Subway Sides Menu with Prices and Calories 2026

Subway · Updated November 2026 · memphisincrediblepizza.com

Chips and Snacks

Item	Price	Calories
LAY'S BBQ	$1.50	230
Baked LAY'S Original	$1.50	130
DORITOS Nacho Cheese	$1.50	240
DORITOS Cool Ranch	$1.50	260
SunChips Harvest Cheddar	$1.50	210
Miss Vickie's Baja Chipotle	$1.50	200

Cookies

Item	Price	Calories
Chocolate Chip Cookie	$1.20	210
White Chip Macadamia Nut Cookie	$1.20	220
Oatmeal Raisin Cookie	$1.20	200
Raspberry Cheesecake Cookie	$1.20	207
Footlong Cookie	$5.00	1330

Bakery Sides

Item	Price	Calories
Auntie Anne's Footlong Pretzel	$3.00	330
Cinnabon Churro Sidekick	$2.00	190
Apple Slices	$1.00-$1.49	35

Soups

Item	Price	Calories
Homestyle Chicken Noodle	$4.00-$6.40	110
Loaded Baked Potato	$4.00-$6.40	210
Broccoli Cheddar	$4.00-$6.40	230

Fountain Drinks

Item	Price	Calories
Small (21 oz)	$2.49+	150-250
Medium (30 oz)	$2.79+	200-320
Large (40 oz)	$3.29+	270-420

Bottled Beverages

Item	Price	Calories
Bottled Water	$2.49+	0
Bottled Juice or Tea	$2.90	100-180
Coffee (where available)	$1.99	5

Meal of the Day Deals

Item	Price	Calories
6-inch Sub of the Day	$4.99	varies
Meal of the Day (Sub + Chips + Drink)	$6.99	varies

Kids' Mini Sides

Item	Price	Calories
Mini Turkey Sub with Side & Drink	$5.49-$6.99	140
Mini Ham Sub with Side & Drink	$5.49-$6.99	140
Mini Roast Beef Sub with Side & Drink	$5.49-$6.99	150
Mini Tuna Sub with Side & Drink	$5.49-$6.99	220
Mini Veggie Delite Sub with Side & Drink	$5.49-$6.99	90

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.