	8	0	8	0	4	890
Sweet Onion Sauce, Fat Free	100	182	0	0	0	0	42	0	38	354
Thousand Island Dressing	100	459	1	41	4	52	21	0	19	1186
Meat, Poultry, Seafood, Eggs and Veggie Patty										
Bacon	100	375	27	10	0	0	3	0	0	998
Chicken Strips, Plain	100	108	23	1	0	36	1	0	1	512
Chicken Strips, Hot Chili Sauce	100	120	18	1	0	28	9	0	8	587
Chicken Strips, Teriyaki Glazed Mixture	100	116	18	1	0	28	8	0	7	583
Chicken, Oven Roasted	100	123	22	2	1	41	3	0	2	436
Egg & Mayonnaise Mixture	100	621	10	24	5	9	1	0	1	219
Ham (Black forest)	100	119	17	4	1	50	4	0	2	835
Italian B.M.T.™ Meats (Ham, Pepperoni, Salami)	100	290	18	22	8	75	4	0	2	1289
Roast Beef	100	118	25	3	2	63	1	0	1	544
Spicy Italian meats (Pepperoni & Salami)	100	426	19	38	14	95	3	1	2	1647
Steak, Diced	100	162	23	7	3	0	1	0	1	560
Tuna & Mayonnaise Mixture	100	338	16	30	4	46	0	0	0	426
Turkey Breast	100	96	16	2	1	35	4	0	1	850
Vegan Patty	100	198	9	9	2	0	17	6	2	330
Cheeses										
Mozzarella, Shredded	100	249	21	23	14	58	1	0	1	413
Triangle Sliced Cheese	100	342	20	27	18	0	5	0	2	1200
Vegetables										
Avocado	100	225	2	21	3	0	7	6	1	93
Cucumbers	100	15	1	0	0	0	4	1	2	2
Green Peppers	100	17	1	0	0	0	5	3	1	1
Jalapeno Peppers	100	30	1	1	0	0	6	3	6	1690
Lettuce	100	14	1	0	0	0	3	1	2	10
Onions	100	40	1	0	0	0	9	2	4	4
Pickles	100	15	0	0	0	0	2	2	0	1200
Olives	100	128	1	10	2	0	8	3	1	880
Tomatoes	100	18	1	0	0	0	4	1	3	5

*Regular SUBWAY SIX INCH® sub with 6 grams of fat or less prepared according to standard recipes on white bread without cheese or additional low-fat condiments such as mayonnaise.

**Salads are prepared according to standard recipes without cheese or additional low-fat condiments such as mayonnaise.

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.