

Subway Menu Prices 2026

Every Subway item we hold, in the chain's own menu sections, with the price and the calories beside it. Prices are set branch by branch, so treat these as the figure to expect rather than a guarantee.

147 items

63 priced

147 with calories

60–1344 kcal

20 with an allergen list

Subs

ITEM	PRICE	CALORIES	ALLERGENS
Bacon (6-inch)	varies by branch	306 kcal	—
Bacon (Footlong)	varies by branch	612 kcal	—
BBQ Pulled Plant (6-inch)	varies by branch	356 kcal	—
BBQ Pulled Plant (Footlong)	varies by branch	712 kcal	—
BBQ Pulled Pork (6-inch)	£7.79*	346 kcal	—
BBQ Pulled Pork (Footlong)	£7.79*	692 kcal	—
Big Breakwich (6-inch)	£4.99*	599 kcal	—
Big Breakwich (Footlong)	£4.99*	1198 kcal	—
Chicken Breast (6-inch)	£4.79*	340 kcal	—
Chicken Breast (Footlong)	£4.79*	680 kcal	—
Chicken Tikka (6-inch)	£4.99*	345 kcal	—
Chicken Tikka (Footlong)	£4.99*	690 kcal	—
Furious Chicken (6-inch)	£6.49*	520 kcal	—
Furious Chicken (Footlong)	£6.49*	1040 kcal	—
Garlic Cheesesteak (6-inch)	varies by branch	539 kcal	—
Garlic Cheesesteak (Footlong)	varies by branch	1078 kcal	—
Ham (6-inch)	£2.99*	324 kcal	—
Ham (Footlong)	£2.99*	648 kcal	—
Ham and Turkey (6-inch)	varies by branch	327 kcal	—
Ham and Turkey (Footlong)	varies by branch	654 kcal	—
Honey Mustard BBQ Chicken & Bacon (6-inch)	varies by branch	430 kcal	—
Honey Mustard BBQ Chicken & Bacon (Footlong)	varies by branch	860 kcal	—
Italian B.M.T (6-inch)	£4.59*	386 kcal	—
Italian B.M.T (Footlong)	£4.59*	772 kcal	—

ITEM	PRICE	CALORIES	ALLERGENS
Lincolnshire Sausage (6-inch)	varies by branch	353 kcal	—
Lincolnshire Sausage (Footlong)	varies by branch	706 kcal	—
Lincolnshire Sausage and Bacon (6-inch)	varies by branch	446 kcal	—
Lincolnshire Sausage and Bacon (Footlong)	varies by branch	892 kcal	—
Meatball Marinara (Pork & Beef Meatballs) (6-inch)	£4.99*	447 kcal	—
Meatball Marinara (Pork & Beef Meatballs) (Footlong)	£4.99*	894 kcal	—
Philly Steak (6-inch)	£5.49*	297 kcal	—
Philly Steak (Footlong)	£5.49*	594 kcal	—
Poached Egg and Cheese (6-inch)	varies by branch	294 kcal	—
Poached Egg and Cheese (Footlong)	varies by branch	588 kcal	—
Rotisserie Style Chicken (6-inch)	£5.49*	310 kcal	—
Rotisserie Style Chicken (Footlong)	£5.49*	620 kcal	—
Spiced Plant Patty (6-inch)	varies by branch	424 kcal	—
Spiced Plant Patty (Footlong)	varies by branch	848 kcal	—
Spicy Italian (6-inch)	£4.59*	498 kcal	—
Spicy Italian (Footlong)	£4.59*	996 kcal	—
Tex Mexan (6-inch)	£5.89*	498 kcal	—
Tex Mexan (Footlong)	£5.89*	996 kcal	—
Tuna Mayonaise (6-inch)	varies by branch	400 kcal	—
Tuna Mayonaise (Footlong)	varies by branch	800 kcal	—
Turkey (6-inch)	varies by branch	312 kcal	—
Turkey (Footlong)	varies by branch	624 kcal	—
Veggie Delite (6-inch)	£3.59*	227 kcal	—
Veggie Delite (Footlong)	£3.59*	454 kcal	—

Toasties

ITEM	PRICE	CALORIES	ALLERGENS
Bacon and Cheese Toastie	varies by branch	487 kcal	—
BBQ Chicken & Bacon Toastie	£6.49–£8.19*	410 kcal	—
Big Cheesesteak Toastie	£6.99*	458 kcal	—
Honey Mustard Deli Toastie	£7.29*	362 kcal	—
Triple Cheese Toastie	varies by branch	345 kcal	—

Saver Subs

ITEM	PRICE	CALORIES	ALLERGENS
BLT (6-inch)	varies by branch	317 kcal	—
BLT (Footlong)	varies by branch	634 kcal	—
Ham and Cheese (6-inch)	varies by branch	380 kcal	—
Ham and Cheese (Footlong)	varies by branch	760 kcal	—
Nacho Chicken (6-inch)	varies by branch	423 kcal	—
Nacho Chicken (Footlong)	varies by branch	846 kcal	—

Wraps

ITEM	PRICE	CALORIES	ALLERGENS
BBQ Pulled Plant Wrap	varies by branch	442 kcal	—
BBQ Pulled Pork Wrap	£7.79*	432 kcal	—
Big Breakwich Wrap	varies by branch	685 kcal	—
Chicken Breast Wrap	£7.39*	410 kcal	—
Chicken Tikka Wrap	£5.99–£7.39*	414 kcal	—
Furious Chicken Wrap	varies by branch	606 kcal	—
Garlic Cheesesteak Wrap	varies by branch	624 kcal	—
Ham and Turkey Wrap	varies by branch	415 kcal	—
Ham Wrap	£6.49*	393 kcal	—
Honey Mustard BBQ Chicken & Bacon Wrap	varies by branch	516 kcal	—
Italian B.M.T Wrap	varies by branch	498 kcal	—
Meatball Marinara (Pork & Beef Meatballs) Wrap	£7.39*	474 kcal	—
Philly Steak Wrap	£5.99–£8.39*	367 kcal	—
Rotisserie Style Chicken Wrap	£7.39*	354 kcal	—
Spiced Plant Patty Wrap	varies by branch	494 kcal	—
Spicy Italian Wrap	£7.39*	568 kcal	—
Tex Mexan Wrap	varies by branch	584 kcal	—
Tuna Mayonaise Wrap	varies by branch	427 kcal	—
Turkey Wrap	varies by branch	381 kcal	—
Veggie Delite Wrap	£6.49*	339 kcal	—

Salads

ITEM	PRICE	CALORIES	ALLERGENS
BBQ Pulled Plant Salad	varies by branch	175 kcal	—
BBQ Pulled Pork Salad	£8.59*	173 kcal	—
Big Bombay Salad	varies by branch	282 kcal	—
Chicken Breast Salad	£8.19*	148 kcal	—
Chicken Tikka Salad	£5.99–£8.19*	152 kcal	—
Furious Chicken Salad	varies by branch	437 kcal	—
Garlic Cheesesteak Salad	varies by branch	493 kcal	—
Ham and Turkey Salad	varies by branch	135 kcal	—
Ham Salad	£7.29*	89 kcal	—
Honey Mustard BBQ Chicken & Bacon Salad	varies by branch	263 kcal	—
Italian B.M.T Salad	varies by branch	234 kcal	—
Meatball Marinara (Pork & Beef Meatballs) Salad	£8.19*	215 kcal	—
Philly Steak Salad	£9.19*	107 kcal	—
Rotisserie Style Chicken Salad	£8.19*	92 kcal	—
Spiced Plant Patty Salad	varies by branch	232 kcal	—
Spicy Italian Salad	£8.19*	306 kcal	—
Tex Mexan Salad	varies by branch	387 kcal	—
Tuna Mayonaise Salad	varies by branch	166 kcal	—
Turkey Salad	varies by branch	119 kcal	—
Veggie Delite Salad	£5.29–£7.29*	240 kcal	—

Spuds

ITEM	PRICE	CALORIES	ALLERGENS
B.M.T & Cheese Spud	varies by branch	561 kcal	—
BBQ Honey Mustard Chicken & Bacon Spud	varies by branch	577 kcal	—
BBQ Pulled Plant Spud	varies by branch	531 kcal	—
BBQ Pulled Pork Spud	varies by branch	523 kcal	—
Big Breakwich Spud	varies by branch	738 kcal	—
Butter & Cheese Spud	varies by branch	413 kcal	—
Cheese & Beans Spud	varies by branch	522 kcal	—
Chicken Breast & Cheese Spud	varies by branch	498 kcal	—
Chicken Tikka & Cheese Spud	varies by branch	502 kcal	—

ITEM	PRICE	CALORIES	ALLERGENS
Furious Chicken Spud	varies by branch	704 kcal	—
Garlic Cheese Steak Spud	varies by branch	667 kcal	—
Ham & Cheese Spud	varies by branch	481 kcal	—
Ham, Turkey & Cheese Spud	varies by branch	485 kcal	—
Meatball Marinara & Cheese Spud	varies by branch	606 kcal	—
Philly Cheese Steak & Cheese Spud	varies by branch	499 kcal	—
Rotisserie-Style Chicken & Cheese Spud	varies by branch	484 kcal	—
Spiced Plant Patty & Cheese Spud	varies by branch	474 kcal	—
Spicy Italian & Cheese Spud	varies by branch	656 kcal	—
Tex Mexan Spud	varies by branch	620 kcal	—
Tuna Mayo & Cheese Spud	varies by branch	558 kcal	—
Turkey & Cheese Spud	varies by branch	469 kcal	—
Veggie Delite Spud	varies by branch	428 kcal	—

Sides

ITEM	PRICE	CALORIES	ALLERGENS
Baked Beans Snack Pot	£1.19*	109 kcal	none listed
Chipotle Cheesy Bites	£2.99*	145 kcal	2
Coleslaw Double	varies by branch	119 kcal	1
Coleslaw Regular	varies by branch	60 kcal	1
Doritos Chilli Heat Wave Nachos	varies by branch	611 kcal	2
Doritos Chilli Heat Wave Nachos (Sharer)	varies by branch	901 kcal	2
Doritos Lightly Salted Nachos	£3.79*	590 kcal	1
Doritos Lightly Salted Nachos (Sharer)	£3.79*	868 kcal	1
Doritos Tangy Cheese Nachos	£3.79*	615 kcal	2
Doritos Tangy Cheese Nachos (Sharer)	£3.79*	907 kcal	2
Footlong Cheesy Garlic Slice	£2.39*	308 kcal	—
Footlong Dipper-Pepperoni	varies by branch	433 kcal	—
Footlong Dipper-Triple Cheese	varies by branch	450 kcal	—
Footlong Margherita Slice	£3.19*	296 kcal	—
Footlong Pepperoni Slice	£3.39*	353 kcal	—
Hash Browns (6 pieces)	£0.99*	184 kcal	none listed
Meatballs Snack Bowl	varies by branch	230 kcal	—

ITEM	PRICE	CALORIES	ALLERGENS
Nacho Chicken Bites (6 Pieces)	£3.79*	270 kcal	1
Nacho Chicken Bites (9 Pieces)	£3.79*	405 kcal	1
Waffle Fries (Large)	£2.49*	276 kcal	1
Waffle Fries (Regular)	£2.49*	184 kcal	1

Cookies

ITEM	PRICE	CALORIES	ALLERGENS
Chocolate Chunk Cookie	£0.99*	214 kcal	4
Footlong Choc Chip Cookie	varies by branch	1344 kcal	4
Rainbow Cookie	varies by branch	214 kcal	4
Vegan Double Chocolate Cookie	£1.29*	220 kcal	2
White Macadamia Nut Cookie	varies by branch	215 kcal	5

Where these figures come from. Prices: third-party: menuspot (19); third-party: allmenus,hot-menus,menupricesuk,menuspot (14); third-party: hot-menus,menuspot (8); third-party: hot-menus (6).

Calories and macros: Subway UK & ROI official Nutrition Information (June 2026) (147).

Allergens: Subway UK & ROI Allergen Information (June 2026) (18); Subway UK & ROI Allergen Information (June 2026) (England, Scotland and Wales recipe) (2). The allergen column counts the regulated allergens the chain declares for that item. The item's own page names them.

* marks a price taken from a dated third-party listing rather than the chain itself. A shared kitchen means cross-contact is always possible, so ask staff in the restaurant if an allergy is severe.

Compiled September 2026 by ukmenuprices.co.uk. The live page for this chain is ukmenuprices.co.uk/subway-menu-with-prices.