



## Restaurant Guide to Subway

Last updated on Sep, 21st 2022

### OVERVIEW

Subway is the perfect place to eat fresh and stay Healthi. With so many fresh meats and veggie toppings, you'll be sure to get those healthy checks in! Not only can you build your own sub, you can also opt for a delicious salad bowl, too!

### THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

### 3 QUICK TIPS FOR EATING HEALTHI AT SUBWAY

- Pick the 6" multigrain bread
- If you want cheese, choose the American for less calories
- Pick lean meats and fill up on veggies

### FRIENDLY MENU ITEM'S AT SUBWAY

#### SUBS

Subway subs are fresh, filling and delicious. Stick with the multigrain bread instead of other flavored breads for less calories. You'll also want to avoid things like the Meatball Marinara and heavy or creamy sauces. Your best options are leaner cut meats (to get that protein in!) and filling up with your favorite veggies!

Let's start with the Black Forest Ham. Choose the 6" multigrain bun and you can add American cheese for 80 calories (the lowest option of all the cheeses). Then add lettuce, spinach, tomato and red onion. Yum!

The Grilled Chicken Sub is another delicious classic. Order this on 6" multigrain, no cheese, with lettuce, spinach, onions, green peppers, tomatoes and sweet onion teriyaki sauce.

Oven Roasted Turkey Sub is a great protein choice. You can order this on 6" multigrain, American cheese, lettuce, spinach, onions, green peppers, tomatoes and ask for a Lite Mayo packet (most stores do not have Lite Mayo in the bottles.)

If you like both turkey and ham, the Oven Roasted Turkey & Ham is a great combo. Try this with 6" multigrain, American cheese, lettuce, tomato, onion and pickle. Yum!

The Rotisserie-Style chicken is a delicious, tender and juicy style chicken sub that is very low in calories. Order this on 6" multigrain, no cheese, with lettuce, tomatoes, red onions, and peppers.

And then, we have the Veggie Delite. Who says you need meat to fill up?! Order this on 6" multigrain with American cheese, lettuce, spinach, cucumber, olives, green peppers, tomato and onion. Top with some oil & vinegar. So good!

Subs 6"	Calories	Fat (g)	Carbs (g)	Protein (g)
Black Forest Ham	310	8g	41g	19g
Grilled Chicken Sub	310	4g	47g	30g
Oven Roasted Turkey	350	12g	40g	20g
Oven Roasted Turkey & Ham	370	9g	41g	30g
Rotisserie- Style Chicken	290	6g	38g	22g
Veggie Delite	280	11g	40g	9g

## NO BREADY BOWLS

Looking to cut out some carbs? The No Bready Bowls are all your favorite footlong sandwiches without the bun, and instead as a salad! These are packed with protein and your favorite veggies like lettuce, spinach, tomatoes, cucumbers, green peppers, and red onions.

Salad Bowls	Calories	Fat (g)	Carbs (g)	Protein (g)
Black Forest Ham	170	5g	12g	21g
Buffalo Chicken	380	21g	13g	36g
Cold Cut Combo	260	16g	9g	20g
Oven Roasted Turkey	150	3g	8g	25g
Roast Beef	230	7g	12g	30g
Rotisserie- Style Chicken	220	8g	8g	31g
Subway Club	250	6g	12g	37g
Sweet Onion Chicken Teriyaki	300	5g	33g	34g

## SIDES

The sides and sauces may vary by store. Many locations offer delicious soups as a side. The Broccoli Cheddar or Chicken Noodle would make a wonderful addition to your meal.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Broccoli Cheddar Soup	170	9g	18g	5g
Chicken Noodle Soup	100	3g	12g	6g
Caesar Dressing	80	9g	0g	0g
Oil & Vinegar	45	5g	0g	0g
Red Wine Vinegar	0	0g	0g	0g
Sweet Onion Teriyaki	35	0g	8g	7g
Lite Mayo	50	5g	1g	0g