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SUBWAY UK NUTRITION FACTS

Official Subway UK figures · 72 items with a full panel · checked 23 June 2026

Restaurant Sandwiches 16 items

ITEM	KCAL	FAT	SAT	CARBS	SUGAR	FIBRE	PROTEIN	SALT	SALT %RI
Veggie Delite	227	2.4g	0.5g	42g	6.6g	3.2g	8.3g	0.6g	10%
Philly Steak	297	3.6g	0.8g	48g	8.9g	3g	18g	1.3g	22%
Rotisserie-Style Chicken	310	7.6g	2.5g	38g	5.6g	2.5g	22g	1.4g	23%
Turkey Breast	312	6.6g	2.8g	41g	6.1g	2.7g	22g	1.8g	30%
Ham	324	7.9g	3.2g	42g	6.4g	3g	21g	1.8g	30%
Turkey & Ham	327	7.4g	3g	42g	6.3g	2.9g	23g	2g	33%
Chicken Breast	340	6.8g	3.1g	42g	7g	2.4g	26g	1.8g	30%
Chicken Tikka	345	7.1g	2.9g	43g	6.4g	3.5g	28g	1.5g	25%
BBQ Pulled Pork	346	7.7g	3.2g	43g	8.4g	2.8g	24g	1.6g	27%
Classic B.M.T.	386	16g	5.2g	41g	4.8g	2.5g	20g	2.5g	42%
Tuna Mayo	400	16g	3.4g	43g	6.6g	2.4g	22g	1.8g	30%
Plant Patty (VE)	424	14g	3.4g	51g	7.2g	5.1g	21g	2g	33%
Meatball Marinara	447	16g	5.7g	51g	12g	5.2g	23g	1.9g	32%
Tex Mexan	498	19g	5.7g	49g	9.2g	4.1g	31g	2.4g	40%
Spicy Italian	498	27g	10g	43g	5.7g	2.7g	22g	3.2g	53%
Furious Chicken	520	24g	5.8g	49g	7.2g	4.5g	26g	2.5g	42%

Wraps 15 items

ITEM	KCAL	FAT	SAT	CARBS	SUGAR	FIBRE	PROTEIN	SALT	SALT %RI
Veggie Delite Wrap	339	9.4g	3g	51g	5.3g	5.1g	9.9g	1.5g	25%
Rotisserie-Style Chicken Wrap	354	7.7g	1.1g	49g	3.6g	4.3g	19g	1.7g	28%
Philly Steak Wrap	367	7.1g	1.1g	57g	7.1g	4.9g	17g	1.9g	32%
Turkey Breast Wrap	381	10g	3.1g	50g	4.4g	4.6g	21g	2.4g	40%
Ham Wrap	393	11g	3.6g	51g	4.6g	4.9g	20g	2.4g	40%
Chicken Breast Wrap	410	10g	3.4g	51g	5.3g	4.3g	25g	2.3g	38%
Chicken Tikka Wrap	414	11g	3.3g	51g	4.7g	5.4g	27g	2.1g	35%
Turkey & Ham Wrap	415	11g	3.5g	50g	4.8g	4.9g	26g	2.9g	48%
Tuna Mayo Wrap	427	16g	1.6g	51g	4.5g	4.3g	19g	2.1g	35%
BBQ Pulled Pork Wrap	432	11g	4g	55g	6.7g	4.6g	24g	2.2g	37%
Meatball Marinara Wrap	474	16g	3.9g	59g	9.6g	7.1g	20g	2.2g	37%
Plant Patty (VE) Wrap	494	18g	3.7g	60g	5.5g	7g	20g	2.6g	43%
Classic B.M.T. Wrap	498	23g	7.7g	50g	3.4g	4.4g	22g	3.3g	55%
Spicy Italian Wrap	568	30g	10g	51g	4g	4.6g	21g	3.8g	63%
Toasted Big Breakwich Wrap	685	33g	11g	67g	7.8g	6g	29g	3.6g	60%

Salads 11 items

ITEM	KCAL	FAT	SAT	CARBS	SUGAR	FIBRE	PROTEIN	SALT	SALT %RI
Ham Salad	89	2.3g	0.7g	4.8g	3.4g	2.2g	12g	0.9g	15%
Rotisserie-Style Chicken Salad	92	2.1g	0.4g	3.5g	2.7g	1.7g	14g	0.5g	8%
Philly Steak Salad	107	1.5g	0.4g	11g	6.4g	2.6g	12g	0.7g	12%
Turkey Breast Salad	119	4.5g	2.5g	4.4g	3.5g	1.9g	15g	1.3g	22%
Turkey & Ham Salad	135	5.3g	2.7g	4.9g	3.7g	2.1g	17g	1.4g	23%
Chicken Breast Salad	148	4.7g	2.7g	5.3g	4.4g	1.7g	20g	1.2g	20%
Chicken Tikka Salad	152	5.1g	2.6g	5.6g	3.8g	2.7g	22g	1g	17%
BBQ Pulled Pork Salad	173	5.7g	3.3g	9.4g	6.2g	2.3g	19g	1.1g	18%
Meatball Marinara Salad	215	11g	3.2g	14g	8.9g	4.8g	14g	1g	17%
Classic B.M.T. Salad	234	17g	7.1g	3.8g	2.2g	2g	16g	2.2g	37%
Spicy Italian Salad	306	25g	9.7g	5.9g	3.1g	2g	16g	2.6g	43%

Jacket Potatoes 17 items

ITEM	KCAL	FAT	SAT	CARBS	SUGAR	FIBRE	PROTEIN	SALT	SALT %RI
Veggie Delite Jacket Potato	428	17g	9.9g	54g	4g	8.4g	15g	0.7g	12%
Plant Patty & Cheese Jacket Potato (VE)	474	15g	5g	64g	3.3g	10g	19g	1.5g	25%
Ham & Cheese Jacket Potato	481	19g	10g	53g	2.8g	8g	25g	1.6g	27%
Rotisserie-Style Chicken & Cheese Jacket Potato	484	19g	10g	51g	2.1g	7.4g	27g	1.2g	20%
Ham, Turkey Breast & Cheese Jacket Potato	485	18g	10g	52g	2.8g	7.9g	27g	1.8g	30%
Chicken Breast & Cheese Jacket Potato	498	18g	10g	53g	3.4g	7.4g	30g	1.6g	27%
Philly Steak & Cheese Jacket Potato	499	18g	10g	59g	5.9g	8.1g	25g	1.4g	23%
Chicken Tikka & Cheese Jacket Potato	502	18g	10g	53g	2.9g	8.5g	32g	1.4g	23%
BBQ Pulled Pork Jacket Potato	523	18g	11g	58g	6.1g	8.2g	28g	2g	33%
Tuna Mayo & Cheese Jacket Potato	558	27g	11g	54g	3g	7.4g	26g	1.6g	27%
Classic B.M.T. Jacket Potato	561	27g	13g	53g	2.6g	8g	27g	2.3g	38%
Meatball Marinara & Cheese Jacket Potato	606	27g	13g	61g	8.4g	10g	27g	1.3g	22%
Tex Mexan Jacket Potato	620	26g	11g	62g	5.7g	8.9g	32g	2.1g	35%
Spicy Italian & Cheese Jacket Potato	656	37g	17g	53g	2.1g	7.7g	26g	3g	50%
Garlic Cheese Steak Jacket Potato	667	34g	12g	64g	8.2g	8.8g	26g	1.7g	28%
Furious Chicken Jacket Potato	704	36g	12g	64g	4.6g	9.6g	28g	2.3g	38%
Big Breakwich Jacket Potato	738	37g	16g	69g	6.4g	9.6g	32g	2.5g	42%

Toasties 3 items

ITEM	KCAL	FAT	SAT	CARBS	SUGAR	FIBRE	PROTEIN	SALT	SALT %RI
Honey Mustard Deli Toastie	362	12g	4.8g	41g	8.5g	3g	21g	2.1g	35%
BBQ Chicken & Bacon Toastie	410	14g	5.6g	43g	10g	2.8g	27g	2.4g	40%
Big Cheese Steak Toastie	458	18g	6.6g	48g	11g	3.3g	26g	2g	33%

Breakfast 1 items

ITEM	KCAL	FAT	SAT	CARBS	SUGAR	FIBRE	PROTEIN	SALT	SALT %RI
Big Breakwich	599	30g	10g	55g	9.4g	4.2g	30g	3g	50%

Sides 6 items

ITEM	KCAL	FAT	SAT	CARBS	SUGAR	FIBRE	PROTEIN	SALT	SALT %RI
Baked Beans Snack Pot	109	0.3g	0g	18g	6.6g	5.2g	6.6g	0.8g	13%
Waffle Fries - regular	184	8.2g	1.1g	23g	0.3g	4g	2.8g	0.9g	15%
Waffle Fries - large	276	12g	1.7g	34g	0.5g	6g	4.2g	1.3g	22%
Nacho Chicken Bites - 9 pieces	405	19g	2.7g	32g	1.4g	2.3g	24g	2.2g	37%
Pepperoni & Cheese Footlong Dipper	433	19g	7.3g	49g	3.4g	4g	15g	2.5g	42%
Triple Cheese Footlong Dipper	450	20g	9.4g	50g	3.6g	3.9g	18g	2.2g	37%

Cookies 3 items

ITEM	KCAL	FAT	SAT	CARBS	SUGAR	FIBRE	PROTEIN	SALT	SALT %RI
Chocolate Chunk Cookie	214	10g	5.1g	28g	16g	1.2g	2.3g	0.3g	5%
White Chip Macadamia Nut Cookie	215	10g	5g	27g	16g	1g	2.3g	0.4g	7%
Double Chocolate Cookie (Ve)	220	11g	6g	27g	17g	2g	2g	0.3g	5%

Items Subway Publishes Calories Only For

Subway UK publishes a full panel for 72 of the 143 items on this menu. For the 62 below it publishes calories and nothing further, so they are listed with the figure that exists rather than given blank columns.

- 12 Cookies — 2561 kcal
 - 3x Chocolate Chunk Cookies — 643 kcal
 - 3x Double Chocolate Cookies - (Ve) — 652 kcal
 - 3x Rainbow Chocolate Chip Cookies — 641 kcal
 - 3x Salted Caramel Brownie Cookies — 567 kcal
 - 3x White Chocolate Chip Macadamia Nut Cookie — 645 kcal
 - Bacon & Sausage — 446 kcal
 - Baked Beans & Cheese Jacket Potato — 522 kcal
 - Bear Yoyo — 11 kcal
 - Big Bombay — 565 kcal
 - Cheesy Garlic Slice (V) — 171 kcal
 - Chicken Nacho Ranch — 504 kcal
 - Chicken Nacho Ranch Jacket Potato — 1026 kcal
 - Chipotle Cheesy Bites - 12 pieces — 501 kcal
 - Chipotle Cheesy Bites - 5 pieces — 299 kcal
- Coca-Cola Original 500ml — 215 kcal
 - Coca-Cola Zero 500ml — 2 kcal
 - Coca-Cola Zero Cherry 500ml — 2 kcal
 - Coleslaw & Cheese Jacket Potato — 577 kcal
 - Diet Coke 500ml — 2 kcal
 - Dips — 50 kcal
 - DORITOS Chilli Heatwave — 220 kcal
 - Doritos Nachos — 586 kcal
 - Doritos Sharer Nachos — 964 kcal
 - DORITOS Tangy Cheese — 222 kcal
 - Double Coleslaw — 119 kcal
 - Dr Pepper 500ml — 102 kcal
 - Fanta Grape 500ml — 100 kcal
 - Fanta Orange 500ml — 97 kcal
 - Garlic & Herb Cheese Bites - 12 pieces — 532 kcal
 - Garlic & Herb Cheese Bites - 5 pieces — 222 kcal
- Garlic Cheese Steak — 539 kcal
 - Hash Browns - 6 pieces — 286 kcal
 - Hash Browns - 9 pieces — 378 kcal
 - Honey Mustard BBQ — 430 kcal
 - Honey Mustard BBQ Jacket Potato — 597 kcal
 - Legendary Teriyaki — 440 kcal
 - Margherita Slice (V) — 148 kcal
 - Meatballs — 230 kcal
 - Mini Chocolate Chip Cookies — 532 kcal
 - Nacho Chicken Bites - 6 pieces — 325 kcal
 - Notorious B.M.T. — 479 kcal
 - Oasis Summer Fruits 500ml — 88 kcal
 - Oreo Cookie Cup — 319 kcal
 - Pepperoni Slice — 176 kcal
 - Plant Patty (VE) Salad — 232 kcal
 - Powerade Berry Tropical 500ml — 92 kcal
- Quavers Cheese — 107 kcal
 - Rainbow Chocolate Chip Cookie — 212 kcal
 - Salted Caramel Brownie Cookie — 189 kcal
 - Sensation Thai Sweet Chili — 197 kcal
 - Side Salad — 15 kcal
 - Single Coleslaw — 60 kcal
 - Sprite 500ml — 73 kcal
 - Sprite Zero 500ml — 6 kcal
 - Stacked Bacon & Cheese Toastie — 481 kcal
 - Tuna Mayo Salad — 166 kcal
 - Turkey Breast & Cheese Jacket Potato — 469 kcal
 - Veggie Breakwich — 442 kcal
 - Veggie Delite Salad — 91 kcal
 - Walkers Cheese & Onion — 161 kcal
 - Walkers Ready Salted — 170 kcal

Figures are Subway's own published UK nutrition data for a standard build. Your order will differ: bread, cheese, sauce and salad choices all move these numbers, and none of them are included here. Salt %RI is measured against the UK reference intake of 6g a day. This sheet is published by subwaymenunearme.uk, an independent guide; it is not affiliated with, endorsed by or connected to Subway or Subway IP LLC. Subway is a registered trademark of Subway IP LLC. Build a specific meal at subwaymenunearme.uk/subway-nutrition-calculator/