

Subway Sandwiches

All 33 sandwiches, 6-inch prices, calories and nutrition, by goal.

Cheapest \$4.37 | Most protein 40g | Lowest calories 290 | 19 sampled stores

Best pick for each goal, at a glance

Goal	Best pick	Price	Calories	Protein	Sodium
Cheapest	Cold Cut Combo or B.L.T.	\$4.37	530 / 480	25g / 18g	1,320 / 800mg
Most protein	5 Meat Italian	\$9.42	680	40g	1,940mg
Protein, low sodium	Grilled Chicken and Fresh Avocado	\$8.86	450	35g	800mg
Lowest calories	Ham and Turkey Stacker	\$7.42	290	20g	1,000mg
Lowest sodium	Veggie Delite	\$6.32	320	17g	600mg
Best value	Cold Cut Combo, 5.72g protein per dollar	\$4.37	530	25g	1,320mg

How to use this menu: pick the goal first, then check sodium as well as protein. A 40g sandwich at 1,940mg of sodium is a different order from a 35g sandwich at 800mg. Prices are 6-inch averages, not footlong prices, and not a national fixed price.

Cheesesteaks

Sandwich, 6-inch	Price	Cal	Protein	Sodium	Carbs	Fat
6 Steak Philly	\$8.26	510	28g	1320mg	43g	25g
6 Chipotle Philly	\$8.22	490	30g	1440mg	44g	22g
6 Cheesy Garlic Steak	Unavailable	510	26g	1190mg	49g	23g

Chicken

Sandwich, 6-inch	Price	Cal	Protein	Sodium	Carbs	Fat
6 Grilled Chicken	\$7.78	510	31g	830mg	43g	24g
6 Chicken & Bacon Ranch	\$8.54	580	35g	1230mg	44g	29g
6 Spicy Nacho Chicken	Unavailable	440	24g	1280mg	49g	17g
6 Honey Mustard BBQ Chicken	\$8.10	510	30g	1350mg	53g	20g
6 Sweet Onion Teriyaki Chicken	\$8.06	430	29g	1250mg	55g	11g

Italians

Sandwich, 6-inch	Price	Cal	Protein	Sodium	Carbs	Fat
6 B.M.T.	\$7.70	610	27g	1500mg	44g	36g
6 Spicy Italian	\$6.96	680	27g	1690mg	44g	44g
6 5 Meat Italian	\$9.42	680	40g	1940mg	46g	37g
6 Meatball Marinara	\$6.95	570	27g	1370mg	53g	28g
6 Meatball Pepperoni	\$8.07	690	33g	1860mg	56g	38g

Deli Classics

Sandwich, 6-inch	Price	Cal	Protein	Sodium	Carbs	Fat
6 Oven-Roasted Turkey	\$7.34	480	26g	1150mg	42g	23g
6 Black Forest Ham	\$6.97	490	25g	1190mg	44g	23g
6 Roast Beef	\$8.39	500	31g	1120mg	44g	23g
6 Cold Cut Combo	\$4.37	530	25g	1320mg	43g	29g
6 Tuna	\$7.35	570	27g	950mg	42g	33g
6 Veggie Delite	\$6.32	320	17g	600mg	41g	10g

Clubs

Sandwich, 6-inch	Price	Cal	Protein	Sodium	Carbs	Fat
6 All American Club	\$8.37	540	27g	1520mg	45g	28g
6 Subway Club	\$8.41	500	31g	1520mg	43g	24g

Local Favorites

Sandwich, 6-inch	Price	Cal	Protein	Sodium	Carbs	Fat
6 Big Hot Pastrami	Unavailable	550	30g	2070mg	44g	30g
6 B.L.T.	\$4.37	480	18g	800mg	42g	26g
6 Buffalo Chicken	Unavailable	510	31g	1780mg	55g	19g
6 Oven-Roasted Turkey & Ham	\$7.30	480	27g	1140mg	41g	23g
6 Pizza Sub	\$6.50	490	22g	1340mg	45g	25g
6 Veggie Patty	\$7.12	470	19g	1100mg	58g	19g

Fresh Fit

Sandwich, 6-inch	Price	Cal	Protein	Sodium	Carbs	Fat
6 Grilled Chicken & Smashed Avocado	\$8.86	470	35g	930mg	44g	19g
6 Grilled Chicken & Fresh Avocado	\$8.86	450	35g	800mg	44g	16g
6 Ham & Turkey Stacker	\$7.42	290	20g	1000mg	42g	5g
6 Turkey & Ranch Delite	\$7.86	380	26g	1140mg	41g	13g
6 Seasoned Steak & Smashed Avocado	\$9.27	460	35g	1170mg	45g	16g
6 Seasoned Steak & Fresh Avocado	\$9.27	430	35g	1040mg	45g	14g

Sources and honesty notes

Prices: averages from 19 real Subway stores, 11 states plus DC, as supplied October 25, 2026. Pizza Sub priced at 13 stores, Veggie Patty at 17 stores, all other priced sandwiches at 19 stores. Four sandwiches have no price in the sample and show Unavailable: Cheesy Garlic Steak, Spicy Nacho Chicken, Big Hot Pastrami, Buffalo Chicken. Nutrition: Subway published nutrition for a 6-inch standard build, before bread, cheese, sauce and extras. Footlong prices are not in this sample and are not listed here. Check the Subway app or your store for footlong prices. Full interactive version: sareenaw11-bot.github.io/subway-menu/sandwiches/