

Subway (CA) Calorie Counter

Have you heard of the calorie shifting diet? Quick prep menus customized for you.

Food	Serving	Prot	Carb	Fat	Pts	Cals	
Menu Category: 6-inch Sandwiches with 6 grams of Fat or Less							
Ham	224 g	18	45	5	5.5	290	MORE
Oven Roasted Chicken	231 g	22	47	5	6	300	MORE
Roast Beef	224 g	19	44	5	5.5	280	MORE
Turkey Breast	224 g	17	46	4.5	5.5	280	MORE
Turkey Breast & Ham	234 g	19	46	5	5.5	290	MORE
Subway Club™	238 g	20	46	5	5.5	290	MORE
Sweet Onion Chicken Teriyaki	274 g	25	59	5	7.5	370	MORE
Veggie Delite™	167 g	9	44	3	4.5	230	MORE
Menu Category: 6-inch Sandwiches							
Chicken & Bacon Ranch	275 g	31	45	20	10.5	470	MORE
Chicken Parmesan	277 g	24	60	16	10	470	MORE
Chipotle Southwest Steak & Cheese	299 g	29	49	22	11.5	500	MORE
Tuna	250 g	22	44	31	12.5	530	MORE
Cold Cut Combo	249 g	20	48	23	10.5	460	MORE
Italian BMT	243 g	23	46	20	10	450	MORE
Meatball Marinara	377 g	24	63	24	12.5	560	MORE
Spicy Italian	227 g	21	45	25	11	480	MORE
Steak & Cheese	278 g	29	48	12	8.5	400	MORE
Subway Melt™	254 g	25	48	12	8	380	MORE
Menu Category: Deli Style Sandwiches							
Tuna (w/ Cheese)	161 g	14	35	18	8	350	MORE
Ham	142 g	11	35	4	4	210	MORE
Roast Beef	152 g	13	34	4.5	4.5	220	MORE
Turkey Breast	152 g	12	36	4	4	210	MORE
Menu Category: Wraps							
Chicken & Bacon Ranch (w/ Cheese)	249 g	39	18	26	10	430	MORE
Tuna (w/ Cheese)	209 g	28	16	33	11	450	MORE
Turkey Breast & Bacon Melt (w/ Chipotle sauce)	228 g	29	20	23	9	380	MORE
Turkey Breast	184 g	22	18	6	3.5	180	MORE
Menu Category: Salads							
Grilled Chicken	378 g	18	11	2.5	2	130	MORE
Tuna Salad (w/ Cheese)	396 g	16	12	30	9	360	MORE

Subway Club™	385 g	14	13	3.5	2.5	130	MORE
Veggie Delite™	314 g	3	11	1	0.5	60	MORE

Menu Category: Salad Dressing

Atkins Honey Mustard	57 g	1	1	22	6	200	MORE
Fat Free Italian	57 g	1	7	0	1	35	MORE
Ranch	57 g	1	1	22	6	200	MORE
House Sandwich Sauce (Zesty Italian)	57 g	0	4	31	8.5	290	MORE

Menu Category: 6-inch Limited Time Offer/Regional Subs

Absolute Angus Steak	231 g	20	44	20	9.5	420	MORE
Bacon, Turkey & Ham Double Cheese Melt	280 g	28	53	17	10.5	470	MORE
Bourbon Chicken	252 g	24	53	5	6.5	340	MORE
Chicken Florentine Ciabatta	316 g	33	49	18	11	500	MORE
Subway Seafood Sensation	250 g	16	51	22	10.5	450	MORE
Turkey Breast with Honey Mustard & Cuc	260 g	17	53	5	6	310	MORE
Tuscan Chicken	260 g	27	54	8	7.5	380	MORE

Menu Category: Breakfast Sandwiches on Deli Round

Bacon & Egg	122 g	16	33	11	6.5	290	MORE
Cheese & Egg	125 g	16	33	11	6.5	290	MORE
Ham & Egg	142 g	17	33	9	6	280	MORE
Steak & Egg	170 g	24	33	12	7	320	MORE
Western & Egg	162 g	16	35	9	6	270	MORE

Menu Category: Breakfast Sandwiches on 6-inch Bread

Bacon & Egg	143 g	19	41	11	7	330	MORE
Cheese & Egg	146 g	18	41	12	7	330	MORE
Ham & Egg	163 g	20	41	9	7	320	MORE
Steak & Egg	191 g	26	42	12	7.5	360	MORE
Western & Egg	183 g	18	43	9	6.5	310	MORE

Menu Category: Breakfast Sandwiches on Wrap

Bacon & Egg	135 g	24	14	13	5.5	250	MORE
Cheese & Egg	138 g	23	14	13	5.5	250	MORE
Ham & Egg	155 g	25	14	11	5	240	MORE
Steak & Egg	183 g	32	15	14	6	280	MORE
Western & Egg	175 g	24	16	11	5	230	MORE

Menu Category: Cookies & Desserts

Chocolate Chip	45 g	2	30	10	5	210	MORE
Chocolate Chunk	45 g	2	30	10	5	200	MORE
Double Chocolate Chip	45 g	2	30	10	5	210	MORE
M & M	45 g	2	32	10	5	210	MORE

Oatmeal Raisin	45 g	3	30	8	4.5	200	MORE
Peanut Butter	45 g	4	26	12	5.5	220	MORE
Sugar	45 g	2	28	12	5.5	220	MORE
White Chip Macadamia Nut	45 g	2	29	11	5.5	220	MORE
Apple Pie	71 g	0	37	10	6	245	MORE
Fruit Roll Up	1 roll	0	12	1	1.5	50	MORE

Menu Category: Fruizle Express

Berry Lishus	small	1	28	0	2	110	MORE
Berry Lishus (w/ Banana)	small	1	35	0	2.5	140	MORE
Pineapple Delight	small	1	33	0	2.5	130	MORE
Pineapple Delight (w/ Banana)	small	1	40	0	3	160	MORE
Peach Pizzazz	small	0	26	0	2	100	MORE
Sunrise Refresher	small	1	29	0	2.5	120	MORE

Menu Category: Soup

Chicken (w/ White and wild rice)	1 bowl (10 fl oz)	7	16	1	2	100	MORE
Chili Con Carne	1 bowl (10 fl oz)	24	40	4.5	6	300	MORE
Cream of Broccoli	1 bowl (10 fl oz)	7	19	6	3	160	MORE
Cream of Mushroom	1 bowl (10 fl oz)	4	25	6	3.5	170	MORE
Cream of Potato	1 bowl (10 fl oz)	5	28	10	4.5	220	MORE
Creamy Garden Cauliflower	1 bowl (10 fl oz)	5	18	9	3.5	170	MORE
Italian Style Wedding	1 bowl (10 fl oz)	10	19	7	4	180	MORE
Minestrone	1 bowl (10 fl oz)	4	17	0.5	1.5	90	MORE
Roasted Chicken Noodle	1 bowl (10 fl oz)	7	12	1.5	2	90	MORE
Tomato Garden Vegetable (w/ Rotini)	1 bowl (10 fl oz)	3	20	0.5	1.5	100	MORE
Vegetable Beef	1 bowl (10 fl oz)	5	20	2	2	120	MORE
Vegetarian Vegetable	1 bowl (10 fl oz)	3	22	0	1.5	100	MORE

Menu Category: Breads

6" Italian (White) Bread	71 g	7	38	2.5	4	190	MORE
6" Wheat Bread	78 g	8	40	2.5	4	200	MORE
6" Parmesan Oregano Bread	75 g	8	40	3.5	4.5	210	MORE
6" Honey Oat	88 g	10	48	3.5	4.5	250	MORE
6" Hearty Italian Bread	75 g	8	41	2.5	4	210	MORE
6" Monterey Cheddar	82 g	10	39	6	5	240	MORE
6" Italian Herbs & Cheese	82 g	10	40	6	5	240	MORE
Deli Style Roll	71 g	6	32	2.5	3	170	MORE
Carb Conscious Wrap	70 g	14	13	4.5	2	120	MORE

Menu Category: Sandwich Condiments (amount on 6-inch sub)

Bacon	2 strips	3	0	3	1.5	40	MORE
Chipotle Southwest Sauce	21 g	0	1	10	3	100	MORE
Honey Mustard Sauce, Fat Free	21 g	0	7	0	1	30	MORE

House Sandwich Sauce (Zesty Italian)	21 g	0	1	12	3.5	110	MORE
Mustard yellow or deli brown	2 tsp	0	1	0	0.5	5	MORE
Light Mayonnaise-Type Dressing	15 ml	0	1	6	2	60	MORE
Mayonnaise	1 tsp	0	0	12	3.5	110	MORE
Ranch Dressing	21 g	0	0	8	2.5	80	MORE
Sweet Onion Sauce, Fat Free	21 g	0	9	0	1	40	MORE

Menu Category: Vegetables

Banana Peppers	3 rings	0	0	0	NA	<5	MORE
Cucumbers	3 slices	0	<1	0	NA	<5	MORE
Green Peppers	3 strips	0	0	0	NA	<5	MORE
Jalapeno Peppers	3 strips	0	0	0	NA	<5	MORE
Lettuce	3 rings	0	0	0	NA	<5	MORE
Onions	14 g	0	1	0	0.5	5	MORE
Pickles	3 chips	0	0	0	NA	<5	MORE
Olives	3 rings	0	0	0	NA	<5	MORE
Tomatoes	3 wheels	0	2	0	0.5	5	MORE

Menu Category: Cheese (amount on 6-inch sub, wrap or salad)

Cheddar Cheese Product, Processed	11 g	2	0	3	1.5	40	MORE
Monterey Cheddar, Shredded	14 g	3	0	4.5	1.5	50	MORE
Monterey Jack	11 g	3	0	3.5	1.5	40	MORE
Natural Cheddar	11 g	3	0	3.5	1.5	45	MORE
Swiss	14 g	4	0	4	1.5	50	MORE

Menu Category: Individual Meats (amount on 6-inch sub or salad)

Chicken Patty, Breaded	64 g	10	12	8	4	160	MORE
Chicken Patty, Roasted	64 g	13	3	2	2	80	MORE
Chicken Strips	64 g	15	0	1.5	2	70	MORE
Cold Cut Combo Meats	71 g	9	4	16	5.5	200	MORE
Ham	57 g	9	2	1.5	1.5	60	MORE
Italian BMT Meats	64 g	11	2	14	5	180	MORE
Meatball	198 g	13	19	18	7	300	MORE
Roast Beef	57 g	10	0	2	1.5	50	MORE
Seafood Sensation	71 g	5	7	16	5.5	190	MORE
Steak (No cheese)	71 g	17	1	5	3	120	MORE
Subway Club™ Meats	71 g	11	2	2	2	70	MORE
Tuna	71 g	10	0	24	7.5	260	MORE
Turkey Breast	57 g	8	2	1.5	1.5	50	MORE