



SUBWAY® RESTAURANTS FRESH FIT™ Menu

SUBWAY® restaurants is where great taste and variety come together for the consumer's convenience. The FRESH FIT™ menu represents a commitment to helping consumers discover and enjoy all the delicious choices the SUBWAY® chain has to offer.

OVERVIEW:	<p>This menu takes health, personal preference and calorie needs into consideration as it provides variety and low-fat options.</p> <p>The SUBWAY® Chain FRESH FIT™ menu allows consumers to choose from:</p> <ul style="list-style-type: none"> • Eight delicious subs with six grams of fat or less • A better-for-you side, like apples, raisins or baked chips • Low fat milk, diet soda or water
SANDWICHES:	<p>SUBWAY® restaurants spokesperson Jared Fogle selected eight 6-inch sandwiches with only six grams of fat or less, less than 370 calories each and includes wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives. Values do not include mayo, cheese or any other food item not listed above.</p> <ul style="list-style-type: none"> • Veggie Delite • Sweet Onion Chicken Teriyaki • Roast Beef • Oven Roasted Chicken Breast • Ham • Turkey Breast • Ham & Turkey Breast • SUBWAY® Club
KIDS MEALS:	<p>With made to order kids meals, parents no longer have to sacrifice nutrition or flavor when they are short on time. Children can build their own meals with the following food options:</p> <ul style="list-style-type: none"> • Sandwich: Mini sub (ham, turkey or roast beef) • Sides: Fresh apple slices or raisins • Drinks: Low-fat white milk or 100% juice
SALADS:	<p>Fogle's eight hand selected sandwiches can be turned into mouth-watering salads with only six grams of fat or less, less than 210 calories each and include lettuce, tomatoes, onions, green peppers, olives, carrots and cucumbers. Values do not include dressings or croutons.</p>
DRINKS & SIDES:	<p>As delicious as the sandwiches are, they are even better when paired with the perfect side and drink.</p> <ul style="list-style-type: none"> • Drinks can include: low-fat milk, fountain sodas, bottled water, and apple juice • Sides can include: apple slices, baked potato crisps, yogurt, and raisins
FOR MORE INFORMATION:	<p>For a complete list of all SUBWAY® restaurant menu items and nutrition facts, visit http://subway.com/subwayroot/MenuNutrition/Nutrition/pdf/NutritionValues.pdf</p>