

Informácie o alergénoch	Symbol	Význam														
	X	Alergén v produkte														
	~	Môže obsahovať - alergén je prítomný v iných ingredienciách spracovávaných výrobcom produktu a môže dôjsť ku kontaminácii														
	Vajce	Ryby	Mlieko (laktóza)	Arašidy	Zoznam	Kôrovce	Sója	Orechy			Obilniny obsahujúce glutén (lepok)	Siričitany	Zeler	Horčica	Víci bôb	Mäkkýše
Chlieb																
Svetlý							X				Pšenica					
Tmavý							X				Pšenica, jačmeň					
Tmavý so semenkami					~		X				Pšenica, jačmeň					
Tmavý ovsený s medom							X				Pšenica, jačmeň, ovos					
Svetlý syr & bylinky			X				X				Pšenica					
Bezlepkový†																
Wrap/Paradajkový wrap s bazalkou											Pšenica					
Mäso, hydina, morské plody, vajcia a zeleninové plátky																
Kura v štýle kebab													X			
Slanina																
Kuracie stripsy																
Kura Teriyaki					X		X				Pšenica					
Kura Fajita											Pšenica					
BBQ ribs														X		
Šunka^																
Morčacie prsia																
Pepperoni																
Talianska saláma																
Steak^											Jačmeň					
Tuniak (& majonéza light)	X	X													X	
BBQ kura															X	
Kura v štýle Rotisserie																
Vajičko	X															
Pikantný vegánsky plátok							X				Pšenica		X			
T.L.C. - Vegánske kusky na báze rastlinných bielkovín					X		X				Pšenica		X	~		
Syr a zelenina																
Americký syr			X													
Mozzarella & čedar			X													
Mozzarella			X													
Jalapeños												X				
Olivy																
Kyslé uhorky																
Kukurica																
Guacamole																
Ľadový šalát, paradajky, uhorky, paprika, cibuľa																
Omáčky a koreniny																
Doner omáčka			X													
BBQ															X	
Mexická Chipotle	X														X	
Majonéza light	X														X	
Sladká cibuľová															X	
Medovo-horčicová															X	
Vegánska cesnaková																
Caesar	X		X				X									
Olivový olej																
Kečup																
Chrumkavá cibuľka											Pšenica					
Morská soľ / Farebné korenie / Chillí vložky / Oregano																
Príloha																
Chicken Bites			~				~				Pšenica					
Waffle Fries											Pšenica					
Cookies**																
Čokoládové kúsky	X		X				X	Orechy	Ovos		Pšenica					
Vegánska dvojité čokoláda	~		~				X	Orechy	Ovos		Pšenica					
Malina & cheesecake	X		X				X	Orechy	Ovos		Pšenica					
Makadamové orešky	X		X				X	Makadamové orechy	~	Ovos		Pšenica				
Rôzne produkty																
Sirup Monin karamelový																
Sirup Monin kokos																
Sirup Monin Pumpkin Spice																
Sirup Monin Cinnamon																
Sirup Monin Gingerbread																
Sirup Monin Chocolate																
Espresso / Americano / Čaj			~													
Ľadová káva / Horúca čokoláda / Cappuccino / Flat White / Latte / Mocha			X													
Ochutená káva (záleží na výbere sirupu)			X													
Čapované nápoje																

Aj keď boli prijaté všetky opatrenia na odstránenie kostí, niektoré z nich môžu ešte zostať.

Aj keď sa dbalo na odstránenie všetkých olivových kôstok, niektoré môžu zostať.

^ Obnovené mäso

*Náš bezlepkový chlieb sa vyrába v bezlepkovom zariadení. Keďže však iné zložky v našich predajniach obsahujú lepok a výrobky sa pripravujú na bežných zariadeniach, náš bezlepkový chlieb môže počas prípravy vášho jedla prísť do kontaktu s lepkom.

Allergens

Symbol	Meaning
X	Allergen contained in the product
-	May contain - the allergen is present at the ingredients manufacturing site and could cross-contaminate the ingredient

All food is freshly prepared in our kitchens and whilst we have controls in place to minimise cross-contamination, many allergens are handled in store and we cannot guarantee that our food will be allergen free or that it will be suitable for those with allergies. Our vegan items are made to vegan recipes however are not suitable for

	From Frozen Products	Eggs	Fish	Milk (lactose)	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs	
Bread and Wraps																
White	X							X		Wheat						
Wheat	X							X		Wheat, Barley						
Multi-seed dark	X					-		X		Wheat, Barley						
Honey and Oat	X							X		Wheat, Barley, Oat						
Cheese & Herb	X			X				X		Wheat						
Gluten-free†	X															
Tortilla wrap	X									Wheat						
Meat, poultry, seafood, egg and veggie proteins																
Shawarma Chicken	X											X				
Maple Bacon	X															
Chicken Fillet strips - improved	X															
Chicken Teriyaki	X					X		X		Wheat						
Chicken Fajita	X									Wheat						
BBQ Rib (pork patty with new BBQ sauce)	X												X			
Ham*	X															
Turkey breast	X															
Pepperoni	X															
Salami	X															
Shaved steak*	X									Barley						
Tuna Mayo		X	X										X			
BBQ chicken	X												X			
Rotisserie style chicken	X															
Poached egg	X	X														
Spicy vegan patty	X							X		Wheat		X				
TLC Teriyaki Soy Strips	X					X		X		Wheat		X	-			
Cheese and vegetables																
American processed cheese	X			X												
Cheddar & Mozzarella	X			X												
Mozzarella	X			X												
Jalapeño pepper											X					
Olives																
Pickles																
Sweetcorn																
Guacamole	X															
Fresh Vegetables-lettuce, tomatoes, cucumbers,peppers, red onions																
Sauces and additional flavorings																
Doner Sauce				X												
Hickory BBQ sauce													X			
Chipotle South West		X											X			
Lite Mayo		X											X			
Sweet onion													X			
Honey and Wholegrain Mustard													X			
Vegan Aioli																
Caesar		X		X				X								
Teriyaki						X		X		Wheat						
Olive Oil																
Ketchup																
Crispy Onion										Wheat						
Sea Salt / Mixed pepper / Chilli flakes / Oregano																
Sides																
Chicken Bites	X			-				-		Wheat						
Waffle fries	X									Wheat						
Cookies																
Chocolate Chunk	X	X		X				X	-	Oat	Wheat					
Double Chocolate Vegan	X	-		-				X	-	Oat	Wheat					
Raspberry Cheesecake	X	X		X				X	-	Oat	Wheat					
White Chip Macadamia Nut	X	X		X				X	Macadamia nuts	Oat	Wheat					
Doritos® Nacho Cheese				X						Wheat						
Other																
Coffee Syrup - Caramel																
Coffee Syrup - Coconut																
Coffee Syrup - Pumpkin Spice																
Coffee Syrup- Chocolate																
Coffee Syrup- Salted Caramel																
Coffee Syrup- Gingerbread																
Coffee Syrup- Cinamon																
Espresso/Americano/Tea				-												
Ice coffee/Hot chocolate/Cappuccino/Flat White/Latte/Mocha				X												
Post-mix drink																

Although every care has been taken to remove bones, some may remain.
 Although extra care has been taken to remove all olive stones, some may remain.
 †from processed meat.
 *Our Gluten-Free Bread is manufactured in a gluten free facility. However, as other ingredients in our stores contain gluten and products are prepared on shared equipment, our Gluten-Free Bread may come into contact with gluten as we prepare your meal.



Subway Nutrition Information Marec 2026

Slovakia

*Hodnoty pre odporúčaný chlieb/wrap, bielkoviny, vybranú zeleninu a omáčku, ak ide o štandardné zloženie. Dvojité hodnoty výživových údajov pre 30 cm sendvič (jeden 30 cm sendvič = dva 15 cm sendviče), bez šalátov'

Serving Size (g)	Value Per Serving Size										Value Per 100 Gram									
	Energy (kJ)	Energy (kcal)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Salt (g)	Serving Size (g)	Energy (kJ)	Energy (kcal)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Salt (g)	

Sendviče

BBQ Kura	241	1306	312	3	1	49	3	14	20	2	100	543	130	1	1	20	1	6	8	1
BBQ Ribs	267	1754	419	12	6	56	5	20	18	2	100	658	157	5	2	21	2	8	7	1
Kura v štýle Rotisserie	262	1859	444	17	8	43	4	13	29	3	100	709	170	6	6	17	1	5	11	1
Kura Fajita	206	840	337	11	0	43	3	7	17	2	100	685	164	5	0	21	2	3	8	1
Šunka	209	1135	271	4	2	42	4	8	15	2	100	544	130	2	1	20	2	4	7	1
Vajíčko so Šunkou	184	1596	382	15	4	42	3	7	22	2	100	868	208	8	2	23	2	4	12	1
Italian B.M.T.®	231	1673	400	16	6	42	3	8	20	3	100	726	174	7	3	18	2	3	9	1
Kuracie Stripsy	223	1181	282	3	1	42	3	8	20	2	100	529	126	1	1	19	1	3	9	1
Spicy Italian	215	1734	414	19	7	42	3	7	17	3	100	808	193	9	3	20	1	3	8	1
Steak & Syr	235	1407	336	7	4	47	4	10	21	2	100	600	143	3	2	20	2	4	9	1
Kura Teriyaki	241	1237	296	3	1	45	3	10	20	3	100	515	123	1	1	19	1	4	8	1
Tuniak	241	1526	365	13	2	43	3	8	19	2	100	635	152	5	1	18	1	3	8	1
Morčaci	177	969	232	3	1	42	3	7	10	1	100	546	131	2	0	23	2	4	5	1
Spicy Veggies	252	1593	381	11	3	49	7	9	19	2	100	633	151	4	1	19	3	3	8	1
Veggie Delite®	167	924	221	3	1	40	3	7	9	1	100	555	133	2	1	24	2	4	5	1
T.L.C.® Teriyaki	226	1130	271	3	1	39	3	9	21	1	100	500	120	1	1	17	1	4	10	1

Snacky

Waffle Fries (80g)	80	616	147	6.6	0.9	18	0.2	3.2	2.2	0.68	100	770	184	8.2	1.1	23	0.3	4	2.8	0.85
Waffle Fries (120g)	120	924	221	9.8	1.3	27	0.4	4.8	3.4	1	100	770	184	8.2	1.1	23	0.3	4	2.8	0.85
Chicken Bites (4)	72	753	180	8.5	1.2	14	0.6	1	11	0.99	100	1046	250	12	1.6	20	0.9	1.4	15	1.4
Chicken Bites (8)	144	1506	360	17	2.4	28	1.3	2	21	2	100	1046	250	12	1.6	20	0.9	1.4	15	1.4
Chicken Bites (12)	216	2260	540	26	3.6	42	2	3	32	3	100	1046	250	12	1.6	20	0.9	1.4	15	1.4
Naložené Nachos	206	923	219	28	6	44	4	7	9	2	100	448	106	14	3	21	2	3	4	1

Cookies

Čokoládové kúsky	45	897	216	10	5	28	1	17	2	0	100	1993	480	22	12	63	2	37	5	1
Vegánska dvojitá čokoláda	45	920	220	11	5.7	27	17	2.2	2	0.28	100	2022	483	25	13	59	37	4.9	4.4	0.63
Malina & cheesecake	45	872	208	10	5	27	1	16	2	0	100	1937	463	21	12	61	2	36	6	1
Makadamové	45	888	213	10	5	28	1	17	2	1	100	1973	473	23	11	61	2	38	5	1

Omáčky

Caesar	14	226	54	5	1	1	0	1	0	0	100	1611	385	37	4	9	1	6	3	2
Vegánska Cesnaková	14	221	53	5	0	2	0	1	0	0	100	1577	377	36	3	12	1	8	1	0
Medovo-Horčicová	14	119	29	2	0	3	0	3	0	0	100	854	204	12	1	22	1	19	2	1
Kečup	14	74	18	0	0	4	0	3	0	0	100	531	127	0	0	29	1	23	1	3
BBQ	14	100	24	0	0	6	0	5	0	0	100	711	170	0	0	40	1	35	1	1
Majonéza Light	14	199	48	5	0	1	0	0	0	0	100	1423	340	35	3	7	0	3	0	2
Olivový Olej	14	517	124	14	2	0	0	0	0	0	100	3696	883	100	14	0	0	0	0	0
Sladká Cibuľová	18	127	30	0	0	7	0	6	0	0	100	703	168	1	0	40	1	34	1	1

Výživové údaje zostavil registrovaný odborník na výživu pomocou analýzy výživových údajov poskytnutých schválenými výrobcami potravín, nezávislými laboratóriami a Národnou databázou nutričného zloženia pre štandardnú referenciu USA. Uvedené výživové údaje sa zakladajú na štandardných receptoch a zložení produktov. Rôzne ročné obdobie, použitie náhradného dodávateľa, regiónu krajiny a/alebo malé rozdiely pri zostavovaní produktu môžu byť príčinou malých rozdielov.



Subway Nutrition Information March 2026

CEE

*Values include suggested bread/wrap, protein select vegetables and sauce if in standard build. Double values for footlong nutrition information (one footlong = two 15 cm servings) excluding salads'

	Value Per Serving Size										Value Per 100 Gram									
	Serving Size (g)	Energy (kJ)	Energy (kcal)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Salt (g)	Serving Size (g)	Energy (kJ)	Energy (kcal)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Salt (g)
Sandwich																				
BBQ Chicken Sub	241	1306	312	3	1	49	3	14	20	2	100	543	130	1	1	20	1	6	8	1
BBQ Ribs Sub	267	1754	419	12	6	56	5	20	18	2	100	658	157	5	2	21	2	8	7	1
BBQ Rotisserie-Style Chicken Sub	262	1859	444	17	8	43	4	13	29	3	100	709	170	6	6	17	1	5	11	1
Chicken Fajita	254	1282	377	12	3	42	4	9	24	3	100	622	149	5	1	17	1	3	9	1
Ham Sub	209	1135	271	4	2	42	4	8	15	2	100	544	130	2	1	20	2	4	7	1
Ham, Egg & Cheese Sub	184	1596	382	15	4	42	3	7	22	2	100	868	208	8	2	23	2	4	12	1
Honey Mustard Veggie	164	1083	259	8	3	36	3	9	11	1	100	663	158	5	2	22	2	6	7	1
Italian B.M.T.® Sub	231	1673	400	16	6	42	3	8	20	3	100	726	174	7	3	18	2	3	9	1
Oven Roasted Chicken Sub	223	1181	282	3	1	42	3	8	20	2	100	529	126	1	1	19	1	3	9	1
Spicy Italian Sub	215	1734	414	19	7	42	3	7	17	3	100	808	193	9	3	20	1	3	8	1
Steak & Cheese Sub	235	1407	336	7	4	47	4	10	21	2	100	600	143	3	2	20	2	4	9	1
Chicken Teriyaki Sub	241	1237	296	3	1	45	3	10	20	3	100	515	123	1	1	19	1	4	8	1
Taco Beef Fiesta	279	2206	527	30	8	53	5	8	19	3	100	791	189	11	3	19	2	3	7	1
Tuna Sub	241	1526	365	13	2	43	3	8	19	2	100	635	152	5	1	18	1	3	8	1
Turkey Breast Sub	177	969	232	3	1	42	3	7	10	1	100	546	131	2	0	23	2	4	5	1
Spicy Veggie Sub	252	1593	381	11	3	49	7	9	19	2	100	633	151	4	1	19	3	3	8	1
Veggie Delite Sub	167	924	221	3	1	40	3	7	9	1	100	555	133	2	1	24	2	4	5	1
T.L.C.® Teriyaki Sub	226	1130	271	3	1	39	3	9	21	1	100	500	120	1	1	17	1	4	10	1
SubMelts®																				
Triple Cheese	161	1605	384	15	8	45	3	12	18	1	100	997	238	9	5	28	2	7	11	1
Master B.M.T	209	2178	520	27	11	42	3	8	28	3	100	1042	249	13	5	20	1	4	13	1
Supreme Steak & Cheese	201	1845	441	18	7	45	3	10	24	2	100	918	219	9	3	22	2	5	12	1
BBQ Chicken & Bacon SubMelt	210	1844	441	16	7	43	3	10	31	2	100	878	210	8	3	20	1	5	15	1
Snacks																				
Waffle Fries (80g)	80	616	147	6.6	0.9	18	0.2	3.2	2.2	0.68	100	770	184	8.2	1.1	23	0.3	4	2.8	0.85
Waffle Fries (120g)	120	924	221	9.8	1.3	27	0.4	4.8	3.4	1	100	770	184	8.2	1.1	23	0.3	4	2.8	0.85
Chicken Bites (4)	72	753	180	8.5	1.2	14	0.6	1	11	0.99	100	1046	250	12	1.6	20	0.9	1.4	15	1.4
Chicken Bites (8)	144	1506	360	17	2.4	28	1.3	2	21	2	100	1046	250	12	1.6	20	0.9	1.4	15	1.4
Chicken Bites (12)	216	2260	540	26	3.6	42	2	3	32	3	100	1046	250	12	1.6	20	0.9	1.4	15	1.4
Loaded Nachos	206	923	219	28	6	44	4	7	9	2	100	448	106	14	3	21	2	3	4	1
Footlong Dippers																				
Pepperoni and Cheese Dipper	137	1812	433	19	7.3	49	3.4	4	15	2.5	100	1323	316	14	5	36	3	3	11	2
Cheesy Dipper	147	1882	450	20	9.4	50	3.6	3.9	18	2.2	100	1280	306	13	6	34	2	3	12	2
Turkey and Cheese Dipper	157	1665	398	13	5.2	49	3.7	4.1	19	2.4	100	1060	253	9	3	31	2	3	12	2
Taco Beef Dipper	154	1798	430	17	7	53	5	3	15	2	100	1168	279	11	34	34	3	2	10	1
Cookies																				
Chocolate Chunk Cookie	45	897	216	10	5	28	1	17	2	0	100	1993	480	22	12	63	2	37	5	1
Double Chocolate Vegan Cookie	45	920	220	11	5.7	27	17	2.2	2	0.28	100	2022	483	25	13	59	37	4.9	4.4	0.63
Raspberry Cheesecake cookie	45	872	208	10	5	27	1	16	2	0	100	1937	463	21	12	61	2	36	6	1
White chocolate chip Macadamia Nut Cookie	45	888	213	10	5	28	1	17	2	1	100	1973	473	23	11	61	2	38	5	1
Sauces																				
Caesar Dressing	14	226	54	5	1	1	0	1	0	0	100	1611	385	37	4	9	1	6	3	2
Chipotle Southwest	14	250	60	6	0	1	0	1	0	0	100	1787	427	44	3	7	0	5	1	2
Vegan Garlic Aioli	14	221	53	5	0	2	0	1	0	0	100	1577	377	36	3	12	1	8	1	0
Honey & Wholegrain Mustard	14	119	29	2	0	3	0	3	0	0	100	854	204	12	1	22	1	19	2	1
Ketchup	14	74	18	0	0	4	0	3	0	0	100	531	127	0	0	29	1	23	1	3
H&H BBQ	14	100	24	0	0	6	0	5	0	0	100	711	170	0	0	40	1	35	1	1
Light Mayo	14	199	48	5	0	1	0	0	0	0	100	1423	340	35	3	7	0	3	0	2
Olive Oil	14	517	124	14	2	0	0	0	0	0	100	3696	883	100	14	0	0	0	0	0
Sweet Onion	18	127	30	0	0	7	0	6	0	0	100	703	168	1	0	40	1	34	1	1

Nutrition information compiled by a Registered Nutritionist using nutrition analysis from approved food manufacturers. 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.