# Subway

## Breakfast Flatbreads (w/American cheese)

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Dietary Fiber (gm)</th>
<th>Total Sugar (gm)</th>
<th>Protein (gm)</th>
<th>Carbohydrate (gm)</th>
<th>1/2 Starch Exchanges</th>
<th>1/2 MF Meat Exchanges</th>
<th>1 Fat Exchanges</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Egg &amp; Cheese</strong> 6-inch flatbread</td>
<td>360</td>
<td>110</td>
<td>12</td>
<td>230</td>
<td>860</td>
<td>37%</td>
<td>5</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td><strong>Bacon, Egg &amp; Cheese</strong> 6-inch flatbread</td>
<td>410</td>
<td>145</td>
<td>16</td>
<td>240</td>
<td>1050</td>
<td>46%</td>
<td>5</td>
<td>6</td>
<td>20</td>
</tr>
<tr>
<td><strong>Blk. Forest Ham, Egg &amp; Cheese</strong> 6-inch flatbread</td>
<td>390</td>
<td>115</td>
<td>13</td>
<td>240</td>
<td>1120</td>
<td>49%</td>
<td>5</td>
<td>6</td>
<td>21</td>
</tr>
<tr>
<td><strong>Steak, Egg &amp; Cheese</strong> 6-inch flatbread</td>
<td>430</td>
<td>135</td>
<td>15</td>
<td>255</td>
<td>1190</td>
<td>52%</td>
<td>5</td>
<td>6</td>
<td>22</td>
</tr>
<tr>
<td><strong>Subs</strong> (on 9-grain wheat w/American cheese unless noted)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Subway Club 6-inch sub w/o sauce or cheese</td>
<td>310</td>
<td>40</td>
<td>4½</td>
<td>40</td>
<td>800</td>
<td>35%</td>
<td>5</td>
<td>6</td>
<td>2½</td>
</tr>
<tr>
<td>B.L.T. 6-inch sub w/o sauce or cheese</td>
<td>320</td>
<td>80</td>
<td>1½</td>
<td>20</td>
<td>650</td>
<td>28%</td>
<td>5</td>
<td>6</td>
<td>2½</td>
</tr>
<tr>
<td>Black Forest Ham 6-inch sub w/o sauce or cheese</td>
<td>290</td>
<td>40</td>
<td>1½</td>
<td>20</td>
<td>800</td>
<td>35%</td>
<td>5</td>
<td>6</td>
<td>2½</td>
</tr>
<tr>
<td>Chicken &amp; Bacon Ranch Melt* 6-inch sub w/o sauce</td>
<td>570</td>
<td>250</td>
<td>2½</td>
<td>95</td>
<td>1050</td>
<td>46%</td>
<td>5</td>
<td>6</td>
<td>2½</td>
</tr>
<tr>
<td>Monterey Chicken Melt* 6-inch sub w/o sauce</td>
<td>360</td>
<td>70</td>
<td>4½</td>
<td>65</td>
<td>580</td>
<td>46%</td>
<td>5</td>
<td>6</td>
<td>2½</td>
</tr>
<tr>
<td>Cold Cut Combo 6-inch sub w/o sauce</td>
<td>360</td>
<td>110</td>
<td>3½</td>
<td>45</td>
<td>1030</td>
<td>45%</td>
<td>5</td>
<td>6</td>
<td>2½</td>
</tr>
</tbody>
</table>

*Though data for Breakfast Flatbreads are shown using American Cheese and Subs are shown afterwards using Cheddar, the data (except for sodium values) represents the use of either. For more information, see Breads & Cheeses directly following these two sections.

**NOTE:** Sub data is based on standard preparation which includes standard vegetables (lettuce, tomatoes, onions, green peppers, olives & pickles) as well as cheese, oil, vinegar, salt, pepper and select sauces when relevant. In standard amounts all vegetables contribute less than 5 calories each. Avoid excessive use of olives. Olives are high in fat and should be used as a garnish; 5 rings (1 whole olive) contain 1gm of fat with 2 calories being added per ring.